

Ordinance Committee to Study Rezoning Sue Dunn

t their regular meeting, the Town Council encouraged public comment regarding the possibility of rezoning South Gorham for more intense growth.A number of residents shared their opinions. Town Manager David Cole began by explaining there had been a number of landowners that had requested rezoning of individual parcels of land. The general idea for the public comment was rather than rezone by lot, should the town rezone the entire area and if so, how this would affect the current residents in the area.

Jim Means, of Beatrice Dr, pointed out that part of this land includes a designated Wildlife Sanctuary and also that rezoning is premature considering the on-going Turnpike Authority study for a spur to be built in that area."Why spend dollars on revising the Comprehensive Plan when it may be in conflict with the Turnpike Authority," he asked. He also commented that the bypass has already impacted the area negatively.

Jeff O'Donal, South Gorham resident & business owner, commented that this has come before the Council before and many Councilors are aware of the concerns. Eventually rezoning will need to occur but he disagrees with the timing of this citing the plan many times. Currently the Plan designates small scale business growth only if it does not adversely impact surrounding properties and the environment and does not generate signif-



and Central Fire Station to wait for the arrival of Santa. This year Santa was escorted by a dozen decorated "light parade" entries including a Town of Gorham Plow Truck, Moody's Collision Center trackless truck, Great Falls Builders float, New Year Gorham '09-'10 float with Father Time, Gorham Recreation Department golf cart and hayride truck and trailer, the Brickyard 400 Indy Pacecar provided by Shaw Brothers Construction and three entries from the Gorham Fire Department Central Station, West Gorham and South Windham/Little Falls stations. A food drive for the Gorham Food Pantry was held along the Main Street parade route and donations were also accepted from the families attending the "other reindeer games" which took place on the gazebo lawn before the arrival of Santa. The total raised for the food pantry exceeded 450 pounds of goods.

New Year Gorham Countdown Ball Designed by Nine-Year Old Virginia Wilder Cross

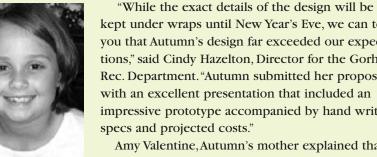
utumn Heil, a Gorham Village School third grader, submitted the winning design proposal for this year's Countdown Ball for New Year Gorham. Autumn responded to the request for proposals published for New Year Gorham through

publication.



CONTINUED ON PAGE 6

the Gorham Recreation Department's winter



kept under wraps until New Year's Eve, we can tell you that Autumn's design far exceeded our expectations," said Cindy Hazelton, Director for the Gorham Rec. Department. "Autumn submitted her proposal with an excellent presentation that included an impressive prototype accompanied by hand written specs and projected costs."

Amy Valentine, Autumn's mother explained that the three-dimensional compass design was completely Autumn's idea and that her daughter even created a catch phrase for it-Take a New Direction in 2010. Her mother further explained that Autumn's original idea required some brainstorming, but after some thinking time on her own, Autumn managed to figure out the science and physics required to make her compass heavy enough to withstand the wind, yet light enough to make it through the countdown in the right amount of time. She created the prototype out of simple materials-cardboard, Styrofoam and string.

Facebook

Autumn's Uncle Billy (William Schaefer of

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inside Times **Hannah Prince:** Hot of the Press **Maine's Best** 18 Blotter **14** Community Deb Kerwin takes a break from busy 17 Calendar 7 School work day at Kerwin Chiropractic, to **Field Hockey 19** Classified **9** Sports catch up on all the Gorham **4** Municipal **5** Living **Player** news. She looks forward to each issue so she You Tube Linked PAGE 9 can stay informed Find us on GOCAT about her communit





NEWS FROM AUGUSTA

Removing the Sales Pitch from Prescription Drugs Representative Linda Sanborn

We've all seen the prescription drug advertisements on television: tranquil music, appealing landscape, and carefree people. All these symbols are designed to make us and our doctors want to choose one brand of medicine over another. However, these very same brands are part of the problem in tackling the high cost of health care—especially prescription drug care in Maine.

Now, Maine is taking steps to remove the "sales pitch" from the prescription process by providing consumers and medical professionals with unbiased, evidence-based information on key drugs. The system aims to help prescribers choose the safest, most effective, and most cost-effective drugs for their patients, with the goal of improving quality while reducing costs of medical treatment. One pilot program among Medicaid populations found savings as high as two dollars for every dollar invested in the program.

One such program sends trained clinicians or "academic detailers" to educate doctors about the latest drugs. The detailers aim to provide an alternative perspective other than the pharmaceutical sales representative, who is often a key source of information on the latest drug trends. While the sales representative aims to sell his or her product, the academic detailers have no profit motive. Their sole function is to educate in an unbiased manner.

The only "product" the academic detailer is presenting is scientific information based on rigorous reviews of available data. The detailer initiates meaningful, interactive discussions of key findings rather than adding more paper to the huge pile of medical journals and articles the providers hope to read someday. The clinicians go out to physician practice sites for individual or group discussions based on independent literature reviews conducted by the Independent Drug Information Service of Harvard Medical School.

The clinician program is administered by the voluntary Maine Independent Clinical Information Service of the Maine Medical Association in partnership with the Department of Health and Human Services.

Not surprisingly, physicians and other providers have been very receptive to the academic detailing programs, which have helped them make good decisions on behalf of their patients.

Likewise, in an effort to help educate consumers, Prescription Policy Choices (PPC), a nonprofit, nonpartisan 501(c) (3) educational and public policy organization based in Hallowell, teamed up with Consumers Union and the Consumer Reports Health Best Buy Drugs TM project to provide consumers with unbiased information about prescription drug choices and options. This magazine informs consumers about drugs available to treat specific conditions, the differences between them, and how they compare to each other.

Hopefully this will "help offset the aggressive direct-to- consumer advertising conducted by the pharmaceutical industry," says Ann Woloson, Executive Director of PPC.

The goal of both of these programs is to give independent and unbiased reports to help patients and healthcare providers talk about treatment options and improve the chances of getting a prescription, if one is needed, that best treats the medical problem at hand and gives the best value for the health care dollar.

More information about these pro-

grams can be found at www.policy-choices.org.

Sen. Phil Bartlett

(207) 839-7827, 1-800-423-6900 *phil@philbartlett.com* **Rep. Jane Knapp** (207) 839-3880, 1-800-423-2900 *RepJane.Knapp@legislature.maine.gov* **Rep. Linda Sanborn** (207) 839-4664, 1-800-423-2900 *RepLinda.Sanborn@legislature.maine.gov*

quick clicks

Around Town

The following town service pins were issued by David Cole, Town Manager: 5 Years Kate Capponni, Fire Department

10 Years Georgia Humphrey, GOCAT Studio Manger; Daleleen Leighton, Fire Department; Kenny Fickett, Deputy Fire Chief

15 Years Clint Cushman, Code Enforcement Office, retiring on December 11.

The Dance Studio of Maine is open-

ing a new endeavor, The Music School of Maine. Open House will be December 10 with classes beginning January 4, 2010. The school will feature piano, voice, guitar, and violin lessons for all ages. The Music School of Maine is located at 6 School Street. FMI, 839-6161.



Gorham Times Exciting Opportunity for 2010

The *Gorham Times* is looking for a new Editor to start in early 2010. This is a great opportunity to support an important community effort. Need to have organizational skills, writing skills, decision-making ability and editing experience. This is a part time, virtual,

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Please e-mail your resume and/or questions to gtimes@maine.rr.com.

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WHERE ARE THEY NOW? On the Road Again— Steven Forrest Hamblen

Jackie Francis

Cteven Forrest Hamblen graduated from Gorham High School in 1971 where he played percussion in both marching band and concert band, and of course, like many teenage musicians, was in a rock & roll band. He fondly remembers the names of his fellow bandmates-Mike Barden, David Aikens and Greg Luce, but for the life of him, he can't remember the name of the group. There's plenty else he does remember. He remembers moving a lot as a kid. The son of a career Air Force Major, he remembers attending three different schools in one school year. Little did he know that his nomadic upbringing would prepare him for the traveling lifestyle of a professional drummer.

Hamblen's first set of drums were his mother's pots and pans, just a toddler imitating his father's natural flair. (His father played in a swing band throughout his Air Force career.) His second set of drums were his dad's—an old Ludwig set—and while he wishes he'd kept them, he has since replaced them with a few more: he's got seven sets of drums in storage all around the country. Hamblen marches to the beat of his own drums—literally.

Enlisting in the military right out of high school, he was fortunate to land a job as drummer in a US Army rock band, which meant travelling to high schools and college campuses promoting the army. He'll be the first to admit he "had the best job in the Army." After military service, he moved to Arizona and was once again travelling the country, playing drums for a 1970's Las Vegas show band. "This is where I learned to play all top 40's music and where I learned the music versatility that I have," says Hamblen. Although he credits his dad for instilling the love of drumming within him, he gives kudos to his mother for the invaluable music theory he learned while taking piano lessons. Hamblen felt his "chart reading" needed perfecting so he enrolled in the Percussion School of Technology (PIT) in LA. "PIT is all about combining the road experience of a musician and the concept drumming styles of major studio musicians," explains Hamblen. His instructors played for Frank Zappa, Vanilla Fudge and Journey just to name a few. Joe Porcaro, one of the founders of PIT. helped him immeasurably with the rudiments of drumming."He takes the



Photo credit Martha T. Harris

Steve Hamblen keeps the beat with the local band Dirty McGurdy. Hamblen (seated right with black shirt) plays with local musicians as well as musicians in Nashville and across the county.

