

# Gorham Times

A FREE BIWEEKLY NEWSPAPER

VOLUME 16 NUMBER 17

TOWN OF  
**Gorham, Maine**  
—FOUNDED 1736—

SEPTEMBER 3, 2010

NONPROFIT  
U.S. POSTAGE PAID  
GORHAM, ME  
PERMIT NO. 10

## Town and Gown Work Together

Bill Ambrose

The Town of Gorham and the University of Southern Maine have found a few mutually beneficial and innovative ways to work together.

Chief Robert Lefebvre of the Gorham Fire Department said his department trains fire and safety inspectors for the USM campus. These student inspectors relieve the town's personnel of the obligation to inspect the dorms and other college facilities. As compensation for their service, the students receive their rooms for free.

The Gorham Fire Department maintains a Confined Space Rescue Team for the college. Crisscrossing the campus are a series of underground heating pipes that transmit steam to various buildings from a central heating plant. When the pipes require maintenance, workers need to descend into underground vaults located around the campus. Federal OSHA regulations call for a Confined Space Rescue Team to be present during this operation. The team must also certify the space is safe before the workers descend. In return for this service, the university pays for the team's equipment and for the Gorham firefighters to be trained and periodically certified. Additionally, USM contributes about \$12,000 annually for the maintenance and upkeep of the town's aerial ladder fire truck, as well as paying the fees for rescue calls to the campus.

The Gorham Public Works Department aids the university in its purchase of sand and salt for winter road maintenance. According to Terry Deering, deputy public works director, the town requires a very large quantity each winter. By buying in bulk, the town receives a discount. Comparatively speaking, the school uses a much smaller amount. By purchasing its winter supplies from the town, USM saves because it is getting the volume-discounted price, and it does not need to build and maintain the expensive storage facilities that would otherwise be needed.

## Andrew Wojtal Wins Prestigious Award

Maggie Compeau

To receive a dance award of any kind is one of the most dreamt about achievements for any dancer. Receiving an award from the Princess Grace Foundation is the ultimate goal for a dancer. Andrew Wojtal, pictured at right, will experience that success first hand in November when he receives the Princess Grace Scholarship Award at the Annual Awards Gala in New York City.

Wojtal, GHS '07, son of Ann Withington and Michael Wojtal, took an interest in the art of dance at age eight. When he was nine years old, a fear of the stage caused him to temporarily quit dancing. After studying his sister's love for dance and by watching others, Wojtal made the decision to enter weekly hip-hop classes. Wojtal's main style of dance throughout high school was hip-hop; however, over the past few years he focused on modern style dancing and ballet. He says he has "learned to appreciate ballet over the past few years and believes that art is all inclusive."

Wojtal's thoughts on receiving the Princess Grace Scholarship Award: "It was the best thing ever. I worked real-



Photo credit Christie Nelson Sala

ly hard for it and I felt like I was validated as a dancer." The award will cover Wojtal's tuition for the remainder of his time as a student.

Established by Prince Rainer III of Monaco after Princess Grace Kelly's death in 1982, the Princess Grace Foundation was intended to gather a group of people to honor her legacy. The

Foundation has awarded numerous scholarships, apprenticeships, and fellowships every year to people in dance and theatre. In 2006 another Gorham resident was presented with a Princess Grace Award. Sara Esty, dancer with the Miami City Ballet, daughter of Jane and Mike Esty, was presented with a dance fellowship award.

Wojtal said the Princess Grace Award is a "life-changing award" which will "allow me to apply for grants that I can use to put toward future projects." After he receives his double undergraduate degrees in dance and choreography from California Institute of the Arts, he plans to go to Montreal. Wojtal is looking forward to his future in choreography and theater, and aspires to own his own dance company.

## Bids Due September 24 for Preble St. Property

Sheri Faber

The Town of Gorham held two open houses on August 24 and August 27 at the former fraternity house at 27 Preble Street. The open houses were intended for prospective bidders to view the property, which the town seized for non-payment of taxes.

While the property could be used as a single family home, it would not meet code requirements to become a two family dwelling. Among other possibilities, permitted uses for the property include: retail store; personal; business and repair services; business and professional offices; rooming house; funeral home; or a bed and breakfast. A minor site plan review would be required for any use other than that of a single family home.

The minimum bid for the property is \$35,000. The fraternity purchased the property in 2003 for \$191,000; the current assessed value is \$258,900. The house has fifteen rooms and five bathrooms. The property is in disrepair and needs extensive work to correct code violations before the building can be occupied.

Tim Allard, who lives across the street, wrote a letter to the Town Council asking them not to permit the building to become a rooming house that might cater to college students who could present noise and other problems for Preble St. residents. "USM has no interest in purchasing 27 Preble Street or any other property in downtown Gorham. We have been focusing all available resources toward improving options for on-campus living," said Bob Caswell, executive director of Public Affairs at USM. According to Town Manager David Cole, "the Town Council can turn down an offer with which they are uncomfortable." Despite the vote by Town Council for a deed restriction prohibiting future use as a fraternity or sorority, a rooming house would be a permitted use.

## Gorham Has Heart

PAGE 14



### Backpack Safety

PAGE 6

### GORHAM SIGHTINGS Step Right Up

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](http://www.facebook.com/pages/Gorham-Times/127309413977240)). The location of the sighting in the 8/20 issue was correctly identified as the fence in front of Salon La Luna on Mechanic Street. Log on to Facebook to enter your best guess for this picture.



Photo credit Martha T. Harris

### inside the Times

- |               |             |
|---------------|-------------|
| 14 Blotter    | 5 Living    |
| 15 Calendar   | 4 Municipal |
| 15 Classified | 6 School    |
| 12 Community  | 8 Sports    |



[www.gorhamtimes.com](http://www.gorhamtimes.com)

# Letters to the Editor

Letters to the editor must be signed with a first and last name, typed or e-mailed and include a phone number. Submissions should be original to the Gorham Times and less than 300 words. Letters are solely the opinion of the writer and not that of the Gorham Times. They are published at the discretion of the Gorham Times and are subject to editing.

**Dear Gorham Times,**

My wife, our family, and I wish to express extreme gratitude to the Gorham, Windham and Standish fire and rescue crews for their prompt and concerned action in our home fire on Tuesday, August 20 at 12:15 a.m. Fortunately, we live within a mile of the now manned fire station in North Gorham; by the time we got out of the house I could hear the trucks coming. As soon as the truck arrived and the crew had their smoke gear on, they went into the dark basement and quickly knocked the fire down. A three-foot hole in the floor at the foot of our bed was about the only place the fire managed to get out of the basement. The smoke throughout the house could not be avoided. All involved were very concerned and understanding of our concerns, even the headman who arrived and finally listened to me about where the fire was in the basement. Once I was convinced he heard me and could give the crews the directions I moved out of his face and left them to their work. He at least stopped long enough to make me think he understood what I was telling him. I especially cannot forget the EMT

crew who took us in tow to their unit and checked us out or the courteous young recruit standing guard at the front door with a spray can watching a flick of fire breaking through the exterior wall while waiting for a larger hose line. Being careful not to offend or do unnecessary damage to anything, he asked me if it was okay to move the small planter of geraniums off the steps. Another, carrying a hose after the fire, who I did not recognize, said he had a guest room we could stay in if we needed it. Our daughter lived just down the road so we could go there, but whoever he was, we thank him for the offer.

**John and Betty Labrecque, North Gorham**

**Dear Gorham Times,**

Congratulations on your 15th anniversary edition. I have subscribed with interest to your paper for almost this entire time period. As a former Gorham resident it is exhilarating to know that this great community sustains such a lively instrument of news and communication.

**Paul Mills, Esq.  
Box 608  
Farmington, Me. 04938**

# Our Apologies

Due to a printing error, the following images were omitted from the 8/20 issue. Below are snapshots of the images and captions as they were intended to appear.



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.

Images courtesy of the Gorham Times archive



The parsonage, community center, and sanctuary of the Maine Beacon Center for Spiritual Living looks bright and fresh with a new coat of paint.

Photo credit William C. Holmes

# around town

**Olympia Sports is scheduled to open a new retail store on Thursday, September 2 in The Village Mall on Main Street. Their hours are Monday-Saturday, 9 a.m. to 9 p.m. and Sunday, 10 a.m. to 6 p.m. FMI 839-0464.**

# Gorham Times

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 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  
Rich Obrey  
**Public Service** Jackie Francis  
**Sports** Jeff Pike  
**School Coordinator** Stacy Sallinen  
**Distribution** Chad Sirois  
**Assignment Coordinators** Paul and Barbara Neal  
**BOARD OF DIRECTORS**  
Maynard Charron, President  
Susan Bartlett, Edward Feibel, Robert Gould,  
Julie Mason, David Willis, Katie O'Brien,  
Hannah Schulz Sirios, Michael Wing

**Office Staff** Barbara Neal, Paul Neal  
**Sales Staff** Sandra Wilson, Betsy Nygren  
**Distribution** Jason Beever, David Butler, Maureen Butler, Julie Burnheimer, Kattia Lomando, Lily Landry, Ginny Micucci, Bob Mulkern, Russ Frank, Jeff Pike, John Richard, David Willis  
**Advertising and Copy Deadlines**  
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



## NEWS FROM AUGUSTA

# Take Advantage of Energy Efficiency and Weatherization Programs

Sen. Phil Bartlett

The sight of school buses on Maine roads usually signals the end of the summer season. Fall is on its way and before we know it, winter will be here as well. But, while the weather is still nice, I would encourage you to consider energy efficiency or weatherization improvements in your home. The efforts made now may save you money down the road.

Consider this: nearly 80 percent of Maine residents depend on oil to heat their homes. Heating and transportation fuel costs have increased 100 percent over the last five years. This equates to 10 to 20 percent of most Maine households' monthly income. It is clear that any household could see significant savings if they are able to reduce the cost of energy consumption. In fact, the Governor's Pre-Emergency Energy Task

Force found that weatherization of all Maine residential units (477,000 single family dwellings and 7,100 apartment buildings with 50,000 units) would reduce fuel use by 18 percent and save \$1.7 billion.

As a result of the findings from the Task Force report, the governor and Legislature continues to work hard to reduce our energy consumption. Recently, Maine was recognized as a national leader in the effort of weatherization because of our efforts to improve the energy efficiency of 100 percent of our homes and businesses by 2030.

To help achieve this goal, Efficiency Maine serves as the clearinghouse for residential and business programs designed to encourage energy efficiency. Various programs offer incentives to qualified participants. Before you

make an improvement to your home or replace an appliance, check with Efficiency Maine to see if you are eligible for a rebate. More information can be found online at: www.efficiency-maine.com or by calling 866-376-2463.

Maine Housing is another resource for help in lowering the cost of energy in a home. The programs offered through Maine Housing are only for low-income households and are usually administered through the local community action agency. The agency in our area is the People's Regional Opportunity Program (PROP).

To see if you may qualify for a weatherization or energy efficiency program, go to www.mainehousing.org for more information. To contact an official at PROP, visit www.propeo.org or call 800-698-4959.

Right now is the time to get ready for the upcoming long months of winter. Any improvement to reduce the cost of energy consumption made today will help save money for any household over time. I would encourage you to explore your options through the valuable programs at Efficiency Maine and Maine Housing.

If you want to stay informed about legislative happenings, please feel free to join my email updates. Go to www.mainesenate.org to sign up.

