

# Gorham Times

Your Community Paper

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PAID  
GORHAM, ME  
PERMIT NO. 10

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

**Thank you**  
to our **HOMETOWN HEROES** who are on the front lines of **COVID-19** and continue providing essential services.



Lauren Chouinard (GHS '10) is a registered nurse in the Emergency Room at Maine Medical Center



Amber Cavarretta (GHS '16) is nursing student at Saint Joseph's College. She is working with COVID patients at Maine Medical Center.

SEE MORE HEROES ON PAGE 8



## Real Estate & Property Taxes Due Date Extended

COURTESY OF TOWN OF GORHAM

At a special meeting on April 30, the Town Council voted unanimously to move the Real Estate and Personal Property Tax due date of the second installment of the 2019-20 tax bill from May 15 to June 15 due to economic hardship caused by the COVID-19 pandemic.

To minimize the risk of COVID-19 exposure to employees and the public, payments can be placed in the Book Drop at the Baxter Memorial Library (71 South Street) or sent by U.S. Mail to the Town of Gorham, attention Tax Collector (75 South Street, Suite 1). When paying by

check, please include current phone number on the check so we can call about any discrepancies. No cash please.

Credit/Debit Card payment can be made online via the Maine PayPort Service or over the phone by calling the Town Clerk's Office at 222-1670. Transactions over \$40 via MainePayPort, or over the phone with a Customer Service Clerk will be assessed a 2.5% service fee. All transactions that are \$40 or less will be assessed a \$1 service fee.

For more information, please visit [www.gorham-me.org/town-clerk/pages/online-tax-payments](http://www.gorham-me.org/town-clerk/pages/online-tax-payments) or call the Town Clerk's office.

## School Plans Announced for Remainder of the Year

ANDREA MORRELL  
School News Editor

The last official school calendar day for students in grades K-11 is June 16. "Students should be prepared to work with teachers up until that very last day," said Superintendent Heather Perry. "As is typical even during our 'regular school experience' the last few weeks of school can be more focused on interventions, enrichment, and transition experiences."

Gorham High School (GHS) has decided to move the end of the third quarter to the end of the year, which means moving to a trimester system for this academic year due to the coronavirus (COVID-19) pandemic.

During the two-week period of May 18-29, seniors who need extra time for remediation will have an individualized plan, similar to traditional summer school but completed online, in which they will be provided direct support to meet standards. Seniors who have met graduation standards will be provided opportunities for remote workplace learning designed to replicate the normal senior internship program.

The first is to participate in three to five interactive Zoom conversations focused on specific careers and life skills. The second is to plan an independent workplace learning experience in their field of interest (that adheres to social distancing recommendations).

The first week in June will be spent in preparation for graduation exercises. This year's graduation exercises will be

held, but in a very different format than in the past.

Brian Jandreau, GHS principal, announced plans for the 2020 GHS graduation in his May 3 weekly newsletter to students and parents. Graduation will occur over two days on Saturday, June 6, and Sunday, June 7, at GHS' McCormack Performing Arts Center (MPAC).

"Since the early days of our government's 'stay at home' order, I have been exploring options to celebrate the Class of 2020," said Jandreau. "I have received well over two hundred emails from students and parents with ideas for how to hold graduation during this unprecedented pandemic, consulted with fellow principals from Cumberland and York counties, reviewed news and Internet articles from around the world, met with student leaders and other stakeholders in our community, and deliberated with GHS staff."

Throughout the process, he debated many different scenarios. He spent a lot of time considering the drive-in movie theater option and consulted with some of GHS' media experts and logistically this seemed like a very difficult feat. In the end, he said they were unable to find a way to make the drive-in movie theater option work.

He even contemplated postponing graduation until August so the school could still have a traditional graduation at Merrill Auditorium. However, after Governor Mills' plan came out, it was clear that wasn't going to happen.

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Photo courtesy of Diana Kolb

## GHS Grad the First Mainer To Donate Blood Plasma

MOLLY SPOSATO (GHS '17)  
Contributing Writer

After testing positive for COVID-19 in March, now recovered GHS alum Diana Kolb (GHS'17) became the first person in Maine to donate blood plasma to COVID-19 relief efforts on April 25.

Kolb had been studying abroad in Dublin, Ireland for her spring semester, but was sent home two months early in March due to the spread of the virus. She had experienced some of the symptoms of the virus the week leading up to her departure home to Maine, but only for a few days. As a precaution, she was tested immediately when she returned home.

"For me it wasn't hard to get tested because I had been traveling in Europe in cities that had a high rate of the virus," Kolb said. "I also have asthma, which puts you at a higher risk, so I was able to get in that day. But by the time I got the call that I tested positive, I had already pretty much recovered," she said.

Her positive results came back over a week after she was tested, and luckily Kolb had already been feeling much better.

"Because I tested positive really early in Maine's curve, there wasn't really a clear answer on when I was going to be completely cleared as recovered, but I was told I had to go three full days with no symptoms after the 14-day quarantine."

Kolb was symptom free following her

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**LOCAL FOUNDATION PROVIDES BOOST FOR BUSINESSES**  
**PG. 4**

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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The Gorham Times is a free volunteer-run community newspaper distributed every other Thursday to more than 100 pick-up sites throughout Gorham.

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**Advertising and Copy Deadlines**

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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# Getting Through This Crisis Together

REP. ANDREW MCLEAN

In the past week, we've seen lower numbers of COVID-19 cases, suggesting that Maine is successfully flattening the curve. Of course, now that we're in the second month of social distancing, many families and businesses are also entering their second month of financial insecurity due to closures and unemployment. As we navigate this unusual and difficult time, I wanted to share some updates and resources that may be helpful to you.

First of all, this pandemic has shown us that our unemployment benefit system was simply not ready for a crisis of this magnitude. I know many of you have been encountering system errors and some have been waiting on application approval. At a time when many people are worried they won't be able to afford groceries, I know waiting is incredibly difficult.

On Wednesday, May 6, the Legislature's Labor and Housing Committee held a hearing with the Maine Department of Labor Commissioner Laura Fortman to discuss ways to improve the system and reduce delays. More work needs to be done, but I do want to assure you that the Maine Department of Labor (MDOL) is working in overdrive to address the unprecedented number of claims they've received over the past month. They have hired new employees to cover the phones and they are working to get money out to qualifying individuals as soon as possible.

For those of you who were waiting for expanded eligibility, as of May 1

MDOL is accepting applications for self-employed workers, independent contractors, fisherman and farmers, gig economy workers and others. Visit the MDOL website to learn more.

For many of you who have lost some or all of your income, paying rent brings about more concerns. To that end, Gov. Mills has signed an executive order to protect Maine people at risk of losing their housing as a result of COVID-19. The order prevents the immediate eviction of tenants other than those who engage in dangerous or unlawful conduct, and it strengthens the penalties for landlords who may try to evict tenants by unlawful means.

The Governor also partnered with MaineHousing to announce a new rental relief program for Maine people who cannot pay their rent due to COVID-19. The program will allow households that meet certain criteria to receive a one-time, up to \$500 payment in rental assistance to be paid directly to their landlord. Visit [mainehousing.org/covidrent](http://mainehousing.org/covidrent) to see if you're eligible.

Lastly, the state has implemented a phased approach based on the best science and data to get all of our economy back up and running, but Gov. Mills has stressed that as the public health situation changes and as we develop better solutions for the economy, the plan to reopen the state's economy could change and the timeline could be shortened or extended. As part of that, the Department of Economic and Community Development, which is leading the plan to restart Maine's

economy, has opened an online portal for Mainers to submit their ideas for how to improve our reopening plan. The Governor has also convened an economic recovery committee that has 37 members representing business and community leaders, workers and lawmakers who will report back on the economic impacts of the pandemic and make policy recommendations. This feedback along with continued consultation with medical experts and business leaders will help shift the plan into a strategy that works for as many Mainers as possible.

I am so proud of our community members for finding creative ways to support each other through this crisis. While these times have placed an enormous strain on so many parts of our lives, our adherence to social distancing guidelines is saving lives and protecting workers in essential services, from health care workers to grocery store workers, who are on the frontlines of this pandemic. As Maine's government continues to respond to this crisis, I am here to help via phone or email when you need it. If we keep working together, we will get through the rest of this public health crisis and all the ripple effects it brings.



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)

## Letter to the Editor

Letters to the Editor must be fewer than 300 words, signed with a first and last name, typed or e-mailed and include a phone number. The Gorham Times reserves the right not to publish letters that include personal attacks or inflammatory language. Letters are solely the opinion of the writer and not that of the Gorham Times. They are published at the discretion of the Gorham Times and are subject to editing.

Dear Editor,

A quick trip downtown used to include picking up the latest copy of the Gorham Times. Now, not so much. Instead, we fumble for masks, gloves, and worry about how many folks are in the store ahead of us. In all this "new normal," I realized I was missing my hometown newspaper! For years, I've assumed the GT would always be there, filled with local news, some interesting tidbits, town committee reports, school activities, sports updates, and colorful first hand accounts written by local folks.

For 25 years, the Gorham Times has been here, a newspaper created by a loyal, dedicated, and mostly volunteer crew. Every two weeks the GT staff pulls out every stop to create, publish, and deliver an attractive and solid edition. What a labor of love it has been!

What many folks may not realize is that a small "free" newspaper does incur costs to get printed. Usually fees for advertisements pay much of

a newspaper's expenses. But, in this time of Covid-19, as businesses stay closed and events are canceled, advertising revenues are dwindling for all newspapers, including the Gorham Times. I, for one, believe that a local newspaper reporting local news is an essential resource. It is important. It helps us know our community and its story. It shows us ways to participate meaningfully. It illustrates how individuals work together to create a hometown we can respect and love. It offers role models and cautionary tales.

True support of our newspaper means not only letting the GT staff know how much we appreciate their efforts, but also by considering sending some financial help when times are tough. You can become one of the Gorham Times Friends today by sending in a contribution or making an online donation. I hope Gorham's hometown newspaper will always be here for us.

Peggy Marchand

## Joking Around

Some kid jokes to get you laughing

**Baby owls are called "owlets," but did you know where they come from?**

*The owlet mall*

**The word 'Diputseromneve' may look ridiculous, but backwards it's even more stupid.**

**What do you call a dinosaur that is sleeping?**

*A dino-snore!*

**How do you talk to a giant?**

*Use big words!*

## Around Town

Village Physical Therapy has moved to 347 Main St, Unit 1.