> beat and makes you feel it," describes Hamblen, who is quick to point out the appreciation he has for the musicians who've both inspired him as well as instructed him.

His next gig was back up drummer for country stars George Jones and Tanya Tucker in Hawaii. He thoroughly enjoyed the country genre and subsequently moved to Nashville, TN where he picked up a tour with country artist Tom Grant and trekked across Europe. Once back in Nashville, he played back up for numerous country artists, sometimes playing in front of 20,000 people and sometimes for 10, but always playing from the heart."The music industry is great but you have to be willing to take the tough times," says Hamblen smiling."It's all about the music."

Today, Hamblen calls both Nashville, TN and Gorham his home. A real estate broker for the past 17 years in Nashville and Standish, (real estate works real well with the lifestyle of a musician he claims), Hamblen finds as much satisfaction in sales as he does in music. In December, he will travel to Nashville to work on a new album for a friend. If he isn't working in Music City or brokering a sale for Agency 1 Real Estate, he's playing the drums in his five-piece rock & roll party band, Dirty McCurdy, or for more formal events, The G.B McCurdy Band. Anyone interested in hiring his band can do so by visiting www.dirtymccurdy.com or emailing www.forrestservices.com.







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CHIEF SHEPARD REPORTS Stolen Checks Used for Purchases

vidence will be presented to the District Attorney in the cases involving the thefts of checks from people's mailboxes and homes. The checks were used to purchase thousands of dollars worth of goods. Checks had been stolen from multiple homes in multiple communities, some from mailboxes and some from unlocked homes.

In recent weeks, there have been

fewer complaints about parties at the fraternities as the students seem to be following the rules that were developed by the fraternities, neighbors and USM.

The Gorham PD has received a \$10,000 grant from the Bureau of Highway Safety for OUI and seatbelt details.They plan to have additional details to address underage drinking in the spring.



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TOWN COUNCIL REPORT Road Standards Discussed

Christine Ludwiczak

hen the Town Council granted approval to accept both Peregrine Drive and Falcon Crest Drive as public ways, a bigger question was raised.

Councilor Matt Mattingly inquired about the future adoption of additional roadways, and how the Council views their impact over the long term. "There's always a struggle with roads and the cost of roads," advised Town Manager David Cole.

"The roads seem to come in bits and pieces," explained Chairman Michael Phinney."A few come in one year, none come in the next year; they're always accompanied by the increase in property taxes based on the houses that are being built on those roads."

"This community generally does a pretty good job of making sure that the local roads that are built are built to a high standard, and that's your best bet for limiting future maintenance," Cole said. Although comfortable with Gorham's criterion for new roadways, he cautioned his biggest area of concern are state aid roads, as they attract heavy truck traffic, as opposed to the local roads, used primarily for residential traffic.

"The standards the Town has adapted are very stringent as far as the quality of the roads being built," stated Phinney. "We've increased those standards to ensure the roads we're getting will take the minimum amount of maintenance from the town."

Also at the December 1 meeting, School Committee Chairman, Dennis Libby, provided an update on the H1N1 vaccine, stating, "We still have not received enough of the vaccine to immunize all of our students."

The school is also short on the second nasal dose recommended for students 10 and under. "This is completely out of our control as the state CVC is our provider," Libby explained. "As soon as we receive more of the vaccine, we'll schedule the remaining students to be immunized."The school hopes to have all students who wish to take advantage of the vaccine immunized by early January.

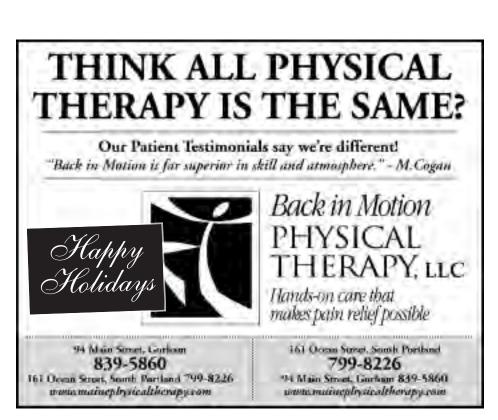
Harold McFarland, of 75 Libby Avenue, addressed the council regarding the maintenance of his neighborhood. Mr. McFarland feels that upper Libby Avenue has a beautiful road with storm drains, granite curbs, and sidewalks, where as the lower portion of Libby Avenue, where he resides, is neglected, with unkempt lawns and ditches collecting trash.

"These humongous ditches devalue my property," McFarland stated. "You don't see my property tax devaluing though." He asked that the council look into maintenance as to help "beautify" lower Libby Avenue.

Councilor Miner and Mr. Cole thanked the participants, volunteers and town staff for the 12th annual "Burn Off the Turkey" 5k road race, which took place the Saturday after Thanksgiving. Proceeds from the race are to benefit New Year Gorham, a town celebration to help ring in the new year. The December 31st event features music, dancing, visual arts, and fireworks to close out 2009. All are encouraged to attend.

The public commented at length in regard to the possibility of rezoning South Gorham. Councilors voted unanimously to refer the item to the Ordinance Committee. See related story on page 1 for more details.

To view results from this meeting in its entirety, please visit the Town of Gorham Web site for posted minutes. http://www.gorham-me.org/ Public_Documents/GorhamME_Plan Minutes/







HEALTHY LIVING Couples Struggling with Stress of Recession Matthew Tiffany, LCPC-C

t seems like there hasn't been a single day for months now in which we don't hear more bad news about the nation's economy. If it isn't a CEO flying across the country on a gold-plated private jet to ask Congress for more bailout money, it's unemployment rates -either going up, or having "a less than robust decrease," whatever that may mean. This isn't a case of the media seizing on a hot topic and playing it up to increase ratings; everyone at this point knows someone who has taken a hit in the wallet. Unfortunately, this spiral of financial strain, especially around the holidays, can take a toll on married couples. The burden of uncertainty can magnify any difficulties a relationship was already suffering. When the going gets tough, many couples find that they are having a harder time connecting to the one person they think will always have their back.

Research conducted over two decades at the University of Washington has provided insight into some of the more critical signs of a relationship in trouble. Over 2,000 couples were studied, looking for patterns in the ways they communicate, and four particular attitudes were isolated that point toward a probable splitthese attitudes were found in patterns that, around 94% of the time, would end with the marriage failing. In case a 94% failure rate didn't raise eyebrows, the attitudes became referred to as "the four horsemen of the apocalypse." (Nothing is worse for a marriage than the apocalypse.)

Criticism in these circumstances refers to the act of judging your partner unfavorably and seeking out your partner's faults. The specific type of criticism in this case is when it is used in a dispute or argument, with the goal of making the other partner look bad while making you look good. All-ornothing statements—"You never..." and "You always..." fall into this category.

Contempt is the active dislike of your partner, speaking to them with disdain. When you are in an argument and you use sarcasm, insults, and dismissive body language.

Defensiveness is when, regardless of what is actually going on, you're always working to ward off what you perceive as attacks. Rather than respond to your partner's complaint, you ignore the meaning in what they are saying and respond with a complaint of your own; you always blame problems on forces outside of your control.

Stonewalling is when you are actively withdrawing from the relationship, avoiding any discussions, being physically and emotionally withdrawn. This was found to be the worst of the warning signs—a sort of "red alert" for your relationship.

The upside of this is that couples who are able to identify these behaviors in themselves can find a way out of the thicket and find a way to return to the things that brought them together in the first place. If you can find those feelings, you'll find that person you live with has your back again - and you've got theirs.

Matthew Tiffany is a therapist and writer working in Gorham. He welcomes feedback or questions—by phone at (207) 518-8145, via the internet at http://sites.google.com/site/mainecounseling, or e-mail at matthewwftiffany@gmail.com.





Gorham House recently honored many of their employees by adding them to their Wall of Fame. Picture from (I to r) are: Joe Hogan, Gorham House owner, Mary Miller honored for 25 years of service, Judy Cox honored for 21 years of service and Venise Minkowsky, CEO of Gorham House

Recently Gorham House honored 33 long-term employees by adding them to their Wall of Fame. The program was purposely scheduled at Thanksgiving so each person would understand how thankful Gorham House is for their dedication and service to the residents.

"Healthcare can be such a demanding job resulting in a high turn over, but at Gorham House we have been blessed with many dedicated individuals," stated Michelle Belhumeur, Executive Director for Gorham House. "These people are so devoted to Gorham House and providing wonderful care to all of our residents, which is why we have been so successful and continually maintain a high occupancy based on our reputation." Belhumeur explained that each person added to the Wall of Fame has been with Gorham House between 10 to 25 years.

The wall of fame is situated near the Director of Admissions office, so if you find yourself in the facility, stop by and take a look at the years of dedication

CONTINUED ON PAGE 6



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GORHAM HOUSE FROM PAGE 5

and how impressive it is as a whole. Two care givers, Mary Miller and Judy Cox, have actually been at Gorham House longer than the new building. When they began the facility was Gorham Manor and operated out of what is now known as the Cottage. They were employees of Gorham Manor when the building and surrounding land were purchased to build Gorham House back in 1989. Judy and Mary were a wonderful bonus to the package deal.

Listed are those who were honored and their years of service: 10 years— Faith Plummer, Michelle Belhumeur,

REZONING FROM PAGE 1

icant amounts of truck traffic, noise, air or water pollution or other significant impact. He explained that town services including water and sewer would need to be provided for this area as South Gorham provides four separate public water supplies, through an aquifer and Stroudwater river, to various towns and intensive growth could impact the water and is also discouraged per the comprehensive plan. Even if public services were provided, the plan still protects features including viewscapes, wildlife habitat, wetlands, water sources and agricultural spaces and encourages a neighborhood feel with limited commercial development and a pedestrian/bicycle friendly environment.

