

Gorham Times

Your Community Paper

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

Photo credit: Cara Rentschler

How Gorham Voted

COMPILED BY
KAREN DiDONATO

Below is the breakdown of how Gorham voted on the November 3.

PRESIDENT:

6460 Joseph Biden (D)
4275 Donald Trump (R)
217 Jo Jorgensen (Libertarian)
130 Howard Hawkins (Green)
25 Roque De La Fuente (Alliance)

CONGRESS:

6541 Chellie Pingree (D)
4420 Jay Allen (R)

US SENATOR:

5361 Susan Collins (R)
5138 Sara Gideon (F)
486 Lisa Savage (I)
159 Max Linn (I)

STATE SENATOR:

5439 Stacy Brenner (D)
5348 Sara Rivard (R)

REP. TO LEGISLATURE DIST. 26:

2907 Maureen Terry (D)
2163 George Vercelli (R)

REP. TO LEGISLATURE DIST. 27:

3312 Kyle Bailey (D)
2267 Roger Densmore (R)

REGISTER OF PROBATE:

8378 Nadeen Daniels (D)

CUMBERLAND COUNTY COMMISSIONER:

8274 Neil Jamieson Jr (D)

TOWN COUNCIL (2 SEATS):

5735 Suzanne Phillips
5017 Ronald Shepard
4208 Christina Paul

SCHOOL COMMITTEE (3 SEATS):

6367 Sarah Perkins
4739 Nicole Hudson
4300 James Brockman
3653 Leah Sturm

QUESTION 1, BOND ISSUE:

7037 Yes
3571 No

QUESTION 2, CHARTER AMENDMENT:

9498 Yes
1055 No

Election 2020: Recap of Record Turnout

SHERI FABER
Staff Writer

Gorham had a record turnout of 75 percent of voters (11,238) participating in the presidential election, with 8,029 people voting by absentee ballot. In 2016, there were 3960 absentee ballots returned to the Town. The total vote count was 9,947 or 73 percent of Gorham voters.

Maine permits voting by mail as well as in person prior to Election Day. Voters are not required to give a reason for absentee voting or for requesting an absentee ballot. More than 75 percent of the voting age population cast bal-

lots in Maine, a record with more than 800,000 votes cast.

The Town Clerk maintains lists of names of those who were sent ballots. As their ballots are processed, "AV" (absentee voter) is marked next to each name on the voting lists which are to be used on Election Day. This process is to ensure a single vote for each voter.

Workers processing ballots may know who voted absentee but they do not unfold the returned ballots. They pass them to other workers who unfold them and separate them between State and Town. The last step is to put the ballots through the locked voting machines where they remain until Election Day.

GHS to Host Play Virtually



Courtesy of GHS Theatre

The GHS cast of this year's fall play, "It's a Wonderful Life," works on props for its virtual performances this coming weekend.

COLLIN PAGE
GHS Student Intern

This year's fall performance, led by students from the Gorham High School (GHS) Theatre, will be a little different this year due to continued restrictions from the coronavirus. Their performance of "It's a Wonderful Life: A Live Radio Play" written by Philip Van Doren Stern and directed by Josie Tierney-Fife, English teacher at GHS, will be streamed live on a Zoom webinar.

The live radio play, based in the 1930's and 1940's, will bring the culture of the time back during the performance

and sound will be extremely important. Everything from style to attitude will shape the play.

The lead roles include: Freddie Filmore (Announcer, Potter, Sam, Ruth, and Mr. Martini), played by sophomore Andrew Goschke; Jake Laurents (George Bailey), played by senior Mason Hawkes; Sally Applewhite (Mary Hatch), played by sophomore Maddie Downey; Lana Sherwood (Violet), played by freshman Emma Smith; and Harry "Jazzbo" Heywood (Clarence), played by junior Annikka Mocchiola.

Cast members will be seated in sepa-

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Election Day Snapshots



Photo credit Laurie Nordfors

While people wanting to vote absentee and in person are voting in Town Council chambers at the Municipal Center, staff members process ballots in the back of the room. Processed ballots for Gorham are put in the locked blue boxes and processed state ballots are locked up in the clerk's office. The processed ballots were not tabulated until after the polls closed on Election Day. Pictured from left to right Alida Landry, Sheri Faber, and Brenda Caldwell.



Photo credit Kathy Corbett

Voters registered at the Great Falls School polling place on Election Day. They are either new voters or registered voters who needed to update their addresses. In Gorham 75 percent of all registered voters cast ballots either in person or by absentee ballot.



Photo credit Kathy Corbett

This voter is one of 3,213 Gorham people who went to the polls on November 3. The Town Clerk received absentee ballots from 8,029 voters who either mailed them, delivered them in person, or put them in the drop box in front of the Municipal Center.

**GMS TEACHER SEMIFINALIST
FOR MUSIC EDUCATOR AWARD
SEE PAGE 8**

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AROUND TOWN



Photo courtesy of Gorham Police Department

Gorham Police Department recently announced the appointment of Detective Stephen Hinkley, who joined the Department in 2010 as part of the Patrol Division. He is a drug recognition expert, crisis negotiator and a field training officer. Hinkley replaces Detective Lawrence Fearon who retired after 39 years of service.

The Town Council Appointments Committee is looking for three citizen volunteers for the Board of Health. One volunteer must be a woman, the other must be a physician. For more information, contact the Town Clerk at 222-1671 or Inordfors@gorham.me.us.

VETERANS DAY

With respect, honor and gratitude to our veterans: Your service is valued, your sacrifice is remembered, and your courage is an inspiration. To all those who have served and those who continue to serve, happy Veterans Day!

NOVEMBER 11TH

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BUSINESS PROFILE

K.h. designs

SHERI FABER
Staff Writer

K.h. designs, located between Goodwill and Burger King on Main Street, is selling custom handmade and refinished farm-style furniture and decor. They build custom farm furniture and refinish upscale antiques. They also sell Dixie Belle chalk paint for furniture and crafts. Owner Karen Hussey and daughter Devyn plan to provide cat- and dog-related products through their Jet Collection, an upscale company that includes homemade treats. A percentage of those proceeds will be donated to the Animal Refuge Shelter in Westbrook. They also welcome donations as well. A list of needs can be found on Facebook at www.facebook.com/k.h.designs.rehab.

Business hours are Wednesday-Thursday, 10 a.m. - 5 p.m.; Friday, 10 a.m. - 6 p.m., and Saturday-Sunday, 10 a.m. - 3 p.m. They can be reached at k.h.designsfurniture@gmail.com or (207) 222-0351.



Photo credit Sheri Faber

Examples of the home decor sold at K.h. designs.

REMEMBER WHEN

Carswell's Drug Store



Photo credit Wilma Johnson and Carla Berry Davis

Edgar Carswell, one of Gorham's past pharmacists, is remembered for pounding the gavel and rolling out pills and advertisements such as this: "Carswell's Sure Relief – A safe, pleasant and sure remedy for coughs, colds, bronchitis, asthma and whooping cough." It was priced at 25 cents and prepared only by Edgar F. Carswell of Gorham, Maine.

WILMA JOHNSON GOULD

Gorham pharmacist Edgar Carswell, a prominent figure in town of Gorham, was well known and well respected by many. He also made his mark by serving the Gorham community in a number of different ways. Born in Yarmouth,

Maine in 1878, Carswell attended Yarmouth schools and graduated from the Massachusetts College of Pharmacy in 1901.

