

# Your Community Paper Gorham Times

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

## Courage House: A Year Later



Photo credit Roger Marchand

KATHY CORBETT  
Staff Writer

In late June 2019, Courage House welcomed its first resident, a man who was recently released from prison and in recovery for substance abuse disorder. Some Gorham residents had expressed concern over the location of a halfway house in the center of town. But 15 months later, Al Garcia, Courage House program director, said, "We have not been perfect, but we are glad to be able to show people we are good neighbors."

There are currently 16 men living in the house on School Street and every bed is filled. It is a voluntary program. All applicants are screened with case workers recommending applicants who they believe will benefit from group living. All are required to have counseling. During the past year about 50 men have lived in the house. "Some stay for just a few days," Garcia said, "because they are not a good fit and move on." Others stay and become part of the Gorham community.

First Parish Church welcomed the men from the beginning. "Courage House residents are our neighbors," said the church's pastor, Christine Dyke, adding, "They live right across the street." Members deliver welcome baskets to new residents which include socks, underwear, playing cards, and personal hygiene items. Courage House is a line item in the church budget and some members have even donated their federal stimulus checks.

"Men leave prison with only the clothes on their back, sometime just in their orange jump suits," said Lynn Kalloch, who coordinates the church's outreach, "and many had

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## USM Takes Protective Measures During COVID Pandemic

JOHN ERSEK  
Staff Writer

Visits to USM's campuses in Gorham and Portland by the general public are currently not allowed. But if a hypothetical member of the public were to drive through USM's Gorham campus, one of the first things they would notice would be the three large white tents placed around the campus. There is also one on the Portland campus behind Payson Smith Hall. These tents are intended as places where students can congregate or socially isolate before, during, and after classes, in a safer manner than traditional indoor settings. There are designated places in the tents where students can sit while accessing Wi-Fi, taking part in after-class discussions, or participating in meetings of clubs and other student organizations.

Anyone driving through the campus might not notice all of the significant improvements that have taken place

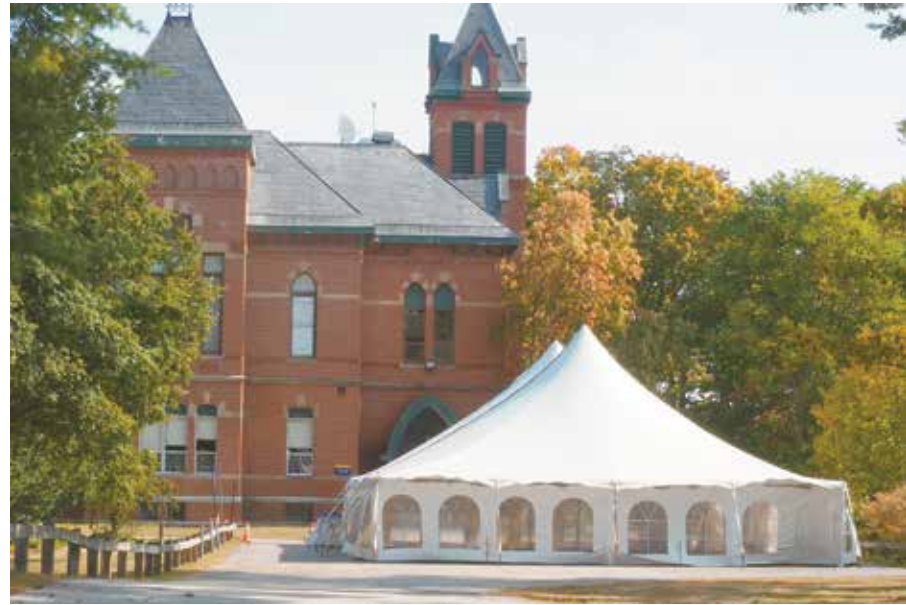


Photo credit Roger Marchand

Three large tents have been placed around the USM campus for students to congregate or socially isolate in a safe manner.

since the spring 2020 semester. The parking lot would still appear full, as total USM student enrollment has actually increased slightly. Full time enrollment was 1,223 as of the first day of classes, although the number of students in Gorham residence halls was down to 728, a number that is below capacity. If a visitor happened to see any students exiting or entering

their vehicles, they would be wearing masks, as all persons on the campus are required to do at all times. The only exceptions are for those inside a vehicle or inside their own dorm room.

Some less noticeable but equally important improvements are measures like frequent COVID-19 testing. Approximately 2,000 asymptomatic members of the University of Maine on-campus community are tested every 10 days,

which has increased the state-wide level of testing. (Specific percentages for the number of students and staff being tested at USM's campuses are not yet available.) In addition, the University of Maine is using wastewater testing to monitor possible COVID-19 levels at USM's Gorham dormitories, as

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## Maine Maple Sunday: Take Two

LESLIE DUPUIS  
Editor

The pandemic altered plans for Maine Maple Sunday in March, but the Maine Maple Producers Association announced that some farms will participate in a rescheduled fall weekend, October 10-11. In Gorham, local farms will participate but the activities and offerings will be limited.

Jo's Sugarhouse (Hartwell Farm) will be open both days from 9 a.m. to 4 p.m. for product sales. There will also be an opportunity to pet the goats on the farm. Curbside pickup is available for those who feel more comfortable shopping from a distance. For the latest details, visit Jo's Sugarhouse Facebook page.

Parson's Farm and the Lockman Farm have opted to forgo Maine Maple Sunday this fall. Both have had success selling their maple products locally throughout the spring and



Photo credit Merrifield Farm

summer. Given the restrictions with COVID, they feel more comfortable waiting until next year to hopefully participate as they have in previous years.

As of press time, Merrifield Farm had not confirmed if it would be participating.

The Board of Directors and staff of the Gorham Times extend our most heartfelt sympathy to our editor Leslie Dupuis and her family on the loss of their son Jacob Dupuis, as well as to the family of Henry O'Neill. Both young men were 2019 graduates of Gorham High School. The grief within our newspaper family and greater community is palpable. Rest in peace.

SEE CANDIDATE PROFILES  
FOR SCHOOL COMMITTEE  
ON PAGE 5

★  
GORHAM TIMES IS THRIVING  
WITH STUDENT INTERNS  
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inside the Times   GOCAM 

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**\*\* Due to the early resignation of Rep. Andrew McLean from the Maine Legislature, we will not have a News from Augusta article this issue.**

# Thank you Jane Farr



GORHAM TIMES STAFF

After more than 13 years, Jane Farr has given up her distribution role of delivering papers for the “Eastern Route” along Main Street to the Westbrook town line.

In the beginning, she would take her three young sons with her, employing them to count out and deliver our papers to the businesses along the route; this, she said, taught them at an early age the importance of volunteering in their community. The boys – now all young men – continue to do so. Lessons well taught and learned.

Thank you, Janie and family, for your dedication and service to our town and our newspaper.

## Time for a Laugh...

**What does a bicycle call its dad?...**  
*Pop-cycle!*

**What is the difference between a school teacher and a train?...** *The teacher says, "Spit your gum out," and the train says, "chew chew chew."*

**Why was Cinderella bad at football?**  
*Because she had a pumpkin for a coach*

**What did the pumpkin say to its carver?**  
*Cut it out!*

**What did the queasy pumpkin say?**  
*I don't feel so gourd.*

**Why was the jack-o'-lantern afraid?**  
*It had no guts.*

## AROUND TOWN

Jan Mee, 14 School Street, has closed.

Braveheart Tattoo Studio has relocated next door to its old location at 12 Main Street.

207 Motors has opened its business at 397 Ossipee Trail in Gorham.

The Town of Gorham is accepting residential brush drop off on Saturday, October 10, and Saturday, October 24, from 8 a.m. to noon at 80 Huston Rd. No stumps will be accepted. Due to COVID, Public Works can not provide assistance unloading vehicles and/or trailers.

## 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've known Kyle Bailey for over 10 years as a friend and neighbor. It doesn't take long until you know he is a good listener with a great sense of humor. After a while it's apparent that Kyle is very bright, explains things clearly, and uses good common sense. Two issues I know he cares deeply about are reducing money in politics and having healthcare accessible to everyone. He will work hard to achieve these goals that benefit all of us.

Please join me in voting for Kyle Bailey to be our Representative in Augusta.

Judy Ringo

*Dear Editor,*

I first heard of Stacy Brenner through her work with Maine Farmland Trust and Maine Organic Farmers and Gardeners Organization (MOFGO).

I have since then learned more about her through her work in the community with local schools and hosting summer camps. When the pandemic hit, she stepped up and returned to nursing to pitch in, all while running her farming business. She knows the need for a stronger social safety net for Maine families, especially around health care and food insecurity.

She has the passion, knowledge, and is willing to do the hard work to find the solutions to get the job done for us in Augusta. I encourage anyone reading this to join me in supporting, and more importantly, voting for Stacy Brenner for State Senate.

John Tiedje

*Dear Editor,*

I was honored to be at O'Reilly's Cure in Scarborough, when Stacy Brenner first announced she was running to represent Gorham, Scarborough, and a part of Buxton in the State Senate. I have since gotten to know her so much more through zoom meetings and visiting her beautiful farm on Broadturn Road.

Her knowledge of farmland conservation and organic farming are an integral part of Maine culture, and it's clear she has the vision, hard work, and ambition for helping small business owners in Maine which will benefit our community. Stacy Brenner is a driven small business owner, mother, organic farmer, compassionate nurse, and true leader. All these attributes make her a perfect fit in our Maine State Senate, and we should feel comforted knowing she has the experience to guide us all in a positive direction.