Other residents spoke against rezoning as well stating that the bypass has tremendously increased traffic on McLellan already and rezoning would only make it



Janis Bishop, Jennifer Barnes, Dana Gay; 11 years—Larry Lizotte, Rae-Ann Burgess, Annie Fortnam; 12 years-Clara Bridges, Ken Davis, Beverly Clark; 13 years—Barbara Davis; 14 years—Sue Figucia, Joanne Lamontagne, Jean McInnis, Venise Minkowsky; 15 years-Sandy King, Dory Bridges, Judy Cutter, Angel Burnham, Donna Davis; 16 years-Heather Glidden, Holly Smith; 17 years—Teri Hare, Judy Getchell; 18 years-Marilyn Chadbourne, Dianna Talbot; 19 years—Kathy Breiding, Isabelle Cail, Dwight Webber, Edith Sturgis; 21 years—Judy Cox; 25 years— Mary Miller.

worse. There is also concern for the Wildlife Sanctuary.

Donna Burke, of County Road stated that she has no problem with rezoning and looks forward to it. She is located two houses away from the new Mercy facility and stated, "I have looked at my own home and thought I could see doctors offices in here very easily with the place redone, so my vote is to go ahead with the rezoning on Route 22." She continued, stating that we need businesses in Gorham to help pay for services like schools and felt that this is a great place to do it.Also that growth is coming this way and there is no getting around it.

Demetria Chadbourne, of County Road, stated that traffic is unbelievably strong and this is a perfect place for commercial development that will alleviate the tax burden levied on residential citizens. She is in support of moving this along to the Ordinance Committee.

Council members voted unanimously to refer rezoning South Gorham to the Ordinance Committee for further review and recommendation. The ordinance committee consists of Matt Robinson, Chairman, Burleigh Loveitt and Matt Mattingly.

Chairman Phinney stated he "construed this to give the Ordinance Committee, if it does go forward, very broad power not only to look at the comprehensive plan but at the whole area. Any time you are thinking about changing the comprehensive plan, you should also be talking about why you are changing it and looking at the goals the Committee wants to set and look at those (goals) very thoroughly as well as looking at the Plan itself." He also stated that the goal is to make the growth happen in a controlled manner.

Councilor Burleigh Loveitt commented that change is upon us and the good of Gorham needs to be preserved, but we also have faults, particularly traffic, that need to be addressed. He continued that he felt that this is more a plan for South Gorham, but not a plan for commercial. Loveitt also commented, "If you don't have a plan, any road will get you there, which is exactly what we don't want to happen."

Councilor Noah Minor thanked all who spoke on the topic. He commented that the entire Comprehensive Plan should be looked at and any rezoning plans need to take in consideration the traffic, town services and the environment. He hopes the committee keeps this in mind as well as the possible Turnpike Spur. He questions that if the Spur does go through, it may not help with the traffic woes in South Gorham. There are a lot of people traveling on Route 22 rather than the bypass so the turnpike spur may not relieve the traffic problems in South Gorham.

school

GHS Inducts National Honor Society Members Leslie Dupuis

he following GHS students were inducted into the National Honor Society with a ceremony at GHS on November 17: Emma Alden, Becca Auger, Aaron Bartlett, Foster Blake, Sydney Butler, Lauren Chouinard, Megan Creeden, Kelly Devoe, Andrew Ernest, Hanna Hamblen, Sara Carson Harvey, Ian Hawkes, Kelsie Kerwin, Nathan Lemieux, Allison Matthews, Megan Mitchell, Stephanie Morin, Tom Moutinho, Bailey O'Brien, Eric Plourde, Kelsey Rex, Sarah Robinson, Will Ross, Mason Roy, Zachary Speirs, Sarah Vail, Colleen Ward, Casey Weed, Lindsay Wilson and Seth Wing.

All inductees must have a GPA of at least a 90, have written an essay on the Four Pillars of NHS: Scholarship, Character, Service and Leadership, have participated in community service and extra-curricular activities and have strong teacher recommendations. The guest speaker was Mr. Jon Werner, an English teacher at GHS.

Luke Tanguay, NHS President, presented a speech praising the Honorary Inductee, Mr. Chuck Peters, a Science



Pictured are GHS National Honor Society new and current members.

teacher at GHS who has been teaching for more than 20 years. Tanguay noted that Mr. Peters "pushes his students to new limits with new challenges but at the same time instills confidence in them that will prove to be greatly beneficial in the future. It is clear that Mr. Peters is an exceptional addition to Gorham High School because of his dedication to his students and his ability in helping them to succeed." When he asked his peers why they would "suffer through AP Biology", Tanguay concluded that most simply replied, "'well, I just wanted to have Mr. Peter's again.'"

The first group Service Activity for NHS was a Food Drive on Nov. 21 culminating in a "Stuff the Truck" event at Hannaford. All items were donated to the Gorham Food Pantry.

Digital Doesn't Mean Isolated Tips to Make Computers Part of Your Family

Sarah Prescott, GHS Tech Integrator

Picture this...four teenagers are sitting outside under a tree socializing. What parent wouldn't like that? Now add in that they are all huddled under a blanket to keep the glare off their laptop screens, and that they are outside because that is where the internet connection is strongest, and a different picture emerges.

Is this odd behavior or just the face of the new digital age where kids play and socialize in completely different ways? It's a hard question to answer. The good news is that the hours kids are spending on the Internet are actually helping them to achieve the technical and literary skills they need to succeed in an online-focused world.

Creating a structure for supervising computer use, however, is essential as even older teenagers haven't fully developed the skill of time management. One method for achieving family harmony is to create a 'technology rules of the road' list. Such rules should include:

- *Establishing time limits*—normal usage time for kids aged 8 to 18 is an hour to hour and a half per day, ideally divided into 15-30 minute increments to ensure breaks and parent check-in time.
- *Encouraging balance*—for many kids, the anonymity of online communication helps them to blossom. But they also need to develop the interpersonal skills that only face-to-face interactions can provide and leave time to exercise

their whole body rather than just their brain and fingers.

• *Making kids accountable*—kids need to understand that using a computer is a privilege, not a right. There are rules of etiquette in communicating online as there are in using a phone or meeting a person in public.

• Finding ways to say yes—adults can sometimes see computer use, and in particular gaming and online socializing, as non-productive and taking the child away from 'real' life. Kids, on the other hand often feel that the computer is their main connection to the world. One way to conquer this digital divide is to try and be interested in learning about new technology and media. Have your kids help you set up a Facebook page, download songs, and demonstrate texting. Making the computer fun for the family will result in bet ter communication and an understanding of what rules need to be set and why.

A second Parent Computer Information Night will be held at GHS on **January 6 from 6:30-8:00 p.m.** The session will include information and resources for students, parents and members of the community to help everyone utilize this new resource. Specific topics will include MAC information, parent login and use, Internet safety tips and issues, and a question and answer period.

Narragansett Musical



Second graders (front row - L to R) Colby Christakis, Quinn Sommers, Julie Cooper and (back row - L to R) Hannah Dimick, Brittney Landry, Camden Sawyer, Kasey Cummings, and Timothy O'Brien helped their parents set up for their musical held on November 18. With only a few short months to practice, the children did a great job singing, dancing, and speaking their parts. The audience enjoyed the humor in songs such as *The Gobble Song* and *Turkey Woogie*. The stage was put together thanks to the efforts of Kendra Cummings, Kathleen Dimick, Stacy O'Brien, Amanda Landry, Tara Sommers, Rhonda Sawyer, Michelle Christakis, and Raina Cooper.

Ready, Set, Kindergarten Counting and Repetition

Heidi McGouldrick, Gorham Adult Ed. and Family Literacy Program

Number recognition and counting skills are very important to your child's success in kindergarten. Preschoolers often have a hard time understanding the difference between a number and a letter. Consider introducing the concept of numbers first. There are so many easy ways to incorporate counting into our days. Here are a few activities to try with your preschooler.

- Teach your child to recognize written numbers from 1 to 10. Put them on large index cards. First go over them in order and then out of sequence. Ask your child questions like, can you find the number 4?
- Objects such as pennies, fingers, pens, and pencils are great to play counting games with. Start with 10 items and ask your child to take one away and

Gorham Middle School First Quarter Honor Roll 09-10

6th Grade **High Honors** Diana Albanese Thomas Bernier Tristan Brunet Hailey Bryant **Robert Campbell Emerson Fox** Branden Kuusela Emma Niles **Taylor Perkins** Madison Poulin Calvin Riiska Dylan Rogers Angela Sills Jesse Southard **Rachael Stewart** Ciara Stillson Sydney Stultz **Colby Sturgis Cameron Tracy** Molly vanLuling Emilia Viernes Austin Violette

6th Grade

Honors Kaylin Apt Trenton Bassingthwaite William Baxter Matthew Beahm Doris Beane Carl Bear Olivia Bell Ross Bellino Tyler Bernier Kayleigh Bettencourt Kailyn Bowie Benjamin Bradshaw Emily Bragg Daniel Brann Thomas Brent Kevin Brewer Kyle Briggs Alexander Candelmo Amber Cavarretta Nicole Couillard Rebecca Cupps Sara Darling Taylor Day **Renee Deering** Jennifer Devine Madeleine DeWitt Coleman Dowdle Emily Duff Caitlyn Duffy Gemma Dufour Cody Elliott Courtney Fitz Sarah Flanders Natasha Fogg Morgan Freeman Joseph Gallant Colin Gotschlich Christopher Hannon Dane Heckathorn Maeghan Higgins Cady Houghton Collin Jones Sarah Jordan Mia Kaufman Madison Keating Allison Keeffe Ryan Kenaley Samuel Kilborn Aisling Kirby Elizabeth Kutzer Nikolas Lieberum Spencer Linscott Videlia Marandola Molly Merrifield Hannah Meserve Joseph Moutinho Gordon Murray Jason Nagy Robert Pellerin Grace Petty Julia Plante Sean Pratt