On April 1, 1905, he purchased a drug store at 12 Main Street in Gorham and

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letter to the Editor

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

Dear Editor,

I'd like to thank the dedicated Town staff and poll workers who donated their time during the COVID pandemic to make the election run like clockwork. Whether you voted red or blue, we are so lucky to live in a wonderful community like Gorham in the great

state of Maine. A shout out also to the creators of the wonderful scarecrows who brightened our October days. I am looking forward to the holiday tree decorating contest which will make the town look extra cheerful as we head into the holiday season.

Chris Crawford

Gorham Times

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 gtimesports@gmail.com
Features ckck5@icloud.com
Of Interest gorhamtimes@gmail.com
Calendar item gorhamtimes@gmail.com
Advertising gorhamtimesadvertising@gmail.com or 839-8390
School News SchoolnewsGT@gmail.com

SUBSCRIPTIONS

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\$15/year for college subscription
Snowbird subscriptions available upon request
Subscriptions and renewals are available online on our website.

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Ad deadline is the Wednesday of the week prior to issue date. Go to www.gorhamtimes.com and click on the advertising link for schedule.

EDITORIAL POLICY

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

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UPCOMING DEADLINES
NOVEMBER 18
DECEMBER 2
HOLIDAY BREAK

Yoga Immunity

AMANDA KEZAL

We know the typical ways to boost the immune system: eat nutritious foods, drink water, exercise, and get quality sleep. Did you know that yoga can also boost your immunity?

It may seem bizarre to say practicing yoga can affect your health, but it is possible. When the mind, body and/or spirit are stressed, our immune system is weakened and we become more susceptible to illness. Adding yoga to your life may help increase your immunity by lowering the stress hormone cortisol, which is partly responsible for your health.

Cortisol has its purpose in the body. If you were running from a bear you would want your cortisol to increase so you have a fighting chance to run faster. In our typical life, though, we do not need the surge. When our systems are peaked with life stresses, unless we have a healthy outlet, the cortisol does not decrease to a lower, normal level. With repeated levels of high cortisol (stress and more stress day in and day out), we have an increased

chance that our immune system will not protect us well enough when we encounter germs. Enter the healing, supporting practice of yoga.

Along with movement, energy and breath, our bodies need oxygen. The deep fascia muscle that surrounds our organs, cells, tissues, muscles, and bones craves a “wringing out.” This allows fresh, new energy and oxygen

to move in and be absorbed while the stagnant stuff is released and detoxified. Your body has the amazing capability to do this on its own but it can be enhanced with a well-rounded yoga practice.

In a typical day, we do not tend to the often-neglected areas of the body that help us stay healthy, such as the flush of the adrenal glands, wringing out of the kidneys and digestive system, or opening of the side body. Tension is stored, compressed, allowing the body to hold onto it. Yoga postures can aid in circulation and rebalance, returning the the body’s optimal function. When you open the lungs and respiratory system, and stimulate the lymphatic system, you can experience a new level of health.

WE KNOW THE TYPICAL WAYS TO BOOST THE IMMUNE SYSTEM--EAT NUTRITIOUS FOODS, DRINK WATER, EXERCISE, AND GET QUALITY SLEEP. DID YOU KNOW THAT YOGA CAN ALSO BOOST YOUR IMMUNITY?

Grandparent Scam

Courtesy of Cumberland County Sheriff's Office

Over the last several months, the Cumberland County Sheriff's Office and law enforcement, in general, has seen an increase in telephone and computer scams. Although there are several scams such as the IRS scam, Jamaican lottery scam, and others, the scam that seems to be becoming more and more prevalent is the grandparent scam.

This particular scam is an attempt to take advantage of the fact that a grandparent will do virtually anything to help their grandchild.

The scam is perpetrated by a telephone call from the “alleged” grandchild. In many cases, the voice on the telephone closely resembles the voice of the grandchild and the individual (scammer) provides a story that they are in trouble and need money, immediately. The trouble could range from the grandchild claiming that they are in jail and need bail money to they need to hire an attorney. In some cases, another individual (scammer) gets into the conversation claiming that he/she is an attorney for the grandchild. Once again, an attempt to

CONTINUED ON PAGE 4

For example, a backbend yoga asana (pose) helps detoxify the adrenal glands that get exasperated during times of stress, thus helping to lower anxiety levels. It also opens the respiratory system and aids in strengthening the lungs and heart muscles. Backbend poses also produce natural pain killers. Think of a time when you practiced a backbend (maybe as a child) and felt that flush of energy invigorating your entire body.

Not only do we de-stress during yoga, but we are able to strengthen and enhance the immune system by moving in various ways to support the nervous system, to help fight infection, and to bring down the cortisol level. A calm body, mind, and spirit is more apt to handle stress, anxiety, and anything that challenges it.

Of course, a consistent yoga practice will yield the best results. This all-natural, self-care, holistic practice can be done at home to support a healthy, fully functioning immune system. As always, it is best to seek a certified yoga teacher for assistance when beginning or enriching a yoga practice.

Amanda Kezal, owner of Holistic Pathways, has been bringing yoga to Gorham for over 20 years with her yoga fusion style. She continues innovative approaches to sharing the many benefits of yoga with others.

November Poetry

*November comes
And November goes,
With the last red berries
And the first white snows.*

*With night coming early,
And dawn coming late,
And ice in the bucket
And frost by the gate.*

*The fires burn
And the kettles sing,
And earth sinks to rest
Until next spring.*

Elizabeth Coatsworth

*In November, the trees are standing all sticks and bones.
Without their leaves, how lovely they are, spreading their arms
like dancers. They know it is time to be still.*

Cynthia Rylant



Carters Green Market
is offering baked goods from
Village Baking Company and **Two Fat Cats**
for Thanksgiving. Please call or stop by
to see the selection.

DEADLINE FOR ORDERS IS THE 17TH

**Also come by to see our ever-increasing
line-up of Holiday items!**



222-0004 ■ 18 Elm Street

**Maine Homeless Veterans Alliance
is collecting items to help homeless
veterans survive this winter. They need new
socks, winter hats, gloves, warm coats, and
sleeping bags. Drop off donations at the
Gorham Police Department.**

Grandparent Scam

CONTINUED FROM PAGE 3

make the call appear to be real and further heightening the immediacy. In other cases, the caller (scammer portraying a grandchild) claims that they are traveling and have lost their wallet and/or travel documents. The caller (scammer) ALWAYS portrays a sense of urgency. Lastly, the caller (scammer) asks the grandparent for money. It should be noted the caller (scammer) somehow has gathered enough information about the family, where the family lives and other information not readily available, but because the scammer has done some research it adds another dimension of realism to the request.

The Cumberland County Sheriff's Office urges anyone who receives a call from their "grandchild", especially calls requesting money and expressing a sense of urgency to listen, ask the individual (scammer) for a call back number and verify the validity of the call before sending money, providing a credit card number or sending gift cards. A simple call directly to the grandchild if possible or to the grandchild's parents can often determine whether the call is legitimate or not.

Grandparents have lost thousands of dollars because they have done what every grandparent would do and that is to respond immediately and send money to a scammer thinking that they were actually helping their grandchild out of trouble.

Grand Jury Indictments

September 2020

Charles Doughty, 38, of Gorham was indicted for aggravated domestic violence assault and domestic violence assault by Windham PD. He was also indicted for two counts of violating conditions of release, unlawful possession of scheduled drugs, and theft by unauthorized taking.