Stacy believes in doing the hard work that goes into starting something you believe in from the ground up and seeing it through fruition, and she knows what it takes to stand up and fight for land conservation and understands the importance in supporting other local farmers. Please join me in supporting Stacy Brenner to represent Senate District 30.

Mitzi McIntosh

*Dear Editor,*

Last year, I sat down with Kyle Bailey for a beer at Sebago Brewing and was excited to learn that he had decided to run to represent Gorham and Scarborough in the Maine House. I have known Kyle for nearly a decade and here's what I have learned about him: He doesn't avoid tough issues, he takes them on. He knows that's where the problems exist and where there are opportunities for solutions to improve the lives of others. I have watched him stand up to special interests and win, helping to help end discrimination in state law and put more power in the hands of voters.

Despite the COVID-19 pandemic, Kyle has found ways to connect with hundreds of Gorham voters and listen to their concerns and ideas. Kyle is an entrepreneur and innovator, so it's not surprising to me that he has done so.

Our citizen legislature can often be a hectic and challenging place to get things done. Kyle is a strategic thinker and an effective doer. He has relationships with existing lawmakers in both parties and knows how the legislative process works.

As our State Representative, Kyle will be a strong voice for the people of Gorham in the State House. He will work across the aisle and think outside of the box to develop common sense proposals that will make healthcare more affordable and accessible, grow our economy and create jobs, expand educational opportunities, and strengthen our democracy.

Jim Boyle

*Dear Editor,*

I, like everyone other resident of Gorham is glad that Main Street has finally been re-paved and is no longer an obstacle course of pot holes and rough to drive on pavement.

During the repaving I noted something that bothered me. Who was paying the Gorham Police Department for placing their police cars in line with the contract crews while they worked? Who was paying for the gasoline the cars were using because the police cars were running for the length of the time they were parked there? Were the Police Officers who spent the entire day sitting in their parked cars covered under Town of Gorham Health Benefits and other insurances that were paid for by the Town of Gorham or was the contractor paying for the benefits the Police Officers got while they did work that clearly benefited the contractors?

I tried to find a provision in the Town of Gorham Ordinances that would guide me but I was unable to find anything. And then the thought arose about who authorized the placement of Town of Gorham Police Vehicles at the contractor sites? Again, I was unable to find anything that answered my concerns.

Maybe someone knows, because I can't find anything that answers my questions.

John E. Lavin

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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.

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## UPCOMING DEADLINES

OCTOBER 7

OCTOBER 21

NOVEMBER 4

NOVEMBER 18



# Gorham Lions Club

## 66 Years of Gorham Pride & Service

KEN ALDRICH  
Gorham Lions President

With the recent passing of Vincent Johnson, the last of the Gorham Lions Club charter members has left us, but it has left the Gorham community and the Club a better place and a better organization.

When the charter members of the Gorham Lions Club (including Richard Barden, who passed away in 2019) met to form a local chapter of the world's largest service organization in 1954, they pledged to meet or exceed the Lion's motto, "We Serve," every day and every year.

Early on, the Gorham Lions saw its role as an organization that made a better life for all the residents of Gorham. Helping low and moderate income neighbors get proper eye-sight testing and glasses was an early mission that continues today, 66 years later. When another local club started a drive to establish a community ski slope with a rope tow, just off Water Street, but couldn't get the task accomplished, the Gorham Lions secured the equipment and groomed the hill to establish the rope tow and ski slope in the late 1950s.

The town of Gorham dedicated Fort Hill Park in 1976, but does anyone remember that the Gorham Lions raised over \$30,000 to help the Town buy the property and the high ground on the site of the original Gorham fort?

Between 1987 and 1989, the Gorham Lions took on its biggest challenge by saving the free standing Robie Gymnasium on South Street. After raising \$80,000 and providing thousands of hours of labor, the building was brought back to code.

In 1995 when Gorham High School was being expanded to include a new auditorium and performing arts facility, not enough money was available to install necessary acoustics and a sound system. Once again, the Gorham Lions came to the rescue to provide the funds to finish the job.

Early in the 2000s, the wife of then current Lions President, Norm

Wedge, asked him a simple question: "Why do you see rows of American flags adorning the streets of Buxton and other towns, and not in Gorham?" That question led to a dramatic new service to Gorham, providing and maintaining 100 Stars and Stripes and poles as they fly with pride from mid-May through the fall.

College scholarships have long been a mission for the Gorham Lions, and as much as \$100,000 has been raised and presented to Gorham High School's most motivated students over the past 66 years. In the last 12 years, the Lions have presented an annual Classic Car Show in July and a Christmas Tree Sale in December to accumulate the funds to continue the GHS scholarships.

The Gorham Lions continue assisting the Gorham Food Pantry meet the nutrition needs of the Greater Gorham community. The Club also works closely with Boy Scout Troop 73 to assist the boys and their leaders accomplish their goals and have proudly sponsored the youth baseball programs for many years.

Always ready to assist the handicapped, Gorham Lions Club members built four wheelchair ramps at private residences, and recently restored a battery-operated wheelchair for a disabled Korean War Veteran.

Unfortunately the Gorham Lions had to put one of its most popular events, the Classic Car Show, on hold until 2021 due to the Club's inability to ensure the safety of such a large gathering from COVID-19. As a result, the Lions will go door-to-door to hand out Klynk bags to raise funds from bottle and can deposits. Every nickel counts, and every opportunity for the Gorham community members to find out more about the Lions and their mission matters as well.

Joining the Lions perpetuates the successes of the past and expands the Club's community service outreach to solve the problems of the future. For more information about membership or to report a new community need, please contact Lions President Ken Aldrich at 207-929-9182.

## USM Takes Protective Measures During COVID CONTINUED FROM PAGE 1

well as at dormitories in Orono and Farmington.

From mid-August through early September, the University system conducted more than 14,000 arrival tests on asymptomatic students and staff members. These tests resulted in 14 individual cases being identified system-wide—including four at USM—with all affected persons being placed in CDC isolation status. Thirteen have since emerged from isolation status. As of September 23, the number of COVID-19 cases within the University of Maine system statewide is at one (located at USM).

Anyone within a residence hall is required to wear a face-covering over his/her nose and mouth when in public spaces. This includes laundry rooms, hallways and the main lobby. The university is encouraging students to stay on campus, to reduce the chance of exposing the USM residential community to COVID-19.

In the event that a student is found to have COVID-19, the university will notify everyone in the residence and all other close contacts. At least for the first month of the semester, students are not allowed to have guests or visitors on the campus. The University administration has made it clear that attending or hosting a party or function that exceeds Maine's group-size limitations may be deemed a violation of the student code for endangering public health and safety. Students who host or promote prohibited events at any venue, including private residences, may face suspension or dismissal.

For students in isolation status, there is a case-by-case approach regarding where they should isolate. Many students are from nearby towns in southern Maine, and USM would prefer them to go to their family home if convenient. However, the university understands that other students live farther away or feel they have no appropriate place to go to, so the university has a plan for such students to isolate on campus.

Seating capacities in all USM dining

locations have been reduced to assist students in following the six-foot social distancing rule. Dining at USM this semester now includes many pre-packaged items. Students are encouraged to take their food back to their room with them or order ahead for pick up as much as possible, in order to limit the number of students and staff in the dining room at any given time. All dining locations have implemented enhanced cleaning techniques. Social distancing is emphasized, foot traffic patterns are clearly identified, and barriers are in place to separate employees from dining hall guests.

The University is encouraging students to stay on campus every weekend, and to especially avoid traveling out of state. To help with this plan, the administration has canceled a day off from classes that had been planned for October 13. However, October 12 is still a University-wide holiday for Indigenous Peoples Day. USM spokesperson Daniel Hartill stated, "A lot of people are working very, very hard to ensure the safety of our students and staff."

Another protective measure involves transitioning away from face to face instruction for the last few weeks of the fall semester. Students will leave for Thanksgiving break, which begins Friday, November 20, and the remainder of the semester will be conducted entirely online. This includes classes, meetings, exams, and student contact with instructors.

All intercollegiate sports were cancelled for the fall sports season. Many teams are still practicing under limited conditions. Many safety and hygiene measures have been put in place at the Costello Sport Complex. Currently, only USM students, faculty and staff may use the facilities. None of USM's sports and fitness facilities are open to the general public currently. University staff will continue to evaluate these closures in the coming weeks and months. USM administrators will continue discussions with various stakeholders before deciding if play can be resumed this winter.

## Gorham Times Seeks New Editor

The Gorham Times, celebrating 25 years of community journalism, seeks a new Editor to lead our volunteer staff in "bringing the news to all of Gorham". This is a great opportunity whether you're a seasoned journalist or you're looking to gain valuable experience in the competitive world of journalism.

The Gorham Times provides quality news coverage and feature stories about Gorham's government, schools, organizations, businesses, and residents.

Along with directing our team of committed volunteers, the Editor writes and proofreads articles, serves as the main liaison to the board of directors, and keeps his or her thumb on the pulse of Gorham affairs.

The right candidate understands and values the goal of creating a forum for fair-minded discussion by airing different viewpoints and maintaining a neutral editorial stance. To learn more and express interest, email [gorhamtimes@gmail.com](mailto:gorhamtimes@gmail.com).

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# Little Falls Bible Church



Photo/Drawing courtesy of Greg Cuffey

Little Falls Bible Church (formerly LF Baptist) sports the belfry previously removed from the Frederick Robie School. The horse stalls can be seen behind the original Little Falls Baptist Church.