Nathaniel Rines Maxwell Johnson William Selens Trevor Johnson Dayna Shaw Aliza Jordan Allison Sinnett Brendan Kelly **Cameron Smith** Jessica Labrecque Malcolm Smith Jamison Lane Elizabeth Sullivan Thomas Lawson Maeve Terry Kayli-Susan Leavitt Haley Tetreault-Kellett Logan Letourneau Michael Walls Luther Liang Nicole Walls Sarah Logan Robert Weisman Patrick Lynch Allison MacFeat Connor White Nicholas Wilson Jeffrey McNally Brendan Mercier 7th Grade Alexis Miller Douglas Beahm Ryan Bertin Darcie Brown

High Honors

River Dunn

John Ennis

Emily Lewis

Olivia Owens

Jenell Porter

Thomas Susi

Jordan Ward

Andrew York

Zachary Mills Blanca Monsen Tanner Ochse Thomas Pequinot **Christian Daigle** Abigail Perkins Sophie Perkins Margaret Donohue Savanna Petrin Julie Pike Matthew Esposito Kiana Plumer Griffin Germond Mikayla Richman Isabelle Grant Cody Rioux Abigail Hamilton Elizabeth Rioux Meghan Hanley Nathan Roberts Katherine Hopkins Alicia Robinson Margaret Robinson Cole Houghton Elizabeth Kane Spencer Ruda Isaac Salpietra Jennifer Loubier Andrew Schmidt Sarah Norton Madeleine Scholz-Lague Evan Scott **Emily Peterson** Margaret Shields Sarah Plourde **Delaney Shiers** Chandler Reagan Abigail Sladen Frederick Reeder Charlotte Smith Mitchell Rossignol Julia Smith Timothy Sposato **Renae Staples** Jacob Sturgis Andrea Stemm Katherine Stickney Michael Susi Zoe Swift Madison Tippetts Jordann Thomas Benjamin Thompson Ashley Woodbury Daniel Thompson Meagan Thomsen Joshua James Turner Kenneth Tuttle Michaela Williams

7th Grade Honors Ashley Aceto Riley Allen

8th Grade Evan Barden **High Honors** Carly Barber Anna Barr C. Griffin Barrett Emily Berrill Catherine Becker James Biegel Thomas Bradshaw Matthew Bennett Kristin Benson Nicole Brunet William Bessette II Lauren Carter Abigail Biegel Michael Chin MacKenzie Bowers Jeremy Collett Krista Boylen **Griffin Courtney** Patrick Crocker Sarah Buotte GraceAnn Burns **April Cummings** Amanda Butler Olivia Curtis Brooke Caron Meghan Cushing Michael Chapin Morgan Cushing Emma Christakis Thomas Dahlborg Mackenzie Collins Kiara Day Sage Collins Emily DeLuca Kaitlyn Curley Eric DeLuca Erika Dvilinsky Megan Dunlap Reagan Emerson Tyler Eldridge **Gregory Farrington** Chloe Gray Madeleine Hamblen Kevin Frazier Tucker Gasowski Abigail LaPorte Julia Gaudette Paige Lara Hannah Goriss Rvan Latronico Leah Grams Matthew Leclair Brandie Harn Paige Lemieux Erika Heddesheimer Gabrielle Libby Kevin Lombard Austin Hicks Benjamin Hincher Rebecca Lord Sydney Hobart Joseph Martin Matthew Hooker Abby Mattingly Andrew Johnson Jason Meuse Kelsey Mitchell Evan Johnson

Francesco Pappalardo Haley Perkins Ross Pratt Sydney Prindle Jessica Rexrode Dylan Roberts Rona Sayed **Claire Sirois** Joseph Smith Hannah Southard Shelby Stack Katie Tucker Dylan Turner Jacqueline Turner Laura Turner Matthew Vail

8th Grade

Melissa Walls

Honors Rebecca Amell Christian Auspland Gabrielle Bagala Carly Bell Rachel Blattstein Justin Broy Kyley Butler Ashley Clark Jessica Day Sophia Dobben Julia Donley Cole Doughty Molly Dufour Shayna Dunton Aaron Erickson Briana Fallon Charlotte Feinberg Heather Fields Savannah Frager Marissa Gallant Travis Golder Madeleine Gotschlich Travis Grant Nicholas Greatorex Sadie Marie Guimond Johnathan Hamlin Kacey Hamlin Lucy Harrison Breanna Hoyt Samuel Johnson Ashley Keating Benjamin Keene Corbin Kenaley Noah Kiel Karen Knight Eric Komulainen Narissa Kourinos Brandon Labrecque Joseph Lambert Charlene Landry Jesse Leavitt Hannah Leclair Hannah Linscott Haley MacDonald Sarah MacLeod Matthew Melton Jenessa Meserve Shannon Nee Sara Nelson **Delaney Patten-Harris** Michael Piscopo Gage Pratt Brady Provencher Ashleigh Rajotte Jeremy Reynolds Liana Richardson **Courtney Roberts** Samantha Robinson Matthew Roy Joshua Slater Victoria Small Colby Smith Damian Smith Rozada Spiers Lauren Stiles Lydia Story Dylan Truong Logan Weaver Lukas Willoughby

McAuley High School First Quarter Honor Roll 09-10

Juniors Honors: **Caroline Fogarty** Sophia Lawton Danielle Street

Freshmen Honors: Mary Redmond Anna Richard

Commendable: Lindsey Chadburn **Grade 9 High Honors** Lucia Alexandrin Joseph Bennett **Celeste Carpenter** Samantha Cupps Kyle Curley Johna Doyle Stefanie Farrington **Daniel Holmes** Elizabeth Landry Spencer LaPierre Arthur Lockman Michael Lubelczyk Bethany Marshburn-Ersek Cassaundra Martel Maxwell McNally **Riley Shane Perkins** Michelle Pham **Dominic Pompeo** Allyson Redhunt Kristin Ross Andrew Scontras Patricia Smith Elliott Speirs Michael Sullivan Alexander Swiatek Tyler Verrill **Grade 9 Honors** Ashley Aube Daniel Bahun Kayla Billings Grace Bourgault **Collin Bowie** Kristen Braley Morgan Briggs Adam Bucknell Matthew Buotte **Deborah Burgess** Thomas Caiazzo Lindsay Chapman McKenzie Close MacKenzie Coburn Parker Cowand Caleb Dolloff Ryan Doughty Connor Dunn Dylan Evans Sarah Fogg Meghan Foley Jeremy Foster Francesca Gallant Meaghan Gilbert Ryan Gilbert Joseph Graff Jaime Hansen Kayla Harris Elizabeth Henderson Abigail Hodgkins Amber Holivan Alex Johnson Chloe Johnson McKenzie Johnson Taryn Kaczmarek Elizabeth Lavoie Darrian Lewry Nicholas Matthews Alexander McCarthy Amy McCarty McKenzie Meserve Kristin Nelson Alexander Owens Evan Peoples Sydney Perkins Jennifer Pinkelman Forrest Plaisted Taylor Plasz

Gorham High School First Quarter Honor Roll 09-10

Hannah Pratt

Marissa Roberts

Morgan Sanford

Felisha Saunders

Kaitlyn SeeHusen

Marissa Rush

Emily Schulte

Brian Rex

Darice Plumer

Katiana Selens Quincy Shaw Erin Smith Kara Stahl Nicola Stepnick Amy Stevens Emily Stickney Bridget Stillson Michaela Stresser Lindsey Thomsen Margaret Towle Milan Vidovic Evelyn Viernes **Cameron Willette** Grade 10 **High Honors** Jameson Crawford **Davis Daniels** Joseph DeRoy **Grade 10 Honors** Steven Albanese Ryan Baillargeon Daniel Bracy Tyler Carey Alyssa Cormack Zackary Cummings Briaana Custeau Leanna Dalfonso Abigael Dean Nathaniel Dombek Sarah Doughty Eliot Gagne Ashley Gaudette Michael Giasson Philip Holmes Rachel Johnson Connor Linehan Kevin Lubelczyk Alyssa Lurvey Colin Mader Stefani Magee Olivia Marshburn-Ersek

Aryn Martin Alex Miller Nathan Moody Samuel Mosher Michelina Murray Kalindawalo Mutombo Jesse Orach Quincy Owens Nicholas Pocock Margaret Roy Yelizaveta Salenko Osna Sayed Martin Soper Clara Stickney Alexandra Sturgis Ellyn Touchette Bradley Turnbaugh **Kiersten Turner** Lia Van de Krol Larissa Worster

> Grade 11 **High Honors** Sydney Butler Megan Creeden Jessie Dye

Jordan Shiers

READY, SET FROM PAGE 7

to count how many are left.

- Play the card game "Go Fish" by using a regular deck of cards and removing the face cards. This will allow your child to have sight recognition as well as repetition when asking for the same numbers.
- Playing games like "Count the Cars" or singing songs like "5 Little Monkeys Jumping on the Bed" are fun and great ways to incorporate counting into each day.