Sen. Phil Bartlett 207-839-7827  
800-423-6900, phil@philbartlett.com

## Rich Obrey Photography



- Portraits
- Family
- Sport
- Business

415-2705



Visit: www.richobrey.com - and - www.obreyphotos.com

# Gorham Resident Now Student Ambassador in Shanghai

Antoine Cadot-Wood



Photo credit unknown

Antoine Cadot-Wood, Gorham resident and student ambassador at the USA Pavilion at Expo 2010 Shanghai, visits the China Pavilion.

When people here talk about what they did on their day off, it sounds physically impossible: "I went to France yesterday." "Really? I went to Israel and Guatemala, and had a quick look at Indonesia." Actually, none of my coworkers have traveled more than a couple of miles. Here at Expo 2010 in Shanghai, China, more than 140 nations, represented by highly ornate pavilions, showcase the best their countries have to offer. Inside the USA Pavilion, over the course of the six-month Expo, some 160 American college students and recent graduates like me will have the opportunity to bring to life the concept of personal diplomacy.

"Universal Expositions," as they are officially known, have a history of more than 150 years, with the first such event held in London in 1851. Many modern inventions were presented at these expositions, most notably the telephone in 1876. Although most expos are temporary, many have marked their host cities permanently: the Eiffel Tower, the symbol of Paris, was the entrance arch for the 1889 World's Fair. In the last half century, however, expos have taken on a much more idealistic tone. The theme for Expo 2010 Shanghai is "Better City, Better Life," with various pavilions showcasing new ways to use urban spaces.

I am one of about 160 young men and women who were selected as "Student Ambassadors" to work at the USA Pavilion. We come from all over the United States and from many different schools. What we have in common is the ability to speak Mandarin and an interest in China. Our presence makes the USA Pavilion one of the few at Expo

2010 to be staffed by a large number of its own citizens; many other pavilions simply hired local Chinese. We are the face of the United States, greeting guests and introducing our country in English and Chinese to an average of 50,000 visitors a day, many of whom have never before met an American.

On our days off, we have a chance to venture into the city of Shanghai itself and quickly realize how fitting it is for this city to host the Expo. Shanghai has been a hub of international shipping and trade since it was first opened by imperial powers in the mid 1800s. Traces of this global influence can still be found in the city, whether in the elegant old buildings of the French Concession, or the towering skyscrapers that mark Shanghai's rapidly developing financial district.

My plan since graduating from college this past May has been to apply for doctoral programs in modern Chinese history, with the goal of eventually becoming a researcher. For now, however, I am enjoying this opportunity to make a meaningful contribution to US-Chinese relations. An estimated seven million visitors, almost all Chinese, will visit our pavilion by the time Expo 2010 ends in October. 160 enthusiastic young college students will have the opportunity to help eliminate some of the suspicion and ignorance that still lies between the two countries. So with that kind of job, who needs a day off?

*Antoine Cadot-Wood (GHS '06) graduated from Wesleyan University in Connecticut in May 2010 with a major in East Asian Studies and a focus on modern Chinese history. He is the son of Annick Cadot and Jack Wood.*

## COMMUNITY PROFILE

# Budding Photographer

Ellen Quinlan

Sophie Little, 16, is a Gorham High School student who took her interest in art photography to a professional level at an earlier age than most. Sophie is selling, exhibiting, and presenting her work for judging at two of Maine's popular outdoor art shows this summer. She has already exhibited at the Naples Art Show on July 31 where she received an honorable mention for the quality of her work and made some sales. Her next show this season will be at the annual Cape Elizabeth Labor Day Art show at Fort Williams Park on Sunday, September 5.

Sophie has been interested in photography since she was 10 years old. Almost four years ago she decided to take classes in black and white film darkroom techniques at Maine College of Art's (MECA) Saturday School, a program for school aged children who are interested in developing their artistic interests. Sophie progressed through the class level and really enjoyed the challenge of learning traditional darkroom techniques to create expressive and personal work. She says: "it is a lot more fun than digital photography because it is easier to be involved in as a process. For example, you have to use skill and creativity to frame the work properly and adjust the areas of light and dark contrast during the developing process. This makes each print more unique and personal. Apart from techniques, my training at MECA has taught me proper composition and lighting."

Sophie's subject matter is often things in which other people may not see beauty. "My photographs can make subjects look beautiful, but when viewed in real life may not look attractive and may even be perceived as ugly. I like the challenge of seeing beauty where it is not obvious. For example, I took a series of photographs



Photo credit Ellen Quinlan

Sophie Little displays one of her black and white photographs.

of the interior of a very old house that had not been occupied for years. I thought the house seemed very lonely and I liked that quality."

Sophie's stepfather, Ed Reims is a "plein air" landscape painter who regularly exhibits and sells at outdoor art shows in Maine and other east coast states year round. Sophie has attended many of his shows and wanted to try it. Ed was able to offer advice and practical help in setting up her displays. They will both be exhibiting at the Cape Elizabeth Labor Day Art Show this year.

Sophie plans to make a career of art photography and hopes to attend a college of art in a couple of years. Check out her work at Fort Williams on Sunday, September 5.

FREE Admission!

Sam Smith  
Auctioneer



These items could be yours!

- 32-inch Flatscreen TV
- Two Bruins Tickets
- Jewelry
- Yoga Class
- Landscape Design
- Original Abstract Painting
- Etched Glass Decanter
- Fitness Programs
- Hair Salon Gifts
- Trendy Accessories
- Restaurant Gift Certificates
- And Much, More!

Please Join Us For Our

2ND ANNUAL NEW YEAR GORHAM AUCTION EVENT

Saturday September 18, 2010

Silent Auction 7-10 • Live Auction 8:30 PM

Valuables/Antiques/Artwork/Gift Certificates and MUCH More!

Odd Fellows Building • Corner School St. & College Ave.

Thatcher's famous chowder, sandwiches, desserts...

Cash bar and live entertainment featuring Matthew Esty!

Updated list of auction items at: [www.newyeargorham.org](http://www.newyeargorham.org)

Do your children suffer from any of the following?

- |          |                  |
|----------|------------------|
| ADD/ADHD | Allergies/Asthma |
| Autism   | Bed-wetting      |
| Colic    | Ear Infections   |

If you answered yes to any of the above or are seeking wellness care for your family, please contact us today.



8 Elm St. Gorham  
839.6800 ~ [www.gorhamchiro.com](http://www.gorhamchiro.com)  
Most major insurances accepted.

# municipal

## New Librarian



Photo credit Martha T. Harris

North Gorham Public Library trustees announce the appointment of the new librarian, **Wendy Wales**. She joined the North Gorham Public Library several years ago as a trustee and last year as the assistant librarian, and took on her duties as librarian the first of July. The children's programs will get under way in September. Babies In The Library, for children up to 3, will be held on Wednesdays from 10 to 11 a.m., starting September 8. Story Hour, for 3 to 5 year olds, will be held on Thursdays from 9:30 to 10:30 a.m., starting September 9. Library hours are Mondays and Thursdays 3:00 to 5:30 p.m.; Wednesdays 6 to 8 p.m.; and Saturdays 10 a.m. to 1 p.m. For more information please call the library at 892-2575.

## 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.

## PHOTOGRAPHY WITH CLASS



Scheduling Senior Portraits Now  
Limited sessions available. Please call 839-3431 to schedule your session now. For color samples and pricing, e-mail marthat@maine.rr.com.

**MARTHA T. HARRIS PHOTOGRAPHY**

marthat@maine.rr.com • www.marthaTharris.com • (207) 839-3431

## Town Council Report, August 3

Sarah Gavett-Nielsen

The Council voted to accept the bid of Shaw Brothers, Inc. for \$1,127,533 for the reconstruction of North Gorham Road, in accordance with the bid specifications. The money is coming out of the bond package that the voters accepted during the November 2009 election.

The Council voted to approve issuance of a new liquor license for JAAAMM's Associates, LLC d/b/a Church Banquet Center Sons of Italy Lodge.

The Council voted to accept the bid from Gorham Sand & Gravel, Inc. of \$485,000 to reconstruct Finn Parker Road, provided that right-of-way issues can be resolved.

The Council authorized the Town Manager and Finance Director to solicit sealed bids for the purpose of selling the tax-acquired property located at 27

Preble Street, provided that the minimum bid required is \$35,000. Bidders must provide a check, payable to the Town of Gorham equal to 5% of the amount of the bid that will be applied to the final purchase. Once bids are placed, the bids will be made public and will go before Town Council, which reserves the right to accept or reject any bid.

The Town Council voted to officially receive the Preliminary Design Report for the South Street and County Road Sanitary Sewer and Water Main Utility Service Expansion from the Portland Water District.

The Town Council accepted Emma Lane, located in Nottingham Woods subdivision off of Wood Road, as a public road to be classified as a Rural Access Road.

## GORHAM HAS HEART

## Breathing in Fresh Air

Stacy Sallinen



Photo credit Jane Farr

Fresh Air Fund children and their host families went aboard the Rugosa, a lobster tour-boat that left from the Nonantum Resort Marina in Kennebunkport. During the excursion, they learned about the lifecycle and migration of lobsters, along with a hands-on experience about the lobster industry. Pictured onboard are Ryan Farr, Timmy O'Brien, Elijah Vicks, Aaron Farr, Brendon Carolina, and Andrew Farr.

Eight families in Gorham recently opened their hearts and homes to children from New York City through the Fresh Air Fund. Founded in 1877, the nonprofit agency allows inner-city kids to experience summer in the country.

For as long as she can recall, Jane Farr wanted to host a child through the Fresh Air Fund. She and her husband, Ronnie, decided to wait until their children, Aaron, 10; Ryan, 8; and Andrew, 6, were old enough to appreciate the experience. For the third consecutive summer, the Farr family has welcomed Brendon Carolina, 9, into their home. Stacy and Tim O'Brien also participated in the program in order to give their son, Timmy, 8, a different perspective on life experiences.

One of the biggest challenges for host families is learning to adapt to different life experiences, including behavior, eating habits, activities, and schedules. Jane explained that Brendon's first year was somewhat

uncomfortable for him, running bare-foot in the grass, playing with the sprinkler and Slip and Slide in the yard, swimming at the beach, or just having dinner outside. Three years later, he is now eager to be a part of all these experiences and continues to want to try new things. Ronnie said they are fortunate to be able to open their home to a child each year, and now considers Brendon to be a friend and wonderful addition to the family.

Deb Washburn, the volunteer chair coordinator for Fresh Air Fund in the Gorham area, said the experience can be rewarding, but she makes it very clear during the application process that there will be challenges. "We're talking about kids. I want families to be prepared for a difference in culture, bed wetting, home sickness, even differences in activity levels."

The O'Brien's first year in hosting a child was challenging. The young child with whom they were matched

# living

## SENIOR CARE

# How to Talk to Your Doctor: Tips on Improving Communication

Bill Jenks

Clear, understandable communication can become increasingly challenging as we age, and a visit to the doctor can often be a daunting prospect. Given the pressure on doctors and other practitioners to see as many patients in as little time as possible, it is essential that the patient be well prepared.

Experts with the American Geriatrics Society's Foundation for Health in Aging suggest the following to make sure your visit achieves its outcome:

- Make a list. Before your appointment, write down past and present health problems and concerns, and any surgery or other treatments you have undergone. List the names of any medications you have taken that have caused unpleasant or dangerous side effects. If you are sick, write down all of your symptoms. Finally, list any questions or concerns you have about your overall health.
- Bring along all your prescription drugs, over-the-counter medications, herbs, vitamins, and other supplements and show them to your doctor. This way, they will know exactly what you are taking, when, and at what dosage. This is important because some drugs, herbs and supplements can interact with new medications your practitioner might prescribe. They might also affect the results of certain medical tests.
- Pack a notebook so you can write down what your healthcare professional tells you. If you have trouble remembering later on, you can refer to your notes.
- Take a buddy along. A family member or friend can offer your practitioner information you might forget or overlook. He or she can also help you remember what your healthcare practitioner says. If you want to discuss something with your practitioner alone, you can always ask your relative or friend to leave the room.
- During your appointment, answer questions honestly. It is essential

to answer all of the questions your doctor asks you, even if they asks about topics that might make you uncomfortable. Your practitioner needs complete information to provide proper care. Everything you tell them is confidential.

