



Dated June 16, 1995, the first Gorham Times Extra Edition (far left) was intended to make people aware of the newspaper and to create an interest for advertisers and readers. The official first issue (left) was published on August 25, 1995.

Fifteen Years, 360 Papers, Countless Hours of Hard Work

Fifteen Years of the Gorham Times

Maynard Charron, Founder, Gorham Times

urtesy of the Gorham Times archive

have always been a newspaper junky. My hometown weekly, the Milford Cabinet (New Hampshire), was one of the best in the country. One day I was struck by the emphasis of lifelong learning and portfolios in the educational initiative The ATLAS (Authentic Teaching, Learning and Assessment for All Students) Project, which Gorham embraced in the early 90s. Between the two, the idea of a Gorham newspaper was planted and started to take root.

After being disappointed with amount of Gorham coverage in the local weekly and daily papers. I thought, "why not get high school kids, with adult mentors, to report and write enough news for our own newspaper?" For about a year I discussed the idea with many people but it went nowhere, until Margaret Evans, a teacher at the time at White Rock School, called to say she thought we could get enough adults together to start a paper—somehow.

After spreading the word to the community, about a dozen people showed up for our first meeting. The stars must have been properly aligned because it was a magical meeting. After two or three more get-togethers we realized we really could do it. People's interests and skills rose up and with help from Ginny Cross, we developed an organizational structure. Our vision was turning into an actual volunteerrun biweekly newspaper dedicated 100% to Gorham news.

Althea Masterson, with her great

organizational skills and insight, became our first editor. Lennie Cross was our capable advertising coordinator and her versatile husband, Dennis, was our finance and computer knowit-all. Sheri Faber always knew what was going on in town so she became a municipal and all encompassing news reporter. (She still prepares our most popular piece, The Blotter.) Chris Crawford, the Living section, has written and coordinated a score of writers in all these years. Rick Willey loved sports and cameras and for us he handled both with ease. Deb Arcaro and Al Lewry helped start the Of Interest and Sports sections. The late Mary Sawyer was a great help with advertising and office support. I bet Martha Harris has taken over 10,000 Gorham Times pictures since 1995 and Linda Faatz has given us real hands-on gardening tips a plenty. Donna Shaw and Vickie Woodbrey soon joined as our advertising representatives going doorto-door to collect ads. Ginny Cross, with the most professional skills of the bunch, was our publisher, preparing the layout in her den. Julie Burnheimer (and family) has been faithfully delivering the Gorham Times all these years. Sandra Wilson joined a few months after we started and, because of her versatility and willingness to fill in anywhere, I consider her an original

member. When we needed an office we found available the old school's superintendent office next to the Baxter

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The Early Days; The Early Ways

Virginia Wilder Cross

ifteen years since the first issue of the Gorham Times—can this be possible?

For those of you who have been reading the Gorham Times since its first edition, you might recall that Working Words & Graphics appeared in the masthead information as its first publisher. James Lockman and I accepted (with great privilege) the opportunity to share our design expertise and prepress service bureau capabilities with the Times "staff."

The very first issue was a single white tabloid size piece of paper mailed to every household in Gorham. Its headline announced the "coming" of the Gorham Times, promising to bring news to all of Gorham. It was a big promise! But, a small group of dedicated volunteers, headed by Maynard Charron, managed to deliver its promise then, and many of the same folks continue to deliver the news to this day.

For the first few years the newspaper was prepared by computer, as it is today, but the tools were not as sophisticated as we now have. We used a software package called Aldus PageMaker (which was revolutionary at the time!) and generated film to create the plates required to produce newsprint. The process was time consuming and it wasn't easy to meet the printing deadline, but we

CONTINUED ON PAGE 2

Gorham Racewalker Wins National Championship

Jeff Pike



GHS student-athlete Katie Flanders accepts her first place racewalking medal in Sacramento, California.

Gorham is the hometown to a recent national champion. As reported in the last issue of the Gorham Times, GHS student-athlete Katie Flanders won the girls' 3000meter racewalk July 28 at the USA Track & Field Junior Olympic National Championships in the 15-16 age group.

The event took place in Sacramento, California, and the time of 16:16.48 turned in by Flanders was 48 seconds ahead of the second-place finisher. Flanders took the lead after a half lap and did not relinquish first place for the rest of the race. To qualify for the event, Flanders also won the Maine state competition as well as a regional competition against racewalkers from New England, New York and New Jersey.

"Katie takes the event very seriously and has put in a lot of time and effort to get into good shape for racewalk-

CONTINUED ON PAGE 13

Gorham Sightings



Do you know where this photo was taken? Become part of the new visual trivia discussion on Facebook (www.facebook.com/pages/Gorham-Times/127309413977240). The location of the sighting in the 8/6 issue was correctly identified as the door to the old Grange Hall at the Centre of Movement on Main Street. Log on to Facebook to enter your best guess for this picture.

The Facebook winner of the \$20 gift card to Sebago Brewing Company is Kerry Porter. Congratulations!

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NEWS FROM AUGUSTA

Recognizing the Women Veterans of Maine

Rep. Linda Sanborn

Did you know there are 10,000 Maine women veterans? I didn't and I might not have had it not been for a resolve passed by the legislature this past year honoring Maine women who served our country during war time. The 124th Legislature passed a resolve calling for a bronze plaque honoring the women to be placed in the State House Hall of Flags among existing plaques honoring veterans of World War I, World War II, Korea and Vietnam.

The design of the plaque, which will be funded through private donations, depicts Maine women who served in different capacities in our military over four centuries. Their compelling stories show a different side of war and demonstrate the evolving role of women in the military and society as a whole.

During the 18th century, one Maine woman was rumored to have helped change the course of a battle in the Revolutionary War. Hannah Watts Weston, who is featured on the plaque, bravely carried heavy loads of lead shot and powder through the woods from Jonesboro to Machias during the war. This story is a favorite among Mainers and as the tale goes, when Hannah realized her husband and others defending Machias were running low on ammunition, she and her sister-in-law brought the needed supplies in the nick of time, preventing defeat.

Another Maine woman depicted on the plaque is Emily W. Dana, who was a Union Army nurse during the Civil War. Emily went from Portland to serve tortured POWs at a hospital on the grounds of the Naval Academy in Annapolis, Maryland. Most of the patients were former prisoners of the infamous confederate prisons Belle Isle and Libby Prison.

Also on the plaque is Patricia A. Chadwick-Erickson, a WW II service pilot. She served as part of the Women Air Force Service Pilots, or WASPs. Showing the evolving role of women in the military, Patricia had a more direct and official role in the fight than her predecessors, Hannah and Emily. Thirty-eight WASPs gave their lives in that service. Patricia Erickson, formerly of Houlton, now resides in Florida. The fourth woman incorporated in the design is Sgt. Annette Bachman, an engineer specialist and a member of the Maine Army National Guard's 240th Engineer Group, who served in Afghanistan. Annette's role was made possible by the hard work, perseverance, and determination of the women who came before her. These women served in our military, not only defending our country, but also helping break through the glass ceiling to bring greater equality between men and women.

It is important to honor all of our veterans, and all too often, the women of our armed forces get overlooked. We ought not forget anyone who was willing and brave enough to serve our country and I am proud to be a part of this recognition of their sacrifices.

Maine Veterans' Services hopes to raise enough money to have the plaque made and ready for dedication prior to Veteran's Day in November 2010. To make a donation, checks can be sent to the Bureau of Veterans' Services, State House Station 117, Augusta, ME 04333-0117 made out to the Treasurer State of Maine. Maine Revenue Services has authorized \$95 of each \$100 donation as tax deductible.

In appreciation of your donation, 1,000 limited edition bronze commemorative coins in the likeness of the plaque will be sent to the first 1,000 donors who contribute \$100 or more. Commemorative silver coins will also be gifted to the almost 10,000 Maine women veterans to show Maine's gratitude for their service.

The state would also appreciate help in locating women veterans. Please send a note with your donation stating the person's name and address so that no deserving veteran is overlooked.

> Rep. Linda Sanborn (207) 839-4664, (800) 423-2900 Replinda.sanborn@legislature. maine.gov

around town

St. Joe's Coffee officially opened on August 13. Located at 29 School Street, the coffee shop is open seven days a week from 6 a.m.-2 p.m., but the hours are expected to increase. The menu features their infamous beignets known as "bennies", scones, muffins, cakes, pies, an espresso bar, smoothies, and a full lunch menu. Call 222-2929 for more information.

Wellness Walking Team meets every Tuesday and Thursday in the parking lot of 8 Elm Street (Chiropractic and Massage Clinic of Gorham). Walk for your health! 6-7 p.m. Free. FMI, dpierce@gorhamchiro.com or 839-6800.

Fifteen Years FROM PAGE 1

Memorial Library. The Land Trust had taken it over from the town and was renting upstairs, but downstairs was available. It was a mess, but with the help from skilled tradesman like Ted Libby, Bill Caiazzo, Gene St. Cyr, Peter Blunda, Frank Piffath, Tan Sabina, and Steve Ernest, we got it into shape.

In June of 1995 we mailed out a mock, front-page version to prepare the community. There was a buzz around town and a lot of curiosity with comments such as "a newspaper just for Gorham? How ya' gonna do that?" Well, we did it and we continue to do it 15 years later. It took nine months of meetings before we rolled out our first edition on August 25, 1995.

There have been many changes since the inception of the *Times* including the amount of people who have come and gone. I would love to mention everyone's name, I fear inadvertently leaving someone out. I will just say a very big thank you to all who came onboard for any length of time—since 1995.

While we do not know what the future will bring, I am very proud of what we have accomplished. Fifteen years and 360 papers later we are still here bringing the news to all of Gorham. All of it reviewed, prepared, written, edited, and produced by many dedicated Gorham folks, most of whom were likely your neighbors and friends. This is what the Gorham Times is all about. Gorham people letting other Gorham people know what is going on. With your continued help, support, and volunteerism we will continue bringing the news to all of Gorham for another fifteen years.

