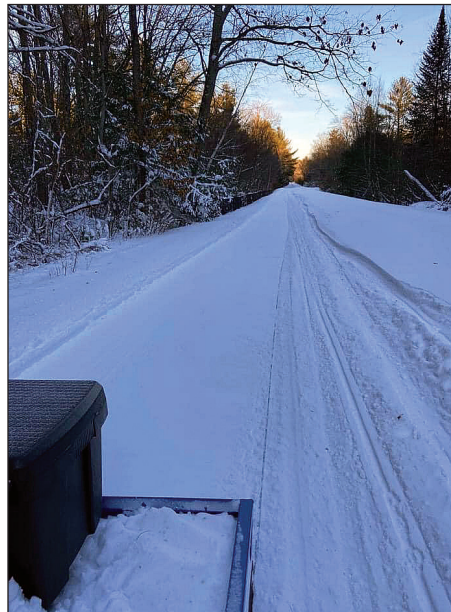


Gorham SnoGoers Groom Trails

GORHAM, ME (January 31, 2022) – The Gorham SnoGoers were out and about, grooming the majority of the trail system. Thanks to the volunteers who make this all happen!



Updates from the Town Manager's Office

GORHAM, ME (February 4, 2022) – The following are notes from the Gorham Town Manager's Office Weekly Report.

~ **Thank you** ~ It has been a busy week for the men and women of Gorham Public Works, Police, and Fire with the active winter weather our region is seeing. Thank you for your dedication and efforts to keeping the roads clear for travel, and the community safe!

Recreation Department Announcements

Highlights from Recent Programs/Events

--Miss Courtney's Mind, Music, and Movement class is full (10, 3-5 year old)

--Basketball: Over 350 students from kindergarten to high school participating.

--Middle school programming for early release days. One program was Intro to Archery, which was full (20 students).

--Sunday, January 23rd: Free ice skating party and hot chocolate with over 60+ attendees.

--Shawnee Peak Ski Program: Almost 100 students from middle and high school attended. Some comments from the community:

- "Your having this club is very much appreciated! Literally one of my 6th graders highlights of the year!" ~ Karla W.

- "I work at the mountain and wanted to tell you, last night every kid who was wearing "Gorham" identifying clothing who went through the cafe line was polite and masked!!! Thanks for the help chaperones! ~ Sue H.

- "So grateful that this is offered and for the work that goes into organizing it for the kiddos." ~ Bev P.

Upcoming Programs/Events
· Exercise classes (Barre Above, Cardio Fit, Cardio Sculpt, Pilates, Spin Classes, Stretch and Tone, Weight No More, Yoga and Zumba) 6 days a week, with over 14 classes offered per week.

· Pickleball: Offered 4 days per week, Mon.-Thurs. at Shaw Gym and outdoors Spring-Fall.

· Trips: Several daily trips planned now through August, including International Cryptozoology, Clue on Stage at

See Updates, page 16

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Newsmakers, Names & Faces

Central Maine Human Resource Association Announces February Programming

COMPASSION FATIGUE VS BURNOUT

Webinar #1 (CMHRA MONTHLY MEETING):

Tuesday, February 15th, 2022 – 8am – 9:30am

In a time of prolonged stress and isolation, the mental health of even those with the best coping skills can be challenged. Professionals from all settings, disciplines, and levels of experience can be impacted by burnout and compassion fatigue. The aim of this presentation will be to not only identify the key differences between compassion fatigue and burnout, but to also identify both the risk factors and protective factors for these stressors on an individual and organizational level and to provide

a means to assess one's personal vulnerability. Join us in exploring a variety of evidence-based research supported protective factors and resources available to reduce compassion fatigue and burnout within ourselves and our work settings.

Presented by: Erica Brown and Connor Huggins

Register: <https://cmhra.org/events/#!event/2022/2/15/compassion-fatigue-vs-burnout>

ROUNDTABLE - COMPASSION FATIGUE VS BURNOUT

Webinar #2 (HR THURSDAY – presented in partnership with the LA Metro Chamber, CMHRA

and the Lewiston Career Center):

Thursday, February 24th, 2022 – 12pm – 1:30pm

In a time of prolonged stress and isolation, the mental health of even those with the best coping skills can be challenged. Professionals from all settings, disciplines, and levels of experience can be impacted by burnout and compassion fatigue. The aim of this presentation will be to not only identify the key differences between compassion fatigue and burnout, but to also identify both the risk factors and protective factors for these stressors on an individual and organizational level and to provide a means to assess one's

personal vulnerability. Join us in exploring a variety of evidence-based research supported protective factors and resources available to reduce compassion fatigue and burnout within ourselves and our work settings.

Presented by: Erica Brown and Connor Huggins

Register: <https://business.lametrochamber.com/events/details/hr-thursdays-02-24-2022-19243>

Erica Brown is an expert in employee wellness programming and is the Director of HR Wellness Programs for the State of Maine. Erica attained a Bachelor of Science degree from the University of Maine, in Food Science

and Human Nutrition, and a Master of Science degree from Boston University, in Health Communications. Erica has been working solely on employee wellness programming for the State of Maine for over six years. She is very enthusiastic and passionate about wellness, nutrition, and communications, and is thrilled to be able to have the opportunity to speak with the Central Maine Human Resources Association.

Connor Huggins, a Program Coordinator with Medical Care Development Public Health (MCDPH), received his Bachelor's degree in Human Ecology from College of the Atlantic in 2016 and his

Master's Degree in Public Health from the University of Southern Maine in 2021. Connor works on the WellStarME Health and Wellness Navigation Team, working to connect state of Maine employees to the many health and wellness benefits and resources available to them. Before his work with MCDPH began in 2020, Connor worked as a graduate assistant at the Maine Rural Health Research Center and on the Flex Monitoring Team at the Cutler Institute and held patient care roles in a variety of health care settings prior to that. In his spare time, he enjoys hiking and exploring the great Maine outdoors with his wife and two dogs.

Committee Gives Unanimous, Bipartisan Support to Sen. Daughtry Bill to Improve and Expand Career and Technical Education in Maine

AUGUSTA, ME Wednesday, the Legislature's Committee on Education (February 2, 2022) — On

Wednesday, the Legislature's Committee on Education voted in favor of a bill from Sen. Mattie Daughtry, D-Brunswick, to improve and expand career and technical education opportunities for Maine students. An amended version of LD 680, "Resolve, To Reestablish the Task Force To Study the Creation of a Comprehensive Career and Technical Education System," passed with unanimous, bipartisan support in committee.

