

Gorham Times

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Four Days a Week at School for K-8 Students

By Kathy Corbett, Staff Writer



Photo courtesy of Heather Perry, Superintendent of Schools

Gorham students in the three elementary schools and at Gorham Middle School (GMS) will return to classrooms four days a week beginning April 29. Gorham High School (GHS) will continue in the hybrid plan for the rest of the school year. At a Zoom meeting attended by more than 300 people, the School Committee discussed the benefits and challenges of making a mid-year change before voting (4-3, Brockman, Schools, Hudson) to

increase in-person learning for students in grades K-8.

During nearly an hour of public comment, parents expressed many of the same concerns as those of the School Committee (SC). But like SC members, many also believed the benefits of more days in the classroom outweighed the inherent challenges. Questions about health safety and increased quarantining due to mov-

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GHS Hosts Asian Vigils in Light of Recent Attacks

By Grace Flynn, GHS Student Intern



Photo credit Bei Ju

Gorham High School (GHS) students participate in the March 29 Asian vigil outside GHS.

Gorham High School (GHS) held two vigils in solidarity with Asian American Pacific Islander (AAPI) members following the recent racist, anti-Asian attacks in San Francisco, CA, Atlanta, GA, and Portland, ME.

The vigils were held from 7:20-7:45 a.m. on Thursday, March 25 and Monday, March 29 outside GHS. Bei Ju, GHS Chinese teacher, and Civil Rights Team (CRT) advisors, Trisha Cherry and Kerry Herlihy, organized both events

over the course of three days before spreading the word to students and staff.

During both vigils, students and staff lined the walkway at the bus loop entrance holding signs. The vigil on March 29 saw around 30 members of the GHS community showing support despite the rain and wind that day.

Ju explained that she was "overwhelmed" by the supportive emails she received from co-workers on the Friday

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Shedding Light on the Nature and Extent of Sexual Violence

By Jenn Tom, Gorham Board of Health

As April is Sexual Assault Awareness and Prevention Month, the Gorham Board of Health would like to join advocates and communities across the country in shedding light on the nature and extent of sexual violence affecting our society.

A recent study found that one in five Mainers will experience sexual assault during their lifetime, and roughly 14,000 Mainers experience sexual violence annually. Sexual violence is defined as any type of unwanted sexual contact, in-person or online, and represents a wide range of behaviors – varying from catcalling to sexual assault, harassment, trafficking, and nonconsensual image-sharing. These behaviors are influenced by attitudes and norms that directly or indirectly condone violence and require community-level education and prevention. In 2015 alone, Maine's sexual assault crisis and support centers provided prevention education to over 60,000 K-12 students across the state.

Community education can help

change negative societal attitudes by teaching people how to identify signs of problematic behaviors. Smart policies that penalize discriminatory behavior in the workplace, on campuses and in classrooms, and in other forums (including online) help to deter acts of sexual violence. Community education also teaches people how to safely assist victims, when possible. Assistance may include preventative skills like normalizing conversations around consent, bystander intervention, and providing survivors with support.

There are currently many organizations and national partners working to end sexual assault and help survivors. Community resources are steadily becoming more available across Maine, as both the state and independent nonprofits strive to highlight sexual assault prevention and survivor support.

One local organization, Service Dog Strong (SDS), founded in 2019 by Simone Emmons and Kristen Stacy, provides service dogs to sexual assault



survivors diagnosed with PTSD by funding the adoption and training costs for adopted shelter dogs and survivors. Victims of sexual violence experiencing PTSD can have difficulty connecting with people, resulting in isolation and additional emotional trauma. SDS

focuses on the healing power of animals and promoting the strong connection between dogs and their survivors. SDS helps victims become survivors who learn to confidently navigate the world.

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UNIFIED BASKETBALL
ENJOYS SHORTENED
SEASON - PAGE 10

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.

Building Schools and Reconciling History

By Rep. Kyle Bailey

Over the past several months I have worked to improve education in Maine in several ways. In addition to legislation that I have discussed previously to advance civics education, I have also worked to secure state funding for capital improvement projects at our overcrowded elementary, middle and high schools here in Gorham and expand representation among our University of Maine System Board of Trustees to include a seat for the Wabanaki tribes. All of this work tackles shortcomings in our education system to help create an environment in which every Maine student can thrive.

Prior to representing my community in the Maine House, I served on the Gorham School Committee for three years. During my committee service, Gorham consistently grappled with the challenge of too few dollars available for school construction projects. In fact, while our state as a whole has an aging population and declining workforce population, Gorham has a growing population. As a result, school crowding has been an issue in our town for two decades. The last time Gorham received state school construction funds was in 2005 to build Great Falls Elementary. The school is now overcrowded and students are being shuffled around to other elementary schools and learning in portable classrooms. The middle and high schools face similar challenges.

A growing number of communities across Maine are waiting in a long line of worthy applicants to receive state dollars for school construction needs. Since the last funding cycle for school

construction projects in 2017-2018, the Maine Department of Education has approved funding for less than 7% of these worthy applicants.

This session, I sponsored a bill, LD 650, to separate debt service payments for capital construction projects from GPA funding for schools, which received strong support from Rep. Mo Terry and Sen. Stacy Brenner. While the bill was not ultimately successful in committee, Gorham residents can rest assured that we will continue to fight for funding so capital improvements to our schools can accommodate our growing population.

In addition to constructing schools, we need to think about who is invited to the table in making decisions about education in our state. That is why I co-sponsored LD 453 which creates an open seat for the Wabanaki on the University of Maine Systems Board of Trustees.

Most people born and raised in Maine are rightfully proud of this fact. In fact, Mainers have developed phrases and expressions around this identity. For example, if you're not from here, you're from "away." Even those born here might not be real Mainers because, as the saying goes, "just because a cat has kittens in the oven don't make 'em biscuits."

The Wabanaki people have been here for thousands of years. These "First Mainers" would be the dominant population in these lands today had it not been for European settlers and colonial violence. Survivors were subjected to centuries of policies in housing, public health and education that further stripped them of autonomy and agency. One way we can address these wrongs is to restore

Wabanaki representation in education.

According to the National Conference of State Legislators State-Tribal Institute, Native students perform two to three grade levels below their white peers in reading and math, and they are 237% more likely to drop out of school. Only 7% of Native American kindergartners are projected to earn a bachelor's degree, while the projection for white kindergartners is 34%. What's more, Native American students are 207% more likely to be expelled than white students.

We must grapple with this history of violent institutional racism and the resulting socioeconomic inequalities and disparities that persist. LD 453 is an important step in that process by making seats available to Wabanaki representatives on state boards and commissions where important decisions are made that directly impact the lives and native lands of First Mainers. This includes the Board of Trustees that oversees Maine's land-grant university and institutions across Maine that now occupy native Wabanaki lands.

Thank you for the honor, privilege and opportunity to work for our students and schools and for justice in the Maine House of Representatives.




Rep. Kyle Bailey, D-Gorham, is serving his first term in the Maine House of Representatives. He owns his own business and is a member of the Gorham Business Exchange. You can reach him by emailing kyle.bailey@legislature.maine.gov or calling (207) 939-8600. For immediate assistance, please send a text message.

Gorham PD Assist in Traffic Stop


By Sheri Faber, Staff Writer

On April 12, Gorham police officers pulled over a vehicle in response to a request from the Cumberland County Sheriff's Office for assistance in locating two suspicious individuals who had been seen walking around closed businesses in Standish while carrying guns in plain sight. Gorham Officers drew their guns as they were conduct-

ing a felony stop of persons known to be armed. This is a routine procedure when dealing with people who have weapons. The individuals were detained until the Sheriff's Department completed their investigation. The individuals complied with orders from the Gorham PD and the men were later released at the roadside.