Early Days, Early Ways FROM PAGE 1

always managed to get the papers to the post office in time for delivery.

I recall two frantic times in particular when I was not sure we would meet the deadline. The first had to do with a squirrel. Yes, a single squirrel had the power to stop the presses, so to speak. It was a Sunday evening and I had JUST finished the final layout for the paper. Althea Masterson had submitted her editing comments, Maynard had given his final approval on the work, and I was ready to make the final back up with all the changes before running the film.

That's when a feisty squirrel took a flying leap from the large oak tree in front of our neighbor's house onto the power line and into the transformer. Following a loud BANG and blinding FLASH of light, the office turned dark and dreadfully quiet. The end result was a fried squirrel and a fried file that had once contained the final version of that week's Gorham Times. All that remained were the edited scratched on hard copies and the photographs Martha T. Harris had provided.

When power was finally restored, James and I set to work from scratch, typing and scanning, and with the help of several gallons of strong coffee, we managed to get that edition out on time. To this day I'm not sure Maynard ever knew about that. I guess he does now.

Actually, the second frantic time was a repeat of the first, less than two months after the first—squirrels like to leap into transformers! More strong coffee, more gray hairs.... but again, the paper was in the mail on time.

We then moved our business into a Village location where squirrels didn't seem to travel and life was easier. Speaking of easier, digital photography and printing, email, the Internet, updated computer hardware, and amazing software packages have all helped improve the Gorham Times since its first edition. But, it is much more than the improved process that has made the paper succeed through its first big milestone. It takes strong leadership and dedicated personnel.

Congratulations to all the countless people who have contributed through the years... writers, photographers, reporters, delivery people, and adver-

GorhamTimes

BRINGING THE NEWS TO ALL OF GORHAM PO Box 401, 77 South Street Gorham, Maine 04038 Phone and Fax: 839-8390 E-mail: gtimes@maine.rr.com www.gorhamtimes.com The Gorham Times is a free volunteer-run community newspaper distributed every other Friday to more than 100 pick-up sites throughout Gorham. HOW TO REACH US News editor@gorhamtimes.com **Sports** jeffpike@bwservices.net Features ckck5@maine.rr.com **Of Interest** gtimes@maine.rr.com Calendar item gtimes@maine.rr.com Advertising gtimes@maine.rr.com or 839-8390 School News sallinen1@myfairpoint.net **OFFICE HOURS** Tuesday, 10 a.m.-12 p.m. or call 839-8390 for an appointment.

SUBSCRIPTIONS

\$15/year in Gorham; \$	20/year elsewhere
\$10/year for college	e subscription
Editor	Karen DiDonato
Business Manager	Sandra Wilson
Design/Production/Web	Jeannine Owens
Police Beat	Sheri Faber
Staff Writers	Sherrie Fontaine
	Jackie Francis
	Sarah Gavett-Nielsen
	Stacy Sallinen
	Bruce Webb
Features	Chris Crawford
Staff Photographers	Martha T. Harris
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Ad deadline is the Wednesday of the week prior to issue date. Go to www.gorhamtimes.com and click on the advertising link for schedule.

EDITORIAL POLICY

The Gorham Times takes all reasonable care to prevent errors and disclaims all legal responsibility for any such errors, omissions, or typographical errors. The Gorham Times will print corrections if notified within 48 hours. Photos will be returned if provided with a stamped, self-addressed envelope. We reserve the right to refuse publication of unsolicited materials. All submissions are subject to editing. Opinions expressed in the Gorham Times do not necessarily reflect those of the staff or publishers. Printing services by Journal Tribune, Biddeford, ME

tisers, some who have served as volunteers and others who have received small stipends for VERY hard work. You are the reason the Gorham Times has reached this important milestone and you are the reason it will be possible to celebrate again and again, year after year.

If you are reading this and you have not yet contributed to the *Times*, I urge you to consider the ways you can be part of the team that brings the news to all of Gorham.

BUSINESS PROFILE

Internationally Known Designer in Gorham Linda Morris



When have a very talented designer living and working in Gorham. Erin Flett of studio e flett design is an up-and-coming textile, graphic, and surface designer who recently launched her own line of hand screened pillows on reproduction bark cloth, all handmade in Maine. Her designs are an eclectic mix of inspirations including objects old and new, hand drawn and found elements, and a lot of Maine. Flett recently announced that Maine Magazine and Maine Home & Design Magazine created jobs for her as the new creative director.

Flett was born and raised in Colorado, but after graduating from the University of Kansas with a Bachelor of Fine Arts in Graphic Design, she moved to Maine in the footsteps of her parents. Her mother, a Maine native who was born and raised in Scarborough, owned a popular local antique shop in Bridgton called Wales & Hamblen.

Flett's freelance design studio began during her first pregnancy. She worked on custom letter-pressed wedding packages, corporate identities, print collateral, and custom packaging. After much encouragement and entrepreneurial successes, she began selling her self as a graphic-surface designer. She has since worked with companies in a wide variety of surfaces such as home and bedding, (Pottery Barn Teen, TJX and HomeGoods), paper goods (Posh Puzzles), and yoga women's wear and swimwear just to name a few. After Flett shared her portfolio at a Style Career Expo, she began getting recruited by top names in apparel including Anthropology, Abercrombie, and Urban Outfitters.

Photo credit Cliff Kud

Flett recently collaborated with AU in Westbrook (www.au-inc.com) to produce three exclusive designs for their 2010 spring/summer and fall/ winter launch. AU is a local bag manufacturer that recently commissioned her to produce three textile prints for the Spring/Summer and now Fall line of bags all inspired by coastal Maine. The new line with AU is the first time AU has used exclusive prints on their famous Raincoat Cotton[™] line.

Her own line of signature pillows is currently available at Simply Home (Falmouth); Blanche & Mimi (Portland); Eliphant (Portland); DayTrip Society (Kennebunkport); as well as in Australia and Europe. Her handwritten first name is placed on the lower right side of each pillow, which is now trademarked thanks to the USM Trademark and Patent Program. The program helps young designers among other entrepreneurs to trademark their ideas and goods.

She creates her pillows using bark cloth, which is very soft, durable, and unique with an organic texture from the 1930-1940s. The images she creates are hand silk-screened onto the fabric in Portland and stitched together in Gorham by Jana Pike of Creative Home Sewing.

Someday Flett imagines having a shop like her mom's antique shop, but for now she is content to work at the magazines part-time while working on her own line and on special projects that keep her clients asking for more.

For more information on Gorham's own Erin Flett and studio e flett design, go to www.erinflett.com. Expect the unexpected!





When you've made the right decision, you know.

Even though we knew it was time, moving to an assisted living community was one of the hardest decisions we've ever had to make. But I knew we'd made the right choice when we decided to come here.

I never dreamed it would feel so much like home. And it's good to know we won't have to move again if our financial situation changes.

We looked at a lot of places. The moment we decided on the Inn at Village Square, we knew we'd made the right choice.

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municipal



CHIEF SHEPARD REPORTS Grand Jury Indictments

The Grand Jury returned the following indictments in August:

- Bryce Cooper, 21, of Gorham, was indicted for burglary, theft and misuse of credit ID on charges brought by the Gorham Police Department.
- Alexander Cody McPhee, 21, of Gorham, was indicted for 8 counts of burglary, 6 counts of theft, 2 counts of criminal mischief, Class D theft and Class E theft on charges brought by Gorham Police Department.
- Michael Morehead, 32, of Gorham, was indicted for trafficking sched-

uled drugs and trafficking/furnishing imitation scheduled drugs on charges brought by Maine Drug Enforcement Agency.

• Christopher Trimmer, 49, of Buxton, was indicted for OUI, being a habitual offender and driving to endanger on charges brought by Gorham Police Department.

In addition to the indictments above, Tanner Amergian, 34, was arrested and charged with one count of burglary for a burglary on County Road.

Town Council and School Board Nomination Papers Available

he municipal election will be held on Tuesday, November 2, 2010 for the purpose of electing three people to the Town Council and two people to the School Board, both for three-year terms.

Nomination papers are available at the Town Clerk's office. Completed nomination papers must be submitted to the Town Clerk's office no later than 4:30 p.m. on Monday, September 20.

Any registered voter of the Town of Gorham who is interested in running must submit nomination papers with no less than 25 signatures and no more than 100 signatures of registered voters of the Town of Gorham.

For more information contact the Town Clerk's Office at 222-1670.

LEGAL NOTICE SALE OF TAX ACQUIRED PROPERTY

The Town of Gorham is accepting bids for the purchase of the municipality's interest in certain tax-acquired property on Friday, September 24, 2010.

Property #1 consists of .25 acres of land and a building located at 27 Preble Street, Gorham, ME 04038 (Gorham Tax Map 102, Lot 170).

For a copy of the official Notice of Tax Sale, please contact the Gorham Finance Office at 222-1610, visit the Town's website at www.gorham-me.org, or email the Finance Department at mfinger@gorham.me.us.

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CLERK'S CORNER New Law and New Tax Rebate Christina A. Silberman, Town Clerk

n an effort to protect citizens against identity theft, new laws regarding vital records went into effect on July 12. Only those persons named on a record can apply for a copy of a vital record. For example: mom, dad or child can obtain a birth record; bride, groom, parent or officiate can obtain a marriage record; and spouse, funeral home, informant, or parent can obtain a copy of a death record. A spouse (using a marriage certificate) or a registered partner (using a State of Maine registered partner certificate) can also obtain a certified copy of a vital record. A person showing direct lineage, may obtain a copy of a parent's or grandparent's record. When applying for a vital record all applicants must show photo identification or two substitute forms of identification.