"Career and technical education is a major pathway to help young Mainers launch fulfilling, successful careers. More

than that, our economy relies on these programs to train qualified workers for in-demand industries. That's why it's so important that we make sure Mainers have good access to quality career and technical education, regardless of where in the state they live," said Sen. Daughtry. "I'm thankful for the committee's consideration and strong support of this bill. I'm excited to see the improvements this will ultimately bring to Maine."

LD 680 would establish the Task Force To Study the Creation of a Comprehensive Career

and Technical Education System. This 20-member task force would examine the feasibility, advantages and disadvantages of establishing a comprehensive four-year high school career and technical education program for Maine students, to help more Maine students find pathways to good-paying, local jobs. Under the amended version of the bill, the task force would share a report of its findings in 2023.

"Maine is the oldest state in the nation. With that distinction comes many challenges. We are facing the loss of qualified

and skilled workers to retirement and few waiting in the wings to fill those roles. Today, manufacturers across the state have thousands of job vacancies with few applicants. These are good paying jobs," said Jessica Laliberte, policy relations manager for Manufacturers Association of Maine, in testimony supporting the bill. "We need a strong and robust CTE program that shows students there is more than one pathway to a career."

The bill now faces votes before the Maine Senate and House.

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Newsmakers, Names & Faces

Gorham Superintendent's Update

By Heather Perry
GORHAM, ME
(February 4, 2022) -- February already! Wow... this year is flying by. Unfortunately according to Phil the groundhog, looks like we have another 6 weeks of winter in our future...but something tells me our students don't mind the thought of more winter fun in the snow. Ah, the days of youth when snow was ALWAYS a good thing! Not sure we can say that now as adults and that is likely **OUR LOSS!**

As per usual, I want to start this blog post off by sharing some images showing our students and our staff in their "elements" having fun while learning across our schools! Check it out!

Now on to the information and updates...

AN UPDATE ON OUR DIVERSITY, EQUITY, AND INCLUSION WORK AS A DISTRICT

A few months ago in my Dec. 3 blog post, I provided a quick update on the work of our Anti-Racism and Equity Committee. In this blog I wanted to provide an update to that post that I hope continues to demonstrate our district's commitment to this important work now and well into the future.

As a quick reminder, the Dec. 3 blog post included a link to a summary document outlining work accomplished thus far, which at that time went through September, 2021. You can review that document by viewing this blog online at <https://gorhamsuperintendent.blog-spot.com>

Since then, we have continued this important work in the following ways:

* School Based D.E.I. leadership teams (or what we call our Intercultural Leadership Cohorts or ILC's) continue to meet at least monthly with leadership and facilitation

provided by Maine Intercultural Communications Consultants. The major purpose of these school based groups is to build capacity and understanding for staff around issues of D.E.I. such that these staff members can then serve as respective resources in their schools and assist in driving the daily learning, understandings, and aligned activities of the school around this topic. Basically their job is to work to integrate these important conversations into the very fabric of each school's culture. No small task indeed, but great progress is being made!

* Phase II curriculum audit work continues in the area of social studies across grades K-12. This work digs more deeply into the content area of social studies in order to determine what strengths exist in our current curriculum and what areas may need to be strengthened in our curriculum using the lens of D.E.I. Most recently, we have engaged the consulting services of Lawrence Alexander to assist our curriculum committees in this important work. Our goal is to have a specific list of recommendations brought to the Teaching & Learning Committee for approval and hopeful implementation to begin in the Fall of 2022.

* Just before the Holiday break significant work was done to purchase additional diverse children's literature across grades K-5 to be added to our school's libraries and classrooms for use by classroom teachers and our students. These books were selected by teachers to ensure we could strengthen the diverse themes and stories in our libraries. Emphasis was placed on ensuring the characters in these stories better reflected the diversity and experiences of



our student populations across our schools.

* We are working to expand our diversity hiring practices. We will be working with Lawrence Alexander to provide specific training to members of our district leadership teams on diverse hiring practices in March. We also hope to post an updated equity statement for our website, and place additional materials on our district website to highlight our commitment to diverse hiring practices, diverse recruitment and retention practices. Additionally, we are seeking to post positions in ways that encourage more diverse applicants moving forward. These are small steps that we hope will lead to bigger outcomes to strengthen our overall D.E.I. work.

* We have recently engaged the services of Lawrence Alexander to assist us in the development of a specific training for students and staff across grades 6-12 on the topic of Micro-aggressions later this spring.

* Our Anti-Racism and Equity Committee continue to meet on a regular basis to help steer this work and generate ideas for how best to move forward.

Please know this is NOT an all inclusive list

of the things going on in our schools focused on the topic of Diversity, Equity and Inclusion. These are just highlights of the ongoing work of our district to meet the vision outlined in our district's policy.

Please stay tuned... more great work is yet to come!

JOINT FACILITIES STUDY: GORHAM SCHOOLS & MUNICIPAL BUILDINGS

Over the past year+ the Gorham Schools, in collaboration with the Town of Gorham has been working with CHA Architects to complete a comprehensive facilities study. Last month this study was presented to both the Town Council and the Gorham School Committee in a Joint meeting. The full report is still being finalized and I will share that once it is received, but I thought folks might at least be interested in seeing the slide presentation that was shared as it provides a really nice overview of information (this can be accessed by viewing this blog online).

Next steps in this important work are for the Joint facilities committees of the Town and the School Department to meet and begin to "dig in" to develop a prioritized list of capital projects over

the next 10-15 years that we will work together to try and tackle. As always, if you have questions, just reach out and ask! heather.perry@gorhamschools.org

UPCOMING PUBLIC FORUMS

The Gorham Schools will be hosting a series of THREE open community forums to assist us in informing the development of our next 3-5 year Strategic Plan. You can view our old Strategic Plan by viewing this blog online. This plan was created to move our district forward in meeting our Mission/Vision back in 2018 and is up for renewal. WE NEED YOUR VOICE to make sure we are moving our schools forward to best serve our children and our community as a whole.

Two of the three public forums will be virtual and one will be in person for folks that prefer that more personal touch. Each forum will last 1 hour and is open to all parents/guardians and Gorham community members. Dates and zoom links are below... **WOULD LOVE TO SEE YOU THERE!**

- Thursday, Feb. 10 at 6:30 p.m. (IN PERSON)

Location: Gorham High School, back of MPAC.