Gorham Yoga Company has closed permanently.

Public Works will be open on May 23 from 8 a.m.-noon to accept brush from Gorham residents. Please no stumps or commercial drop off.

**Absentee ballot applications are now available for the July 14, 2020 State Primary Election and Annual School Budget Election.** During the current health pandemic in the United States and in Maine, the Town of Gorham highly recommends voting by Absentee Ballot. You may vote absentee by requesting a ballot and one will be mailed to you when they become available. Absentee ballots must be returned by 8:00pm on Election Day.

You may request a ballot online by clicking here: <https://www.maine.gov/cgi-bin/online/AbsenteeBallot/index.pl>

You may also request a ballot by calling the Town Clerk's Office at: 222-1670, 222-1674 or 222-1676.

# Be In the Moment

LINDA TREWORGY FAATZ

The gifts Spring brings to us this year seem much more special. While we have had to alter our expectations for a “normal” life for awhile, nature provides many opportunities to relax and rejoice. Just stepping outside to breathe in the smells of a storm coming or the fragrance of spring blooms or a fresh mown lawn, or listening to joyful bird songs can take us away from these times of stress and uncertainty. I can almost appreciate the tunnel patterns the moles have made in my lawn as I press them down with my feet and try not to worry about the worms they are eating.

Grooming your yard and garden is great for getting exercise and fresh air, both of which are essential for our well-being. To you walkers and joggers, I hope you notice the front yards and gardens your neighbors have planted for your enjoyment. Share your appreciation with a note, a wave, or comments from afar.

Even if you have not grown herbs and vegetables before, there are many varieties that can be grown in pots. You can plant your own seeds or local nurseries have the plants all started for you and will give you advice on planting instructions. We are also fortunate to have greenhouse growers nearby that will sell you spring greens ready to eat.

A friend sent me the most beautiful picture of an April sunset, certainly worth a thousand words or a memory picture worth painting. Take time to

look at the patterns and colors of the sky as the days wax and wane. Sit quietly on a stump and watch and listen to what is happening around you. Let the wind blow through your soul and your uncut hair.

When we get bogged down with events that seem insurmountable or at the least inconvenient, remember that hope is everywhere. Six feet away or miles apart, connect with friends and family with a phone call, text message, Face Time or Zoom. Share parts of your favorite book, or a fond family memory. Paint a picture. Write about your observations. Document your walks with photos. Laugh about silly things. Reminisce with friends. Serve a meal on your best china. A little vase of violets can brighten your day. Leave a few blooms on the doorstep of a friend to send a smile their way. Give a friendly wave to a stranger. Find a way to pamper yourself, too, because it is the little things that count for so much.

Remember that the rain helps the plants to grow, the cold stalls the blooming time, the sun gives everything hope. Gratefully receive the gifts Nature gives so freely.



Linda Treworgy Faatz, a passionate gardener for many years, lives in her family home at Friend's Corner and cares for the extensive Treworgy gardens. She loves to share her home and gardens through craft sales, classes and garden events.

# PRLT Trails Remain Open

RACHELLE CURAN APSE  
PRLT Director

The Presumpscot Regional Land Trust (PRLT) trails have been getting unprecedented use during the Covid-19 crisis. While the statewide Stay at Home order continues, almost all Land Trust trails remain open to the public to enjoy fresh air in nature close to home. A link on the Land Trust website at www.prlt.org called Best of the Presumpscot Watershed Region lists new outdoor destinations to explore near to home for walking, birding, and biking. Sharing your trail experiences on our website helps PRLT stay on top of things.

Staff and volunteers have been very busy doing spring clean-ups on all of our trails. Here are some of the highlights from the additional trail work done to help improve the trails due to such high use during mud season:

Mill Brook Preserve, Westbrook: 100' of bog bridges have been added to the power line sections

Hawkes Preserve, Gorham: 30' of new boardwalk has been added and 150' of trail rerouted

Black Brook Preserve, Windham: 25' of bog bridges have been added along with securing bridges

PRLT has just two trails closed at this time:

Mill Brook Preserve has four trail heads, but the Perry Court trail head is closed due to COVID-19 restrictions, as it is close to neighboring houses and animals which could potentially spread the virus. Please use the MAGAN trailhead on Willow Drive (off of Route 302) as an alternative that is used less frequently than the busy northern trail head.

St. Pierre Landing in Gorham has just been closed for 2020 due to construction of a new bridge on Route 237 over the Little River. The preserve will be back open in 2021 with replanted native shrubs and a new hand-carry boat launch.

Please remember that this is mud season, so appropriate footwear is in order. Visit trail heads that are not full (try new and less frequented trails), and please maintain six feet of distance when passing others on the trail. Tick season is in full swing. Dogs should be on leash (or tight voice control), and please pick up after your dog.

Please consider supporting the Land Trust efforts to provide free forested trails for everyone. The Presumpscot Regional Land Trust is a non-profit that engages with communities in Gorham, Gray, Standish, Westbrook and Windham to conserve, steward, and provide access to local lands and clean water for current and future generations to enjoy.

**GHS GRAD NEWS:** If you, or your son or daughter is a GHS graduate, we would like to share your achievements in the Gorham Times Of Interest section or in a Where Are They Now feature. Of Interest submissions should include the year of GHS graduation and should be no longer than 75 words. Contact Chris Crawford at cck5@maine.rr.com, Kathy Corbett at kcorbett@aol.com or Cindy O'Shea at coshea2@maine.rr.com.



We want to recognize the amazing work and commitment of our volunteers who give their time to help in the Gorham Schools. Thank You!



**THANK YOU**  
Gorham and surrounding communities for supporting the *Ocean Gardens Restaurant and Tavern* family during these pandemic times. It means a lot to all of us.

**WE ARE CURRENTLY OFFERING CURBSIDE PICK-UP TUESDAYS THROUGH SATURDAYS FROM 3PM TO 7PM**

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# Local Foundation Provides Boost for Businesses

LESLIE DUPUIS  
Editor



The Reed Allen Foundation recently allotted ten \$2,500 grants for Gorham businesses to assist them during the COVID crisis. Sparked by a discussion with Kevin Jensen, Gorham's new Economic Development Director, the Reed Allen board felt that it was part of its mission to look at ways to help, and agreed that a small infusion of cash would be the best option for businesses that affected by closures or a downturn in business.

Grateful to the Gorham firefighters for saving the building in 2012 and for the support Gorham residents gave during its renovation and his illness, Gorham House of Pizza (GHOP) owner Angelo Sotiropoulos wanted to give thanks by starting a foundation honoring the memory of Gorham police officer and close friend, John Reed. He also wanted to honor the spirit and strength of Dana Allen, a young Gorham High School graduate who died after a long battle with cancer.

The Reed Allen Foundation was established in 2013 to "build a permanent pool of funds that provides financial support for individuals, families, and businesses in the immediate aftermath of a catastrophic event...it provides a direct and quick boost of relief when finances seem an insurmountable burden."

While GHOP was an established business with a reputation for being philanthropic in the community, Reed Allen Foundation president, Mark Curtis, said, "What happens to a business in the community that is not very

old or well known when something catastrophic happens?"

Based on that and the desire to help businesses quickly, the board opted to forgo an application process as Curtis explained that many of the companies had spent time on the overwhelming process of applying for numerous loans already. Instead, the board, which is made up of a diverse mix of Gorham community members, was tasked with nominating businesses that had been hit hard by the crisis.

As one recipient wrote, "I would like to thank each of you for the generous grant that was bestowed on us last week. Being probably still one of the newest business owners here in Gorham, I am just learning of this wonderful community fund and some of its history. I love this community and its people. The goodness you have shown to me has certainly proved that."

A second recipient shared, "I cannot tell you how grateful I am for the support of the Reed Allen Community Fund and the town of Gorham. Kevin Jensen was instrumental in making this happen. We will definitely pay it forward."

When speaking about the community fund, Sotiropoulos added, "Our mission for the Reed Allen foundation is to give love and support for families in crisis. Hard working families who are trying to provide a roof over their heads and food for their children. The families who may not have the amount of support or love as I did."

## LIFE IN MOTION

# Preparing for Better Days Ahead

RYAN MARTIN

This spring has been very different for a lot of us. We've likely missed out on some of our favorite activities. For me it's baseball. I miss being out on the baseball field teaching kids how to play a game that I love. Like many of you, I've tried to find something new to fill that void and come up with a new physical activity.

As nicer weather approaches and we return to activities like hiking, running, walking, and golfing, it is good to remember to prepare your body for these activities physically. How many times have we raked the yard for the first time in the spring or have returned to some of our favorite activities only to experience pain the next day? And, how many times does that turn into pain for the next month?

Preparing your body to handle your favorite activity is important. Here are a few exercises that you can easily fit into your day. You can perform a sit to stand during commercial breaks if you are watching TV or at the end of a chapter if you are reading a book. It's as easy as it sounds, scoot forward in the seat and use your legs to stand up. You can use your arms to help if needed, but if you can, try to use just your legs. Try 10 repetitions, if that is easy you can add more reps. If it is too difficult, start with fewer repetitions. This exercise helps to build strength in your thigh and buttock muscles.

Another exercise that is easy to add into your day is a step up. Find the stairs in your house, just use the bottom step, and step up and down from that step. Try 10 repetitions with the same leg and then repeat with your other leg. Use the railing as needed for balance. Again, with this exercise you can either add or reduce repetitions to meet your needs.

Walking is another good exercise and it doesn't have to be a planned 20-30 minute walk, although those can be very beneficial. How many times have you sat down to watch

your favorite show and it turned into sitting for three hours or more? This is very common during football season. An easy way to get more movement in is to get up during commercial breaks and walk around the house until the show or game is back on.


The key to staying healthy and returning to your normal activities is to keep moving. Getting active and staying active is easier for some than it is for others, particularly if pain is involved. If you feel like you're a lifelong member of the Low Back Pain Club, you've likely found a lot of exercises that you've tried that made you feel worse. You are not alone. That's because one size doesn't fit all. For instance, have you ever talked to a friend or neighbor about a great exercise that has helped them only to find out that it caused you more pain?


We are fortunate here in the town of Gorham and the surrounding communities to have good access to a number of health and fitness professionals. There are several gyms/fitness centers, physical therapy clinics, chiropractic offices, and other alternatives. Those professionals can help you through your aches and pains to enable you to return to your favorite activities. Often, when caught early, you will only need a little help. Other times if you've put it off for a while, you might need more guidance or treatment.