The fee for vital records is \$15.00 for the first copy and \$6.00 each for any additional copies obtained at the same time. Marriage license fees are \$40.00. The fee to file a burial permit is \$20.00. Genealogists may obtain a researcher card from the Maine CDC at Office of Vital Records, #11 State House Station, 244 Water Street, Augusta, Maine 04333-0011. There is a \$50.00 annual fee for the researcher card. Genealogists must now show this card to obtain information on vital records, which become public records once they are 100 years old. The Maine Property Tax and Rent Refund (a/k/a Circuit Breaker) applications will be available beginning August 2 at www.maine.gov/revenue. Applicants can file online or download and print an application or booklet.

The Municipal election will be held on Tuesday, November 2 for the purpose of electing three members to the Town Council for three-year terms and two members to the School Board for three-year terms. Nomination papers are available at the Town Clerk's Office beginning on Monday, August 9. Completed nomination papers must be submitted to the Town Clerk's office no later than 4:30 p.m. on Friday, September 17. Any registered voter of the Town of Gorham who is interested in running for the Town Council or School Board must submit nomination papers with no less than 25 signatures and no more than 100 signatures of persons who are registered voters of the Town of Gorham.

Please contact the Town Clerk's Office at 222-1670 if you have any questions.



Christina A. Silberman, the Gorham Town Clerk, can be reached by e-mail at csilberman@gorham. me.us or by phone at 222-1670.

Town Uses New Road Improvement Technique Bill Ambrose

The Town of Gorham has begun to utilize a new process to improve the surface of Dow Road, Route 112. Called "soil cement," the innovation entails the use of Portland cement in the reclaiming of a roadway.

When a road is reclaimed, the old surface is crushed and pulverized to a depth of several inches and mixed with the gravel subsurface. It is then leveled and graded and a fresh layer of asphalt is applied. In the new process, dry cement is added to the pulverized layer, and then water is used to activate the cement. According to Bob Burns, Gorham's public works director, "this enhances the strength of the road's base," and makes the final pavement more resistant to damage.

Town Manager David Cole is a proponent of the soil cement method. He believes the use of the technique will enable the town to maintain its roads more economically. Cole thinks that soil cement will provide better results than earlier road reclaiming methods at a slightly higher cost, but at a much lower cost than a full-scale road reconstruction. In his weekly report to the Town Council, Cole stated, "This is an innovative new approach that we believe will be more effective and may allow us in the future to replace some more expensive full-depth reconstruction with a soil cement application."



Critical Content of these locations distributes the most Gorham Times?
Rite Aid Gorham Savings Bank
Cook's Hardware Hannaford

Answer five trivia questions correctly to be entered to win a \$20 Sebago Brewing Company gift card. Send answers to gtimes@maine.rr.com

Old Fence Gets Facelift



Photo credit Martha T. Harris

The decrepit looking fence at North Street Cemetery was recently refurbished. According to Terry Deering, deputy director of the Department of Public Works, the prison's work release crew disassembled the fence that was later sandblasted and evaluated by Carl Phillips of Phillips & Sons Body Shop. Deering said, "the fence had many layers of paint, but the rust always bled through within weeks of repainting." In order to counteract the rust, it went through a hot dip galvanization process. The Public Works department then reassembled and replaced the newly restored fence.



Trivia Question #2

On what day is the Gorham Times usually first available?

Answer five trivia questions correctly to be entered to win a \$20 Sebago Brewing Company gift card. Send answers to gtimes@maine.rr.com



LOST DOG

Lost from 407 Main St in Gorham on 8/10 her name is Ruby and she is 3.5 years. If you see her, if you have her, or know someone that does please contact me at 207-899-9690 or email spaine_81@yahoo.com my other dog was hit by a car 2 weeks ago and I am completely heartbroken!

A \$200 reward will be given for safe return.

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HEALTH MATTERS Hydration Information: Drink Plenty of Water Linda Morris

What a terrific, hot summer we've been having. While it's always important to get enough fluids any time of the year, it is doubly important to our health in the midst of hot weather. Our bodies are about 60% water. Every system in the body depends on water to flush toxins out of vital organs, to carry nutrients to cells and to provide a moist environment for ears, nose and throat. Hot temperatures, sun and wind, even swimming in a lake or ocean can drain water from our bodies. It is essential that we continuously replenish our bodies with water.

A very smart doctor told me years ago that if you feel thirsty, you are already dehydrated. Even mild dehydration can drain your energy and make you tired. Dehydration is very dangerous for babies, especially newborns and for small children and older adults. Mild dehydration can be treated at home. Severe dehydration requires emergency treatment. Symptoms of severe dehydration include:

- Altered behavior, such as severe anxiety, confusion, or not being able to stay awake.
- Faintness that is not relieved by lying down, or lightheadedness that continues after standing for 2 minutes.
- Inability to stand or walk
- Rapid breathing
- Weak, rapid pulse
 Cold clammy skip or bot dt
- Cold, clammy skin or hot, dry skinLittle or no urination for 12 hours or longer
- Loss of consciousness

So how much water is the right daily amount? The answer is not simple. Factors such as weather and activity level play a big role, and of course, everyone's body is different. You lose close to one liter (about 4 cups) of water a day through breathing, sweating and waste elimination. According to the Mayo Clinic, men generally require 3 liters (about 13 cups) while women need 2.2 liters (about 9 cups). Food usually provides about 20 percent of your total fluid intake, so if you consume 2 liters of water or other beverages a day (a little more than 8 cups) along with your normal diet, you will typically replace your lost fluids.

For fluid replacement, plain old water can't be beat. Supermarkets and convenience stores lure consumers with neon-colored sports drinks and vitaminfortified "designer water." Most health experts agree that the electrolytes and sodium in sports drinks are beneficial to professional athletes and marathoners, but have little value for the average user. Many other beverages have sugar and other additives, which are just not all that healthy for us. Water is one of the best tools for weight loss, because it replaces high-calorie drinks like soda, juice, and alcohol with a drink that does not have any calories. Water is also a great appetite suppressant. Often when we think we are hungry, we are actually just thirsty. Try a big glass of water about 30 minutes before eating. And of course, nothing will improve the appearance of your skin more than drinking enough water.

Go on. Get out, get active and enjoy this great summer. Remember your sunglasses and sunscreen and be sure to drink plenty of water.



Linda A. Morris, BA, LMT is a local massage therapist at Gorham Massage & Wellness. She can be reached at www.gorhammassageandwellness. com or at Imorris520@ yahoo.com.

An Evening With Birdie Googins Aka: The Marden's Lady



Join us for an entertaining evening with "The Marden's Lady"

Gorham Middle School Bailey/Silcox Hall 7 p.m. Saturday, September 18, 2010 Meet & Greet Afterwards

\$8 Advance / \$10 at door Under 12, Free FMI 839-6569

Sponsored by Gorham Lions Club and Gorham Rec. Dept.

Tickets at: Nicely's Market, Busters Barber Shop, Cook's Hardware, Village Laundry, Ossipee Trail Gardens, and Gorham Grind.

sports

in the Zone

Strong Showing in New England

Tournament: The Gorham U9 Cal Ripken baseball team won two of its four games to finish fourth in the New England Regional Tournament in Turner Falls, Massachusetts on August 7-11. Highlights included a 21-2 win over Milford, MA and a 9-6 win over Cranston, RI. Gorham was eliminated by Dedham, MA.

Youth Golfers Shine in State Tournament: Three Gorham golfers, Mike Arsenault, Tommy Stirling, and Mike Caron performed well in the Maine Junior Amateur tournament that took place at Val Halla Golf Course in Cumberland on August 4-6. Arsenault, who finished tied for second in the qualifying stroke-play round with a score of 71, reached the quarterfinals of match play in the 15-17 age bracket before losing to eventual champion Joe Walp on the 19th hole after being tied through 18 holes. Stirling also reached the quarterfinals of the 15-17 age bracket. Caron competed in the 13-14 age bracket and reached the round of 16.

Gorham Turns In Strong Showing at Beach to Beacon Race

133 runners from Gorham were among the 5,670 who competed in the TD Bank Beach to Beacon 10K race in Cape Elizabeth on August 7. In 44th place, Nicholas Wheeler was the top finisher from Gorham overall with a time of 32:31:00. Placing high within their gender/age groups were Bob Mountain, second in the male 80 and over group; Dick Graves, fourth among males 55-59; Thomas Bradshaw, seventh among males 14 and under; Nicholas Wheeler, seventh among 20-24 males; and Hank Hines, eighth in the 75-79 male group. The top 54 Gorham runners appear below.

44Nicholas174Ryan269Owens282Dick337David364Ron426Matthew600Charlie608Dino625Thomas713Shawn834Greg917Laurie923Ron927Michael943Matthew986Megan1057Seth1061Tom1082Jack1104Sarah1136Jeremy	Lst Name Wheeler Dyer McCullough Graves Sjostedt Adolf McCullough Whitehead Desanctis Bradshaw Willey Hughes Nicholas Lowell Lyon Vail Cutter Nielsen Biegel Wu McCullough Clough Palanza	Time 32:31:00 36:58:00 38:46:00 39:04:00 39:59:00 40:20:00 41:11:00 42:59:00 43:04:00 43:15:00 44:03:00 45:28:00 45:39:00 45:39:00 45:39:00 45:28:00 46:29:00 46:40:00 46:53:00 47:03:00	Place 1387 1414 1476 1508 1521 1539 1564 1589 1616 1675 1699 1748 1767 1861 1876 1883 1896 1937 1964 2143 2182 2203 2247	Fst Name Stacy Clark Matthew Lindsey Jason Dustin Robert Chris Kyle Rachel Shawn Gretchen Hannah Alex Kathryn Curt Rob Brooke Brian Daniel Betty Jonathan Eric	Lst Name Gleason Hincher Nelson Welch Emery Dibiase Kutzer Crowley Hodgkins Lawrence McDermott Lyon Sirois Peck Graham Peffer Callahan Holmes Flanders Hunter Rines Foster Anderson	Time 48:11:00 48:17:00 48:200 48:45:00 48:45:00 48:48:00 49:00 49:00 49:11:00 49:19:00 49:19:00 49:19:00 49:39:00 49:55:00 49:55:00 50:28:00 50:32:00 50:32:00 50:32:00 50:32:00 51:47:00 51:57:00 52:05:00 52:17:00
1136 Jeremy	Clough	46:53:00	2203	Jonathan	Foster	52:05:00
1282 Michael 1283 Laurie	Coppersmith Downing Scott Curtis	47:28:00 47:40:00 47:42:00 47:50:00	2315 2403 2433 2489	Tim Deborah Kate Peter	Adams Callahan Philbrick Downing	52:34:00 52:55:00 53:03:00 53:18:00

Gorham Triathlon

The 1st Annual Gorham Triathlon/Biathlon at Shaw Park included many Gorham athletes who are listed below.