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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

April 21
May 5
May 19
June 2

Emerald Ash Borers Continue to Spread-Here is What You Can Do

By John Ersek, Staff Writer



Photo credit Maine Forest Service

An infested ash tree in Porter, Oxford County, with severe underbark "blonding". Maine Forest Service personnel took this photo after observing woodpeckers near the tree, then peeled back the bark to reveal the ash borers' "feeding galleries".

Following a over-winter tree survey, Maine Forest Service recently announced that Emerald Ash Borers (EAB) have been found for the first time in the nearby cities of Saco and Westbrook. The Forest Service also stated that Emerald Ash Borers have become abundant enough in many parts of York County and some parts of Cumberland and Oxford Counties that signs of them on roadside trees can be clearly visible to the casual observer. Bark flecking or 'blonding' from woodpecker feeding is the most common sign of EAB, but vertical cracks in the bark, epicormic growth (abnormal branching or 'water sprouts' from the main trunk), and even dieback of upper branches are all being seen in some places.

The Forest Service report states

that southern Maine is at the leading edge of a massive front of Ash Borers spreading from New Hampshire and Massachusetts, and beyond that, including much of eastern North America. It also states that Ash Borers are spreading more quickly in southern Maine than in northern Maine, where the smaller infestation there was caused by a single point source near Madawaska, and appears to be spreading at a slower rate. To help slow the spread of Emerald Ash Borer to new areas of Maine, DACF maintains a quarantine on ash trees, wood from ash trees, and hardwood firewood. EAB and other damaging forest pests are known to travel in and on firewood.

Things You Can Do To Help Slow

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University Plans Return to "Normalcy" this Fall

By John Ersek, Staff Writer

University of Maine system chancellor Dannel Malloy recently announced that all the university's campuses, including USM Gorham, are now planning to return to a more "normal" pre-pandemic academic and campus environment for the fall 2021 semester.

In his March 10th announcement, the chancellor stated that students should anticipate a more "traditional, in-person college experience" in the fall, including a greater number of in-person classes, with more facilities re-opening, a higher percentage of residential students, and more on-campus activities that traditionally are an important part of the college experience. Chancellor Malloy stated "We are actively working toward normalcy with a full expectation that our late August opening will be very much those of past years ... it's an exciting moment for us. With public health restrictions easing, and new confidence stemming from the growing numbers who can and will receive the pandemic ending vaccines that are available, it feels like we can finally say the pandemic's grip is loosening".

Chancellor Malloy closed his announcement by reminding the university community that these plans could still change, based on science and the potential for the Governor to issue further civil orders.

These planned changes to the more restrictive settings in place during the 2020-2021 school year have been most-

ly welcomed at the USM Gorham campus, where currently there are significantly fewer students in dorms, fewer in-person classes, and less access to activities and facilities, compared to recent years.

The traditional spring break was canceled for this semester, due to concerns that students would be exposed to the virus while traveling out of state for the break.

Graduation is still scheduled for May 8th. Recently some students and family members have been questioning whether the university could make changes to the current plans for an all-virtual graduation. This change would be based on the recent lifting of some restrictions on gatherings and increasing vaccination rates. However, so far, the university has not announced any changes to the May 8th graduation. Currently, the university plans to maintain campus-wide restrictions during the remainder of the spring and summer.

Throughout the current semester, the university has continued with mandated random system wide COVID-19 testing for students and staff. Out of nearly 18,000 tests state-wide, the positivity rate has generally hovered between 0.15 and 0.20, which indicates a low incidence of the virus. At USM there have not been more than eight students and faculty at any one time who were following COVID-19 protocols, due to having a positive test.

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What's Up with Earth Day?

By Cathy Walter, Staff Writer

In our own backyard, Bill Moreno of the Gorham Conservation Commission and Kathy Garrard of the Gorham Village Alliance have gathered several local groups and organizations and organized a Town Spring Cleanup Day scheduled for April 17th to celebrate earth day this year; perhaps you've seen the signs around town. Spring cleanups are important for many reasons: to keep trash out of our waterways, to prevent birds and animals from digesting curbside waste and to review the infrastructure and note needs for improvement like erosion control, water flow, and availability of trash receptacles. Want to help the Town of Gorham make a difference? Log on to the Gorham Conservation Commission's Facebook page to learn more and scan a qr code

for quick signup. Then grab the kids, a rake or a hat and head outdoors for a day of thinking globally and acting locally to improve the environment hands on while, added bonus, beautifying your own community.

Earth Day, which originated in 1970 spearheaded by Senator Gaylord Nelson who was inspired by the environmental protests of the 1960's, began as a national teach-in day to raise awareness of pollution and bring environmental causes into the national spotlight. Now it is a day of global celebration as well as education with organizations around the world offering a wide variety of activities, classes, and inspiration.

There is even an EARTHDAY non-profit run by 13 globally represented

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Sexual assault awareness CONTINUED FROM PAGE 1

For additional information on Service Dog Strong, please visit - <https://www.sdsmaine.org/>.

The Maine Coalition Against Sexual Assault directs Mainers to local support centers, provides online and telephonic help, and offers additional resources, including legal assistance. Local sexual assault resource centers help survivors of abuse, no matter when it occurred or if a report was made to police.

For more information, please visit - <https://www.mecasa.org/maine-sexual-assault-support-centers.html> or call 1-800-871-7741 for free, private support 24/7.

During Sexual Assault Awareness

Month we'd also like to encourage our community to learn about practicing consent online and keeping the kids in your life safe by facilitating and participating in respectful online communities. As new platforms emerge and technology expands, it is important to build safe online spaces. Parents and caregivers can learn how to identify red flags and keep teens and kids safe online through the National Sexual Violence Resource Center at - <http://nsvrc.co/onlinesafety>.

For additional resources, please visit the Gorham Board of Health website at - <https://www.gorham-me.org/board-health>

Property Reevaluations

By Ben Thompson, Cumberland County Regional Assessing

The Town of Gorham has contracted Vision Government Solutions to perform a property reevaluation with the goal of developing accurate assessments based on just value and generating a tax base distributed equitably among Gorham taxpayers according to the Constitution of the State of Maine, Article IX, section 8. The new values will be effective as of April 1, 2022.

Under the supervision of the Town's Assessor, Vision inspectors will collect and analyze data on all properties in town while implementing recommended CDC guidelines. Vision employees carry photo identification, and their vehicle information are registered with the Gorham Police Department. Residents will be receiving a flyer in the mail detailing the process.

At this time, inspections are separated into two parts as we keep health and safety in mind regarding COVID-19.

Part one involves exterior inspections only. If no one is at home, the inspector will measure the exterior of the home and take exterior images of the property.

Part two will consist of an interior inspection. A follow up letter will be sent to owners with information on how to schedule an appointment for inspection review of the accuracy of the interior details of the building. All inspectors will follow recommended CDC guidelines.

While it is not mandatory for residents to allow inspectors interior access, your cooperation is vitally important to maintain the accuracy and uniformity of the assessments.

Once the data is collected, it will be analyzed along with current market trends to determine the market value for each parcel of real estate. Notices with new assessments will be mailed to all property owners in the summer of 2022. At that time, Vision Government Solutions will conduct informal hearings with any property owner requesting assessment clarification prior to the 2022 tax commitment.

Please visit the Town of Gorham's website <https://www.gorham-me.org/assessing-office/pages/reval-2022> for more information.

Emerald Ash Borers continue to spread CONTINUED FROM PAGE 3

The Spread of Emerald Ash Borers:

- Use local firewood
- Monitor for emerald ash borer even if you live outside of known infested areas
- Look for and report "blonding" and other signs of EAB. Report Emerald Ash Borer sightings to <https://www.maine.gov/dacf/php/caps/EAB/EABreportFORM.shtml>

To participate in the Maine Forest Service's girdled tree trap network, sign up at foresthealth@maine.gov.

Volunteer to run a green-funnel trap to look for EAB (need an ash tree and a commitment to collecting samples from the trap every two weeks, focused within and on the edges of regulated areas. To volunteer, send an email to: jan.santerre@maine.gov

Gorham Cleans Up

Business Sponsor:



April 17th 9 a.m. - 11 a.m.

