



Gorham Times

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CELEBRATING 17 YEARS—A FREE, VOLUNTEER-RUN, BIWEEKLY COMMUNITY NEWSPAPER

Adopt a Forever Friend Friendly and sweet Velvet (right) and cuddly and active Rufus (left) were recently rescued from a high-kill animal shelter. The two to three-year-old dachshund/miniature pincher mixes are believed to be siblings although they are built a little differently. Rufus is lower to the ground, more muscular, and weighs about 27 pounds; Velvet is very soft, delicately boned, and weighs about 20 pounds. Rufus tested heartworm positive – a very treatable condition in a young dog – and will need to begin and continue treatment in his new home. For more information about these dogs, e-mail info@thepixelfund.org.

Goodwill to Sell “Buy the Pound” at New Warehouse

Gorham Times Staff

Goodwill will be opening a new warehouse at 34 Hutcherson Drive in the Industrial Park on February 16. Goodwill purchased an existing 106,000 sq. ft. building in order to consolidate multiple warehouse locations. 6,500 sq. ft. will be allocated to the “Buy the Pound” outlet where Goodwill will sell items that did not sell in their retail stores. Items will be priced based on weight and category. (See chart below)

With the opening, Goodwill hopes to maximize the value of donations as well as to divert items from landfills. They expect to divert 200,000 pounds in the first year.

The outlet will accept donations including computers and their parts for the ReConnect Recycling Program. Since the start of 2009, Goodwill has recycled five million pounds of e-waste in Maine, New Hampshire and Vermont.

Store hours will be Monday-Saturday 9 a.m. to 6 p.m. and Sundays 9 a.m. to 5 p.m. At this warehouse location, Goodwill will not honor their discounts and coupons and there will be no returns, refunds or exchanges.

Pricing Information

All Clothing, Accessories, Housewares, Toys and Shoes:

- 0.5 - 10 pounds: \$1.49/pound
- 10.5 - 25 pounds: \$1.29/pound
- 25.5 - 50 pounds: \$0.99/pound
- Over 50 pounds: \$0.79/pound

Other

- Paperback Books: \$0.25/pound
- Hardcover Books, Video and Cassette Tapes: \$0.50/pound
- CDs and Record Albums: \$1.00/pound
- DVDs: \$2.00/pound

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www.gorhamtimes.com

Plan-It-Recycling Update

Krista Nadeau

R. J. Grondin & Sons is nearing completion in hauling debris from the site previously known as Plan-It Recycling located in the Gorham Industrial Park. 25-30 loads per day are being hauled to Old Town, equaling approximately 600-700 tons per day.

This site contains primarily construction debris. At the beginning of the process, Grondin’s was contemplating hauling everything to Gorham’s demolition and construction landfill on Huston Road, but residents in that area were concerned about substances leaching into the ground water. As it turned out, the bid was too high and another bid was accepted.

Phil Grondin indicated that the cost to clear the site has exceeded the bid to haul it locally. Most of the debris was taken to Juniper Ridge Landfill in Old Town. Asphalt shingles were hauled using their own trucks to Commercial Recycling, and concrete was hauled to Grondin’s own recycling facility. During the hauling, some residents previously opposed to reopening Gorham’s landfill were onsite holding up signs thanking them. Grondin said, “It was a happy ending for everyone.”

Soil and water samples were taken and sent to the lab, including one from underneath the pile. Results are good – no heavy metals or volatile organic compounds were indentified. Grondin’s has been working closely with the town and the Department of Environmental Protection (DEP) ensuring the guidelines from the Voluntary Response Action Program are followed. Once the piles are completely gone, the DEP will inspect the site. If stained soils were to be discovered, they would be appropriately characterized to determine



Photo credit Martha T. Harris

The work to remove the waste piles at the site previously known as Plan-It Recycling is nearing completion.

if remedial actions are necessary. Once the DEP is satisfied, Grondin’s will be issued a Certificate of Completion for the property granting them liability protection prior to that issuance.

According to Phil Grondin, the restrictions the DEP put on the site include no potable wells on the property and the site must remain an industrial/commercial property. Grondin’s intent is to sell the property once the certificate is granted.

Burglary Prevention Suggestions

Sheri Faber and Det. Sgt. Dana Thompson

In recent months, there have been a rash of burglaries in Gorham and surrounding communities. People who want money for drugs are probably committing many, if not most, of these burglaries. While there are no foolproof methods for preventing burglaries, the odds can be lowered if homeowners are proactive. Burglars are looking for homes that are obscured from the road and preferably with no cars in the yard. They may knock on your door and say their car has broken down and ask to use the phone. If this happens, be sure to write down the license number of the vehicle and call the police. It might seem that this is an unlikely scenario given the prevalence of cell phones, but it still happens. In fact, the police would prefer that you call in anyone who seems in suspicious. The burglar, who found you at home, may well move on to a neighbor’s house. One woman came home to find a man in her unlocked house. He told her he was looking for his dog but it was not in her house and he left. He subsequently burgled a neighbor’s house. When police were questioning people in the area about anything suspicious, this

woman related the dog story and was able to give a description of the man.