GREG CUFFEY  
Contributing Writer

Gorham is made up of several smaller communities. Little Falls is at the junction of Route 202 and 237. With its eastern border following the Presumpscot River, it is a census-designated place (CDP) in a northeastern corner of Gorham. Prior to 2010, Little Falls was part of the Little Falls-South Windham CDP.

Little Falls was a busy place throughout the years because the "little falls" on the Presumpscot River spawned several water powered businesses like C.A. Brown and Company whose large brick factory was later purchased by the Androscoggin Pulp Co. producing wood-paperboard. Various modes of year-round transportation nearby like the Cumberland Oxford Canal, Portland & Ogdensburg railroad and trolley car running to and from Westbrook contributed to the success of local businesses.

With all the business activity in and around town there was a need for homes for workers, a school and churches. Sunday was traditionally the start of a new week. Baths were taken, clean linen and clothes put on, and men shaved for the week. When you heard the church bell ring for the first time, it was time to head to church rain or shine.

Families who didn't walk to church fed and groomed then harnessed their steadiest horse to their finest carriage or sleigh and drove off to the Little Falls Baptist Church. At church, most would leave their horse/vehicle combination hooked to a portable cast iron weight until it was time to head home. Some lucky parishioners pooled their resources and constructed a 12 to 14

bay open shelter behind the church to protect their horses from the elements. Often a family name plate adorned the top of each opening, just like sections of church pews do today. Part of the open horse shelters can be seen behind and to the lower right side of an old church drawing, pictured above. Also of note in this same drawing is the lack of a belfry.

The lack of a proper belfry was remedied almost a hundred years after the church was built. It began with the 1956 closing of the old Frederick Robie School, which is now an event center called Old Robie Schoolhouse At Little Falls. It is located just a few blocks down the street from the church. The historic schoolhouse bell/belfry was originally donated in 1882 by the Honorable Frederick Robie, a former Governor of the State of Maine. Soon after the school closed, the bell/belfry was donated by the town of Gorham and moved to the top of the Little Falls Baptist Church.

Of note, in 1841 a church structure was erected on its present lot where the current parking lot is located. This structure burned in 1864, and in 1866 a new sanctuary was erected. Change came again in 1941 when the structure was moved to the north side of the lot onto a new concrete foundation which included a habitable basement. Other notable changes are the two front door entrances/window locations and a name change to Little Falls Bible Church.

*Greg Cuffey is an avid history detective who lives in Gorham. He is a past president of the Gorham & Newfield Historical Societies and the current president of Skyline Farm in N. Yarmouth and the New England Region Carriage Assoc. of America. Questions? Contact Greg at sphomaine@hotmail.com*

# Staying Active As We Age

MIKE SMITH

As every health-conscious middle-aged person knows, our bodies can no longer tolerate the kinds of exercises we did so easily when we were younger. Our exercise routines must be changed as we grow older and how we change them makes all the difference. Adding some cross training will allow us to stay fit while being safe and injury-free. This is true whether we want to walk three miles a day or hike Mt. Washington, whether we want to run a marathon or simply want to continue to do our chosen kind of work.

When I was 25, I didn't believe my older patients when they said, "things change," in regards to their body's response to exercise. Well, now I'm in my 50s and I know they were right. Responses to exercise don't

necessarily change for the worse, but they sure are different. I preach on a daily basis to patients the importance of adapting their routines, whether for recreation or work or to accomplish daily tasks around the home. My days of heavy weight lifting and intense basketball in my 20s and 30s are gone. More running and less basketball occurred in my 30s and 40s. I finally had to give up competitive basketball at 50 after a minor injury that could have led to something more serious. I still run, but not as much, and have progressed to more body-weight strengthening and flexibility training.

Many of our patients, particularly those between 40 to 80, do not come to PT because of a traumatic injury. They mostly need assistance with a nagging issue that will not go away, that is affecting what they want to do on a daily basis. As we age, we cannot simply assume we can do the same activity we did ten years ago at the same level. One's body is good at compensating for deficits in the musculoskeletal system, but it cannot compensate forever, and that is when most of us experience discomfort and pain.

There comes a time to change what you are doing in terms of exercise and even adjust some habits that affect the body. For most, that might mean learning a series of new exercises along with education on what

is occurring in order to alter some habits that may be feeding into the problem. Creatures of habit, many of us have done the same type of exercise for decades or done the same routine at the gym for years. It may be time to change it up and try other forms of exercise like yoga or Pilates or a spin class.

During the COVID-19 pandemic, many folks working at home have developed nagging neck and shoulder issues as they try to acclimate to the new routines. For them, basic posture and ergonomic exercises might be in order. The same applies for the half-marathoner or downhill skier in their 40s who may need to

adjust their training to accommodate the changes in their bodies. For others with more chronic conditions such as arthritic changes in their neck or back, adapting to different work-

outs and practicing those exercises and workouts can help the body change and improve overall function.

Priorities for folks 60 to 80 may be a little different. They may still want to stay active and keep moving, but many are also concerned about falls and possible injuries. Working on balance and movement, which is different from their everyday movement patterns, is important. It has to be done safely, however, to avoid a significant injury. A series of weekly exercises can be helpful to make outside walking, climbing stairs, or even getting out of the chair more comfortable and safer.

The key to aging safely and actively is to recognize an issue before it becomes a major problem. As a general rule, if a nagging problem is not better in about one month, it is time to seek advice on how to solve the problem. The longer you wait, the longer it will take to resolve the injury and get back to doing what you like to do. Adapting our bodies to our lifestyle as we age is a key to continued good health.

---

WE DON'T STOP PLAYING  
BECAUSE WE GROW OLD.  
WE GROW OLD BECAUSE  
WE STOP PLAYING.  
~ GEORGE BERNARD SHAW

---



*Mike Smith is a physical therapist and athletic trainer and owner of Village Physical Therapy on Main Street here in Gorham.*



**The Gorham Times is seeking a volunteer to distribute papers along Route 25 East from St. Anne's Church (299 Main Street) to Sebago Brewing (616 Main Street), approx. 12 stops.**

**Time commitment is about one hour every other week.**

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# Candidates for Election - School Committee

**Name:**  
James David Brockman  
**Address:** 31 Clearview Dr.  
**Education:**  
BA Psychology, Wake Forest University, 1995



Photo credit James Brockman

**Personal/Bio:**

I grew up in Connecticut and have lived and worked all over the country, but Maine is home. I live in Gorham with my wife, twin sons, and two cats. I enjoy gardening, woodworking, mountain biking, and amateur rocketry.

**Employment:** I am a business analyst for a software firm that specializes in systems that support the healthcare industry.

**Political and community experience:** My father was the business services manager in the school district where I grew up. I was listening to the challenges of budget meetings and union negotiations before I was in middle school. I've also volunteered as a wildlife educator and, recently, at several Kids Club sessions with Narragansett Elementary school, teaching kids to build and fly rockets.

**Why are you running for School Committee?** I am a voracious learner and a proud parent, and I am excited about the opportunity to serve the town. I want to make sure Gorham schools are a supportive and safe environment where all students can thrive. A few years ago, I began attending School Committee meetings; more than once I have wished I could get a "word in" during discussions - whether to present a solution that was not on the table or to offer a different perspective. I am running to do just that.

**What do you see as the major issues for our schools and how might they be addressed?** The biggest issue facing our schools is safely delivering quality education during the COVID pandemic. Doing that means addressing many concurrent issues: balancing the benefits of sports with the risks of close contact; balancing the benefits of in-person education with the risks of full

CONTINUED ON PAGE 13

**Note: Town Council candidates will be featured in our next issue.**

**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 kcorbett@aol.com or Cindy O'Shea at coshea2@maine.rr.com.

**Name:**  
Nicole (Nicki) Hudson  
**Address:** 42 Village Woods Circle  
**Education:**  
B.S. in Special Education, University of Wisconsin-Madison;



Photo credit Nicole Hudson

Currently a graduate student at USM in the Master of Social Work program

**Personal Info:** My family moved to Gorham three years ago. My husband, Brett, and I have two children: our oldest just started kindergarten (virtually) at Village and our 4 year old will start school next year.

**Employment:** Currently, I am a stay-at-home mom and graduate student in the Master of Social Work program at USM. Previously, I was a Special Education teacher for 5 years in Maine and 3 years in Arizona. I was a substitute teacher in the Gorham Schools for one year between teaching and starting grad school.

**Political and community experience:** I am new to politics, as this is my first time running for office. I have volunteered as a Gorham Rec soccer coach and coached Girls on the Run - Heart and Soul in the Lake Region area. My children are just starting school, but I plan to be an active volunteer in the Gorham Schools.

**Why are you running for School Committee?** We spent the better part of last year planning and building excitement for our oldest to start kindergarten. Our new 'pandemic reality' made it clear that our first year at Village would look very different. I was so impressed with the information provided, the exploration of different options, and the careful consideration given to the reopening plans. There's no perfect option, but I appreciated how serious our school committee and school administration took the responsibility of planning for the start of the year.

Let's be clear, the pandemic has created new dilemmas, but many of

CONTINUED ON PAGE 13

**Name:** Sarah Perkins  
**Address:** 8 Bridle Path Way, Gorham  
**Education:**  
B.A. in English from the University of Maine at Orono



Photo credit Sarah Perkins

**Personal/Bio:**

My husband and I are lifelong Mainers who value the quality education provided by the Gorham School District. Our children attend third grade and kindergarten at Narragansett School.

**Employment:** Chief Operating Officer, TruChoice Federal Credit Union

**Political and community experience:** I have volunteered extensively within the credit union system for organizations like McAuley House, Maine Children's Cancer Program, Financial Fitness Fairs for high school students and Ending Hunger in Maine. In addition, I've volunteered within the Gorham school system on career day and in support of the book fair.