LEAD TESTING RESULTS

Maine Schools are now required to test their water for lead contamination on an annual basis regardless of where the water is sourced from. All of our schools are on town water, but as any-

one knows, it isn't just about the water source with lead contamination, it can also be about pipes and fixtures. This is the intent of this new law, to ensure we are addressing all these possible areas of lead contamination in our water supply.

As a result, you will be getting a series of emails from me over the course of the next few weeks with the specific results of our lead testing across all five schools. In these notices, you will find the detailed lab test report, a summary of findings, and if specific mitigation strategies are required, an outline of what those specific mitigation strategies may be.

If you happen to miss an email, don't worry...you can ALWAYS go to our website and click on the link located right on the front page under "News & Announcements" to check out all information posted to date regarding each school's test results.

Please know we take the safety of our water supply very seriously here in Gorham and if any concerns are detected, prompt action will be taken to mitigate and ensure our students are not exposed to lead in our water supply.

SNOW DAY PLANS REMINDER

Just a quick reminder of our overall plans for snow days this year in Gorham. We have five snow days built into our calendar. With those five days built in, we plan on the last student day of the year to be the 15th of June.

See Superintendent, page 11

Gorham WEEKLY

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Seniors Not Acting Their Age

The Elusive Saddleback Mountain Summit



Climbers ascend the Uphill Trail on Saddleback Mountain.

By Ron Chase
(February 4, 2022)
 -- Last winter, friends informed me about a new trail at Saddleback Mountain Ski Resort that led to the summit of Saddleback Mountain. For a fee, hikers and skiers were offered the opportunity to ascend Uphill Trail to the mountaintop while separated from downhill skiers. I lauded the hiker-friendly concept. Recently, I decided to schedule a Penobscot Paddle & Chowder Soci-

ety club hike or ski on the Uphill Trail. Since the path was reported to be a 2.2 mile climb to a four thousand foot summit, it impressed me as an outing that would appeal to club members, especially us seniors. Just before the start date, I found a report on New England Trail Conditions website submitted by a hiker who had recently ascended the trail to Saddleback Mountain and then crossed the ridge to Saddleback Horn. I contacted him

by email and he provided a glowing report of his experience and the trail. The trip was on! Three of us met at Saddleback Mountain lodge on a cold but sunny morning. The weather was near perfect for an above tree line excursion. Two of us older retirees were equipped with snowshoes while the younger member would ski with skins. Our intent was to summit Saddleback as advertised on

their website.

We informed the woman at the ticket office about our planned mission when purchasing trail passes. The helpful employee explained that snowshoes or skis were required while on the trail. She took time to show us the correct route on their map.

From the lodge, we followed Wheeler Slope Ski Trail for a short distance and entered a narrow wooded path signed Uphill Access. The shallow snow base was adequate as we progressed on a gradual incline. Some ice and occasional open water had to be avoided.

After crossing the Hudson Highway Ski Trail a couple of times, the trail steepened in a dense conifer forest. The snow depth was barely sufficient for the skier in our group, but he doggedly negotiated the twisting route. The shorter more maneuverable snowshoes were an asset in that terrain.

Shortly after, we engaged a precipitous section of trail. Our skier exhaustively sidestepped up the gnarly impediment.

Climbing on snowshoes with claws was more efficient. Just above, we encountered a steep section of Hudson Highway situated at the bottom of a curve. Skiers were hurtling down the trail from the right. The Uphill Trail re-entry sign was observed on the other side but crossing was precarious. Once assembled at the narrowest location, we safely raced across during a brief lapse in traffic.

The Uphill Trail continued rising steadily until a roped off section was reached where excavation was in process. Unable to find signage, we explored right and ascended along Hudson Highway before relocating the trail.

Persisting upward, three Chowderheads emerged on Tri-Color Trail amidst blasting snow-making machines. According to the Saddleback website, Tri-Color leads to the summit. Angling left, we proceeded to the top of the ski lift where downhill skiers were assembling for their descents. Just above and adjacent to a warming hut, an unmarked path led to the nearby summit. Our skier

decided to forego the short remaining climb to the top and ski down instead.

Two seniors not acting their ages began their final ascent. A member of the ski patrol abruptly halted us declaring that climbing above the hut was prohibited. Astonished, we asked why. Her explanation was unclear but she stated that if hiking to the summit was our goal, we should have taken the Appalachian Trail (AT). Since AT access begins about 15 miles away, that advice was not helpful.

To say we were disappointed would be an understatement. We had labored heartily to reach the top of the lift anticipating glorious views on the spectacular barren summit. While descending, I decided to return to the lodge to obtain a coherent explanation and request a refund. A gentleman in the ticket office quickly agreed to refund my money. However, he was unapologetic and asserted their policy had changed because they didn't want responsibility for rescuing hikers above

See Seniors, next page



Skiers wearing skins cross Hudson Highway while climbing Saddleback Mountain.

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Healthy Living for ME Invites Mainers To Participate in Leader Trainings

Healthy Living for ME is offering several leader trainings in March for Mainers who are interested in volunteering with the organization as a workshop leader. Any interested Mainer is welcome to join the trainings. Community organizations are also welcome to have their staff and/or volunteers participate in the leader trainings.

“If you’re passionate about health and wellness, leading workshops with

Healthy Living for ME is a great way to make a difference in the community while learning about a subject that matters to you,” said Jen Paquet, Training Manager of Healthy Living for ME. “We invite anyone who is interested in learning more about these trainings and volunteering with Healthy Living for ME to reach out.”

The leader trainings scheduled to begin in March are:

Living Well for Better Health (Chronic Disease Self-Management Program) – Monday, March 14th - Thursday, March 17th, 9:00am-4:30pm, at the Highlands in Topsham

Living Well with Chronic Pain (Chronic Pain Self-Management Program) – Mondays and Wednesdays, March 28th - April 6th, 9:00-12:00pm, via Zoom

Building Better Caregivers - Thursday, March 24th, 9:00am - 4:30pm, at

the Muskie Center in Waterville

Living Well with Diabetes (Diabetes Self-Management Program) – Mondays and Wednesdays, April 11th - April 20th, 9:00am-12:00pm, via Zoom

Successfully completing the Living Well for Better Health leader training is a prerequisite requirement for participation in the Building Better Caregivers, Living Well with Chronic Pain, and Living Well with Diabetes

leader trainings.