Name		Age	Bib #	Time
Individua	al Triathlon Chris Esposito Tommy Moutinho Jeremy Hammond Jan Robinson	19 17 37 49	27 32 19 2	1:18:24 1:33:46 1:42:57 1:55:52
Individua	al Biathlon Cortlandt Dunn David Aguirre Connor Dunn Kaitlin Flanders (run only)	16 39 15 16	14 9 16 15	0:53:20 0:58:52 1:00:36 0:26:30
Triathlor Kayak Bike Run	Teams Ryan Baillargeon Nate Bucknell Jesse Orach	16 16 16	11 12 13	1:26:47
Kayak Bike Run	Pauline Holloway (Southport) Deb Tanguay Jessie Holloway (Topsham)	57 33 31	20 22 21	1:33:12

After 15 Years, Pete Walker Retires from Coaching GHS Softball Jeff Pike



Photo credit Rich Obre

GHS softball coach Pete Walker, shown above during a game from the 2010 season, has announced he is retiring from coaching after 15 seasons at the helm.

or the past 36 years, Pete Walker has coached Gorham athletes in one sport or another, and for the past 15 years, he has coached the GHS softball team. But this past June, Walker decided it was time to take a break and informed GHS Athletic Director Gerry Durgin he was stepping down as head softball coach.

"Anytime you lose a coach like Pete Walker with experience, you lose consistency and the expectations that he has brought to the table," Durgin said. "Pete coached a quite successful program, and he gave many hours not only to his program but more importantly to Gorham's student athletes. He has been instrumental with summer softball and dedicated much time and labor to Robie Park. His contributions will be here for many years."

Walker has lived in Gorham since he was three-years-old and said he loves the community, which is why he's been involved in sports since 1974. "One of my top priorities with the softball team was teaching the John Wooden Pyramid of Success," Walker said. "It was something that I tried to mention every day. But my ultimate goal was to create memories that last a lifetime."

Great memories that Walker created for his softball players included the trips he coordinated for the team to visit Disney World to play against teams from across the country. Between 2003 and 2010, Walker took the team to Florida five times.

After coaching baseball and basketball at the middle school and freshmen levels for nine years, Walker began coaching varsity softball at GHS in 1996. At his very first outdoor practice, the players handed him an article from the Portland Press Herald predicting the Rams would win the Class B State Championship. "That was a lot of pressure right away," Walker said. "But we defeated the defending champs, Windham, early in the year and went on to win the Class B title with playoff wins over Scarborough, Lisbon and Winslow, which were all undefeated in the regular season."

Following that initial championship, Walker led the Rams to the Western Maine Class B final in 1997. His 2005 team reach the Class B State Final before losing while his 2008 and 2009 teams both had strong regular seasons, with the potential to go far in the Class A playoffs, but suffered major injuries that held both teams back. Walker finishes his coaching career with 164 wins and 102 losses, and in 2008, he was selected as a Southwestern Maine Activities Association Coach of the Year.

"The 2005 team really felt like my team as I had worked with most of the players going back to when they were 12-years-old," Walker said. "Even when we lost in the state final, the players were proud of what they did and showed a lot of trust in me as their coach."

Reflecting how many players feel about Walker, Jessica (Mathews) Thayer, who played for Walker on the 1996 championship team, said, "Coach Walker was an incredible coach and mentor. He always had so much faith in our abilities, and he believed in us often more than we believed in ourselves. He was more than just a coach. He would counsel us on making the right decisions without lecturing. You wanted to make him proud and do the best you could in all elements of life."

school

BACK TO SCHOOL Preparing for Another School Year



The construction at the new Gorham elementary school is well underway. It is expected to open in September 2011.

The tree leaves are beginning to transform from their normal green into their vibrant Autumn colors, which visually reminds us of another school year. The principals of the Gorham schools would like to welcome their students to the 2010-2011 school year.

Narragansett School and White Rock School Brad Smith, Principal

Welcome Narragansett and White Rock students and families. We are about to begin another school year, and with it comes the excitement of new classmates, different teachers and the reward of learning. Mrs. Brann and I will continue as administrators for both schools in this final year as K-2 schools.

You will experience the joy of reading, the excitement of mathematics, and the power of writing! You will discover ideas about people and places in social studies and about our world in science. You will also participate in music, physical education, library and art. There will be special events like assemblies, family fun nights, and classroom projects. Of course you will also make new friends, and have recess time to play together!

The custodial crews have worked hard making our school bright and shiny. Teachers have set up their classrooms, anticipating our first day of school. You will also notice the changes in front of the school, which we will talk about in September. All we need now is YOU!

The first day of school is Monday, August 30. For incoming students, parents come to school as this day is also their Kindergarten Orientation day. Kindergarten parents and students attend this special Orientation Day. Morning kindergartner parents and students attend from 9:30-11:00 am. and afternoon kindergartners and parents come from 1:00-2:30 pm. If you need further information, please contact the office at 222-1250 (Narragansett) or 222-1050 (White Rock).

For Narragansett, Open House will be September 9 from 5:45-7:00 pm. We encourage you to attend and enjoy visiting with other families and friends. For White Rock, Open House will be September 16 from 6:30-7:30 pm.

We look forward to meeting you, and enjoying other families of White Rock. We hope you enjoy the remaining

days of summer...school bells will be ringing soon. Now is a good time to start your school routine by going to bed earlier and reading every day. We know you will have a great year, make lots of new friends, and learn many new things!

Village School Brian A. Porter, Principal

As the days of our summer vacation draw to a close, it's my pleasure to welcome all students, staff, parents and community members to Village School for the new 2010-2011 school year. We're looking forward to a tremendous year ahead with many opportunities, successes and challenges for our students.

The first day of classes for students will be on Monday, August 30, 2010. We'd like to invite students and their parents to our Grade Level Open House and Healthy Snack Social Events from 5:30-6:30 p.m. on the following days: 3rd Grade – Thursday, August 26, 2010, 4th Grade – Wednesday, September 1, 2010, 5th Grade – Tuesday, August 31, 2010. At this time, families will be able to meet their child's teacher and hear about the year ahead.

During the first week of school, August 31 through September 2, students will be involved in Village School Class Team Building Events. September and October will also be busy testing months for our students, as our third graders will be taking the NWEA-MAP (online computer assessments) in September and all students will take the NECAP Assessments in October. More information regarding these will be forthcoming.

We're looking forward to an exceptional and positive year. Our vision for Village School continues to be one of an inclusive learning community where all feel valued and connected, with student learning at the center. On behalf of the entire Village School staff, I'd like to thank you in advance for your support. We look forward to working with you and your child!

Gorham Middle School Robert J. Riley, Principal

"Well, it appears that summer has finally arrived after a long period of rainy, dreary weather. It may be difficult for us to begin to think about returning to school, but we must!" That was how our summer letter began last year; it is hard to believe what a difference a year makes!

The first day of school for sixth grade students will be Monday, August 30. We will have activities in place to help familiarize themselves with our building and the way we do things at GMS. The seventh and eighth grade students will begin classes on Tuesday, August 31.

We will hold an Open House for sixth grade families on Monday, August 30 from 6-7:30 p.m. An Open House for seventh and eighth grade families will be held on Wednesday, September 8 from 6:00-7:30 pm. Parents will have a chance to meet their child's teachers, tour the building, and receive information about clubs and activities.

As we do each year, we will review

the past year and decide what went well and what needs to be improved. We are always looking for ways to maximize the "learning time" for our students. We will be modifying our schedule a little this year to allow for all students to explore individual learning needs.

At long last, this year, the middle school is implementing an advisory program. The advisory groups, which consists of less then 15 students with one teacher, will have some serendipitous activities that will be designed by the group as well as some schoolwide activities designed to enhance the understanding of the world they inhabit.

We know how important these years are for our students and your children. Speaking for the entire faculty and staff at GMS, we are honored and privileged to be a part of your children's lives and we commit ourselves to an excellent school year.

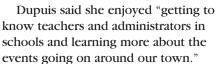
Please continue to enjoy this wonderful summer weather; I remember last year writing this letter in the midst of a terrible spell of rain and cool weather and wondering when summer would arrive. At least up until now, we have very little about which to complain, except perhaps the Red Sox's injury bug.

CONTINUED ON PAGE 11

Leslie Dupuis, Thank You

he Gorham Times would like to extend a heartfelt thank you to Leslie Dupuis for her dedication and hard work in bringing the news

to all of Gorham. Dupuis, who had been coordinating School News and Distribution since April 2008, is moving on to pursue other opportunities.



Leslie "did a great job and was very organized and efficient in her duties, yet always had a smile on her face and a giggle in her voice," said former editor Sue Dunn. "She always treated people with respect and will be missed. We were lucky to have her."