**Why are you running for School Committee?** Gorham is a growing community poised to answer some large questions in the coming years. A big part of that growth is due to the strong reputation of the school district and the rich sense of community we enjoy here. The past year has stretched us all in ways we couldn't have anticipated and new challenges and possibilities are emerging for the next several years. I am not running because I think I know the answers to these questions, but instead because I think I can use my professional background to collaborate with all stakeholders to find the best possible solutions.

**What do you see as the major issues for our schools and how might they be addressed?** Our kids need functional, practical places

CONTINUED ON PAGE 13

**Name:** Leah Sturm  
**Address:** 67 Hillview Rd.  
**Education:**  
B.A. from Cornell College of IA in Geology and Environmental Studies, focusing on Policy



Photo credit Leah Sturm

**Personal/Bio:** My husband and I have lived in Gorham for the past nine years. We have two children currently attending GMS and Narragansett Elementary School.

**Employment:** Environmental Scientist with VHB in South Portland

**Political and community experience:** I am a newcomer to politics and running for a local office position. I have served as a volunteer at Great Falls and continue to volunteer at the Middle School when the opportunities arise. I am looking forward to doing the same at Narragansett this year, where my youngest just started kindergarten.

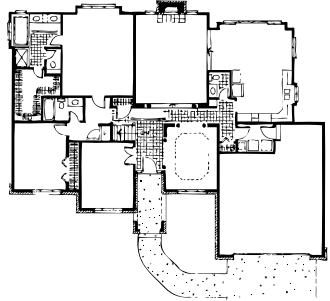
**Why are you running for School Committee?** I have two children in the school system, and I look forward to involvement at the school and community levels. I see this as an opportunity to apply the knowledge I continuously gain from my children and the community as we continue to move through the Gorham schools. I am a steady, calm, and rational individual who is open-minded and willing to listen and collaborate. I think I can add to the School Committee another voice for our community and students, while working diplomatically with the town and school administration to accomplish the tasks at hand and those that will be coming down the pipeline over the next several years.

**What do you see as the major issues for our schools and how might they be addressed?** There is no doubt that we will continue to

CONTINUED ON PAGE 13

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## Real Estate Transfers April 2020

ADDRESS	BUYER	SELLER	PRICE
11 BRYDON LANE	FIN, LLC	MUEHLE, JAMES & HEIDI	\$140,000
27 MEADOWBROOK DRIVE	ELLSMORE, KEITH & JOCELYN	BREWSTER, THOMAS	\$242,000
21 STEPHEN WARD DRIVE	SILVERA-HARMON, ODILIA	SUSAN DUCHAINE, LLC	\$309,900
11 HARRISON LANE	BROCKWAY, ALEXANDER & ANABDA	RALPH VANCE LAND DEVELOPMENT	\$425,000
11 NORTH STREET	MACDONALD, WILLIAM & JENNIFER	YOUNG, RONALD	\$134,000
37 COTTAGE COURT	ASHBY, DOUGLAS & KIMBERLEY	BRAMBLEWOOD, LLC	\$335,900
12 MUSKET DRIVE	O'HERN, TRACY	BNO, LLC	\$380,000
25 BOULDER DRIVE	ALZEFIRI, FAHAD & TALAL	DROWNS, SUSAN	\$370,000
16 TANGLEWOOD DRIVE	SAWYER, JAMES	ELW PROPERTIES, LLC	\$248,000
23 COTTAGE COURT UNIT 6	PRABAKER, DANIEL & ROSALIND	BRAMBLEWOOD, LLC	\$327,993
22 STEPHANIE DRIVE UNIT 19	DOOLITTLE, WILLIAM & NANCY	MARTEL, CHARLOTTE	\$280,000
29 MADISON WAY	DARGIE, CHRISTOPHER & AKYSUA	NORTON, MEGHAN	\$438,000
15 STEPHEN WARD DRIVE	SMITH, ROBERT & JOANNE	SUSAN DUCHAINE, LLC	\$323,000
4 SPILLER ROAD	JONES, NATHANLIE	FLAGG, NICHOLAS	\$293,400
17 FILLIONS WAY	LYON, MARISSA & CERA	NEWCOMB, STEPHEN & KIMBERLY	\$349,900
32 MAPLEWOOD DRIVE	FLAGSHIP BUILDERS, LLC	BALZARINI, LUCILLE	\$95,000
17 FREEDOM DRIVE	KELLEY, CHRIS & LECONTE-KELLEY, W	ROBIE HOLDINGS, LLC	\$111,000
83 ICHABOD LANE	PRITCHARD, JASON & KRISTEN	SAM STRUMPH BUILDERS, LLC	\$440,000
27 GREEN STREET	AVERY, TODD & THIBODEAU, MARGERY	SHEPARD, CLARK & ORTENGREN, K	\$345,000
16 FAE LANE LOT 3	HUSSEY, WESLEY & EVANGELINE	PLOWMAN DEVELOPMENT GROUP, LLC	\$368,348
268 MOSHER ROAD	CROSBY, MATTHEW & RONALD, SR.	MECAP, LLC	\$192,000
1 CONCORD COURT	MATEY, CHRISTOPHER & LAUREL	AUBE, TIMOTHY & MARY	\$380,000
56 NORTH STREET	GANNAWAY, RICHARD	JOYCE, RICHARD & JOAN	\$289,000
37 NEW PORTLAND ROAD	HOLT, TONYA	JUNKINS, TRACY & KEVIN	\$250,000
25 TIMOTHY DRIVE	DROST, JESSICA	TALLMAN, JACOB & JORDAN	\$353,000
6 KEMP ROAD	FARRINGTON, ABBEY & MAYO, BRANDON	SCULLY, BRENDAN	\$375,000
11B DALLAS DRIVE	ROY, GREGORY	DUCHAINE, JOSEPH	\$480,000
14 FREEDOM DRIVE	RISBARA CONSTRUCTION CO.	ROBIE HOLDINGS, LLC.	\$109,000
18 FREEDOM DRIVE	HALPIN, TIMOTHY	ROBIE, HOLDINGS, LLC	\$109,000



# Tips for Fire Safety Week

OCTOBER 4-11, 2020

COURTESY OF GORHAM FIRE DEPT.

The Gorham Fire Department is teaming up with the National Fire Protection Association (NFPA), the official sponsor of Fire Prevention Week for more than 90 years, to promote this year's Fire Prevention Week campaign, "Serve Up Fire Safety in the Kitchen". The campaign works to educate everyone about simple but important actions they can take to keep themselves and those around them safe.

According to NFPA, cooking is the leading cause of home fires and home fire injuries in the United States. Almost half (44%) of reported home fires started in the kitchen. Two-thirds (66%) of home cooking fires start with the ignition of food or other cooking materials.

"We know cooking fires can be prevented," said Lorraine Carli, NFPA's vice president of outreach and advocacy. "Staying in the kitchen, using a timer, and avoiding distractions such as electronics or TV are steps everyone can take to keep families safe in their homes."

"A cooking fire can grow quickly. I have seen many homes damaged and people injured by fires that could easily have been prevented," added Gorham's Fire Inspector, Charles Jarrett.

The Gorham Fire Department encourages all residents to embrace the 2020 Fire Prevention Week theme and shares the following safety tips to keep you from having a cooking fire:

Never leave cooking food unattended. Stay in the kitchen while you are frying, grilling or broiling. If you have to leave, even for a short time, turn off the stove.

If you are simmering, baking, roasting or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.

You have to be alert when cooking. You will not be alert if you are sleepy, have taken medicine or drugs, or consumed alcohol that makes you drowsy.

Always keep an oven mitt and pan lid nearby when you are cooking. If a small grease fire starts, slide the lid over the pan to smother the flame. Turn off the burner, and leave the pan covered until it is completely cool.

Have a "kid-free zone" of at least three feet around the stove and areas where hot food or drink is prepared or carried.

Please visit [USFA.FEMA.GOV](http://USFA.FEMA.GOV), [CPSC.GOV](http://CPSC.GOV), [NFPA.ORG](http://NFPA.ORG) and/or contact the Gorham Fire Department at 222-1660 for more information.

# Clerks Corner

LAURIE NORFORDS  
Town Clerk

Happy Fall, everyone! I hope everyone is staying safe and enjoying the beautiful colors of the season!

The Clerks' Office has been busy fulfilling absentee ballot requests. Just a reminder: if you receive more than one application in the mail and have already requested a ballot, please do not send in another request. These applications are not coming from my office or the State. Numerous organizations and parties are sending out absentee ballot applications, resulting in duplicate requests and much extra work for my office. You may request an absentee ballot by calling the Town Clerk's office or visiting the State Election website. If you have already requested a ballot, we expect to get the ballots in this week and will be sending them out soon after. Absentee voting will be held in the Council Chambers at the Municipal Center starting October 19 through October 30 during regular business hours. Due to social distancing protocol, only six voters will be allowed to cast their ballot at a time. Please prac-

tice 6 feet social distancing while waiting in line.

Voter registration is conducted at the Town Clerk's Office during regular business hours. Please be sure to have photo identification and proof of your residence address when registering to vote. You can register to vote up to and including Election Day in person. If you register by mail, your voter registration card must be received in the Town Clerk's Office by October 19, 2020 to be eligible to vote in the November election.

Dog registration for 2021 will begin on October 15, 2020. You may register your dog online, or visit the Town Clerk's office. Please make sure you bring your dog's current rabies information.

Snowmobile registrations are now available for 2021 as well as hunting licenses.

FY21 real estate tax bills went out this week. Look for yours in the mail. The current mil rate is \$19.00.