If you would like to discuss becoming a leader for Healthy Living for ME workshops or would like to register for one of these upcoming leaders trainings, please contact Healthy Living for ME at info@healthylivingforme.org or 1-800-620-6036.

More information about Healthy Living for ME’s resources and programs is also available at www.healthylivingforme.org.

org.

About Healthy Living for ME: Healthy Living for ME is a statewide network of local organizations, health systems and volunteers that work together to empower individuals to take control of their health. Through tailored services, we provide free and low-cost options that are personalized to focus on the entire individual rather than a single condition to improve overall quality of life.

Flu Season is Underway in Maine; How You Can Protect Residents Who are Most Vulnerable

Augusta, ME (February 3, 2022) – Flu season is officially here in Maine, with 438 positive cases reported season so far by the Maine Department of Health and Human Services. To help prevent the flu in people who are at high risk for severe complications, the American Lung Association and Anthem Blue Cross and Blue Shield Foundation released a toolkit specifically for caregivers of adults 65 and over through their “Fend Off Flu” campaign.

Influenza (flu) is a se-

rious and highly contagious disease that can have severe health consequences for all, and especially for vulnerable adults 65 and older, and those with chronic health conditions. The new toolkit is a resource to educate caregivers including healthcare providers and personnel in long-term care settings about the flu and the importance of vaccination to protect adults 65 and older.

“In recent years, 50-70 percent of flu hospitalizations across the country were in patients over 65.

Flu can turn into a serious, even deadly, illness for people with underlying health conditions,” said Dr. Katherine Hendra, Medical Director for Anthem Blue Cross and Blue Shield in Maine. “With the flu becoming more widespread in Maine over the winter months, the best way to protect yourself and others – and to lessen the severity of the flu if you catch it – is to get your flu shot if you haven’t already. It’s not too late.”

During the 2019 – 2020 flu season, it is esti-

mated the flu sent approximately 380,000 people to the hospital with related complications and caused an estimated 20,000 deaths in the United States, which is why getting vaccinated should be a priority. The flu vaccine is the best protection against contracting and spreading the illness.

“Especially during the ongoing COVID-19 pandemic, routine vaccination is more important than ever,” said Lance Boucher, Assistant Vice President for State Public Policy at the Lung Association in

Maine. “Flu vaccinations have been in use for more than 50 years, with hundreds of millions of Americans safely receiving them. It’s recommended that everyone over six months of age receive a flu vaccine, but they are especially important for the 258,000 people in Maine with lung disease, as well as their family members and caregivers.”

In addition to vaccination, the CDC recommends these everyday preventive actions.

Wash your hands with

soap and water for at least 20 seconds.

Don’t touch your eyes, nose or mouth.

Cover your cough and sneeze with a tissue or your elbow.

Avoid close contact with people who are sick.

The “Caregiver Flu Toolkit” is a comprehensive guide to educate caregivers of adults 65 and over about flu and the importance of vaccination to help protect them from contracting the flu. The free downloadable guide is available at Lung.org/Fend-Off-Flu.

Seniors

Continued from previous page the ski lift.

That settled it. If “you can’t get there from here,” next time I’ll take the AT. And, it’s free!

Author of “The Great Mars Hill Bank Robbery” and “Mountains for Mortals – New England,” Ron Chase resides in Topsham. His latest book, “MAINE AL FRESCO: The Fifty Finest Outdoor Adventures in Maine,” is now available for pre-order at MaineAlFresco.com (northcountry-press). Visit his website



A skier sidesteps up a steep section of Uphill Trail on Saddleback Mountain.

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Arts & Entertainment

Upcoming Events at Baxter Memorial Library



Snow Pant Story Time -- Tuesdays at 10am

Grab your snow pants and join Ms. Heidi and Mr. Jeff for a brilliant outdoor story time that features stories, singing, dancing and playing! We encourage all participants to come prepared for our chilly Maine weather by layering, wearing hats, gloves or mittens, and maybe even a blanket to cover your laps. "Do you want to build a snowman..."

Snow Obstacle Course -- Tuesday, February 22nd 10am

Join Youth Services librarians as we slip, slide, run, jump, crawl, and balance our way through a

snowy maze of obstacles. This is an all ages event.

Ice Castles -- Wednesday, February 23rd 10am

We will be building ice sculptures on the library lawn! Please start saving plastic and paper containers (like juice and milk cartons) from your recycling to freeze colored water in. You can use big plastic mixing bowls, plastic storage containers, yogurt containers, etc. All you need is a container with water and food coloring that you store in your freezer. Bring your frozen building materials with you in a cooler to the event. The library will make as much colored ice as we can but would ap-

preciate everybody pitching in with some ice from home. This is an all ages event.

Fitness Kits Added to Let's Move in Libraries Collection

Youth Services has added two new fitness kits to our Let's Move in Libraries collection. The fitness kits include: a speed and agility ladder, a beaded jump rope, a skip ball, a stopwatch, and a fitness log. Patrons can check out the new fitness kits in addition to the kits that we currently circulate that contain everything you need to do yoga at home, bird watching, and dog training.

Telescope Check-out

Don't forget that you can also check out our telescope to view the beautiful night sky or our metal detector to search for treasure.

CloudLibrary and Comics Plus

Deep winter is a great time to explore Baxter's collection from the comfort of your own home. There are two ways to read online using your Baxter Library Card: CloudLibrary and Comics Plus. Have your library card ready and "check out" our online offerings!

CloudLibrary is a collection of downloadable ebooks and audiobooks for children through adults. It works on phones, tablets, and computers and we add new titles all the time! From leveled early readers to popular graphic novels, from the classics to current bestsellers, CloudLibrary has a wide selection of books for everyone. Ebooks can make reading easier on your eyes, because you can easily adjust the size of the type, the background color of the page, and the brightness. If you're not already a fan of audiobooks, you might find yourself surprised at how much literature you can add to your week when you listen while you

drive, clean, or walk!

Comics Plus is a newer addition to Baxter's online collection, containing thousands of graphic novels and serialized comics for adults and

children. Like CloudLibrary, Comics Plus works great on phones, tablets, and computers, but has the added bonus of unlimited checkouts and no wait lists!



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Don't Fumble Food Safety on Super Bowl Sunday

WASHINGTON, (February 3, 2022) — On February 13, millions of Americans will come together to watch Super Bowl LVI and feast on hot and cold snacks throughout the four-hour event. This uniquely American tradition scores big on entertainment, but it is also rife with opportunity for foodborne illness.