- Ask questions. If you do not understand what your doctor tells you, ask them to explain it. You need to understand what your practitioner says. It is particularly important that you understand any recommended treatments. Ask if there are any risks or side effects associated with treatments, and if there are any alternatives.
- Repeat back. After your doctor explains what you should do to stay healthy, or to treat a health problem, repeat this back using your own words. You might start by saying, "So, you are telling me that I should..." If you misunderstood, your practitioner will realize this, and clarify.
- Ask for written instructions from your doctor so you can refer to them at any time.
- After your appointment, call your doctor's office if you do not feel better, have a bad reaction to medications, or realize you forgot to mention something.

The simple tips above can help improve communication, and improved communication means better understanding, diagnosis, treatment, and outcome.



Bill Jenks serves on the Board of Directors of the Alzheimer's Association, Maine Chapter, and owns Home Instead Senior Care, providers of in-home non-medical care for seniors throughout Cumberland County.

★ **GRAND OPENING!!!** ★



**AFFORDABLE AND CONVENIENT...**  
**MaineGroceryDelivery.Com**  
*The Way Grocery Shopping Should Be!*


**www.MaineGroceryDelivery.Com**

**RECEIVE \$10 OFF YOUR NEXT GROCERY ORDER**  
**ENTER COUPON CODE: GORHAM2**  
**1<sup>ST</sup> TIME CUSTOMERS RECEIVE AN ADDITIONAL \$5 Off!**

Locally Owned & Operated
**FMI: [info@mainegrocerydelivery.com](mailto:info@mainegrocerydelivery.com) or call 207-730-3722**


## Required Reading

# 20% off



## *the* Bookworm


Mon.-Sat 10-5 42 Main Street, Gorham  
[thebookwormgorham.com](http://thebookwormgorham.com) 839-BOOK(2665)



## Thinking globally, acting locally.

Anyone can buy their own insurance, but at Chalmers Insurance Group we compare and quote from 15 different companies. You can trust us to you get the right coverage at a competitive price.

**Lines of Insurance:**  
**HOME • AUTO • LIFE • HEALTH • RECREATIONAL VEHICLES • BOATS**  
**BUSINESSES • SKI AREAS • BOYS & GIRLS CAMPS**



**Chalmers**  
**INSURANCE GROUP**  
 Count on us to cover you.

**WWW.CHALMERSINSURANCEGROUP.COM**

**MAINE**  
 BRIDGTON: Chalmers Insurance Agency 207.647.3311  
 FRYEBURG: Pike Insurance Agency 207.935.2021  
 GORHAM: C.E. Carl Agency 207.839.3371  
 STANDISH: C.E. Carl Agency 207.642.2222  
 PARSONSFIELD: Lovejoy & Wadsworth Insurance Agency 207.625.3262

**NEW HAMPSHIRE**  
 CENTER OSSISPEE: Ossipee Insurance Agency, Inc. 603.539.7444  
 NORTH CONWAY: Palmer & Pike Conway Dahl Insurance Agency 603.356.6926

**Need Reliable Computer Service?**  
**Call Us!**  
**207-856-7016**



**MAINE**  
**TOTAL technology**  
**Computers • Networks • Integrated Systems**  
**SALES & SERVICES**

690 Main Street | Gorham, Maine 04038  
[www.maine-totaltech.com](http://www.maine-totaltech.com)

**Celebrating Our 20th Year In Business!**

# school

## New Teachers and Staff Members in Gorham Schools

Stacy Sallinen

The Gorham School Department welcomes nine new teachers and staff members.

**Amy Stewart** is teaching elementary music at Narragansett School. She received a B.A. in Music/Music Therapy from Senandoah University.

**Angela Gospodarek** is teaching science at Gorham Middle School (GMS). She received a B.S. in Marine Biology with a Minor in Chemistry from University of North Carolina, and a M.S. in Ecology and Biology from the University of Connecticut.

**Sandra Morrell** is joining the Special Education Department at GMS. She received a B.A. in Psychology from University of Massachusetts at Dartmouth and a M.S. in Education from Simmons College. In addition, Morrell took advanced graduate study courses at the University of Southern Maine.

**James Welsch** is teaching social studies at Gorham High School (GHS). He received a B.A. in History from Penn State University and has taken advanced graduate study courses at University of Maine at Fort Kent and

University of New England.

**Jeffrey Burnap** is joining GHS Alternative Education as the new BRIDGES teacher. He received a B.S. in Environmental Studies/Science from Bates College and a M.S. in Teaching and Learning from the University of Southern Maine.

**Tim Ebersold** is teaching music at GHS. He received a B.A. in Music Education and a B.A. in Music Performance, both from Miami University.

**Tyler Berthiaume** is teaching math at GHS. He received a B.A. in Secondary Education with a concentration in math from the University of Maine at Farmington.

**Alyssa Drozd** is teaching English to Speakers to Other Languages (ESOL). She received a B.A. in English and Political Science from the University of New Hampshire, and a M.A. in ESOL.

**Laura Burbine** is an Occupational Therapist. She received a B.A. in Occupational Therapy from the University of New Hampshire.

## Students to Eat Local and Fresh Foods

Stacy Sallinen

Starting in September, students in Gorham schools will notice some changes in their school's meal program.

One of the biggest changes includes more fresh fruits and vegetables available to students. As part of the Farm-to-School project, Food Service Director Michael Sanborn has partnered with local farms to purchase fresh produce for school meals. Typically the project lasts only for a few days, but Sanborn plans to extend it by purchasing locally until mid-October. Randall's Orchard in Standish and Grant's Farm in Saco will supply a wide variety of fruits and vegetables including broccoli, beets, potatoes, peppers, summer squashes, zucchini, and tomatoes.

Sanborn said the idea of offering more fresh foods has always been important in school nutrition programs. In previous years, the school budget subsidized school food programs. Gorham's program has become more self-supporting by increasing efficiency; labor costs were reduced by approximately 35 percent and savings was applied to food costs.

In addition to more fresh and local foods, students in all Gorham schools can participate in Maine Harvest Lunch, which takes place on September 22. In previous years, only students in kindergarten through eighth grade were able to participate.

Changes have also been made to the food menu. At the middle and high schools, the salad bar, which was introduced last year, will offer more varieties of fresh fruit, vegetables and protein. A pasta and deli bar will also be available this year.

Elementary schools will see a change in their breakfast menu, which follows a five-day menu cycle. On Fridays students can choose a fresh fruit cup with yogurt.

Sanborn said additional changes to school menus may be yet to come. Early next year, recipes may be changed to decrease sodium levels. This comes as the U.S. Department of Agriculture, which regulates school meal programs, looks to change nutritional standards.

## BACK TO SCHOOL

### Backpack Safety

Robert L. Lavoie D.C.



Photos credit Randy Charland

**Nate Cook (above, left) correctly wears his backpack, but Owen Cook (above, right) is not. His pack is hanging too low on his lower back.**

It is that time of year again when millions of kids head back to school. Parents rush to prepare kids with new clothes, books and materials. They want to ensure their kids get to school safely, eat healthy foods, and foster healthy relationships. With all that preparation and concern, little focus is given to the safe and proper use of backpacks.

Injuries and chronic pains due to backpacks are common in my practice. This, combined with sports, long periods of sitting, and poor posture, add up to a multitude of problems. Some studies state that almost half of the 40 million kids returning to school will have some sort of strain, sprain, pain or injury due to the improper use of backpacks.

Backpacks, when used properly, are extremely useful for any student. A pack uses the strongest muscles in the body (the back and abdomen) to carry a load.

The most common mistake we see is improper sizing and overloading. A heavy pack, or one that hangs below the waist, will naturally cause the child to counterbalance the weight by leaning forward, which increases the strain on spine and disturbs the natural walking posture.

A loaded backpack should weigh no more than 15 percent of the child's body weight. For example, if your child weighs 65 pounds, the backpack should be less than 10 pounds. Parents often respond that their child has too many books. Work with your child to learn what books are necessary for school that day and which books they can leave at home. Ask them to lighten the load during the day by using their

desks and lockers.

It is important to purchase a properly sized backpack. The pack should be no wider or longer than the student's torso. The straps should be set to allow the pack to sit on the upper to middle back (picture 1) rather than having the pack hang at the lower back (picture 2).

Another problem is shoulder straps that are too thin. Thin straps dig into shoulders causing compression, which interferes with circulation and nerves supply. Signs of compression include tingling, numbness and weakness in the arms and hands.

Wearing the pack with only one strap causes the child to lean to one side; this also leads to abnormal strain on the head, neck and spine.

Look for packs with padded shoulder straps. Both straps should be worn at all times to ensure proper balance. Additionally, a padded back adds comfort and protects the child from being poked by sharp objects such as binders and pencils.

There are many available options in backpacks. Look for those that are lightweight and sturdy. Rolling packs are a good option, but keep in mind they will not roll up stairs nor do they roll well in snow. Overall, make sure your child is using both straps and that the backpack is close to the mid and upper back and is not overloaded. This will help your child have a safe and healthy school year.

*Dr. Robert L. Lavoie is the owner/operator of Chiropractic Clinic of Gorham.*

# Suit Up the Eyes for Sports Safety

Dr. Todd M. Hamilton, *Maine Optometry, P.A.*

Shin guards for soccer. Shoulder pads for football. Batting helmets for baseball and softball. Almost every sport has its own unique safety equipment, but most sports participants forget to protect one of the most important parts of the body: the eyes.

According to Dr. Hamilton, "every year, more than 40,000 people suffer injuries to the eyes while playing sports." He also said, "most of these could be avoided by wearing proper eye protection." He said that protective sports eyewear can help prevent injuries such as fracture of the eye socket, scratched corneas, swollen retinas and even cataracts caused by trauma to the eye. Parents of children who partici-

pate in sports should insist that their children wear protective eyewear and encourage schools and athletic clubs to adopt a policy requiring it.

"September is Sports Eye Safety Awareness Month," Dr. Hamilton said, "and we encourage anyone who participates in sports - children and adults alike - to remember to outfit the eyes for safety. Today's protective eyewear is lightweight, comfortable and available with or without vision correction."

Dr. Hamilton practices at Maine Optometry, P.A., located at 347D Main Street. He can be reached by calling 839-2638 or by visiting [maineoptometry.com](http://maineoptometry.com).

# Successful Fundraiser Held in Gorham



Photo credit Martha T. Harris

Nick Wallace and Sara Sawin, both of Gorham, presented a classical guitar and flute duet at the Kotschmar Kause Fundraiser on August 10 at 120 Flagg Meadow Road. Approximately \$9,000 was raised for educational programs featuring Portland's famous Kotschmar organ. About 80 people attended the fundraiser and auction. For more information about the organ, concerts, events, or to give a donation, contact the Friends of the Kotschmar Organ office at 553-4363 or [www.foko.org](http://www.foko.org).

# Gorham Drama Department Aids the Clinton Bush Haiti Fund

Michael Lortie

The Gorham High School Drama Department recently sent a \$5367.97 check to the Clinton Bush Haiti Fund. The amount was the total raised at the March benefit performance of the musical Fame. The Drama Department students performed the musical to benefit the people of Haiti, who are still suffering from last January's destructive earthquake. Although Haiti is no longer in

the daily news, the human suffering there continues.