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

## Planning Board Results SEPT. 14, 2020

Walter Stinson's proposed self-storage facility at 551 Main Street, which would include construction of new buildings with a total area of 64,575 sq. ft., was discussed and postponed.

Jonathan McDaniel's proposal to split a single lot into 2 lots at 129 Huston Road was approved.

Design Dwellings, Inc.'s proposal for Natalee Place Condominiums (22 units) was discussed.

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ME House District 27  
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**Vote Nov. 3<sup>rd</sup>**



# Work Continues on Anti-Racism Policy

GRACE FLYNN  
GHS Student Intern

On September 9, the Policy Committee of the Gorham School Committee met to continue 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. The School Committee began discussions on the development of this new policy following consistent student, teacher and community demands for change as a part of the Black Lives Matter (BLM) movement.

In June, students and community members gathered to protest the deaths of George Floyd and Breonna Taylor, as well as to demand changes that address all forms of racism, both locally and nationally. Then, within the past few months, Gorham High School (GHS) students, alumni and community members came together to form Gorham Anti-Racism Development (G.A.R.D.)

G.A.R.D. is a community-based group with the mission 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.”

GHS teachers and staff placed a full-page ad in the June 25 issue of the Gorham Times supporting the ideals of the BLM movement, and pledged the following: “to hold themselves, friends, col-

leagues, and administration accountable in creating a more anti-racist culture; to critically examine their curriculum with an anti-racist lens, and to make revisions where they are needed; and to empower students to speak out when they see or hear injustice in any form.”

During its June 10 meeting, the School Committee voted unanimously to publicly condemn the recent acts of racism across the country. At the time, GHS Civil Rights Team students submitted a draft proclamation to Superintendent Heather Perry. The students 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.

September’s meeting continued the work for a draft of this new Anti-Racism Policy. In attendance were Assistant Superintendent Chris Record and Policy Committee members Anne Schools, Bill Benson and Jennifer Whitehead. Also present were the Civil Rights Team advisors from across the District and GHS Principal Brian Jandreau, students and alumni.

There was conversation around the implication of the term “justice” and its inclusion in the introduction to the policy. The Committee eventually decided not to include the term but did, per student input, replace “supports the diversity of the district’s student population” with “celebrates the diversity”.

They also discussed forming a sub-committee within the Policy Committee

composed mainly of students so that the committee could receive concentrated and accessible feedback. No decisions were made.

The Policy Committee will continue meeting to discuss next steps on the formation of this Anti-Racism Policy, and will continue receiving feedback from students, staff and administration. The most recent meeting occurred September 24.

## School Notes

FIRST Robotics Team 172, an after-school activity from Gorham and Falmouth, is part of a cooperative of area teams looking for a new home for their practice field. The Team requires a lockable open space of at least 30 x 70 feet and a minimum 10-foot ceiling, plus heat, light, and almost 24-hour access for a very responsible group of students and mentors. Team 172 is also recruiting for new members from Gorham High School. A FIRST Robotics Team needs everything that a small company needs, and new recruits need no experience. If you have an interest in creative fun with an amazing team, the Team is interested in you. For practice space availability, and questions from potential members, contact John Kraljic, Falmouth High School, 781-7429 x5135 or jkraljic@falmouthschools.org.

For the latest on Gorham Schools, visit Superintendent Heather Perry’s recent blog post at: <https://gorhamsuperintendent.blogspot.com>.

# Businesses Supporting Schools



Photo credit Quinton Donahue

In the beginning of August, 64 pounds of produce was harvested from the Gorham Middle School (GMS) garden for the Gorham Food Pantry by a volunteer group from Sevee & Maher Engineers, Inc. of Cumberland. Pictured (left to right) are: Shaun Morrison, Linda Clapp, GMS alternative education teacher Heather Whitaker, Anthony Pais, president Erik Clapp, principal Brian Pierce, and Jason Eisenhuth. The group spent an afternoon in the garden as part of their workplace volunteer program. They weeded every garden bed, harvested, mowed the lawn, cared for the established asparagus beds, spread rock, mounded potatoes, tended to shrubs - you name it, and this group did it. Sevee & Maher planned to send two more groups to help the garden in August and Idexx Laboratories also planned to send a group. When businesses support local schools, powerful things happen.

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# Gorham Times is Thriving with Student Interns

ANDREA MORRELL  
School News Editor

A huge part of the success of the Gorham Times over the past 25 years has been its focus on the community and students. Without our past and current student interns, we would not be able to deliver all the news, especially school news, to Gorham as completely as we have.

We cannot thank our interns enough for their interest, hard work and dedication to the paper. If you see any of these students around town, please thank them for volunteering their time.

**Sadie Fiore** is a sophomore at Gorham High School (GHS) and this is her first year as an intern. She loves track and participates in the shot put, high jump, 50-meter dash, and sometimes the 200-meter dash. She wanted to intern to meet new people and improve her writing by helping her look at writing in a new way. She also loves photography.



Photo credit Sadie Fiore

**Grace Flynn** is a senior at GHS and this is her third year as an intern. She is a member of GHS Student Council, a vol-



Photo credit Riley E. Johnson

unteer and advisory council member with Maine Youth Court (a non-profit with a focus on restorative justice), and a junior coach with Village Elementary School's Girls on the Run team. She has always loved writing and has a passion for learning more about other people and their experiences, and feels reporting plays such a vital role in keeping any community informed. As a student intern, she has reported on a wide range of stories about the Gorham School District and is honored to have learned more about Gorham as a community.

**Mary Gawlick** is a senior at GHS and this is her first year as an intern. She has been a competitive Irish dancer for the Stillson School of Irish Dance for almost 11 years. She also takes part in multiple community service groups and clubs through GHS, including Key Club, Interact, Yearbook and National Honor Society (NHS). She was interested in becoming an intern because she has always enjoyed writing for school and in her free time.



Photo credit Skylar Prince

**Grace Johnson** is a sophomore at GHS and this is her first year as an intern. She plays volleyball



Photo credit Grace Johnson

at GHS and plays the clarinet in the high school band. She is interested in being an intern at the paper because she really likes to write, but, more importantly, she wants to hear other people's stories.

**Brady Mercier** is a freshman at GHS and this is his first year as an intern. A self-named "music geek", he is involved with the GHS Chamber Singers and Bass Lines and enjoys theater. He was interested in becoming an intern because he loves writing, and though reading may not be his favorite thing, he loves the news. He also loves inspirational stories, which he personally has a couple to share.



Photo credit Brady Mercier

**Aislyn McLean** is a freshman at GHS. While this will be her first year as an official intern, she has written some articles for the paper in the past. She runs cross country and indoor track, but her favorite sport season is lacrosse. She also loves reading and being outside hiking, camping or fishing. She spends a lot of time with her friends and family and goes to the lake often.



Photo credit Aislyn McLean

**Collin Page** is a freshman at GHS and this is his first year interning for the paper. He enjoys karate, playing the guitar, and practicing French. He is interested in being an intern for the



Photo credit Peg Gordon

paper because he believes that it will improve his writing skills, put a title to his name, and raise his overall self-confidence. Not to mention, he says, it looks good on a resume.

**Mikaela Pellerin** is a sophomore at GHS and this is her first year as an intern. She is thankful to have this educational opportunity. She is involved in the GHS volleyball program as well as the Maine Junior Olympic Volleyball Club and dances locally at Atlantic Dance Arts. She also enjoys volunteering with GHS' International Key Club, Dream Factory Club, and the Adopt-A-Classroom Program. In her free time, she enjoys sketching, reading, and of course, writing. She wanted to become an intern to get some real-world experience and believes the internship will give her a glimpse of the type of environment she would like to be a bigger part of someday.



Photo credit Mikaela Pellerin

**Emma Smith** is a freshman at GHS and this is her first year as an intern. She is delighted to begin this new journey as a writer. She enjoys acting in plays and musicals, singing in choirs, playing clarinet in bands and wind ensembles, composing music, and challenging herself whenever she is given the chance, which is one of the reasons she is so excited to be an intern for the Gorham Times. She not only has a passion for writing, but also enjoys new experiences and challenges.



Photo credit Emma Smith

**Thanks to our hard working team and for the families who have been so supportive! We couldn't have done it without all of you!**

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# Extra-Curricular Activities Adjust to COVID Guidelines

AISLYN McLEAN  
GHS Student Intern

It's clear that things are a little different in our community this year. Thankfully, Gorham High School (GHS) is still able to provide a creative outlet for many students through various extra-curricular activities.

Similar to previous years, many clubs will still be meeting after school with masks required. Language clubs include: Spanish Club, French Club, Chinese Club, and ASL. Other clubs,

such as Student Council, Interact Club, Key Club, Rainbow League, Math Team, and Robotics Club will also be running.

The full list of clubs being offered, along with advisors, can be found on the GHS website under the "Clubs and Organizations" tab. For questions about a club or to sign-up, email the club's advisor.

Thanks to Josie Tierney-Fife, English teacher and drama director at GHS, the fall show will go on despite the coronavirus pandemic. This year's fall play will be "It's a Wonderful Life", by Philip Van Doren Stern. For a small fee, anyone interested will be able to tune in to the

live performances on Friday, November 13, and Saturday, November 14 at 7:30 p.m., and again at 2 p.m. on Sunday, November 15.

The shows will take place over Zoom using a special feature where only the cast will be shown. To practice social distancing, each actor will stay situated in his/her own classroom with one tech assistant to help if needed. Backdrops, costumes, and make-up will still come into play, just like any other year.