- After a long winter, it's time for some spring cleaning on Gorham's streets, roads and trails.
- Volunteers will be picking up trash on roadways, streets and trails in several areas of Gorham. Please slow down for our volunteers!
- All Gorham residents are invited to clean up their own streets and neighborhoods and post photos tagging **#gorhamcleansup** on social media.
- Thank you for making Gorham sparkle!

Gorham Cleans Up is a partnership of Gorham Conservation Commission, Gorham Village Alliance, and Gorham Outdoors.

Thank you to Gorham VIPS for providing traffic management and to Gorham Public Works for their support.

Clerk's Corner

By Laurie Nordfors

Happy Spring Everyone!
The Town Clerk's Office will transition back to regular operations, without appointments, on Tuesday, April 20th. Friday will remain by appointment only for those people who would prefer an appointment rather than waiting in line.

You can make an appointment for Fridays by calling 222-1670 or going online at www.gorham.me.org

You can find information about the newly formed Gorham Board of Health on our website at www.gorham.me.org under Boards & Committees, then Board of Health. They are there to answer any questions or concerns and to offer information about different health related subjects.

Motorcycle re-registrations were due March 31. You can re-register your motorcycle on-line or in the Clerk's Office. You will need your old registration, current insurance card and mileage.

The second half of the 2021 Property tax bill is due on May 15. A

copy of your property tax bill is available on our website, www.gorham-me.org.

Dog registrations for 2021 can still be done on-line or in the office without the normal late fee due to the Governor's proclamation. Take advantage of waiving the late fee, and get your dog registered for 2021.

Fishing season started April 1.

Hunting and Fishing Licenses can be obtained online or in the Clerk's Office. Boat re-registrations can also be done online, and starting May 1 you can re-register your ATV for 2022.

June 8, 2021 is Election Day to vote for the 2021-2022 Gorham School Budget. Absentee ballot applications are now available at the Town Clerk's office or by calling 222-1670. Absentee ballots will be mailed to voters who applied, when they are available at the beginning of May. Due to State law, the School Budget Validation ballot cannot be returned prior to June 1, 2021. Ballots returned prior to June 1, 2021 will not be counted.

Our office hours are:

Monday–Wednesday 8:00-4:00

Thursday 8:00-6:30

**Friday (BY APPOINTMENT ONLY)
8:00-1:00**

Real Estate Transfers February 2021

ADDRESS	BUYER	SELLER	PRICE
28 MARYANN DR	NICHOLS, MONIQUE & SMITH, NICHOLAS	FITZPATRICK, MATTHEW	\$320,000
34 KAYLA WAY	SALKIND, JOSHUAH & DILLON, ALEXANDRA	SPINK, ARTHUR	\$346,000
154 SPILLER RD	HANNAFORD, JOSEPH & DILON, ALEXANDRIA	ST. CYR, RICHARD	\$230,000
166 NARRAGANSETT ST	TOWN OF GORHAM	SUSAN DUCHAINE, LLC	\$0
8 FARRINGTON RD	ROY, DANIEL & MOULTON, JILLIAN	CORKUM & JOHNSTON, MARK	\$405,000
126 OSBORNE RD	PLOWMAN, JOSHUA & AUDREY	DIPERNA, STACY & GARY	\$509,000
95 ICHABOD LANE	CATHCART, SEAN & MELANIE	GILBERT HOMES, INC	\$414,625
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Volunteer Opportunities

By Presumpscot Regional Land Trust

There are lots of fun ways to get outdoors, do good work, and get involved with the Land Trust. To Sign up for any of the volunteer opportunities listed below go to at www.prlt.org/get-involved or email toby@prlt.org for more information.

Water Quality Monitoring Stewards

Spring marks the start of the Presumpscot Regional Land Trust's data collection season for water quality throughout the region. Volunteers Water stewards attend a training via Zoom, led by the Maine DEP and then collect water samples and data every other Saturday morning from mid-May through mid-September. You do not need to be available for all 10 volunteer dates.

Fish Count Volunteers

Mill Brook supports the largest migratory fish run in Casco Bay, as alewife travel from the ocean to Highland Lake. Research on this run is ongoing, and it is important to have accurate data to learn more. You can

support these efforts by becoming a Fish Count volunteer. Volunteers count fish at the Highland Lake Dam in Westbrook for 30 minutes at a time, mid-May to mid-June.

Fish Migration Ambassadors

Thousands of visitors come to see the largest migratory fish run at our Mill Brook Preserve. Ambassadors will engage with visitors at the two fish viewing pools, welcoming visitors, answering questions and supporting a successful fish migration. No prior skills are needed Training will be provided. Volunteer shifts will be mid-May to mid-June and hours are flexible.

Trail Work Volunteers

We always have projects happening on our preserves during the spring, summer and fall. Volunteers help create trails, build kiosks, post new signage, and perform trail maintenance throughout the region. You can volunteer on your own or with a small group, whatever fits your interest and schedule.

GHS hosts Asian vigils CONTINUED FROM PAGE 1

following the attack in Atlanta. One of these emails, from Cherry and Herlihy, expressed support for Ju and asked what the CRT could do in the moment to best support AAPI members of the Gorham community.

As a result, the three teachers organized an after school meeting the following Monday to plan a poster making event on March 24 to be used at the two vigils. Around 30-40 posters were made

by students and staff at the event.

On the decision to organize a vigil, Ju stated "I'm not an activist at all. But I felt saddened and also angry in my heart."

Ju also expressed the importance of raising awareness for the anti-Asian hate crimes occurring across the country and stated that the vigils were an important part of "creating a community which chooses love over hate and lets all colors shine."

PORTLAND STAGE

**A "FEW" PAIRS OF HEELS, THE MOB,
MOTHERHOOD, & SOME VERY BAD DATES**

BAD DATES

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THERESA REBECK

DIRECTED BY
JADE KING CARROLL
MEMBER OF SDC

PERFORMED BY
ANNIE HENK
MEMBER OF AEA

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COMMUNITY



Photo credit Sara Perkins

Easter fun at the Hawkes Farm Subdivision! Eggs filled with treats were placed on lawns that had the yellow bunnies. The children all gathered and went on a hunt to find them! Always great to see how Gorham pulls together in COVID times!

DEAN'S LIST

Margaret Rimkunas, Thomas College, Waterville, Maine

OF INTEREST

The Gorham Lions' April 27 meeting is at the Old Elmwood Schoolhouse. Regular meetings are the 2nd and 4th Tuesday of each month at 6:30 p.m. New members are always welcome. FMI 929-9182.

Veterans of Foreign Wars, Gorham Memorial Post 10879 will meet on May 11 at 5:30 pm in the Fire Department Training Room, 270 Main St. If you are interested in attending the meeting or in more information about the VFW, please contact the Post at vfw-post10879@gmail.com.

Gorham Parks & Recreation Department offers a variety of recreation opportunities for all ages, all seasons. Check their website at gorhamrec.com often to see what programs, events and activities are being offered, and like them at [Facebook.com/GorhamRec](https://www.facebook.com/GorhamRec). FMI 207-222-1630

University of Maine Cooperative Extension and University of New Hampshire Cooperative Extension will offer a webinar for home gardeners about managing weeds in existing perennial and ornamental plantings from 6–7:15 p.m. April 28. "Weed Management for the Perennial and Ornamental Landscape" will focus on the most common weeds in Maine and New Hampshire gardens and detail effective control strategies for each. UNH Extension landscape and greenhouse horticulture field specialist Emma Erler will lead the workshop. Registration is required; a sliding scale program fee is optional. Register on the event webpage to attend live or receive a link to the recording. This is the second in a six-part spring gardening webinar series offered every other Wednesday through June for Maine and New Hampshire gardeners. For more information or to request a reasonable accommodation, contact Pamela Hargest, 207.781.6099; extension.gardening@maine.edu.