Adam Frederick, 30, of Gorham was indicted for criminal speed, possession of cocaine, possession of a firearm by a prohibited person, unlawful possession of scheduled drugs and criminal forfeiture on charges brought by Gorham PD.

Thomas Montgomery, 39, of Westbrook was indicted for unlawful trafficking of scheduled drugs and unlawful possession of scheduled drugs on charges brought by Gorham PD.

Dale Mougalian, 37, of Gorham was indicted for aggravated operation after habitual offender license revocation, criminal OUI (two priors), criminal mischief, and leaving the scene of an accident with property damage. (No police department noted).

Thomas Roewer, 36, of Arundel was indicted for unlawful possession of scheduled drugs (fentanyl) and violating conditions of release on charges brought by Gorham PD.

James Rollins, 41, of Gorham was indicted for possession of a firearm by a prohibited person on charges brought by Gorham PD.

Ernesto Salamone, 30, of Portland was indicted for trafficking in prison

contraband, unlawful possession of scheduled drugs (two counts), violating conditions of release and criminal forfeiture on charges brought by Gorham PD.

Terence Smart, 38, of Saco was indicted for operating after license revocation and violating conditions of release on charges brought by Gorham PD.

October 2020

Lindsey Bickford, 33, of Gorham was indicted for operating after revocation (two priors).

Alexander Fortin, 21, of Gorham was indicted for reckless conduct with a dangerous weapon on charges brought by Westbrook PD.

Joseph Fortin, 24, of Gorham was indicted for reckless conduct with a dangerous weapon on charges brought by Westbrook PD.

Emily Gallant, 21, of Gorham was indicted for burglary of a dwelling and theft by unauthorized taking on charges brought by South Portland PD.

David Sanborn, 40, of Harrison was indicted for receiving stolen property and theft by deception on charges brought by Gorham PD.

Derek Sanderson, 37, of Gorham was indicted for burglary, theft by unauthorized taking and criminal mischief on charges brought by Cumberland County Sheriff's Office.

Derek Sanderson, 37, of Gorham was indicted for burglary and theft by unauthorized taking on charges brought by Gorham PD.

Joseph Talbot, 34, of Sebago was indicted for theft by deception (more than \$10,000) on charges brought by Gorham PD.

Carswell's Drug Store

CONTINUED FROM PAGE 2

remained an active business owner for 57 years until his retirement in 1962. He was known as one of Maine's oldest pharmacist and was registered to practice in 12 states.

Carswell's Drug Store was located in the center of Gorham where next to Brave Soul Tattoo where Gorham Yoga Studio was. It sat between Hawkes Grocery Store and Kimball's Meat Market. The meat market and the drug store shared a common entrance with a platform of stairs leading up to both businesses.

Carswell's Drug Store also gave shelter as a waiting room in bad weather for many of the trolley-car travelers. An ice cream counter was located to the right of the entrance. The pharmacy area, at the back of the building, is where Carswell would be found, busy at work.

An interesting story from Edna Dickey's book "Fifty Years of Gorham 1936-1986", tells of a young couple stopping at the Methodist parsonage hoping to get married. Rev. Charles Brashares, the minister from 1918 to 1920, was unable to perform their marriage due to a ruling not allowing him to marry anyone who had previously been divorced. To honor the couple's request, Rev. Brashares walked around the corner to the drug store and asked for Carswell's assistance. Carswell, a justice of the peace, walked up to the parsonage, met the couple, and performed the marriage while Rev. Brashares tended the drug store until Carswell returned.

Carswell had many interests and held a variety of positions in town. Before there was an elected Town Council, Carswell served as the moderator for town meetings for approximately 30 years. In spite of being a Democrat in a mostly Republican town, he was chosen each year to be the one to pound the gavel and keep the crowd in order. Carswell was firm in his actions and his quick wit allowed him to keep the meetings under control. He gave everyone a chance to speak but if they had previously spoken, they were often not given a second chance.

Carswell was a busy man, serving 15 years on the school committee and six years as a selectman. He was a member of the Village Corporation, a trustee at the Baxter Memorial Library and of the Martha Robie Fund. In addition to his many local duties, he was also a state senator.

For over 40 years Carswell was also a widely known auctioneer in the area. Along with all of his civic duties, he still found time to enjoy a five-mile daily walk.

For more information, or to ask questions, contact Wilma Gould Johnson at iamwilma@comcast.net.

GHS GRAD NEWS: If you, your son, or daughter are GHS graduates, 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@icloud.com, Kathy Corbett at kcorbett@aol.com or Cindy O'Shea at coshea2@maine.rr.com.



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Helping Paws Animal Rescue
www.helpingpawsme.org

(You must mention this ad prior to closing for my donation to be submitted.)

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



GORHAM'S ANNUAL TREE FESTIVAL 2020

Let's make Gorham extra festive this holiday season! Any business or resident can participate. Here's how...

- Come up with a theme, color scheme or any creative idea to decorate your Holiday Tree. All trees will be judged on creativity and theme.
- Place a Holiday Tree outside of your residence or business by November 29th at 4pm the date of the Light Parade through Gorham Village.
- Send an email if you want your Holiday Tree judged to: gorhamstreefestival@gmail.com to let us know you are participating and want your tree judged.
- The Gorham Village Alliance will be judging trees in early December. Two winners will be announced in each division (business and residential) Most Creative and Best Theme
- The winners will be announced and/or published. TBD
- Look for an event page on Facebook and be sure to share.
- If you have any questions please feel free to call Cindy 207-839-2744 or email cindy@greatfallsinc.com
- Too busy, but would like to participate? Let us know and we can help. We are looking forward to a great Tree Festival!

Happy Holidays!



Mike Smith, MSPT, ATC

Feel
The
Difference



Jennifer Field, DPT

Did You Know?

- > We have adjusted our schedule and treatments to better serve and protect our patients during this time.
- > If you have an orthopedic problem, you can come directly to PT. No referral needed.
- > Your out of pocket expenses may be less with us than treatment at a hospital based clinic.
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Gorham Times

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- Adult Fitness
- Snow Shoe Rental
- Virtual Burn off the Turkey 5K

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Light Parade November 29th



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Real Estate Transfers May 2020

