

Gorham Times

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New Vision For Rail-Trails in Maine

CHRIS CRAWFORD
Staff Writer

The Maine Trails Coalition (MTC) has just released a 10-year vision for expanding the network of rail-trails all across Maine. The plans call for an additional 250 miles of multi-use, interconnected, off-road trails. The full report can be seen at <http://mainetrailscoalition.org/railtrail>.

According to the MTC website, they are working to create an active transportation network which will preserve an inter-urban train corridor while also connecting communities with a biking, walking, and running rail-trail system. In addition to the many recreational benefits of such a system, is the added opportunity for people to commute to work without the use of a car.

IN ADDITION TO THE MANY RECREATIONAL BENEFITS OF SUCH A SYSTEM, IS THE ADDED OPPORTUNITY FOR PEOPLE TO COMMUTE TO WORK WITHOUT THE USE OF A CAR.

There are important ramifications for Gorham in this plan, as well for as the Greater Portland area. The plan promotes the expansion of the current five-mile-long paved segment of the Mountain Division trail, part of the Sebago to the Sea Trail, the most used trail west of Portland. The trail follows the Presumpscot River, heading west. The paved portion currently ends at Otter Ponds in Standish, with walking trails to Sebago Lake, but the rail actually continues all the way to Fryeburg. Traveling in the other direction, extending the trail five miles further to the east would create a 10 mile paved trail reaching downtown Westbrook. Presumpscot Regional Land Trust (PRLT) coordinates the 28-mile-long Sebago to the Sea Trail and is part of the group which originally created the vision for such recreational rail-trails.

The Portland West Rail Alliance is advocating for a rail-trail segment from Westbrook to Portland along the same Mountain Division rail line. PRLT supports rail-trail expansion as an amazing opportunity in Maine. As plans move forward, there will be many ways that people can become involved in making this vision a reality.

Restaurants Adapt During COVID

KATHY CORBETT
Staff Writer

While Karen Nason is preparing to open Ghost Karen's Kitchens at 29 School Street in December, many other Gorham restaurant owners are, like Brad Monarch of Sebago Brewery, "supporting our staff, adapting however we can, focusing on surviving the winter, and planning for a strong spring and summer."

Following a new national trend, Nason's "ghost kitchen" will offer touch free carry-out and delivery of chef-prepared meals from six different menus. She has also removed some tables from her Grand Central Wine Bar in the Railroad Square building and will begin serving brunch on Sunday afternoons. "I have reinvented myself three times since I came back to Gorham," she said. "Unless the government is going to pay my bills, I need to adapt."

At their two locations in Gorham, Sebago Brewing Company is still serving indoors by adapting to "ever-changing CDC guidelines," Monarch said. They will continue to make outdoor eating



available as cold weather sets in too. "We have seating outside at the Brewery on Main Street with heaters for whenever guests want to sit outside. "We also have a fire pit at the Brewery and may have one at the Village brewpub as well."

Railroad Junction's Ben Smith has installed CDC approved air purifiers in the restaurant's two rooms that can each sit 50 diners. The large tent located

in front of the building will remain open with cross ventilation. Since propane heaters are outlawed inside tents, Smith said he is installing outside heaters that will bring warm air inside. "We also have fire pits and Adirondack chairs and are planning to add an ice bar," he said. "The arcade is

still open and people are bowling safely on every other lane."

The Blue Pig on State Street, open for breakfast and lunch, has enlarged the waiting area in the small restaurant so people can stay six feet apart. "We are operating at 50 percent capacity, but if we had to go lower it would be very hard for us," said Paul Kennedy.

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USM Campuses Stay Safe

JOHN ERSEK
Staff Writer

During the current fall semester, the University of Maine system, including the university of Southern Maine, has remained free of the kinds of large COVID-19 outbreaks that have been seen at many other colleges and universities around the country.

The university administration credits this level of success to the way the students, faculty, and staff have maintained a high level of cooperation with mask wearing and physical distancing rules mandated by the university. Chancellor Dannel Malloy stated, "Our campuses are among the safest places in the country in terms of COVID exposure and case counts. With our students leading the way, we will finish the final two

weeks of in-person instruction planned for this fall and send everyone home to their families safely at the Thanksgiving break."

To achieve this level of safety, the university system has maintained an enhanced level of mandatory asymptomatic testing. This university-wide testing has detected approximately half the cases which have been diagnosed among students and employees. To back up the individual COVID-19 testing program, the university system has also utilized COVID-19 monitoring of waste processed at sewage plants on three of its campuses, including the one at USM in Gorham.

Additionally, many USM classes have been remote-only this semester.

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Thankful in Gorham



Photo credit Wilma Gould Johnson

This year has been difficult for many people throughout the world. With Thanksgiving around the corner, the following community members shared what they are thankful for despite the difficulties 2020 has presented.

We are thankful for our family, our health, our jobs that allow us to provide for our family, and, of course, the technology that will allow us to have our Thanksgiving meal safely with our extended family.

Mandy Cyr and Family

I am thankful that even during these dark times, I can go outside and easily find a beautiful place to walk and enjoy fresh air helping to restore my spirits. I am grateful that my family is safe and nearby and still speaking to each other (just kidding).

Chris Crawford

I am thankful for this amazing community we live in and everybody working their hardest to stay safe during these troubling times.

Collin Page

The McLean Family is thankful for each other and all of the front-line workers—especially our Gorham teachers!

Aislyn McLean

I am thankful for the community we live in that rises up and comes together whenever it is needed to help someone in need.

Shonn Moulton

I am grateful that today, the sun is shining and everyone in my life is doing at least reasonably well during this difficult time.

Sheri Faber

Even though it has been a very hard year, I'm so thankful my family and friends are okay.

Kattia Lomando

I'm thankful that my family has their health (knock on wood) and that both my kids are home, especially my daughter who we haven't been able to see since last January!

Stacy Burns

**GORHAM PROCLAIMS NOV. 28
SMALL BUSINESS SATURDAY
SEE PAGE 3**

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

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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
 DECEMBER 2
 HOLIDAY BREAK

Learning About the Economic Recovery Committee's Work

SEN. LINDA SANBORN

While so many of us are experiencing hardship right now, small business owners, industry leaders and experts from across the state have formed a committee to figure out what it will take to get Maine back on its feet. The Economic Recovery Committee (ERC) published their first report in July with a set of recommendations to find ways to stabilize Maine's economy during the pandemic and set us on the path to growth afterward. They recognized that recovery is predicated on robust and consistent measures to protect the public health and safety of all Maine people.