Hanna Hamblen Brendon Joyce Allison Matthews Adam Mosev Thomas Moutinho

Zachary Speirs **Grade 11 Honors** Emma Alden Michael Arsenault Thomas Bahun **Benjamin Baines** Blake Brown Steven Broy Lauren Caldwell Sullivan Conley Kelly Devoe Edward Dufour Natalie Egbert Andrew Ernest Alexander Filatov Kyle Fitzwilliam Victoria Geffers Ashley Grover Alexis Hamlin Taylor Hammond Sara Harvey Ian Hawkes Sarah Henderson Andrew Huelin Moira Keahon Kelsie Kerwin Conor Kirby Erika Kutchmarick Aaron LaPorte Nathan Lemieux James Lewis Amy Linscott Raisa Luck Logan Marshall Alexander Maston Michael Miliano Sarah Moir Alexis Morneau Kyle Nielsen Kylie Perrin **Ciresse Phinney** Elizabeth Rockett William Ross **Connor Smith** Blake Speed Brian Stresser Grace Sunnell Janek Swiatek Alexandra Tracy Andrew Turner Sarah Vail Alex Verrill Ryan Weed Shannon Wilcox Seth Wing Matthew Zagorianakos Grade 12 **High Honors** Jason Badeau Thomas Bennett Solange Carpenter Lauren Chouinard Charles Geffers Chelsea Huskins Nicole Krebs Elizabeth LaMontagne Nathaniel Marcet Megan Masker

Emily Southard Luke Tanguay Kristina Zarrilli

Grade 12 Honors Abbie Adkison Morgan Alfiero Amanda Arnold Hallie Balcomb Kayleigh Ballantyne Aaron Bartlett Terri Bastarache Nicholas Berry Kristan Bowie Michael Bowring Kristianna Brown Taylor Buotte Kyle Butterfield Curran Candage Ryan Davis Jonathan Day Blake Dean Melissa Deering John Devine Shanti Flagg Brittney Fogg Forest Gagne Gregory Gagne Casey Galipeau George Grant Alexander Graves Chandler Hamilton Adam Richard Hawkes Melanie Hebert Mateo Hernandez Ashley Joyce Carolyn Lambert Sara Lolley Benjamin Lord Molly Lortie Colin Lubelczyk Ryan Luxton Megan Meehan Anne Mitchell Shanice Mitchell **Gregory Mulrey** Benito Murray Christopher Nystrom Nicholas Owens **Gabrielle Parsons** Marissa Patten-Harris John Phinney Corey Poitras Eric Porter Hannah Prince Kelsey Rex Tyler Richardson Sarah Robinson Brittany L. Rogers Kelly Rondeau Mason Roy Nicholas Sampson Elizabeth Rita Smith Kathryn Smith Nicole St. Peter Thomas Stirling Ryan Tardiff Deanna Taylor John Tordoff Jenifer VanGilder Michael Walsh Casey Weed Rachel Wilkinson Lindsay Wilson Christopher Woods Rebecca Wormwood

Stephanie Morin Bailey O'Brien Kasey Perkins Here are a few books that are perfect introductions to counting: Five Little Monkeys Jumping on the Bed by Eileen Christelow, Over in the Meadow illustrated by Ezra Jack Keats, Ten Red Apples by Pat Hutchins and Chicka Chicka 123 by Bill Martin Jr., Michael Sampson, and Lois Ehlert.

sports

Hannah Prince: Maine's Best Field Hockey Player





Photo credit Greg Prince

Gorham to receive the award, which is given to the best senior field hockey player in the State of Maine. Prince is shown above in action during a regular season September game vs. Kennebunk.

The shaking and the heart-pounding started as her coach began telling the audience about all of her accomplishments. But just a little while later those emotions turned to tremendous joy as GHS senior Hannah Prince was named winner of the Miss Maine Field Hockey Award. Given by the Maine Field Hockey Association to the top senior player in the state, Prince received the award December 6 during a banquet at the Augusta Civic Center. There to share in the glory with Prince were parents Greg and Theresa, GHS head coach Becky Manson-Rioux, and long-time teammate and friend Kayleigh Ballantyne, who started playing field hockey with Prince way back in first grade.

GHS senior Hannah Prince

received Miss Maine Field

Hockey Award trophy December

Association during a ceremony at

the August Civic Center. Prince, a

Gorham, is the first player from

four-year varsity starter for

6 from the Maine Field Hockey

Another person in attendance that played a major role in inspiring Prince as a youth player was Alicia Durgin.

Continued on Page 10

Photo credit Jason Tanqua

GHS Weekend Varsity Sports Line-Up

Friday, December 11

7:00 p.m. Boys' Basketball vs. Thornton Academy at GHS Gym

Saturday, December 12

- 1:00 p.m. Boys' Basketball vs. South Portland @ GHS Gym
 1:00 p.m. Girls' Basketball @ South Portland High School
 6:30 p.m. Boys' Hockey vs. Kennebunk @ Biddeford Ice Arena
- 8:10 p.m. Girls' Hockey vs. Portland @ USM Ice Arena, Gorham
- All games subject to change. For up-to-date schedules and details of all GHS sports, visit www.digitalsports.com

GHS Winter Sports Preview—Part I

Jeff Pike

The GHS winter sports season began on Nov. 21 as the girls' hockey team, which includes two players this season from Bonny Eagle High School, started its regular-season ahead of everyone else. The boys' hockey team as well as the boys' and girls' basketball teams began their seasons the weekend of December 4-5. The boys' and girls' track teams begin their seasons in late December while the boys' and girls' ski teams as well as the cheerleading team begin their competitions in January. Additional previews will be in the January 8 *Gorham Times* issue.

BOYS' BASKETBALL

- Head Coach: Josh Longstaff, entering second year as head coach.
- Last year's record: 6-12. Lost to Windham in preliminary round of the playoffs.
- Returning starters: Seniors Alex Graves (guard), Mason Roy (guard) and Jon Day (center).
- Other Impact Players: Senior Ryan Luxton (forward); Juniors Zach Speirs (forward/center), Jeremy Earl (guard), Andy Turner (guard) and Blake Speed (forward); Sophomores Carter Bowers (forward), Kyle Neally (center).
- **Captains:** Mason Roy, Alex Graves and Zach Speirs
- **Coach Comments:** "Our team strengths are size and speed, and the team works extremely hard," said Longstaff. "We are looking to improve on our rebounding and defense, and we should find ourselves fighting for a playoff spot."

BOYS' HOCKEY

- Head Coach: Jon Portwine, entering second year as head coach.
- Last year's record: 17-1, ranked first in Western Maine Class A. Lost to Biddeford in playoff quarterfinals.
- **Returning starters:** Seniors Sean Grandmaison (forward), Tim Hardy (forward), Spencer Violette (forward/defense) Justin Bahr (defense)
- and Kenny Estes (defense). Other Impact Players: Senior Mike
- Bowring (goalie) and sophomore Nate Holloran (goalie). **Captains:** Co-captains Spencer Violette
- and Sean Grandmaison; Assistant captain Justin Bahr.
- **Coach Comments:** "With 10 seniors on the team, our experience, leadership and depth should be strengths," said Portwine. "But we need to cut down on penalty minutes to compete with the elite team in Class A, and we will need to get offensive production out of the entire roster. We look to continue to build on the success of last season as we face a more competitive regular-season schedule. This year's team is the deepest team Gorham has ever had, and we should be in the mix for a second straight playoff berth."

GIRLS' BASKETBALL

Head Coach: Laughn Berthiaume, entering third year as head coach.

- Last year's record: 6-12. Just missed qualifying for playoffs.
- Returning starters: Senior Kristi Brown (guard); Juniors Alyssa Clark (forward), Mia Rapolla (guard) and Natalie Egbert (guard); Sophomore Kiersten Turner (guard).
- Other Impact Players: Senior Elizabeth LaMontagne (forward) and sophomore Sarah Perkins (forward).
- **Captains:** Kristi Brown and Elizabeth LaMontagne
- **Coach Comments:** "We are deep at the guard position, and if we play team basketball by sharing the ball and moving quickly, we should be able to score," said Berthiaume. "We also need to commit to the defensive end of the floor. Team rebounding will be critical for our success as we look to make a push for the playoffs. Our veteran players have at least two years of varsity experience so we are looking to improve our court sense and general understanding of the game. I am optimistic that we can be a playoff team, but that will happen only if we defend and rebound. I am extremely excited about this group, and we have a fantastic mix of veterans and underclassmen. The newcomers are hungry to earn playing time, and the veterans are looking to make a name for this team. Practices have been competitive and positive."

GIRLS' HOCKEY

- Head Coach: Nat Germond, entering second year as head coach.
- Last year's record: 2-14. **Returning Players:** Seniors Kat Whitehead (forward), Deanna Taylor (forward) and Lexi Hamlin (forward); Juniors Hanna Hamblen (defense) and Taylor Lappin (forward); Sophomore Mariah Taylor (defense) and Ally Violette (forward).
- **Other Impact Players:** Junior Carissa Farwell (goalie) and freshman Rachel Litif (defense)
- Captains: Kat Whitehead, Lexi Hamlin and Carissa Farwell
- Coach Comments: "We have terrific goaltending and a solid defense corps," said Germond, "There are many players who are brand new to organized hockey, but they have all come with a willingness to work hard and improve. Our greatest weakness will be our lack of experience so our focus will be improving on fundamental individual skills and basic team concepts. We also need to start generating some offensive opportunities. Despite a slow start to the season, I am encouraged by the focus and overall attitude of the players. We have played every minute of every game to the best of our abilities, and our players simply refuse to quit. We are looking to improve upon last season's record, and we believe we can."