High school sports have been a hot topic lately, with many "if" and "when" questions now answered. As of September 1, the Maine Principals Association announced that under its new guidelines, golf and cross country are to be played throughout the state. Field hockey and soccer may be played regionally. Football and volleyball are limited to inner-squad play. (See Fall Sports Preview on page 11.)

Activities will continue to be fluid as the status of counties is constantly changing, and ultimately it is up to individual school districts to determine whether or not students can continue to participate in extra-curricular activities as the school year progresses.

THE FULL LIST OF CLUBS BEING OFFERED, ALONG WITH ADVISORS, CAN BE FOUND ON THE GHS WEBSITE UNDER THE "CLUBS AND ORGANIZATIONS" TAB. FOR QUESTIONS ABOUT A CLUB OR TO SIGN-UP, EMAIL THE CLUB'S ADVISOR.

# Narragansett Student Starts Business During Pandemic

GRACE JOHNSON  
GHS Student Intern

Caleb Yaeger, a fourth grader at Narragansett Elementary School, decided to use his extra time during the coronavirus quarantine to start his own business as a way of giving back to his community. He creates artwork and sells it online through his Facebook page and at local events around Gorham, donating most of his earnings to charity.

Yaeger has been interested in art since he was five. He mostly paints with acrylics and sells pieces depicting nature scenes, including trees, beaches, and lighthouses. He has recently started making modern abstract paintings, which he enjoys.

"The one that I make the most that a lot of people like is birch trees," said Yaeger, "and I really like making those because I know people like them a lot," he explained.

Each piece Yaeger makes takes between one to three hours, depending on its size and number of layers. Each layer needs time to dry, so the more there are, the longer it takes.

When Yaeger first began a few months ago, he sold mostly to friends and family, as well as neighbors that would come to sales at his house. Since then, his business has grown and he now gets orders through his Facebook page, Caleb's Creations, from people he has never met.



Photo credit Michelle Yaeger

Caleb Yaeger, a student at Narragansett Elementary School and owner of Caleb's Creations, is pictured with one of his popular birch tree paintings.

Yaeger has also sold his work at several craft fairs in town and hands out his business card whenever somebody buys a piece. He has donated some to auction as well. His mother, Michelle Yaeger, thought donating to an auction was a good idea to help spread the word.

Yaeger has donated almost all of the money he has raised to local charities. So far, he has donated \$750 to the Gorham Food Pantry and plans to donate to the Animal Refuge League next.

CONTINUED ON PAGE 12

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# House Number Inspires An Idea During COVID



Photo courtesy of Krista O'Sullivan

**DESTINY COOK**  
Sports Editor

The backyard at 42 Village Woods Circle looks a little different these days. Owners Brett and Nicki Hudson splurged on what they called “the COVID distraction project”. With the help of many volunteers, the Hudsons built an incredible whiffle ball field they named “Robinson Field at 42

Village Woods Circle”. This is no ordinary whiffle ball field and the story behind how the idea came to fruition is quite intriguing and the historical value of it is significant.

It is important to note that both Brett and Nicki are avid baseball fans. Nicki, who grew up in Naperville, IL, is a lifelong Cubs fan. This past winter she finally achieved her dream

CONTINUED ON PAGE 12

# Taking on the Season



Photo courtesy of Krista O'Sullivan

The GYSA U14 girls' team is ready for whatever the season brings with custom-made masks courtesy of Upcycle Maine Furnishings in Gorham donated by a team parent and manager Beth Orlando. According to Coach Tom Forgues, GYSA (Gorham Youth Soccer Association) will look very different this year. The aim is to reduce as many health risks as possible so competitive play can happen. In addition to a health assessment required before stepping on the field, players must remain socially distant while not playing. Masks will need to be worn by all players on the bench, coaches, referees, and spectators. To adhere to State guidelines for gatherings each player can only have one family member in attendance to watch the game. Benches and game balls will be wiped down. Additionally, some game rules have been changed to minimize risk: throw-ins and heading the ball will not be permitted this season. “There has been a massive effort by a lot of adults to get the kids back on the field playing. The kids are definitely appreciative and are taking the changes in stride. They realize a few concessions are necessary and worth the sacrifice. The alternative of not playing at all is well understood for our U14 girls group,” Forgues said.



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# Fall Sports Update and Preview

DESTINY COOK  
Sports Editor

Fall sports are underway (minus football and volleyball) and, because of COVID-19, athletes have mandated rules to follow in order to play. According to the GHS Athletics website, they should properly register online and have up to date physical information on file with the Athletic Office. The athlete must complete an Athletic COVID-19 Health Screening (through their school email) at least one hour prior to participation in any athletic team activity. This is considered permission to participate each day.

There will be no spectators at any games, another unfortunate COVID-19 restriction. Because of this, GHS Athletic Director Tim Spear said the administration is planning to live stream all events held on the GHS campus, which would include field hockey and soccer (at all levels). Cross country races, which are held at Narragansett, will not be live streamed due to a lack of internet access but will be recorded and shared with anyone who would like to view once edited. Spear said, "We will be streaming our events through the NFHS Network. There is a subscription fee for this service. You can purchase by the month or yearly subscriptions. This is where the MPA (Maine Principal's Association) has had their state championship contest streamed in the past."

The sports teams that are able to

participate are excited to get to work and are gearing up for their seasons despite a late start. Spear said, "Overall, we have over 300 student-athletes participating in our fall programs. So far, the beginning of the season is going extremely well. Official games began last week."

## Field Hockey - Coach Becky Manson-Rioux

Coach Manson-Rioux shared the girls' field hockey team ended last season in an exciting and close semifinal game with Massabesic 3-2.

Seniors for the 2020 season are Lydia Gaudreau (Capt.), Molly Murray (Capt.), Kate Downey (Capt.), Julia Edwards, Claire Munkacsi, Sophie Gagne, Izzy Kovacs, and Grace Bradshaw who is a part of the JV team.

The key returning players are Gaudreau, Murray, Downey, and sophomore Maeve Donnelly with freshman Hannah Bickford looking to make contributions.

Coach Manson-Rioux said challenging opponents will be Westbrook, Bonny Eagle, Windham, Scarborough, and Cheverus. "This season we look to have lots of speed and a strong passing game making it difficult for opponents to defend us. Our goal is to continue to grow the program and to develop all players to be the best they can be," she said.

## Boys' Soccer - Coach Nick Viola

Last season ended with a loss in the conference finals to Falmouth. Viola

feels every opponent will be challenging to his team this year but he hopes to have his athletes "play a good brand of soccer and have strong performances each game that result in wins".

While captains are unknown at this time, key returning players and players to watch are Mike Darasz, Grant Nadeau, Garrett Smith, Matt Phinney, Andrew Farr, Curan Bassingthwaite, and Josiah Irish.

## Girls' Soccer - Coach Jeanne Zarrilli

The girls' last season ended with a loss in the semi-finals (after double OT and PK's) to Cheverus. With only six games this season, Coach Zarrilli feels every game they play will be competitive for her team, with Windham, Scarborough and Cheverus being the top challengers.

Captains for the 2020 season are seniors Katie Kutzer, Gracie Forgues, Lauren Fotter, Olivia Michaud, and Sydney Fox, along with Delaney Seed who is injured.

Coach Zarrilli said her expectations for this season are to develop her players, establish a new team "identity", and have fun. As there are no playoffs to prepare for, the team will work on player and team development while still remaining competitive in every game.

## Golf - Coach Scott Nevers

Coach Nevers said, "This year is probably one of the most experienced and deepest teams I've coached as

we have the majority of our team back from last year. We will have a few matches this season as we prepare to make some noise at the State Championships at Natanis GC on October 9."

Golfers to watch this season are Aidan Enck, Bryce Lumbert, Lucas Castles, Sam Farr, Quinn Dillon, and Jacob Graham. Nevers said all have experience playing in varsity matches as well as playing in MSGA Junior Tournaments this summer.

The Junior Varsity team will also be deep, and Nevers shared many of those golfers could jump in at varsity at any time. He said Patrick Cyr, Dylan Morrell, Nicole Walker and incoming freshman Taylor Farr have played well early on.

"Luckily for golf, the kids have been able to play since May and we look to finish the HS golf season strong," Nevers said.

## Cross Country - Coach Jason Tanguay: Girls' Cross Country

The girls' cross country team placed third at the Southern Maine Regional Championship and also took third place at the Class A State Championship last season.

Seniors include MacKenna Homa (Capt.), Tatiana Jonk, Tess Libby, Emily Paruk (Capt.), Allie Peterson, and Bailey Wentworth. Key returning runners are Rachel Cummings, Elisabeth Loranger, MacKenna Homa, Emily Paruk, Allie Peterson, Bailey

CONTINUED ON PAGE 12

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## House Number Inspires An Idea During COVID CONTINUED FROM PAGE 10

of becoming a season-ticket holder at Wrigley, only to have her spirits crushed due to the pandemic and fans not allowed in stadiums (she has hopes for next season). Brett and his father Jack are card carrying members of Red Sox Nation, both inheriting the passion for baseball from Brett's grandfather, who just happened to have been born in 1918.

Hudson shared, "I spent my early years listening to my grandfather talk about players like Babe Ruth, Dizzy Dean, Roy Campanella, and Mel Parnell." His grandfather also had an extensive collection of baseball books in which Hudson immersed himself.

"Amazingly, my ability to recite Yogi Berra's or Ted Williams' career stats did not seem to impress any girls in high school. Or ever, really," he joked.