The Gorham Times wishes Dupuis and her family the best of luck in their future endeavors.



Gorham School Bus Routes 2010-2011

Students are to be at their bus stop 5 to 7 minutes before their scheduled pick up times. Daycares and Kindergarten students must have an adult at the bus stop for both pick up and drop off. The bus cannot wait wait at a stop for an adult to come out as we cannot hold up traffic on public roads. Thank you for your cooperation.

GRADES K-5 NARRAGANSETT / VILLAGE SCHOOL	 7:45 Van Vliet Dr. 7:46 Straight across Flaggy Meadow Rd. 7:46 Cider Mill Rd. (end) 7:47 Adams Dr. (and) 	8:38 Shephards Way (end) 8:39 TR on Willowdale 8:40 TR on Wintergreen BLIS# 22 Linda Webster	BUS # 31 Bob Bouthiet 7:50 School St. 7:51 Fort Hill Rd. 7:52 Pheasant Knoll (end) 7:53 Mercier Way (end)	8:25 TR Hannah Dr. (p/u top of circle) *Shuttle to Village
	7:46 Straight across Flaggy Meadow Rd.	8:39 TR on Willowdale	7:50 School St. 7:51 Fort Hill Rd.	circle)
 8:06 TR on Weeks Rd. 8:06 TR on Solomon Dr. 8:10 TL on Adeline Dr. 8:10 TL on William Henry Dr. 8:13 TR on Lucina Terrace 8:13 TR on Teran St. 8:17 TL on Narragansett St. TA 8:18 Briarwood Lane (end) 	 8:14 TR on Brackett Rd. 8:15 TR on Saco St. and TA 8:17 TL on Brackett St. 8:19 TL on McLellan Rd. 8:20 TR on Mahlon Ave. 8:22 TL on Beatrice Dr. 8:24 TL on McLellan Rd. 8:25 TL on Brackett Rd. 8:30 TR on Longfellow Rd. 	 8:15 TR Main St. (Rte.25) 8:16 TR Gateway Commons Dr. 8:16 TR on Clearview 8:18 TR Gateway Commons Dr. 8:21 Cor. Timber Ridge/Gateway Commons Dr. 8:26 TR Main St. 8:28 TR on Lawn Ave. 8:29 TR on Garden Ave. 	 7:57 T/A Horseman Ln. 8:00 TR Huston Rd. 8:03 TR Newell St. Cross to Mosher Rd. 8:05 T/A @ church 8:07 Cross to Newell St. 8:10 TR Pleasant St. 8:12 TL Gray Rd. 8:14 TR Tow Path Rd. 	TL Harding Rd. 11:55 Twilight Lane T/A T R Harding Rd. TR Narragansett St. 11:59 TR Access Rd. 12:00 Ballpark Rd. 12:02 Narragansett St. TR State St. TR State St. TR South St. TR Running Springs Rd.
BUS # 12 John Grondin 7:42 State St. 7:42 TL on Flaggy Meadow Rd. 7:44 TR on Cressey Rd. 7:45 O'Brien Dr. (end)	 8:30 T/A after housing development 8:31 TR on Lowell St. 8:31 TL on New Portland Rd. 8:33 TR Libby Ave. 	8:30 TL on Primrose Lane 8:30 TR on Sunset Rd. 8:32 TR Libby Ave. 8:32 TR Main St.	TL Parker Hill Rd. TR Tow Path Rd. 8:16 TL Gray Rd. 8:18 T/A Custom Built Homes 8:20 TR Huston Rd. Ext.	TR Running Springs Rd. TR Oakwood Dr. TR Village Woods 12:06 TR Sunrise Lane @ T/A TL Village Woods

TL Longfellow Rd. 12:08 TR Oakwood Dr. 6:59 7:14 TR Running Springs Rd. TR Weeks Rd. 7:15 7:16 7:17 7:00 T/A @ road after housing development TR Brackett Rd. TL Blackbrook Dr. 7:05 7:07 TR Laurel Pines Dr. 12:11 12:12 7:18 TL Weeks Rd. TR Brackett Rd. TL South St. TR Lincoln St 7:08 7:19 7:09 Jackies Way (end) 12:14 Cor. Lincoln St./Highland Day Rd. (end) 7:10 Ave. 12:15 Newton Dr. (énd) 7:11 Preble St. Shirley Lane` (end) 7:12 Cross over Main St. to TR Saco St. TA at Maine Rubber 7:14 Water St. 6:51 7:16 TL Brackett Rd. TL Mclellan Rd. 12:17 Cor. Church/Water Sts. 6:52 7:18 6:53 Beatrice Dr. (end) Mahlon Ave. (end) 6:57 6:57 7:20 BUS #12 John Grondin 11:50 Old Birch Lane 7:22 6:58 BUS # 22 Linda Webster 6:45 TR Burnham Rd. TR New Portland Rd. 6:58 6:59 11:52 Elkins Rd. Tapley Dr. (end) Bridal Path (end) TR New Portland Rd. 6:45 7:00 7:01 7:03 11:56 New Portland Rd. 6:50 Mountview (end) Kinney Rd. (end) TR Hodgdon Rd. TL County Rd. TR Lowell Rd. 6:52 7:04 Longfellow Rd. TL Indian Camp Way TL Longfellow Rd. 11:57 6:537:08 6:55 12:00 7:18 Ryans Meadow (end) TR Deering Dr. T/A TL County Rd. Grovo Lane (end) South Branch (end) TL Deering Rd. 12:03 TL Brackett Rd. 6:59 12:04 TR McLellan Rd. 7:00 TR South St. 7:0512:09 TR Day Rd. 7:10 7:10 6:58 TL Brackett Rd. 12:10 Cross over New Portland 7:15 6:58 Julia Dr. (end) Shaw Rd. TR Narragansett St. Briarwood (end) 7:00 12:14 Toddle Inn 7:18 7:00 7:02 TL Libby Ave. 7:197:02 12:15 TR Willowdale Dr. 7:20 7:03 Bus # 4 Cathy McKinnon BUS # 01 Barbara Hines 7:03 Round-a-bout Rte. 202 Quincy Dr. (end) Crestwood Dr. (end) 7:03 7:04 6:50 6:52 (Gray 7:04 7:04 7:05 Keepa-way (end) Waterhouse Rd. 6:53TR Queen St. 6:55 6:56 11:45 TL Libby Ave. TL Gray Rd. 7:07 Cornucopia (end) TA Carriage Hill 7:10 11:47 6:56 Mary Ann Dr. (end) TR Washburn Rd. 7:10 TL Queen St 6:57 11:50 TL Lily Lane T/A 7:12 7:13 6:57Straw Rd. (end) Gerry's Way (end) TR South St. TL Queen 7:00TL Gray Rd. 11:55 Cor. Hillview & Gray Rd. 7:15 7:007:02 TL County Rd. TR Rte. 114 TL Saco St. TL County Rd. Lady Slipper Way (end) Stroudwater Falls TP South St Bouchard Dr. (end) 11:56 7:03 7:05 7:05 6:40 6:44 TL Johnson TL Main St. T/A 7:06 11:57 TL Donna 6:45 7:07 TL Elizabeth St. 6:46 TL Main St 12:00 TL Libby Ave. T/A 7:08 TR South St. 6:46 Rustic Ridge (end) TR Day Rd. Herrick Dr. (end) McQuillians Hill (end) Coopers Way (end) T/A Hart's Way (end) TR South St. TL Libby Ave. TR Main St. 7:08 6:50 7:09 7:10 6:506:51 6:52 12:05 Shamrock Dr. (end) TL Gateway Commons Go to end 7:14 6:54 12:10 6:54 6:55 **FR Main St** 7:19 TR Libby Ave 12:12 TR Hidden Pines T/A 6:56BUS # 27 Jane Plummer 6:58 7:00 TR Libby Ave. 12:15 Cor. Wagner Farm & Libby Ave. T/A County Rd. County Rd./Edgefield Rd. 6:55 6:56 7:00 7:01 7:01 7:02 TL Libby Ave. (end) County Rd./Brookdale Rd. 6:58 TR Main St. (end) 7:00 7:00 7:02 7:03 7:04 TL on Hodgdon Rd Friendly Village (end) TR Burnham Rd. WHITE ROCK PM KINDERGARTEN BUS # 29 Beth Copp TR Fort Hill Rd. 7:03 7:05 Sandy Terrace (end) T/A Burnham Rd./Distant Pines 7:05 11:45 TL North St. 7:05 7:05 7:06 11:47 TL Buck St. (end) Kinney Rd. (end) TR Nonesuch Rd 7:07 7:06 7:07 T/A Quail Ridge 7:08 TL Buck St TL Spiller Rd. 11:51 TL Paige Dr. TL Spiller Rd. 7:10 TL Mitchell Hill Rd. 7:08 7:09 BUS # 28 Dave Boyd 7:09 TR New Portland Rd. White Birch Lane (end) Old Oak Ln. (end) Toppan Lane (end) Elkins Rd. (end) Veranda Dr. (end) TA at Westbrook Line 7:10 7:11 TR Ossipee Trail 7:00 TR Dingley Spring Rd. TL Buck St. 11:56 Wilmer's Way (end) T/A Straight at stop sign 11:59 TL Shaws Mill Rd. 12:00 Straight at stop sign 7:02 7:03 7:04 6:50 6:51 6:51 7:05 7:05 12:00 Straight at stop sign 7:10 TA at Westbrook Line 6:52 TR Marion St. TR Jane St. 7:12 7:14 TR Bartlett Rd. TL RT. 25 6:56 TL Dingley Spring Rd. TL Fort Hill Rd. TR Portal Rd 6:57 Clearview Way (end) 7:16 6:58 TR Ritz Farm Rd. Gateway Commons (end) 6:59Equestrian Lane (end) 12:04 7:19 TR Main St. Rds 7:00 TR Fort Hill Rd. Hackmatack Way (end) TL Maple Ridge Rd. 7:19 7:20 Lawn Ave. (end) Joseph Dr. (end) Meadow Brook Lane (end) 12:06 7:00 12:08 7:22 7:02 12:10 Grant Rd. (end) 7:21 Elizabeth St. (end) 7:05 7:06 7:06 WEST AREA **GRADES 6-12** 7:10 7:10 7:13 BUS 6 Laura Melvin TL Dow Rd. TR Line Rd. 6:53 6:57 SOUTH AREA 7:17 7:18 T/A 6:59 BUS # 21 Cheryl Jordan Main St/Cumberland Lane Main St./Joseph Dr. Main St./ Libby Ave. 6:48 6:48 7:01 7:20

Balsam Rd. (end) Brandon Way (end) TA at Ira Way TL Dingley Spring Rd. Patrick Dr. (end) TL Ossipee Trail TL 0 state 7:01 7:02 7:03 7:05 7:06 7:06 T/A at Apts. TR Ossipee Trail Caroline Dr. (end) 7:07

7:00

7:02 7:04

7:04

TL Buck St.