The UMaine Cooperative Extension has been putting university research to work in Maine for over 100 years, with federal support through the USDA, state support through the University of Maine, and local support through Maine county governments. Educational efforts focus on the Maine Food System, and Positive Youth Development through 4-H programs with a focus on STEM disciplines. UMaine Extension helps support, sustain and grow the food-based economy. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. Learn about the Extension's services and programs available to Gorham residents at extension.umaine.edu/about/.

For over 25 years, the Gorham Food Pantry has served the needs of the hungry in Gorham. The Pantry was founded and is sustained by the efforts of many local churches, schools, businesses, generous donors and hundreds of active volunteers. No one can do it alone. Thanks to a very supportive community, the Pantry is able to serve hungry families and provide hope to neighbors in need. Hours are Thursday mornings from 10 - 12 noon. Visit gorhamfoodpantry.org to learn more.

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LIBRARY NEWS

The North Gorham Public Library, serving Gorham and Standish since 1897, is located next to the fire barn at the corner of Standish Neck Road and North Gorham Road. The library serves the surrounding community with a focus on fiction for adults and children, although most any book is available through inter-library loan. The library has WiFi service and computers for patron use. The library is open on Wednesday evenings and Saturday mornings. Home Delivery and contact less parking lot pickup is also available. Visit on the web at north-gorham.lib.me.us.

Baxter Memorial Library offers the following upcoming Facebook virtual events: 9:30 a.m. Toddler Discovery Times on Thursday, April 15, 9:30 a.m. Preschool Discovery Time on Tuesday, April 27. The next Virtual STEAM event with Ms. Deb is "Make Your Own Board Game" on April 28 at 10 a.m, and "Suspension Bridge" on April 14 at 10 a.m. geared toward K-5 learners. The library will be closed on Patriot's Day, April 19, but picks up for school vacation week with a 10 a.m. Chewonki Virtual Tour at 10 a.m. for all ages on the 20th, a 10 a.m. Spring Scavenger Hunt with Mr. Jeff on the 21st, 10 a.m. Solar Oven with Ms. Deb on the 22nd, and a 10 a.m. Garden Creature (pick up supplies at the library) with Ms. Dani on the 23rd. Learn about all of these interesting, fun and educational family activities at baxterlibrary.org.

PUBLIC SUPPERS

The St. Anne's Knights of Columbus in Gorham is closing out spring with the last fish dinner of the season on Friday, April 16 from 5 – 6 p.m. The price is still only \$12 for a large portion of fish, coleslaw, homemade mashed potatoes, peas, a roll, and desert! Call 550-1320 right away to reserve your dinner!

Living Water Church on Parker Farm Road in Buxton will hold a haddock supper buffet on Saturday, April 24 at 5 p.m. Suggested donation is \$8 adult, \$4 child, \$20 family. Takeout option is available. Social distancing, mask and hand sanitizing guidelines are in effect.

USM NOTES

The culmination of a semester's work is an exciting time in a music school with a variety of concerts and performances. Upcoming virtual events at the USM School of Music on the Gorham campus include a livestream performance from the stage of the Westbrook Performing Arts Center of Mozart's opera "The Magic Flute" on Friday, April 16 and Sunday, April 18. Each performance will have a different cast of singers performing with the Southern Maine Symphony Orchestra under the direction of Robert Lehmann. On April 17, hear the cool sounds of the Vocal Jazz Ensemble. The USM Jazz Ensemble under the direction of Chris Oberholtzer will give their spring virtual concert on Thursday, April 22. Two exciting events follow that highlight excellence in performance, The Chamber Music Awards concert on Saturday, April 24, and the annual Honors Recital on Sunday, April 25. Find information about these, and much more at usm.maine.edu/music/events.

Visit the USM Art Department online for the USM Art Faculty & Staff Online Exhibition 2021. The exhibit is an exciting array of art disciplines and approaches by USM art faculty and staff participating in this year's exhibition, including Timothy Babulski, Hannah Barnes, Susan Colburn Motta, Christopher Cooper, Rebecca Goodale, Amy Hagberg, Kaitlyn Hunter, Annie Lee-Zimerle, Lin Lisberger, Jen McDermott, Jan Piribeck, Damir Porobic, Michael Shaughnessy, Helen Stringfellow, Stephien Walsh and Brian Zimerle. Find the exhibit at usm.maine.edu/gallery.

Vets Helping Vets

By Chris Crawford, Staff Writer

Members of the military often share a deep commitment to service. For several Gorham residents, that dedication has not ended with their retirement from the military. Jim Arcaro, Roger and Kathy Lavigne, and Rob Sanford have all been actively involved with Vet 2 Vet Maine (V2VME), a non-profit organization whose mission is to help alleviate loneliness and social alienation among Maine's veterans.

Although Roger, Jim and Rob all moved to Gorham after they retired from the Navy, they hadn't met until the day the photo for this story was taken. Each of them is enthusiastically serving as a peer companion to a matched Vet in Gorham, visiting with their matched Vet, via phone during the pandemic. According to Susan Dudley Gold, Executive Director of V2VME, "In addition to being a friend, the volunteers serve as 'eyes and ears' of the veterans they visit and can consult with staff when referrals for other services are needed."

Roger said, "The ability to meet and develop a bond with another Vet who may not be able to get out into the community on their own, is a special opportunity that only another Vet can fill." Sometimes both Vets end up with a friend for life. Roger served 20 years as a US Naval officer, Lieutenant Commander, working in Explosive Ordnance Disposal, the "Bomb Squad." He said, "We chose the Navy so we would always be stationed near water in places like Hawaii, mainland



V2VME will be holding training sessions for new volunteers on April 26, 27, and 28 from 4-7 p.m. via Zoom. Enroll as a volunteer online at www.vet2vetmaine.org or call Judie O'Malley at 207-579-4024 or email office@vet2vetmaine.org.

China, Thailand, and Japan. Roger's father served in WWII.

Jim was stationed at Brunswick Naval Air Base as an aviation electrician's mate. Jim's vet, a Navy corpsman (medic) during the Vietnam War, is now house-bound. The two of them enjoyed going out together for breakfast or a trip to the beach every week before COVID. Now that they are both fully vaccinated, Jim said, "V2VME is such a great program. I'm glad we can resume face to face visits and go on our field trips again."

Rob Sanford, a retired Weapons Technician stationed at Norfolk Naval Station, joined V2VME about five years ago as a way to honor the memory of his father, who also served in the Navy. Rob said, "V2VME works hard to find a good match in shared interests for both Vets, and sometimes, but not always, within the same branch." Rob also spoke about how V2VME helps to preserve important



Photo credit Chris Crawford

Retired Navy Vets Jim Arcaro and Rob Sanford, and Roger Lavigne (not pictured) and his wife Kathy Lavigne are all volunteers in the Vet 2 Vet ME program.

memories and traditions. Rob helped one of his Vets pull together memoirs and photos from the Korean War. Rob used his experience and connections at USM, where he is a professor in Environmental Studies and Policy, to help his Vet finish the project and to get it published for the Vet's family.

Through Roger's involvement with the V2VME program, his wife, Kathy, realized there was an un-met need for a support system for those who manage care for the veterans, so she spearheaded and runs the Caregiver Support Network which provides assistance and training for the peer caregivers in the program. Kathy uses her professional and personal experi-

ence to provide resources, support and training for the V2VME caregivers. When veterans of three of the caregivers died, her counseling degree was called upon. She said, "I feel needed and uniquely qualified to support this group of Veterans as they reach out to support others."

Kathy and Roger moved to Gorham in 1989 after Roger's retirement from the Navy to be near family and to build their dream home. Roger worked for 15 years in Residential care for the dually diagnosed/homeless in Portland and another five years assessing agency treatment services.

