

Gorham Times

Your Community Paper

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GORHAM, ME
PERMIT NO. 10

Volume 26 Number 17 | September 3, 2020

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

A Word from Our Superintendent



HEATHER PERRY

Superintendent of Gorham Schools

As we get ready to reopen the Gorham Schools while still in the midst of the global COVID-19 pandemic, I thought I would share with everyone a quote that I constantly read and re-read while navigating these uncharted territories during this unprecedented time. This is a quote that I keep posted on my office wall and I think it is timely for each of us to think about and reflect upon . . .

“What comes out of you when you are squeezed is what is inside of you.”
- Neilia Connors

There is no doubt we are all being “squeezed” . . . as a staff, as parents, and as community members. I believe it is our collective responsibility to model for others, especially our children, how we respond to these circumstances in such a way as to ensure that what “comes out” represents who and what we really are and how we want ourselves to be seen by others.

These difficult times will continue to test our moral compass and our strength of character as individuals and as a collective community. There is no “playbook” for the decisions that we are having to make right now, and there is no way that everyone will be “pleased” with any single decision made. We encourage kindness and understanding as we navigate these challenging times together. Gorham has always been a community that “shines brightest” under the most trying of circumstances. A community that comes together to support one another even (and often especially) in the most difficult of times. I believe that as long as we ALL follow our school’s code of conduct with: Honesty, Respect, Responsibility, Courage and Compassion, we will persevere and be stronger as a school and community for it.

Now as in the past - I am proud to see what comes “out” of our community when we are “squeezed.” THANK YOU!

Editor’s Note: Please see Page 6 for more specific information on the reopening of Gorham schools.

GHS Joins in Hybrid Re-Opening



Photo credit Neile Nelson

Gorham High School will open under a hybrid model next week. The school has incorporated many changes to keep staff and students safe, including plexiglass in the main office, sanitizing stations, and cones in the hallways with reminders to social distance.

KATHY CORBETT
Staff Writer

At an August 18 special meeting, the School Committee (SC) unanimously voted to open Gorham High School (GHS) under a “yellow” or hybrid plan. In order to maintain six-foot distances between students, GHS will hold some classes at the Municipal Center. With this decision, all Gorham students can return to the classroom for two days a week beginning on September 8. A survey of parents indicates that only about 10% have chosen not to enroll their children for in-person learning this fall.

The GHS plan will divide students into two groups. The A group will consist of students whose last names begin with A-K. They will attend school on Mondays and Wednesdays. The B group, with names beginning L-Z, will be on campus Tuesdays and Thursdays.

Principal Brian Jandreau said that GHS will adopt a 4x4 Semester Block schedule. “Essentially this is the same structure used by most colleges,” he explained. “Students take four classes during the fall semester and four classes in the spring semester.” This plan is recommended by the Maine Department of Education (DOE). Each class will meet twice a week, and through some synchronous learning at home, the teacher will have contact with every student in that class four days a week.

This schedule further limits the potential for exposure to Covid by both teachers and students as they will have only four classes instead of the traditional eight. Teachers will have about half the students they would normally have, and each class period will be about twice as long as before. It is expected that having fewer classes to prepare for will reduce stress for teachers and students.

When students have classes in the Municipal Center, they will simply walk across Robie Park. A staff member will monitor this process. Students who attend Westbrook Regional Vocational Center (WRVC) or Portland Arts and Technical High School (PATHS) will do so on the days they are scheduled to be in school and transportation will be provided by GHS.

There were 2,516 responses to a survey sent to parents before the SC voted to open GHS in yellow. Parents were asked if they would send their children to school for the fall semester. Although at the time GHS was scheduled to open in red (fully remote), 93% of responding high school parents indicated they would be willing to send them if the high school opened in yellow. Nearly 90% of parents of Gorham Middle School and elementary school students who responded said they would as well. However, only 36% of parents will send them on a school bus, choosing instead to provide their own transportation.

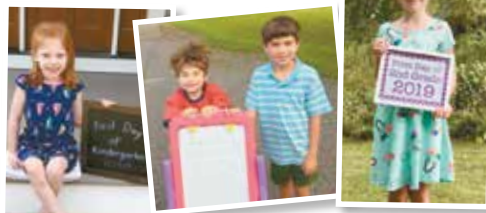
An Overview of Synchronous Learning

Now that all students attending Gorham schools will be working at home when they are not in the classroom, what will they be doing on those three days a week? The answer depends on the grade level as well as the individual teacher. Although students will work individually, the goal of the School District is to engage them in as much synchronous learning as is appropriate and possible online. According to Superintendent Heather Perry, synchronous learning means that the at-home student would be “engaged in learning at the same time their peers are engaged in that content area under the direction of the classroom teacher.”

At the elementary school level the purpose of synchronous learning is to provide social and emotional learning and support through whole class face-to-face interaction. A weekly morning meeting would help build connections with classmates and their teacher. However, The District Leadership Team (DLT) does not believe synchronous learning is appropriate during academic instruction with other students in the classroom. Elementary teachers instruct using short lessons, guided work, and independent

CONTINUED ON PAGE 7

What Does Back to School Look Like During a Pandemic?



During this historic year of uncertainty, the beginning of school is sure to look different from years past. Send us a picture of what the first day looks like for your family, whether it is remote learning or hybrid, for a chance to be published in the next issue. Please include: first and last name (optional) of children in the photo (left to right), grade, school, and photo credit. Submissions requested via facebook.com/GorhamTimes or email schoolnewsgt@gmail.com by Friday, September 11, 2020.

*We attempt to include all photo submissions but if space doesn’t allow us to do so, we will publish them in the order they are received.

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

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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Sports gtimessports@gmail.com
Features ckck5@maine.rr.com
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Ad deadline is the Wednesday of the week prior to issue date. Go to www.gorhamtimes.com and click on the advertising link for schedule.

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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.

Printing services by Masthead Maine Press, 295 Gannett Drive, South Portland, ME 04106

Budget Stewardship Will Help Mainers Weather the Storm

SEN. LINDA SANBORN

Every year, Maine's lawmakers are faced with tough spending decisions and limited resources at their disposal. Unlike the federal government, Maine is constitutionally required to have a balanced budget every year. Because of our current public health crisis, revenue projections are down dramatically, making these decisions all the more difficult. I've read social media posts and spoken to friends and family about the status of Maine's budget. My colleagues and I who are on the Appropriations and Financial Affairs Committee have safely met over the past few months to review Maine's finances and to help maintain our financial footing. While none of us anticipated our current economic downturn, the Legislature passed a supplemental budget earlier this year that put even more money in the state's "Rainy Day" fund. Thanks to responsible, bipartisan decision making, Maine is in a good place to weather the storm.