ADDRESS	BUYER	SELLER	PRICE
3 COTTAGE COURT UNIT #1	AUBE, TIMOTHY & MARY	BRAMBLEWOOD, LLC	\$334,810
846 GRAY ROAD	ROCKROADY PROPERTIES, LLC	KING, WILLIAM & BARBARA	\$220,000
40 MALLARD DRIVE	LEENEY-SINCLAIR, SUZANNE	WYMAN, PATRIIA	\$30,000
99 LINE ROAD	ARNETT, TYLER & CHRISTY	BERRY, STEPHEN & KATE	\$250,000
11 KINGFISHER COURT	HODGKIN, BRIAN & MARGERY	HELMING, AGNES	\$316,000
79 ICHABOD LANE	SAM STRUMPH BUILDERS, LLC	GILBERT HOMES, INC	\$99,900
28 FAE LANE #6	HOOPER, LINDA	PLOWMAN DEVELOPMENT GROUP, LLC	\$335,000
2 GERANIUM DRIVE	DECOSTE, WILLIAM & ALA	SUSAN DUCHAINE, LLC	\$411,500
47 TINK DRIVE	KRAUSE HOLDINGS, LLC	CHINCHILLA-CARRERA, CELEDONIO	\$280,000
39 MEADOWBROOK DRIVE UNIT 6	TAQUET, ERIC	HALL, CLIFTON & ANNE	\$263,500
16 RIDGEFIELD DRIVE UNIT 14	LEDOUX, ARTHUR & WILMA	WALTHER, ERICA & DALE	\$340,000
7 PAIGE DRIVE	WILLIAMS, NICHOLAS & ELISABETH	RUSSO, PETER & SHERRY	\$305,000
33 COTTAGE COURT UNIT 3	KING, LINDA	BRAMBLEWOOD, LLC	\$333,900
87 GATEWAY COMMONS DRIVE	RUSTIN, JOHN & KAITLIN	COREY, DARREN	\$402,000
3 CLARA MAE'S WAY	STRUMPH, THOMAS	SB AGGREGATES, LLC	\$65,000
39 FREEDOM DRIVE	BOURGOIN, MATTHEW & APRIL	ROBIE HOLDINGS, LLC	\$115,000
10 STRAW ROAD	DOANE, JARRED & DONNA	COTE, DAVID & LINDSAY	\$385,000
158 MOSHER ROAD	BRIGGS, ZACHARY & CASEY	MEISTER, CHRISTOPHER & BRIANNA	\$250,000
22 FREEDOM DRIVE	CAVALLARO, ANTHONY & HEIDI	ROBIE HOLDINGS, LLC	\$125,000
123 FLAGGY MEADOW ROAD	SAWYER, BAILEY	LANGLOIS INVESTMENT HOLDINGS	\$396,900
379 LIBBY AVENUE	MATTOR, RILEY	BLUNDEN, MARK	\$270,000
104 MITCHELL HILL ROAD	ROBERTS, JOHN & SHARON	LEE, KYOO & JUNG	\$485,000
215 BUCK STREET	DESCART, SERGIO	FREDERICK, ADAM	\$285,000
3 PONDSIDE DRIVE	HALLER, WERNER	SYPHENS, ANNE	\$291,000
1 RIVERBEND ROAD	SWANSON, TABITHA & TODD	STOUT, NATASHA	\$530,000
184 ICHABOD LANE EXT.	MUNSON, MARK & ELLEN	KWOKA, ANNE & JOHN	\$342,500

The Latest from Maine CDC

ADAPTED FROM MAINE.GOV

On November 5, Governor Janet Mills announced an Executive Order requiring Maine people to wear face coverings in public settings, regardless of the ability to maintain physical distance. The new order strengthens an earlier one stating that face coverings must be worn only when physical distancing is difficult to maintain.

Governor Mills' Executive Order also reduces indoor gathering lim-

its as previously announced. The gathering limit on outdoor activities remains at 100 people under existing guidelines, with physical distancing and the use of face coverings. Occupancy limits for retail establishments remain at five people per 1,000 square feet of shopping space. The Mills Administration had previously increased indoor seating limits to 50 percent of permitted capacity or 100 people, whichever was less.

REDUCE, REUSE, RECYCLE

Consider Paper

CATHY WALTER
Staff Writer

Paper was not only one of first things to be recycled, its very invention was the recycling of other materials like bits of cloth, hemp, and other fibers soaked, compressed and then dried to create a writing surface. It did not take long before used paper was also incorporated. But as the Industrial Age hit, consumption of paper skyrocketed, the process of making paper and of disposing of it became toxic to the environment, and no one was reusing or recycling their paper anymore. It took a world war and a shortage of everything to inspire even large paper companies to reconsider the tossing of paper into landfills. Before we knew it half of our cardboard was being made from recycled paper. But paper in our landfills is still an issue.

According to the Paper Recycling Coalition: "By recycling paper, we prevent it from being landfilled where it degrades, producing methane, a greenhouse gas. According to the U.S. Environmental Protection Agency, landfills are the single largest U.S. source of methane emissions to the atmosphere and degrading paper 24 times as potent as carbon dioxide is a primary cause."

How much paper are you generating at your house? How much of it makes it to the recycling bin rather than the waste basket when it is no longer needed? Are you still using paper plates indoors, printing only on one side of the paper, or not getting your utility bills online?

Perhaps it is time to rethink a few of your household routines and habits and seek ways to reduce, reuse and recycle paper.

Reduce: Consider using cloth napkins at meals and old rags for clean up

instead of paper towels. If you put a basket of pretty napkins on the counter you will be amazed at how quickly you can convert the family. Any old dirty towel or pillow case cut in squares can mop up a spill.

Reuse: Have you considered saving the paper bags that come into your home and using them instead of plastic bags for storage? You can bring them to the grocery store to put your produce in as you shop rather than using plastic.

Recycle: Does your toilet paper have cardboard tubes? Did you know over 17 billion of these are thrown away every year, enough to fill the Empire State Building twice over? Consider walking these over to the recycling bin next time rather than dropping them into the bathroom trash.

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63 DAY ROAD	SARGENT, MICHAELA	ROTH, JEFFREY & LORI	\$365,000
210 BRACKETT ROAD	BROOKER, EMILY	GP PROPERTIES, LLC	\$280,000
253 SEBAGO LAKE ROAD	WING, RICHARD & LYNN	COOPER, PAULA & LEON, JR.	\$240,000
21 DAISY LANE	BUTLER, BRIAN & MONICA	STROUT, CHAD & ELLEN	\$345,000
363 SEBAGO LAKE ROAD	DUBE, CODY, & NIELSEN, ALYSSA	QUINTAL, LOUIS	\$339,000
44 FREEDOM DRIVE	CARON, ASHLEY & JORDAN	ROBIE HOLDINGS, LLC	\$125,000
6 QUAIL RIDGE DRIVE	MCMAHON, COURTNEY & DEVIN	BURGHARDT, JOHN	\$430,000
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117 SCHOOL STREET	PEARLMAN, AMANDA & ANNA	HEIL, WILLIAM	\$225,400
2 WOODS EDGE DRIVE	BAUER, DEANNA	SAULSBURY, VICKIE-LYN & KENNETH	\$345,000
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17 VALLEY VIEW DRIVE	BERNIER, CHRISTOPHER & LAURA	CASH, CHRISTINA & ANDREW	\$479,000
62 DEERING ROAD	PLAUD, MATTHEW	HODGKIN, BRIAN & MARGAREY BNO, LLC	\$375,000
11 MUSKRAT DRIVE	HEAL, BRIAN & LARA	ESTATE OF RITA RODGERS	\$436,825
93 CUMBERLAND LANE	PERKINS, ROSWITA	WHITEHOUSE, JAMES & DANIELLE	\$240,000
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34 FAE LANE	MULLIN, JEFFREY & MELISSA	DESIGN BUILD ASSOCIATION OF MAINE	\$355,000
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6 SPILLER ROAD	ELW PROPERTIES, LLC	PILLSBURY, EVAN & KATHRYN	\$70,000
18 GREEN STREET	DAVIS, RAYMOND & GORSLINE-DAVIS, A	GRANDMAISON, RENE	\$285,000
9 LUCINDA TERRACE	SIMMS, CHARLES & GIROUX, AMANDA	HARMONIOUS HOLDINGS, LLC	\$380,000
76 WESTCOTT ROAD	GAUVIN, CHRISTOPHER	ASHLEY LANNE, LLC	\$393,000
28 COPPERHEAD ROAD	CASHOUT, LLC	HANDMAN, ARTHUR & DAHLIA	\$250,000
63 QUINCY DRIVE	OLSON, ZACHARY & BURKHOLDER, KRISTIN	DAHMS, KEVIN & CAROLINE	\$425,000
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712 FORT HILL ROAD	WOONMAN, KAYTLIN	CRESSEY APARTMENTS GRAY RD LLC	\$298,000
126 & 130 GRAY ROAD	TETON PROPERTIES, LLC	SALAMONA, LAWRENCE & JOANNA	\$2,200,000
45 MITCHELL HILL ROAD	SAWIN, JESSE	KOURINOS, SARA	\$340,000
52 MOSHER ROAD	JAMES, JENNIFER & RYAN	ELW PROPERTIES, LLC	\$275,000
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TOWN OF GORHAM BOARD OF APPEALS NOTICE OF MEETING NOVEMBER 19, 2020 ON-LINE ZOOM MEETING