“As families and friends safely gather to watch the big game, keep food safety in mind. No matter who you’re rooting for, foodborne illness is a dangerous opponent we face during the game,” said Agriculture Secretary Tom Vilsack. “Millions of people get sick from food poisoning each year. Following guidance on keeping food at safe temperatures, proper handwashing and avoiding cross-contamination will protect you and

your party guests.” Unlike other food holidays when meals are often consumed within an hour, Super Bowl fans often snack on food throughout the game. Perishable foods, such as chicken wings, deli wraps and meatball appetizers, as well as cut fruit and vegetable platters, can only be left out for two hours before they become at risk of bacteria multiplying to dangerous levels. USDA recommends you put out small amounts of food and replenish it frequently.

Here are some food safety tips for Super Bowl Sunday:

#1 Remember Your Four Steps to Food Safety

Clean: Wash hands for 20 seconds before and after handling raw meat and poultry. Clean hands, surfaces and utensils with soap and warm water before

cooking and after contact with raw meat and poultry. After cleaning surfaces that raw meat and poultry has touched, apply a commercial or homemade sanitizing solution (1 tablespoon of liquid chlorine bleach per gallon of water). Use hand sanitizer that contains at least 60 percent alcohol.

Separate: Use separate cutting boards, plates and utensils to avoid cross-contamination between raw meat or poultry and foods that are ready-to-eat.

Cook: Confirm foods are cooked to a safe internal temperature by using a food thermometer.

Chill: Chill foods promptly if not consuming immediately after cooking. Don’t leave food at room temperature for longer than two hours.

#2 Cook Your Food to a Safe Internal Temperature Using a food ther-

момeter, ensure you reach a safe internal temperature when cooking: meat (whole beef, pork and lamb) 145 F with a 3-minute rest; ground meats 160 F; poultry (ground and whole) 165 F; eggs 160 F; fish and shellfish 145 F; and leftovers and casseroles 165 F.

If chicken wings are on the menu, use a food thermometer on several wings to gauge the doneness of the entire batch. If one is under 165 F, continue cooking all wings until they reach that safe internal temperature.

#3 Avoid the Danger Zone

Bacteria multiply rapidly between 40 F and 140 F. This temperature range is called the Danger Zone.

Perishable foods, such as chicken wings, deli wraps and meatball appetizers, should be discarded if left out for longer than

two hours. To prevent food waste, refrigerate or freeze perishable items within two hours.

Keep cold foods at a temperature of 40 F or below by keeping food nestled in ice or refrigerated until ready to serve.

Keep hot foods at a temperature of 140 F or above by placing food in a preheated oven, warming trays, chafing dishes or slow cookers.

Divide leftovers into smaller portions and refrigerate or freeze them in shallow containers which helps leftovers cool quicker than storing them in large containers.

#4 Keep Takeout Food Safe

If you order food and it’s delivered or picked up in advance of the big game, divide the food into smaller portions or pieces, place in shallow containers and

refrigerate until ready to re-heat and serve. You can also keep the food warm (above 140 F) in a preheated oven, warming tray, chafing dish or slow cooker.

When reheating food containing meat or poultry, make sure the internal temperature reaches 165 F as measured by a food thermometer.

If heating food in the microwave, ensure that contents are evenly dispersed. Because microwaved food can have cold spots, be sure to stir food evenly until the food has reached a safe internal temperature throughout.

For more food safety information, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854), email MPHonline@usda.gov or chat live at ask.usda.gov from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday.

Maine Set To Have Its First Ever Lego Convention



PORTLAND, ME (February 2, 2022) -- Maine is going to have its first ever LEGO convention when the Brick-Universe LEGO Fan Convention arrives at the James A Banks Sr Portland Exposition Building in Portland, Maine on April 30 and May. The event is building on LEGO’s amazing popularity and ingenuity with awesome attractions all centered around everybody’s favorite plastic building blocks.

At past events, the team at BrickUniverse has witnessed thousands of LEGO fans show up to enjoy live LEGO builds and hundreds of incredible LEGO models. The organizers have predicted that the Maine event will be sold-out and purchasing tickets early is highly recommended.

Professional LEGO artist Jonathan Lopes will be coming from

San Diego, California to showcase over 30 of his select LEGO displays including an 8-foot high LEGO Model of New York City’s Woolworth Building. He will be in attendance all weekend and will be able to talk to attendees on his life as a professional LEGO artist and how they, too, can be LEGO master builders.

Additionally, Chicago-based LEGO artist Rocco Buttiere will be bringing over 50 massive LEGO models of famous landmarks from

around the world. See the largest skyscraper in the world, Burj Khalifa, the full Westminster Palace in London, and more famous landmarks all built from LEGO bricks! Both artists have had exhibitions around the world: London, Chicago, Dallas, Copenhagen, and New York.

Other attractions include:

LEGO Retail: purchase LEGO merchandise and goodies from multiple different vendors.

Star Wars Zone: Amazing LEGO creations from the Star Wars universe

Professional LEGO artist meet-and-greets

Fan Zone: epic LEGO creations built by local fan builders

And more!
Starting today, tickets (\$15) are available for

either Saturday, April 30 or Sunday, May 30. Tickets for the event typically sell out, so early booking is advised at www.brick-universe.com/maine



Paul Edward Baribault

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- PHONE NUMBER
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- A DESCRIPTION OF YOUR ITEMS



Superintendent
Continued from page 3

So far, including today, we have used three snow days, which gives us two more to use. We will continue to use snow days in a traditional manner until we use, all five of our planned snow days. If we go over the five planned snow days, any further snow days will move from "traditional" snow days to "remote learning" snow days so that we do not extend the end of the school year beyond June 15th.

What does this mean? It means we have two more traditional snow days to use and then if we need to cancel school for inclement weather after that (which may or may not happen), we would move to remote learning days. Our hope is that this plan balances that we want our students to still experience the traditional snow day, while also making sure our summer vacations begin on time as we know many families make travel plans, etc. around our school calendar.

As always, any questions, please ask...and in the meantime - ENJOY YOUR SNOW DAY!

CONGRATULATIONS TO OUR VERY OWN STEPHANIE NICHOLS (Narr. Teacher)

Just wanted to share a quick congratulations to our very own Stephanie Nichols, teacher at

Narragansett Elementary School, who was recently elected to serve as a Board member on the NATIONAL Social Studies Council! Be sure to congratulate her if you see her around! A well deserved honor indeed! GO RAMS!