Most burglaries are committed during the day, on weekdays, when people are most likely to be out. Criminals are very mobile. They may live in Lewiston, steal from homes on County Road and pawn the items in Biddeford. In some instances, drug dealers are cutting out the middleman and taking stolen items in trade, particularly gift cards. Stolen items are difficult to trace and are often resold at flea markets and pawn shops. Most burglaries are very difficult to solve. There are rarely fingerprints; burglars know to wear gloves. Residents can follow the steps outlined below to reduce the likelihood that their house will be burgled.

1. Always lock your doors and windows. Burglars are not looking to call attention to themselves and would rather walk through an open door than break one down.
2. Consider an alarm system, particularly if you are away from home for extended periods. There is usually a charge for installation of motion detec-

Potential Cuts Threaten Maine's Health System

Rep. Linda Sanborn

Maine has a relatively unique public health system. In most other states the government runs public health infrastructure directly through either the state, county, or municipal governments. Maine does things a little differently.

Instead of having the government run these public health systems Maine created 27 Healthy Maine Partnerships (HMPs). These HMPs are public-private partnerships - paid for with money the state receives from a court settlement with large tobacco companies - that focus on preventative medicine programs designed to keep Mainers healthy. HMP jobs are private sector jobs and their work is done within the community for the community.

Healthy Maine Partnerships are key players in improving conditions to reduce chronic disease, including local tobacco control efforts. They address urgent issues facing the state, like prescription drug abuse, and help organize community responses to health emergencies. During the H1N1 (influenza) outbreak in 2010 the HMPs and their school partners mobilized across the state, administering flu vaccinations to school children and our most vulnerable populations.

HMPs have brought hundreds of thousands of public and private dollars to every community resulting in millions of dollars statewide that have been added to our economy. They have increased Maine CDC's capacity to attract federal dollars including the recently awarded Community Transformation Grant, bringing \$1.3 million annually into the state, helping small and micro businesses afford worksite wellness efforts.

Unfortunately these HMPs are now being threatened with proposed cuts. Under some of the budgets that have been proposed the annual tobacco settlement payments, which make up the Fund for Healthy Maine, would be

moved into the state's general fund to pay for the shortfall in MaineCare. The FHM is not funded with taxpayer dollars and by statute, allocations from this fund must be used to prevent disease and promote good health for Maine's people, not to plug budget shortfalls.

These proposed cuts to the FHM would eliminate the statewide network of HMP's and destroy many other programs that promote health and prevent disease in Maine. This slashing of prevention programming would result in an increased burden on the already stressed MaineCare system and will result in a huge loss of jobs.

Non-tax dollars available to invest in preventing disease and promoting good health more than pay for themselves in health cost savings (an average return of \$7.5 dollars for every penny spent). Maine's HMPs, which cover every town in the state, have resulted in the highest return on investment in the nation for prevention. The costs from the effects of tobacco, obesity and substance abuse will continue and expand without the local work of Healthy Maine Partnerships.

It is extremely shortsighted to eliminate our local public health infrastructure to pay for one-time MaineCare costs. Neither the Governor nor the Maine CDC has presented an alternate plan for our public health system if the proposed cuts are sustained. Maine can and must do better!



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Letters to the Editor

Letters must be less than 300 words, signed with a first and last name, typed or e-mailed and include a phone number. 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,

A great revelation has come to the fore. You say, "Never fear, it's happened before"

Where those in high places have taunted our trust

It's hard to believe but perhaps I must.

To tell you one thing and then do another

I thought I could trust them like my brother.

With perks and travel, with housing galore

You mean they believe they even need more?

If we elect them, they promise reform. To lower our taxes will be the new norm.

Now "clean campaign" is the hue and cry

Where we pay their costs and not wonder why.

John Labrecque

around town

Robert Mezzanotte of Libby Avenue bought a winning \$1 million Maine Millionaire instant scratch ticket at Hannaford. Mezzanotte received a check for \$700,000 after taxes. He thought the instant millionaire tickets were \$10 and was surprised to learn they were \$20, but decided to buy the ticket anyway. Hannaford will receive \$10,000 for selling the winning ticket. The game has a \$1 million award maximum with overall odds of winning at 1:3.06.

Gorham Trails Land Trust is looking to extend Frazier Trail to South Street. Frazier Trail is a segment of the planned cross-town trail that will eventually stretch from the Buxton line to Westbrook, roughly following the former railroad right of way.

Gorham Times

BRINGING THE NEWS TO ALL OF GORHAM
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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.

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Where Good Neighbors Feel at Home

Jackie Francis



Photo credit Martha T. Harris

Enjoying the comforts of the Good Neighbor Lounge are, from left to right, Nathan Merrill, Gary P. Towle, Ardene N. Towle and Marissa Towle.

Three years ago, Gary Towle, lifelong Gorham resident and owner of State Farm Insurance Agency in Gorham, decided he needed more office space within the large yellow colonial PO-GO Realty building that he has occupied for the past 24 years. The expanded office now offers spacious windows that overlook bustling Main Street, more wall space to display his impressive Civil War memorabilia, and room for a few guitars that he still likes to pick up and play, which takes him back to the day when he played with his father in the Dick Towle Trio. "That's how I paid for college and bought my first car," reminisces Towle. Despite this new working environment, the space that clients and the business community prefer to use is still the old office space. The Towle Team remodeled it into the "Good Neighbor Lounge."