CONTINUED ON PAGE 12

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One Book, One School



Photo credit Erin Eppler

Narragansett Elementary School students recently concluded their annual One Book, One School event by lining the halls with homemade robots, created on remote learning days. One Book, One School is a month-long activity where every student in the school is invited to participate in a shared reading experience. Each student received a copy of a book by author Peter Brown. Grades 2-5 read "The Wild Robot," a story about a robot stranded on an island who must befriend wild animals in order to survive and determine her purpose. All students were invited to create a robot during their remote learning days and bring them into school to display and share. Pictured are: Matthew (grade 4) and Libby (grade 2) Golden with their life-sized homemade robots. Libby's robot blows bubbles.

School Note: Superintendent Heather Perry's April 2 blog is available at: <https://gorhamsuperintendent.blogspot.com> which includes information on the school decision's plans for re-opening K-8 schools after April break.

Gorham Outdoors Club

Upcoming Events

By Aislyn McLean, GHS Student Intern



With the added stress and isolation of the COVID-19 pandemic, it's extremely important to get outside and be active.

That's exactly what Gorham High School teacher Jason Tanguay and Jim Karcanes thought when they began organizing the Gorham Outdoors Club back in January. At first, the group started out small. Now, the team has amassed to over 70 general members.

This club is all about engaging community members in activities outside their homes that are not only fun, but suitable for all ages. So far, they've held multiple mindfulness walks and fitness challenges, an archery clinic, and a drive-in movie.

For their most recent event, reality show Survivor winner and retired GHS teacher Bob Crowley teamed up with the Gorham Fire Department to teach fire building and fire safety.

With the warmer weather arriving soon, the Club is hoping to see even more participants in their upcoming events. There's something for everyone. Check out the spring/summer preview provided.

Have questions? Email gorhamoutdoors@gmail.com, find us on Facebook, instagram: [@gorham_outdoors](https://www.instagram.com/gorham_outdoors) or twitter: [@GorhamOutdoors](https://twitter.com/GorhamOutdoors).

UPCOMING EVENTS

SATURDAY, APRIL 17TH
Gorham Cleans Up with GCC, USM & Eco Club

SUNDAY, APRIL 18TH
Archery Clinic @ GMS

SATURDAY, APRIL 24TH
Ghostbusters Movie Night & GMS parking lot

SATURDAY, MAY 8TH
Yard Sale, Donation Collection, & Bike Tuning @ Robie Gym

SATURDAY, MAY 15TH
Bike & Bow
@ Shaw Cherry Hill Farm Trails

SATURDAY, JUNE 26TH
Cornhole Fundraiser Tournament on the Robie Gym Lawn

SATURDAY, JULY 17TH
Bike/Run Duathlon
@ Trails by GMS

SATURDAY, AUGUST 28TH
Gorham Outdoors Adaptive Triathlon @ Shaw Park

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GHS Senior Paruk to Compete in Poetry Out Loud National Semi-Finals

By Grace Flynn, GHS Student Intern



Photo credit Sierra Cummings

Gorham High School (GHS) senior Emily Paruk has been participating in GHS Poetry Out Loud competitions since her freshman year in 2017 and has been a finalist each year for GHS.

This year, Paruk won Gorham's competition and went on to compete and win at the Regional competition, triumphed at the State competition, and will be competing at the Poetry Out Loud National Semi-Finals on Sunday, May 2.

Paruk's success was long in the making. She feels that poetry has always been an essential part of her life.

"It's been a sort of tradition in my family," said Paruk. "My dad frequently reads poems to us and for a commencement speech memorized a poem for every letter of the alphabet."

Her sister, Olivia Paruk (GHS 19'), also participated in Poetry Out Loud throughout high school.

"I loved watching her (Olivia) transform the words on the page into something living and personal," said Paruk.

Kerry Herlihy, GHS English teacher and Poetry Out Loud coordinator, finds that "Poetry Out Loud allows students a different way into poetry

and its magic. Over the years, I have seen students transform through their recitations."

"Of course, it is a terrifying endeavor and it sometimes is awkward and hard," said Herlihy of the challenges of Poetry Out Loud.

Adding on to the typical challenges of this past year, the 2020 Poetry Out Loud competition underwent several changes to accommodate COVID-19 restrictions. GHS chose to host the competition via video submission with judges viewing pre-recorded submissions rather than performances live in the high school auditorium.

The State and National competitions followed suit with similar pre-recorded submission processes. Although the absence of a live performance took away from the electricity Poetry Out Loud typically brings to the stage, Paruk has been optimistic despite challenges.

"My journey was mixed with sudden spurts of effort and energy combined with long weeks of waiting," said Paruk. "It all blended together, with no specific memory rooting the Poetry Out Loud experience in my mind. I'm still in denial; it's too unreal. I'm honestly still trying to

CONTINUED ON PAGE 12

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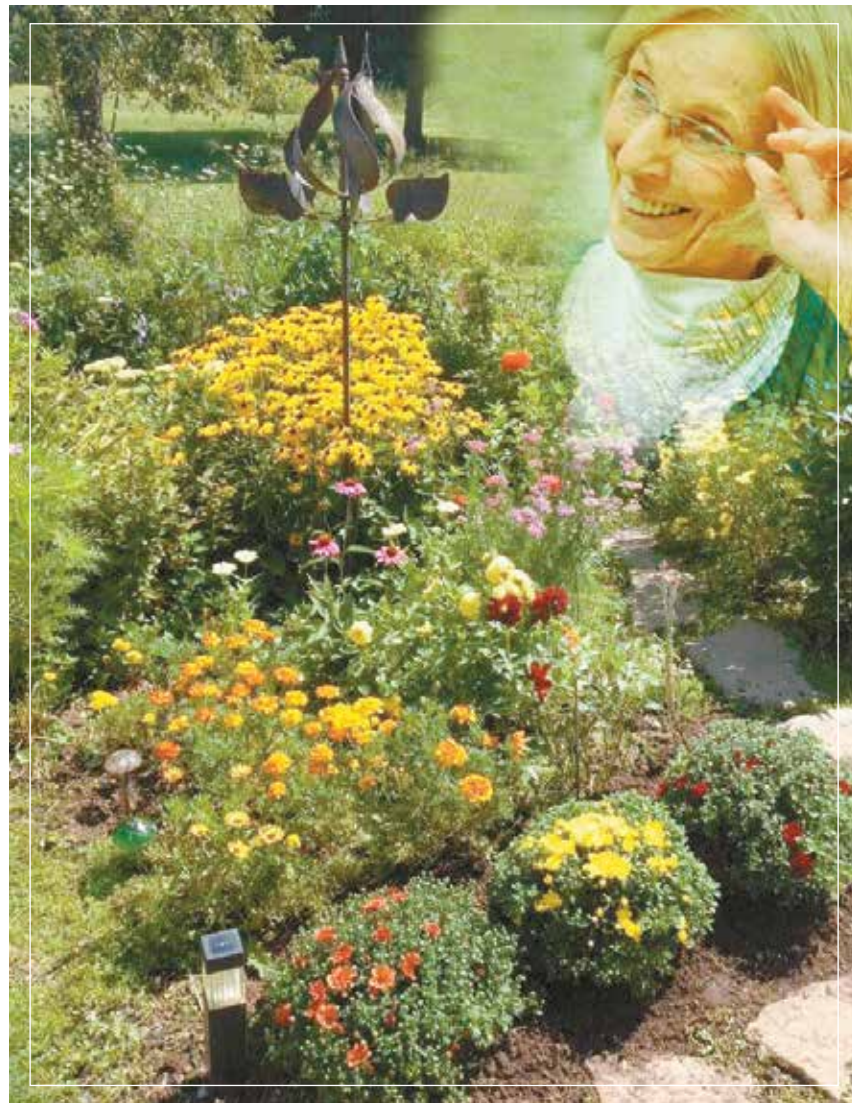
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ing from six to three-foot distance between desks and the disruption caused by changes in routines were balanced against the potential academic benefit, stress of home learning, costs of childcare, and the loss to students of social interaction. Nearly 2,400 responses to a survey of parents and 6-12 grade students revealed a nearly 50/50 split between those who wanted change and those who did not. Exceptions were GHS students, 80% of whom wanted to remain in the hybrid system. Teachers and administrators had also expressed a preference for continuing the current plan.