Before the pandemic, the Legislature increased Maine's Rainy Day fund to \$258 million, a historic high. The Appropriations Committee worked to ensure that there was extra money in Maine's General Fund at the end of last session, with more than \$100 million to fill in any gaps caused by the COVID-19 pandemic. Our budget also

has \$29 million set aside for MaineCare, knowing more people would need health care coverage. If this were normal times, Maine's fiscal status would be in tip-top shape, but as it stands, we are as well prepared as we could be because of lawmakers' commitment to balancing the budget and saving money before the pandemic.

As of right now, revenue projections for the 2021 fiscal year estimate a decrease of less than one percent. Managing our state's budget is no easy task, and my colleagues and I took it very seriously and bolstered our safety net for Maine's future. Because of our responsible planning, our stable bond rating was recently reaffirmed by Moody's Investors Service and Standard & Poor's Global Ratings, unlike many other states.

That being said, every state, regardless of how much they've prepared for a financial crisis, is experiencing financial setbacks. With the passage of the federal CARES Act in late March, local and state governments were able to maintain some financial stability with targeted aid. But the federal government needs to pass a new legislative package to support our small towns and our state government. In particular, we need support that will help us deal with revenue shortfalls and avoid painful budget cuts. The U.S. economy has significantly changed — people are

spending less and folks are leaving home less out of concern for public health. Schools and other services have had to spend more money on personal protective equipment and other ways to ensure the safety of students and staff. We will try to preserve them as best possible, but also need the federal government to step up. The time for Washington to act for Maine people is now.

Ultimately, balancing our state's budget is not simple, but I'm glad that my colleagues and I were able to ensure Maine had some safety net before going into this pandemic, and I encourage folks to reach out to Maine's Congressional delegation to encourage them to support legislation that helps our state and local governments. And we know that the best way to protect our economy is to continue the public health measures to prevent the spread of COVID-19, by wearing face masks, practicing social distancing, and washing our hands.



Linda Sanborn is serving her first term in the Maine Senate, representing Senate District 30, which includes Gorham, part of Buxton, and part of Scarborough. She previously served four terms in the Maine House, and practiced family medicine in Gorham for 25 years. (207) 287-1515, Linda.Sanborn@Legislature.Maine.gov.

Letters 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,

I have lived in House District 27, which includes parts of Gorham and North Scarborough for twenty years now. For the past eight years, we've enjoyed outstanding representation by Andrew McLean in the Maine House. Term limits prevent Andrew from seeking re-election this year, so on November 3, we will elect a new State Representative. I'm joining Andrew in supporting Kyle Bailey for State House.

I've known Kyle for many years and am confident that he is the best person to provide our community with thoughtful and effective representation in Augusta.

As the owner of a company that helps older Mainers to remain safely in their homes as they age, I understand many of the financial and health care challenges facing our aging population. It's important to me, and to Gorham's seniors, that we elect a collaborative leader who will listen and put people first when developing policies that allow our parents and grandparents to age in place. I trust Kyle to be that listener and leader.

Over the past decade, I have watched Kyle serve on the Gorham

School Committee and several other positions of leadership. I know he can tackle complex problems, bring people together, and find solutions on a range of issues as he has in his roles as a civic and nonprofit leader. Through his service to our community, Kyle has built relationships with lawmakers in both parties and has demonstrated an ability to get things done. He is uniquely prepared to represent us well, starting on day one.

I am proud to support Kyle Bailey for State House and hope that you will join me in voting for him on Tuesday, November 3. To learn more about Kyle, please visit BaileyForMaine.com or [Facebook.com/BaileyForMaine](https://www.facebook.com/BaileyForMaine).

Bill Jenks

AROUND TOWN

The Community Development Office has relocated from its current location on the second floor of the Gorham Municipal Center to Room 142, adjacent to the Town Manager's Office, on the first floor of the Municipal Center, to make room for Gorham High School classroom space.

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UPCOMING DEADLINES

- SEPTEMBER 9
- SEPTEMBER 23
- OCTOBER 7
- OCTOBER 21
- NOVEMBER 4

Shaw Brothers Donate \$1,000,000 to Maine Med Expansion Project

COMPILED BY JOHN ERSEK
Staff Writer

Shaw Brothers Construction announced a significant pledge of one million dollars to Maine Medical Center (MMC) to assist with a major expansion of its Portland facilities. This donation will help fund the construction of an open-air entrance causeway at the street level of the hospital's new patient care building, to be known as Congress Street Tower.

Construction on the five-story tower is scheduled to begin soon near the intersection of Congress and Gilman streets, on the site of an obsolete parking garage. This major addition to Maine Med will provide five floors for clinical services, including 64 patient rooms with universal beds as well as 19 procedure rooms, and will become the new home of all of the hospital's cardiovascular services.

The entrance causeway will be named in honor of the late Sally Shaw, mother of Shaw Brothers founders Jon Shaw and Dan Shaw. Known as the Sally Shaw Causeway, the innovative structure has been designed to be a welcoming entrance space for the approximately 24,000 patients and family members who will be passing through it after construction is completed in 2023.

The nature-filled design is intended to reflect Sally Shaw's love of peren-



Drawing courtesy of Maine Medical Center

nial flower gardening which she enjoyed while raising nine children with her husband, Dewayn Shaw, on the family farm in Gorham.

Although "causeway" often refers to a narrow embankment crossing a body of water, in this case it refers to a raised walkway which is separated from foot traffic on the nearby sidewalk. The Sally Shaw Causeway will feature a sloping tree-lined path, utilizing native Maine plants and locally-sourced stones. The natural area will provide an opportunity to experience fresh air, sunshine, and a feeling of respite for anyone who is entering or leaving the hospital.

This type of project is in line with Jon and Dan Shaw's many philan-

thropic efforts, which have also benefited members of the Gorham community. Both Shaw Park and Shaw Cherry Hill Farm have given residents the opportunity to enjoy the outdoors.