This is not your typical waiting room; it is more like a mini-museum of collectibles. Towle's old 12'x12' office has been completely redecorated. One wall is covered with movie posters and memorabilia, another with pictures of album covers, namely, the Beatles. A self-proclaimed car enthusiast, a third wall is lined with collectible Die Cast model automobiles that Towle has been collecting for years. A 42" flat-screen television along with comfortable wingback chairs allow patrons to catch up on local and national news.

A well-positioned bar is an accessible space to work at your computer (the lounge offers free Wi-Fi) while enjoying a hot cup of fresh coffee or tea, another amenity for relaxing in the Good Neighbor Lounge.

The Towle Team is a relationship-based insurance and financial products provider that sells health, auto, fire and life insurance and annuities. Insurance Account Representative Nathan Merrill says the lounge helps to create a relaxed, laid back feeling in a place where most people would least expect it.

"It's a conversation starter, for sure," says office manager and daughter Marissa Towle. "We welcome the people of the greater Gorham area to stop in and see the lounge for themselves."

"I wanted to give back to my community and my customers," explains Gary Towle. "The Good Neighbor Lounge can be a stop-over point for customers and the business community. We want them to feel at home here."

Good Neighbor Lounge
Gary P. Towle, State Farm Insurance Agency Inc.
39C Main Street
Gorham, ME 04038
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Mon - Fri: 9 - 5 p.m., Wed: 9 - 4 p.m.
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Meet the Businesses in the Industrial Park

Second Installment in the Industrial Park Profiles Series

Sherrie Benner

Strategic expansion of the town's economic development program is currently being conducted through the Gorham Economic Development Corporation (GEDC), the Town Council, and a broad based multi-stakeholder effort. Playing an important role in this plan are the various companies now conducting business in Gorham, including Clean-O-Rama and B & A Tops, both located in the Industrial Park.

Clean-O-Rama, located at 12 Bartlett Road, was founded in 1964 by Paul and Jeanette Sferes and is now owned and operated by their sons, Philip and Gregory Sferes. The business warehouses and distributes products for every cleaning need. Over the years, the company expanded to become Northern New England's fastest growing full-line janitorial supply distributor. The company provides high performing products that maximize labor efficiency, meeting the two biggest needs of cleaning professionals. In 2006, business growth sparked construction of a new warehouse and distribution center to replace an outgrown and outdated facility built in 1988. The owners state that the building process went smoothly and was greatly facilitated through the joint efforts of the town's planning board and the GEDC. The brothers are very proud of their new fully stocked 25,000 sq. ft. facility. Greg states, "This is a very unique structure, in a beautiful location and is not just another unsightly big box building, an asset to the community."

B & A Tops, located at 32 Sanford Drive, is owned by Carlene and John Petersen. With six full-time employees, the family-run business provides wholesale specialty-laminate countertops, marketed throughout the state to kitchen centers and lumberyards. The Petersen's started in 1987 with leased premises on Bartlett Road, which is in the Industrial Park. By 1995, the company was ready to expand their business but wanted to remain in the Park; they constructed their current Sanford Drive facility. Sound economic decisions and conservative business practices have allowed the Petersen's to sustain their business during uncertain economic times. They remain cautiously optimistic of a market upturn and are well positioned for future growth. The Petersen's, who reside in Gorham, enjoy the benefits offered by a small community such as shopping locally and getting to know their neighbors. Oftentimes, their "neighbors" include Sophia the turkey and Helen the pheasant, both of which come by the business for daily feedings. With a laugh, Mrs. Peterson remarks, "you don't get that in Portland."

Gorham Town Councilor Phil Gagnon views businesses such as these as adding value to and enriching the community in ways that reach beyond providing a diverse tax base - they give back to the community. Gagnon asserts that Gorham is a unique community that serves as an incubator for strong and vibrant businesses, locally owned and operated, and that many grow to be a global presence.

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Clerk's Corner Connie Loughran

The Tax Assessor asked that I remind readers about the Homestead Exemption.

Homeowners who moved to Gorham within the last few years should check their property tax bills to see if they currently have the Homestead Exemption. To qualify for this exemption, you must have owned where you reside in Gorham for at least a year, and you must submit a completed Homestead Exemption application to the Assessing Office prior to April 1, 2012. Once you have the exemption it remains with your property until you move. The Homestead Exemption is currently saving Gorham taxpayers \$146.70 annually. For more information, call the Assessing Office at 222-1600 or go to www.gorham-me.org.

We are now planning and preparing for the Primary Election in June and the new budget year. Here are a few upcoming reminders:

Dog licenses expired December 31. A list of owners of unlicensed dogs has been given to the Animal Control Officer on which to follow up.

ATV registrations expire June 30; however, you may register or re-register

an ATV as early as May 1 for the upcoming year.

Also in May, the second half of the 2012 real estate taxes will be due on May 15. A postcard reminder will be sent prior to that date. If you no longer own the property, please forward the reminder to the new owner.