Three points the committee chose to guide their planning are: Supporting Maine People, Stabilizing Maine Employers, and Investing in Maine's Infrastructure. The pandemic has created new problems for Maine businesses because of marked loss of revenue, especially during tourist season, and it has made previous weaknesses and inequities in Maine's economy even worse. Despite these hurdles, the ERC is committed to finding solutions for Maine, because that's what Mainers do. When things get tough, we put our heads down and work hard. The same is true for our local businesses, including those right here in Gorham. So many of them have come up with creative solutions to interact with their customers and operate in ways that protect public health and keep their doors open.

The committee worked on a grant program with the Department of Economic and Community Development to help keep small businesses afloat, and it is gearing up to

notify awardees of these grants by mid-December. Offering financial support to these businesses is a way to recognize how they play a major part in Maine's economy and that we want to invest in them so that they can continue to be part of our communities for years to come.

Maine families are suffering as well. The Economic Recovery Committee recommends that we invest in public health, education and housing. We need to create more affordable housing options in Maine, so that people can live securely and be near their jobs. Families and teachers who are now learning and teaching in hybrid models know that schools need to be supported right now to make sure students do not fall behind.

Small businesses and families both suffer without access to internet, especially during the pandemic. COVID-19 has highlighted the fact that many parts of our state still don't have reliable, high-speed internet. We need a significant investment in Maine's infrastructure to support this. The ERC devised a plan to increase Maine's access to broadband internet connection and make remote work and education a priority, which will help convince more of our young people to stay to live and work in Maine, and welcome new families here.

These are some of the first recommendations by the committee needed to provide immediate assistance. A summary of the committee's recommended investments can be found at www.maine.gov/future/initiatives/economy/economic-recovery-committee. The ERC is now developing specific policy recommendations based on the state's 10-year Economic Plan to build a bridge to future prosperity in the wake of COVID-19. The next report

is due on December 1. While there is still much work that needs to be done, the ERC is developing a plan to put us on the right track. We desperately need the federal government to step up to assist Maine in helping us achieve these goals.

As my term in the Legislature ends, it is with a bittersweet feeling knowing this is my last column as your state senator for The Gorham Times. I have written on a wide variety of topics during my tenure. These topics, such as continuing to prevent the spread of COVID, addressing climate change, lowering the cost of and increasing accessibility to health care, are still incredibly important to me, and I will continue to advocate for them in the future. We all have a role to play in supporting Maine's future and being part of the change we seek. Thank you again for your support and trust. I look forward to seeing you around in the community.



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



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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 am an 82 year old Gorham resident who lost her wallet last week. As you can imagine I was completely distraught. I retraced my steps and did not find it so I returned home in tears. I hoped that perhaps someone would find it and return it to me but felt it was unlikely. As I sat in my kitchen crying, my husband saw an automobile drive up into our driveway. A man walked up to him and said, "I found this wallet on the ground as I got out of my car and saw the address. I brought it by as soon as I could because I know how I feel when I lose something."

Needless to say I was overcome with appreciation as I heard him talking. I came out on the driveway and tried to thank him but I was too overcome with gratitude to speak. My husband offered him a reward but he would not take it. He got into his car and left. I never got his name.

I would like to have this printed in the Gorham Times so that he knows how much that meant to me. What he did went over and above what I expected and I really appreciate it. It gave me renewed faith in the basic goodness of people.

Joanne Andersen

Gorham Proclaims November 28 as Small Business Saturday

KEVIN JENSEN

*Economic Development Director,
Town of Gorham*

The Gorham Town Council, at their Regular Town Council meeting held November 10, unanimously passed a resolution to proclaim November 28 as Small Business Saturday. The purpose of the event is to encourage people to support small businesses and merchants on Small Business Saturday and throughout the year.

Small businesses are both the backbone and heart of the American economy. Small businesses in Gorham bring the community together, increase real estate value and help keep local money in Gorham, which benefits Gorham's economy. With colder weather upon us and the pandemic still at play, supporting local businesses on November 28 and all year long through holiday shopping, the purchase of gift cards/certificates and take-out food from Gorham restaurants will help sustain Gorham's beloved businesses.

Resources for Gorham businesses include:

GPCOG Loan Programs: The Greater Portland Council of Governments (GPCOG) offer a variety of loans designed to provide financial assistance to businesses, including four primary loans to help alleviate the impact of the COVID-19

crisis on businesses in Cumberland County. Visit GPCOG Loan Programs for more information.

Maine SBDC Recovery & Relaunch site: The Maine Small Business Development Center (SBDC) has launched a site to help the small businesses of Maine as they reassess and move forward toward recovery during the pandemic. Visit www.mainesbdc.org/resource-center/ to access their resources.

Town of Gorham Revolving Loan Fund (RLF) Program: The RLF program, administered by the Town of Gorham, provides direct loans to Gorham businesses that help address financial needs that are not met through conventional sources of financing from banks or other financial institutions. The purpose of the fund is to provide financing to businesses that create taxable assessed value and increase the economic opportunity for citizens in the Town of Gorham, and for initiatives that create or retain jobs. The RLF offers business loans up to \$150,000 with interest rates no more than four percentage points above or below the posted WSJ Prime Rate. Interest rates are fixed and reviewed on a quarterly basis by the RLF committee to ensure rates remain competitive and in line with market conditions. Loans are available for up to 20 years for land and building purchase, and

between three and 10 years for other business purposes. The term of a loan is typically matched with the expected life of the asset being acquired through the use of revolving loan funds. The fund is available to businesses located in Gorham with fewer than 50 employees or sales of less than \$5 million in the most recently reported year. To view and complete the required the RLF loan application, as well as view the loan criteria, visit <https://gorham-maine.org/loan>.

For inquiries related to the Town of Gorham, contact Economic Development Director Kevin Jensen at (207) 222-1628 or at kjensen@gorham.me.us.

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

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GORHAM-- William O. Stevens passed away on November 16th, 2020 surrounded by his loving family. Bill was born October 8th, 1934 to Walter H. and Lucie Stevens.