REMINDER - KINDERGARTEN ENROLLMENT INFORMATION NIGHTS ARE COMING RIGHT UP! MARK YOUR CALENDARS!

Visit https://docs.google.com/document/d/1vkfK_s9oUMe08Xiva0E3K1U-vqDRAP_19/edit for the flyer information with active links. Then mark your calendars for March 1 if you are a parent of an incoming K student for the 2022-23 school year! We can't wait to have you join the Gorham Schools Family!

AN INTERESTING ARTICLE TO SHARE

So I was talking to my Superintendent colleagues the other day across Cumberland County about staffing issues that we are currently facing. Gorham is not alone in facing these difficulties. Although in most cases we are fairing better than our neighbors - the challenge is still very much present and one that concerns me now and into the coming year's hiring cycles.

Just the other day I did a quick calculation and

we have 41 teachers in our district who are eligible to retire THIS YEAR! Now, thankfully, not all of them will retire (WE LOVE OUR TEACHERS)...but the fact of the matter is that eventually they will, and we will need to fill these positions. In the past we'd often get 100-150 applications for classroom teaching positions. In the past few years, we were very happy to get 20-25 applicants. Couple the challenge of upcoming retirements with the current trend called "the Great Resignation"...and well - you can see why I was talking about staffing with my colleagues and trying to better understand what keeps folks in their positions, what helps to recruit new folks, and what prevents issues of burnout among our staff.

As I was scrolling around recent articles and blog posts on these topics, I came across this most interesting article written from the perspective of a military veteran sharing their thoughts on why employees might be leaving their positions - not just in education, but more broadly. I read the article and thought immediately to myself what a wonderful job this military veteran did in putting some real context into what may be going on in our employment lives as a result of the COVID 19 Pandem-

ic. I certainly wrote my fair share of notes when reading this article, and I will take away some key thoughts for how this information can help our schools to continue to grow and thrive even in the fact of the ongoing Pandemic but what I also thought when I was reading this is that - many of YOU might also be interested in reading it.

Its a quick read - I promise...but worth the time. I have always so respected our military veterans, their thoughts, their opinions, and their strong character. This perspective really helped me to frame what I con-

tinue to hear from employees and employers as we all "come back from deployment"...Check it out at <https://www.mckinsey.com/business-functions/people-and-organizational-performance/our-insights/a-military-veteran-knows-why-your-employees-are-leaving?cid=eml-web>

IN CLOSING

As we continue to celebrate Black History Month, I thought I might suggest reading a poem from one of my all time favorite poets - Maya Angelou's "Equality." My next blog post will be on Feb. 18, right before the February break!

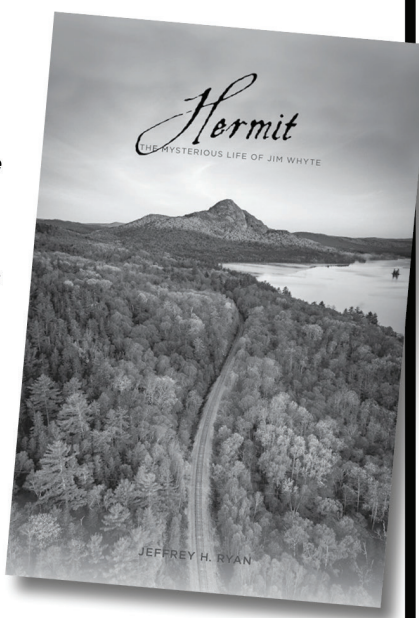
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— George Smith, Bangor Daily News

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GORHAM LITTLE LEAGUE
Field Funding Campaign



The Gorham Youth Baseball & Softball Association is making a large capital investment to provide updates and add fields to accommodate practice and game schedules:

- Develop 2 fields at White Rock
- Purchase seasonal fence for Shaw Park
- Repair dugouts and fencing, build storage centers
- Add infield mix and relevel current fields
- Acquire tarps and field maintenance equipment
- Add scoreboards

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MEMIC Issues Slip-and-Fall Advisory Amid Winter Weather Extremes

PORTLAND, ME (February 1, 2022) – The MEMIC Group, specialists in workplace safety, is reminding policyholders and business owners with on-site employees to avoid costly and preventable workforce injuries by taking simple steps now to prevent slips, trips and falls as extreme winter weather targets the Northeast.

An expansive area of snow and ice is expected to

develop along an approximately 2,000-mile-long swath of the country. By Wednesday night, wintry hazards are possible from Texas and Arkansas into the Ohio Valley. In the blizzard-struck Northeast, rain may collide with snow from a recent blizzard to create standing water likely to create slippery, frozen surfaces Thursday and Friday.

“Unless safety man-

agers want history to repeat itself this Groundhog Day, there are some easy ways to mitigate the risk prior to, during, and after this and any similar winter weather event,” MEMIC Vice President of Loss Control Karl Siegfried said. “Forward thinking businesses need to put preventing weather-related injuries top of mind now, especially in a time of staffing and labor shortag-

es, to avoid costly injuries that could idle their operations.”

Employers and property owners from Maine to Western New York State should regularly sand and salt all sidewalks, pathways, stairs, and parking lots – locations most often cited in slip-and-fall injuries – use extra caution while driving and walking, and wear appropriate footwear and traction en-

hancers. Additional safety tips on preventing slip-and-fall injuries are available at the MEMIC Winter Safety page.

Slips, trips and falls continue to be one of the costliest and most preventable forms of workplace injury. According to The National Institute for Occupational Safety and Health (NIOSH), slips, trips and falls were collectively the third leading

cause of work-related injuries treated in an emergency department in 2019. NIOSH said 27 percent of 888,220 nonfatal work injuries resulting in days away from work in 2019 were related to slips, trips and falls.

“Winter injuries can be prevented with simple sand, salt, and shoveling,” Siegfried said. “And, above all else, with caution.”

Amtrak Downeaster Announces \$20 Round Trip Fares

(February 2, 2022) – The Amtrak Downeaster is celebrating 20 years of connecting Northern New England with reliable and convenient passenger rail service between Brunswick, Maine and Boston,

Massachusetts. Since December 15, 2001, more than 65,000 Downeaster trains have operated, transporting more than 8.29 million passengers the equivalent of nearly 674 million passenger

miles.

For a limited time, help us celebrate with \$20 round trip fares on the Amtrak Downeaster. With 5 round-trips daily, the Amtrak Downeaster is your car-free connection

from Brunswick, Maine to Boston, Massachusetts and beyond. Sit back, relax and enjoy the scenery of northern New England.