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in the Zone

All-State Field Hockey Player: GHS senior Kayleigh Ballantyne was named to

the Maine Sunday Telegram All-State Field Hockey Team. Ballantyne set a school record this season with 21 assists, and along with her teammate

Hannah Prince, was among just 10 players statewide named to the team.

Soccer Coach of the Year: GHS boys' soccer coach Tim King was named the Southwestern Maine Activities Association Coach of the Year for the second time. He also won the award in 2006. This is the third major coaching award for King during his time at Gorham as he also received the Charles Butt Award presented by Western Maine Board of

Approved Soccer Officials for general sportsmanship in 2004. King began coaching boys' soccer at GHS in 2000.

All-State Cross Country: GHS junior Mia

one of just 10 runners named to the Maine Sunday Telegram All-State girls' cross country team. In just her first year on the team, Rapolla finished sixth at the Class A State



Meet and was named to the Southwestern Maine Activities Association All-Star first team. Rapolla also competed in the New England Cross Country Meet where she finished 57th.

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HANNAH PRINCE FROM PAGE 8

"She was my coach in middle school, and she and her sister, Jenny were great role models," Prince said. "I wanted to be just as good as they were."

Prince is the first Gorham player to receive the award, although the same Jennifer Durgin that inspired Prince was among the finalists in 2000. Prince was a four-year varsity starter for Gorham and was named this year as the Player of the Year for the Southwestern Maine Athletic Conference. She was also named to the Maine Sunday Telegram All-State Team after scoring nine goals and contributing seven assists during the season. Prince credits a lot of her success to coach Manson as well as all the off-season club teams, clinics and camps she participated in. Over the years, Prince qualified to play on national teams that took her to tournaments across the country and once to Holland.

Coach Manson-Rioux said this award for Prince is huge for the entire GHS field hockey program and points towards discipline, dedication and selfmotivation as the key personal attributes that helped Prince reach this level of play. "She also has great instincts for the game and is always aware of where she should pass the ball," Manson-Rioux added. "Another key to Hannah's success is that she started playing field hockey very young and participated in many offseason programs, which gave her extra exposure to the game."

Prince first began thinking about winning the Miss Maine Field Hockey Award during her junior year. "I saw that players I had played with were being nominated, and that made me confident that I could possibly win the award," Prince said. "I set it as a goal going into my senior year."

As for advice to younger players aspiring to reach the same level, Prince recommends, "Practice on your own as much as possible, even if it means hitting the ball against a wall. And run a lot to get in shape so you won't get tired on the field. It also helps to participate in as many clinics and camps as you can so you can learn the proper techniques." Next fall, Prince will play field

hockey for the University of

Massachusetts. The official announcement is scheduled for February 1, 2010. After hearing the excitement in her voice after winning the Miss Maine Field Hockey Award, the university is sure to benefit from the enthusiasm that Prince offers in addition to her superb field hockey skills.



Secondst United Maine is holding winter skills clinics at the USM Field House on Sunday's from this weekend through early January. These clinics are open to any U-6 to

U-14 player and will focus on different topics each week. The sessions will be run by Mike Keller, USM Men's Head Coach who will be supported by Seacoast United staff and other guest coaches.

Time: 10 = 11:30 am 4 weeks remaining in the session Cost: \$70

For more information and program costs please go to seacoastunited maine.org of contact firm Wade (winderin seacoastumited org: 729-8444

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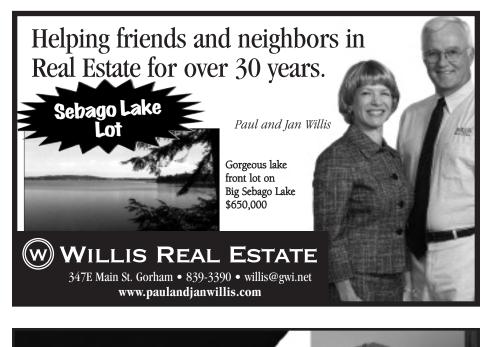
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Gorham Marketplace Gearing Up For 2010





he Gorham Business & Civic Exchange has announced that it is now accepting registrations for its annual Gorham Marketplace to be held in the Costello Sports Complex on Saturday, March 27, 2010 at the University of Southern Maine in Gorham.

"This is the thirteenth year the Exchange has held its popular trade show, and we expect this year will attract even more exhibitors than before," said Donna Reinheimer, President of GBCE.

The Exchange began accepting Marketplace booth registrations on December 1 and will continue to do so until February 28. There are tiered discounts for exhibitors who register before December 31 and January 31, so vendors are encouraged to get their registrations in early. In addition to the discount, early registrants receive advertising benefits.

"Because thousands of people attend Marketplace, we encourage new businesses, as well as businesses offering new products or services, to consider this trade show as an affordable promotional opportunity," said Katie O'Brien, Co-Chairperson of Gorham Marketplace 2010.

For a registration form or more information, call Dede Perkins at 892-5515 or visit www.gorhambusiness.org.



SHORT MOVES BRING RETIREES HAPPINESS

A recent study challenges the notion that retirees must either remain in place or move to retirement communities in warmer climates in order to be happy. According to research by the Center for Retirement Research, American retirees who move are likely to be happier and wealthier than those who remain in their family homes, but their moves are often short ones. Sixty percent of the people between the ages of 51 and 73 who moved during the course of the 12-year study only moved distances of 20 miles or less. These numbers suggest that the moves followed a down-sizing strategy to more manageable households. Those who executed planned moves also professed to be happy and wealthier for having done so.

With the year 2010 a few days away, it's a good time for people to evaluate their needs and formulate plans to make their lives more comfortable and positive. Do you anticipate a move in your future? Whether you're downsizing, purchasing a larger home, or purchasing a first home, please browse

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COUNTDOWN FROM PAGE 1

Machias, Maine) designed the New Year Sardine Drop used for the Eastport, Maine celebration and Maple Leaf Drop used for St. Andrews, Canada New Year celebration a few years ago, and he invited her to help with the lighting. "Autumn was so excited when she saw the opportunity to design a countdown device for Gorham," continued Valentine, "that she went to work right away on her idea." Her creative family includes artists and sculptors and now they can add scientific designer to that list!

Autumn's dad William Heil, who just happens to be an electrical engineer with Harriman Architects and Engineers, was consulted on the project and, with Autumn's help, he was able to confirm that the compass would work!

The "Compass" will highlight the countdown to 2010 that will precede the fireworks display culminating this year's New Year Gorham. FMI, contact Virginia Wilder Cross, New Year Gorham Chair or visit the web site: www.newyeargorham.org.

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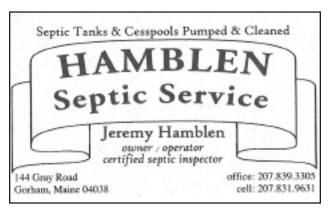
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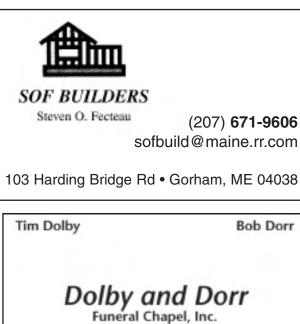


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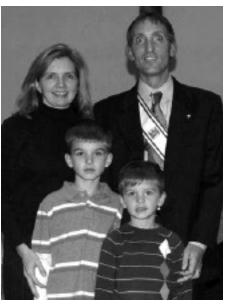
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community



Tom and Marsha Caufield are happy to announce the engagement of their daughter, Lyndsey Caufield (GHS '00), to Leslie Himelick of Marion, Indiana. A New Year's Eve wedding is planned and the couple will reside in Georgia.



The St. Anne's Council of the Knights of Columbus is pleased to announce that brother Kevin Eichner achieved his 4th degree on the evening of November 24 and was presented with the cape, chapeaux and saber by State Secretary Raymond Sargent. The Knighting Ceremony was witnessed by Kevin's wife Susan, sons Ben and Nathan, and was followed by a social hour where friends, family and brother members from area councils were in attendance. The Gorham Lions once again distributed Thanksgiving meals to 20 needy families in the Gorham area. Lion members Paul Weeks, Marie Harmon and Linda Funk organized the effort this year, while Jim Burnham, Bruce Hill, Paul Weeks and Norm Wedge were in charge of distribution.

USM students and Sigma Nu fraternity members Randy Hazelton (Art Major), Silas Jordan (Electrical Engineering) and Justin Enman (Ind. Technology), raked leaves at First Parish Church in Gorham and neighboring homes last weekend.

The Gorham High School Key Club will sponsor a 'Breakfast with Santa' on Saturday, Dec. 12 from 7:30-10:30 a.m. at the Cressey Road United Methodist Church, and all proceeds will benefit Operation Tribute, an organization that provides holiday gifts for children of Maine's military families. Enjoy breakfast by Chef Mo, music, performances, silent

auction and Santa of course! Tickets are \$5 and available at the door. FMI, call 221-0296.

Gorham residents involved in Portland Symphony Orchestra's Magic of

Christmas concert are: Nate Bates (chorus); Ruth C. Doyle (chorus); M. Kathleen Johnston (chorus); Ervin Kimball (chorus); Jay Nettesheim (chorus); Naomi Stevens (chorus); Ardith Keef (orchestra), and Elizabeth Rines (orchestra). The concert runs Dec. 11-20 at the Merrill Auditorium. FMI, visit www.portlandsymphony.com **DANCE USM!** The public is invited to the USM Department of Theatre's annual mash-up of costumes, lights, sound and bodies in motion on Saturday, Dec. 12 at 7:30 p.m. and Sunday, Dec. 13 at 2 p.m. Russell Hall, Gorham Campus. Tickets are \$7/\$10/\$14. FMI, 780-5151.