Dan Shaw said, "Shaw Brothers Construction is proud to support MMC's modernization while honoring our mother. We believe that the Sally Shaw Causeway will serve as a living testament to her love for family, gardening, and community."

Additionally, Maine Med will be naming a new entrance road at its Scarborough office complex Shaw Brothers Way, in recognition of the many services and contributions Shaw Brothers Construction has provided to the medical center over the years.

More Election Day Information

Laurie Nordfors
Town Clerk

The Presidential, State, and Annual Local Election has been called for Tuesday, November 3. Maine voters will select their choice for President/Vice President in the popular vote, and elect one of Maine's two United States Senators, Maine's Representatives to Congress, members of the Maine Legislature, and certain county officers.

The "popular vote" is used to choose Maine's four "electors," who will convene at the Electoral College at the State House on December 14 to cast their electoral votes for the purpose of either electing a new president and vice president, or reelect the incumbents Donald Trump and Mike Pence respectively.

The annual local election is called for to fill two positions on the Town Council and three positions on the School Committee.

Absentee Voting

The Town of Gorham and the Secretary of State's Office highly recommend absentee voting to help stop the spread of Covid-19 and to keep everyone safe. If you are unable to vote on Election Day or you do not want to stand in long lines due to social distancing, you may vote via an Absentee Ballot. You can apply for an absentee ballot by calling the Town Clerk's Office at 222-1670 or applying online at <https://apps.web.maine.gov/cgi-bin/online/AbsenteeBallot/index.pl>.

CONTINUED ON PAGE 5

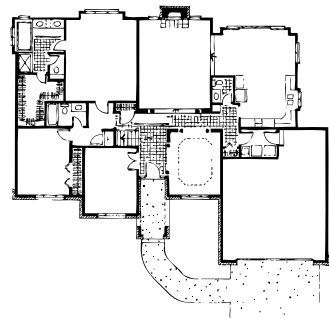
Editor Wanted!

The *Gorham Times* is looking for an energetic, motivated, detail-oriented individual to serve as Editor.

FMI, contact the Gorham Times at 839-8390 or gorhamtimes@gmail.com

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GFWC GORHAM WOMAN'S CLUB

A Collect for Club Women



Keep us, O God, from pettiness;
Let us be large in thought, in word, in deed.
Let us be done with fault-finding, and leave off self-seeking.
May we put away all pretenses and meet each other face to face without self-pity and with prejudice.
May we never be hasty in judgment and always generous.
Let us take time for all things;
Make us to grow calm, serene, gentle.
Teach us to put into action our better impulses, straightforward and unafraid.
Grant that we may realize it is the little things that create differences; that in the big things of life, we are at one.
And may we strive to touch and to know the great common human heart of us all, and O Lord God, let us forget not to be kind.
By Mary Stewart

The Purpose of the Gorham Woman's Club is to bring together women of all ages, interests and experiences who are interested in and willing to work toward community betterment through the promotion of civic, legislative, educational and social measures.

Enrollment is open to anyone wishing to become an active volunteer, no matter where you live

For more information:
Gorham Woman's Club
PO Box 4, Gorham ME 04038
Nancy 839-7093
GorhamWomansClub@gmail.com



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Resilience in Times of Change

DELVINA MIREMADI-BALDINO, PH.D.

Prior to Covid-19 and the events sparked by George Floyd's death, mental health issues were already on the rise for individuals of all ages. But in the wake of these significant traumas, losses, and unpredictable changes, finding new ways to support our mental health and wellbeing is more important than ever.

Whether you are unexpectedly working from home, being asked to return to work, preparing to homeschool your kids, caring for an elder, are sick with COVID-19, managing job loss and financial insecurity, or experiencing other major life changes, it is likely we are all feeling similar emotions: insecurity, stress, sadness, anxiety, and fear.

The good news is that while we may not have control over many of these external factors, we do have control over how we respond to them. Based on years of research, we know that mental wellness can be enhanced through the resilience of the individual. Resilience is a learned skill that shifts our perspective so we can respond to life events with the awareness, mindset, compassion, strength and optimism to not only 'bounce back,' but to also grow from it and be positively transformed by it.

Living a more resilient life does not just happen on its own. It takes work. Just as we work out to strengthen our physical muscles to stay healthy and become stronger, it is essential to work on building our resilience muscles as well. Resilience is often viewed as a quality we either have or do not have, but it can be learned and developed like any other skill.

Here are some of the scientifically proven strategies that can help you face this difficult time and help you find a more resilient path through it:

Increase Your Mind/Body Awareness

Developed by mindfulness teacher and leadership coach Pamela Weiss, the "3 Center Check-In" is an easy way to improve your relationship with your mind, feelings, and body. Take a brief pause throughout your day, beginning with a few deep breaths and then ask yourself the following Head/Heart/Body questions. Head: What am I thinking in my mind? Heart: What am I feeling in my heart? Body: What am I sensing or aware of in my body?

Use An Optimistic Thinking Style

Optimism is not about positive words or images, but it's about how you think (your beliefs). And the foundation of thinking with optimism is how your thoughts and beliefs explain why the good and the bad things are happening. This is important because research suggests the more optimistic you are the less likely you are to suffer from depression and anxiety and the more likely you are to adapt better to negative events.

The basis of using an optimistic thinking style, to be more resilient when facing difficult events, is to exaggerate the good and minimize the bad. The next time you start to feel stress in your body, or notice negative thoughts and beliefs, stop and explain this event to yourself using OPTimism, or O-P-T:

O: OTHER CAUSES. Rather than thinking the problem is being done to you because you are stupid or incompetent, consider all causes, including potential external causes. P: PARTICULAR. This particular problem, failure, or disappointment is an isolated event and does not impact every area of your life. T: TEMPORARY. Optimistic thinking means you view adversity as a temporary event, a momentary setback that you will recover from.

Take a Strength-Based Approach to Each Day

Character strengths are the positive parts of your personality that impact

how you think, feel and behave. These strengths are the core of your true character. They make you unique and are said to be the keys to being your best self. Research supports, when we know and use these strengths on a regular basis, we have better achievement, satisfaction, and wellbeing. A free VIA Survey of Character Strengths is available at <http://www.authentic happiness.org/> under Questionnaires. You may have to register at the site in order to take the survey.