Students also understand that there will be pluses and trade-offs to the mid-year change. Brady Carlson, a 2nd grade student at Great Falls said, "I am happy about seeing more of my classmates and not having to do home school any more. But I don't feel super-duper safe staying only three feet apart and having so many people in my classroom."

Other students' comments reflected benefits of the four-day school week that had informed the SC decision. Two Great Falls 4th graders currently in the B attendance group said, "Y'know, I'm excited to go back, but also to get used to it again," and "I'm nervous, but excited because I have a lot of friends in the A group."

Superintendent Heather Perry used her blog to give students and parents assurance that, although transitions are always difficult, "we have plans in place that will allow us to safely make these transitions and will remain 100% focused on ensuring the safety of our staff and students."

Gorham School Schedule

- April 19-23: April Vacation
- April 26, 27, 28: NO SCHOOL for K-8 students as teachers prep classrooms
Grades 9-12 students have "normal" remote schedule week of April 26
- April 29: K-8 students attend schools for first day back
- April 30: K-12 remote learning day
- May 3: K-8 students begin typical 4 day per week schedule attending M, T, W, TH
Grades 9-12 hybrid A/B schedule
- June 4: K-12 face to face learning day to make up for Memorial Day
- June 8: K-12 remote learning day
Town of Gorham to utilize schools for polling places (GF, GMS, GHS).
- June 10: Last Student Day

"However," Perry said, "things are likely not going off without a hitch. Transportation will probably involve waiting longer in line when dropping off and picking up students." Parents will be asked to take students to and from school whenever possible. The Gorham Police Department and their VIPS volunteers have agreed to help safely implement pick-up and drop-off procedures for parents transporting their children this spring.

The biggest difference in the K-8 schools will be moving from six-foot physical distance requirements to three feet with other safety measures in place. But Cooper Whitehead, a 6th grade GMS student, may have expressed a typical teenager response to adult decisions when he said, "I am happy we are going to school four days a week, even though school is not my favorite thing to do. It will make things feel a little better, more normal, which will be a nice change."

SPORTS

Unified Basketball Enjoys Shortened Season

By Destiny Cook, Sports Editor



Photo credit Amanda Landry

L-R Front row: River Cummings, Nikolas Gagne, Courtney Rent, Jenna Parker. Middle row: Julia Wareham, Alison Walker, Sophia Kaufman, Emma Stevens, Anna Provost. 3rd Row: Coach Lelansky, Dylan Taiani, Andrew Farr, Josh Martin, Michaela Taiani, Landon Bickford, Brett Barney, Landen Paradis, Coach Tabachnick

Like other winter sports seasons, the Unified Basketball team at GHS was happy to be able to get together for practice as well as play a few games. Coach Eric Lelansky said the team started practice on March 1st with the first of their 5 games starting on March 18th.

According to the Special Olympics Maine website, Unified Sports are

dedicated to promoting social inclusion through shared sports training and competition experiences. Unified Sports joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding.

CONTINUED ON PAGE 11

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Unified Basketball enjoys shortened season CONTINUED FROM PAGE 10

Coach Lelansky said the team had 11 returning athletes including Seniors River Cummings, Andrea Thibeault, Bradley Parker, Sophia Kaufman, Alison Walker, Josh Martin, and Michaela Taiani; Juniors Niko Gagne, Brett Barney, Brice Lyon, and Sophomore Zach Paradis. The returning players were excited to welcome Juniors Jenna Parker, Andrew Farr, Courtney Rent, Landon Bickford, Emma Stevens, and Anna Provost; along with Freshman Dylan Taiani, Landen Paradis, and Julia Wareham. Lelansky shared, "We have 3 sets of siblings on our team which is pretty cool." (Dylan & Michaela, Jenna & Bradley and Landen & Zach)

This season, Unified teams like all other sports across the state, had rules to follow in order to play. "The biggest restrictions were everybody had to wear a mask at all times and no fans were allowed. Having no fans definitely changed the experience but our team was still able to embrace the season and make the best of it," Lelansky said. Fortunately for fans, all games were live-streamed so they didn't miss one minute of the action.

Andrea Thibault and Josh Martin are seniors and in their last seasons of GHS Unified Basketball. Thibault said, "My favorite part was being out on the court with my friends and getting a season and also being able to be with my favorite coaches and a memorable part was being able to get my senior flower from my coach."

Martin said one of the most memorable parts of this year's Unified Basketball was that he got to meet new people that he didn't know from last year. "To be honest, I love trying new things and Unified was like that a year ago for me to say I want to come back! It does stink to not have fans there at games but they still showed us support. They would watch our games on a live stream, they would make awesome signs, even though we

are separated, we still showed support for one another," he said. One of his favorite parts of the season was seeing all the students with mental and physical disabilities have a smile on their face when they scored a bucket for Gorham! Another favorite part for Josh was just having fun. He said he did a lot of rec basketball but unfortunately, he didn't really enjoy it. "My junior year came and I said, let me give this a shot, and Unified basketball changed the way I see basketball nowadays, you have fun, you make friends, you can support one another, a teammate and/or an opponent. Overall, I had a great time playing for the Gorham Unified Rams!" he shared.

Jenna Parker has played her first season with Unified basketball. "Although I have only been involved in one season I have known these athletes for a couple years because of my brother. Unified impacts the athletes in so many ways. Unified gives them a sense of being on a team and what it is like to compete with friends," Parker stated. She enjoys that the athletes are always so happy to get on the court and they get excited to hear their name called out after they score a basket. "As a sibling it brought lots of happiness to me to see my brother and his friends have such a great time. I also loved seeing them make new friends outside of their classroom and do something that had them step out of their comfort zone. Unified was an amazing experience and I can't wait for the next season," she said.

The Unified basketball team had their last game on April 1st against South Portland. While their season was shorter than past seasons, the athletes still enjoyed their time on the court, seeing old friends and making a few new friends too. For more information on Unified sports, you can visit Special Olympics Maine's website <https://www.somaine.org/programs/unified-sports/>



Photo credit Amanda Landry

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GHS Welcomes New Football Coach

By Aislyn McLean, GHS Student Intern

Gorham High School's football program has faced many adversities this past year, from canceled competitions to drastic practice changes. Last month, however, they got



some very exciting news. Sam Morrison, 5-year Assistant Coach and Defensive Coordinator for the Rams, has been promoted to Head Coach.

Morrison grew up in Portland, Maine. He started playing football at age 7, then played Offensive Line for Deering Football throughout high school. He began coaching at age 19 in Virginia for EC Glass High School, then at Massabesic High School and South Portland High School. Now, he runs the In-School Suspension program at GHS and substitute teaches frequently.

Morrison will be taking over for Coach Andy Hager, who ran the football program for over 7 years; this is a big feat, but Morrison is ready. When asked about the upcoming season, he replied, "I am optimistic for a tackle football season this fall with UMaine playing currently and the way spring sports are being played in both HS and local colleges." He went on to say that he thinks he's in a pretty good place with his boys, and hopes that the upperclassmen can act as leaders for the younger players. Morrison wants to provide as many opportunities as possible for his athletes, and plans on creating an exciting yet productive environment for his team.

This is a dream come true for Morrison. "I knew from the first practice I went to as a coach in Virginia that I wanted to do this for a long time," he explained. Morrison recently purchased a home in Gorham, where he lives with his wife, newborn son, and dog. Through coaching, working, and now living in Gorham, he's realized how special this community is. "I can't wait to get started!" he expressed excitedly. The future for Gorham Football looks great. Good luck, Coach Mo!