As a child Bill worked on the family farm and Walter H. Stevens & Son, Sand & Gravel. Together with his father, they raised milk and beef cattle along with supplying hay to many within the Gorham community and surrounding areas. In addition, Walter H. Stevens and Son, Sand and Gravel supplied masonry sand and gravel throughout Southern Maine. From a young age Bill was active with Future Farmers of America, where he developed a love for John Deere tractors and gardening. He could tell you about every tractor made throughout the decades. Bill enjoyed spending summers with his family at their peaceful spot on Sebago Lake.

In addition to farming, Bill worked for Gorham Public Works where he retired after 50+ years. He enjoyed all his co-workers throughout the years.

Bill was predeceased by his parents Walter H. and Lucie Stevens. He is survived by his wife of 60 years, Linda Dumbrocyo Stevens; daughter, Beth Ann Stevens Reny and husband Edward Reny, son, Walter "Wally" F. Stevens; granddaughter, Jennifer Davis Beaumont and husband Richard Beaumont III; great-grandchildren, Zachary D. Beaumont and Owen W. Beaumont; and sister-in-law, Paula Dumbrocyo Kerkensen.

The family would like to extend a special thank you to Dr. Tchekmedyan and staff for their knowledgeable and compassionate care.

Per Bill's request there will not be a visitation or service. In memory of Bill, donations can be made to: Hospice of Southern Maine, 390 US Route One, Scarborough, ME 04074-9928.

Arrangements are in the care of the Windham Chapel of Dolby Blais & Segee. To express condolences or participate in Bill's online tribute, please visit, www.DolbyBlaisSegee.com.



GFWC GORHAM WOMAN'S CLUB
First Night Kits



The goal of the GFWC Signature Program is to increase awareness of and help prevent the widespread occurrence of domestic abuse in communities across the nation by working with national domestic violence networks, supporting existing activities, working with various established programs, and initiating educational opportunities for club members and local citizens. GFWC aims to be a powerful voice for those who have no voice.

With this in mind the GFWC Gorham Woman's Club is looking for community assistance to put together **First Night Kits** that can be distributed to our first responders and other appropriate groups to be given to individuals when it is necessary for them to leave their homes to get to a safer place.

We would like to include in the kits: (new items only)
Colored T-shirt that could be used as a nightshirt (L-3XL)
Travel Size: toothpaste & toothbrush, soap, deodorant, shampoo, conditioner & tissues
Socks, large combs & chapstick
(We would also like to put together kits for children.)

To help – you can drop off donations at the Baxter Memorial Library or call to arrange a pick up. Financial assistance to purchase items is also welcomed.

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



Maintaining Connections in a Socially Distant World

TARYN EVERETT

We are going on over 10 months now of a global pandemic - an unprecedented year that has brought ups, downs, changes, and trials of our mental fortitude. We are working from home, have become teachers to our young children, upended our 'normal' routine, and participated in more Zoom meetings than we ever thought possible. Maybe our fitness regimen has also taken a hit, or we are not eating as well as we should.

We know a good exercise routine and healthy eating habits are crucial to our overall wellness. But what about other aspects of overall wellness? Specifically, in the quarantined and isolated world in which we currently live, what has happened to our social connections with others? There is extensive research demonstrating the importance of true, authentic human connection: developing deep interpersonal relationships and a network of friendships is vitally important for our social and emotional well-being.

Here are some tips on how we can maintain these important social connections in such a socially distant world.

Be a good listener, but be proactive too. Active listening takes attention and practice. When you are listening, try not to be distracted. Show the person you

are listening by reframing their statement and asking interested questions. You can be proactive by reaching out to a friend who you have not heard from in awhile, or who you feel may be struggling.

THERE IS EXTENSIVE RESEARCH DEMONSTRATING THE IMPORTANCE OF TRUE, AUTHENTIC HUMAN CONNECTION: DEVELOPING DEEP INTERPERSONAL RELATIONSHIPS AND A NETWORK OF FRIENDSHIPS IS VITALLY IMPORTANT FOR OUR SOCIAL AND EMOTIONAL WELL-BEING.

Put the phone down. "Phubbing" (a play on the words phone snubbing), or using your phone mid conversation, is becoming more commonplace. Put the phone in your pocket or leave it in the car, and enjoy an honest, face-to-face conversation with someone. Add coffee for effectiveness.

Be resourceful. You do not even have to ask a friend how they are doing. Send them a meme, the latest Spotify recommendation you think they might enjoy, a small gift card in the mail, or a simple text telling them you miss them. You can even set yourself a calendar

reminder to do these. A little kind act goes a long way.

Get active. Pair your activity and social connections together by asking a friend to go on a walk or play a sport with you.

Ask how you can help. We are all busy and stressed, and finding time to shop or even eat can be challenging. Reach out to your friends; ask them if you can do their grocery shopping for them or cook them a meal. Or even better, just do it and surprise them with it.

As therapist and motivations speaker Sean Stephenson said, "Communication is merely an exchange of information, but connection is an exchange of our humanity." One of our basic human desires is to feel like we matter—like we are a part of something that is bigger than ourselves. Be a part of that ripple effect in the greater community. Be proactive about checking on your neighbors and helping them out. Showing someone you truly care may be one of the best ways to strengthen human connection in these challenging times.

Be well, friends.



Taryn Everett is the owner of Anchored PT and Wellness and a Doctor of Physical Therapy for over 10 years. She is also a CrossFit coach, Certified Nutrition Coach, and Lymphedema Specialist.

Arrests SEPT.

Westbrook man, 36, was arrested for violating conditions of release and unlawful possession of scheduled drugs.

Windham man, 53, was arrested for reckless conduct, aggravated criminal mischief, domestic violence assault and criminal threatening with a dangerous weapon.

Cressey Road man, 39, was arrested for domestic violence assault.

Parker Hill Road man, 53, was arrested for theft by unauthorized taking and violating conditions of release.

Portland man, 44, was arrested for two counts of violating conditions of release, operating without a license, unlawful possession of scheduled drugs and unlawful possession of fentanyl powder.

Narragansett Street man, 54, was arrested for violating conditions of release and failure to appear.

Hollis woman, 53, was arrested for disorderly conduct and loud noise. She was arrested again later the same evening.

Turkey Jokes

What did the turkey say to the computer? "Google, google, google."

What kind of music did the pilgrims listen to at the first Thanksgiving feast? Plymouth rock!

What's the difference between a pirate and a cranberry farmer? A pirate buries his treasure, but a cranberry farmer treasures his berries.