The Gorham High School students came up with idea and subsequently collected monetary donations, organized food items, and decorated the first floor of the high school. The students were led by seniors Jon Day, Nick Reynolds, Molly Lortie, Jason Badeau, Stephanie Morin, Luke Tanguay, Casey Weed, Alyssa Rojecki, and Mike Walsh, along with Director Bruce Avery.

The students would like to thank all the businesses and people of Gorham who generously donated toward this worthy cause.

# Gorham Food Pantry Expands Hours

Sue Dunn

The Gorham Food Pantry recently announced additional evening hours to help serve their clients. While the Food Pantry is currently open one evening a month, the need for more evening hours has grown. The new time will be the third and fourth Monday evening of each month from 6-7 p.m. beginning on September 20.

"Many of our clients work during traditional daytime hours or have limited transportation and struggle to get here. This is an effort to better serve those who need our services," explained Food Pantry Director Fran Doucette.

Gorham resident Elizabeth King will manage the Food Pantry and coordinate the volunteers on Monday evenings. King, who is a past Food Pantry board member, stated, "I am so excited for the opportunity to work with the Food Pantry again. This seems to be a much needed service and I am happy to be able to help."

The Gorham Food Pantry offers food assistance at no cost to Gorham residents in need. Hours are Thursday 9-11 a.m., the second Wednesday of each month from 5:45-7 p.m., as well as Monday evenings from 6-7 p.m. The Gorham Food Pantry is located at 299B Main Street in the St. Anne's Church parking lot (across from the Narragansett Elementary School). There is no need to call ahead, just show up during the hours the Food Pantry is open. Donations are always welcome.

## THINK ALL PHYSICAL THERAPY IS THE SAME?

Our Patient Testimonials say we're different!  
"I really appreciate the respect and good humor in which I have always been treated at Back in Motion."

— D. Hurd



Back in Motion  
PHYSICAL  
THERAPY, LLC

Hands-on care that makes pain relief possible

94 Main Street, Gorham  
839-5860  
161 Ocean Street, South Portland 799-8226  
[www.mainephysicaltherapy.com](http://www.mainephysicaltherapy.com)

161 Ocean Street, South Portland  
799-8226  
94 Main Street, Gorham 839-5860  
[www.mainephysicaltherapy.com](http://www.mainephysicaltherapy.com)

**Moody's**  
COLLISION CENTERS

[www.moodyscollision.com](http://www.moodyscollision.com)

ESOP

We are a Direct Repair Shop for the following:

- 21st Century Insurance
- AAA Insurance
- Allstate Insurance
- AMICA Insurance
- GEICO Insurance
- Horace Mann
- Liberty Mutual
- MMG Insurance
- Met Life Auto & Home
- Nationwide Insurance
- North East Insurance
- One Beacon Insurance
- Peerless Insurance
- Progressive Insurance
- Prudential Insurance
- Sentry Insurance
- State Farm Insurance
- USAA Insurance

I-Car Gold Class

ASE Certified

2003 Governor's Award for Business Excellence

Lifetime Warranty

Serving the area since 1977

200 Narragansett ST  
Gorham  
839-2500

33 Pleasant Hill RD  
Scarborough  
883-0404

631 Elm ST  
Biddeford  
284-2500

495 Presumpscot ST  
Portland  
842-2500

643 Main ST  
Springvale  
324-2500

# sports

## Gorham Turns In Strong Showing at Beach to Beacon Race — Part II

133 runners from Gorham were among the 5,670 that competed in the TD Bank Beach to Beacon 10K race in Cape Elizabeth on August 7. In the last issue, we listed the top 54 runners. In this issue, we list the remaining 79 who also turned in strong performances.

Place	Fst Name	Lst Name	Time	Place	Fst Name	Lst Name	Time
2496	Kaitlin	Flanders	53:21:00	4290	Alison	Champagne	1:01:43
2584	Ken	Curtis	53:46:00	4352	Lee	Rossignol	1:02:06
2658	Maria	Lorello	54:03:00	4379	Anne	Bachner	1:02:18
2675	Jessica	Curtis	54:07:00	4534	Kelli	Deveau	1:03:20
2709	Linda	Whitten	54:14:00	4553	Abby	Hodgkins	1:03:26
2862	Philip	Darasz	54:57:00	4584	Michael	Smyth	1:03:37
3020	Tyler	Bickford	55:38:00	4588	Sara	Lessard	1:03:38
3025	Jeffrey	Willis	55:39:00	4589	Sarah	Sanborn	1:03:39
3143	Charles	Haws	56:05:00	4604	Lisa	Royland	1:03:44
3198	Curt	Peffer	56:17:00	4606	Dawn	Peterson	1:03:45
3199	Mike	Chabot	56:17:00	4617	Lou	Couture	1:03:50
3244	Jennifer	Hughes	56:28:00	4689	Karen	Philbrick	1:04:34
3499	Pamela	Baldwin	57:26:00	4702	Neile	Nelson	1:04:42
3500	Joellen	Duplisea	57:26:00	4717	A	Henderson	1:04:50
3522	Donna	Boudreau	57:34:00	4763	Toni	Chabot	1:05:16
3559	Aaron	Whitten	57:44:00	4768	Mary	Mathieson	1:05:17
3698	Nicole	Roy	58:29:00	4773	Cathy	Smith	1:05:21
3821	Kyle	Willis	59:05:00	4849	Jeffery	Mullin	1:06:08
3855	Nick	Stinson	59:15:00	4950	Michele	Savage	1:07:15
3900	Michelle	Duest	59:28:00	5072	Lynn	Kalloch	1:08:44
3915	Kristin	Tugman	59:32:00	5084	Kim	Desso-Dembele	1:08:55
3919	Carrie	Bibens	59:32:00	5095	Laura	Clough	1:09:03
3948	Scott	Corbett	59:43:00	5160	Karen	MacDonald	1:10:23
3992	Benjamin	Schulz	59:56:00	5180	Michael	Foster	1:10:50
4015	Jessica	Gagne	1:00:04	5203	Lynn	Young	1:11:13
4096	Lyndee	Palmer	1:00:33	5290	Amy	Wu	1:13:11
4117	Brad	Bingham	1:00:44	5326	Amy	Hodgkins	1:14:19
4128	David	Douin	1:00:48	5335	Gretel	Taska	1:14:31
4146	Donna	Keeler	1:00:52	5371	Helene	Roy	1:15:33
4155	Thomas	Chalmers Mclaughlin	1:00:54	5395	Hank	Hines	1:16:08
4156	Rae	Chalmers Mclaughlin	1:00:55	5408	Bob	Mountain	1:16:34
4167	Tom	Kelsch	1:00:57	5415	Holly	Hathaway	1:17:07
4172	Denise	Whitehead	1:00:59	5492	Erin	Webber	1:21:35
4181	John	Bradshaw	1:01:03	5501	Brenda	Caron	1:22:01
4188	Ed	Dibiase	1:01:05	5567	Amy	Hodgkins	1:27:14
4189	Nicole	D'Andrea	1:01:06	5595	Kristina	Westbrook	1:30:45
4209	Tasha	Moody	1:01:11	5606	Nancy	Smyth	1:32:25
4240	Michelle	Michaud	1:01:25	5617	Katherine	Hopkins	1:35:46
4242	Tony	Michaud	1:01:26	5619	Sue	Britting	1:36:33
4264	Kathy	Bowe	1:01:33				

## GHS Fall Sports Preview

Compiled by Jeff Pike



### GOLF

**Head Coach:** Rich Altham, entering his second year as head coach.  
**Last Year's Results:** Finished the regular season with a 5-5 record.  
**Captains:** Seniors Mike Arsenault and Sullivan Conley.  
**Key Returning Golfers:** Seniors Mike Arsenault and Sullivan Conley; Juniors Ian Barber and Ryan Baillargeon; Sophomores Nathan Roop, Mike Caron and Brian Rex.

**Other Key Golfers:** Sophomores Andrew Scontras and Spencer LaPierre.  
**Coach Comments:** "Our strength is the effort each player makes to improve his golf game," said head coach Rick Altham. "The team has played and practiced together all summer, and their scores have improved, but we need to work on our consistency. The coaches and players need to put an emphasis on course management to get better at eliminating bad decisions that lead to big holes. The golfers have put in the necessary time to reach their goal of qualifying for the post season, and second-year players have all improved while the upperclassmen are ready to take their games to the next level."

### GIRLS' SOCCER

**Head Coach:** Jeanne Zarrilli, entering her eighth year as head coach.  
**Last Year's Results:** Went 12-2 in the regular season, ranked third in Western Maine Class A. Defeated Cheverus in the quarterfinals and Marshwood in the semifinals before losing Thornton Academy in the Western Maine Class A finals.  
**Captains:** Not elected at press time.

**Returning Starters:** Seniors Kylie Perrin, Shelby Guimond and Sam Peters; Juniors Audrey Adkison, Kiersten Turner, Sarah Perkins, Allie Lurvey, Sierra Peters and Lindsey Smith.  
**Other Key Players:** Seniors Meghan Taylor, Alex Tracy, Kelsey Kerwin, Grace Sunnell and Taylor Reagan; Sophomores Libby Andreasan, Sarah Fogg, Erin Smith, Shannon Folan and Kali St. Germain.

**Coach Comments:** "Our team strengths should be our technical ability, teamwork, and our play in the defensives and midfield areas," said head coach Jeanne Zarrilli. "We need to improve our finishing—we are in the offensive zone a lot, but we need to put the ball into the net more often. We expect to compete at high level again with Scarborough and Thornton Academy being among our most challenging games. We also expect to make the playoffs and will hopefully grow as a team to reach the Western Finals for seventh straight time. We also hope to keep injuries down. The depth should be good with the starting 11 up for grabs and the ability to go far into the bench. The players have picked up good experiences from off-season teams and have been a very coachable group."

### BOYS' CROSS-COUNTRY

**Head Coach:** Jason Tanguay, entering his first year as head coach.  
**Last Year's Results:** Went 8-4 in the regular season then finished fourth in the Western Maine Class A meet and fourth in the State Class A championship.

Girls Night Out

SEBAGO brewing company

Real conversations don't happen over coffee.

GORHAM SCARBOROUGH PORTLAND KENNEBUNK

—WWW.SEBAGOBREWING.COM—



# Two Gorham Seniors Place First in Three Events at Maine Senior Games

Jeff Pike



Photos credit Warren Heaps

Gorham residents Cindy Smith and Joe Carozzi both won three events at the 2010 Maine Senior Games August 21 at Scarborough High School. Smith, shown above left in the shot put event, won the javelin with a throw of 64-00, the shot put at 21-09.75, and the discuss at 57-00 the 60-69 age women's division. Carozzi, right shown competing during the shot put event, won the shot put with a throw of 36-2 and discuss with a throw of 108'-10" in the 70-74 age men's division. He also won the high jump at a height of 3-10.

Two Gorham athletes placed first in three events during the Maine Senior Games track & field competition August 21 at Scarborough High School. Joe Carozzi won the shot put with a throw of 36-2 and discuss with a throw of 108'-10" in the 70-74 age men's division. He also won the high jump at a height of 3-10. Cindy Smith won three throwing events in the 60-64 age women's division: the javelin at 64-00, the shot put at 21-09.75, and the discuss at 57-00.