We all have different techniques and philosophies. One thing we do have in common, we're all here to help. Whatever your favorite activities are, I hope you can return to them soon. We could all use more physical activity in our lives to help improve our health and reduce our stress.



Ryan Martin, Clinic Director at Back In Motion Physical Therapy. He is a graduate of Springfield College in Springfield, MA. He is an active member in the Sacopee Valley Rec Council and serves as President of Sacopee Valley Cal Ripken Baseball.





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**Focusing on Greater Portland to the Lakes Region and all points in between**

# Beware of Bears

GORHAM TIMES STAFF

The Gorham Police Department has received several calls reporting a bear in the area around Lawn Ave and Sunset Ave. Residents have also seen the bear on the Claire Drew Trail behind Narragansett School and in a neighborhood on Old Dynamite Way. When natural foods are scarce, especially in the spring or dry summers, bears will venture into backyards and fields in search of easily accessible food such as bird feeders, garbage, grills and pet foods.

The Maine Department of Inland Fisheries and Wildlife has the follow-

ing suggestions to avoid a bear in your backyard:

Bring in your bird feeders, rake up and dispose of any seed left on the ground, and store unused seed inside.

Bring trash to the curb on the morning of trash pickup.

Keep dumpster lids closed and do not allow the dumpster to overflow.

Clean grills and empty the grease cup after each use. Do not discard grease on the ground. Burn-off any food residue and grease drippings, and discard food wrappers.

Gorham police are reminding residents to not approach a bear and to notify them if one is in your area.

# Town Extends Closure

COURTESY OF TOWN OF GORHAM

All Town of Gorham Facilities will remain closed to the general public through May 31 in conjunction with Governor Mills' Executive Order 49. The closure applies to all Municipal buildings and recreation facilities, which includes all soccer fields, multi-purpose fields and playgrounds unless otherwise posted. Town departments will remain operational with reduced staffing levels onsite 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. For further updates, visit [www.gorham-me.org](http://www.gorham-me.org).

We thank the community for its continued diligent efforts with reducing the spread of COVID-19 by following the CDC's recommended social distancing requirements, practicing everyday preventative steps including washing hands often and limiting time away from home unless for an essential job, essential personal reason or other necessary purposes as defined in the Governor's full Executive Orders.

# Planning Board Results MAY 4

Kasprzak Landholdings, Inc.'s request for final approval of 60 duplex condominium units (Stonefield, Windswept and Winding Ridge Condominiums at Pheasant Knoll) was moved to a future consent agenda.

Gregory McCormack's request for approval to subdivide six lots from three existing lots on 5.08 acres off 71 Maplewood Drive (Maplewood Drive Subdivision and Deerfield Drive Private Way) was discussed and postponed pending responses to remaining issues.

The Town of Gorham's request for approval of a 1,908 square foot kitchen addition at the Narragansett School, an extension of the modular project approved 08/05/19, was approved with special exception and site plan with find-

ings of fact and conditions of approval.

Gorham Solar, LLC's (formerly NexAmp, Inc.) request for approval of a PV Solar Ground-Based Array with associated equipment, gravel access and perimeter fence, located south of 412 Fort Hill Road was continued to May 18 with drone site walk to be scheduled.

Moody's Co-Workers Owned, Inc.'s request for approval of a 3-lot subdivision on Raceway Drive was approved with findings of fact and conditions of approval.

Tom Dore's request for approval to construct a 970 foot private way (Dore Drive) to the 2-6 lot private way standard, located off Longfellow Road was approved.

# Town Seeking New Curbside Trash Hauler

BOB BURNS  
Public Works Director

The Town was advised by RW Herrick on March 31 that they wanted to end their contractual obligation at the end of their contract on June 30, 2020. The company wants to focus on its dumpster and roll-off collection side of business and stop performing curbside collection services. Additionally, finding employees with commercial drivers licenses has been a challenge industry wide.

RW Herrick has been an extremely reliable contractor for the Town for 18 years and we feel fortunate that we were

able to work with them. The company has agreed to continue on a month to month basis should there be any issues with finding an alternate contractor in a timely manner.

The current bid has three alternates. One is a three-year contract for a "carbon copy" of the existing program. The second is a five-year contract for the carbon copy of the existing program. The third is a five-year contract for a mechanical arm program that would continue to use the pay-per-bags or tags but provide the wheeled carts and the manpower and equipment for collection.

# Town Council Meeting MAY 5

JACOB ADAMS  
Staff Writer

Renee Murray, of Settlers Way, had questions on the correct protocol for creating access to public spaces in the Fort Hill Neighborhood and asked the Council for guidance.

Councilor Pratt reported that the Industrial Park Steering Committee met on April 15 and he was nominated as Chair. They discussed surveying wetlands, woodland studies, and goals and are waiting for results. They will meet again in early June and move forward.

Councilor Shepard reported that the Ordinance Committee will meet on May 19.

Councilor Hartwell stated that the Town is now issuing burn permits depending on the weather. He suggested businesses reach out to get the

necessary resources available during this difficult time. Economic Development Director, Kevin Jensen, is able to point people in the right direction to get the help they need.

Councilor Wilder Cross urged small businesses to visit the website [GorhamStrong.org](http://GorhamStrong.org) for information and financial resources that are available, including grants, low interest loans and other programs. She reported that more businesses are beginning to open with strict guidelines to providing a safe way to do business. She recommended calling local businesses in Gorham to see which ones are open and what restrictions they have in place.

Councilor Kuech added that a few more businesses in Gorham, including The Bookworm and Carter's

CONTINUED ON PAGE 12

## TOWN OF GORHAM BOARD OF APPEALS NOTICE OF MEETING MAY 21, 2020: ON-LINE ZOOM MEETING

The Gorham Zoning Board of Appeals invites you to view our upcoming Regular Board of Appeals meeting on Thursday, May 21, 2020, starting at 6:30 pm. This meeting will be held remotely, hosted as a Zoom Webinar and streamed over GoCAM and Facebook Live for anyone who wishes to view. Staff recommends those who would like to make public comment regarding any of these agenda items to email written comments by 4 pm on Thursday, May 21, 2020 to the following email address: [ZB\\_Mtg\\_Public\\_Comment@gorham.me.us](mailto:ZB_Mtg_Public_Comment@gorham.me.us).

To join the meeting, follow this link on your computer or mobile device:  
<https://us02web.zoom.us/j/87073148199>  
Phone Number: 1(301)715-8592 Webinar ID: 870 7314 8199

To make a public comment during the meeting, we ask that you raise your hand using the button in Zoom.

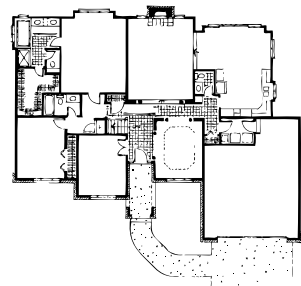
Acceptance of the April 16, 2020 meeting minutes as printed and distributed.

**Appeal #20 – 03 Single-Family Dwelling Set-Back Variance.** Natasha Stout, property owner and David Willis, petitioner and agent are seeking a single-family front-yard setback variance for the property located at 1 Riverbend Road (Map 43A Lot 17.047). The subject property is located in the Rural ( R ) zoning district.

**Appeal #20 – 01 Administrative Appeal.** Susan Duchaine, petitioner is seeking an Administrative Appeal of the Code Enforcement Officer's determination of Accessory Use in the Commercial Office Zone. Properties are located at 21, 23, 29, and 35 Vista Drive, Gorham. (Map 32, Lot 24, 102, 103, 104, 105).

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# JMG Donates Hannaford Gift Cards to Families in Need

GORHAM TIMES STAFF

As families continue to struggle with the economic impact of COVID-19, Jobs for Maine Graduates (JMG), partnered with its school partners to distribute \$100 Hannaford Supermarket gift cards to 3,000 students and their families throughout Maine.

While Maine's K-12 public schools are continuing to provide free bagged breakfasts and lunches to students by scheduling pickup times, and even school bus deliveries, food insecurity continues to rise.

JMG programs are hosted within Maine's public schools and higher education systems. JMG specialists deliver a competency-based model, providing instruction for essential life and career skills, through personalized learning strategies.

It is the only nonprofit in Maine serving students from middle school through high school graduation, and into post-secondary education and careers. There are 143 JMG programs in Maine, in all 16 counties.

"Students in all of the communities we serve have been telling their JMG specialists they are struggling with getting

enough food and other critical household items," explained Craig Larrabee, JMG's President and CEO.

Larrabee said JMG serves as a bridge between public education and private business. Therefore, he reached out to the private sector to help these students because he knew its leaders would want to do something to support Maine students.

Superintendent Heather Perry gave a "shout out" in her April 13 blog post to Gorham's three JMG employees: Ryan Chicoine, Eliza Kinigsberg, and Maureen O'Brien.

"Even though our students have been at home, these folks have not stopped working on our goals of making sure our K-12 students continue to think about their aspirations," said Perry. "They also haven't stopped caring about our awesome students."

JMG donated \$2,000 in Hannaford gift cards to Gorham's JMG high school families and another \$2,000 in Hannaford gift cards for families in grades K-8 to support those families most in need. The company also recently donated another \$1,000 in funding to help support Gorham's purchase of additional hot spots for families in need.

## School Plans Announced CONTINUED FROM PAGE 1

Ultimately, he said he placed the most weight on what the students wanted.

"Time and time again, our seniors expressed the following wishes: They want to hear their name called and be given their diploma as they walk across the stage in their cap and gown; they want a traditional ceremony (at least as traditional a ceremony as is possible); and they want to be with their friends," said Jandreau.

Therefore, based on the wishes of the overwhelming majority of students Jandreau heard from and based on what they are able to do within the confines of the governor's orders (prohibition on gatherings of more than 50 people starting on June 1) and Gorham's own capacity, they made a final decision to celebrate Gorham's seniors with five or six graduation ceremonies over two days. Each of the ceremonies will be conducted as close to a traditional graduation as possible and will include a group of 36-40 seniors.

Jandreau initially communicated that parents would be unable to attend in person due to the government's constraints on gatherings. Instead, the school was going to offer a live stream of each ceremony. In the days following the announcement, he received a mix of emails ranging from disappointed parents, supportive parents, and students who were excited by the plans.

Senior parents who were disappointed created a petition titled "Let Parents of Gorham High School Seniors Attend Graduation," and quickly gathered over 250 signatures in 24 hours. The petition was halted after a surprise email to senior parents on May 10 in which Jandreau started off by saying, "I'm writing this morning with a bit of a Mother's Day gift."