Come on board for less when you book now through February 25 for

travel January 1 through February 28, 2022.

To receive this discount, use the Fare Finder above. The discount will automatically be applied when qualifying travel is selected. Or, use the Am-

trak app and enter discount code V471 when booking your trip.

Learn more about local announcements for the anniversary celebration at AmtrakDowneaster.com.

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Court-Ordered Mailing to Re-Enroll Libertarian Voters

(February 3, 2022) – Complying with a federal District Court order, the Maine Secretary of State has mailed nearly 6,000 letters to former Libertarian Party of Maine registered voters to make it easier for them to re-enroll in the party.

A federal judge previously ruled that the state's action to unenroll the voters from the party was illegal, and the LPME's status as a qualified party for elections should be restored for the 2022 election cycle. To comply with the judge's December 31, 2021 court order, Secretary of State Shenna Bellows filed a status report January 31 saying the office "mailed 5,830 letters to former members of LPME that were disenrolled after the 2018 election."

Included with each letter is a pre-addressed postage-paid postcard, which the recipient may sign and place in the mail to re-enroll in LPME. Special envelopes for overseas voters were used for 16 individuals with overseas mailing addresses to ensure that they received the

mailing and could return the postcard free of charge.

Recipients of the letters have until March 31 to return the cards or they can go to their town clerk and re-register there. If that presents a hardship, they can request an extension.

“The state's illegal action was devastating to efforts to grow the Libertarian Party of Maine and provide a real alternative to the major party duopoly,” said Jim Baines, LPME chair. “We have a lot of work to do to recover from the damage, and this mailing is just a start.”

Baines noted that the party is working to qualify a number of candidates for state and local office to provide an alternative to the high taxes, big spending, and authoritarian mandates of the Democrats and Republicans.

“People interested in the Libertarian Party should be on the lookout for candidate announcements, local caucuses, fund-raisers, and other activities in the coming weeks,” said Baines. Learn more at lpme.org or on the Libertarian Party of Maine page on Facebook.

Send all items for Names & Faces to the editor. Deadline is Friday by five pm.

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8 Falcon Road, Lewiston, ME 04240. Registration required: call 1-800-620-6036 or e-mail info@heathylivingforme.org

Feb. 11, 12, 13
BUXTON – 7pm Feb. 11; 7pm Feb. 12; 10am Feb. 13. SURGE Revival Meetings Join Living Waters Christian Church for 3 days of revival meetings as we invite Heaven to invade Earth. God is calling people to hear His voice and

Calendar

Send your submissions to the Editor. More online.

receive salvation, healing, and deliverance! Pete Talbot and Derek Morgan are revivalists from Bethel School of Supernatural Ministry who are hungry to see God move in miracles, signs, and wonders. Special guests: Kingdom Life Worship on Fri & Sat nights! Living Waters Christian Church - 197 Parker Farm Road, Buxton, ME 04093

Feb. 15
GORHAM – 8am Ordinance Committee Meeting Conference Room A

Feb. 16
GORHAM – 8am

Gorham Economic Development Corporation Meeting Conference Room A

Feb. 17
GORHAM – 6:30pm Tentative Recurring CIP Meeting TBD

Feb. 23
LEWISTON – 12:30pm at the Lewiston Public Library: READ YOUR MIND: MAIA KOBABE & SHELBY CRISWELL

In February Lewiston Public Library will host authors Maia Kobabe and Shelby Criswell to discuss how queerness & gender identity impact teen men-

tal health, through the lens of their graphic novels Gender Queer and Queer As All Get Out. Maia and Shelby will be interviewed by youth from our community guest organization MaineTransNet. Free. The Zoom link will be posted to the Library website and Facebook prior to the event. 513-3135; www.LPLonline.org

Feb. 26
GRAY -- Takeout Bean Supper - First Congregational Church of Gray. You MUST order in advance. Contact Carol at 650-9093 and let her know your name, phone number, how many meals you want and choice of pie. Cut off for reservations will be Wednesday, February 23 at 2:00 P.M. Please park at the Parish House, 5 Brown St.

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and enter the Parish House by the Front Door. Meals are single-sized and are \$10.00 each. Pick up time is 4:30 to 5:30. Please pay at time of pick up. Menu - Baked Pea Beans, 2 Red Hot Dogs, Coleslaw, Biscuit, and choice of Apple or Blueberry pie. Face Masks and Social distancing required! Remember, Cut off for reservations will be Wednesday February 23 at 2 P.M.!

Portland Conservatory Announces Dimensions in Jazz Lineup



DIMENSIONS IN JAZZ WINTER & SPRING 2022

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AT COVE STREET ARTS
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NIHCO GALLO, VIBRAPHONE | ROSS GALLAGHER, BASS
ZAK KING - DRUMS | AYAN IMAI-HALL - TAP DANCER

SAT FEB 26

STEVE GROVER MEMORIAL CONCERT
FEATURING A "FRIENDS OF JAZZ" REUNION
TONY GABOURY, GUITAR | TIM SESSIONS, TROMBONE
TOM BUCCI, BASS | R.J. MILLER, DRUMS | BRAD TERRY, CLARINET

FRI MAR 4

BRIAN SHANKAR ADLER BAND
FREE WORKSHOP: SAT MAR 5 @ 2PM
BRIAN SHANKAR ADLER, DRUMS | MIKE EPPENBERGER, PIANO
MATT HOLMAN, TRUMPET | FERNANDO HUERGO, BASS

SAT MAR 26

TRAVELS IN THE ELECTRONOSPHERE
JEREMY UDDEN, LYRICON | R.J. MILLER, DRUMS AND SAMPLER

SAT APR 2

TITUS ABBOTT COLLECTIVE
FREE WORKSHOP @ 4PM
TITUS ABBOTT, SAXOPHONE | SAKO PHEASANT, PIANO
MICHAEL SARIN, DRUMS | SEAN CONLY, BASS

FRI APR 22

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FACE MASK & PROOF OF VAX REQUIRED

PORTLAND, ME (January 28, 2022) -- The Dimensions in Jazz concert series, sponsored by the Portland Conservatory of Music, is bringing significant names in contemporary jazz to Portland this year! The winter/spring lineup includes seven concerts running from February through April.

The performances will be held at the Portland Conservatory's new building at 28 Neal St. in Portland's West End, unless otherwise noted.