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Clerk's Corner

Laurie Nordfors
Town Clerk

I would like to take this opportunity to thank the many election workers, Clerk's Office Staff, Public Works and Gorham PD for their help during the past election. We all worked together to ensure the election was safe and successful. I would also like to thank Gorham House of Pizza for their generous donation of pizza to all of the election workers. This made their day a little brighter.

As the holidays approach, we start thinking about families that need a little extra help to get through the seasons, especially given the current pandemic. The Town of Gorham offers help to families in need during the holidays. Apply at the Town Clerk's Office or call for a mailed application.

Businesses and individuals can help by sponsoring a family for Thanksgiving or Christmas. This is a great way for a community group, organization or a whole family to get involved. Contact the Town Clerk's Office at 222-1670 before the holidays and ask to sponsor a family. You will be given a wish list from a

family along with the children's ages and clothing size.

Along with the need for holiday assistance, low-income families and the elderly struggle to heat their homes each winter. The Town of Gorham has responded by creating the Gorham Heating Assistance Fund. This fund will be supported by donations from Gorham citizens and local businesses and 100 percent of the funds received will go directly to people we assist with heating fuel. With many households facing increasing financial pressure during the pandemic, we are now assisting more families who never expected to be in a position of having to ask for help. Consider making a contribution to this fund to support our efforts to keep Gorham residents warm and safe this winter. By donating, you are truly making a difference in the life of a family in your community.

On behalf of all of those who will be benefitting from these funds, I thank you greatly for your consideration. If you have any questions, please do not hesitate to contact me at 222-1671 or lnordfors@gorham.me.us

We all could use a little help now and then and these are ways our Gorham residents can pay it forward.

Gorham Times

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Mike Smith, MSPT, ATC

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Jennifer Field, DPT

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Restaurants Adapt During COVID CONTINUED FROM PAGE 1

Ocean Gardens is a restaurant and tavern on Main Street where Mike Martin has a large dining area with tables spaced well apart; the bar has just half the usual bar stools. "It is a challenge," he says, "but we have a great staff and a positive outlook." About 40 percent of his business is take-out and he is ready to deliver orders as soon as customers drive into his large parking lot.

Lisa Kaldrovich of MK Kitchen at the corner of Main and School Streets said the last few weeks have been better and take-out is doing well. "We can't compare it to last year," she added, "but if it stays like this we will be okay." Tables spread out for social distancing can accommodate about 40 percent of her usual capacity. "The community has been great. With the holidays coming, we hope people will want to buy gift cards."

All restaurants are relying on take-out customers to help pick up the slack due to reduced indoor seating. "At Sebago Brewery," Monarch said, "we have scaled back our hours and menu offerings somewhat and have increased focus on our take-out and delivery offerings, which is what our

customers are looking for. We are offering family-sized appetizers, entrees, and salads. We also just started offering to-go cocktails." At Railroad Junction take-out is available every day. And, of course, pizza keeps going out the door at the Gorham House of Pizza (GHOP).

At Azul Tequila on School Street, German Hernandez say their dining room is at 40 percent capacity, but 80 percent of their business is take-out. He is introducing a new menu on his website. Hernandez feels lucky to be in Gorham, "where people are very supportive."

Lucky Thai on lower Main Street has closed their small dining area, but they too are doing a brisk carry-out business from an on-line menu.

At GHOP George Sotiropoulos emphasized, "Our first priority is the health and safety of our staff and guests." He echos many Gorham restaurant owners when he says, "We are realistic that it could be a tough winter for local businesses and the general public. We are prepared to do whatever is necessary to weather the storm and continue to provide the community with quality food and service."

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Lions Helping Schools



Photo courtesy of Gorham Lions Club

The Gorham Lions Club recently presented a check to Narragansett Elementary School's fourth grade teacher Casie Grady and principal Cynthia Remick to assist Narragansett in buying toys for students to use during inside recess periods. Pictured (left to right) are: Lions Gary Olsen, Jim Burnham, and Kenney Aldrich with Grady and Remick.

School Note

The Class of 2023 is holding a live online auction via YouTube Live on December 11 at 7 p.m. To RSVP, email matthew.murray@gorhamschools.org.

Pumpkin Painting Project at Narragansett

MIKAELA PELLERIN
GHS Student Intern

This fall members of the Partners in Education (PIE) worked together virtually to come up with a way for Narragansett Elementary School to celebrate the fall season.

PIE consists of parents and school staff whose overall goal is to benefit the school. The group collaboratively came up with a pumpkin painting project, a COVID-safe way for family involvement.

"The mission was to continue to develop a bridge between home and school, despite the COVID challenges schools face right now," said Narragansett's assistant principal Erin Eppler.

Families were invited to decorate pumpkins donated to ensure every student could participate by Gorham local business The Hop Yard. After decorating at home, students brought their pumpkins to school to put on display.

Soon enough, a variety of festively painted pumpkins lined the Narragansett bus loop. Students went on a pumpkin pecking walk with their class later in the week. Families were also invited to take a drive on Friday and Saturday to view everyone's artwork.

"It was pretty great and brought so much joy to our school over the past week," said Theresa Connolly,



Photo credit Theresa Connolly

Pumpkins lined the bus loop as part of Narragansett's COVID-safe pumpkin painting project.

Narragansett administrative assistant. "The kids got to enjoy pumpkin strolls and I got to listen to laughter across the grounds of our campus."

Although COVID has affected many things, the pumpkin painting project is proof of how it is still possible to come together as a community.

School Committee Report

KATHY CORBETT
Staff Writer

Newly elected members Sara Perkins, Nicole Hudson, and James Brockman introduced themselves at the November 12 regular meeting of the School Committee (SC). Darryl Wright was elected chair and Anne Schools vice chair. Wright thanked the outgoing chair, Stewart McCallister, for his leadership in a difficult year.

During the public comment time, Kelli Deveaux, accompanied by her son who belongs to a Civil Rights team at his school, spoke in favor of the anti-racism policy being developed by the SC for consideration at the December meeting.

Student representative Zac Lembarra promoted the radio play performed by Gorham High School (GHS) students on Zoom.

Superintendent Heather Perry reported that enrollment has been affected by COVID-19. There are 57 fewer students than last year with 21 known to have transferred to private schools. Projected increase in enrollment was off by 97. There are 23 fewer kindergarten students than expected. Lunches are down from last year, but bag lunches are available for pick-up as well as in school. She announced that about 40 students are returning from virtual learning to the current hybrid schedule. The current COVID-19 funding expires on December 31, Perry said, and the district is considering how to retain needed staff if there are no additional funds.