He went on to say that the updated graduation plan includes an opportunity for parents to see their graduate receive his or her diploma. Parents will be able to line up in alphabetical order outside of the auditorium while maintaining physical distancing. Before each senior is called up, the senior's parents will enter the auditorium on the opposite end of the stage.

"Parents will hear their son or daughter's name called, watch their son or daughter walk across the stage and receive their diploma, be able to hug their son or daughter, and have their picture taken with their son or daughter," said Jandreau.

Once each family has their picture taken, the graduate will head back to his or her seat and the parents will exit the auditorium so that the next set of parents can enter.

Seniors will be given an opportunity to identify one friend, equivalent of a marching partner, to be part of the same ceremony. Based on the Maine's Department of Education's guidelines on graduation ceremonies, there will have to be about 11 seats between each graduate. They will have numbers on seats and assign each senior to a number so they know where to sit.

Jandreau is still reviewing the guidelines on wearing masks as well as gloves and/or the use of hand sanitizer during the ceremony. As of right now, the plan is for all the diplomas to be set up on a table behind the podium. One of the assistant principals will hand the diploma of the student coming across

the stage to Jandreau and he will place it on a table next to the podium and step away so that the graduate can take his or her diploma as they walk by.

"We have never done a graduation during an international pandemic," said Jandreau, "and we are trying to figure this out as we go. We need to ensure everyone's safety, including the students' safety as well as our staff's safety."

After the graduation ceremonies are concluded on June 7, the entire senior class will meet in their vehicles at a specified location in Gorham and be led by Gorham Police, Fire, Rescue, and Public Works in a parade around the entire town. Parents are invited to ride with their seniors and families should help decorate their vehicles.

"We have a tradition in Gorham with sports teams being escorted through the Village back to school by PD and Fire," said Jandreau, "and the students thought it would be truly exciting to be with their families taking part in a parade like this."

The parade route will include all the major areas of the town and will allow for the Gorham community to be involved and celebrate its seniors by cheering and holding signs. The parade will conclude with a special drive through the Village and end at GHS where many staff will be present to say goodbye to the graduating class.

Jandreau said the mini-graduations were never supposed to be the primary event; the primary event was the parade. The graduations were really just meant to be an opportunity for students to be in the MPAC one more time, with some of their friends, celebrating.

"Their time with families would be the parade, and their time with friends would be in MPAC," said Jandreau. "They really couldn't be with their friends during the parade, so the mini-graduations plan made the most sense given the constraints placed upon them."

More details about the plan are being worked out, including how they will handle speeches, and will be reported to the School Committee this week. Finalized details and other events, such as Project Graduation, will be shared in the coming weeks.

Perry said in her blog that it isn't possible to do what they would prefer to, which is to do what they have always done for graduating seniors. "However, what is possible, is to do something unique, and different, and something 'epic' that our graduating seniors won't likely forget...and that is what we plan to do."

"I would love to see every lawn in Gorham have some sort of sign up wishing our seniors the best of luck," said Perry. "I would love to see businesses with signs in their windows and on their lawns congratulating seniors on their accomplishments. I would love to see cars lined up along the parade route from beginning to end with signs on them and people waving signs from their cars. I would love to hear honking horns and air horns and sirens and as much noise as possible echo across our community as our seniors celebrate the ending of one part of their lives and the beginning of a new."

## Congratulate Your Senior in the Graduation Issue

Include your congratulatory ad in the **June 11 Graduation Issue** of the *Gorham Times*. Ad deadline is June 3.

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# GHS Interns Reflect on Their New Normal

We asked our Gorham High School (GHS) student interns to share their personal experiences about the current life of a student right now.

## EMILY CREPEAU, GHS SENIOR

Due to the coronavirus (COVID-19), Gorham schools had to close. As a senior, it's not something you want to hear. The end of the year is a very important time. It's a time to say goodbye to friends, classmates, and staff that have been there for us throughout the last four years. A time to go to prom one last time.

At the beginning of the year, I had so much hope about how I would spend my last year of high school. Everyone always told me, "This year will be great." For a while, I actually believed it. I was able to enjoy my senior privileges, spend time with friends, and be around everyone that made high school a great experience.

When they decided to close the schools, I was in shock because I didn't think it would have to come to this. After everything that we had done to get here, this was the last thing that we expected to happen. It was definitely an emotional rollercoaster.

Adjusting to online schooling was hard at first. It was hard to plan out the week to make sure all assignments were completed on time. It was stressful trying to process everything that was happening on top of doing assignments. It was a huge change for all of us.

Now, I have the hang of things. I have been able to properly plan my week and things are feeling better. Especially knowing that there will still be an end-of-the-year ceremony. Even though the whole class won't be able to be together throughout the ceremonies, it is still great to know that we will still have something to end the year right.

I want to say thank you to everyone that was there for me and that helped to guide me during these last four years. I wouldn't have gotten here otherwise.

## LYDIA VALENTINE, GHS SENIOR

The only way to start this is with the corny joke my class has heard since elementary: "If we really had 2020 vision, shouldn't we have seen this coming?" The answer is, of course not. My grade is one of optimists and dreamers that could not have imagined this in a million years. Yet, just before the last little part of senior year arrived, the part we've been working towards for 12 years, everything was yanked away.

The worst part is, there's nothing to blame except for a virus, something that has come and gone throughout human history. We are nothing except victims of circumstance; it's just the flow of humanity.

In the past two months since school was called off, I've found myself returning to that last day. Although it felt extremely weird, none of us wanted to admit that it could be the last. So, let me take you back to March 12, whether you

are someone in my class, someone at GHS, or just someone who is reading this.

March 12, 2020 was a cloudy and chilly day, nothing out of the ordinary for the beginning of March in Maine. I drove to school in my beloved red Subaru and parked alongside my friends in the back row of the senior parking lot. Throughout the year, I learned to get there a little early to ease the temptation of staying in my car too long.

Just like every morning, teachers stood along the trophy cases as I entered, some deep in conversation, some saying hello. I walked between the two groups of freshmen clogging the lobby and glanced at the TV that showed announcements of upcoming sports meetings. Incidentally, I planned to race walk with a teammate that day after school.

After a short stop in the library, my friend Gianna and I were off to first period, English. We passed through the cafeteria, saying hello to classmates, and arrived at the news that New Balance Nationals, something a friend was attending, had been canceled. I believe that is when the sinking feeling of reality set in.

It followed me throughout the day, and I couldn't help expressing to my friends, "Today feels weird." I repeated this over and over. Alas, no special words or motions were made until the end of that seemingly normal day.

Admittedly, it was not one of our most productive Latin classes, but it does bring me solace that the last memory I have of sitting in the third chair of the fourth row, is that it was a day filled with good-hearted arguments and laughter. As we stood by the door, my teacher asked, "Lyd, do you think we'll come back after today?" My reply: "I hope so." And that was all that was said.

I think that is where a lot of my class was left, wishing they had said one last thing, thanked someone one last time, or even just tried as hard as possible to imprint a moment onto their brain. One of my closest friends was away that week and didn't even get the tiny goodbye that I did.

Although we are very close to finishing off senior year online, we cannot see our teachers or our favorite classroom, or even the freshmen who clog the lobby. It was overwhelming to hear all the cancellations: senior walk through, senior award night, scholarship night, walking practice, senior barbecue, and, of course, spring sports.

Throughout high school, the girls track and field team has come so close to winning States so many times. I truly believed this spring would be it. Our unstoppable distance gang, fierce sprinters, insane jumpers, motivated throwers, and my dearest resolute race walkers would finally bring it home.

I would give anything for just one more practice. One more bad sunburn, one more shin splint, and one more prom talk from Coach

Cat. One more long-and-easy, one more trestle day, and one more meet where you could feel the team behind you.

There is so much uncertainty in what lies ahead. Yet, in the end, that is life, and I am positive we will tackle it with as much grace and grit as we did this. I wish our ending was solid and true to what came before us, but, honestly, no one is going to forget about the Class of 2020 anytime soon.

## GRACE FLYNN, GHS JUNIOR

If someone had asked me at the beginning of this school year, my junior year, what I thought the spring would look like I would've answered: "Lots of AP exams, returning to coach Girls on the Run at Village Elementary, cramming for the SAT, touring colleges, and attending a writing conference in Vermont."

I probably would have also brought up the Harry Styles concert I was looking forward to attending over the summer. The reality is quite different. The spring SATs and Girls on the Run season have both been cancelled, I'm touring colleges via YouTube, the writing conference has gone online, and I don't anticipate going to any concerts for a while.

The COVID-19 pandemic has drastically altered lives across the globe. The school cancellation and simultaneous lockdown came suddenly to me, as it did for many others. During the first few weeks of online schooling I managed to avoid overwhelming stress. I was able to plan each day effectively, I could still communicate with my friends (albeit over FaceTime), and I was looking forward to picking up a couple new hobbies.

I also had no clue how long self-isolation would last, and that ignorance allowed me to approach this sudden change optimistically.

Online school was a brand-new experience for me, and many of my classmates. We've all had to adjust to having check-ins or sometimes full Zoom classes, receiving and turning in all assignments over Google Classroom, and taking on the responsibility of managing our own schedules without falling victim to complete boredom or obsessing over schoolwork as a remedy to said boredom.

While the first few weeks went smoothly, the routine of sitting in front of a laptop for days on end grew monotonous. Despite adopting daily walks and catching up on several Netflix shows, I simply felt bored. It's difficult to replace a life of regular face-to-face interaction with infrequent Zoom calls, and not expect individuals' mental health to struggle.

I've had to remind myself that it's acceptable to experience dips in motivation, and not use every second to be fabulously productive. Although it feels like I have more free time than ever, I've learned that balance is just as important now as it was in my previous life.

# A Homeschooling Journey

SHIRLEY DOUGLAS  
Contributing Writer

There are currently many families juggling a lot of different hats since the stay-at-home order was given. From mother/father to now teacher/guidance counselor; for many, these are new and unknown territories. So how do we manage it all?

I started my homeschooling journey when my daughter was in the fifth grade. She will be starting her senior year this fall. Although this was a gradual journey and very different from the "crisis homeschooling" many parents are faced with today, there are some lessons I learned along the way and many rewards that we found homeschooling can bring.