The Baxter Memorial Library is once again hosting an Annual Giving Tree through Friday, Dec. 18 for teens and 'tweens (ages 10-18). Donated items will be given to the Gorham Ecumenical Food Pantry and then distributed to Gorham families in need. Donations of new and unwrapped gifts may be dropped off during regular library hours. Appropriate gifts include books, movie tickets, cosmetics, toiletries, clothing and winter accessories like scarves, gloves and hats. FMI, 839-5031.

St. Ann's Episcopal Church in Windham would like to extend an invitation to any who find themselves without a caring, Christian community this Advent and Christmas season-the season of new beginnings. Aware of the growing number of "stay at home" Christians who have lost connection with a vibrant church community, St. Ann's is happy to welcome quests or visitors to their community this season and beyond. "Many of our church members come from different faith backgrounds," says Father Tim Higgins. "St. Ann's is open to all expressions of faith." When you attend a Eucharistic Service you will experience deep traditions based upon the Liturgy

A New Year Gorham Buttons available at Gorham Hannaford, Bookworm, Button is your admission Baxter Memorial Library, Gorham Rec. Dept., Gorham to everything! Copy Center, North Gorham Library, and Casco Federal ONLY \$5 Credit Union. \$20 Family Package available before December 31 Buttons also available at all venues on New Year's Eve. at the Gorham Rec. Dept. GORHAM REC DEPT. BAXTER MEMORIAL LIBRARY The New Year FIRST PARISH CHURCH Time Performance Performances Sanctuary Performances Line Time Wild Life Encounters Traveling Zoo Gorham FREE 700-940 6(30-7:00 Story Time 7500-7250 First Parish Church Choin (Feur 20 min shares) shuttle buses will 7.00.000 Mad Science 7.45-900 Domph CENTRE OF MOVEMENT begin service at Embrace the Dissonant Performance Times Not Comfirmed Time \$1300 Sheen 7 PM with final GALILEE BAPTIST CHURCH 700-1-15 Centre of Movement Variety Show Ounph 8.00-8:45 Drum Circle run immediately 9.15.9.45 Choral Arts Society Lime Sanctuary Performances 7:00-8:30 Cortle Call (0:00-10:30 Choral Arts Society 如何 Swing Dance Lossons. following New 8:30-9:00 Intermistive and Set Up 10.00 10:45 Centre of Movement Variety Show Year countdown CMCT Cole will office hus reproduments? 9:00-10:30 Red Flammi Hish-Fellowship Hall Performances and fireworks. Mel Tukey and the Cham Flat Five-7:00-10:30 Family Life Center Performances OURSPACE. Shuttle service 7:15-8:00 Losley Smith and The Denter of Late Pappets Time Performiner Brandon Baines Ye-Yo Champ 9151015 CRESSEY UNITED METHODIST 8:15-9:00 Losley Smith and The Thester of Life Poppets provided by: CHURCH 10 15-51kininta Duppe-to the dupped by "Common Ground" ROBLE GVM Time Performances Home Tristead Swing, Ohlies, Rock '= Ridl Mix Worship Service 7500-8:00 SUNIOR CARE Performance Time Countdown with Dave Eid 11.59 6.15-6.45 Liandbell Choir 8:30-10:30 Picke Chop and Olines White Mean Sportwaster for WGMIE Chumer 13 Rockin' Dance Music 9/01-15:00 Evessey United Methodial Protects Fireworks (Weather permitting) Midnight DANCE STUDIO OF MAINE Time ODD FELLOWS BUILDING Performances 7.00-7.90 Shattle Huses will make Dance-Studio of Miore-Performances-Time Lower FlimePerformances final rounds from 8:00-10:30 Di Danci + in Patrice, & Courtacy McCarrig-7500-8200 Brundon Baines Yos Yo Champ YourSpace following. (suitable for trents) 8:30-10.30 Dun Roy Tria Countdown and Fireworks Business & Civic Time: Lipper Floor Theater SILW GYM Exchange TEM-RORE "The Proposal" Countilown to mininigh Time Performance One Act Play by USM Themer Depumment with Dave Elft. WGME 8:00-10:00 Ray Hilton Presenti Channel 13 Sports Back in Motion Family Dance Fint: 9.30-00:30 Mackenil Sky Project PHYSICAL Square Donce, Line Dance, Ballroom Demo Theater Production HERAPY.LLC had-wine ha

Schedule subject to change-for an updated listing, visit www.newyeargorham.org



The Victorian Nutcracker Left to right: Margaret McGovern of Windham; Ellie Sato, Caitlin McCutcheon and Lydia Roberge of Gorham will perform in the Portland Ballet's presentation of The Victorian Nutcracker at Merrill Auditorium in Portland on December 16 at 7:30 p.m. FMI, 772-9671.

of the Word, the offering of Bread and Wine and the Prayer of Consecration. Sunday mornings at 8 a.m. & 10 a.m. The 10 a.m. service enjoys a choir and music, Sunday School and a nursery. FMI. 892-8447.

The Maids Home Services in Portland, Maine, owned by Sally & Dan Libby, has recently partnered with the Cleaning for a Reason Foundation, a Texas-based, nonprofit organization dedicated to providing complimentary cleaning services to women undergoing cancer treatment. The Maids has volunteered to donate cleaning services to cancer patients in the Portland area including Gorham. Each patient may receive up to four months of complimentary cleaning services.

Girl Scout Troop #1173 and their parents helped collect, wash and fold clothes as well as set up and clean up for the Gorham Swap and Shop Event held in November. L-R Back row: Brenna Donovan, Melanie Wright, Autumn Heil, Isabel Courtney, Grace Diphilippo, Julia Downey. Middle row: Hannah Lowell, Molly Duff, Kate Larkin, Grace Perron. Front row: Abby Enck, Samantha

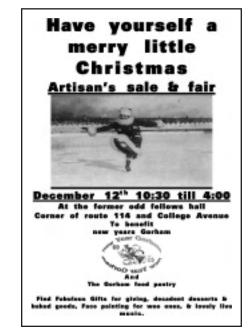


Rockwell. Missing from photo: Leaders Kristin Larkin, Amy Valentine and Angela Diphilippo.

holiday fairs

Holiday Arts & Crafts Show at the USM Sullivan Gym in Portland on Saturday, Dec. 12 from 9 a.m.-5 p.m. Locally handmade gifts from talented Maine Artisans. Admission \$2. FMI, 621-2818 or www.unitedmainecraftsmen.com

Have Yourself a Merry Little Christmas, Artisan's Sale & Fair, Saturday, Dec. 12, 10:30 a.m.-4 p.m., former Odd Fellows Hall, corner of Rt 114/College Ave. oceeds to benefit New Year's Gorham and Gorham Food Pantry. Fabulous gifts, decadent desserts & baked goods, face painting & lovely live music.





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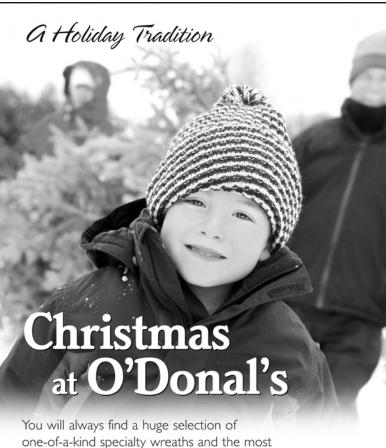
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christmas CHURCH SERVICES

Anchor Missionary Fellowship

Route 22/Broadturn Rd Pastor Bill Keef, 839-5922

Cressey Road United Methodist Church

Dec. 24 – Christmas Eve Service – 6 p.m.

81 Cressey Road, Gorham Rev. Linwood Arnold, 839-3111 Dec. 13 – Christmas Pageant "Operation Baby King" – 10:30 a.m. Dec. 24 – Family Service of Carols & Christmas Stories – 7 p.m.; Holy Communion & Candlelight Service – 11 p.m. Dec. 27 – Worship Service – 9 a.m. &

10:30 a.m. Dec. 31 – Potluck Dinner & Covenant Service – 6 p.m.

First Parish Congregational Church, UCC 40 Windham Center Road (Off River One Church Street, Gorham

Rev. David Butler, 839-6751 Dec. 13 – Christmas Pageant – 10:30 a.m.

Dec. 20 – Worship Service – 8:30 a.m. & 10:30 a.m. Dec. 24 – Family Christmas Celebration –

5 p.m.; Service of Lessons, Carols & Candle Lighting – 7 p.m.; Midnight Candlelight Service – 11:30 p.m. Dec. 27 - Worship Service - 10:30 a.m.

Galilee Baptist Church

317 Main Street, Gorham Rev. David Christensen, 839-6985 Dec. 24 – Christmas Candlelight Service – 7 p.m.

Grace Bible Church

74 Deering Road Gorham, Maine Bob and Diane White - 839-2849. Dec. 19 – Family Christmas Celebration – 7 p.m. Dec. 24 – Christmas Eve Service – 5 p.m. Rev. Richard Small and David Butler, 892-Dec. 27 - Worship Service - 10 a.m.

LifeChurch

New Portland Road, Gorham Pastors Brian Undlin and Gordy Johnson, 839-6354 Dec. 18 – Contemporary Christmas Concert – 7 p.m. Dec. 19 – Contemporary Christmas Concert – 6 p.m. Dec. 24 – Christmas Eve Candlelight Service – 4 p.m. & 5:30 p.m. Dec. 27 – Worship Sunday – 8:45 a.m. & 10:15 a.m.