Smith was a track and field athlete in high school at Fairfield, CT and moved to Maine in 1985. She taught art at GHS for 19 years while coaching track and field for 17 years. She retired from teaching in 2004 and has competed and done well in numerous senior-game events in Massachusetts, New Hampshire and at the national level over the past 12 years. Two of

her most impressive feats include the stretch from 2006 to 2010, during which she has dominated the three throwing events by placing first in all three. In 1998-1999 and 2001-2002, she placed first in the 100 and 200 meters, but she stopped doing that event in 2004 after tearing her ACL.

Carozzi has participated in the Senior Games for the past 10 years and has always placed high in his events. He also participates every summer for a corporate team sponsored by Unum that competes against other corporate teams in the state. He regularly competes in Senior Games events throughout Massachusetts and plans to compete in the National Senior Games in Houston scheduled for June 2011. He has qualified in the past but this will be the first time he has chosen to compete.

## in the Zone

**Gorham Shines at Track & Field Junior Olympics:** Nine Gorham track athletes placed in the top ten in their respective events at the Maine Junior Olympic Track & Field Championship August 14 in Augusta: Alex Morin, 8, placed second in the 800-meter Racewalk-Mite Boys with a time of 5:38.40; Elijah Ionta, 14, placed third in the Javelin-Youth Boys with a throw of 120-11; Dominic Morin, 13, was fourth in the 1500-meter Racewalk-Youth Boys with a time of 10:47.04; Noelle Dibiasse, 9, placed seventh in the Shot Put with a throw of 22-01.5 and ninth in the Triple Jump with a leap of 22-07 in the Midget Girls division. Anna Smith, 10, was eighth in the Shot Put-Bantam Girls with a throw of 16-10.25. Ninth-place finishers included Alex Smith, 12, Discuss-Midget Boys with a throw of 51-05; Dan Smith, 13, High Jump-Youth Boys with a height of 4-04; and Hayley Bickford, 11, 800-meter Racewalk-Midget Girls with a time of 5:09.83. Amalia Lonte placed tenth in the Javelin-Mite Girls with a throw of 24-00.

**Gorham Country Club Tournaments Feature Top Gorham Youth Golfers:** Top ten finishers from Gorham in the 3rd Annual Gorham Junior Open August 11 at Gorham Country Club include Mike Arsenault, who shot a 75 to tie for first but then dropped to second after a five-hole playoff in the Boys Championship Flight. In the same flight Mike Caron, Sullivan Conley and Brian Rex all tied for eighth. In the Girls Championship Flight, Sarah Fogg won with a score of 84 while Libby Andreasen placed second. On August 2, the club crowned Mike Arsenault as Junior Club Champion after he shot a two-round score of 146. Nathan Roop finished second followed by Spencer Lapierre, Mike Caron and Brian Rex.

**Summer Youth Tennis Champs:** During the summer the Gorham Recreation Department held its annual tennis tournament. Singles champions included Madison Firmin, Emily Murray, Alex Smith, Whitney King, Ryan Firmin, Kyle Curley. Doubles team champions included: Emma Callahan and Madison Firmin, Alexis Fother and Caitlin Callahan, Ben Tukey and Rowan Connor-McCoy, Whitney King and Bella Griffin, Ryan Firmin and Connor Sweatt, Kyle Curley and Michael Susi. Coaches Awards were presented to Bryan Conover, Ryan Murray, John Ennis and Molly Murray.

**College Field Hockey Captain:** The University of Southern Maine field hockey team announced that senior goalkeeper Rachel Lolley (GHS Class of 2007) was elected as one of the team's three captains. Lolley was the team's back-up goalkeeper last season and was the goalkeeper for the 2010 Little East Conference champion USM women's lacrosse team.

**Cross-Country Meet in Memory of Jack Wilkinson:** The GHS cross-country team hosted the 11th-Annual Wilkinson Invitational Meet August 26 at Gorham Middle School. The race is held in memory of Jack Wilkinson, the father of former GHS cross-country coach John Wilkinson and the current Bonny Eagle cross country coach Greg Wilkinson. The race features boys' and girls' teams from Gorham, Bonny Eagle and Cheverus, all of which Jack Wilkinson coached. GHS senior Mia Rapolla won the girls' race with a time of 19:12 while seniors Jeremy Earl, Andy Turner and Logan Marshall took third, fourth and fifth place respectively to lead Gorham to the team win in the boys' race.

### GHS Weekend Varsity Sports Line-Up

#### Friday, September 3

6:00 p.m. Girls' Soccer vs. Cheverus @ GHS  
6:00 p.m. Volleyball @ Yarmouth H.S.

#### Saturday, September 4

12:30 p.m. Football @ Cheverus H.S.  
6:00 p.m. Boys' Soccer vs. Cheverus @GHS

All games subject to change. For up-to-date schedules of all GHS sports, visit [www.digitalsports.com](http://www.digitalsports.com)

### At the USM-Gorham Campus this Weekend

#### Friday, September 3

7:00 p.m. Volleyball vs. UNE

#### Saturday, September 4

10:00 a.m. Volleyball vs. Salem State  
6:00 p.m. Volleyball vs. Maine Maritime

#### Sunday, September 5

1:00 p.m. Women's Soccer vs. New York Maritime

All games subject to change. For up-to-date schedules of all USM sports, visit <http://usm.maine.edu/athletics/upcoming.html>



Drs. Mathieu, Hamilton, Cedrone & Staff  
provide friendly & personalized service.  
EXAMS \_ EYEGASSES \_ CONTACT LENSES

MAINE  
OPTOMETRY, P.A.

347D Main St  
Gorham, ME  
(Beside Community Pharmacy)  
(207) 839-2638

# Sports Preview FROM PAGE 8

**Captains:** Seniors Jeremy Earl and Logan Marshall.

**Key Returning Runners:** Seniors Logan Marshall, Jeremy Earl and Andy Turner; Juniors Joe Deroy and Cortlandt Dunn; Sophomore Alex Thuotte.

**Other Key Runners:** Seniors Will Ross and Tom Moutinho.

**Coach Comments:** "We have a veteran group returning with a passion for the sport," said head coach Jason Tanguay. "We are working on practicing smart in terms of pace and effort so that we can stay healthy and reach our potential for the big meets at the end of the season. We return a strong core of last year's team so we are looking to be one of the top teams in the league. I have been impressed with the overall fitness of the athletes, and I think many of them put in the time and effort this summer to become more fit for the cross-country season. The athletes will be happy to see positive results because of the extra effort."

## FIELD HOCKEY

**Head Coach:** Becky Manson, entering her second year as head coach.

**Last Year's Results:** Finished the regular season with a 12-2 record and ranked third in Western Maine Class A. Defeated Kennebunk in the quarterfinals and lost to Cheverus in the semifinals of the playoffs.

**Captains:** Seniors Maureen Clements and Elena Barnes.

**Returning Starters:** Seniors Alyssa Clark, Elena Barnes, Kelly Devoe, Carson Harvey and Chelsea Black.

**Coach Comments:** "We have great leadership, dedication, and a love for the game," said head coach Becky Manson. "We need to improve our movement on the field, and we're trying to create more pass options. Our team has set very high expectations individually and as a whole. We are also focusing on working hard 100 percent of the time and hope that it results in a successful season."

## VOLLEYBALL

**Head Coach:** Lisa Curley, entering her third year as head coach.

**Last Year's Results:** Finished the regular season at 5-9.

**Captains:** Senior Moira Keahon and junior Vicki Parker.

**Returning Starters:** Senior Moira Keahon and junior Vicki Parker.

**Other Key Players:** Seniors Leaha Keene and Caite Robinson; Junior Taylor Hanson; Sophomores Kaitlyn Seehusen and Lindsay Chapman.

**Coach Comments:** The girls put more time in during the off-season than ever before, and many key players participated on a Junior Olympic team during the winter," said head coach Lisa Curley. "I am hopeful that this will translate into a new level of passion and refined skills. Our strengths should be serving and ball control, but we need to refine our serve receiving, and we need to find bit more depth in our attack game to compete at the highest level. During a pre-season tourney at Greely, we played strong in pool play and reached finals before losing to Greely in the final set. I saw exactly what I was hoping for on the court—the players did many things well, had great team chemistry, and played their hearts out. Our program is growing stronger every year."

## FOOTBALL

**Head Coach:** Dave Kilborn, entering his 12th year as head coach.

**Last Year's Results:** Finished the regular season at 3-5.

**Captains:** Seniors Joey Lynch, James Lewis and Kyle Nielsen.

**Returning Starters:** Seniors Kyle Nielsen, Kam Alexander and Stephen Verrill; Juniors Kyle Nealey, Joe Jackson and Brad Turnbaugh.

**Other Key Players:** Senior Devon Bertin; Juniors Dom Deluca, Dylan Whitaker, Mason Crocker, Alex Rioux, Nick Chabot and Nick Kilborn.

**Coach Comments:** "Our defensive backfield should be very strong, but our overall team speed needs to increase

to play at the varsity level," said head coach Dave Kilborn. "We need to work on our depth and continue to stress fundamentals as the season progresses, and we need to develop some depth as we only have a few players with varsity level experience. We have great numbers with great student-athletes, but we need to give them varsity level experiences that will promote their development as the year progresses. We will improve every week and look forward to the challenges that every week brings in such a competitive league. Some will be surprised at how good our younger players are, and the potential is very good for the years to come. This year's group is led by seniors that are not only outstanding people but also players that have a ton of heart and determination to leave their legacy on Gorham football."

## BOYS' SOCCER

**Head Coach:** Tim King, entering his 11th year as head coach.

**Last Year's Results:** Regular season record was 13-1 with a #2 ranking in Western Maine Class A. Lost to Greely during the quarterfinals of the playoffs.

**Captains:** Not elected yet at press time.

**Returning Starters:** Seniors Seth Wing, Levi Lurvey and Connor Bell; Juniors Kevin Lubelczyk, Jesse Orach and Drew Hopkins; Sophomore Connor Reagan.

**Other Players Expected To Have An**

**Impact:** Senior Andrew Ernest; Juniors Nate Bucknell and Carter Bowers; Sophomores Kyle Curley, Mike Lubelczyk and Alex Owens.

**Coach Comments:** "Speed and experience should be our strengths while

we are working to improve our toughness," said head coach Tim King. "We hope to finish near the top of the league and make a deep run in the tournament."

## GIRLS' CROSS-COUNTRY

**Head Coach:** Kurt Schwanda, entering his third year as head coach.

**Last Year's Results:** Finished the regular season 13-4 and then placed third in the Western Maine Class A championships and fifth in the Class A State championships.

**Captains:** Senior Mia Rapolla and junior Katie Flanders.

**Key Returning Runners:** Senior Mia Rapolla; Juniors Katie Flanders and Jenny Thuotte; Sophomore Jackson Marshall.

**Coach Comments:** "We have several girls new to cross-country and several that were new last year, so many runners could compete for a spot in our top seven," said head coach Kurt Schwanda. "Having an elite runner like Mia Rapolla helps immensely. She should win a lot of regular season meets and be in the top ten if not the top five in the regional and State meets. We also have three other returning runners in excellent shape with experience in State and regional meets. We also have the depth to fill out our top seven with a competitive group. We don't have a ton of experience, and we need to get acclimated to running in big meets, which can be a very different experience. Our goal is to finish in the top half at the regional meet and make it to the State meet."