Brett said, "It seems a bit ridiculous now, but this whole idea started with thinking about replacing our house number ("42") with a replica of Jackie Robinson's retired #42. Indeed, that idea escalated quickly." He was thrilled with the fact that Nicki supported his outlandish idea to turn their backyard into a whiffle-ball field, she jumped in with both feet and become an integral part in its creation, proving just how much she loves baseball.

"Starting with Jackie as a concept, the field slowly evolved into an homage to historical baseball parks specifically the style of the advertisements on the outfield walls, with nods to the 'Negro Leagues'," Hudson said. A defining feature of their field is a

replica of Brooklyn's iconic Ebbets Field scoreboard," Hudson said. (Due to legalized segregation, talented black players were not allowed to play in Major League Baseball. 2020 is the 100th Anniversary of the "Negro League," which was created on Feb. 13, 1920, by Hall of Famer Andrew "Rube" Foster and his fellow team owners. In 1947 Jackie Robinson broke Major League Baseball's color barrier.)

While Brett takes a small amount of credit for the concept, he said it was a team effort. "Having been born with no artistic or construction skills to speak of, the bulk of the creation credit lays at the feet of my wife and father." Nicki was responsible for most of the artwork, much of which was done freehand. He added, "My Dad is one of the great unofficial carpenters of modern times, and was instrumental in turning my crazy ideas into a plywood, 4x4, and 2x4 reality."

While it was never their intent to make any kind of political statement with this project, Brett and Nicki felt as the events of the past few months unfolded in the United States, it was hard to separate Jackie's memory from all that was happening.

"Jackie is one of the most important Civil Right figures in our nation's history, and I hope he would be proud of what we have created here, especially if it introduces his legacy to a new generation of kids," he said proudly adding, "Anyone is welcome to come by and say hey, and if you want to play a few innings, even better!"

## Sports Update CONTINUED FROM PAGE 11

Wentworth, and Anna Nelson. New to the team and looking to make contributions are Rita Cummings and Aislyn McLean.

Tanguay said his team has a strong core of returning runners that have put in the necessary work this summer. Tanguay is looking forward to this team being competitive both during the regular season and potentially a strong contender in the postseason.

### Boys' Cross Country

The boys took fifth place at the Southern Maine Regional Championship and eighth place at the Class A State Championship last season.

Seniors consist of Madison Brown, Hayden Desmond, Reed Henderson, Josh Lehmann, Chris Lewis, Trey Rosario, and Ryan Topham. Cummings, Henderson, and Lehmann are captains.

Tanguay is looking for his top returning runners, Cummings, Henderson, Lehmann and Lucien Beardsley, to be very strong this season with newcomer Cruise Labrie close behind.

"The story of the success of this team will be determined by the placement of our five through seven runners. If we can have some new faces step up and be competitive at a top level, then this team could do well. Time will tell," Tanguay said.

## Narragansett Student Starts Business during Pandemic CONTINUED FROM PAGE 9

"The food pantry was a good idea during COVID," he said. "A lot of people needed food, like the ones who usually eat at school, and they weren't getting as many drop-offs."

With the soccer season approaching, Yaeger has decided to take a little break. He plans on making more snowy tree pieces this winter and wants to create smaller ones for around \$20 that people can buy as gifts. He thinks they can be used in Yankee Swaps (or, as his family likes to call them, Red Sox Swaps).

Yaeger can be reached through his Facebook page where he is pictured with samples of his artwork. He takes custom orders and updates are posted regularly with information on his upcoming events.

## Courage House CONTINUED FROM PAGE 1

burned their bridges. They have no place to go for help and they all want to work."

"Recovery is a full-time job for people who want and need jobs," Dyke said and Garcia agrees. "Getting to work, having a purpose, and establishing positive peer relationship is the key to their success." Residents are required to work, attend school, or volunteer 20 hours a week. Garcia said that most of the men have worked for local Gorham businesses that he met with prior to Courage House's opening. He wanted complete transparency and for them to have a full understanding of the program.

One Gorham employer, Chris Perrault of CP Property Services, responded, "I hired two men from Courage House as they deserved a chance and I am very fortunate to have found them. Both men are great workers and have worked out great for my company."

But dealing with COVID has been a challenge. "Within a week of the state shutdown, some men lost their jobs," Garcia said. "We had to adjust to on-line counseling, appointments and meetings. Getting laid off leads to additional stress and the risk of relapse is a huge concern."

Garcia hopes he and his "guys" are doing a small part to end the stigma surrounding substance use disorder. "The program continues to give back to the community," he said. "We once again will have our annual jack-o-lantern display and will be delivering Christmas gifts to another family struggling in the holidays. The local churches and food pantry have been an important part of our success. Anytime they need some guys to volunteer, we are happy to step up."

For the second year First Parish volunteers will prepare Christmas breakfast for Courage House. They are busy now getting together things the five new residents need. "I have a personal connection to addiction," said Kalloch, "so I am particularly grateful to be able to support these residents." She continues, however, to be concerned "that there is community prejudice about substance abuse - concerns that Dyke hopes are being alleviated: "It has been quiet in our neighborhood with no problems," she said.



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## Brockman CONTINUED FROM PAGE 5

classrooms. Though these examples have been decided, we are in the midst of changing information and circumstances. It is critical that the School Committee respond quickly and thoughtfully to new information.

Another issue is the need for a high school expansion or replacement. I brought up this issue during my last run for School Committee. Frustratingly, plans to expand or replace the High School were dropped. While there will be a tax impact to renovating or building a new school, this must happen soon. Construction costs never go down; the project will only become more expensive. We need more capacity in the high school. We need to replace the aging high school infrastructure. And if work doesn't begin on a comprehensive plan soon, the alternative is to address this piecemeal: replacing plumbing and walls and circuits as they fail; building modular classrooms to address overcrowding. The result is taxpayers paying more and getting less.

**How would your perspective or experience benefit the School Committee?** As a parent, I will advocate for a school system that is a safe place in which learning may blossom. As a resident, I understand that I - like all residents - will have to pay for school expenses when the tax bill comes due. I will do my best to make decisions with compassion and thoughtfulness and the best analysis I can give to the information I have available.

## Hudson CONTINUED FROM PAGE 5

the issues we face existed before COVID-19 and will continue after. Serving on the school committee is one way I can serve and support my community. As an educator and parent, my experiences will allow me to guide our schools through the current moment and plan for our future: to address inequity and accessibility, create and maintain schools that are inclusive for everyone in our community, and problem solve our need for larger, updated educational spaces. The compassion, patience, flexibility, and organization skills I practiced in my classroom (and at home) will make me an effective school committee member.

**What do you see as the major issues for our schools and how might they be addressed?** We've reached a critical point in education due to COVID-19. The disparity between students who are excel-

ling and those who are struggling is growing at an accelerated rate. We must continue to consider the health and safety of our school community, while also providing meaningful and supportive educational services for all students.

Gorham also has an opportunity to listen and amplify the voices of our students of color. The school committee made a commitment to the creation of an anti-racist policy based on the proclamation presented by the GHS Civil Rights team. It is imperative that we continue this work, without discomfort or difficulty deterring the progress we hope to see in the Gorham schools. I want my children to grow up in a community that acknowledges we can always do more, aim higher, and follow through on promises.

Gorham's growth and the issues related to overcrowding, especially at the high school, continue to require our attention. This summer, our community collaborated to get GHS students back in the building. That happened in a matter of days! I hope we can use those community partnerships to develop reasonable plans for the high school, while being mindful of affordability in Gorham.

**How would your perspective or experience benefit the School Committee?** I understand the unique challenges educators face today. School staff are asked to do more with less, which has been highlighted in the last six months. Educators are changing their teaching practices on the fly and are doing an amazing job! These changes are the result of a lot of work -- over the summer, before students arrive, and after students leave for the day. As a school committee member, I will work diligently to support the dedication and innovation of our school staff.

As a parent, I am acutely aware of the issues families are facing. So many families are struggling to manage their own responsibilities and the educational needs of their children. No matter how kids are attending school, families are doing more than ever before. I promise these struggles will not be ignored and will always be weighed in my decisions.

When we moved to Gorham, we fell in love with our neighborhood and the growing community around us. I won't pretend to have all the solutions, but I will work tirelessly to advocate for our students, support our staff, and serve a community that I am so blessed to be part of.

## Perkins CONTINUED FROM PAGE 5

to learn and grow. Our community needs to remain affordable in order to continue to thrive. The balancing act between these two needs is a major issue in the next few years. My background renovating and building commercial properties for credit unions will help me navigate these conversations and work to find the right balance.

In addition, the impacts of COVID-19 continue to necessitate changes in how education is delivered. The ability to provide quality education during these times, as well as understanding the impact long-term is another crucial issue for Gorham. The School Committee, administration, teachers and staff have done incredible work over the past several months, but the impact of this challenge is far from over.

Change is happening at a rapid rate in our society. We are faced with differing viewpoints on a daily basis and the discussion is not always constructive or respectful. As a parent, I hope to raise children who know their own minds, share their thoughts respectfully and who can also change their opinion when new information is learned. This is the type of skill set that is so important to teach within our schools as well.

**How would your perspective or experience benefit the School Committee?** My professional background in credit unions includes a focus on board governance, project oversight and operations. Collaboration, careful listening and not being afraid to ask questions are critical assets in my work. I think my background will be helpful as Gorham navigates some major decisions in the coming years.

I have overseen the renovation and building of several commercial buildings over the years and hope to participate on the facilities subgroup of the School Committee.

My work navigating the COVID-19 response for my workplace has provided me with an understanding of the human resources, technology and facilities components facing the schools.

Building collaborative teams and tackling complex problems are strengths of mine and ones that I hope to use as a member of the Gorham School Board.