Once you've identified your character strengths, trying to use them in a new way has been shown to increase happiness and decrease depression for up to six months. One study found a relationship between using signature strengths the previous day and a positive mood the following day. Pick one of your top strengths and use it in a new way each day for a week. For example, if your top strengths is humor, learn a new joke each day for a week. Or, if one of your top strengths is love of learning, you can commit to learning and using a new vocabulary word each day.

These are difficult times. We are all experiencing moments, days, and weeks where we truly struggle. But we can use these strategies to help lessen our suffering and recover more quickly. Remember to check-in with your mind/heart/body regularly, remind yourself that this is a temporary moment that we will all get through together. Remember you have an abundant number of strengths within you that you can lean on to help you thrive through each day.



Dr. Miremadi-Baldino has dedicated her education, research and career to helping individuals, schools and organizations foster resilience and lead more positive purposeful lives.

Meslin Promoted

The Gorham Police Department (GPD) recently announced the promotion of Sgt. Todd Meslin. Meslin joined the department in December 2016 after serving in Florida's St. Lucie County for 13 years. He has been assigned to the Patrol Division since his employment with GPD.

While with the St. Lucie County Sheriff's Office, Meslin worked in the Patrol, School Resource Officer, Criminal Investigation and Recruitment Divisions. He also served as a member of the Bomb Disposal Team.

Sgt. Meslin will be supervising the midnight patrol shift.

"I am looking forward to working with him in his new role and delighted to support his desire to grow his law enforcement career within the Town of Gorham," said Police Chief Christopher Sanborn.

Curbside Trash Collection Reminders

COURTESY OF PUBLIC WORKS DEPT.

- All trash should be curbside no later than 7 a.m. on the scheduled pick up day.
- Trash should be in Town trash bags or have a Town trash tag attached to a regular commercial bag. Bags should weigh no more than 50 pounds and be tied at the top.
- Whether you are placing recyclable material in CLEAR plastic bags or in a recycle bin, please be sure there are no contaminated items.
- Cardboard should be broken down into 2 ft. x 2 ft. sections or smaller to be collected.

Story Walk Ribbon Cutting

Join us for the ribbon cutting ceremony of the Maine Birthday Book StoryWalk on September 26th at 10am.

This event celebrates the Maine Bicentennial and is a collaboration between Baxter Memorial Library, Gorham Parks and Recreation, Gorham Schools, and Shaw Brothers Construction. **There will be a book sale and signing from 10:00am to 12:00pm with the author of *The Maine Birthday Book*, Tonya Shevenell.**

Join us as we walk, read, and follow the StoryWalk signs* at beautiful Cherry Hill Farm Trail in Gorham, Maine. This is an outdoor only event. Please maintain social distancing between family groups and masks are recommended when social distancing is difficult to maintain. Rain date will be Sept 27th at 10:00am.

The graphic features the cover of 'The Maine Birthday Book' by Tonya Shevenell, illustrated by Laura Winslow. The text reads: 'Welcome to the Maine Birthday Book StoryWalk. StoryWalk® combines three healthy activities: walking, active movements and reading! Reading is healthy? Yes, it is! Reading books helps your brain grow and stay active in the same way that exercising helps the rest of the body. Read along as you follow StoryWalk's path of pages!' It also includes the author's name, 'The Maine Birthday Book', 'Written by Tonya Shevenell and illustrated by Laura Winslow', '©2020 Home Ice Productions Portland, Maine', and logos for sponsors: Baxter Memorial Library, Gorham Parks & Recreation, Gorham Schools, Shaw Brothers Construction, and Maine 200 Leading the Way.

*Partially funded by a grant from the Maine Bicentennial Committee.

More Election Day Info.

CONTINUED FROM PAGE 3

Please note that ballots will not be received at the Town Clerk's Office until 30 days before the election. They will be sent out as soon as they are received from the State.

You may request an absentee ballot up until October 29. For your ballot to be counted, the Clerk must receive a voted Absentee Ballot delivered to the Town Clerk's Office by 8 p.m. on Election Day - November 3. Any Absentee Ballots received after this time will not be counted.

You may return your ballot by mail or drop it off in the secured ballot drop box outside of the Municipal Center.

Important Announcement Regarding Polling Places

If you wish to vote in-person on Election Day, polls will be open from 7 a.m. to 8 p.m. To view your assigned polling place by street address, visit gorham-me.org. Please note that polling places have changed and are listed with an * below.

Ward 1-1: No Change - Gorham Middle School (106 Weeks Road)

*Ward 1-2: Great Falls Elementary School (73 Justice Way)

*Ward 2: Gorham High School (41 Morrill Avenue)


Please call the Town Clerk's Office at (207) 222-1670 if you have any questions about your polling location.

Miscellaneous

Maine has absentee ballots and absentee voting, not "early voting." Voters are not actually casting their ballots early but rather putting it into a sealed envelope for the election workers to cast on the specified days given by the State. It is up to each town or city to chose which days they want to open ballots based on the number of ballots received.


Maine does not mail out ballots to every registered voter as some states do. A voter has to request an absentee ballot. There are a several groups sending out absentee ballot applications and voter registration cards, such as AARP and the League of Women Voters. Each political party may do the same. They are all legitimate and can be used to apply for a ballot.

Please do not hesitate to call the Town Clerk's office at 222-1670 with any questions.



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Town Seeking Broker Services

COURTESY OF TOWN OF GORHAM

The Town of Gorham is requesting proposals (RFP) to provide marketing and commercial brokerage services in support of the expansion of the Gorham Industrial Park. The deadline for submitting proposals is Friday, September 18, at 4 p.m. The RFP can be found on the Town of Gorham website. www.gorham-me.org.

The purchase of 141 acres of adjacent land to the Gorham Industrial Park was recently completed, and a Steering Committee consisting of Town Council, business and engineering expertise and local residents is working with the engineering firm Milone & MacBroom on the design and permitting phase of the project.