Little Falls Baptist Church

Gray Road, Gorham Pastor Ralph Bedard, 892-4240 Dec. 24 – Christmas Eve Service – 6 p.m. Dec. 24 – Christmas Eve Candlelight Dec. 27 – Worship Service – 10 a.m.

Living Waters Christian Church Route 112 & 22, Buxton

Dec. 24, 4:30 p.m A Musical Journey to the Manger, an outdoor adventure for the family Free Public Christmas Dinner 5-6 p.m., Ham, Turkey, and all the fixin's, Christmas Eve Service 6:00 p.m., All welcome. FMI 727-4444

Redeemer Evangelical Lutheran Church

410 Main Street, Gorham Rev. Edward Balfour, 839-7100 Dec. 12 – Christmas Cantata – The Winter Rose - 7 p.m. Dec. 24 – Lessons and Carols Candlelight Service – 7 p.m. Dec. 25 – Lessons and Carols with Holy Communion -10:15 a.m.

St. Ann's Episcopal Church

Road), Windham Rev. Tim Higgins, 892-8447 Dec. 24 – Christmas Eve Service with Children's Pageant – 6 p.m.; Christmas Eve Service with Carols – 9:30 p.m.

St. Anne's Catholic Church

299 Main Street, Gorham Rev. Lawrence Conley, 839-4857 Dec. 24 – Christmas Eve Masses – 4 p.m. & 6 p.m.; Christmas Eve Concert & Solemn Midnight Mass – 11:30 p.m. Dec. 25 – Christmas Day Mass – 10 a.m. Dec. 31 - New Year's Day Mass - 10 a.m.

South Gorham Baptist Church

53 County Road, Gorham Rev. Peter Beckwith, 839-3457 Dec. 24 – Christmas Service of Carols & Candles – 5 p.m. Dec. 27 – Worship Service – 10:30 a.m.

United Church of Christ at North Gorham

4 Standish Neck Road, Gorham 5363 Dec. 24 – Christmas Eve Service of Carols & Candles – 5:30 p.m. Dec. 27 – Worship Service – 9 a.m.

West Gorham Union Church

Intersection of Routes 25/112, Gorham Pastor Gary Groves, 839-5946 Dec. 12 – Christmas Concert – 7 p.m. Dec. 24 – Worship Service & Children's Pageant – 4 p.m. Dec. 27 – Traditional Service – 9 a.m.; Praise Service – 10:45 a.m.

White Rock Free Baptist Church

300 Sebago Lake Road Gorham, Maine 04038 Pastor Jonathan Marshall. 893-1919 Service – 6 p.m. Dec. 27 – Worship Service – 10:45 a.m.



what's happening

FRIDAY, DEC. 11

 Gorham/Westbrook TRIAD Meeting, Westbrook Municipal Center, 9-10 a.m. FMI, 839-5581.

SATURDAY, DEC. 12

- Family Holiday Decorating Event, Baxter Library, 10 a.m.-12 noon. Supplies provided.
- Breakfast with Santa, 7:30-10:30 a.m., Cressey Road United Methodist Church. \$5. FMI, 221-0296.
- Dance USM! Russell Hall, Gorham Campus, 7:30 p.m. \$7/\$10/\$14. FMI, 780-5151.
- Redeemer Lutheran Church Choir presents The Winter Rose, a Christmas Cantata, 7 p.m. 410 Main St. Free.
- Edith Jones Project Holiday Concert, 7:30 at GHS, \$10 general admission \$5 students/seniors.

SUNDAY, DEC. 13

 Dance USM! Russell Hall, Gorham Campus, 2 p.m. \$7/\$10/\$14, FMI, 780-5151.

MONDAY, DEC. 14

 Gorham Historical Society Meeting, Gorham Savings Bank Operations Center, Route 202 (Gray Road), Gorham. 7 p.m.

TUESDAY, DEC. 15

- Preschool Story Time, Baxter Library, 9:30 a.m. Ages 3-5. FMI, 839-5031.
- Keep Me Safe Car Seat Program, Gorham Fire Station, 2-6 p.m. FMI, 939-8175.

WEDNESDAY, DEC. 16

■ Family Story Time, Baxter Library, 1:30 p.m. FMI, 839-5031.

THURSDAY, DEC. 17

- WWCC Community Meal, 810 Main St, Westbrook, 12 noon. Serving Roast Pork. All are welcome. \$4. FMI, 854-9157.
- Baby & Me Lap Time Fun, Baxter Library, 9:30 a.m. Ages 0-18 mos. FMI, 839-5031.
- Toddler Time, Baxter Library, 10 a.m. Ages 18-36 mos. FMI, 839-5031.
- Sewing Club, Baxter Library, 2:30-

The Gorham Ecumenical Food Pantry is open every Thurs. at St. Anne's Church from 9-11 a.m. and the second Wednesday of each month from 5:30-7 p.m. Open to anyone in need of food from Gorham. Located in the building behind St. Anne's Church.

4:30 p.m. All ages and ability. FMI, 839-5031.

- GHS Project Graduation 2010 Committee Meeting, 6.30 p.m., Gorham Rec. Building.
- Kiwanis Club Lunch Meeting, Pinecrest Bed & Breakfast, 12 noon-1 p.m. FMI, 839-8944.

FRIDAY, DEC. 18

- Contemporary Christmas Concert, LifeChurch in Gorham, 7 p.m. Free!
 Craft and Chat Group, Baxter Library,
- 9:30-11a.m. FMI, 222-2532. SATURDAY, DEC. 19
- Red Cross Blood Drive, Mason Harmony Hall, 33 Cressey Rd., 8 a.m.-1 p.m.
- Contemporary Christmas Concert, LifeChurch in Gorham, 6 p.m. Free!
- Authentic Bean-Hole Bean Supper, United Church of Christ at North Gorham, 4:30-6 pm. \$8/\$4.
 FMI, 892-9532.

SUNDAY, DEC. 20

GHS Choral Concert and Band Concert, 3 p.m., MPAC

TUESDAY, DEC. 22

- Preschool Story Time, Baxter Library,
- 9:30 a.m. Ages 3-5. FMI, 839-5031. ■ Gorham Lions Dinner and Meeting,
- 6 p.m. \$7pp. All are welcome. FMI, 839-6569. WEDNESDAY, DEC. 23
- Family Story Time, Baxter Library, 1:30 p.m. FMI, 839-5031.
 FRIDAY, DEC. 25 Merry Christmas!
 TUESDAY, JAN. 5
- Town Council Meeting, Gorham Municipal Center, 7 p.m.



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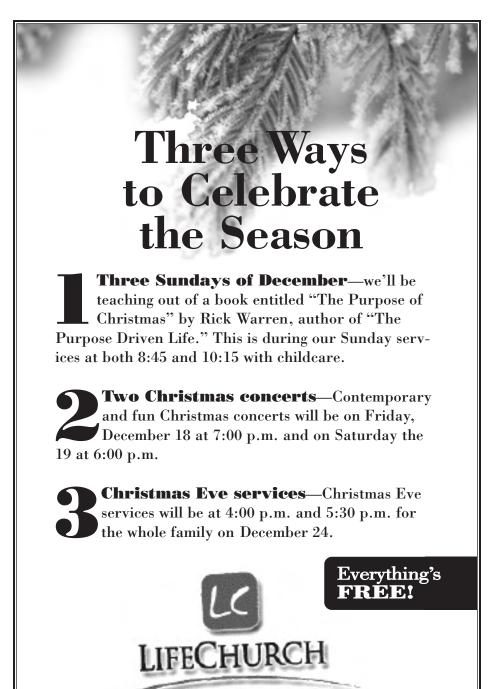
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Runaway Rabbits

Dingley Spring Road caller reported **rabbits were running around** on their property. Another Dingley Spring Road caller reported that they had found a tame rabbit that they wanted an officer to pick up.

North Street caller reported ongoing problem with the neighbor's animals.

Gray Road caller reported that the neighbor's dog was always loose and had torn up caller's trash on the porch.

Sebago Lake Road caller reported that a male had come to caller's door and tried to sell meat that someone else had cancelled. Caller thought it was suspicious.

County Road caller reported that there were two hunters out behind her neighbor's house who were hunting with flash lights.

Saco Street caller reported a suspicious male about thirty feet off the roadway with a bicycle up against a tree.

Hackmatack Way caller reported that a pick up truck had been pulling into the vacant lot next to caller's residence for the last couple of nights. Caller felt this was suspicious.

Main Street caller reported that their spouse took their vehicle without permission.

A hunter reported they were going to be on the game preserve looking for a deer that the hunter had injured. Hunter was advised that they were all set to do that as long as they didn't have their firearm with them. **Wilson Road caller reported** that a friend of caller's ex copied a picture of caller from Facebook. Caller wanted to know if this was a violation of the protection order.

Caller reported he was out in front of the Police Department and his girlfriend wouldn't leave him alone.

Ossipee Trail caller reported that they had received two fake \$20 bills the previous night and that they knew who had passed them.

Smith Road caller reported a pool of animal blood within 50 feet of their house.

Huston Road caller requested to speak with an officer regarding an individual who had assaulted caller's girlfriend and mother.

Gray Road caller reported that their apartment had been broken into; medication had been taken, along with their vehicle.

Caller reported the theft of a purse from their vehicle while they were parked at Gorham Co-Operative Preschool.

South Street caller reported the theft of a wallet from a motor vehicle.



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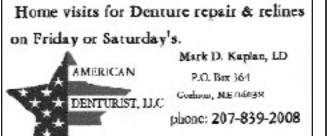
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