Lastly, effective July 1, 2012 Maine automobile dealers will no longer issue a "Dealer Certificate" to indicate that sales tax has been paid on a newly purchased vehicle. When you register your vehicle, we will verify the payment of sales tax from your bill of sale. Sales tax will still be collected on out-of-state purchases and casual sales. Do not forget to bring a valid insurance card when you register your automobile.



Town Clerk Connie Loughran can be reached by e-mail at cloughran@gorham.me.us or by phone at 222-1670.

Real Estate Transfers October/November 2011

Location	Buyer	Seller	Price
86 Wagner Farms Road	Warren-Vanhorn, Trisha	Sebago Capital Partners, LLC	\$235,000
362 New Portland Road	John Peters, LLC	St. Pierre, Roger	\$35,000
33 Tink Drive	Rego, Joseph	Susan Duchaine, LLC	\$221,410
52 Brackett Road	Lee, Dustin	Odom, Aaron & Kelly	\$185,000
6 Polliwog Lane	Clark, Jared & Margery	Lawrence, Sarah & Scott	\$245,000
63 Mighty St.	Woodbrey, Craig	Nicely, Brenda	\$228,000
86 Barstow Road	Lacroix, Matthew	Matta, Robert	\$129,000
7 Park Lane	Malarsie, Donna	Ivers, Frances & John	\$177,200
11 Indian Camp Way	Connolly, Robert	Martin, Lisa	\$309,887
87 Cumberland Lane	Begin, Lorraine & Louis	Sharland, Virginia	\$160,000
350 Fort Hill Road	Brown, Scott	Swett, Jessica & Mason, Benjamin	\$119,350
633 Main Street	633 Main Street LLC	Haskell, Adele	\$375,000
98 Gordon Farms Road	Renshaw, Patricia	B.D. Heanssler Construction, Inc.	\$420,446
18 Lawn Avenue	Hughes, Alexandra & Joshua	Gagne, Norman & Hebert-Gagne, Ronda	\$183,000
18 Solomon Drive	Martin, William & Gwenneth	S & S Family Trust	\$394,500
197 Gray Road	Gilman, Susan	Dostie, Lawrence	\$265,000
2 Springbrook Lane	D' Amico, Mary & Harold	Gilman, Susan	\$300,000
212 Main Street	Perkins, Randall & Rhonda	Detour, Darrell & Martin, Angela	\$200,000
89 Wagner Farm Road	Floyd, Eric & Brianna	DJS Developers, Inc.	\$264,900
96 Brookwood Drive	Jerome, Amy	Wilcox, Edward & Erica	\$175,000
9 Ridgfield Drive	Manning, Martha & Richard	Stevens, Linda & George	\$262,900
233 North Gorham Road	Theriat, Ian	Brooks, Sharon & Moses, Sandra	\$175,000
3 Liberty Lane	Bouchard, Karen & Marc	Salas, Joe & Victoria	\$389,000

Burglary Prevention FROM PAGE 1

tors and/or door and window sensors and they tend to charge a relatively modest monthly fee. If that is not an option, consider obtaining fake security signs, available on the Internet, to imply a security company monitors your home. Whether

or not you have a dog, you can put up a sign that indicates visitors need to beware of a dog. Again, most burglars are looking for an uncomplicated option: no dogs, no security system.

- Write down the serial numbers of your electronics: especially large screen TV's, high-end cameras, computers, laptops, etc. Without those numbers, your property may be recovered, but it will not be returned unless the homeowner can provide proof that this particular TV, etc. is the one stolen from their home.
- Take photographs of jewelry and other items of value. This enables the police to know to whom a recovered item belongs.
- Do not store the information about serial numbers nor the jewelry photographs on your computer as this is likely to be stolen along with the other items. Store it on a thumb drive or disc or just write down the information and store it away or you can send it to your insurance company for safekeeping.
- Burglars like gift cards so if you have any, keep them someplace that won't be obvious to a burglar.
- If you purchase an expensive new electronic item, knock down the box and/or fold it inside out before recycling it, so it is not visible from the road.
- Be aware. Is there activity at a neighbor's house while you know they are at work or away from home? Call the police. If you expect to be away from home for any length of time, let the police know and let them know what cars they might see in your driveway (friend watering plants, etc.).

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Seed or Soil?

Dr. Robert Lavoie

A sick boy goes to daycare. The boy sneezes on another child, thus infecting the little girl. She returns to her family and gives it to her mother. The mother kisses her husband, which gets him sick. He returns to work, infects his co-workers, and the chain continues. What makes people sick? Is it “catching” germs? Most would say yes, germs do cause disease and illness. The germ theory of disease was first established in the late 19th century, which became the basis of modern medicine. Today, more than ever, we are constantly exposed to germs, which are becoming stronger and more resistant to treatment. Why, even with all the advances in modern science, have we not won this battle?

If germs do cause disease and illness it would seem that everyone must get sick. Right? Take a family of four, for example, who are all exposed to the same germ. Why do the mother and son get sick while the father and daughter are unaffected? Do the father and daughter have a natural resistance to that particular germ? Why does the mother get a sore throat and cough while the son has a sinus and ear infection? Should this germ affect the same body part for everyone?