The Gorham Zoning Board of Appeals invites you to view our upcoming Regular Board of Appeals meeting on Thursday, November 19, 2020, starting at 6:30 pm. This meeting will be held remotely, hosted as a Zoom Webinar and streamed over GoCAM and Facebook Live for anyone who wishes to view. Staff recommends those who would like to make public comment regarding this agenda item to email written comments by 4 pm on Thursday, November 19, 2020 to the following email address: ZB_Mtg_Public_Comment@gorham.me.us.

Link: <https://us02web.zoom.us/j/81725882066>
Phone Number: +1(312)626-6799
Webinar ID: 817 2588 2066

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

Acceptance of the August 20, 2020 meeting minutes as printed and distributed.

Appeal #20 - 06 Enlargement or Replacement of Non-Conforming Use or Structure. John Krouce, property owner and petitioner of Sweet Life establishment, is seeking to enlarge a non-conforming use at 680 Gray Road (Map 110 Lot 16.001). The subject property is located in the Urban Residential (UR) zoning district.

Birdwatching 101



Photo credit Wilma Gould Johnson

Gorham Times contributor Wilma Gould Johnson continues to capture the beautiful birds on her property. Pictured top, Papa Baltimore Oriole patiently feeds jam to one of his offspring. Pictured bottom, a red-bellied Woodpecker enjoys an orange suet treat.

Collecting and Tagging Monarch Butterflies: It's a Thing

LORI TANGUAY
Guest Contributor

For over 20 years I have been collecting monarch caterpillars. I would collect eight to ten caterpillars for the children in my daycare to observe eating the milkweed, spinning their chrysalises and hatching into butterflies. We would keep the butterflies a day or so and let them go.

In the beginning, I looked for the caterpillars and brought them inside. As I continued, I learned that monarchs can be susceptible to disease and have many predators, which can endanger the monarch in their caterpillar form. A female butterfly can lay up to 400 eggs but only about eight will make it to adulthood. Armed with this information, I began looking for the eggs of monarch butterflies, to ensure the caterpillar would have a better chance of making it to the butterfly stage.

Monarch butterflies arrive here around the middle of July after their long trip from the southern climates where they winter. Soon after arriving, a butterfly will lay her eggs and in three to four days the baby caterpillar hatches, eating the shell of the egg for nutrients. Over the next 10 to 14 days the caterpillar eats milkweed and molts four times until it is finally large enough to crawl to the top of the cage to form a "J". The caterpillar then sheds its skin to create the chrysalis stage which takes about two weeks.

About 24 hours before the monarch is



Photo credit Dan Cook

A monarch rests with a tag stuck to its wing.

ready to emerge, the bright green chrysalis begins to darken and become transparent. The orange wings poke through the chrysalis, and the newly emerged butterfly hangs to dry its wings for a few hours before it is ready to fly. The life cycle from egg to butterfly is about 30 days.

I learned a lot about monarchs and their migration patterns from monarchwatch.org, a nonprofit education, conservation, and research program. To help with their research I purchased tags (stickers) for my butterflies and, at the end of the season, I turn in the data from those I tagged.

The data includes the date the butterfly hatched, the gender, and where it was released. Most monarchs winter

CONTINUED ON PAGE 13

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SC Selects Newest Student Representative

MARY GAWLICK
GHS Student Intern

At the October 14 Gorham School Committee (SC) meeting, the Committee was proud to select Andrea (Andi) Mitchell, a junior at Gorham High School (GHS), as its newest student representative.

She will be joining the current student representative, senior Zakaria (Zak) Lembarra, in working to ensure the voices of Gorham students are heard.

Mitchell's new role will allow her and Lembarra to collaborate on the SC and share a student's perspective on the variety of issues faced by Gorham students. The student representative role is essential in ensuring a balanced voice in the Gorham community and is a great opportunity for students to experience the processes of local government.

"It is really important to me that the voices of students are heard," said Mitchell. "Students have so many thoughts and opinions that don't always reach the attention of administration and I really want to be that voice...to share the thoughts and opinions of my fellow peers."

Mitchell is also treasurer for GHS' Student Council, giving her leader-



Photo courtesy of Andrea Mitchell

Gorham High School junior, Andrea Mitchell, was selected to be the newest student representative for the Gorham School Committee.

ship and organizational experience for her new role. Additionally, she is a member of the chamber singers and plays on the varsity field hockey team at school.

As the school year is just getting started, Mitchell is eager to start in her new position and participate in discussions to benefit the needs of Gorham students.

"I'm really excited to listen to the thought process behind each school decision and to hear different opinions being shared and debated," Mitchell said.

GHS to Host Play Virtually

CONTINUED FROM PAGE 1

rate rooms and socially distanced from one another. Each student will have their own custom-made backdrop, setup, and will only be seen from the shoulders up. This year cast members will be required to set up by themselves whereas in previous years they would receive help with preparation.

"Everyone in the cast has their own responsibilities in the show, and being focused is the number one thing," said Mocchiola, who plays Clarence.

Due to this year being different than previous years, there are a lot more challenges to overcome. These include Zoom not being able to pick up certain sounds, overlapping may or may not occur, and many physical movements cannot be done due to the Zoom performance. Instead, physical movements will be replaced by exaggerated facial expressions and vocals.

"This year's play has presented a lot of challenges, that personally, I never thought twice about during a normal year," said Smith, who plays Violet.

However, there are a few advantages with not having to be in person, such as making sure the audience can hear, and entering and exiting the "stage." Blocking (overall movements of the cast, i.e. walking, moving, jumping, etc.) may be easier too, in some cases, but has yet to be determined by the cast with the upcoming play.

"It's a Wonderful Life: A Live Radio Play" is about George Bailey, who has many problems and is thinking about ending it all on Christmas day. As the angels discuss George, we see his life in flashbacks. As George is about to jump from a bridge, he ends up rescuing his guardian angel, Clarence, who then shows George what his town would have looked like if it had not been for all his good deeds over the years.

The play will be live-streamed on Friday, November 13 and Saturday, November 14 at 7:30 p.m. and Sunday, November 15 at 2 p.m. Access to the performance link is \$5 for students and \$10 for adults. To reserve, email ghstheater@gorhamschools.org.

GMS Teacher Semifinalist for Music Educator Award



Photo credit Ben Williamson

Gorham Middle School's music/chorus teacher Tracy Williamson has been chosen as a semifinalist for the Recording Academy's Music Educator Award.

GRACE FLYNN
GHS Student Intern

In early October of 2020, Gorham Middle School (GMS) music/chorus teacher Tracy Williamson received news that she had been chosen as a semifinalist for the Recording Academy's Music Educator Award.

This award recognizes current educators who have made a lasting contribution to the field of music education and who show a deep commitment to maintaining music in schools.