Perry announced the Narragansett kitchen construction is finished and will be in operation before the end of the year. Bag lunches are being delivered to the school from Gorham Middle School.

SC members thanked the 70 percent of voters who supported the bond issue referendum that will fund necessary maintenance projects as well as the next phase of the Narragansett modular addition. Wright read a message from Suzanne Phillips, outgoing chair of the Town Council, who thanked the SC for its cooperation with the council. There was a special thanks to bus drivers who have been delivering lunches, which will be free to the end of the school year.

Eliza Kenigsberg, who directs Aspire Gorham, gave a presentation of the program. She talked about the GHS student opportunities for workplace learning.

CONTINUED ON PAGE 8

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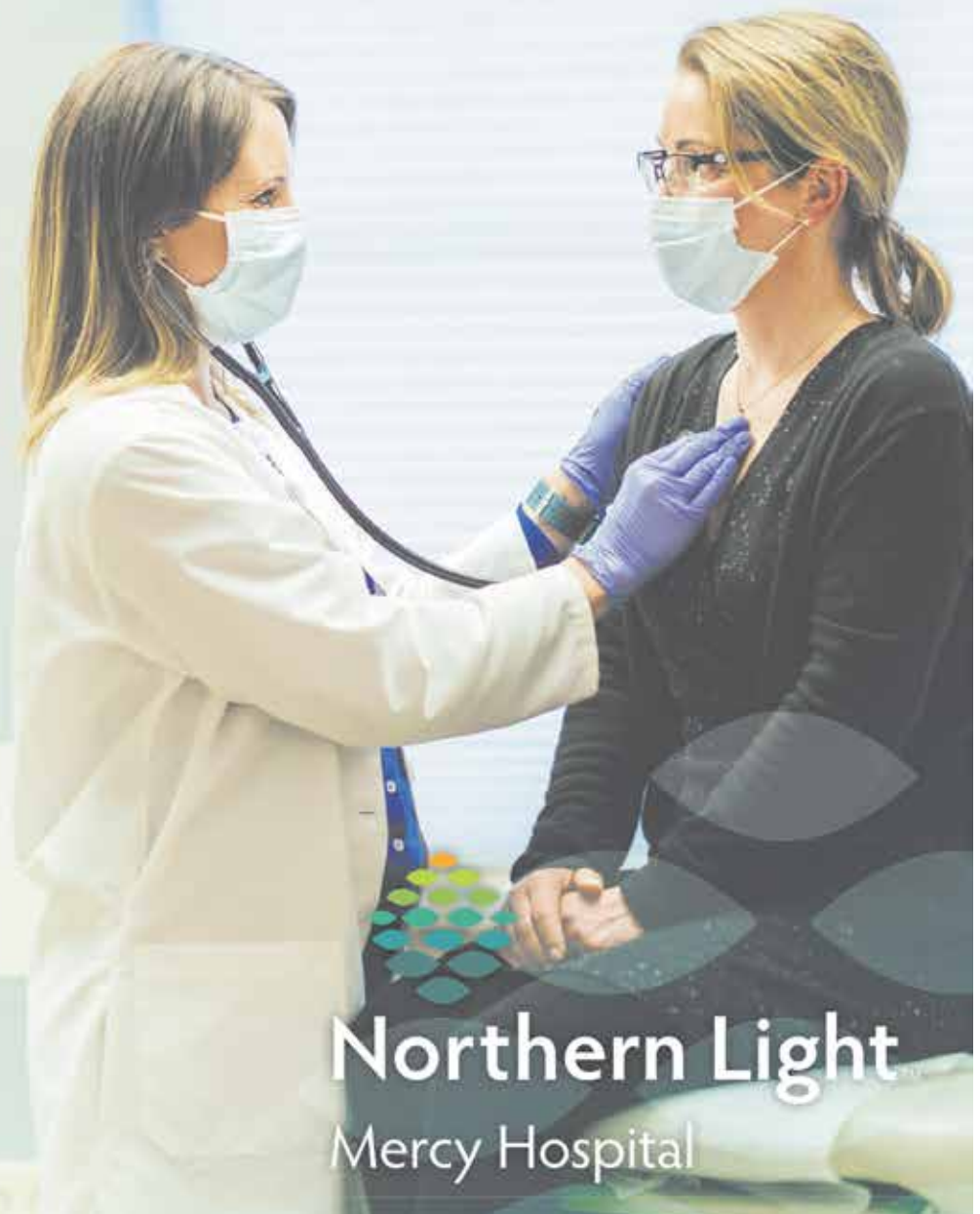
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School Committee CONTINUED FROM PAGE 6

which includes internships, job shadowing, and working with mentors to help students plan for the future. The program, in its second year, has developed relationships with the University of Southern Maine and local businesses which resulted in many small group conversations and dozens of job shadowing sessions with mentors.

Kenigsberg introduced two GHS seniors and their mentors who explained how they have benefited from internships. Devon Harrington, an intern with Great Falls Construction and JCS Property Management talked about her long term interest in the field and what she learned from the experience. Becky Parker and Lindsay Nason, her mentors, expressed their enthusiasm for the program and for Harrington's work with their companies. Gracie Fogue is interning with Gorham Public Works. Her interest in biology led her to an internship with Matt LaCroix, who manages storm water for Gorham. Her experience working with him in stream assessment and beach profiling, helped her decide to pursue marine and environmental science in college. LaCroix praised the Aspire program for matching him with a student who shares his enthusiasm for his work.

Assistant Superintendent Chris Record reported on the results of the Thought Exchange that asked students, teachers, and parents to share their thoughts, opinions, and ideas about the educational experience during COVID-19. Participants could add to a discussion which, Record said, "allowed people to see more than one side of an issue."

The opportunity drew 1,511 people who shared 1,718 "thoughts." Although the masses of data is organized online

for anyone to access, Record discussed some findings and themes. Student thoughts on hybrid learning included appreciating mask breaks and being able to participate in sports and extra-curricular activities. They definitely appreciate having flexible Fridays. Some reoccurring themes were concerns about online work; Zoom days were hard, however, students felt they were getting a full work load in the hybrid system.

Appreciation for the work of the district staff was paramount in the "thoughts" of parents, but they want their students to have more time in school. They were concerned about what was expected of students on Fridays and also felt a need to be more involved in home learning days. Staff members appreciated the smaller class sizes and thought flexible Fridays were essential.