## Sturm CONTINUED FROM PAGE 5

focus on how COVID-19 is affecting the schools, and this will likely dominate in the short-term. However, we also need to remember there are other issues at hand. We need to continue raising civil rights awareness in all the schools -- working with both students and administration to continue the forward momentum. Additionally, the persistent growth of our town continues to impact our school facilities. The School Committee has already spent so much time working toward solutions and this work will continue as the student population continues to outgrow our facilities.

**How would your perspective or experience benefit the School Committee?** As an environmental scientist, I work with data. My experience is that understanding your data makes for better informed, long-lasting, supported decision-making. I would hope that as a Committee member, I can help support the district in making sure we have the staff and tools in place to provide each student with the best education possible. I will use my background in data, as well as my open-mindedness and collaboration skills to help support the School Committee and ultimately our students.



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### FOR INTEREST

**GHS Graduate Haley Lowell** became a new student at Lasell University, Newton, Massachusetts this fall to study Fashion Merchandising and Management.

**Gorham Memorial VFW Post 10879** welcomes new members from South Portland Post 832 and any interested veterans to the next monthly meeting at 5:30 p.m. and Oct 13 in the Fire Department Training Room, 270, Main St. Gorham. For more information contact vfwpost10879@gmail.com.

**Gorham Memorial Post 10879, Veterans of Foreign Wars is now accepting entries for Patriot's Pen and Voice of Democracy scholarship competitions.** All public, private, and homeschool students in grades 6-12 are eligible. Nominees for Teacher of the Year awards are also being accepted. The deadline for each is Oct 31, 2020. Entries and questions can be directed to vfwpost10879@gmail.com.

**FIRST Robotics Team 172 from Gorham and Falmouth is part of a cooperative of area teams looking for a new home for their practice field.** It requires a lockable open space of at least 30' x 70' and min. 10' ceiling, plus heat, light and almost 24-hour access for very responsible students and mentors. Team 172, an after-school activity, is also recruiting for new members from Gorham High School. Ideas? Contact John Kraljic, Falmouth High School, 781-7429 x5135, jkraljic@falmouthschools.org.

### LIBRARY NEWS

**North Gorham Public Library** is once again open to the public. Library hours are Mondays, 3 p.m. - 5:30 p.m.; Wednesdays 6 p.m. - 8 p.m.; and Saturdays 10 a.m. - 1 p.m. Home delivery and parking lot pickup is also available.

**Baxter Memorial Library hours have returned to normal.** Current hours are Mondays and Fridays, 9 a.m. - 4 p.m.; Tuesdays, Wednesdays, Thursdays, 9 a.m. - 7 p.m.; closed on Saturdays and Sundays. Visit the website for more details. baxterlibrary.org. In addition to the usual discovery times for infants, toddlers and preschoolers, the library will pres-

ent Nature Mandala, with Ms. Deb on Facebook presenting a virtual STEAM activity geared toward K-5 learners, and the following week, Mystery Objects in a Bag. Always creative fun from this acclaimed neighborhood library.

### FOOD PANTRY NEWS

**Gorham neighbors have generously shared their garden bounty with the Gorham Food Pantry** all summer long, providing clients with fresh additions to their grocery selections during drive-through pantry. Clients have been so appreciative of the locally-grown produce shared with them by their neighbors. If your garden is still producing more than you know what to do with, the Pantry would love your donations. You can drop off at the pantry for the remainder of the summer / fall harvest season any time just prior to our regular pantry hours: Thursdays from 10 a.m. to 12 p.m. (drop off from 9 a.m. to 10 a.m. for distribution) or the second and fourth Monday evenings of each month from 6 p.m. to 7 p.m. (drop off from 5 p.m. to 6 p.m. for distribution that evening). If you have produce to donate and those hours don't work, please message Gorham Food Pantry Friends on Facebook to arrange a time that works best for you.

**In addition to fresh produce, the Pantry welcomes donations of items** such as baked beans, kids' snacks (granola bars, juice boxes, small bags of cookies, etc.), Ensure, as well as men's and women's personal care items (shampoo, deodorant, toothpaste, razors).

**The Gorham Food Pantry is available to any Gorham resident;** you need only visit during pantry hours with proof of residency (a utility bill with your name and your Gorham address on it – not a drivers' license). The best way to keep up-to-date on Pantry happenings and current needs is to follow them on Facebook (Gorham Food Pantry Friends), and messages via Facebook are responded to quickly.

### USM NOTES

**The USM School of Music** is pressing forward during the pandemic with virtual performances you can attend from home. Find them all at [usm.maine.edu/music/events](http://usm.maine.edu/music/events).

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**Detailed information regarding ongoing management of pandemic response at USM** is available on a dedicated section of the University website, Healthy Huskies, that is updated regularly. Find answers to frequently asked questions — from new and returning students to faculty and staff to community members — that cover all facets of the institution. Visit [usm.maine.edu/healthy-huskies](http://usm.maine.edu/healthy-huskies).

**USM's Corporate Partners program is built on a foundation of regular programming that showcases issues of interest to Maine's business community.** USM Employer Relationship Managers work with members to understand specific workforce needs and to collaborate on solutions, providing forums for the exchange of ideas, opportunities to connect with USM faculty, students and staff, and information about academic and professional resources for workforce development. Learn more at [usm.maine.edu/corporatepartners](http://usm.maine.edu/corporatepartners).

## the *Courtesy of the Gorham Police Department* blotter

### THAT'S ONE WAY TO RETURN KEYS

**Keys belonging to a Barstow Road residence were attached to a sign nailed to a telephone post at intersection of Sebago Lake Road and Great Falls Road.**

Veranda Drive caller complained about drug sales in Portland. Caller was advised to call Portland Police.

Caller reported a white SUV all over the road. Vehicle had turned into Carnation Drive. Officer located vehicle and spoke to operator who was an at-home health care employee and was not impaired.

Mosher Road caller believed someone was shining their headlights into caller's window. It had been happening every night for hours. Caller lived on corner of an intersection and the street light directly across from the window was the light that was shining in his window.

Flaggy Meadow Road caller believed there were juveniles in the woods cutting down trees. He was concerned that the downed trees would block drainage to his basement. Officer did not locate any juveniles nor any downed trees.

Officer stopped vehicle on the bypass. Driver told officer that caller was the one passing and driving erratically.

Main Street caller reported a customer stealing a pizza and showed a video of the \$13 heist.

Suspicious person on Main Street was trying to get map on his phone to work.

Officers responded to Maple Drive for a domestic in progress. Female showed no signs of struggle and said nothing had happened. Male said the same thing.

Caller wanted to know if she could shoot a woodchuck.

Caller from Hemlock Drive reported a male outside the residence revving his engine and screaming for ex-girlfriend to come outside.

Nosy neighbor wanted his neighbor's friends to be removed from their property because of the stay at home order.

Suspicious person in stream at back of neighbor's house on Grove Street was advised to go home.

Man called in hoping to get a traffic ticket dropped. He was advised that ticket had already been sent in.

Officer located man in response to an erratic driving complaint. Man was tired as he had worked 13 hours that day and seven long days in a row. He felt he might have been looking at his GPS for Door Dash drop-offs but he was not impaired.

Caller reported a rude male was walking his dog without a leash on the trails. Officer did not think this was a crime, just an unfriendly person.

Shaw's Mill Road caller believed Spectrum was a fake company trying to steal her money. She was advised there is more than one cable provider.

## CALENDAR

### THURSDAY, OCTOBER 1

Baxter Memorial Library, Virtual Toddler Discovery Time, 9:30 – 9:50 a.m. on Facebook.

### SATURDAY, OCTOBER 3

USM School of Music, Honors Recital, 8 p.m., [usm.maine.edu/events](http://usm.maine.edu/events)

### SUNDAY, OCTOBER 4

USM School of Music, Choral Extravaganza, 2 p.m., [usm.maine.edu/events](http://usm.maine.edu/events)

### TUESDAY, OCTOBER 6

Baxter Memorial Library, Virtual Preschool Discovery Time, 9:30 – 10 a.m. on Facebook.

### WEDNESDAY, OCTOBER 7

Baxter Memorial Library, Nature Mandala, STEAM activity for K-5 learners. 10 a.m. on Facebook.

### THURSDAY, OCTOBER 8

Baxter Memorial Library, Virtual Toddler Discovery Time, 9:30 – 9:50 a.m. on Facebook.

### FRIDAY, OCTOBER 9

USM School of Music Faculty Concert Series: Daniel Sonenberg. 8 p.m. [usm.maine.edu/music/events](http://usm.maine.edu/music/events)

### TUESDAY, OCTOBER 13

Baxter Memorial Library, Virtual Preschool Discovery Time, 9:30 – 10 a.m. on Facebook.

### WEDNESDAY, OCTOBER 14

Baxter Memorial Library  
Babies en Plein Air, 9:30 – 9:50 a.m., in person outdoors. (birth-18 mos)  
Mystery Objects in a Bag, 10 a.m., a Facebook STEAM activity for K-5 learners.



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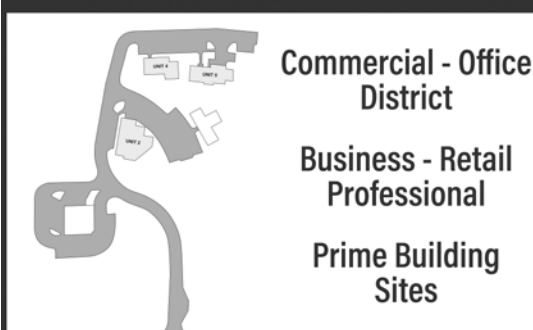


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