TR Buck St. Farrington Rd. (end) Quail Ridge (end)

6:50

6:51

6:52

6:55

6:55

6:56

Rd.

6:57

(end)

Willowdale

Wintergreen

TR Bartlett Rd. Cross over New Portland

Shamrock Dr. (end)

Lowell/Longfellow Rds.

TL Dingley Spring Rd. TR Buck St. 7:09 7:11 TR Shaws Mill Rd. 7:12

7.05 TD North Ct TL Ossipee Trail Old Orchard Rd. (end) Jonathan St. (end) Daniel St. (end) TR Cressey Rd Heather Way (end) BUS # 25 Larry Warren 6:40 TR College Ave. 6:41 Academy Dr. (end) 6:50 TL Wood Rd. Clay Rd. (end) Jordan Dr. (end) Rogers Way (end) TR Finn Parker Rd. Paulin Dr. (end) Duchaine Dr. (end) Dewayne's Way (end) TL Dow Rd. TR Files Rd. Elliott Rd. (end) Ledge Hill Rd. (end) Dunton Lane (end) TR Ossipee Trail State St. BUS # 11 Doreen Grondin 6:55 TL Narragansett St 6:55 Alden & Narragansett TL Harding Rd. TA Twilight Lane (end) <u>TL</u> Narragansett St TR Osborne Rd. Richards Rd. (end) TL Flaggy Meadow Rd. TA End of Waterman Rd. Fieldcrest (end) TR Webster Rd. TA TL Flaggy Meadow Rd. Adams Dr. (end) Cider Mill (end) Davis Annèx (end) TL Cressey Rd. O'Brien Dr. (end) TL Flaggy Meadow Rd. TR Rte. 25 TR Alden Ln. BUS # 20 Robin Bacon State St. Cressey Rd./Lovers Lane TR Ossipee Trail Taylor Way (end) Rust Rd. (end) Gotham Rd. (end) Brown Rd. (end) Farrington Rd. (end) Alexander Dr. (end) TR Spiller Rd. Paige Dr. (end) Truman Rd. (end) Boulder Dr. (end) TL Fort Hill Rd. (Rte.114) TL Dingley Spring Rd. Hayfield Rd. (end) Christopher Rd. (end) Pompeo Rd. (end) TB Sanborn St TR Sanborn St. TL Shaws Mill Rd. Gloria St. (end) TL Marion St. Marion & Jane (end) TR Jane St. TR Dingley Spring Rd. Cold Spring Rd. (end) TL Shaws Mill Rd. TL Buck St. Cross Spiller Rd. TR Fort Hill Rd. (Rte 114) TR College Ave. TL Alden Lane BUS # 30 Bonnie McClure TR Wilson Rd. TL Barstow Rd. Highmeadow (end) Woodland Dr. (end) TR Plummer Rd. Carlisa Way (end) Cor. Plummer/Dunlap Rd Cor. Plummer/Wescott Winding Brook Way TR Fort Hill Rd. Grant Rd. (end) tz Farm Re Hackmatack Way (end) TL Maple Ridge Shad Gully (end) and T/A TR Fort Hill Rd. TL Valley View and T/A TL Valley View and T/A TL Fort Hill Rd. TR Meadow Crossing and TR Fort Hill Rd. BUS # 31 Bob Bouthiet Longview Dr. (end) TR Mighty St. Cross over to Spiller Rd. 6:45 6:50 6:55

	7:05 7:05 7:07 7:08 Farms 7:10 Lane (1 7:12 7:12 7:12 7:14 7:15	Greentrees Dr./Pheasant
		H AREA
	-	10 Tonya Doughty Elwood Rd. Middle Jam Rd. Middle Jam Rd. (end) TL Standish Neck Rd. Kayla Way (end) TL Middle Jam Rd T/A TR North Gorham Rd. Rainbow Lane (end) TR Standish Neck Rd.T/A TR North Gorham Rd. Brookwood Dr. (end) Nason Rd. (end) TL Hurricaine Rd. Dundee Rd. (end) Cummings Rd. (end) TR Wilson Rd. Underhill Rd. (end)
	BUS # 6:44 6:46 6:50 6:52 6:52 6:52 6:52 6:53 6:57 7:00 7:00 7:00 7:00 7:05 7:06 7:10 7:10	5 Ralph Clark TL Sebago Lake Rd. Gambo Rd. (end) Katadin Dr. (end) TR Kemp Rd. and T/A TR Sebago Lake Rd. Olive Lane (end) TR North Gorham Rd. Crockett Rd. (end) Hickory Lane (end) T/A Hurricaine Rd. TL North Gorham Rd. Great Falls Rd. (end) TL Sebago Lake Rd. Winslow Rd. (end) Perkins Way (end) TR Wards Hill Rd. Dyer Rd. (end)
1	BUS # 6:40 6:46 6:46 6:46 6:47 6:48 6:51 6:54 6:54 6:55 6:54 6:55 6:56 7:02 7:14 7:15	12 John Grondin TL Dunlap Rd. TR Plummer Rd. Wescott Rd. (end) TR Wescott Rd. Goodall Rd. (end) TL Barstow Rd. Bear Run (end) Patriots Way (end) TR on Sebago Lake Rd. Great Falls Rd. (end) White Rock Dr. (end) Franklin Dr. (end) George St. (end) Sebago Lk. Rd. TR on Huston Rd.
)	BUS # 6:50 6:55 6:56 6:58 7:00 7:02 7:03 7:03 7:05 7:06 7:08 7:10 7:12 7:12	03 Jen Moreau TR Harding Bridge, TA TR Huston Rd. Sleepy Hollow Dr. (end) Gale St. (end) TR Newall St. Pleasant St. (end) Mosher Rd. Mallison St. (end) Acorn St. (end) Canal St. (end) Morse Meadow (end) TL Queen St. TR Mosher Rd. Mosher Rd.
S.	BUS # 7:13 7:15 7:17 7:18 7:19 7:20 7:20 7:25 7:25 7:25 7:25 7:27 7:27 7:30	19 Jeff Bacon TR Gray Rd. Sydneys Way (end) Escalante (end) Little River Dr. (end) Long Meadow Dr. (end) TL Queen St. Lily Ln (end) T/A TL Gray Rd. Hillview (end) Bouchard (end) Johnson Rd. (end) TR Main St. Water St. (end)
1	7:00 7:04 7:05 7:09 7:10 7:11 7:11 7:13 7:13	29 Beth Copp Huston Rd. Ext. Hannah Dr. (end) Huston Rd (end) TR Gray Rd. Queen St. (end) Libby Ave. (end) TL Libby Ave. Paradise Way (end) Hidden Pines Dr. (end) Garden Ave. (end)
	Specia	7 Michael Crosby I Needs





Shannon Phinney Dowdle, MS, CCC-A, Audiologist & Owner of Village Hearing Care

What?

I'm an audiologist. When I tell people I'm an audiologist, the response is usually, "what?" Perhaps 10% of people are joking. The other 90% have never heard of an audiologist before. What is an audiologist? The American Academy of Audiology defines audiologists as, "the primary healthcare professionals who evaluate, diagnose, treat, and manage hearing loss in adults and children.'

After I explain what an audiologist is, the question that usually follows is about a suspected hearing loss of their own or of a friend or relative. "How can you tell if you have a hearing loss?" they ask. The best way to find out with certainty is to have an audiological (hearing) evaluation, but there some things to watch for. People with hearing loss often

report that: It seems like others mumble or

- fail to speak clearly. It is difficult to follow conversa-
- tions in a noisy background. It is hard to hear the television or
- radio at a volume that is comfortable for others. It is difficult to follow the speaker
- at a public meeting or religious service
- They experience tinnitus—noises in their ears often described as ringing or buzzing.

It is common, however, for someone with a mild or moderate hearing loss to be unaware of the problem, even though family and friends are quite aware of it. Hearing loss is invisible with few overt warning signs. It "sneaks" up on people, mainly because it can happen so gradually—often over a period of 25 to 30 years!

The National Council on Aging conducted a large study which showed that hearing loss can restrict the ability to interact with others, heighten stress, cause unnecessary fatigue, strain interpersonal relationships, lead to social isolation, and mimic inattentiveness or poor memory.

Do you think you or someone you know may have a hearing loss? Take the first step. Call us at 839-8400 to schedule a free consultation. You can also find more information about hearing loss, hearing aids, and Village Hearing Care on our website, www.villagehearing.com.



Village Hearing Care

381 Main Street, Suite 4 Gorham, Maine 04038 839-8400 www.villagehearing.com The parsonage, community center, and sanctuary of the Maine Beacon Center for Spiritual Living looks bright and fresh with a new coat of paint.