One of the important lessons I've learned was deciphering between the mom/parent hat and the teacher hat. It was helpful to my daughter when I was consistent with my teacher roles by scheduling class times and creating an organized school space. After class time was over, I put my mom hat back on and was available with any questions/concerns that came up from her school day. After class, it was time for either extracurricular activities or her independent work. Throughout this process I found that keeping communication open with my daughter and being willing to receive and give constructive feedback on what was working and what was not working helped to grow and strengthen our relationship.

In addition to nourishing my relationship with my daughter I also found that homeschooling gave us the great reward of a flexible schedule. It allowed us to work around unexpected family crisis, sickness, or vacation plans. It also gave us the freedom to take extra time to focus on challenging subjects, or breeze through easy ones. It provided opportunities to look for different ways to improve her educational experience and figure out her personal interests and passions along the way. With a flexible schedule she was able to volunteer and get hands-on work experience through several internships.

A great resource that helped me as a teacher was learning how to discover and teach to my daughter's strengths. Focus on the Family has many helpful resources including the book "The Way They Learn" by Cynthia Ulrich Tobias. It's a great tool to help parents and teachers make the most of their children's education, as no child/student are alike.

Becoming creative with social interactions was another important lesson we learned while homeschooling. Before COVID-19, we had been involved with several homeschool co-ops, music lessons, youth groups and our church worship team. We continued to make a conscious effort to stay connected with our community and friends. As restrictions have been put in place for our safety, we are now using technology from home to stay connected. Zoom has become very popular with keeping our youth group teens connected once a week. We are also thankful that Gorham School of Music is offering online lessons during this time.

CONTINUED ON PAGE 12

# More HOMETOWN Heroes



Jenna Cowan and Connie Erickson are two of the many Home Instead CAREgivers who reside in Gorham. They work every day to enhance the lives of older adults and keep them safe at home. They are sporting face masks lovingly sewn and generously donated to Home Instead by members of First Parish Congregational Church.



Chris Dubay is the friendly store manager at Subway in Gorham. Subway now offers contact-free grocery essentials. To learn more, visit [shop.subwaygrocery.com](http://shop.subwaygrocery.com).



Ken O'Brien is a registered nurse at Maine Medical Center.



Photo credit Jacqueline Durant-Harthorne

## GHS Grad the First Mainer To Donate Blood Plasma CONTINUED FROM PAGE 1

quarantine and none of her family members ever showed symptoms. Upon recovery, Kolb used her experience as a way to help others fighting the virus.

"My mom had mentioned to me about blood plasma donations from recovered COVID patients, so I did research on the American Red Cross website which had specific information about the convalescent plasma," she said.

Plasma-derived therapy has been used in the past to treat outbreaks of Ebola and the avian flu. As the COVID-19 pandemic persisted, the American Red Cross partnered with the FDA to collect convales-

cent plasma from those recovered from COVID-19. According to the American Red Cross, the convalescent plasma is known to have specific antibodies to COVID-19, making it a potentially lifesaving treatment for those with life-threatening COVID-19 infections.

"I had been informed on the phone it was probably going to be a two-hour process, and I had to wear a face mask when going to my appointment," Kolb said. "I had no idea I was the first person in Maine to do it, though. I thought other people had donated already."

It wasn't until Kolb arrived at her appointment that the nurse told her she was the first person to donate in the state. Kolb says she was totally fine

being the 'guinea pig' in this process in Maine because to her that was better than sitting back and doing nothing.

"I think it's a moral obligation for everyone, whether you had COVID-19 or not, to try and do something positive during the pandemic," Kolb said. While estimated to take two hours, the whole process took just over an hour.

"The only way we are going to be able to solve this is by helping each other. For patients that are recovered from the virus, it is definitely a personal decision to donate plasma, but if you feel healthy enough, I think 60 minutes of your time is worth saving someone's life."

Narragansett Elementary School Kindergarten teacher, Jacqueline Durant-Harthorne, had a Donors Choose project fully funded in under five minutes in February. "In Kindergarten, what better way to study life cycles than with a hands-on birds eye view," she said. Unfortunately, her class never got the chance to set up the incubator due to the school's shift to remote learning. Durant-Hawthorne found eggs through a local farmer and the classroom's egg to chick journey began via Zoom and a private class Facebook page. The chicks started to hatch before April vacation. Durant-Hawthorne said it filled her with such joy to share it with her students virtually as the chicks hatched. Students are writing about something they learned or saw through See Saw, an online remote work program they use in their classroom.

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11200-090



# Keeping Gorham Seniors Safe During COVID-19

KATHY CORBETT  
Staff Writer

One warm May day, Jeanette Porter put on her mask and left her Gorham House apartment to enjoy some fresh air outside, sitting at least six feet from other residents or staff. "The rules here are strict," she said, "but they need to be."

Porter praised Michelle Belhumeur, the director of the large complex which offers a nursing home as well as independent and assisted living, for keeping everyone safe. Neither Gorham House nor nearby Inn at Village Square have experienced any COVID-19 cases.

Gorham House employs a registered nurse trained in infection prevention. All employees are screened when they report for work. Anyone with a temperature or sign of illness is sent home. The nurse also instructs everyone in the proper use of personal protection equipment (PPE) and monitors compliance by the 235 staff members.

Inn at Village Square, an Avesta property on Fort Hill Road, also follows the extensive screening, education, and sanitizing procedures in effect at Gorham House. According to Director Sara Forgione, they began to purchase extra supplies in February to protect its 30 staff members and 36 residents.

"In March we stopped outings, large group activities, and communal dining," she said.

At Gorham House, Porter and other residents have been eating in their apartments since March 16. Social activities

are curtailed or reconfigured. The popular weekly "social hour" still happens, but independent-living neighbors now toast each other from their doorways. Since the transportation department at Gorham House no longer takes residents shopping or on outings, employees of that department have become "friendly visitors" who call on residents in their apartments.

Both facilities are helping residents stay occupied and connected to their families. At the Inn at Village Square, Forgione said they have "increased the use of technology, utilizing virtual art classes, and tours. We assist residents with family visits on Skype and FaceTime."

Gorham House is also helping residents communicate with family members. "A young girl donated three Facebook portals and Gorham House purchased three more," Belhumeur said, adding, "We now have one on every unit."

Porter said that not being able to welcome family and friends to her apartment is the hardest restriction for her. She visits with her daughter on the phone twice a day. Belhumeur praised families for cooperating and following the rules. Families have also donated raffle tickets and gift cards to the staff.

Inn at Village Square also appreciates support from the community. "Some folks have sent special snacks or flowers to lift the spirits of both residents and staff," said Forgione.

Tom Sallinen, a GHS student who



Photo courtesy of Gorham House

While social activities have been altered, staff at both Gorham House and Inn at Village Square organized Cinco de Mayo celebrations for residents last week.

works part-time at Gorham House, misses being able to chat with residents when serving them in the dining room, but he still sees them when delivering meals to their rooms.

"We have to be more careful now, wearing a mask and having our temperature taken, but I don't mind," he said. "I like seeing the residents."

The same cooperative spirit is true at the Inn at Village Square. "All of our staff have stepped up to ensure that our residents are safe, happy, and healthy," Forgione said. "They are all true heroes."



Photo courtesy of Inn at Village Square



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# A Tribute to Senior Spring Athletes

COMPILED BY DESTINY COOK  
Sports Editor

In April, a decision was made by the Maine Principals Association to cancel the Spring 2020 season due to COVID-19. It was already a difficult time for seniors. They not only faced leaving their teachers and friends abruptly, while also converting to online schooling to finish out their high school careers, but they also missed out on capping off their athletic careers as well.

While it may seem like a small sacrifice, it's important to acknowledge the things these seniors are missing out on: the experiences with their teammates and coaches, as well as the opportunity to break records and compete for championships. Each new season brings hope and determination to become better as individual players and as teammates. For the Class of 2020, all they have are the memories they have made and whatever their future endeavors may hold.

As a means to "honor" the senior athletes, we've invited them all to share their favorite memories and accomplishments as well as an opportunity to shout out to their family, friends and coaches.

## BASEBALL:

**Jack Van Zandt** - Van Zandt's favorite memory from baseball at GHS was having the opportunity to compete with some of his best friends each year. "I'd like to say thank you to all my coaches throughout the years, especially coach Welsh, my fellow seniors, and my other teammates that I have been lucky enough to play with," he said. Van Zandt will be playing football (and hopefully continuing his baseball career) at Plymouth State University while studying Allied Health Science.

**Josh Ball** - Ball's favorite memory during his three years of spring sports was spending time with his teammates at practices and on bus rides. "My number one accomplishment was becoming more of a leader and a better teammate," Ball shared. "To all my teammates, I want to thank you. My road was a bumpy one to this point, but helping be a leader to the younger group and contributing to a great team was something I was really looking forward to this season. As sad as it is that my fellow senior teammates and I won't be able to compete this year, you guys are an incredible group with a lot of promise and I look forward to watching you younger guys make a run next year." Ball will be attending Husson University next year with a major in Sports Journalism.

## SOFTBALL:

**Lydia Drew** - Drew's favorite memory during spring sports was the last regular-season game of her softball career when they were playing at USM against Kennebunk. The game was tied 3-3 and Drew hit a walk-off to end the game 4-3. She said her best accomplishment was receiving the Coach's Award last year during sports awards. "Thank you for all the support and effort that my coaches had already put into the season and still are doing, it hasn't gone unnoticed. I loved the energy that this team was already showing, and I know

they'll continue it for next year and rock the season," Drew shared. In the fall she will be attending the University of Southern Maine for nursing.

**Kiana Tracey** - Tracey's favorite memory from high school softball was having Saturday morning clinics with the younger kids. One of her best accomplishments was hitting 11 home runs throughout her three years of playing. "I would like to give a shoutout to the coaches I've had all the way from Babe Ruth up until high school who have supported me and pushed me to be a better player. I would also like to give a shoutout to all of the friends I have gained from playing this sport for the last eight years," she said.

**Meg Perry** - Perry shared, "In my past three years of softball I have a bunch of memories I will hold onto forever. The one that stands out the most would be always being around my teammates for the season, they always knew how to put a smile on my face." Her number one accomplishment was hitting her first high school home run during junior year while playing at USM and the excitement of her teammates and coaches. "I would like to give a shout out to all of my coaches and teammates who have impacted my softball career at GHS and the other three seniors who I have played with since third grade." Perry also wanted to thank Coach McGouldrick. She said while she didn't get the chance to have him coach her this year, she knows he is going to make a huge difference in Gorham Softball. Meg's college plans are to study Criminology and Psychology at the University of Southern Maine while playing on the volleyball team.