In conclusion, Record said there are concerns about communication and technology, as well as social and emotional stress, but what stood out too was "appreciation and good will." Links to Thought Exchange summaries and data can be accessed from Superintendent Perry's blog page, gorhamsuperintendent.blogspot.com.

Wright announced the Finance Committee approved purchasing two tractors. The facilities committee is discussing future expansion of Gorham Middle School. New committee assignments have been made.

The SC approved the policy on committee officers, revisions to the school calendar, and stipends for teachers facilitating extracurricular activities. The revised calendar and reasons for the changes are available from a link on the superintendent's blog page.

USM Campuses CONTINUED FROM PAGE 1

Many faculty-student meetings are handled remotely. Students have not been allowed to invite guests to the residence halls or anywhere on campus. In fact, all members of the public continue to be prohibited from visiting the campus.

From October 1 through November 20, there have been just 18 confirmed COVID-19 cases among USM students (13 among commuters, and five among residential students) with most cases occurring since November 4. There were no cases diagnosed among support staff or maintenance staff, and just one case with a faculty member (an instructor who teaches remotely).

As planned, all residences will close and all in-person instruction ended for the semester on November 25, when the Thanksgiving break began.

From November 16 through November 19 the University's Safe Departure Program provided asymptomatic testing for 8,000 students and employees system-wide. This testing program was designed to enable as many people as possible to travel for the holiday period with a recent negative test in hand. The testing included all residential students and out-of-state students system-wide. To support any students who tested positive and were prohibited from traveling, the university maintains safe isolation spaces on campus throughout the Thanksgiving break, and beyond that if needed.

For the remainder of the semester, classes and exams will be remote-only, with the campuses largely closed to students until late January. The spring semester is scheduled to begin on January 25. The start of the spring semester has been pushed back by a week to account for the cancellation of spring break.

SPORTS

Fall Sports Wrap-Up

COMPILED BY DESTINY COOK

Girls' Soccer

The girls' soccer team ended their season with a 4-2-2 record. Senior Lauren Fother was the girls leading scorer for the second year in a row according to coach Jeanne Zarrilli. She said of the fall 2020 season, that her team rediscovered the fun in being together—even in a shortened season and without play-off stress. Zarrilli said the girls found a nice balance of competition and fun.

Boys' Soccer

Coach Nick Viola said since mid-season, his team added a 6-0 win versus Cheverus, and a 2-1 win versus defending state champion, Falmouth, to end their 2020 season. The boys finished undefeated with a final record of 8-0-2. Viola said, "I am tremendously proud of the way our guys competed this year with so many different obstacles and challenges presented to them during the COVID-19 pandemic. This is my first high school team and I could not have asked for a better, more committed, and memorable group of young men."

Cross Country

Coaches Jason Tanguay, Christina Stone, Lieutenant Colonel Jim Karcanes,

CONTINUED ON PAGE 9



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Fall Sports Wrap-Up CONTINUED FROM PAGE 8

and Brigid Smith-Franey each wanted to share their personal thoughts and memories from this very different and challenging fall 2020 XC season.

Coach Jason Tanguay said, "Student-athletes are looking for a place to belong, for a team to welcome them, for a reason to push through the difficult academic aspects of high school, for a reprieve from obstacles in their everyday home lives." He went on to say, "We need to continue to provide direction and structure to this group of young men and women at this critical time. If we just let sports fully dissolve from our grasp, many of the students will look for other ways to stay connected, and these may not be the healthiest choices."

Tanguay said he is grateful for the opportunities the Cross Country team had this past season. "Although the story didn't end how we would have written it, I feel both the coaches and athletes will be able to look back and say we are stronger both physically and mentally for enduring it."

Coach Christina Stone said one image will remain with her as a symbol of this year's cross-country season. "One of the senior captains of our girls' team crossed the finish line during our first meet. She had had a frustrating junior season given some health issues that prevented her from running her best. She trained hard all summer, without full assurance that her season would happen. She trained because she loves to run. She felt strong in the short preseason window before our first meet. The gun went off, and she was running with the front pack, never quite dropping back as she had in the past. As she approached the finish line,

the digital clock ticked her time, and she knew it was good—her best. She smiled, beamed, and even teared up a little bit at the finish. She then turned around, put on her mask, and cheered on everyone as they came across. This was her first race of the season and could have been her last, but the gratitude on her face and her enthusiasm for others with whom she shared the experience made that moment special."

Coach (Lieutenant Colonel) Jim Karcanes said while it has been challenging at times ensuring the team meets all the CDC, state, and local guidelines regarding safeguarding their athletes and community members from COVID-19, this cross country season has been one of the most positive experiences he has ever had as a coach. He enjoyed watching the athletes flourish and become both mentally and physically fit amidst the chaos and uncertainty of the pandemic.

"As most of us struggle with so many aspects of life that have been turned upside down and out of our immediate control," Karcanes said, "I'm grateful that our athletes were provided the opportunity to engage in an activity they love which afforded them some sense of positive control in lives." In his conversations with them as a coach as well as observing their actions and attitudes, he stated, "I clearly see that running and being a part of a team environment has been a powerful outlet which allowed them to effectively reduce the stress and anxiety they feel during this difficult time."

Coach Karcanes went on to say, "Having a cross country season in the

midst of a pandemic has also taught our athletes about responsible risk taking, accountability, and personal discipline – qualities that will undoubtedly serve them well as they continue to mature and become leaders in their communities. I feel extremely fortunate to have been a part of the process of making the season a very positive and reflective experience."

Coach Brigid Smith-Franey said for many cross country runners, running is more than a sport, it is an integral part of their personality. "When working with these runners, I see this in so many ways. The way they approach a hard workout with anticipation and trepidation, but then push themselves to new limits. Or how they joke and chat and relax during an easy run. Or in their routines as they prepare to race. She continued, "These student-athletes have shown persistence in the face of challenges and joy in the face of adversity. I'm so proud of them and the support they've shown each other. The opportunities to come together, to run, to enjoy the outdoors and to compete have not been taken for granted."

Field Hockey

Coach Becky Manson-Rioux said the 2020 field hockey season was one of the most challenging and rewarding times for her and her team, finishing with a respectable 6-3 record. "We had many rules and regulations to follow and many hurdles to overcome, but every player in the entire program did a great job with adhering to these rules. The dedication, discipline and effort was outstanding," she said. "The coaching staff couldn't be more proud to work with such amazing young ladies. We were extremely grateful

for every moment we shared together."