The Town seeks a firm that can demonstrate the ability to accomplish the following:

Inform the design phase of the Gorham Industrial Park expansion by providing insight to the Steering Committee on industrial market demand as it relates to lot size, square footage, transportation and other factors;

Successfully market to businesses from within and outside of Maine to help grow the state's and town's economy;

Actively pursue businesses in high-growth sectors and promote Gorham Industrial Park as a destination for innovation and expansion;

Play an active role in fostering collaboration between the Town of Gorham and private, public, education and nonprofit sectors to help spur regional economic development;

Develop and implement local and national marketing strategies targeting businesses of all sizes, which will contribute to Gorham's economic development goals and regional standing.

Questions can be directed to Kevin Jensen, Gorham's Economic Development Director, by emailing kjensen@gorham.me.us.

Spectrum is still Hiring!

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SCHOOL

Anti-Racism Policy Work Begins

GRACE FLYNN
GHS Student Intern

The Gorham School Committee (SC) has begun work on the draft of a new anti-racism policy for the Gorham School District. This policy is intended to address racism and inequity within the Gorham Schools.

In June, nearly 400 Gorham students and community members gathered in a two-hour peaceful protest as a part of the Black Lives Matter (BLM) movement. These policy changes were introduced following continued student, alum, and community calls for change.

During its June 10 meeting, the SC voted unanimously to publicly condemn the recent acts of racism across the country. At the same time, members of the Civil Rights Team at Gorham High School (GHS) submitted a draft proclamation to Superintendent Heather Perry. The team requested that Perry deliver the draft to the SC to be used as a core document in the development of new Anti-Racist policies for the district.

In July, GHS grad Saoirse Herlihy (GHS '18) published an open letter to Gorham educators recounting her experiences with racism as a black student in the Gorham school system. Her open letter called for a critical look at the "curriculum, school culture, and educational practice" in the schools.

Over the past few months, GHS students, alumni, and community members have also come together to form G.A.R.D.,

Gorham Anti-Racism Development, which is a community-based group with the aim of "creating an environment actively engaged in anti-racism, cultural and bias education, as well as expanding our diversity and inclusion practices to ensure a town where everyone feels safe and celebrated."

Recently, G.A.R.D. hosted an Anti-Racism Teach-In at Gorham Middle School which sought to uplift the voices of students of color and black students in Gorham. The new Anti-Racist policies will aim to address the racism in Gorham Schools highlighted by students and community members.

In a statement to the Gorham Times, Gorham Schools' Assistant Superintendent, Chris Record, discussed the current stage of this new policy work:

"We are very pleased to be working on anti-racism policy language with the School Committee Policy Committee. We are taking this topic very seriously and are currently working on draft language."

Record added, "At our next meeting on September 9, we will be inviting some students, staff, and administrators to join us in this discussion. There are many aspects included in this draft language, such as examining our curriculum, professional development, and hiring practices. We look forward to continuing this work of policy creation. Once the Policy Committee has created the draft language it will go to the School Committee for review."

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Welcoming Students Back During a Pandemic

HEATHER PERRY
Superintendent of Gorham Schools

Welcome back to the Gorham Schools during this historic year. And what a year it has been. It feels like just yesterday we were making the difficult decision to close schools and turn our entire educational system into a virtual learning model in a matter of two days. But alas, it's been almost five months since then.

There is no question this will be a school opening like no other here in Gorham. We are opening our schools in an entirely different model, attempting to balance the safety needs of our students, staff, and community with meeting the educational needs of our children, which we know are best served in an in-person environment.

The first day back for group "B" students will be Tuesday, September 8. The first day back for group "A" students will be Wednesday, September 9. Due to the Labor Day holiday on that Monday, group "A's" second face-to-face instruction day that week will be held on Friday, September 11. A new school calendar showing A and B days is posted on the district website.

The remote learning option will also begin for all students who signed up for this program on Tuesday, September 8. On September 1, we held two training sessions for use of our online systems; one for K-5 par-

ents and the other for 6-12 parents of remote learners.

There is a new COVID-19 Information and Resources page for parents on Gorham's school website www.gorhamschools.org on the main page. At the top middle of the page look for a tab that says "COVID-19." There is a lot of information out there so we wanted to try and consolidate all the important information related to the Gorham Schools in one location.

Start and end times this year will be the same times as last year. For Great Falls, Narragansett, and Village Elementary Schools they are 8:50 a.m. and 3:10 p.m. For Gorham Middle School the start time is 8 a.m. and end time is 2:20 p.m. and for Gorham High School the start time is 7:50 a.m. and the end time is 2:10 p.m. Of course, as we work out our new transportation schedules and parent pick-up and drop-off schedules these times may vary for the first several weeks of school. I would encourage patience and flexibility as we work through our new processes this year, especially on the transportation front.

We hope to have posted our new updated A and B grouping bus routes on the district's website by September 1. You can find them by going to www.gorhamschools.org then clicking on "About Us" then on "District Departments" and then

"Transportation." Parents should receive an email message with the direct link when ready.

I know many parents are also concerned about extra-curricular programs for students. I will be honest, right now those are a little "up in the air" due to unresolved issues between the Maine Principals Association (MPA) and the Maine Department of Education (MDOE)/Center for Disease Control (CDC).

I know that right now the MPA is working diligently with the CDC and MDOE to rectify this situation and hopefully come up with a way in which fall sports can still occur safely for our students, but this may not be possible.

Fundamentally, I want parents to know that in Gorham we believe strongly in the power of offering these important programs to our students. Gorham Schools is committed to offering these types of learning experiences to our students in a safe environment.

Therefore, we will either move forward with implementation of MPA guidelines that are approved by MDOE/CDC (if they can be completed in time) or we will move forward with a plan to implement our own "intra-mural" style activities for our students. One way or the other we will offer our students these important experiences.

In order to stay updated, please

make sure you are getting our email messages through the School Messenger system. You can reach out to your school's administrative assistants to double check that you are in the system if you are not sure. Second, you should check in on my blog by going to www.gorhamschools.org and clicking the "Info" tab on the top right corner. You can also access our district Facebook and Twitter sites from the district website in the top right corner of the front page.

In closing, I just want to say thank you to all our Gorham families, staff, and community members for your participation in our planning processes for the re-opening of our schools. Whenever I sent out a survey, you responded. Whenever I put out a forum meeting, you attended. Whenever I said "email me with questions," you did.

As a result of your participation in these planning processes and your willingness to listen, to share ideas, and problem-solve together, I am confident that our plan to re-open schools is a solid one. I am confident that our opening will be positive and, as Gorham always does, I am confident we will continue to work together to solve any other problems that COVID-19 wants to throw at us.