One North Street Gets a Face Lift Jackie Francis

he Maine Beacon Center for Spiritual Living, located at the corner of Rt. 114 and North Street in Gorham, is sporting a new look these days. The light gray clapboard exterior with white trim and purple accent has just received a fresh coat of paint courtesy of the Maine Correctional Center in Windham. The Beacon Center, says Reverend Linda E. Holmes, made inquiries at the Correctional Center and was pleased to discover that free labor would be available as part of MCC's community service program, provided the Beacon Center supplied paint, scaffolding and supplies. In late May, the parsonage home and church walls were scraped, power washed and painted, and the members of this community will be forever grateful for the much needed face-lift.

The present-day church building was built in 1871 after razing the original sanctuary that was home to the First Methodist Meetinghouse Congregation in 1812. The sanctuary building next to the church was originally erected on Hurricane Road in White Rock, was moved by a team of horses to the Johnson neighborhood on North Street in 1825. Repairs were made and pews were finally added in 1843. The ceiling fresco, surrounding the original chandelier, was painted in 1925 using a fleur-de-lis design that replicated the symbolic flower found atop each triangular shaped stained-glass "slag window," a term used to describe the striations in the six painted windows surrounding the church. Much work has been done, says Rev. Linda gratefully, but more restoration work is needed, especially on the windows.

Reverend Linda E. Holmes, ordained minister of Religious Science, founded The Maine Beacon Center for Spiritual Living in 2004, gathering first in a horse stable in Saco and later at Kamp Ketcha in Scarborough before moving to her North Street location. A Maine native, Holmes taught in public schools and travelled the country with her husband Bill before earning a master's degree in Higher Consciousness Studies in Denver, Co. "This is not your parent's church," says Holmes warmly, "we are not a traditional church nor are we out to convert."

Teaching the philosophy of Dr. Ernest Holmes (no relation) who founded the Science of Mind Movement, Rev. Linda is quick to clarify that Maine Beacon is not affiliated with Scientology or Christian Scientists. "We teach people that they have the power within them to make their lives work better and we honor all people on all paths and we don't try to change people of who they are." Science of Mind, according to Dr. Ernest Holmes, embraces the "spiritual philosophy which deals with the unity of all life and which proclaims that God Power exists at the center of every person. It may be added to any spiritual system of thought and is a complement to all."

The Maine Beacon Center also offers a community center with adjoining kitchen that is available for parties, holiday meals and weddings. For more information on rental prices or for a look around this historical building, call 222-2183 or email revlinda@the-

The Gorham Ecumenical **Council Keeps Us Connected**

Ruth R. Covell, Secretary, Gorham Ecumenical Council

nce again the inevitable is upon us: the days are getting shorter, the nights are growing colder, and the school year is about to begin. Before you are lured back into your winter cocoon, consider joining an organization to keep you connected with your friends, neighbors, and fellow parishioners: the Gorham Ecumenical Council (GEC).

The GEC is a group of seven local churches whose members work together to improve the quality of life for all Gorham area residents. While our belief systems may differ somewhat, our values are basically the same. By embracing these collective values, we find ways to be of service to our local communities. You probably already know some things the GEC is doing:

- The Gorham Food Pantry provides local families in need with free food, fresh produce, and household supplies.
- Once every four months GEC members prepare and serve community suppers free of charge for those area residents who cannot make a donation.
- In 2009 the GEC joined with the Maine Council of Churches to present Harmony and Harvest, a blend of inspirational music and samplings of Maine-made specialty foods. Plans are currently underway to do a similar program in October.
- Each year the Gorham Ecumenical Council recognizes the National

Keith Nicely

Office 207.222.1722

Cell 207.650.2832

keithnicely@masiello.com

Prayer for Christian Unity Week that begins on Martin Luther King Day in January. During Holy Week the GEC holds a three-hour Good Friday Service at one of its member churches.

- In response to the energy crisis of 2008, the Gorham Ecumenical Council organized a free, daylong Energy Resource Fair.
- In November 2008, the GEC invited the public to a special Election Eve Prayer Service for our local, state, and national candidates. A similar service is planned again for this year.
- Last year the GEC and the Gorham police and fire departments initiated a Public Safety Awareness Program, encouraging residents to install a free device that converts a regular house lamp into an emergency flashing light.

The Gorham Ecumenical Council keeps us connected as neighbors, church members, and as a society that appreciates and cares for each other. One town at a time, we build bridges of understanding and commitment so we can move out into other aspects of our lives and make a difference.

The Gorham Ecumenical Council is looking for new members, new ideas, and new ways to serve the greater Gorham communities in the future. If you are interested in joining and would like more information, please call the GEC president, Chris Kimball, at 892-9437.



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High School Letters FROM PAGE 7

Gorham High School Chris Record, Principal

I hope you all have had a fabulous summer of fun (maybe you even read a bit), adventure, and relaxation with family and friends. Before I mention anything else, I would like to highlight the hard work of our custodial and maintenance workers this summer. They spent countless very hot and very humid summer hours working to make GHS a better place. Please join me in thanking them for their efforts and for taking such great pride in their work. GHS is sparkling with fresh wax on the floors and bright new paint on many walls. Also, I want to thank the GHS teachers who worked during the summer on curriculum, instruction, and

assessment. Those efforts make GHS a better place for teaching and learning.

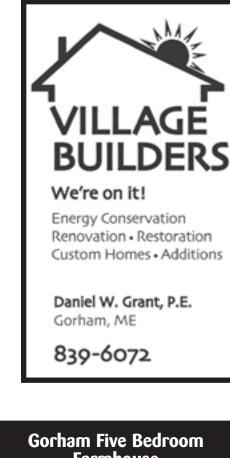
We are pleased to announce that we are continuing to offer computer-based programs called Virtual High School and PLATO. Further, in order to better meet the health and emotional needs of our students our drug and alcohol counselor and social worker will continue to be full time this year.

We look forward to welcoming all of you to a tremendous 2010-2011 school year. Our aim continues to be to improve teaching, to increase learning, and to enhance the positive climate of GHS. We welcome all of you to attend events and activities. Thank you for all that each of you do to make Gorham a better place for teaching and learning.

Retires FROM PAGE 6

In addition to coaching softball, Walker has also done play-by-play of boys' and girls' basketball games for the Gorham GOCAT cable television station for the past 27 years, and he is a long-time soccer and basketball referee. In addition, he works a full-time job as a truck driver for Shaw's Supermarkets, for which Walker has driven trucks more than two million miles across New England since 1987. It's easy to see just how busy he has been.

Walker said he appreciates the support he received from players, parents and faculty over the years as we well as the help he received in recent years from assistants Brad Young and Steve Martin. "But perhaps most of all I owe a major thank you to my wife Kathy and my children who have been supportive of my desire to coach all these year," Walker said. "I'm a life-long volunteer and hope to get involved again at some point in one way or another."







PROJECTS THAT BOOST HOME VALUE

If you are looking to sell your home in the not-too-distant future, you may want to focus your attention on home improvement projects that bring the most bang for the buck. For instance, not only will replacing worn exterior siding with wood, fiber-cement, or foam-baked vinyl siding attract more prospective buyers with increased curb appeal, it will increase the value of your home. Other home improvements that carry the potential of recouping perhaps 75 percent of every dollar spent at the time of resale include window replacement (wood or vinyl), full bathroom or kitchen remodels, deck additions, and remodeling and finishing previously unfinished basements. Choose neutral colors and natural stains that will appeal to a wide array of potential buyers.

Make the most of your remodeling dollars by selecting projects that yield the most return on investment. Put kitchen and bathroom updates, in neutral colors, at the top of the remodeling list. Please call me to schedule a market analysis. I work closely with my clients to stage homes in the most flattering way to increase their appeal to prospective buyers. To maximize a home's exposure, I list it in the multi-list system (MLS), post it on www.olearysaxby.com, and coordinate open houses. My office is located at 352 Main St.

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Trivia Question #3

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community



On Sunday, Aug. 8, girls from Gorham Junior Troop # 1188 and Brownie Troop # 2322 met at Robie Park to plant a flowering crabapple tree that was donated to the Town of Gorham by Modern Woodmen Association. (Front L-R): Lindsey Nygren, Maggie Rimkunas, Grace Andrews, Jessica LaCroix, Madeline Joyal-Myers. (Back): Kate Andrews, Rachael Graham, Erica Nygren, Taylor Nygren.



Trivia Question #4 How often is the Gorham Times Published? □ Monthly □ Weekly □ 24 Times/year □ 26 Times/year

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dean's list

The following part-time Gorham students have been named to the USM Dean's List for the 2009/'10 academic year: Emily Ernest, Jolie Fahey, Adam Fahey, Jessica McElravy, Sara Morin, Dominic Rozzi, Laurie Sallaz, Aaron Shields and Kimberly Wogan.

milestones

Shaughn Allen (GHS '06), son of Kirk & Patricia Allen, graduated this May from the University of Maine at Orono with a Bachelor of Science Degree with a concentration in soil science.

of interest

O'Donal's Nursery in Gorham will offer two classes to the general public on "Woody Plants"—how to use them in landscaping, and how to manage pests and diseases. Thursdays, Aug. 26 (Hydrangeas) and Sept. 2 (Screening Plants) from 5-6 p.m. \$12 per class and reservations appreciated. Space is limited. FMI, call Jeff 839-4262 or visit www. odonalsnurseries.com.

An Evening with Birdie Googins, aka:

The Marden's Lady, Saturday, Sept. 18, 7 p.m., Bailey/Silcox Hall, Gorham Middle School. Meet & greet after show. Tickets \$8 advance/\$10 at door. Under 12, free. Tickets available at Nicely's Market,

Buster's Barber Shop, Cook's Hardware, Village Laundry, Ossipee Trails and Gorham Grind. Sponsored by the Gorham Lions Club and Gorham Rec. Dept. FMI. 839-6569.