These questions have caused doctors and scientists to reexamine the role germs play in disease and illness. The greatest study on this did not come from a prestigious laboratory - nature provided us with the ultimate experiment.

Enter Masha and Dasha. The mysterious story of these Russian conjoined twins baffled doctors. Masha and Dasha were born conjoined at the hip. Each twin had two arms, lungs, kidneys and upper digestive tract. They had separate nervous systems as well. They shared two legs, bladder, lower digestive system and circulatory system (blood vessels).

One would think that because they shared the same circulatory system that germs infecting one would also infect the other, but this was not the case at all. Masha had good eyes, higher blood pressure and was overall healthier, while Dasha was shortsighted and prone to colds. The differences were remarkable during their early years. The flu, colds, and other childhood diseases were experienced differently for each twin. Even the measles affected one and not the other. Surely there must be more to disease and illness than just “catching” germs.

Germs are essential in disease yet it alone is not sufficient to produce illness. A farmer knows that there is much more to yielding a crop than just the seed. Temperature, good soil, sun and water are all factors that allow the seed to grow. The same is true in the human body. The germ must have the right conditions to produce illness. Our ability to fight germs is within us.

Immunity is the term we use to describe our ability to fight infections. The immune system is made up of cells, tissues and organs. It is located throughout our body and closely connected to our nervous and circulatory

systems. Its complex job allows us to heal cuts, fight allergies, ward off infections and prevent diseases. A strong, functioning and adaptable body allows us to fight germs on a daily basis. When we lose the ability to fight infection we become sick. This is a constant battle that starts in the womb and ends the day we expire.

So how does one strengthen immunity? The answer is by focusing on wellness and prevention. One can eat well and exercise regularly and still have weak immunity if they are emotionally stressed. All aspects of our lives are important. We must start by fueling our bodies with nutrient rich foods. Then keep the physical body and the mind active to stimulate metabolism and growth. Rest and relaxation allow us to repair and rebuild. Reducing physical, chemical (bad food) and emotional stressors help us develop a strong immune system.

The next time you “catch” that cold, ask yourself, “Is it the seed or soil?”



Robert Lavoie D.C. is the owner of Chiropractic and Massage Clinic of Gorham.

The Gorham Cancer Prayer and Support Group

Jackie Francis

For many people, receiving a cancer diagnosis, feels very much like the sky is falling, explains cancer survivor Den Morton, who was diagnosed with Hodgkin's Lymphoma in 2004. “Once the shock and panic subsided, there was much I needed to learn,” says Morton. He remembers the panic he felt the day he received his cancer diagnosis. The doctor called, gave him the dreaded news, details of his tumor, treatment options and an appointment for his next visit. All he could remember when hanging up the phone was that he had cancer.

A cancer diagnosis is a frightening thing, however, there is support available and there are people “who've been there and done that” and can help provide peace and comfort at a time when shock, fear and anger consume your days, says Morton. The Gorham Cancer Prayer and Support Group, which Morton helped found two years ago, meets the first Tuesday of every month at the Cressey Road United Methodist Church from 6 to 7:30 p.m. “It was started,” says Morton, “to provide support to those affected by cancer in one way or another - the patients themselves, family members, friends and caregivers.” Although the support group meets at the Methodist Church, Morton is quick to point out that the group is non-denominational and open to all people. “This is not a Bible study group,” says Morton, “this is a supportive and respectful environment for patients and their caregivers who are in the

midst of a battle with cancer.”

The group is made up of a few trained “core” facilitators and begins and ends with a prayer and follows C.A.R.E guidelines (Confidentiality, Advice, Respect and Effort). What is said in the meetings stays in the meetings and sharing experiences rather than giving advice, is encouraged. “You can share your journey (or choose not to), ask questions or listen,” says Morton. “We don't preach; we offer support in a warm, welcoming environment for cancer patients and their caregivers.” Although everyone has their own story of fear, pain and loss the group provides a commonality of love and hope.

Community members interested in volunteering with the support group are always welcome. Drivers are sometimes needed to transport patients to and from appointments, tech and web support is indispensable, as well as hand-knit shawls and lap blankets for care packages. “Any support is appreciated,” says Morton.

A recently retired engineer and cancer survivor for five years now, Morton encourages those who have been touched by cancer to reach out to the Gorham Cancer Prayer and Support Group. “We are hearts that care and ears that listen,” says Morton, who can be reached at 839-3111 or 321-1390. His email is dmorton14@maine.rr.com. Check out the support group on Facebook at www.facebook.com/groups/Gorhamcancerprayergroup.

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GHS Senior Named Presidential Scholar Candidate

Compiled by Stacy Sallinen

Sophie Little, a senior at Gorham High School, has been named one of more than 3,000 candidates in the 2012 U.S. Presidential Scholars Program. The candidates were selected from nearly 3.2 million students expected to graduate from U.S. high schools in the year 2012.

Now in its 48th year, the U.S. Presidential Scholars Program is one of the highest honors bestowed upon graduating high school seniors. Scholars are selected on the basis of superior academic and artistic achievements, leadership qualities, strong character and involvement in community and school activities.