I remain so very proud to be a Gorham Ram. Go Rams. We got this. See you soon.

DEMETRIA'S TEAM CONGRATULATES

Luke Merrifield (GHS '09) and Lindsey Kandiko on their NEW HOME and RECENT WEDDING!

Parlin Pond, ME - Luke and Lindsey Merrifield were married on August 15 in a small, outdoor ceremony just miles away from where the two began their relationship nine years ago, working as rafting guides on the Kennebec River.



Luke and Lindsey Merrifield
Parlin Pond, ME; Aug 15, 2020

Demetria's Team was honored to help Luke and Lindsey purchase their first home and we wish them a lifetime of happiness!

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From L to R: **Paul Petersen, Carol Philbrick Petersen** (groom's mother), **Lindsey** (bride, center), **Mary Philbrick** (groom's grandmother), **Luke** (groom)



SOLD DEMETRIA'S TEAM DID IT AGAIN!

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Coping with Back-to-School Anxiety during COVID-19

CYNTHIA GROVER
AND CLAUDINE EMERSON
GHS Social Workers

As students and families are getting ready for the first day of school, some students are trying to figure out how to manage their anxiety and how to tolerate uncertainty.

There is no one-size-fits-all when it comes to managing stress or anxiety. Some problems will be easily resolved while others may cause feelings of being overwhelmed and frustrated.

Some suggestions for coping with anxiety and stress during the reopening are: identify ways to socialize safely with fam-

ily and friends; create healthy exercise, sleeping, and eating routines; learn and practice breathing exercises; and practice mindfulness techniques.

For more information on how to help students return to school this year, visit these two resources: Centers for Disease Control and Prevention: Support for Teen and Young Adults (www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/young-adults.html) and Mental Health First Aid: Tips to Help Teens Cope during COVID-19 (www.mentalhealthfirstaid.org/2020/04/tips-to-help-teens-cope-during-covid-19).

Please reach out to your child's school social worker(s) with any questions.

An Overview of Synchronous Learning CONTINUED FROM PAGE 1

work. The two days in the classroom will prepare students to work independently at home. They need "paper and pencil time," according to Great Falls Elementary principal Becky Fortier, and not so much screen time. And the teachers need to focus on the students who are physically present to make sure they understand the material. Students will be ready to do independent practice at home, just as they would if they were in school.

At Gorham Middle School (GMS), students would gain social and emotional support through a weekly online advisory meeting, where small groups would join together with their advisors. According to Principal Quinton Donahue, "Students will be asked to log into their Google classroom for class assignments, activities, or collaboration with peers during certain class times each day." Some 30-minute class times "will be aligned with the times of in-person classes for students that are in the building," he said. "That will provide opportunities for peer connection between the two groups." Teachers will design learning plans for at-home instruction that will, among other goals, "allow for greater depth of understanding, integrate real world connections, and practice concepts." Teachers may offer a "flipped classroom" where students all watch a lesson at home and then work on it in class. As with elementary school, however,

online synchronous learning at GMS "would not be appropriate on a regular basis during academic instruction when other students are physically present."

For a high school student, the purpose of synchronous learning is to provide engagement and learning opportunities that foster discussion and topic exploration, as well as social and emotional support. Principal Brian Jandreau is trusting GHS teachers' "professional judgement and allowing flexibility for the way they teach best in a synchronous model." Students will be following their course schedule and be prepared to log in, but each teacher may have different ways of using that time. Some might have students log in through Zoom, another may assign group projects, and another might record an instructional video for all students to watch and discuss during an in-school class. They may receive additional instruction or feedback. Jandreau said students will be told "you need to be available and engaged during your days at home — it's not a day off — it is a day working at home."

It Takes A Lot of Heart



On August 20, Brady Mercier, an incoming freshman at Gorham High School, got a huge surprise as his classmates were rounded up by friend, Caden Smith, so they could stop by with posters, gifts, and a bunch of his favorite candy to cheer him on for a speedy recovery from a scheduled open heart surgery. The scheduled surgery unexpectedly turned into three open heart surgeries (one emergency life saving). As Mercier's mom said, "This totally made his recovery for sure. We may feel like teens are heartless, uncaring, and totally self absorbed, but the class of 2024 has some of the kindest, caring teens around." The family also expressed gratefulness to the members of the community who organized a meal train and dropped off meals.



Photo credit Noelle Mercier

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. Submissions should include the year of GHS graduation and should be no longer than 75 words. Contact Chris Crawford at ckck5@maine.rr.com, Kathy Corbett at ktcorbett@aol.com or Cindy O'Shea at coshea2@maine.rr.com.

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No Better Time To Explore the State of Maine

DESTINY COOK
Sports Editor

Back in January, when we didn't have a care in the world, my cousin Paige Lane invited me on a trip to Nashville, TN with her friends. It was to be a 50th birthday celebration for Paige and a couple of the other ladies in the group, and because I too was hitting the half century mark, Paige thought of me as well.

Paige and I have been very close throughout our lives and this trip was something we were looking forward to doing together. We excitedly booked our trip and shared fun ideas on a Facebook group about what we would do while we were there. Unfortunately when Covid-19 hit in March, everything shut down and our trip to Music City was put on hold. To say we were disappointed is an understatement.

Fast forward several months. Paige and her husband Rod have a camp on Pleasant Pond in Island Falls. It is, in my opinion, the most beautiful part of the state. About an hour from Baxter State Park, it has some of the most majestic lakes, hikes, and views you will ever see. When our children were young, we also had a camp there and our families made some of the most incredible memories together. A couple weeks ago, she was headed to camp for a few days and invited me along. I jumped at the chance. Having missed out on our trip to Nashville, it was an opportunity to not only spend time with her, but also explore our great state.

Upon my arrival, and in typical Paige fashion, she had already picked out a hike at South Branch Mountain. "South Branch Pond is a favorite for us since you can hike, swim or canoe. I had been there years back but we didn't do the South Branch Pond Trail, which takes you all the way around both ponds and to the top of Black Cat Mountain," she said. On Maine Trail Finder we saw this particular hike is a 6.6 mile loop and the difficulty is advanced due to the rocky and steep terrain. I didn't hesitate and we planned to go the following day.