## BOYS' LACROSSE:

**Cole Perreault** - One of Perreault's favorite memories was beating Scarborough High School boys lacrosse team at their home field his freshman year. This was the first time in Gorham High School boy's lacrosse history that this happened. "My number one accomplishment was making the varsity boys lacrosse team my freshman year. I also set a goal to try and have the most ground balls on the team. I reached that goal my junior year," he said. "I would like to thank all of my coaches along the way, including Dan Soule, Bob Ferro, Sam Manders and Tom Talbott, for setting great examples of accountability, responsibility and discipline. To my fellow teammates, never take anything for granted! Work hard at every drill, practice and game. Enjoy the time you have left at GHS because you never know when it might all be over. Finally to my classmates, I wish you all success in whatever you choose to do. Live life to the fullest and appreciate all that you have." Perreault will be attending Rivier University to study Cyber-Security Management and minor in Homeland Security, as well as playing defense on the men's lacrosse team.

**Ryan Gaudreau** - Gaudreau's favorite memory was last year against South Portland. "I choose this memory because it always reminds me that no matter how far down you are or how much you are getting beaten on you can always come back," he shared. While they didn't win, he was proud that they could work together and hang

in there with a better team. "My biggest accomplishment is becoming a captain because it means that I am a good role model for the upcoming players and that my opinion matters. I'd like to thank my coaches for putting up with us because I know we can be a little crazy at times. And I'd like to thank my teammates/brothers that I have been able to experience these years with," he said. Gaudreau will be attending Bridgewater State University where he will study Aeronautical Science with a concentration in Flight.

## GIRLS' LACROSSE:

**Faith Dillon** - One of Dillon's favorite memories during the past three years of spring sports was fundraising. The team did a yearly fundraiser where they were put into groups and assigned different neighborhoods in Gorham in an effort to sell coupon books. Dillon said it was a really great way to get to know her teammates. "My number one accomplishment in spring sports, I think, would be getting on varsity freshman year. In middle school we would try to guess who would make it freshman year and I wasn't one of those people. I pushed myself and earned a spot and started every game that year so that was exciting for me," she shared. "I want to give a shoutout to Coach Guimond. She was my teacher and advisor in eighth grade, one of my hockey coaches for the past two years, and my lacrosse coach since freshman year. She has helped me grow so much as an athlete and as a person and I'm thankful for that. I also want to give a shoutout to my teammates who I love so much. We were going to do so many amazing things this year and we had high standards. And while it's too bad we don't get to play this year, I know they will do great things next season and in the future," she said. In the fall, Dillon is attending Adelphi University where she will play DII field hockey.

**Jill Nichols** - Nichols' all-time favorite memory is when her team went out and played their absolute best against Massabesic last spring in the semifinals. While the girls came up one goal short, she said they had a special team and Nichols was very proud to be a part of it. "My number one accomplishment was being able to prove to coach that I was able to compete at the varsity level. I scored my first ever goal in our very first game vs. Falmouth my freshman year," she said. "Lacrosse has given me the best teammates, ones who I will never forget. It has also given me the best coach I could have ever asked for, she has taught me so much and always found new ways to push me. Thank you coach!" Nichols will be attending Merrimack College in the fall to study nursing and plans to play club lacrosse.

**Haley Lowell** - Lowell's best memory has always been getting to play with her friends as well as making new friends on the team. She shared, "My biggest accomplishment was scoring six goals in a varsity game while swinging up from JV, and being recognized with an All Conference award."

**Kacie Walton** - Walton's favorite memories playing for Gorham Girls Lacrosse included being able to play with her best friends, riding the bus to away games, and last year when they made it

to the semifinal playoff game. She said, "My number one accomplishment was being able to start almost every game for the past years, and stepping up to be a leader last year as a defenseman."

"I would like to shout out my coaches, Coach Guimond, Coach Dannie, Coach D, and Coach Payne. I would also like to shout out all of the seniors, who are some of my best friends. Thank you to everyone from Gorham girls lacrosse who have truly made me love this sport, and who have made it so hard to lose this spring season." Walton plans to attend Temple University for the Army ROTC program, where she will study nursing.

**Elyssa Johnson** - Johnson's favorite memory was riding the bus to away games and singing with her team at the top of their lungs. "I love playing lacrosse and over the nine years I have played, I love seeing the growth for me as a player, teammate and overall person as a whole," she said. "Thank you to all my teammates I have played with over the years, especially my senior teammates who I have been with through everything. Thank you to my awesome coaches, and my parents who started me in this amazing sport!" Johnson said. Johnson is attending the University of Vermont this fall and will major in nursing.

**Carson Battaglia** - Battaglia's favorite memory from lacrosse was her last high school game ever. "We played at Massabesic and lost by one in the last minute, but it was by far our best team effort and we left the field knowing we outplayed them," she stated. Battaglia said her greatest accomplishment was becoming a captain her junior year. "It meant a lot to me that my teammates thought of me as a leader. Coach Guimond made my three years a great experience, and I'm so thankful I got to have her as a coach for both hockey and lacrosse. A lot of my teammates were girls that I've been playing with since third grade, and I feel lucky to live in a town with such a great youth program." This year's team would have had over a dozen seniors, and Carson feels this says a lot about Gorham's program that so many girls stayed a part of it for 10 years. She added, "While I'll miss spending my senior year with these girls, I feel fortunate to have so many memories with them both on and off the field." Battaglia will continue playing lacrosse at St Joseph's College in the fall.

## BOYS' TENNIS:

**Brady King** - King's favorite memory was going 10-1 in the regular season as part of a doubles team with Andrew Rent. They beat Falmouth and Thornton Academy, two teams who King said are well known for having a stellar program. "My best accomplishment was getting the Gorham Doubles Award alongside Andrew Rent from Coach Landry," he said. King will miss everything about tennis season. "Coach Landry and my teammates were awesome. It was always a great change-of-pace from soccer season, I will miss it greatly." King plans to attend Maine Maritime Academy where he will study International Business and Logistics while playing soccer for the Mariners.

CONTINUED ON NEXT PAGE

## A Tribute to Senior Spring Athletes CONTINUED FROM PAGE 10

**Patrick Bishop** - Bishop's favorite memories come simply from playing tennis with his friends after school everyday. Following graduation, Bishop will study Mechanical Engineering Technology at the University of Maine.

**Cameron Myles** - Myles' favorite memory was during the doubles tournament where he and his partner made it to the quarterfinals, saying it was a great experience for both of them and they each felt very proud. "I started tennis my sophomore year. I wanted to be on varsity by my junior year so I pushed for it and achieved it," he said. "I would like to thank Coach Landry and everyone else on the team for allowing us all to have lots of fun and great moments together." Myles will be attending Husson University to study Physical Therapy. While the school does not have a school tennis team, Myles hopes to compete with a club or intramural team.

**Lucas LaMontagne** - LaMontagne's favorite memory was upsetting Falmouth's second doubles team to the point where they reported the match as a forfeit instead of the actual score. "I would like to thank Mr. Landry and my teammates for making the last few years extremely fun and to congratulate them on not losing a match all season," he said. LaMontagne will be attending the University of Michigan in the fall where he plans to major in Statistics or Economics.

### GIRLS' TENNIS:

**Haley Burns** - Burns' favorite memory playing tennis was having to leave school early to complete a rescheduled doubles tournament. "My partner (Isabelle Kolb) and I won third place and brought back trophies. We had worked hard and were happy with our results." Burns is most proud of having an undefeated regular season with her doubles partner in 2018. "Thank you to my coach and teammates for encouraging me everyday." Burns is undecided on a school this fall but plans to play college volleyball.

**Maddie Firmin** - Firmin said some of her favorite memories include bonding with the team on and off the court. "After matches we would sometimes go to GHOP or go watch the lacrosse games and we would just have a really great time together," she shared. During her sophomore year, the team record was 11-1 in the regular season. Firmin said this was a huge accomplishment for them as a team, having worked hard for that outcome and accomplishing many goals. "I am so grateful to have been a part of this team! Thank you Coach for always pushing us to be our best. Thank you to my teammates and fellow seniors for making this such a positive experience and giving me so many great memories. I'll definitely miss GHS tennis," she said. Firmin will attend the University of New Hampshire this fall to study Occupational Therapy.

**Hannah Dimick** - Dimick's favorite memory during her three years of tennis was when she and her teammates tried to squeeze on a small hammock together after a match. She also shared, "My number one accomplishment was trying to understand the tennis scoring over and over again each season (I understand it now)." She added, "Thank you so much coach for teach-

ing me this lifetime sport, and to my teammates for helping me along the way. I'm so grateful for the wonderful group of girls I got to spend my spring seasons with." Dimick is attending East Carolina University in the fall where she will study nursing.

### BOYS' TRACK:

**Andrew Tinkham** - Tinkham said one of his favorite memories during his three years of outdoor track was all of the fun he had with his teammates during down time and on the way back from meets. His best accomplishment was a personal record when he ran under 12 minutes in the 3200 meter. Tinkham said, "I would just like to give a big thank you to all of my coaches who have been there for me over my four years: Coach Tanguay, Coach Karcanes, and Coach Stone. In addition, thank you to all of the friends that I have made from my four years of cross country and indoor & outdoor track!" Tinkham plans to attend the University of Southern Maine where he will study nursing.

### GIRLS' TRACK:

**Stefanie Meacham** - Meacham's favorite memory from spring sports was winning the 1600m race walk during the SMAA meet during her sophomore year. "My best accomplishment was qualifying for New Balance Outdoor Track Nationals, also during my sophomore year, and being able to race at that meet." She said, "Shout out to my coaches: Coach Tanguay, Coach Karcanes and Coach Cat, for always pushing me to do my best. To my race walk girlfriends...I'm super bummed we didn't get a last season together, but I loved competing alongside you and can't wait to see what you do next year!" Meacham will be a nursing major at West Virginia University Institute of Technology (WVU Tech) where she is attending on a track and cross country scholarship.

**Kate Tugman** - Of all her memories, Tugman said her favorite is going to Nationals last year during the spring track season. Tugman proudly holds nine school records for indoor track and five school records for outdoor track, she was hoping to add more this season. "Thank you to my best friend Iris Kitchen, it's being amazing to run along side you for the past seven years and I can't wait to see what you do in college; thank you to my parents for always supporting me; and thank you to all the underclassmen on our team that have supported the seniors during this tough time," she said. Tugman will be attending Florida State University, majoring in Psychology. She will also be running cross country, indoor, and outdoor track.