Williamson's dedication to music education in Gorham is tremendous. After finishing her degree at the Boston Conservatory, she took a year of courses at the University of Southern Maine, and was a student teacher in Windham and Gorham.

When GMS (formerly Shaw Junior High School) opened in 2003, Williamson was hired to teach the general music and choral program. Since then, she has expanded the program to include the Gorham Steel Band, a program in and of itself that has grown from five eighth grade students to over 70 from grades six to 12 in 2019.

On what she has learned as a music educator at GMS, Williamson

CONTINUED ON PAGE 13



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School Note

Superintendent of Gorham Schools Heather Perry has posted her latest blog. To learn more about what snow days will look like this year in Gorham, winter athletics update, and how to share what you are grateful for, visit: <https://gorham-superintendent.blogspot.com>.



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GHS Spirit Week During a Pandemic



In the midst of a global pandemic, Gorham High School (GHS) approached this year's spirit week in a new, fun way for students and staff. Because of the restrictions put in place by Governor Janet Mills, the traditional homecoming activities, including home sporting events and a dance, could not happen. Instead, student council representatives came up with some ways to involve students. Monday the students wore fun masks. Tuesday was class colors (freshmen and sophomores wore black, juniors wore maroon, and seniors wore white). Wednesday the theme was to dress like a Mainer with flannel clothing and L.L. Bean merchandise. Thursday was throwback Thursday with students wearing clothing from the 70's, 80's, or any other decade. On Friday, students dressed in their Halloween costumes and holiday items. The challenge of not having everyone in school on the same days was overcome by hanging posters with QR codes for each day. Students scanned the barcode and uploaded their spirit photos in order to show off their spirit.



PHOTO CREDITS: Aislyn McLean (school colors), Emma Smith (Throwback Thursday), Sadie Fiore (Mask day and posters), Dylan Morrell (ram)

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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.

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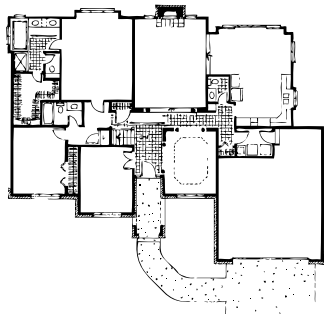
Along with directing our team of committed volunteers, the Editor writes and proofreads articles, serves as the main liaison to the board of directors, and keeps his or her thumb on the pulse of Gorham affairs.

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. The Gorham Times is a biweekly paper. The editor position is part-time and requires 10-20 hours the week before production and 2-3 hours during off weeks. Editors are paid a stipend of approximately \$500/paper. To learn more and express interest, email us at gorhamtimes@gmail.com.

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SPORTS

Pandemic Workouts Using Peloton

DESTINY COOK
Sports Editor

At home exercise machines have come in handy during COVID-19, and for some, the purchase was made during the pandemic when gyms had to close. Gorham residents Stacy Burns, Mandy Cyr, Karen DiDonato, and Bruce Hepler love their Peloton products and have not looked back.

According to DiDonato, the actual definition of a Peloton is "a group of bicycle riders." She shared, "The company website, onepeloton.com, is an homage to us all being one team because we are all united by connected fitness. The bike we all have is made by Peloton Interactive, based in NYC." The company makes bikes and treadmills. Hepler said, "The bike is much more popular. I have both. I have had exercise bikes for 30 years and wanted to try this out."

Mandy was an avid Orange Theory Fitness member, heading to the 5 a.m. class in Portland until the opening of their mall location. She loved her early classes, giving her the ability to fit her workouts in then get her kids off to school and herself off to work.

"I rely on my daily workouts for that one hour of self care so I can be better for my kids, my family, my work." When the pandemic hit everything changed. Orange Theory closed and she was devastated. Cyr had tried a Peloton bike while traveling for work and knew she would love it at home.

Burns said she ordered her bike fairly early in the quarantine, and she loves it so much she has an order in for the Bike+ for its upgraded features that include a swivel screen and automatic resistance adjustments. She said, "I was a Zumba instructor and with lockdown



Photo credit Kattia Lomando

Karen DiDonato takes a class on her Peloton bike.

and gyms closing, I wasn't working. I did do some Zoom classes, I wasn't crazy about them but they still kept me moving and somewhat motivated, but then my bike arrived! I took one class and was just totally hooked, I haven't Zoom Zumba'd since!" She plans to send her first Peloton to her sister who is now also hooked.

After realizing she needed a way to deal with stress, DiDonato purchased the app to use with her non-Peloton

treadmill. "I would get on my treadmill and take a 30 to 45 minute running or bootcamp class and found I could leave my stress on the tread. I would come upstairs after my workout and feel so proud of myself that I wanted to do it again and again." Only a few months later, in May of 2019, she purchased her bike.

The Gorham group does Powerzone Challenges together, of which DiDonato was a group lead. Burns, Cyr, and DiDonato recently joined a group dedicated to endurance challenges and have pledged to complete 100 miles in two days.

Burns said, "As far as meeting people, there are so many different groups on Facebook. I personally belong to a few, ranging from women's groups, LBGTQ & Allies, to Broadway fans. There are also many groups for fans of particular instructors or those who like particular types of classes."

Peloton is all about logging miles, changing mindsets, and celebrating milestones. When riders hit their 100th milestone ride, or it is their birthday, the coach may give them a shout out. There is so much more than biking that you can do with Peloton. Not only are there spin and Powerzone classes, there are also strength, stretching, yoga, meditation, walking, running, and even a few cardio dance classes as well.

CONTINUED ON PAGE 12



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Winter Sports Update

COMPILED BY
DESTINY COOK

The Maine Principals' Association along with state agencies have announced new guidelines for the upcoming winter sports season; concerns over holiday gatherings contributing to a greater spread of COVID-19 is the reason for the timeline.

December 7, 2020: Level 1: Skills and drills sessions at home, alone or with household members

December 14, 2020: Level 2-3: Practices and competitions (e.g. intra-squad scrimmages) within teams

January 11, 2021: Level 4: Competition among teams from the same geographic area

The state guidelines on the DHHS website read:

"The following types of play are defined by level from least to greatest risk. Across all types of play, keep players together in small, stable groups (i.e. cohorts) with dedicated coaches or staff. Ideally, these cohorts should include fewer than 30 individuals.

Level 1: Performing skill-building drills or conditioning at home, alone or with household members

Level 2: Team-based practice with

CONTINUED ON PAGE 15

Athletics Amid Pandemic

AISLYN McLEAN
GHS Student Intern

An essential part of high school sports is having fans cheering on the athletes. This year has been unlike any other in so many ways. Oftentimes an overlooked effect of COVID on the athletic programs at Gorham High School (GHS) has been the lack of family and fan involvement.

The Maine Principals' Association (MPA) made it very clear at the start of the school year that no spectators would be allowed to physically attend any high school sporting events. This has been disappointing for both athletes and their supporters. Fortunately, people are still finding ways to tune in and stay connected.

Thanks to the NFHS Network, games this year have been streamed live for subscribers to watch. Portions of each subscription fee are returned to the GHS athletic department. Highlights and past games are available on their website as well. Check the GHS athletics website for more information on streaming.

Some parents, including Carlye Homan, have actually enjoyed this alternative.

"I loved being able to watch from home while I make dinner or on a break at work," she says. Homan also expressed that watching clips over and being able to send them to family was very exciting. Mom of four, she appreciated the fact that it "took pressure off to be everywhere or to pick whose game to go to."