Further consideration for the program is based on student essays, self-assessments, descriptions of activities, school recommendations, and school transcripts. In April, a panel of educators will review submissions and select 500 semifinalists. The Commission on Presidential Scholars will then make the final selection of Scholars to be recognized at a ceremony in Washington, DC.

Little has not decided where she will attend college. She applied to nine schools and is awaiting responses. She plans to study art, dance and French. Little takes dance classes at the Centre



Photo credit Sophie Little

Sophie Little has been selected as a candidate in the 2012 U.S. Presidential Scholars Program.

of Movement in Gorham, performs with Vivid Motion in Portland, and is an avid photographer. She is also the vice president of the French Club and a member of the Rainbow League at GHS. She is the daughter of Ellen Quinlan and Kirk Little.

The Role of a Library Media Specialist

Stacy Sallinen

Picture books, digital media and information technology are each important to a school library, as well as the library media specialists who manage them.

Library media specialists have many responsibilities and play an important role in the daily life of a school. They connect teachers and students with information by serving as curriculum consultants and providing materials and resources for each classroom to achieve their educational goals. They also help to create enthusiastic readers and can help students select books appropriate to their reading level and interests. A library media specialist will also help students and teachers use technology to their advantage. In addition to maintaining collections of books, periodicals and other resources, a library media specialist maintains a budget for ordering new materials and provides instruction on using all the resources in the library.

Currently, there are two library media specialists to share the responsi-

bilities at each of the three elementary schools in Gorham. Even though a library media specialist does not staff the libraries every day of the week, resources, including the technology lab, are still available for teachers and students to use for projects.

Programs being rolled out by Library Media Specialists Meghan Lonergan and Winston Barton include "Readers are Leaders," where local business leaders visit classrooms to read to students; visits by local authors and illustrators; and a celebration of Dr. Seuss's birthday.

Elementary students alternate each week between sessions of technology and library. "We want our students to be technology literate and use the technology to research and extend learning within and outside the classroom," explained Polly Brann, principal at Narragansett. Students and parents can access the elementary school's library and technology resource webpage by visiting www.gorhamschools.org, clicking on one of the elementary schools, and then on the library webpage link.

Dream Factory Expands to GMS

Emma Smith, GMS Student

The Dream Factory is a non-profit organization that grants dreams to chronically and critically ill children. The Maine chapter of the Dream Factory raises money to help carry out these dreams with help from people in Gorham, including students at the middle and high school.

The Dream Factory club has a presence at Gorham High School. The newest club was recently formed at Gorham Middle School with eleven members. It is one of the first – if not the first – middle school club in the United States. Gorham Middle School recently held their first fundraising

event by putting a donation box at their school talent show. The club also plans to have bake sales and to help the high school with their annual Happily Ever After breakfast on March 31 where everyone is encouraged to come dressed as princesses and princes. Time and location of the breakfast will be announced at a later date. Both Dream Factory clubs do fun and exciting fundraisers and would love for you to attend. If you would like to be placed on an e-mail list for updates on upcoming fundraising events, please e-mail emma.smith@gorham.k12.me.us.

school notes

Incoming Kindergarten Registration and Screening Night for all Gorham K-5 elementary schools (Great Falls, Narragansett,

Village) will take place on Monday, March 5 at Gorham Middle School. Storm date is Monday, March 12. Parents of children who will be five years old on or before October 15 should plan to attend. Parents can pick up registration packets and schedule a screening appointment from 5 to 6 p.m. A parent-only information meeting is scheduled from 6 to 7 p.m. where parents will learn about the screening process, a typical day, safety, code of conduct, transportation, academics, meet staff and receive teacher advice. Screening dates for kindergarten are April 2, 3, and 4 at Shaw Gym at the Gorham Recreation Department. Immunization records, proof of residency and original birth record are required at screening. If you are unable to attend the March 5 meeting, please contact Amy Pednault at 222-1050 (regardless of which school your child will attend) to schedule a screening appointment.

Join Great Falls Elementary School Night at the Red Claws on Friday, April 6 at 7 p.m. and help to present the Living Flag on the basketball court! Tickets are \$10 and will be on sale on Wednesday, February 29 from 2-4 p.m. in the lobby at Great Falls. Anyone is welcome to purchase tickets. A portion of the proceeds will benefit Great Falls. Don't miss a special guest appearance by Crusher!

For more information on the following Gorham Adult Education courses, please visit www.gorham.maineadulted.org or call 222-1095.

What is the Cloud Thing? Tuesday, 2/28 and Wednesday, 2/29, GMS, 6-9 p.m., \$41
On the Job-Basic Computer Skills, 6 Monday classes, 3/5-4/9, GMS, 6:30-8:30 p.m. \$7
Sewing Basics, Wednesday, 2/29, GMS, 6-8 p.m., \$15
Kettlebells, 12 classes, Mondays/Wednesdays, 3/5-4/11, GMS, 6-7 p.m. or 7-8 p.m. timeslots available, \$59

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Gorham Middle School Second Quarter Honor Roll 2011-12