The weather did not cooperate, however, and upon our arrival at the

gate, a very kind ranger informed us what we already knew; it was too dangerous for us to make this hike in the rain. We thanked him and planned to return the next day when the sun would be shining and we could safely enjoy our experience.

I woke the next morning to Paige playing 'Ain't No Mountain High Enough' by Marvin Gaye on her phone. We put on our comfortable clothing, packed our walking sticks, snacks, and plenty of water and got on our way (again). About 20 miles before the entrance is a quaint general store and restaurant called Shin Pond Village. We stopped for gas and a few extra provisions. When we arrived at the gate, the same ranger took our information and informed us that Maine residents were free on that day!

Our hike began at the northwest shore of Lower South Branch. We actually had to take our sneakers and socks off to cross the small pond to get to the trail. Paige took the lead, and slowly and steadily, we made our way up to the first peak. It was truly a cathartic experience; in what is such an uncertain time, we were in the moment and thinking of nothing but this journey.

We stopped for the obligatory selfie at the South Branch Mountain North Peak Elevation sign, reveling in our accomplishment, but it was far from over. When we reached the second peak on Black Cat Mountain, the views were incredible. It was the perfect place to stop for a snack break, rest our slightly sore muscles, and enjoy not only the beauty that was right in front of us, but also to remind ourselves that we are 50-year-old women and we are unstoppable. It sure wasn't Nashville, but in many ways, it was so much better.

While it was hard to leave that beautiful view, we still had quite a trip down ahead of us. The first 10 minutes of the descent was steep and rocky but eventually we made our way to more level terrain. We were slowing down and could definitely feel fatigue setting in, but the views of Upper South Branch and the cliffs made it all worth it. As we came around the pond, we began to see groups of people who had canoed across the pond to do



Photo courtesy of Destiny Cook

Destiny Cook, right, and her cousin Paige before their trek up Black Cat Mountain.

shorter hikes. In some small way, we enjoyed the satisfaction of having completed the whole loop.

By the time we reached the South Branch Campground, we snapped a picture of Paige's Apple Watch which told the actual story of what we'd just done — 5 hours and 24 minutes, reaching an elevation of 2087 feet, and traveling 7.47 miles. We ended the journey back where we started, at Shin Pond Village where we devoured the most delicious cheeseburgers and hand-cut fries we'd ever had.

Many things stand out about this hike. Paige shared, "The natural pine smell of the forest, the beauty of the blue sky and looking down on other hills, and the especially good taste

of our snacks and cool water when we stopped for breaks. But I think the best memory is completing it with a friend (and cousin!). She also reflected, "We didn't do anything to train for this hike, but we do surround ourselves with like minded friends who help to keep us active. I've been playing soccer (and now pickle ball) with a wonderful group of women for well over 10 years. We meet at least once a week to play; we get sweaty and exhausted and then we stay to talk about life. They have been good for the body and soul!"

When I was in my twenties and thirties, I never thought about what I would (or wouldn't) be able to do when I turned 50. I had this preconceived notion that I'd always be able to do everything that brought me joy. However, two ACL surgeries have put a damper on that. While I can't play softball or volleyball anymore, I still work out 3-4 times a week and I can still enjoy a good hike (with the aid of a knee brace). It is also very important for me to spend time with my girlfriends; the older I get, the more I realize how much we truly need that companionship.

I highly recommend getting out and exploring Maine, especially at this time when our tourist industry is being affected by Covid-19. There are so many places to see across this incredible state and many amazing experiences to be had. We both suggest you research what kind of hike you want to do, be prepared for it in every way, and have reasonable expectations. And finally, as my wise cousin said, "Age is just a number, let your spirit be the guide to your life!"



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MPA Approves Fall Sport Guidelines But More Work To Be Done

COMPILED BY DESTINY COOK

Fall sport athletes across the state are still waiting patiently to hear when their season will begin, if at all. Steps continue to be taken in a positive direction and here is the most recent update.

According to GHS Athletic Director Tim Spear, the Maine Principals Association's (MPA) Sports Medicine Advisory Committee (SMAC) met on August 26 and spent a good amount of time going through the individual sport guidelines that were presented by each MPA sport committee. The SMAC examined national data and made any changes they felt were necessary to provide the safest possible way to offer each sport. Ultimately, the SMAC voted unanimously to the recommendation to play all fall sports following the guidelines created.

The SMAC recommendation then went to the MPA Interscholastic Management Committee (IMC) which met the following day. After an executive session, the IMC voted unanimously to approve the recommendations of the SMAC committee. The MPA has approved the guidelines to return for fall sports.

While this sounds optimistic, Spear said there are still more steps to be taken, sharing, "The guidelines now need to be approved by the CDC, DOE and Governor's office in order for our



Photo courtesy Victoria Reynolds

Super fan, Teddy, was disappointed when the spring sports season was canceled earlier this year. He is anxiously awaiting word on the fall so he can get back to watching his friends and family play.

Superintendents to approve us beginning the fall season."

Spear said, "I am cautiously optimistic that we are heading in the right direction and will have final approval early next week. There is much work to be done to get ready for a September 8 start date."

COMMUNITY

GRADUATIONS

Meghan Yaskula, B.A. Educational Studies, Roger Williams University, Bristol, Rhode Island
Colby Sturgis, B.S. International Business: Finance, Summa Cum Laude, Bryant University, Smithfield, Rhode Island

OF INTEREST

Veterans of Foreign Wars, Gorham Memorial Post 10879 welcomes new members from the former South Portland Post 832, a merger that increases the membership to over 300, and allows the Post to better serve the area's veteran communities. Monthly meetings are held on the second Tuesday of each month. The next meeting is on September 8 at 5:30 p.m. Any interested veterans may contact the post at vwfpost10879@gmail.com for location and membership information, and at [facebook.com/VFWPost10879](https://www.facebook.com/VFWPost10879).

The Gorham Lions Club continues its fall schedule of dinner meetings on the 2nd and 4th Tuesday evenings at the Elmwood School at 414 South Street, starting September 8 at 6:30 p.m.

The volunteers and board of the Gorham Food Pantry continue to be humbled by the generous food and monetary donations provided by our local neighbors and businesses to help feed folks in the Gorham community. Most recently, **Navid Baldino, age 5, hosted a lemonade stand this summer, with proceeds to benefit the Gorham Food Pantry.** He and his mom Delvina Miremadi presented the Pantry with over \$78 to help feed our neighbors here in Gorham.