People have also managed to physically watch games, but from afar. Parents have been seen lined up in parking spaces along fields and courses all throughout this fall season. Staying inside their cars has its perks: maintaining social distancing guidelines and staying warm!

Another tradition slammed by COVID is GHS's fall sports awards. This ceremony is intended to recognize athletes and their accomplishments throughout the season. Obviously this affair would not align with MPA guidelines, so it has been pushed back to the springtime. The fall season is currently scheduled to end on November 14.

Senior nights, also an opportunity to acknowledge athletes' successes, were celebrated earlier in the season. This was to ensure seniors would get their recognition in case seasons were to end much earlier than anticipated. Celebrations varied from sport to sport.

Tournaments and championships also were different in each sport. Typically, football, soccer, field hockey, and volleyball would get their shot at a regional and/or state title. This year, only cross country and golf were able to do so. GHS's golf team placed fourth at the State Championships, along with a couple impressive individual finishes. Both the girls' and boys' cross country teams qualified for the Class A State Championship, which is scheduled for November 11 and 14.

Pandemic Workouts Using Peloton

CONTINUED FROM PAGE 11

Across the board, this group is competitive; with their own PR's (personal records), with each other, and also with friends they have made. Hepler said "I have taken over 500 classes but only done one live. So I take the classes taped or "on demand." DiDonato on the other hand, enjoys the live classes (along with her 20,000+ friends!) saying, "While you're in class, there's a leaderboard so you can see everyone who's riding along with you. If you've got a competitive streak, it can really get you motivated!" She also shared slyly, "I love passing the men—especially if there is a male who is younger than I am!"

Burns said even if she does not feel like biking at the moment, once she hops on that feeling changes. She said, "My husband teases me all the time because I'll say 'I'm just going to hop on for something easy and quick', then he'll see me 45 minutes later sweating profusely and out of breath!"

They all agree it is worth the investment. Cyr said, "It is more cost effective than the gym and I still have a supportive community that I am a part of." DiDonato said she realizes the bike itself is expensive, but for her it was necessary. "Not only did it decrease my stress level, it made me realize that I am capable of so much more. I am strong. I am an athlete. I would never have said those words prior to 2018. And like one of the instructors always says 'What if you can?' I now know I actually can because I do." she said.



Chris Burton



Julie Chandler



Jane Mason



Mike Griffin



Peter Mason



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BALDWIN \$34,900 - 6 acre wooded lot located in the heart of some of Maine's best fishing, hunting, hiking & snowmobiling. Perfect location to park your camper for a weekend retreat, build a retirement home or year round residence.



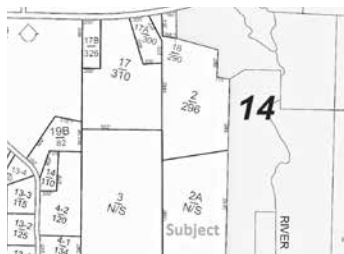
56 Hayfield Dr \$435,000 - This brand-new contemporary colonial is offered on the last lot in Springbrook Farms tucked away on the cul-de-sac! Features an open concept 1st floor plan with 9ft ceilings.



125 Strout St \$304,500 - Gorgeous So Portland Ranch with a sunlit floor plan. Sizeable kitchen with granite counters, tiled backsplash and tons of cabinet space. Front living room open to dining area.



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Collecting and Tagging Monarch Butterflies: It's a Thing

CONTINUED FROM PAGE 7

in Mexico or Florida then head north around March. Four generations later, the butterflies make it to the northern states and Canada during the summer months. Each step of their journey the butterflies live long enough to fly a little farther north to lay more eggs. Once they reach the northern states, the eggs from those butterflies hatch and eventually the butterflies head back to Mexico, upwards of 3,000 miles, a place they had never before been.

In Gorham butterflies that hatch between September 3 through 10 have the best chance to make it to Mexico. This year, I raised 125 butterflies with 46 hatching during the prime time according to science. The butterflies left Gorham in September; their journey to Mexico could take until January. If one of my 55 tagged butterflies is collected in Mexico I will be contacted.

Monarch caterpillars eat only milkweed, which is commonly found in fields, gardens and even roadsides. Consider mowing your fields in May or June before the monarchs make it to Maine. It is better to wait for a second mowing until the end of September or beginning of October to ensure the monarchs have plenty to eat during their time here. Many organizations give out free milkweed seeds to plant.

If you are interested in learning more about monarchs, consider reading "How To Raise Monarch Butterflies" by Carol Pasternak. For information on tagging monarchs, visit www.monarchwatch.org.

GMS Teacher Semifinalist for Music Educator Award

CONTINUED FROM PAGE 8

placed an emphasis on compassion. "We are all unique individuals. We are all in different situations with different backgrounds and different things happening outside of school. It is really important to empathize with students and families and work together to support learning."

Each of the 25 Music Educator Award semifinalists receive a \$500 honorarium, along with a matching donation to their school's music program. Nine finalists, to be announced in December, will receive a \$1,000 honorarium and matching donation, and the recipient of the award itself will receive a \$10,000 honorarium and matching donation to their school's music program.

Williamson is looking forward to using the award money to support students involved in the GMS music program, with some ideas including: inviting presenters from the visual art and music world to GMS on a Spring Early Release Day; bringing the Chorus, Band, and Steel Program on an adjudicated festival trip once COVID restrictions allow; as well as adding ukuleles as an option for students in music classes.

Williamson sees music as an important part of education and says it is significant in all aspects of life.

"Research clearly shows that students who play an instrument or sing in an ensemble or in private lessons perform better across the board in all content areas," said Williamson. "Music allows us to make connec-

tions to memories, events, and emotions like no other experience. My goal in teaching middle school music is to not only help students feel more comfortable performing music, and give them resources and tools to compose music, but also to find those emotional connections to music and learn how to create and recognize them in their own lives."

"It is so important to recognize that music is such a huge part of our lives. Each and every one of us hears music every day. We all sing or drum along in our cars when our favorite song comes on, or belt out a tune once in a while in the shower, or dance around in the kitchen when that awesome song comes on. I hear students often say, 'Music isn't my thing,' or, 'I do sports instead,' but music and sports and all sorts of content and activities can all work together. It doesn't have to be one or the other. We have tons of fun in our music ensembles, and it is extra special when we can share our music with our audiences," said Williamson.

Music has the ability to bring communities of people together in amazing ways, and in Williamson's time at GMS, she has repeatedly seen this in action. A few years ago, the GMS choir traveled for a performance, and, due to some scheduling issues, found themselves sitting on the floor in a hot and stuffy space waiting. An experience that for some could have been tedious, instead became magical when one student

with perfect pitch began to sing the beginning of "You Will Be Found" from the Broadway musical Dear Evan Hanson.

Suddenly, the entire choir joined in a capella, and, as Williamson describes, "With no prompting from me whatsoever, they sang a beautiful rendition of the song with awesome four-part harmonies. I knew at that moment they had all learned well."

Since receiving the news that she had been selected as a semifinalist for the Recording Academy's Music Educator Award, Williamson has heard from many students and parents expressing their thanks and congratulations.

Part of the finalist's award is the opportunity to travel to Los Angeles to attend the 63rd annual Grammy Awards in early 2021, as well as to receive the Music Educator Award at a ceremony during Grammy Week.

Williamson said students have been having fun in classes imagining which rock stars or glamorous celebrities she might meet if she has the opportunity to attend the Grammy Awards.