Coach Manson-Rioux also wanted to extend thanks to Superintendent Heather Perry, Principal Brian Jandreau and AD Tim Spear for supporting their team through this unique time.

Football

Coach Andy Hager said the football team ended their "season" having 3-4 practices a week and playing 5 games of 7v7/Passing League style. He shared that Beck Carrier was named SMAA All-Academic Team and will be looking to play in college. "Everyone stayed healthy all season and it was nice to be able to do some things together," Hager said.

Volleyball

Coach Emma Tirrell said the girls' volleyball team were able to practice through November 6 and celebrated the seniors with an "in-house" scrimmage during their last week practicing under the lights in the softball outfield. Coach Tirrell is still hopeful for some sort of season in the spring.

Burn Off the Turkey Goes Virtual!

Keep the Thanksgiving tradition alive; grab your family and friends and get outside for the annual Burn off the Turkey run/walk! Shirts are available for purchase online at www.gorhamrec.com. Print your bib and run the course any time between November 27 and 29, then go to the Rec's website to enter your time. For more information, and to see the course map, visit the Gorham Recreation website.





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COMMUNITY

OF INTEREST

Gorham High School graduate, Dr. Kyra Chadbourne DDS, was recently named a Diplomate to the American Board of Dental Sleep Medicine (ABDSM). The ABDSM is the leading national testing organization for dentists who treat snoring and obstructive sleep apnea with oral appliance therapy, an alternative to the standard CPAP treatment. Earning Diplomate status from the ABDSM is a unique honor that recognizes special competency in dental sleep medicine.

The White Rock Friendship Club is hosting the 36th Annual Tree Lighting at the White Rock Community Clubhouse at 34 Wilson Road on Sunday, November 29 at 4:30 p.m. Listen to the reading of the Christmas story. Sing Christmas carols while sipping hot cocoa around the Christmas tree. Santa will arrive on a White Rock Fire Station fire truck! Outdoor event only this year.

Haddock Supper Buffet, Saturday, November 28 at 5 p.m. at Living Waters Church, Parker Farm Road in Buxton. Suggested donation: \$8 Adult, \$4 Child, \$20 Family. There is an option for takeout containers for those who do not want to come inside for seating. Social distancing guidelines are in effect including wearing of face masks and use of hand sanitizer. FMI, 329-0753.

Pre-Order Bean Supper, White Rock Community Clubhouse, 34 Wilson Road, Saturday, December 5, 4:30-5:30 p.m. Pre-order dinner to go, \$20 for double or \$10 for single orders. Meal includes kidney & pea beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and a dessert bar. Call 892-9521 by December 2 to reserve your order. Limited to the first 100 meals!

Gorham Memorial VFW Post 10879 wishes all a happy Thanksgiving and welcomes their new members from South Portland Post 832 and any interested veterans to the next monthly meeting. Fire Department Training Room, 270 Main St., Gorham at 5:30 p.m. on December 8. FMI, vfwpost10879@gmail.com.



Ambassadors: Emily Feagans, Izabella Densmore, Danielle Irish, Grace Pierce, Katelyn Estes, and Taylor Jordan.

Girl Scout Troop 2300 from Gorham was finally able to get together recently on November 12 and have their bridging ceremony, year-end awards and re-dedication. Not all of the girls in the Troop were present, but three girls in the troop bridged to Seniors: Meghan Irish, Brinn Irish and Autumn Wellington, and Maeve Donnelly is on her second year as a Senior; and six girls bridged to

GORHAM FOOD PANTRY

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 check-out to go directly to the Gorham Food Pantry, and allow them to fill in any missing gaps from donations. One card supports many meals.

Additionally, the Hannaford Helps Fight Hunger Buy 1, Give 1 program begins on November 15. When customers purchase participating products, Hannaford will donate the same item to a regional food bank in the area. Search "Hannaford Helps Fight Hunger" 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; 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

CONTINUED ON PAGE 11


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Community CONTINUED FROM PAGE 10

current needs is to follow them on Facebook (Gorham Food Pantry Friends), and messages via Facebook are responded to quickly.

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

LIBRARY NEWS

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

The Baxter Memorial Library will be closed on Thursday and Friday, November 27 and 28 in observance of Thanksgiving. Upcoming Discovery Times on Facebook include Travels with Ms. Heidi for ages three to five, STEAM (science, technology, engineering, arts and math) with Ms. Deb for kindergarten to fifth grade, and Toddler Discovery Time with Ms. Dani for ages 18 months to three years. FMI baxterlibrary.org.

Calling all holiday bakers! Baxter Memorial Library invites you to show off your creative baking skills! Make a gingerbread house to display on the Library's website holiday photo gallery for all to admire. Each entry will receive a small gift for taking part in the community gingerbread display. Take a photo of your creation and submit it on or before December 20 to baxterlibraryvideos@gmail.com to be included in Baxter's gallery of awesomeness.

USM NOTES

The USM School of Music will present a 2020 Winter Gala to raise important funds for music scholarships on Friday, December 4 at 5:30 p.m. An annual event, this year, the event will be virtual, and a mix of live and recorded pieces. Tickets are \$50.

Other upcoming virtual events in the School of Music, which are free and open to the public, include the USM Jazz Ensemble directed by Chris Oberholtzer on Thursday, December 3 at 8 p.m.; the USM Composers Ensemble Showcase (original student compositions) directed by Dan Sonenberg on Saturday, December 5 at 8 p.m., and the USM Vocal Jazz Ensemble directed by Taylor O'Donnell on Sunday, December 6 at 8 p.m. Find the complete calendar of events at usm.maine.edu/music/events.

CALENDAR

THURSDAY, NOVEMBER 26

Baxter Memorial Library – Closed in observance of Thanksgiving

FRIDAY, NOVEMBER 27

Baxter Memorial Library – Closed in observance of Thanksgiving

SATURDAY, NOVEMBER 28

Living Waters Church Haddock Supper Buffet, 5 p.m. \$8/\$4/\$20.

SUNDAY, NOVEMBER 29

White Rock Friendship Club 36th Annual Tree Lighting, 34 Wilson Road, 4:30 p.m.