### Keith Nicely

Office 207.222.1722

Cell 207.650.2832

keithnicely@masiello.com



<http://keithnicely.masiello.com>



## Kerwin

### Chiropractic

and NUTRITION CENTER

*Chronic fatigue syndrome? Headaches?  
Heartburn? Can't lose weight? Constipation?  
Not Sleeping well? Fibromyalgia?*

**NEW!** Offering safe, natural solutions to your health problems using Nutrition Response Testing.<sup>™</sup>  
Attend a FREE nutrition workshop — Sept. 29 at 6:45 pm  
Reserve your spot today - call 839-8181



**Dr. Joseph M. Kerwin**  
164 Main Street, Gorham

kerwinchiro@maine.rr.com • www.kerwinchiro.com • 839-8181

Your Friend In Real Estate

## Tammy Ruda

Top Producing Broker

 Website
  Text Me
  About Me
  Add To Contacts
  Property Search
  Listings

Phone 207.831.3164  
Fax 207.839.3072



381 Main Street, Suite 3 | Gorham, ME 04038 | [www.TammyRuda.com](http://www.TammyRuda.com)



Fredericks Contracting, Inc.  
Scarborough, ME  
Tom Fredericks  
President

cell 838-7620  
office/fax 883-8424  
tfred@maine.rr.com  
www.frederickscontracting.com

Garages & Additions  
Porches, Sunrooms & Decks  
Replacement windows & Doors

**Steve Hamilton—Realtor®**

17C Railroad Avenue  
Gorham, Maine 04038  
Office: 207-222-1707  
Cell: 207-347-1363  
Email: [stevehamilton@masiello.com](mailto:stevehamilton@masiello.com)  
[www.StevesMaineRealEstate.com](http://www.StevesMaineRealEstate.com)

Call me for a FREE home warranty with listing!





Steven F. Hamblen, GRI, ABR  
Broker/Sales/Consultant




We'll Bring You Home

**Agency 1 Real Estate**

1554 Richville Road • Standish, ME  
Offices: (207) 787-2442  
Toll Free: 1-800-851-1797 x27  
Home/Bus: (207) 222-2608  
Cell: (615) 400-4818  
Email: [hamblens@realtracs.c](mailto:hamblens@realtracs.c)

## Fresh Air FROM PAGE 4

had behavioral issues. Fortunately they were able to reach out for support from Fresh Air Fund representatives. Jane said it is important to go into the program with an open mind. "It's a commitment and you need to remain open to whatever happens."

The Fresh Air Fund covers the cost to transport the children from the city to their destination, as well as unexpected medical expenses. However, the host family is responsible for the cost of food and any recreational activity fees incurred. This year all Fresh Air children and their host families visited Aquaboggan, which covered entrance fees for everyone involved.

Fresh Air kids Brendon and Elijah have returned to their city homes with albums filled with photos of their many Maine adventures, in hopes that they will share with their friends and family what life is like outside the city.

There is a need for additional families to host Fresh Air Fund children. "There are still lots of children left behind in the program because there aren't enough families to host," said Washburn.

For more information about the Fresh Air Fund, please visit [www.freshair.org](http://www.freshair.org) or call Deb Washburn at 893-0707.

## Soccer Reunion



Photo credit John Zarrilli

Six former GHS girls soccer players from the State championship teams of 2004, 2005, 2006 and 2007 reunited this summer to play for The Vogels, a team that finished the season undefeated in the Portland Women's Soccer League. Pictured from left to right are Anna Willis (Class of 2006), Caitlyn Butterfield (2007), Katie Zarrilli (2008), Caitlin Caldwell (2009), Aimee St. Germain (2009) and Kristi Zarrilli (2010).

**VILLAGE BUILDERS**

**We're on it!**

Energy Conservation  
Renovation • Restoration  
Custom Homes • Additions

**Daniel W. Grant, P.E.**  
Gorham, ME

**839-6072**

*Gorham's Newest Neighborhood...*  
*Kawkes Farm Condominiums*

*44 individual homes*                      *4 styles to choose from*  
*public roads and utilities*              *energy efficient*  
*one time homeowner fee*              *3 bedroom - 2 bath*  
*full basements*                              *one car garage*

*Starting in the low - mid 200's - numerous financing options*  
*with incredible rates for qualified buyers - many \$0 down and*  
*rates as low as 1% interest to qualified buyers...*

*Let this be the year you own a great home in a great location...*

*Design Dwellings, Inc.*  
*839-2631*

**Just Completed!**

**\$229,900**

Brand new 1792 SF Colonial on 1.57 acre lot. 3 bedroom, 1.75 baths, 2nd floor laundry, hardwood & tile, double door walk-out basement for future expansion or storage.

[peter@pogorealty.com](mailto:peter@pogorealty.com)

**Peter Mason**  
**207.632.8822**

**207-839-4141**  
[www.olearysaxby.com](http://www.olearysaxby.com)

**O'Leary & Saxby**  
REAL ESTATE, INC.

**Real Estate Today**  
*Presented by Lynn O'Leary, Broker/Owner*

**MAKING THE ADJUSTMENT**

In the aftermath of the readjustment in home prices, sellers must be careful not to hang on to the past. One of the biggest mistakes that sellers can make is to insist on too high an asking price for their homes. Those selling their homes in the current market must adjust to new realities and remember that they, too, will pay less than they would have two years ago for their next house. This is where the real estate agent can provide perspective, by doing research on comparable homes in the area that have sold recently. Careful examination of these "comps" will help sellers price their homes attractively so that they stand the best chance of selling.

The real estate market evolves in response to the general economic picture and often drives the economy. The bursting of the housing bubble around 2006 caused a significant change in home prices. Knowledgeable, honest advice on pricing is critical to getting a house sold. Please call me to schedule a market analysis. I establish prices based on the features, square footage, and age of the home as well as the prices of comparable homes. Browse [www.olearysaxby.com](http://www.olearysaxby.com) to view one of several methods I use to market homes. My office is located at 352 Main St.

**Serving my clients with dignity and respect in a smaller, more personal environment.**

**Helping friends and neighbors in Real Estate for over 30 years.**

**PAUL AND JAN WILLIS**

**LOVELY 3-BEDROOM GORHAM CONDO**

**SELLING? CALL FOR A FREE MARKET ANALYSIS**

**WILLIS REAL ESTATE**  
347E Main St. Gorham • 839-3390 • [willis@gwi.net](mailto:willis@gwi.net)  
[www.paulandjanwillis.com](http://www.paulandjanwillis.com)

**PoGo REALTY**

39 Main Street  
Gorham, ME 04038

**Jeffrey Mason**  
Broker

Office: 207-839-3309  
Fax: 207-839-2702  
Home: 207-839-4749  
E-Mail: [pogorealty@aol.com](mailto:pogorealty@aol.com)

**HANSEN'S**  
Gorham, Maine

**Well Drilling Inc.**  
Artesian Wells

Wells & Pumps - Year Round Drilling - Free Estimates  
Fully Insured - Maine Licensed & Nationally Certified  
Hydro Fracturing - Cameral Well Inspections

**207-839-3293 or call Toll Free 1-877-839-3293**

**SOF BUILDERS**  
Steven O. Fecteau

(207) 671-9606  
[sofbuild@maine.rr.com](mailto:sofbuild@maine.rr.com)  
103 Harding Bridge Rd • Gorham, ME 04038

# community



**David West** (GHS '03) received a Juris Doctor Degree from the University of Maine School of Law. West, a 2007 graduate of Ithaca College, is the son of Harry and Bonnie West of Gorham.

## milestones

**Ashley Norton** (GHS '06) daughter of Wayne and Kelley Norton, graduated from Wentworth Institute of Technology in Boston, with a Bachelor of Science Degree in Interior Design.

**Meghan Norton** (GHS '07) daughter of Wayne and Kelley Norton, interned this summer at the Boston office of PricewaterhouseCoopers, which extended a job offer contingent upon completion of her Master's Degree at Bentley University.

## of interest

**The Gorham Woman's Club** will begin a new season of community service beginning Thursday, Sept. 9 at 12:30 p.m. in the Fellowship Hall at First Parish Church. The GWC is open to all who wish to be active in their community and enjoy a social afternoon with others interested in serving the town. Scholarships for high school students is a priority function of the group. GWC State President Suzanne Raymond will address state and federal affiliations of the club. Everyone is welcome! Hostesses this month are Nancy Taber, Barbara Craig, and Faye Lakeman. FMI, 839-6375.

**The children's programs at North Gorham Public Library** will get underway in September with 'Babies in the Library' on Wednesdays from 10-11 a.m. for ages 0-3 yrs., and 'Story Hour' on Thursdays from 9:30-10:30 a.m. for ages 3-5 yrs. Library hours are Mondays and Thursdays 3-5:30 p.m., Wednesdays 6-8 p.m. and Saturdays 10 a.m.-1 p.m. FMI, 892-2575.

**There will be a public supper at the West Gorham Union Church** (190 Ossipee Trail), on Saturday Sept. 4 from 5-6 p.m. Tickets go on sale at 4 p.m. \$7/\$3 under 12. FMI, 839-4208.

**First Parish Church** on Rt. 114 in Gorham will host a Chicken Pie Dinner on Saturday, Sept. 11 from 5-6:30 p.m. \$9/\$5 under 12. FMI, 839-6751.



**Demetria Chadbourne**, a Greater Portland Realtor and owner of Demetria's Team – The Real Estate Group in Gorham, was a featured speaker at the Harvard Women's Leadership Conference at Harvard University on August 20. Chadbourne was invited to address an audience of Harvard students and faculty members about building a career in pursuit of one's passions. Chadbourne told her audience that she is a proud graduate of the University of Maine and invited them to spend their lives and careers uncovering their true passions.

**An Evening with Birdie Googins, aka: The Marden's Lady**, Saturday, Sept. 18, 7 p.m., Bailey/Silcox Hall, Gorham Middle School. Tickets \$8 advance/\$10 at door/under 12 free. Sponsored by Gorham Lions Club and Gorham Rec. Dept. FMI, 839-6569.

**The White Rock Free Baptist Church**, 300 Sebago Lake Road, Gorham, will host a free concert on Saturday, Sept. 18 at 6:30 p.m. David & Diane Benson from Andover, NH will present a variety of musical styles, from hymns to contemporary music. Donations accepted. FMI, visit [www.wrfbc.org](http://www.wrfbc.org).

**A free workshop for adults and children titled "Children Need Wild Places,"** will be held on Thursday, Sept. 23 from 5:30-8:30 p.m. at Gorham Middle School. Allie

**LifeChurch of Gorham, Rite Aid Pharmacy, and WMSJ radio** hosted a car wash fundraiser on July 31 behind Rite Aid Pharmacy in Gorham and washed over 100 cars. Another free car wash at the same location will be held on Saturday, Sept. 18 from noon to 2 p.m. Come have your car washed for free! L-R: Pastor Brian Undlin from LifeChurch and RiteAid manager Gary DiPierro.



Rimkunas will kick off the evening followed by various presenters from around the state sharing their knowledge of interesting places to visit and things to do with children. Topics will include places to hike, swim, and explore as well as ways to get your children involved through volunteering and wildlife conservation. FMI, visit [gorham.maineadulted.org](http://gorham.maineadulted.org) or call 222-1095.

**St. Anne's Catholic Church Youth Ministry Program** begins Saturday, Sept. 11 for grades six to 12. Program includes faith sharing, community service, social & recreational events. Sunday School classes begin for children 4 years old through fifth grade on Sunday, Sept. 12 at 9 a.m. with family breakfast. FMI, 839-4857.

**The Third Annual Pies, Produce and Plants Sale** is being held September 18th from 9 a.m.-noon at the Baxter Memorial Library Grounds located at 71 South Street, Gorham. The sale is co-sponsored by the Gorham Garden Club and Friends of Baxter Memorial Library. For more information please contact Sherrie at 839-8398.