Vets Helping Vets CONTINUED FROM PAGE 7

Kathy worked 15 years in government civil service (GS 12) and then 5 years with Amistad & Catholic Charities, in safety programs for the chronically mentally ill.

During their travels in the Navy, Kathy and Roger adopted three young children, two boys and a girl. Nicanor, Mateo, and Analyn attended school in Gorham. The Lavignes now have 5 grandchildren who live in Maine and New Hampshire. Their email addresses are: rlav@live.com and kathylav1949@gmail.com. They welcome any opportunity to speak about military life or to help a Vet in need.

Jim Acaro and his wife, Debbie have lived in Gorham since 1983. Jim is semi-retired, after spending 30 years as the Supervisor of the Electrical team at L.L. Bean. Their two children, Elizabeth and Jimmy, attended Gorham Schools and are living in Maine.

Rob and his wife, Robin, moved to Gorham in 1996 when he became Professor of Environmental Studies & Policy at USM, where he still teaches. His two sons, Daniel and Morgan, and daughter, Corey, all attended Gorham schools. Two of the Sanford's grandchildren, Simon and Violet, live in Gorham.

GHS Senior Paruk to Compete in Poetry Out Loud National Semi-Finals CONTINUED FROM PAGE 5

wrap my head around this great opportunity I've been given."

For Paruk, the journey from GHS to Nationals has been an astounding experience and, with the competition being virtual, also left her feeling disconnected. Paruk competed in the Gorham's competition in December with the poems "Fairytale Logic," by A.E. Stallings and "Once the World Was Perfect," by Joy Harjo. She then sent the same recordings to the Regional competition.

Unlike in years past, Paruk did not get the opportunity to watch other performer's recitations at Regionals or States. However, she was given the chance to work with talented mentors as she prepared for States (Moira Driscoll) and Nationals (Brian Evans-Jones).

Paruk expressed immense gratitude on her experience working with both coaches. "I met with Moira Driscoll on Zoom to work on my pre-20th century poem for States and I learned so much. Then, once I won States, the State of Maine provided me another coach (Evans-Jones) who also graciously volunteered hours of his time to help me with my poem analysis and recitations."

Paruk has been acting for the majority of her life with her most

recent role being in GHS's performance of "Vintage Hitchcock," by Joe Landry, for the local One Act Festival.

In her time with Poetry Out Loud, Paruk has found that "there are definitely differences between acting and reciting. My acting experience has actually gotten in the way of my recitations at times. I may over emote or use my hands unnecessarily, as if I was becoming a person. But I've learned that in reciting poetry, you want the words to become the living thing."

Paruk will be reciting "Fairytale Logic," by A.E. Stallings; "Once the World Was Perfect," by Joy Harjo; and "Often rebuked, yet always back returning," by Emily Brontë at the Poetry Out Loud National Semi-Finals competition.

It will also be pre-recorded with a one-time only webcast comprised of performances and the announcement of the nine finalists on May 2. The event will be uploaded to: arts.gov/poetry-out-loud.

If she advances, Paruk will participate in the Finals on May 27, which will also be broadcasted on the Poetry Out Loud website.

"I would love to give a shout out to my English teacher, Ms. Herlihy, for her continued support and passion," said Paruk. "I'm also so grateful for the support and congratulations I've been receiving. Since I never got to experience an audience for my recitations because of COVID-19, when people verbally share their applause it truly means a lot to me."

What's Up with Earth Day? CONTINUED FROM PAGE 4

board members who are determined to make a difference.

"EARTHDAY.org is working with partners around the world to build a historic movement when citizens of the world will rise up in a united call for the creativity, innovation, ambition, and bravery that we need to meet our climate crisis and seize the enormous opportunities of a zero-carbon future," <https://www.earthday.org/earth-day-2021/>.

And they are offering 3 amazing days of climate education and action for people of all ages.

Beginning on April 20th a global youth summit led by Earth Uprising and collaborating with several other environmental groups and hundreds of youth activists, including Greta Thunberg, will include speeches, panels, & lively discussions. Later that night, the Hip Hop Caucus will connect the dots between the climate crisis, racial injustice, poverty and police brutality.

Then, on the 21st, Educational International is presenting "Teach for the Planet: Global Education Summit", a multilingual virtual summit focusing on the role our teachers play in combating climate change with presentations by prominent activists from every continent.

On Earth Day, April 22nd, they will cap off their program with their second Earth Day Live digital event starting at noon with the theme "Restore the Earth" which will include too many topics and activities to list here but is all outlined on their website: <https://www.earthday.org/earth-day-2021/>

"World climate leaders, grassroots activists, nonprofit innovators, thought leaders, industry leaders, artists, musicians, influencers, and the leaders of tomorrow will come to push us towards a better world," EARTHDAY.org

The Maine Audubon Society has their own unique offering, a Maine Outdoor Film Festival. On the 22nd of April they will be live-streaming four short independent films of the Maine outdoors followed by a raffle and an evening celebration of Earth Day. There is a fee and you can RSVP in advance at <https://maineaudubon.org/news/events/earth-day-film-festival-2021/>.

The Maine Sierra Club is offering a thought provoking virtual speaker series on the climate crisis and the environment from April 19th thru the 22nd, for more details check out their website: <https://www.sierraclub.org/maine/earth-day>.

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

Mushroom Bake

1 pound cremini mushrooms
 2 tablespoons unsalted butter
 4 tablespoons good olive oil divided
 1/2 teaspoon freshly ground pepper
 4 bunches fresh arugula (or watercress),
 make sure you dry it very well.
 8 slices good Italian prosciutto
 2 tablespoons sherry wine vinegar or
 champagne vinegar

Chunk of Parmesan cheese (or buy
 shaved, aged Parmesan)
 8 sun dried tomatoes in oil, drained
 and julienned.
 Fresh flat-leaf parsley
 1 small can chopped water chestnuts

Directions: Clean the mushrooms by brushing the tops with a clean sponge. Don't wash them. Remove and discard the stems and slice the caps 1/4 to 1/2 inch thick. In a large sauté pan, heat the butter and 2 tablespoons of olive oil till bubbly. Add the mushrooms, salt, and pepper and sauté for 3 minutes over medium heat, tossing frequently. Reduce the heat to low and sauté for another 2 to 3 minutes, until cooked through.

Meanwhile, arrange the arugula on 4 lunch plates, (or on 1 large platter) and cover each portion with 2 slices of prosciutto. When the mushrooms are cooked, add the sherry vinegar and the remaining 2 tablespoons olive oil to the hot pan. Spoon the mushrooms and sauce on top of the prosciutto. With a vegetable peeler, make large shavings of Parmesan cheese and place on top of hot mushrooms. Sprinkle with the sun-dried tomatoes, water chestnuts, parsley leaves, salt and fresh ground pepper and serve warm.

Questions about the recipes can be e-mailed to Barbara Schneider at bts@maine.rr.com.

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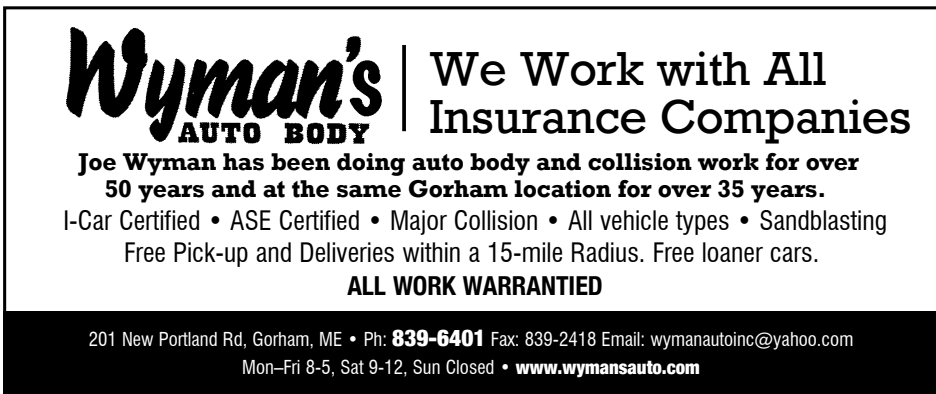
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Since you asked...