The Gorham Food Pantry continues to offer drive-through pantry hours every Thursday from 10 a.m.-noon. The Pantry will also be open for clients on the 2nd and 4th Monday from 6-7 p.m. Any Gorham resident can take advantage of the Gorham Food Pantry; you need only visit us during pantry hours with proof of residency (a water bill, electric bill with your name and your Gorham address on it – not a driver's license).

Current needs for the pantry are: instant oatmeal, cereal, tomato paste, large/jumbo peanut butter, jelly in plastic bottles, baking goods (quick muffins/breads, cake mixes, etc.), Ramen noodles, baked beans, 1 lb ground coffee (both regular and decaf). Fresh vegetables from the garden are always welcome. Drop off during pantry hours or message on Facebook @ Gorham Food Pantry Friends to schedule a drop off time that works for you.

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Presumpscot Regional Land Trust's Virtual Annual Meeting will be held on Tuesday, Sept. 22, at 6:30 p.m. with a slide show of new projects, and voting at 7:15 p.m. The virtual video conference will allow participants to watch the slideshow, see the presenters speak, fill out online polls, and see answers to group questions. During the annual meeting, you can choose to have your video turned on. You will be able to attend either from a computer, tablet or smart phone. This event is free and open to the public. RSVP is required to receive video invitation. Go to prlt.org to register for the meeting.

National Geographic has recently has written an article that includes stunning video footage about the important work Maine has done to dismantle dams, allowing fish to migrate upstream to spawn. It features the Alewife run on Mill Brook, which is one of Presumpscot Regional Land Trust preserves in Westbrook. Gorham native, Rachele Curran Apse, executive director of the Land Trust, is quoted in the article. To view it go to <https://www.prlt.org/news>.

LIBRARY NEWS

North Gorham Public Library is open on Mondays from 3-5:30 p.m., Wednesdays from 6-8 p.m. and Saturdays from 10 a.m.-1 p.m. Home delivery and parking lot pickup is also available.

Baxter Memorial Library will be closed on Monday, September 7, in observance of Labor Day. Then after a well-deserved break, the Youth Services staff will resume the Discovery Time programs designed to enhance early literacy skills and foster a love of reading. Upcoming programs include: Virtual Preschool Discovery Time for ages 3-5 years, Virtual Toddler Discovery Time for ages 18-36 months, and Babies en Plein Air for birth-18 months. On Sept. 26, Baxter Memorial Library collaborates with Gorham Parks and Recreation, Gorham Schools, and Shaw Brothers Construction for the Maine Birthday Book Story Walk at Cherry Hill Farm Trail from 10 a.m.-noon in celebration of the Maine Bicentennial [see ad on Page 4]. FMI about Baxter Memorial Library programs and events can be found at baxterlibrary.org or by calling 222-1190.

USM NEWS

The USM Community has returned to campus with strict protocol and testing of out of state students newly returning to campus. Welcome back USM! Many courses will still be taught online, with modified spaces for activities that must take place in person. The health and well-being of students, faculty, staff, and visitors is of paramount importance. All decisions and actions pertaining to the return to campus are grounded in protecting all members of the USM community from the spread of the novel Coronavirus. Students, faculty and staff receive regular information updates from President Glenn Cummings, and the latest news and information can be found at the "Healthy Huskies" website, usm.maine.edu/healthy-huskies.

CALENDAR

SATURDAY, SEPTEMBER 5

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

MONDAY, SEPTEMBER 7

Baxter Memorial Library closed in observance of Labor Day

TUESDAY, SEPTEMBER 8

Baxter Memorial Library, Virtual Preschool Discovery Time with Ms. Heidi, 9-9:30 a.m., Facebook

Gorham Lions dinner meeting, 6:30 p.m., Elmwood School, 414 South Street

VFW Gorham Memorial Post 10879 monthly meeting, 5:30 p.m., vfwpost10879@gmail.com

THURSDAY, SEPTEMBER 10

Baxter Memorial Library, Virtual Toddler Discovery Time with Ms. Dani, 9:30-10:20 a.m. on Facebook

SATURDAY, SEPTEMBER 12

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

Virtual 9/11 race (<https://www.facebook.com/911Memorial5K>)

Founders Festival Craft Fair, Shaw Gym, 9 a.m.-3 p.m.

Founders Festival Fireworks, Raceway Drive off Route 202, 9 p.m.

SUNDAY, SEPTEMBER 13

Founders Festival Parade, Gorham Village, 3 p.m.

TUESDAY, SEPTEMBER 15

Baxter Memorial Library, Virtual Preschool Discovery Time with Ms. Heidi, 9-9:30 a.m., Facebook

WEDNESDAY, SEPTEMBER 16

Baxter Memorial Library, Babies en Plein Air, outdoor lap-sit program. 9:30-9:50 a.m.

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Public Health
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Portland Public Health Division
City of Portland, Health and Human Services Department

HOW TO SAFELY DISPOSE OF PRESCRIPTION MEDICATIONS AT HOME

MAINE PREVENTION SERVICES
Maine Center for Disease Control & Prevention
Department of Health and Human Services

Covid-19 has presented fewer opportunities to access medication drop box locations, however there are still safe ways to dispose of expired prescription medications at home! Follow these recommended steps:

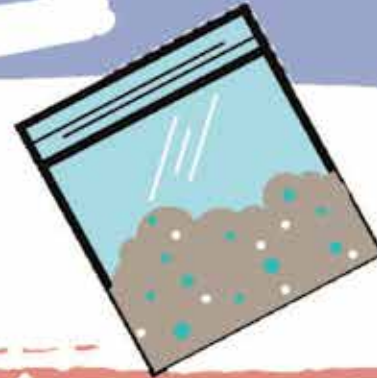
1

Take your expired and unwanted/unneeded prescription medications, remove from container, and mix with coffee grounds, cat litter, or dirt.



2

Place the mixture in a closed plastic bag to prevent spilling.



3

Throw the bag away into the garbage.



4

Scratch out your personal information on the empty medicine bottle to protect privacy, then throw away.



the
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If you have any questions, contact Emily DaSilva: Emily.Dasilva@opportunityalliance.org

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