**The Gorham Public Safety Department's 21st Annual Gorham Gun's N Hoses' Golf Scramble** fundraiser will be held at the Gorham Country Club on September 9 at 8 a.m. (rain date: September 10). The money

raised will be put toward scholarships for Gorham High School's graduating seniors. The cost to sponsor a team is \$325.00 (five players). Following the Scramble, a banquet and awards ceremony will be held at Wassamki Springs Camp Ground with a free meal for all golfers. FMI contact Ken Fickett at 839-6762 or [kfickett@gorham.me.us](mailto:kfickett@gorham.me.us).

**The Gorham Historical Society** will open its 2010-2011 season on Monday, September 13 with Maurice Whitten presenting a program on "Those Antique Cars". Dues will be collected, but are not required to attend. Meetings start at 7 p.m. in the Community Room at the Gorham Savings Bank's Business Center on Route 202. Refreshments will be served. Everyone is welcome. Subsequent meetings will be held on the second of Monday of each month in the same location.

## close to home

**The Little Meetinghouse in Windham**, 721 Roosevelt Trail, will present a two-day Quilt Exhibit featuring antique family quilts and over 75 quilts made by Jeanne Wright on Sept. 10 & 11 from 9 a.m.-3 p.m. \$3 donation. FMI, 892-2809.

## 2,033 Miles by Bicycle

**Kathy and Kevin Jenkins, formerly of Gorham** and now living in Tennessee, traveled 2,033 miles by bicycle from Memphis to Maine ending their 35th day in Gorham on July 13. Their journal, which can be viewed at [www.crazy-guyonabike.com/doc/MephistoMaine](http://www.crazy-guyonabike.com/doc/MephistoMaine), gives readers a great understanding of the journey through the Underground Railroad route, the Erie Canal route, and the route across the New England mountain ranges. Along the way Kathy and Kevin experienced many flat tires, met many wonderful people, gained lots of muscle strength and had the experience of a lifetime. Kevin is a former math teacher as well as a basketball and cross-country coach at GHS who retired in 2008. Read more about their trip in the September 17 issue of the Gorham Times.



Photo credit Cathie Bunk

## Vacation Bible Schools



Photo credit Meg Kusturin

During the week of June 28, children at St. Anne Church's Baobob Blast-themed vacation Bible school collected and donated over \$70 to assist a parish school in Haiti. In addition to their mission project, children also experienced religion through storytelling, music, science, outdoor activities, crafts and snacks. Pictured from left to right are the camp counselors who volunteered their time: Joseph Fisette, Beth Kusturin, Margaret Towle, Sarah Terrano, Lily Towle and Katie Kusturin.

## Fun Evening of Great Music, Fabulous Food, Live and Silent Auctions to Support New Year Gorham

Virginia Wilder Cross

The committee to organize New Year Gorham 2010 has announced its second annual fundraising auction to be held Saturday evening September 18 at the Odd Fellows Building on the corner of School St. and College Ave.

"We hope to raise enough money to keep the New Year's Eve admission cost at \$5 for individuals and \$20 for families," said Alice Grover, co-chair of the event. "To do exactly that, we have gathered an extraordinary amount of contributions for this year's auction and to make the event even more exciting, auctioneer Sam Smith will add a live bidding feature to our auction."

"Bidders will be surprised by the high value items we have to offer," said Bruce Roullard, who shares the chairmanship with Alice Grover. "In addition to a flat screen television, we have several items valued at more than \$350 and many others valued from \$100 to

more than \$300."

There is no admission fee and participants will be treated to music featuring Matthew Esty (formerly with "Rustic Overtones") and refreshments and cash bar prepared by Thatcher's Restaurant. The silent auction will run from 7 to 9:30 p.m. at which time the high bidders will be awarded their items. The live auction will begin at 8:30 p.m. and run until all the items are sold.

New Year Gorham is a community-wide and alcohol-free family event to welcome the New Year with a celebration of performing arts. You will find an updated list of auction items on its website: [www.newyeargorham.org](http://www.newyeargorham.org). If you wish to contribute an item for the auction or have questions about the event, please contact Bruce Roullard: 671-1679 or Alice Grover: 650-8187.

### 2nd fl Thriftiques Shop

*Vintage Finds & Repurposed Treasures*

2nd floor, 8 School Street  
(above former Sierra's)

Hours: Wed & Fri. 10-5, Thur 10-7  
Sat 10-4 or by appointment.

Consignments welcomed,  
please contact Sherrie at 839-8147  
or [thriftiques@yahoo.com](mailto:thriftiques@yahoo.com)



Photo credit Barbara Douglas

Children at Cressy Road United Methodist Church's Vacation Bible School made and donated 17 "God Loves Me" blankets to the Root Cellar in Portland. Pictured at work on the blanket are: Patrick Bishop, Daniel Bachner, Julia Downey, Stefanie Meacham, Celia Begonia and Eva Mishkin. The children also went on a High Seas Expedition during the week of June 21 where they learned about religion through songs, games, crafts, and snacks. Throughout the week they were also encouraged to bring in items including small toys, toothbrushes, and school supplies to fill shoeboxes for Operation Christmas Child, a ministry managed by Samaritan's Purse, which brings hope to disadvantaged children around the world.

Schoolhouse Arts Center presents

## Night Sky

Written by Susan Yankowitz  
Directed by Jerry Walker

September 17-26

Fridays & Saturdays at 7:30 p.m.  
Sundays at 2:00 p.m.

When she is hit by a car, the brilliant and articulate astronomer Anna loses her ability to speak, a condition known as aphasia. What emerges from her mouth is a hodge-podge of unconnected words alternately confusing, funny, original and wise—and sometimes all four. In a series of brief, often comic episodes, the play follows Anna through her illness and ultimate acceptance of herself—a personal triumph, despite a continuing infirmity—and dramatizes the impact of her changed circumstances on her lover, her teen-aged daughter, and her professional life.

Everyone will be touched by the themes this play considers—language, inner and outer space, the challenges of a devastating affliction, the consolation and ordeals of family life and, most of all, the universal hunger and need for communication.

"A moving and poetic experience. Like the sky, it is a play of seemingly infinite depth"  
*Los Angeles Times*

\$12 for Students & Seniors / \$15 for Adults

Call 642-3743 for reservations or buy tickets  
on-line at [www.schoolhousearts.org](http://www.schoolhousearts.org)

Produced by special arrangement with Samuel French, Inc. New York City

# USM's Compost

Sherrie Fontaine



Photo courtesy of University of Southern Maine, Grounds and Grounds Department

The concrete forms, originally constructed to hold salt and sand, are being filled with organic waste to be made into rich compost.

Compost as a noun refers to decayed plant matter; as a verb it means to convert organic matter to compost. For Jeff McKay, assistant director for the University of Southern Maine's Grounds and Grounds Services Department, compost is part of the job. McKay oversees the collection of plant matter and pre-consumer waste such as vegetable peelings and coffee grounds from the dining centers, which are made into compost and utilized in various applications on the University grounds. His expertise in composting was acquired through the Maine Compost School (MCS) offered by the University of Maine Cooperative Extension. The objective of the MCS is to provide the necessary training for those interested in and/or involved with medium and large scale composting operations.

It takes a large composting facility to contain and efficiently handle the daily-accumulated plant and food waste generated by the University. The facility is located behind the lower soccer field on the Gorham campus. McKay was fortunate that a predecessor of his job previously installed concrete forms to serve as a holding area for salt and dirt used in winter maintenance. With each contained area measuring 20 by 20 feet, these concrete forms create the perfect compost bins. The first bin holds the initial collection of plant matter. Each adjacent bin is used for the next steps in the composting and screening process, until the final dark and nutrient rich compost is achieved. The compost serves several purposes:

it is a soil amendment for enriching and improving the health of the lawns, it acts as top dressings for the container gardens and greenhouse plants, and it is packed down to create walkways through the Gorham Campus Arboretum.

In addition to not having to purchase commercial compost, USM eliminated tipping fees (fees paid to the landfills) and are saving in fuel and manpower previously required for offsite removal. Even more important than the monetary savings are all the environmentally "green" reasons for reducing matter going to our landfills. Additionally, the school benefits from creating a sustainable landscape. It is interesting to note that the University's compost is of such high quality that it would command an impressive price and income to the University if commercially marketed.

USM's composting facility is a model of efficiency, one that will soon be in full force with the upcoming collection of autumn leaves along with the return of students which will increase the food scraps from the dining centers. Jeff McKay and his staff are ready.

For those interested in learning about large scale composting, grants are available for the Maine Compost School. Please see [www.composting.org](http://www.composting.org). For the individual homeowner, composting bins may be purchased through the Gorham Public Works department. Please contact 892-9062, Monday through Friday from 7 a.m. to 3:30 p.m.

# the blotter

## Fido, Fetch!

Ridge View Lane caller reported their dog came home with an alligator head. Caller was unsure where it came from and what to do with it. It was a trophy head and was discarded.

**Caller reported** suspicious activity in the Main Street area. Subject fell asleep at the ATM waiting for their money.

**Caller reported** a suspicious vehicle behind Dunkin Donuts. Subject was relieving himself.

**Lawn Avenue caller reported** an animal in distress in the woods. Animal sounded like a cross between a dog and a duck. Another neighbor said it was a dog and that's how it normally sounded.

**South Street caller reported** a male subject went into the building, sat in a chair, but wasn't doing any laundry. Subject was watching basketball game.

**Davis Annex caller reported** continual yelling and a ruckus coming from the neighbor's house. The person was yelling "somebody help me". Officer investigated and learned that someone was trying to move a piece of furniture alone, but needed help.

**Plummer Road caller** reported there was a cow in the middle of the road, running away from the farm. A female subject was spoken to, and she said she would send her husband out to locate the animal. Cow was not located.

**Gray Road caller** reported that an employee went ballistic throwing soda inside the store.

**Hemlock Drive caller** reported that she and her sister had gotten into a fight and sister had thrown glass items at her and threatened to slit her throat.

**Evergreen Drive caller reported** a neighbor was threatening caller and had possibly jammed fish under caller's porch, egged caller's vehicle, and sprayed vehicle with fish juice. Caller was advised to obtain a protection from harassment order.

**Caller reported** receiving a telephone call from a subject who stated that caller's daughter went over and kicked subject's dog. Subject continued to rant and when he was done, a recording came on saying caller had been phone pranked.

**Gray Road caller** reported suspicious activity. Subjects were looking for an iPod.

**Gray Road caller reported** that their teenage neighbors were harassing them by calling them white trash and mooning them.

**Main Street caller** advised that four males in a van went though the drive though and caused a disturbance by swearing at the workers.

**New Portland Road caller** reported that their son's girlfriend was outside yelling, screaming, and swearing and requested that an officer take subject's sweater to her so as not to escalate the problem.

**Fort Hill Road caller** advised that a fisher attacked a chicken in their yard.

**Caller reported** a male lying on the side of New Portland Road. Caller asked him if he was ok, he stated "yup" and then his head fell down again.

CONTINUED ON NEXT PAGE



**2 STATE STREET**  
*Call ahead for Take-Out!*

**839-2504**  
Or FAX 839-2984  
Fresh Dough Daily  
Fresh Salads • Calzones  
Pasta • Grinders • Beer & Wine

**New!**  
Wheat and  
gluten-free pizza  
now available

**Great Pizza and more!!**

We Accept Visa and MasterCard!  
"A comfortable place to bring a family."  
**Hours: Sun. - Thurs. 11a.m. to 11 p.m.**  
**Fri. & Sat. 11a.m. to Midnight**  
\$1 off Large Pizza with this coupon  
[www.gorhamhouseofpizza.com](http://www.gorhamhouseofpizza.com)

This coupon may not be combined with any other GHOP promotions.