TUESDAY, DECEMBER 1

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

WEDNESDAY, DECEMBER 2

Baxter Memorial Library STEAM with Ms. Deb, 10 a.m. on Facebook (K-5)

THURSDAY, DECEMBER 3

Baxter Memorial Library Toddler Discovery Time with Ms. Dani, 9:30 a.m. on Facebook (18 mos-3 yrs)
USM School of Music Virtual Concert: Jazz Ensemble, 8 p.m.

FRIDAY, DECEMBER 4

USM School of Music Winter Gala scholarship fundraiser performance, 5:30 p.m., \$50

SATURDAY, DECEMBER 5

USM School of Music Virtual Concert: USM Composers Ensemble Showcase, 8 p.m.
White Rock Community Clubhouse pre-order dinner to go, 892-9521 by December 2.

SUNDAY, DECEMBER 6

USM School of Music Virtual Concert: USM Vocal Jazz Ensemble, 8 p.m.

TUESDAY, DECEMBER 8

Baxter Memorial Library Travels with Ms. Heidi, 9:30 – 10 a.m. on Facebook (3-5yrs)
Gorham Memorial VFW Post 10879 monthly meeting, 5:30 p.m. Fire Dept Training Room

WEDNESDAY, DECEMBER 9

Baxter Memorial Library STEAM with Ms. Deb, 10 a.m. on Facebook (K-5)

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IBM CHRISTMAS WREATH SALE: happywildandwoollymammoth2016.blogspot.com thru blogspot.com. Check out and buy my IBM WREATHS. Not just for the holy days Maverick Ashley Lenartson, 198 Sherwood St 3, Portland, ME. 207-809-9461. Have a holly jolly Christmas this year!

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CAT CARE IN YOUR HOME. We all know cats are not fond of leaving their homes so I come to them. I take care of all their needs and offer play - loving time. I can come as needed. 15 years and insured. Lorie 838-0132 .

CELEBRITY HELPER. Do you know somebody who has wronged you and you simply aren't able to verbally express what happened??? Been there, Done THAT: Mail 10.51 and the name of the person who did this to you and I'll be sure to get even for you legally. Ashley Lenartson, 198 Sherwood St 3, Portland, ME. 04103 207-331-4207 for Questions. I can use your name or not.

You're in the Know.

Gorham Times

Subway Drive-Thru AJ's Style

Gorham Subway & Aroma Joes are teaming up! Subway orders can be picked up through the drive-thru window at Aroma Joes.

Call, order online, or through the Subway App on your smartphone. Takeout/Curbside available. Delivery through Uber & Door Dash. We're here to serve your lunch or dinner needs!



(207) 839-5422 | 109 Main Street | www.subway.com

Century 21

First Choice Realty

Meet SNOW!



Rescue 🐾 Rehab 🐾
Re-home 🐾

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

Multi Million Dollar Top Producer
Masters Emerald Winner 2018
Masters Ruby Winner 2019



Kelley Skillin-Smith, Assoc. Broker
380 Main Street, Gorham ME
207-632-0813
kelly@kellsells207.com
#KelSells207

Realtor Kelley's Pup of the Month
5% of my real estate commissions generated from this ad will be donated to "Helping Paws Maine."

 Helping Paws Animal Rescue
www.helpingpawsme.org

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

Fresh Cut, Maine Grown

Christmas Trees

Buy your Christmas Tree and Help Support the

Gorham High School Swim Team

Buy a holiday wreath and help support **Gorham Ice Hockey**

Friday, Saturday, Sunday

Nov. 27, 28, 29

Saturday, Sunday

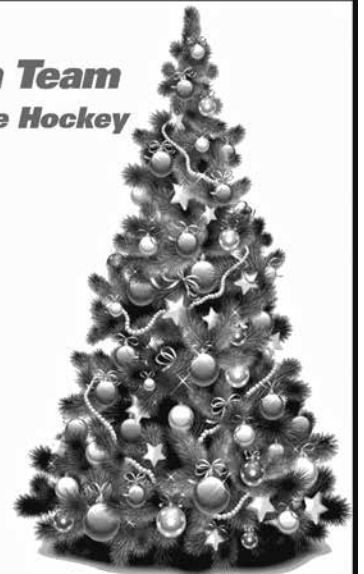
Dec. 5 & 6, 12 & 13

10 am - 4 pm at **Robie Gym lawn**

corner of South St. and Preble St., Gorham

Season's Greetings!

Thank you for supporting the
Gorham High School Swim Team



MARKET BASKET

"MORE FOR YOUR DOLLAR"



Come Visit Your New
Westbrook, ME Store

90 Rock Row • I-95 exit 48

Store Hours: 7 AM - 8 PM Every Day
Senior Hours: 6 AM - 7 AM

Center Cut BONE-IN Pork Chops
Fresh Cut Daily
179 lb. **Save 20¢/lb.**

Fresh Boneless & Skinless Chicken Breast
Antibiotic Free MARKET BASKET
249 lb. **Save \$1.00/lb.**

Bottom Round Roast
Fresh Cut Daily
299 lb. **Save \$2.00/lb.**

Thin & Trim Turkey Breast
Honey Maple • Santa Fe
499 lb. **Save \$1.00/lb.**

HOLSTEIN CHEESE™ Horseradish Cheese
499 lb. **Save \$1.00/lb.**

Ocean Fresh Wild, All-Natural Cod Loins
1199 lb. **Save \$1.00/lb.**

Haddock Fillets
Previously Frozen
699 lb. **Save \$1.00/lb.**

Freshly Dug Quahogs
Wild All Natural
99¢ lb. **Save \$1.00/lb.**

Kellogg's Frosted Flakes 13.5 oz.
2\$4 for 4 **Save \$2.00**

FARMHOUSE Bread & Rolls 19 Varieties
16-24 oz.
2\$5 for 5 **Save \$2.98**

CHUNKY Soup 15 Varieties
18.8 oz.
3\$5 for 5 **Save \$1.00**

Poland Spring Water 1 Liter
2\$1 for 1 **Save 58¢**

Simply Orange Juice
52 oz.
2\$6 for 6 **Save \$1.38**

Edy's Ice Cream Over 40 Flavors
48 oz.
2\$5 for 5 **Save 98¢**

Jessica's Cinnamon Raisin Bread Local Company
389 **Save \$1.00** 24 oz. (Multi-Grain \$4.19)

Sale Starts Sunday Nov 29th - Saturday Dec 5th

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