Dear SYA,

How do I gracefully age? I'm going to be 50 and I am mourning the loss of my youthful looks. I appreciate the wisdom time has gifted me, but I don't feel attractive anymore. Growing up, I was regularly told that I was pretty, and lucky to be thin and blond and cute. Well! I'm not thin nor cute anymore, and I pay a fortune to some dude downtown to keep me blonde!! I want to let go of this desire to stay attractive, but I get truly depressed when I think about how tired and worn out and round I've become. On a bad day it can bring me to tears. I guess I have to face reality and come up with a better way to feel good about myself.

Signed, Old, Sad and Flabby

Dear Aging Gracefully,

Ohhhhhhhh, Honey. That's a question of people everywhere, when we hit "A Certain Age." All I can say is welcome to the other side, when you get here. You are in the midst of grieving.

"Aging Gracefully" is such a crock, and our "Young is Better" culture feeds us junk day in and day out. You must know that there are marketing wizards making tons of money off of our being unhappy with ourselves, right? That is why marketing works: It gets us to think we should be better, and if we just

do this latest thing or buy some gizmo to lift that skin and tone those arms, we will be HAPPY like the airbrushed and stretched out spokesperson telling us so. Yes, you do need to come up with a different way to feel good about yourself. Your life depends on it. What do you think people do who never were pretty/thin/blond/cute? We learn to manage with what we've got: our curiosity, our love for others, our causes that make the world a better place, our sense of humor. The vehicle we were born in was not ever our choice. Some of us get Fiats, some get Buicks. No choice, no refunds. Just one set of wheels to get us around, with some free will (if we are lucky. That's called privilege.) Every vehicle starts falling apart after 15 years or so, and then it's up to us to make it last. So take care of that lovely worn out roundness. Take it on walks. Start a yoga practice. Give younger women a run for their money by being happy with your soul. Spend more time with folks who have to deal with prejudice just to get through the day. The one bonus I will share is that you are talking menopause talk right now. It only lasts for about 10 years, and then you will get some energy back and be cute in a whole new way, if you accept it. If you are like me, you will care a lot less and swear a lot more.

Please send your questions to gorhamtimes@gmail.com

Patrice Lockhart, MD, has been a Gorham resident for over 20 years. She has raised 3 marvelously well-adjusted adult children, and has a dog named Judy.

the *Courtesy of the Gorham Police Department* blotter

EARLY RISIN' RACCOON

Mighty St. caller reported a sick raccoon. Raccoon had been in the barn and then out back but the officer could not locate it. Caller photos of the raccoon. It was lethargic as well as nice and fat. It was a warm day and the caller thought it might have awoken from a modified hibernation and was looking for food.

Following a complaint about a suspicious person on Hodgdon Road, an officer spoke with a man who works for a non-profit. Once a week, the resident puts out a clear plastic bag of returnables. Man would like permission to collect them as a donation. Officer contacted the caller who was happy with this outcome.

Dow Road caller received an e-mail stating that she had ordered a \$3,000 TV and it was going to be delivered to her home. She deleted the e-mail and checked her Amazon account. It did not show any purchases. She was advised to monitor her accounts and respond to e-mail.

Officer did a welfare check on a School Street man. Officer noted he may have had a few refreshments. Officers told him why they were there and he told them he was going to bed now.

Lucina Terrace caller reported suspicious activity near his home. During a snowstorm, someone had walked behind his home and attempted to get in the back door. He saw footprints and called the police. Footprints came and went. There was no damage to the residence.

Officer responded to a report of a hit and run on Huston Road. Man had stopped to turn into his

driveway and saw a vehicle behind him driving at a high rate of speed. Vehicle could not stop due to snow and ice on the roadway. Vehicle slid past him, through a snow bank, bounced off a telephone pole in his front yard. Caller was unable to provide any identifying information about the vehicle. CMP was notified of the incident as there was damage to the pole.

Officer found a black and pink purse belonging to a Limington resident. Woman had left purse on top of her car. Her husband was coming in to pick it up.

School Street caller said her neighbor was calling her too much and there was no emergency.

Man was working in Gorham when he told his boss he had an appointment. Boss told him to continue working or if he didn't like it, he could get out and walk. Man chose to begin walking. He didn't know where he was nor did he know how to get to Portland. Officer told him about the Husky Line and he was dropped off at a bus stop.

Two employees in a trash truck were arguing. A company supervisor was called to the scene and took over for one of the employees. The other one was given a ride to a bus stop.



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CALENDAR

THURSDAY, APRIL 15

Baxter Memorial Library, Toddler Discovery Time with Ms. Dani on Facebook. (18mos-3yrs)

FRIDAY, APRIL 16

USM School of Music Opera Workshop and Southern Maine Symphony Orchestra, "The Magic Flute" by Mozart livestreaming from the Westbrook PAC.

St. Anne's Knights of Columbus pre-pay drive-through fish dinner, 5 – 6 p.m., 550-1320.

SATURDAY, APRIL 17

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

SUNDAY, APRIL 18

USM School of Music Opera Workshop, "The Magic Flute" by Mozart.

MONDAY, APRIL 19

Baxter Memorial Library, Closed for Patriot's Day

TUESDAY, APRIL 20

Baxter Memorial Library, "Chewonki Virtual Tour," 10 a.m., Register at baxterlibrary.org

WEDNESDAY, APRIL 21

Baxter Memorial Library, "Spring Scavenger Hunt" with Mr. Jeff on Facebook, 10 a.m.

THURSDAY, APRIL 22

Baxter Memorial Library, "Solar Oven," celebrate Earth Day with Ms. Deb on Facebook. 10 a.m.
USM Jazz Ensemble, a virtual concert.

FRIDAY, APRIL 23

Baxter Memorial Library, "Garden Creature" with Ms. Dani on Facebook, 10 a.m.

USM School of Music, virtual faculty concert, Robert Lehmann violin, 8 p.m.

SATURDAY, APRIL 24

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

USM School of Music, "Chamber Music Awards," a virtual concert, 7:30 p.m.

SUNDAY, APRIL 25

USM School of Music, "Honors Recital," a virtual concert, 8 p.m.

TUESDAY, APRIL 27

Baxter Memorial Library, Preschool Discovery Time with Ms. Heidi on Facebook (3-5yrs).
9:30 a.m.

Gorham Lions Club regular meeting, Moody's Collision Center, 6:30 p.m.

WEDNESDAY, APRIL 28

Baxter Memorial Library, STEAM "Make Your Own Board Game" with Ms. Deb on Facebook, 10 a.m.

UMaine, UNH Extension "Weed Management Webinar," 6 - 7:15 p.m. 207-781-6099, extension.umaine.edu/gardening/webinar-series, or email extension.gardening@maine.edu.

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Please take notice that Gorham Sand & Gravel Inc. intends to file an Air Emission License application with the Maine Department of Environmental Protection (DEP) pursuant to the provisions of 38 M.R.S.A., Section 590 on 4-2-21 The application is for Metso cone crusher at locations in Maine. According to Department regulations, interested parties must be publicly notified, written comments invited, and if justified, an opportunity for public hearing given. A request for a public hearing or for the Board of Environmental Protection to assume jurisdiction must be received by the Department, in writing, no later than 20 days after the application is accepted by the Department as complete for processing.

The application and supporting documentation will be made available for review by contacting the Bureau of Air Quality (BAQ) DEP offices in Augusta, (207) 287-7688, during normal working hours. A copy of the application and supporting documentation may also be available at the municipal office in Buxton Maine.

Written public comments may be sent to (DEP Project Manager, Patrick Sherman at the Bureau of Air Quality, State House Station #17, Augusta, Maine 04333.

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