Grade 6 - High Honors	Lauren Nagy Emelia Nejezchleba Benjamin Nelson Jack Niles Ryan Norris Mathew Norton Amelia Pappalardo Kali Perry Andy Pham Megan Polchies Victor Popov Natalie Pratt Delia Puopolo Brittney Reed Lucas Roop Wilkins Rossignol Michelle Rowe Joshua Rowe Isabella Sawyer Alexis Shaw Sarah Shields Owen Smith III Isabella Solari Noah St. Peter-Halstead Sokane Stilphen Nicholas Sturtevant Nora Susi Jillian Worster	James Benson Madison Bickford David Blattstein Nikolas Briggs Kristina Butenko Riley Campbell Brooke Carpenter Nariah Cavarretta Seth Cook Cameron Coro Jordan Currier Haylee Dahlborg Brandon Desjardin Hannah Distasio Kara Doane Alyssa Dolley Logan Drouin Drew Eid Kara Ellsmore Emily Esposito Erin Esty Jordan Falagarjo Abigail Flint Jackson Fotter Megan Fraley Kortney French Carrie Hansen Emily Hayward William Hepler Brandon Howard Abrianna Kennie Allison King Eric Lane Hannah LeBlanc Elizabeth Lemieux Megan Letarte Dylan Lockwood Sarah Lorello Keegan Luce Isabelle Muehle Fiona Nee Taylor Nygren Miles Obrey Athena Pappalardo Marina Pappalardo Audrey Perreault Meghan Perrin Emma Pierce Maeve Pitman Lauren Poirier Skylyher Rawding Kenneth Richard Julia Roy Alex Smith Caroline Smith Ariana Smith Karen Stemm Cameron Stevens Kristen Stoddard Katherine-Helene Sullivan John Patrick Touchette Lily Towle Blake Wallace JennaMarie Webster Dylan Weeks Emily Yager Marc Yankowsky	Madison Poulin Calvin Riiska Dylan Rogers William Ruby Dayna Shaw Anna Smith Cameron Smith Jesse Southard Ciara Stillson Sydney Stultz Colby Sturgis Cameron Tracy Molly vanLuling Emilia Viernes Austin Violette
Grade 6 - Honors	Grade 7 - High Honors	Grade 8 - Honors	
Benjamin Adams Nathan Bachner Wilder Baldwin Molly Barr Clayton Bassingthwaite Caitlyn Beaulieu Hannah Beliveau Connor Bell Jessica Bennett Hayley Bickford Ian Butler Megan Caruso Llayna Charest Anthony Chase Kaitlyn Clowes Marisa Collins Sydney Cowand Brianna Crockett Courtney Cushing Michaela Desrosier David Drew Jessica Dusseault Lauren Edwards Holden Edwards Emily Emmons Lyndsey Estes Gabriella Fisher Tyler Fitz Mia Gallant Emily Goriss Andrew Harjula Maxwell Harvey Saoirse Herlihy Nathaniel Hollister Rachel Hooker Baylee Howlett Christian Hubbard Olivia Ionta Kaitlyn Jodoin Phoebe Johnston Heather Jordan Ryan Kaczmarek Stephen Klatt Karalyn Kutzer Samantha Langevin John Larson Elise LaSalle Kyle Mason Brogan McDonald Grace McGouldrick Zachery McGouldrick Adam McKenney Jonathan Meyers Haylie Morris Emily Murray	Anne Acker-Wolfhagen Mary Adams Jordan Allen Katherine Andrews Avery Arena Kelly Aube Sally Aube Trystan Bates Katherine Bennett Kathryn Bertin Lucas Bryant Delaney Burns Dean Carrier Jamie Carter Kathryn Christianson Sydney Coolong Tony Cooper Liberty D'Anto Travis Emerson Ryan Firmin Nina Greenwood Grant Hamblen Ryan Hamblen Sophia Hendrix Cameron Holmes Madeline Joyal-Myers Jamie Juskiewicz Whitney King Elizabeth Klatt Diana Kolb Jason Komulainen Carli Labrecque Allison LaFerriere Justin Laughlin Narissa Libby Theodore Lockman Abigail Longstaff Kaylea Lundin Julia Lyons Thomas Macomber Samuel Martel Thomas Matthews Emily O'Donnell Ethan Orach Padraic Owens Kyle Peoples Olivia Puopolo Brady Rioux Samuel Roussel Emma Smith Molly Sposato Samuella Spurr Raymond St. Cyr Dorothy Stickney Alexandra Stresser Connor Sweatt Evelyn Turnbaugh Heather Woodbury Alex York	Grade 8 - Honors Diana Albanese Erik Andreasen Nadia Barry Matthew Beahm Carl Bear Ross Bellino Thomas Bernier Tyler Bernier Ahmed Beshir Emily Bragg Kevin Brewer Kyle Briggs Stanislav Butenko Mallory Campbell Chelsea Caron Sydney Caron Nicole Caruso Amber Cavarretta Lillian Close Rebecca Cupps Jennifer Darasz Sara Darling Taylor Day Renee Deering Bregan DeLeon Jennifer Devine Heidi Donovan Emily Duff Caitlyn Duffy Sierra Eichner Courtney Fitz Sarah Flanders Joseph Gallant Connor Goodall Colin Gotschlich Dane Heckathorn Mitchell Hobart Cady Houghton Caitlyn Hubner Alexandra Johnson Collin Jones Sarah Jordan Branden Kuusela Cassidy Landry Thomas Leach Baily Lemery Mitchel Letourneau Spencer Linscott Hannah Meserve Zachary Meyers Chatham Mills Jason Nagy Benjamin Paulin Sara Perry Julia Plante Nicholas Polchies Sean Pratt Nathaniel Rines Brooklynne Roland William Selens Allison Sinnett Malcolm Smith Lyndsey Sobieralski Rachael Stewart Brett Stiles Elizabeth Sullivan Maeve Terry Haley Tetreault-Kellett Jason Tracey Alyda Twilley Michael Walls Nicole Walls Robert Weisman Connor White Lindsey Wilcox Nicholas Wilson Alex Young	