## FREE SUNGLASSES



With complete eye exam and purchase of prescription eyeglasses or contact lenses.

Offer applies to non-prescription sunglasses, Add prescription lenses for 1/2 price.



**DANA  
BUCKMAN  
GUESS**

**\$160 VALUE**

*Offer good while supplies last.*

## EYE CARE & EYE WEAR CENTER of Maine



**20 MECHANIC ST, GORHAM (next to Hannafords) • 839-3617**  
**HOURS: Tues. - Fri. 8-5:30/Sat. 8-12**

# CLASSIFIEDS

## LESSONS

**English/Dressage Riding Lessons.** Fawn Grove Farm, Gorham, ME. 329-3109. Kimmajo1962@gmail.com. Professional training/no stress environment.

## SERVICES

**HOUSEKEEPER.** Residential or commercial. Hourly or flat rates. Excellent references. kazakshaw@hotmail.com

**CLEANING POSITION** sought by local mother and daughter. Weekly and every other week. References available. Call Pat after 2 p.m. 839-6827.

**E.R. Services.** Anything from ground up. Affordable rates. Mulching, tree work, lawn/plant installations, patios, walkways, etc. Call anytime. 347-1405.

**THE PAINT WIZARD.** Painting, Wallpapering, Power Washing. Residential/Commercial, Interior/Exterior. Fully insured, quality workmanship, local references. Free estimates. Call Larry Elliott 625-4009 or 289-0405.

**INTERIOR AND EXTERIOR PAINTING.** Specializing in older homes. Low rates, quality work. Free estimates. Call Dave Hall, 929-4469.

**FLOORING REPAIRS.** Carpet, tile, vinyl etc. 10 years experience. Fully insured. Free esti-

mates. Jeff 615-3472.

## CHILD CARE

**Openings, Silly Goose Daycare.** Licensed family daycare. 25 years experience. \$60/week school age; \$85/week full time. Lots to do. Indoor/outdoor activities. Great references. Beth 892-6481.

**STATE LICENSED Home day care,** before and after school care, Gorham bus route. FMI, Marianne 839-9148.

## FOR SALE

**IMPORTED LEATHER** sofa and chair. New. Very nice. Asking \$675. FMI, 899-8853.

**SOLID WOOD** bunk bed. New in box. Must sell \$275. FMI, 396-5661.

**KING PILLOWTOP** mattress set. In plastic w/warranty. \$210. FMI, 899-8853.

**FULL or TWIN** mattress set. Never used. Asking \$110. FMI, 396-5661.

**PLUSH TOP** queen mattress set. Factory sealed. \$240. FMI, 899-8853.

## FREE

**FREE home gym** with weigh bench and other accessories. Need to disassemble and transport. 839-2819.

# what's happening

## FRIDAY, SEPT. 3

- No School for grades K-12.

## SATURDAY, SEPT. 4

- West Gorham Union Church public supper, 5-6 p.m. Adults/\$7, children under 12/\$3. FMI, 839-4208.

## MONDAY, SEPT. 6

- Planning Board Meeting, 7 p.m., Gorham Municipal Center, 75 South St.
- Food & Fellowship Ecumenical Meal Program, Windham Assembly of God, Rte. 302, Windham. Free & everyone welcome. FMI, 892-3769.
- Labor Day – No School.

## TUESDAY, SEPT. 7

- Town Council Meeting, 7 p.m., Gorham Municipal Center, 75 South St.
- Pre-School Story Time, ages 3-5 years, 9:30 a.m., Baxter Library. FMI, 839-5031.
- Gorham Cancer Prayer and Support Group, 7 p.m., Cressey Road United Methodist Church. FMI, 839-311.

## WEDNESDAY, SEPT. 8

- North Gorham Public Library, Babies in the Library, ages 0-3 yrs, 10-11 a.m. FMI, 892-2575.

## THURSDAY, SEPT. 9

- Baby & Me, birth-18 mos., 9:30 a.m., Baxter Library. FMI, 839-5031.
- Toddler Time, ages 18-36 mos., 10 a.m., Baxter Library. FMI, 839-5031.
- North Gorham Public Library, Story

**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.**

Hour for ages 3-5 yrs, 9:30-10:30 a.m. FMI, 892-2575.

## SATURDAY, SEPT. 11

- Chicken Pie Dinner, 5-6:30 p.m., First Parish Church, Gorham. \$9/\$5 under 12. FMI, 839-6751.

## MONDAY, SEPT. 13

- Food & Fellowship Ecumenical Meal Program, Windham Assembly of God, Rte. 302, Windham. Free & everyone welcome. FMI, 892-3769.

## TUESDAY, SEPT. 14

- Pre-School Story Time, ages 3-5 years, 9:30 a.m., Baxter Library. FMI, 839-5031.

## THURSDAY, SEPT. 16

- Kiwanis Club Lunch Meeting, Noon-1 p.m., Pinecrest Bed & Breakfast. FMI, 839-8944.
- Baby & Me, birth-18 mos., 9:30 a.m., Baxter Library. FMI, 839-5031.
- Toddler Time, ages 18-36 mos., 10 a.m., Baxter Library. FMI, 839-5031.

## Blotter

**Newell St. caller** reported a vehicle backed up to the front door of a residence. Subject was bringing groceries into the house.

**Gray Road caller** reported someone had cut the phone lines and tried to break in through the back door sometime during the night.

**State Street caller** reported there was a deer in woods and was concerned that it needed food and water.

**A local doctor's office** reported receiving an anonymous letter from someone identifying patients who were using drugs illegally.


**Caller stated** that a pick up truck spilled a couple coolers full of liquor onto County Road and then took off.

**Gray Road caller** reported a male subject came into the store to ask for the Mini Mart's phone number. Subject left and

soon after, a male called the store to advise they were going to be robbed that evening.

**State Street caller** reported that their daughter had found a baby bird near the wooden stairs on the side of the building across from Amato's. Caller stated the bird was in a small takeout bowl. Officer spoke with David Sparks who stated he would take care of the bird.

**Mosher Road caller** reported that their sibling was trying to drown their father in the pool. Caller was not on scene, but the granddaughter was.



**Licensed Denturist**  
Mark D Kaplan  
Specializing in Dentures,  
Repairs and Relines  
Gorham, Maine  
207-839-2008  
www.americandenturist.com  
E-mail:americandenturist@comcast.net



Reliable Service at Affordable Rates

- Mowing
- Spring Clean-up
- Trimming & Pruning
- Shrub Removal/Planting
- Edging & Mulching
- Dump Runs
- General Labor

**Justin Hayden**  
207-712-5554

Commercial & Residential Fully Insured

**We're not just old cars!**



Towing • Truck Bedliners • Undercoating  
Sandblasting • Custom Paint Work • Collision Restoration  
Collectible Autos

**AAA APPROVED AUTO BODY REPAIR SHOP**  
201 New Portland Rd, Gorham, ME 839-6401  
Mon-Fri 8-5 Sat 9-12 Sun Closed • www.wymansauto.com

**COUNSELING WORKS**  
Professional Counseling & Psychotherapy Services  
Adults & Teens

**Charlene M. Frick, LCPC**  
Psychotherapist

207-222-8100  
12 Elm Street ~ Gorham, Maine 04038 ~ cmfrick@gwi.net

**Gorham Primary Care P C**  
130 Main Street  
Gorham, ME 04038  
Telephone 207-839-5551  
**Adult Primary Care**  
**New Patients Welcome**

Accepting: MaineCare, Medicare, Etc.  
Discount available for cash at time of service  
**Office Hours: Monday-Friday 9 a.m.-5 p.m.**

**Sturgis Plumbing & Heating, LLC**  
Gorham, Maine  
207-615-1600

JEFF STURGIS - YOUR FRIENDLY  
PLUMBING & HEATING SPECIALIST



**Master Plumber, Master Oil Heat &  
Solid Fuel Tech, Gas/Propane Tech**

Fully licensed and insured. Quality service at reasonable prices.



**Licensed Massage Therapist**  
SUZANNE L. WHITE  
749-8417

Specializing in  
Manual Therapy &  
Massage

An Integrated Approach to  
Pain & Rehabilitation

E-Mail: swhite04038@yahoo.com

**Randy O'Brien**  
**General Contracting**  
30 YEARS OF SERVICE  
839-6655



- Landscaping
- Excavating
- Remodeling
- Loam & Compost Delivery
- Septic Repair & Cleaning
- Wet Basement Repair
- Foundations & Slabs
- Lawn Installation & Maintenance



*You Belong in a New Car!*

**Casco Federal Credit Union  
Wants YOU Behind the Wheel of a New Automobile!**

Now is the time to own that new vehicle you have been dreaming about! With our rates as low as

**4.25%APR\***

you can purchase your new car at a price that's right for your budget!

**Great Rates – Great Terms!**

We OFFER terms up to 60 months with 100% financing.

Whether you want to purchase a new or used automobile—we have the loan for you!

Not sure what type of vehicle you want? Are you worried that you might be paying too much for the new car or truck?

**Let Auto Buying Consultants of Maine help...**

...and you will receive unbiased, objective assistance in the purchase of a new car and the best trade-in value on your older vehicle. If you finance with Casco FCU, we will reimburse you the \$99 charge.

Get the best price and the advantage of our great low rate!



**Call us at 839-5588**

Stop in to any one of our branches in Gorham, West Gorham, or Westbrook, or go online to our secure loan application at [www.cascofcu.com](http://www.cascofcu.com)

\*Annual Percentage Rate. Rate and offer are subject to change at any time without notice. Offer valid on vehicle purchase only. Member eligibility and creditworthiness required.



Westbrook Branch

**Proud of our past. Focused on your future.**

As Maine's oldest bank we've seen our share of history. Since 1827, through good times and bad, we've helped our fellow Mainers achieve financial security in the present while planning for tomorrow. Maybe that's why so many Maine families stick with us, generation after generation.



[www.sbsavings.com](http://www.sbsavings.com)  
1-877-SACO-BID (722-6243)

SACO  
BIDDEFORD  
WESTBROOK  
SCARBOROUGH  
SOUTH PORTLAND  
OLD ORCHARD BEACH

MEMBER FDIC EQUAL HOUSING LENDER



**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.

**Inn at Village Square**  
AN ASSISTED LIVING COMMUNITY



123 School Street, Gorham, ME | 207-839-5101 | [www.innatvillagesquare.org](http://www.innatvillagesquare.org)

**ACE** 3 Day Weekend **SALE**  
The helpful place. Save now through September 6! Get in. Get help. Get on with your life.™

**Save 25% off**  
Portable Heater  
29.99  
RED HOT BUY

**9.99**  
After 14 Mail-In Rebate. You Pay 13.99  
WATERPROOF  
GreenTurf  
12.99  
RED HOT BUY

**12.99**  
After 5 Mail-In Rebate. You Pay 17.99  
Waterizer Wood and Feed  
12.99  
RED HOT BUY

**ROYAL**  
ROYAL  
ROYAL

**20% Off**  
all Royal™ & Royal Finest™ paint.  
Save 20% off. Some restrictions apply. Offer valid through September 6, 2010.

**20% Off**  
all Ace brand paint brushes, rollers & tray sets.  
Save 20% off. Some restrictions apply. Offer valid through September 6, 2010.

**10% Off**  
all step & extension ladders.  
Regular price items only. Some restrictions apply. Offer valid through September 6, 2010.

**Save 33% off**  
RED HOT BUY  
**49.99**  
Werner® 6' Type I Fiberglass Step Ladder  
2.49  
RED HOT BUY

**Cook's Hardware**  
57 Main Street Gorham, ME 04038  
839-4856