The series kicks off on February 5th, at Cove Street Arts with "Nihco Gallo and the Bad-Year Society" for an evening of improvised music with influences from around the world. Vibrapianist Nihco Gallo is joined by tap dancer Ayan Imai-Hall, drummer Zak King, and bassist Ross Gallagher.

On April 22nd, 2022 South African jazz musician McCoy Mrubata (Tenor Saxophone) returns to Portland, Maine in his

fourth tour of the US and will be performing in quartet alongside his friend Gary Wittner (Guitar), Shakeel Curtis (Bass) and Lumanyano Mzi (Drums).

"I never studied music formally as we (black people) did not have music schools and music colleges before our independence in South Africa. I learned from family records, getting odd lessons from older musicians. Music always plays a great role in our communities... music education is important," says McCoy Mrubata. Today, he has been featured on NPR Live Sessions and also won the South African Music Award for Best Jazz Album.

Each year, PCM is proud to present the "Steve Grover Memorial Concert" celebrating jazz musician Steve Grover's compositional brilliance and his many contributions to the cultural landscape of the state he loved.

Other exceptional performances include

the "Brian Shankar Adler Band" presenting a new program of electro-acoustic music for improvisers, "Travels in the Electronosphere" with R.J. Miller on Drums and Sampler and Jeremy Udden on Lyricon, the "Titus Abbott Collective" featuring PCM Jazz Studies director Titus Abbott performing original jazz compositions alongside percussionist Michael Sarin and bassist Sean Conly.

In addition to the Dimensions in Jazz Concert Series, PCM's innovative Jazz Studies Division teaches students how to improvise and to under-

stand contemporary and classic jazz.

Visiting jazz artists host workshops for students and the public that bring this American musical art form to life. Doors open at 7:30pm, show starts at 8:00pm.

Tickets are \$5 for students, \$15 for seniors, \$20 in advance, and \$25 at the door. Face masks and proof of vaccination, or negative COVID test within the last 48hrs, are required for all PCM concerts and events.

To learn more visit: www.portlandconservatoryofmusic.org/dimensions-in-jazz/

Donations Needed for MSMT's Amazing Technicolor Yard Sale

Brunswick, ME (January 31, 2022) -- Downsizing, moving, or just need to clean out? Donate to Maine State Music Theatre's Amazing Technicolor Yard Sale! All proceeds benefit MSMT and donations are tax-deductible.

New or lightly used items including furniture, kitchen, linens, crafts, electronics, treasures, children's items, house and garden goods, and sports equipment (no clothing please) may be dropped off at 22 Elm Street, Brunswick, Maine 04011 (look for the sign in our parking lot) February 9 - April 23 on Wednesdays and Saturdays mornings from 10AM to 12PM. For alternative drop off time, call 207-725-0124. The Amazing Technicolor Yard Sale will take place on April 30 from 10 AM to 4 PM at 22 Elm Street, Brunswick, ME. To learn more visit msmt.org. Maine State Music Theatre is MSMT is a professional summer theatre celebrating its 63rd season of Broadway quality musicals at the Pickard Theater on the Bowdoin Campus in Brunswick, Maine.

ATTENTION:

THE MEMBERS OF WHITE ROCK GRANGE ARE NOT ONLY FARMERS

WANTED: PEOPLE WANTED WITH NEW IDEAS AND COMMITMENT

The Grange located in Gorham at 33 Wilson Rd. (off rte 237) is inviting you to join us at any meeting the first Friday of the month at 7 PM.

Folks willing to put their generous hearts and open hands to raise all of their neighbors and community is the goal of the Grange since 1876. The Grange is an inclusive nonprofit organization. Local activities include but not be restricted to crafts, music, suppers, display at the Cumberland fair and quilts for veterans. Our agenda and focus is at the local level determined by the members themselves. The historical Grange Hall is the perfect building and location for doing any craft. Handicapped accessible, heat, hot water, and full kitchen.

Dues are \$26 per year.

Facebook /Gorham White Rock Grange #380 Web/ mainestategrange.org The White Rock is called Subordinate grange. Use right column to locate.

Ph/ 207-839-3946 leave a message.



Please Join Us!

Offerings for Equine Assisted Therapy



Don't be deterred by the cold! Erin Schlicher offers equine assisted therapy for kids through elders. Schlicher has immediate openings available.

Bundle up and come do a piece of work designed to help improve mood, reduce anxiety, build self-confidence, or work through trauma. We are here to

support you. Sliding fee, self-pay, located in Gorham. Email Erin Schlicher at Erinschlicherlpc@gmail.com for more information.

Updates

Continued from page 1

USM Theater, Red Shoe Barn shopping trip, Maine Classic Car Museum, Saint 2 Patrick's Day Luncheon, Maine Maritime Museum and River Cruise, and Kinky Boots at Brunswick Music Theater.

· 4 longer trips planned: Washington DC, Niagara Falls, The County! and Whitewater rafting

· Delivering meals to Avesta Housing on Mondays.

· Hosting Lake Region Senior Center at Little Falls Rec. Area.

· Hosting a knitting group on Fridays in the Multi-Purpose Room at the Municipal building

Cumberland County Soil & Water Conservation District (CCSWCD) Events

Spring Yardscaping

Workshops

Although Punxsutawney Phil saw his shadow this week, warmer weather will soon be here and the CCSWCD can help folks learn yardscaping tips and techniques to grow a healthy lawn that is safe for families, pets, and the environment. All classes are \$15 and from 6-8 PM. Register online @ cumberlandswcd.org/workshops. Dates are:

Wednesday, March 30; In person or webinar | Windham Public Library

Thursday, April 14; In person or webinar | Yarmouth Water District

Tuesday, April 26 Webinar

Questions? Call Cumberland County SWCD at (207) 892-4700

2022 Urban Runoff 5K - April 23, 2022

Everyone can be a stormwater hero and help

support clean water education by either sponsoring or signing up to join the Urban Runoff 5K. This annual event supports the Town of Gorham's commitment to clean water education, and helps fulfill the Town's requirements to the Maine Department of Environmental Protection. To sign up or learn more, visit <https://www.cumberlandswcd.org/urbanrunoff>.

Ecomaine Recycloped

ia Tool

Not sure which household items can be recycled? Find waste disposal answers with Ecomaine's "Recycloped" at https://www.ecomaine.org/what-can-be-recycled/recyclopedia/#!rccpage=wizard_material_list. For more trash and recycling information for Gorham, visit <https://www.gorham-me.org/public-works-department/pages/trash-and-recycling>.



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