**Lydia Valentine** - Valentine shared, "My favorite memory of spring sports is from last year, about a week before States. It was very warm and the only workout we needed to do was a long race walk around the track. After pacing the pavement for a good few miles, my racewalk buddy and I, Caroline Bishop, went and got ice cream as it was the perfect sunny spring day. We followed that by meeting more track friends at the trestle for a dip in the water. I will always remember that day as sweet and full of laughter." Valentine counts her

number one accomplishment as placing fourth at States in the 1600 meter race walk last year. "I want to thank all of my coaches. Coach Tanguay who started me at racewalk freshman year; Coach Cat, who never gave up on me; and Coach Stone, who gave the best pre-meet yoga sessions. I also want to thank my team, especially my racewalk girls, for staying positive and pushing hard every practice. Words can't describe how much I miss it," Valentine said. Valentine will be attending the University of Rhode Island and studying journalism in the Honors Program.

**Abby O'Brien** - O'Brien loved the bus rides to and from the meets and "Cat's crazy driving." She also remembers one practice where she was trying to clear a new height in high jump. She and Coach Caterina made a bet. "If I cleared four feet, then he would have to do 20 push ups. Let me tell you, those were the worst push ups I've ever seen! On another note, Cat is such a funny person to be around, especially when he's your coach. Cat, I am sure going to miss you!" O'Brien said.

Her number one accomplishment during her time at GHS would be placing fifth at Southwesterns for Discus. "That day, I threw 105 feet and broke my own personal record by 30 feet. Sadly, I was five feet short of a 20 year old school record." To her coaches, O'Brien said, "Thank you for believing in me since day one. I can't thank you guys enough for sharing your passion of track and field with me because I have not only found a sport that I love, I have found a second family that I couldn't imagine living without. To all of my track teammates: you guys are the best and I wouldn't want anyone else by my side these past four years. You all made my high school track career unforgettable and I will miss you all dearly." O'Brien will be attending Saint Joseph's College to study Education and Administration with a minor in Social Work in the Honors Program. She will also be running on their track and field team and competing for the dance team.

**Quinn Young** - Young's favorite memory from spring track was when some of their team went to the trestle, saying "it was freezing!" She added, "My number one accomplishment at the beginning of this year was to PR in long and triple and I ended up doing my best ever in one of my last indoor meets. I got to PR in long and triple jump that same meet but I am most proud of the 32'11.5" during SMAAs (so close to 33' - ahh). I wish I could have seen what I could have done by outdoor track but

I am proud I got to accomplish what I did." She wanted to shoutout to Coach Stone and the other seniors on her team for "the best high school seasons she could have had."

Young will be attending Husson University to study Criminal Justice. She will play soccer there and jump for the track team.

**Iris Kitchen** - Kitchen poetically shared, "One of my favorite memories during my four years in spring sports begins with a warm sunny day and a hard workout in the trails ahead of us. I was running with Tom Nelson, Hayden Desmond, Reed Henderson, Josh Lehmann and Calvin Cummings. We got halfway through our run and were crossing a small bridge over a large crisp stream. The water flowed clear and fast. We were all sweaty and focused but I had an idea. As we were right in the middle of crossing, I grabbed Thomas and pushed him in. The cold splash as his trainers hit the water surprised us all. Soon enough we were all in and splashing each other. The run home was soggy and uncomfortable but the smiles stretched across our cheeks made up for it." Kitchen's biggest accomplishment in high school spring sports happened her freshman year during outdoor track. "It was the freshman meet hosted at Gorham, with only freshmen allowed to compete. I ran the sprint medley with fellow seniors, Anna Nault, Quinn Young, and Kate Tugman. Quinn and Anna ran the 200, Katrina the 400 and I ran the last leg the 800. We weren't seeded well, it was pouring cold rain, and the last event of the meet. We were all exhausted and ready to get it over with. We all pushed very hard but the competition was too intense, by the time I received the baton we were close to last with a large gap between us and the leading team. The moment I grabbed the baton I was off and felt like I was flying over the slick track. By the second lap I had passed everyone and was in first, my team and the stands were going wild. After I finished we were all sweaty, wet and exhausted but were jumping in happiness. That was one of the best races I have ever had the chance to be a part of." Kitchen added, "I want to thank my insanely supportive parents, all my wonderful runner friends who made the miles fly by, Coach Ewers, Coach Cat, Coach Karcanes and Coach Tanguay for shaping me into who I am today." She will be attending Assumption College where she will study nursing and run cross country, indoor and outdoor track in their DII program.



## Town Council Meeting CONTINUED FROM PAGE 5

Green Market are also doing phone or Facebook message orders and encouraged citizens to reach out to them for personal service.

Chairperson Phillips remarked that she believes that people are doing a fairly decent job keeping the many recreational trails in Gorham clean and welcoming.

Councilor Hartwell added that he had received an inquiry about the clear cutting by Shaw Park. He reported that he downloaded the deed that was transferred to the Town of Gorham and found that there is a covenant that allows for future land clearing and expansion. The Town will be putting up a sign stating this agreement.

Town Manager Paraschak announced that the due date for the 2nd half of the 2020 Real Estate and Personal Property taxes has been extended until June 15. Residents can pay taxes through the mail, over the phone or online with a credit card, or drop it off in the book drop at the library.

Paraschak reminded citizens that all municipal departments are 100% functional and are operating remotely from home or in the office when needed. He reported that Town departments are currently working on plans for transitioning to soft openings in the month of June depending on the CDC and the Governor's guidelines. He also confirmed that youth summer rec camps are on schedule to open this summer but will depend on the Governor's recommendations. Public Works is working on the cross town trail and making improvements. The hope is to get it connected to the Shaw Brothers Cherry Hill trail soon.

The Town Clerk was authorized to issue the warrant for the July 14, 2020 School Budget Validation Election. The polls will be open from 7 a.m.-8 p.m and the Town Council appointed the following persons for the designated voting districts:

District 1-1 – Susan Emerson, Warden and Laurel Smith, Ward Clerk

District 1-2 – Katherine Corbett, Warden and Cornelia Loughran, Ward Clerk

District 2 – Martha Towle, Warden and Nancy Kenty, Ward Clerk

Central – Paula Nystrom, Warden and Nanette Belanger, Ward Clerk

Voting hours and details can be found at [www.gorham-me.org](http://www.gorham-me.org).

The Town Manager highly recommends that people absentee vote for this election due to the current health pandemic. An absentee ballot can be obtained online or by calling the Town Clerk's Office.

The Town Council sent a proposed amendment to the Contract Zone of Gorham Savings Bank to allow for a solar facility and/or solar panel installation on their building to the Planning Board, for public hearing and their recommendation.

The Town Council amended the policy of the revolving loan fund to allow for small financing requests to be increased from \$10,000 to \$25,000 and the maximum loan amount stated in the RLF Procedures document that does not maintain a financial leveraging requirement be increased from \$10,000 to \$25,000.

The Town Council authorized the Town of Gorham (Police) to rejoin the Maine Public Employees Retirement

System as a Participating Local District effective July 1, 2020. (6 years, 1 nay: Hartwell)

The Town Council authorized the Town Manager to enter into a Collective Bargaining Agreement Extension with the Gorham Professional Firefighters Association, Teamsters Local 340, through June 30, 2020. (6 years, 1 nay: Hartwell)

Staff was authorized to submit a request for proposals to qualified vendors for solar facilities at the new Gorham Industrial / Business Park located between Main Street and New Portland Road.

The Town Council amended the residential construction fee schedule to no longer charge a fee for the installation of handicap ramps on residential properties.

The Town Manager was authorized to enter into an Amended and Restated Credit Enhancement Agreement between the Town of Gorham, Maine and ODAT Realty Holdings, Inc. The full order can be found at <https://www.gorham-me.org>. (6 years, 1 abstention: Pratt)

The Town Council forwarded a plan to add a new private way standard to the Minimum Standards for the Design and Construction of Streets and Ways that would allow up to 25 lots or dwelling units to the Planning Board, for public hearing and their recommendations.

Art Handman's resignation from the Gorham Economic Development Corporation was accepted and the Town Council thanked him for his years of service to the Town of Gorham.

The full minutes can be read at <https://www.gorham-me.org>.

## A Homeschooling Journey


CONTINUED FROM PAGE 7


Probably one of the biggest challenges that I'm sure many students deal with is the lack of motivation. It can be especially difficult to keep motivated when you are always home. Not all students will be self-starters or self-motivated. It can also change from day to day.


One incentive that worked for us to increase motivation during elementary school was creating a jar of prizes when bonus projects were completed. Prizes could include a pizza party, or a gift card to your favorite place. We also found taking "brain breaks" helpful during the day. Going for a walk, playing an instrument or game, and just eating a snack helped to break up the day.


For high school students, listening to music and making a list of priorities for each day can help them stay focused. Changing where you do your lessons can also add some refreshing variety to the day. Reading a book for school or studying on a hammock or a porch swing on a sunny day can be a nice change from the typical desk.


Sacrificing time and energy and investing in your children's education will never be wasted. It is a season of life that goes by so quickly. The biggest reward is spending time together and getting to know your children. I encourage parents to look at this time as a gift rather than an inconvenience. Take one day at a time and try to learn from each other. Our children have a lot to teach us as well – enjoy the journey.





  
Chris Burton

  
Julie Chandler


  
Jane Mason


  
Mike Griffin


  
Peter Mason


  
Benjamin Taylor


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**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**  
**GORHAM \$448,500** - Desirable Fort Hill Farms! This 4BR, 2.5ba Malcom Potte reproduction offers 2276sqft of living space w/ 2 car garage & walkout daylight bsmt. Handcrafted cabinetry, pine floors throughout & classic trim details.


  
**UNDER CONTRACT**  
**RAYMOND \$349,900** - Over 2000sf on Raymond Pond. Apt over 2-car garage, 3BR/2bath home w/ large deck overlooking the 100' of water frontage. Auction @ Xome.com


  
**UNDER CONTRACT**  
**GORHAM \$284,900** - This home is brand new inside & out. The only original components are the foundation & some framing. Gorgeous open floor plan w/ 9ft ceilings. Luxury laminate flooring throughout.


  
**NEW LISTING**  
**FREEPORT \$399,900** - Custom Ranch w/ oversized 3car garage on 3acres! Offers 2359sqft of living space all on one floor w/ an add'l 1228sqft of living space in the daylight walkout bsmt.