Gorham's Community Access Television Station (GOCAT) is now available on the Internet. A web version, identical to what is on cable television, may be accessed on the homepage of the Town of Gorham's website, www.gorham-me. org. View public meetings in real time or download from video-on-demand section. FMI, 222-1641.

Bella Moulton, six-year-old daughter of Trish Moulton and Shonn Moulton, tap danced with the American Tap Dance Foundation in New York City this summer. While attending the summer intensive dance program with fellow dancers aged 6-adult, Bella met Karen Callaway Williams, an honorary Second Generation Silver Belle and author of Rhythms for Ruby, a children's bedtime story. As the culmination of her summer dance experience, Bella performed a piece choreographed by Courtney Runft at Symphony Space in New York. Bella dances at the Dance Studio of Maine.

close to home

"Caring for Your Aging Family

Members," a support group for friends and family assisting an aging loved one, will meet Wednesday, Sept. 1, 6-7:30 p.m. at the Windham UCC, 140 Windham Center Rd. FMI, (800) 427-7411 x 558.

There will be a community yard sale at the First Congregational Church of Buxton, Rt. 112 and 202, on Saturday, Aug. 21 from 9 a.m.-3 p.m.

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Answer five trivia questions

correctly to be entered to win a \$20 Sebago Brewing Company gift card. Send answers to gtimes@maine.rr.com

Racewalk FROM PAGE 1

ing," said Jason Tanquay, who coaches Flanders for GHS in the racewalk event. "It's one thing to be in good shape as an athlete, but in racewalking, you also need to work hard on the technique, and Katie has made the commitment."

The racewalking technique requires participants to keep one foot touching the ground at all times while the leg in front must always be straight. Flanders first started competing in the racewalk as a freshman after competing in cross-county as well as long-distance races in track.

"Coach Tanguay suggested I try racewalking and Coach (John) Caterina also encouraged me," Flanders said. "The transition and learning the technique was difficult at first. Racewalking is a little easier physically than long-distance running, but it is harder mentally since you need to focus hard on the technique during an entire race or else you could get disqualified."

As a junior this fall, Flanders plans to run for the GHS cross country team and will also train to compete in a national racewalk event in Massachusetts that takes place in October. She will compete against her own age group, but other age groups will race at the same time, which means Flanders will compete alongside potential Olympians.

Looking ahead to next year, Flanders plans to compete in the Junior Olympics again at 17-18 age level. "I'm not sure yet if I will participate in winter track, which does not have a racewalk event," Flanders said. "I may focus on training for the outdoor season."

Flanders also has set her sights on competing in the racewalk in college. If she keeps succeeding at her current pace, she should be well on her way to achieving her goal.

Bean-Hole Bean Mystery Revealed Barry Atwood



United Church of Christ in North Gorham gets ready to host another bean-hole bean supper. The process is very time consuming, but the end result is delicious. For more images of the bean-hole supper, see www.gorhamtimes.com or www.facebook.com/pages/Gorham-Times/127309413977240.

t's late on a Friday afternoon in July and three large stainless steel kettles are being carefully lowered into a four-foot deep brick lined pit. This "bean hole" is located about a hundred yards from the United Church of Christ in North Gorham. The kettles contain yellow eye, kidney and pea beans that will rest on an 8-inch bed of red-hot coals to begin the 24-hour in ground baking process. A team of three volunteers has already worked for two hours to build the fire and prepare the beans with salt pork and special sauces. The pit is almost too hot to stand over as a heavy steel lid (once an elevator door) is lowered in place and coals from previous fires are shoveled on top until the bean hole is completely sealed for the long slow-baking process.

Our recipe is not far from what the Pilgrims used, although they substituted molasses for maple syrup and added pork and other ingredients. Beans were a nutritional staple of Native American diets. The practice of baking beans all day buried in the ground in stone lined pits, or bean holes, probably began in early Maine logging camps. Churches and other community organizations for many decades have hosted bean-hole bean supper fundraisers. The North Gorham church began holding public suppers in the mid 1960's. Harry Bell, who still helps put on these suppers, and John Labrecque, Sr. dug the hole for the fire pit. They constructed its sides using support column bricks from the renovated church basement and lined it with firebrick. The first cooking pots for the beans were actually large potato chip cans, but were replaced in the 1980's with three custom-made donated stainless steel kettles.

Today as each bean supper weekend approaches (third Saturday of each month, May through October) a large group of North Gorham church members and other neighborhood volunteers begin working to make it all happen. Nearly all of the food served at the suppers is donated. Pies, salads, and brown bread are freshly homemade by dozens of neighborhood cooks. Annually in May the church cooking staff purchases about 300 pounds of dry beans from Maine suppliers for the six-supper season. Each month they also buy the 30-40 pounds of red hot dogs needed for each supper. A crew prepares the community room the day before by setting tables for 70 guests. During the supper they clean and reset the tables twice to accommodate up to three complete settings.

At 3:30 guests begin lining up for tickets. Some watch as the bean pots are removed from the ground. At 4:30 the doors open and a flurry of activity begins. Guests choose a piece of their favorite homemade pie and are seated at tables well stocked with food. It takes a staff of nine in the kitchen and eight in the dining room to keep things running smoothly during the supper, which, in the end, will feed 150-200 people. At 6:30 the last guests finish their meals. By 8 p.m. all the tables are cleared, dishes are washed and the last one out locks the doors.

The remaining bean-hole bean suppers for this season will be held at UCC North Gorham, 4 Standish Neck Road, on August 21, September 18, and October 16. For more information, call 892-9532.

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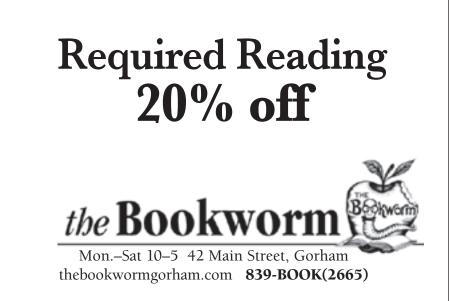
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A Few Foxes Too Many

Wintergreen Drive caller reported seeing at least one fox in the neighborhood and was starting to see them daily. Caller was not sure if this was normal activity or if someone should check on them.

Waterhouse Road caller requested the Animal Control Officer call her regarding a fox that was hanging out at the day care.

Caller reported fraudulent use of their credit card to purchase Chinese food.

Caller requested to speak with an officer regarding a truck stopped by their house trying to sell them hot top left over from another job.

Mercier Way caller reported their 13-year-old son stole their credit card and was purchasing items online. Caller requested an officer meet with them.

North Gorham Road caller reported a male entered the home of their 91-yearold mother and informed her she was behind on her payments. When questioned, he left saying he would have to go back to the office to check.

Forest Circle caller reported that in the past few days, four unknown males drove by caller's home in two separate vehicles and just stared at caller.

North Gorham Road caller reported a turkey lying on the side of the road. It appeared to be stunned.

Newell Street caller stated she thought she was in a cab. However, caller didn't think the vehicle was a cab. Caller was believed to be intoxicated.

Brackett Street caller reported they had a porcupine in their basement and needed help removing it.

Elm Street caller reported a possible homeless person living on the second floor of their building. People have seen the person going in and out, using the bathroom and going into the waiting areas.

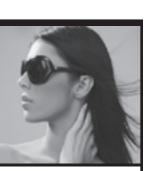
Main Street caller reported a subject, who had stolen a bottle of liquor, running down New Portland Road.

Mighty Street caller reported that approximately 1,000 bees swarmed his garage and chased him off. Caller had not been stung but needed help, stating the bees were acting in an unusually aggressive mood.

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what's happening

FRIDAY, AUG. 20

• School Talk on GOCAT channel 3, 10 a.m. and channel 2, 8 p.m. "Building a School Budget" with Jim Hager.

SATURDAY, AUG. 21

• Authentic Bean-Hole Bean Supper, UCC at North Gorham, 4:30 – 6 p.m. \$8/\$4. FMI, 892-9532.

MONDAY, AUG. 23

 Food & Fellowship Ecumenical Meal Program, Windham Hill UCC, 140 Windham Center Rd., Windham. Everyone welcome. FMI, 892-3769.

FRIDAY, AUG. 27

 School Talk on GOCAT Channel 3, 10 a.m. and Channel 2, 8 p.m. "Transition Report: Preparing for three K-5 Schools."

SATURDAY, AUG.28

• Bean Supper at the Bungalow, Rt. 22/ Broadturn Rd., 5-6 p.m. \$5/under 3 free! FMI, 839-6972.

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.

MONDAY, AUG. 30

- Food & Fellowship Ecumenical Meal Program, Standish Congregational Church, 25 Oak Hill Rd. Everyone welcome. FMI, 892-3769.
- School begins for Grades K-6 and 9.
- TUESDAY, AUG. 31
- School begins for Grades 7-8 and Grades 10-12.

WEDNESDAY, SEPT. 1

- Gorham Economic Development Corporation meeting, 8 a.m., Gorham Municipal Center, Conference Room A. FRIDAY, SEPT. 3
- No school for grades K-12.



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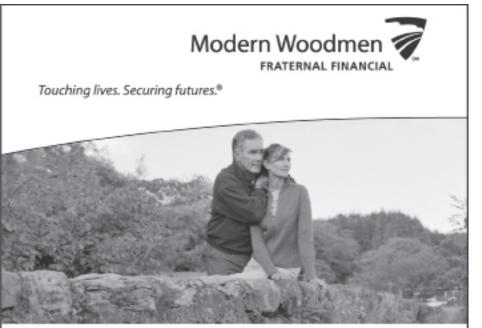
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