When reflecting on elements of Williamson's life that lead up to this moment, she wished to take a moment to thank the Gorham community.

"I would not be here today, doing what I am doing, without the support of our schools, administrators, my colleagues, and the entire Gorham community so this nomination is for all of us," said Williamson.



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COMMUNITY

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William Donnelly, enrolled at Eastern Connecticut State University, Willimantic, CT

OF INTEREST

GoCAM will show military programs all day on Veterans Day, November 11. Watch on channel 2 or 1301.

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. on December 8 in the Fire Department Training Room, 270, Main Street, Gorham. FMI, vfwpost10879@gmail.com.



The Gorham Lions, with the assistance of Carl Phillips of Phillips Towing, lowered the flags for the season. Now the flags will be cleaned and sorted for re-use next May. The Lions are raising money in the community to buy at least 50 new ones. Please mail contributions to Gorham Lions Club, 414 South Street, Gorham, 04038.

Presumpscot Regional Land Trust's new, interactive online map called Paddling the Presumpscot River map is available at www.prlt.org/water-trail. This online map will be constantly updated and improved. You are invited to send your feedback and paddling photos.

Team 172 "Northern Force" FIRST Robotics Team for Gorham and Falmouth encourages high school students to join a special interest club at school. The robotics team is welcoming new members, as are many other clubs and activities. Through our creativity and with the help of technology, this can be a special time to help make our school and our town a better place.



Gorham Lions donate to Great Falls School "One School, One Book" program. From left, Ken Aldrich, Lions President, Anna Sedenka, teacher/coordinator of "One School, One Book" program, James Burnham, Lions treasurer; Gary Olsen, Lion; and Rebecca Fortier, principal.

New to Gorham? Be sure to learn about our wonderful walking trails, and much more at gorhamrec.com.

FOOD PANTRY NEWS

Ways You Can Support the Pantry this Fall: As the number of families that access the Gorham Food Pantry increases this fall, there's a change in the usual way our Gorham neighbors can help support the Pantry as we head into the winter. The Hannaford Helps boxes have been replaced by several visible kiosks that allow customers to get nutritious food into the hands of neighbors who need it. Bring a \$5 or \$10 card to the Gorham Hannaford checkout to be donated directly to the Gorham Food Pantry, and allow them to fill in any missing gaps from donations. One card supports many meals.

CONTINUED ON PAGE 15

BUSINESS DIRECTORY

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Community CONTINUED FROM PAGE 14

Additionally, beginning on November 15, the Hannaford Helps Fight Hunger Buy 1, Give 1 program begins. When customers purchase participating products, Hannaford will donate the same item to a regional food bank in the area. Search "Hannaford Helps Fight Hunger" online for more information on which items are featured each week between November 15 and December 13.

The Gorham Food Pantry is available to any Gorham resident. Simply visit during pantry hours with proof of residency (a utility bill with your name and 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.

Current Pantry needs during the month of November are as follows: baked beans, canned pasta sauce (small), canned sweet potatoes, jarred turkey or beef gravy. Pantry hours are Thursday mornings from 10 a.m. to 12 p.m. for drive thru pickup, and the second and fourth Mondays from 6 to 7 p.m.

LIBRARY NEWS

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

Tune in to Understanding E.N.D.S. at Baxter Memorial Library, Thursday, November 12 at 6 p.m. via Zoom to learn the answers to questions like: What is a vape? Wasn't there a flavor ban? How much of a health risk is this for my teen? From the comfort of home, participants will learn the basics of what is an Electronic Nicotine Delivery System ("ENDS" or "vape"), the public health risks they pose to young people, the recent law changes around flavored products, and more! There will also be a Q&A opportunity with Val Johnstone, Cumberland County's District Tobacco Prevention Partner. Register for this event by filling out the online form at baxterlibrary.org. Once registered, a Zoom link for the program will be sent to the email address provided.

Did you know that Baxter Memorial Library is designated as a national Family Place Library?

This means the library demonstrates a strong commitment to being a community center for early literacy and learning, early childhood development, parent education, and community-based information. To achieve these goals the library organized the Youth Services floor, improved the dramatic play area, and plans fun "Play-to-Learn" Workshops, and Family Discovery Time for all ages, and regular STEAM activities (Science, Technology, Engineering, Arts, and Mathematics). Check the Calendar for upcoming Baby, Toddler and Preschool Discovery Times. For the time being, without skipping a beat, most of these activities have been moved to Facebook during the pandemic.

USM NOTES

Attend a 60-minute online information session with staff from the University of Southern Maine Advising Office and Career and Employment Hub to learn about options for students who have not yet declared a major. Discuss the support students receive who are navigating the program's exploration and selection process. Additionally, receive help determining how your career likes and dislikes can lead to greater self-awareness and success. There will be time to answer questions about the program and admissions process. October 16 to November 12. FMI, (207) 780-5670 or admitusm@maine.edu.

Even though USM campuses are closed to the public during the pandemic, keep an eye on the Calendar of Events for virtual programs and performances open to the public. Find the full calendar at usm.maine.edu/events.

Winter Sports Update CONTINUED FROM PAGE 12

physically distanced group activities
Level 3: Within-team competition (e.g. intra-squad scrimmages). This level of play involves one cohort of participants.

Level 4: Competition between teams from the same geographic area (e.g. the same county and in some cases adjacent counties). This level of play involves two cohorts of participants.

Level 5: Competition between teams from different geographic areas within Maine

Level 6: Competition between teams from different states"

Low Risk: Sports and activities that can be done with physical distancing and no physical contact or sports and activities that can be done individually. Winter sports include individual swimming, skiing, and gymnastics.

Medium Risk: Sports and activities that involve intermittent close proximity or limited, incidental contact, but with protective equipment

or mitigating measures in place that may reduce the likelihood of respiratory particle transmission between participants (e.g., wearing masks, modifying play to maintain 6 feet of physical distance, cleaning and disinfecting). Winter sports include team swimming, basketball, ice hockey, competitive cheering, and running events not social distanced.

High Risk: Sports and activities that involve sustained close contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants. Winter sports include wrestling and boxing.

The January 11 start date for Level 4 competition will also be reviewed in early January based upon the status of the public health situation at that time. This winter sports schedule is similar to that adopted by Vermont and New Hampshire.

Levels 5 and 6 will be determined if applicable in January.

CALENDAR

THURSDAY, NOVEMBER 12

Baxter Memorial Library
Toddler Discovery Time on Facebook, 9:30 a.m. (18 months to 3 years)
Understanding E.N.D.S. on Zoom, presentation and Q&A about vaping, 6 p.m.

TUESDAY, NOVEMBER 17

Baxter Memorial Library Preschool Discovery Time on the road via Facebook, 9:30-10 a.m., (3-5 years)

WEDNESDAY, NOVEMBER 18

Baxter Memorial Library, STEAM-Fun Fabric Napkins on Facebook, 10 a.m., (K-5)

THURSDAY, NOVEMBER 19

Baxter Memorial Library
Toddler Discovery Time on Facebook, 9:30 a.m. (18 months to 3 years)
Quitting Conversations: Accessing the Maine QuitLink via Zoom, 6 p.m.

TUESDAY, NOVEMBER 24

Baxter Memorial Library, Travels with Ms. Heidi on Facebook (3-5 years), 9:30-10 a.m.

WEDNESDAY, NOVEMBER 25

Baxter Memorial Library, STEAM – Double-Doodle Drawing on Facebook (K-5), 10 a.m.

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