  
**PO GO REALTY 50<sup>th</sup> ANNIVERSARY Gorham, ME 1970 2020**

  
**NEW LISTING**  
**GORHAM \$400,000** - Little Falls Condominiums is an approved 8-unit condo or rental unit development ready for you to construct. Take advantage of one of Maine's fastest growing communities.

  
**NEW LISTING**  
**HOLLIS \$375,000** - Situated on 4.48ac of beautifully landscaped property is this 4BR, 2ba home w/ a 3 car garage, paved driveway, & barn this property features a rifle range & an archery range.

  
**SOLD**  
**33 Patio Lane \$34,900** - Sunny, well maintained 1988 Skyline, Hampshire home with applianced kitchen w/ ample cabinets in Gorham. Very clean & well kept home that sits on a corner lot.

  
**UNDER CONTRACT**  
**GORHAM \$359,000** - Ideal townhouse style with separate utilities built in 2011. Offers 2 bedroom, 1.5 bath units with full basements, decks and storage sheds on the right side of Gorham.

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

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# Working From Home? How to Stay Productive

COURTESY OF DR. JIM GILKEY

As the coronavirus pandemic threatens public health and the U.S. economy, more people are working from home on a regular basis. The move follows social distancing guidelines as an attempt to slow the outbreak, but keeping scattered workforces connected and productive can be challenging for managers and employees.

This is new terrain for all involved, but employees and their companies can come out of this stronger by learning how to work together even better while they're physically apart.

Optimally, working remotely can sharpen the skills you have and open

new avenues of training that broaden skill-sets and increase results. But technology alone can not smooth the transition to remote work, and both employees and business leaders must learn how to implement new structures and some new or tweaked processes. Here are tips for both managers and associates to make working from home work out well for their companies:

For employees:

- Get started early. When going to the office, you normally get up and out the door early. At home, this is more difficult. So get up, take a shower, and get started.
- Create a dedicated work space. People who have not worked remotely may need to experiment to find what

setting works best for them. Dedicate a specific room or surface in your home to work. You should associate your home office with your actual office. This creates the correct mindset for being productive.

- Structure your day like you would in the office. Workers need to adopt exceptional conscientiousness when it comes to dividing their day into intensive work, communications, personal time and family life. Have an agenda. Schedule meetings and project time and stay on schedule.

For managers:

- Set expectations. It is vital that employees know what is expected of them. When will you be available? How long will it take to get back to someone?

• Create a cadence of communication. Without daily face-to-face interaction, there's more importance on communication. "A rhythm of communication is vital – daily check-ins, weekly one-on-ones, weekly team meetings, etc.

• Take a video-first approach. Video, with all the current technology, is the most effective means of remote communication. Invest in reliable tools.

• Maintain company social bonds. One drawback of working remotely is the potential breaking of social bonds that are necessary for productive teamwork. Video conferencing or a quick Google chat with a colleague is vital to keep relationships strong. "Employees miss face-to-face banter and impromptu discussions in the physical office, so seeing faces on the screen daily is optimal for morale and a sense of normalcy.

Employees and employers can use this unprecedented time as a way to improve individually and as a company. Working from home and working well together can go hand-in-hand when everyone is pulling even harder in the same direction.

Dr. Jim Guilkey ([www.jimguilkey.com](http://www.jimguilkey.com)), is author of *M-Pact Learning: The New Competitive Advantage — What All Executives Need To Know*.

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## COMMUNITY

### PASSINGS

**Mildred "Millie" Meggison Grant**, 92, passed away on April 17. She grew up in Gorham and graduated from Gorham High School in 1946. Over the years, Grant owned a couple of small businesses and ended her working career as the Deputy Clerk for the Town of Gorham for seventeen years.

**Rev. Bill Chadwick**, 64, died on May 2 as the result of a motorcycle accident. Chadwick was a resident of Gorham and the pastor of Stroudwater Christian Church in Portland for 30 years.

### GRADUATIONS

**Thomas Bradshaw (GHS '14)**, Valedictorian of the College of Engineering, Utah State University, Logan, Utah

**Sadie Guimond**, Psychology, Cum Laude, University of Southern Maine, Portland, Maine

### OF INTEREST

**2nd Lt. Joseph Gallant (GHS '16)**, U.S. Army National Guard North Carolina, received his Military Commission at his home in Gorham on May 3. North Carolina Major Chuck Barr (left), US Army Ret., administered the oath and 1st Sgt Allan Viernes (right), US Army Ranger Ret., gave him his first salute. Gallant graduated cum laude from Norwich University Corps of Cadets in Northfield, VT with a degree in criminal justice. He is the son of Rebecca and David Gallant, and the grandson of Nancy Kenty.



**L.L.Bean launched a limited-edition bag and tote collection in collaboration with Erin Flett, a Gorham manufacturer.** The collection – L.L.Bean x Erin Flett – is comprised of colorful, hand-printed original patterns inspired by some of L.L.Bean's most iconic prints. Learn more about Erin Flett's Gorham-based business and vision at [erinflett.com](http://erinflett.com).



**The Daffodils Girl Scout Troop 2300** planted for the "Daffodil Tribute" to Maine's Suffrage Centennial of women's rights to vote are starting to bloom at the Town of Gorham Municipal building.



**Modern Woodman of America-Windham presented a check for \$2790 from a recent fundraiser to Helping Paws Maine, the non-profit volunteer dog rescue organization.** Helping Paws' mission is dedicated to saving lives, and finding permanent homes for stray, abandoned, and surrendered puppies and dogs. Pictured (left to right) are Anne Dionne, Tim Graham, Kelley Skillin-Smith, Betsy Sanders, Zack Conley, and Scott McDonald.



**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>.

**The 96th North Gorham Cemetery Association Annual meeting will now be held on Tuesday, June 2, at 7 p.m.** at the North Gorham Church located on Standish Neck Road in North Gorham due to the current COVID-19 pandemic. If you have any questions, please contact the cemetery association President, Ben Gilman, at [bgilman@mainechamber.org](mailto:bgilman@mainechamber.org) or 838-7564 or the cemetery association Treasurer, Kathy Corbett, at [ktcorbett@aol.com](mailto:ktcorbett@aol.com) or 892-4290.

**Absentee ballots are now available for request for the July 14 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., voting by absentee ballot is highly recommended.

**The Gorham Food Pantry** open hours are every Thursday from 10 a.m. - noon with curbside drive through procedures in place. Any Gorham resident can take advantage of the Gorham Food Pantry; clients need only visit during pantry hours with proof of residency (a water bill, electric bill with your name and your Gorham address on it). With weekly changes, it's important to follow Gorham Food Pantry Friends on Facebook for the latest info. Message the pantry anytime via Facebook or email [director@gorhamfoodpantry.org](mailto:director@gorhamfoodpantry.org) for particulars. For elderly, immunocompromised, or those who need to explore other arrangements, please reach out via Facebook messenger for alternatives to shopping at the pantry. The most pressing needs are large toothpaste, pancake mix and syrup, ramen noodles, mac & cheese, pizza sauce, laundry detergent, microwave popcorn. Hand sanitizer for the volunteers is always needed. Financial donations can be made at [www.gorhamfoodpantry.org](http://www.gorhamfoodpantry.org) and help the pantry make purchases to fill in any gaps.

**Gorham's small businesses need our support. Visit Gorham Strong, [gorhamstrong.org](http://gorhamstrong.org) to help support Gorham Businesses in a variety of ways.**

### LIBRARY NEWS

**The very first link on Baxter Memorial Library's website is BML@Home**, a page filled with online library resources available from the comfort of your home!

**Looking for May entertainment?** Look no further! The Baxter Memorial Library Youth Services Department has added tons of great resources, program videos, and educational games for kids, teens, and tweens on our revamped Youth Services pages at [baxterlibrary.org](http://baxterlibrary.org). Take a peek if you are missing the library, where the staff are all working hard to bring the library to you. They continue to offer two regularly-occurring events: "Afternoon Chapters with Mr Jeff" available on Facebook every Tuesday-Friday at 2 p.m. Tune in to hear the latest from the book "Holes" by Louis Sachar. "Story Time with Ms. Heidi" happens every Tuesday and Thursday at 9:30 a.m. also on Facebook. Story time often features special guests like Ms. Heidi's dog Finn and her cat Donovan. Stay connected with your library. The staff misses you all and hope you remain healthy and happy!

### USM NOTES

**USM held the 2020 Commencement Ceremonies on Saturday, May 9**, in an online celebration with an in-person celebration scheduled for October. Congratulations to all the graduates! Students from the USM School of Music, below, celebrated with a virtual breakfast before commencement.



## A WORD OF THANKS

The leadership and staff of the Gorham Times is grateful for the donations, kind words of encouragement, and appreciation coming from Gorham residents in response to our publication and our current fundraising campaign. Our service for the town is deeply rooted in and committed to our local community members and your efforts. Thank you!

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## CALENDAR

### THURSDAY, MAY 14

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

### FRIDAY, MAY 15

- Baxter Memorial Library
- 2 p.m. Afternoon Chapters with Mr. Jeff, BML Facebook page

### SATURDAY, MAY 16

- Gorham Farmer's Market, Municipal Parking Lot, 8:30 a.m.-12:30 p.m.
- \* The first half an hour is slotted for elderly and immunocompromised shoppers.

### TUESDAY, MAY 19

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

### WEDNESDAY, MAY 20

- Baxter Memorial Library
- 2 p.m. Afternoon Chapters with Mr. Jeff, BML Facebook page

### THURSDAY, MAY 21

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

### FRIDAY, MAY 22

- Baxter Memorial Library
- 2 p.m. Afternoon Chapters with Mr. Jeff, BML Facebook page

### SATURDAY, MAY 23

- Gorham Farmer's Market, Municipal Parking Lot, 8:30 a.m.-12:30 p.m.
- \* The first half an hour is slotted for elderly and immunocompromised shoppers.

### TUESDAY, MAY 26

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

### WEDNESDAY, MAY 27

- Baxter Memorial Library
- 2 p.m. Afternoon Chapters with Mr. Jeff, BML Facebook page

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## Papa Cardinal Proudly Shows His Colors



Photo credit Wilma Gould Johnson

Bird watching has become a popular hobby during the coronavirus pandemic. Contributing writer, Wilma Gould Johnson, captured this beauty at her home. According to a recent Audobon article, there's a growing body of scientific evidence indicating that contact with nature, like birding, can ease anxiety and provide an all-around mood boost.

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