Gorham High School Second Quarter Honor Roll 2011-12

Grade 9 - High Honors	Delaney Shiers Abigail Sladen Charlotte Smith Julia Smith Alyssa Theriault Nicholas Thibeault Jordann Thomas Daniel Thompson Kenneth Tuttle James Varney Jordan Ward Michaela Williams	Nicholas Matthews Michelle Pham Dominic Pompeo Kristin Ross Patricia Smith Kara Stahl Tyler Verrill	Connor Linehan Aryn Martin Alex Miller Nathan Moody Jesse Orach Daniel Philbrick Osna Sayed Lindsey Smith Clara Stickney Alexandra Sturgis Mariah Taylor Robert Toothaker Elynn Touchette Haleigh Turner Lia Van de Krol Nicoleta Varzari Jeanette Villanueva Rachael Webster
Grade 9 - Honors	Grade 10 - High Honors	Grade 11 - Honors	Grade 12 - Honors
Ashley Aceto Madison Bennett Megan Bennett Kristin Benson Tyler Bernaiche Darcie Brown Jerry Burnham Brooke Caron Michael Chapin Emma Christakis Reagan Emerson Gregory Farrington H James Fleming Julia Gaudette Griffin Germond Isabelle Grant Abigail Hamilton Meghan Hanley Erika Heddeshheimer Benjamin Hincer Matthew Hooker Andrew Johnson Evan Johnson Maxwell Johnson Brendan Kelly Muhammad Khan Jamison Lane Logan Letourneau Sean Luce Zoe Mattingly Brendan Mercier Alexis Miller Nicholas Miller Zachary Mills Hunter Mitchell Blanca Monsen Dominic Morin Sarah Norton Timothy O'Neill Olivia Owens Thomas Pequinet Sophie Perkins Emily Peterson Sarah Plourde Jenell Porter Chandler Reagan Mikayla Richman Cody Rioux Elizabeth Rioux Nathan Roberts Mitchell Rossignol Spencer Ruda Andrew Schmidt Madeleine Scholz-Lague Evan Scott Jaymie Seneca	Michael Chin Jessica Day Tyler Eldridge Savannah Frager Amber Holivan Joseph Martin Jason Meuse Kelsey Mitchell Jacqueline Turner Laura Turner	Lucia Alexandrin Libby Andreasen Daniel Bahun Joseph Bennett Kayla Billings Robert Billings Grace Bourgault Collin Bowie Morgan Briggs Adam Bucknell Travis Bucknell Matthew Buotte Cameron Campbell Celeste Carpenter Syrena Clark Anthony Coppola Ashley Corbeau-Hasenflu Kyle Curley Keagan Dumont Stefanie Farrington Sarah Fogg Shannon Folan Francesca Gallant Meaghan Gilbert Tanner Gouzie Joseph Graff Kayla Harris Elizabeth Henderson Jewel Holiday Evan Hopkins Alex Johnson Tristan Juday Elizabeth Lavoie Nicholas Lewis Jackson Marshall Cassandra Martel Amy McCarty Maxwell McNally Alexis Merrifield McKenzie Meserve Kristin Nelson Alexander Owens Evan Peoples Riley Perkins Riley Perkins Sydney Perkins Jennifer Pinkelman Darice Plumer Hannah Pratt Allyson Redhunt Brian Rex James Sawtelle Andrew Scontras Kaitlyn SeeHusen Katiana Selens Emily Stickney Bridget Stillson Michael Sullivan Milan Vidovic Evelyn Viernes Damon Wallace Cameron Willette	Audrey Adkison Kellen Adolf Karlygash Akhmetbek Steven Albanese Amber Anderson Reeve Anderson Adam Bourgault Abegayle Brown Nathan Bucknell Chelsea Burnham Travis Charette Meredyth Clements Zackary Cummings Briaana Custeau Matthew Dahms Olivia Dolloff Cortlandt Dunn William Eldridge Kaitlin Flanders Rebecca Foster Eliot Gagne Ashley Gaudette Michael Giasson Nicole Gile Nathan Goodrich Lincoln Gray Christian Guthrie Taylor Hansen Nathan Holloran Philip Holmes Madison Juday Nicholas Kilborn Troy Lawrence Ashley Linscott Kevin Lubelczyk Alyssa Lurvey Tyler Maroon Olivia Marshburn-Ersek Samuel Mosher Micheline Murray Quincy Owens Victoria Parker Kelsey Pequinot Sarah Perkins Sierra Peters Samuel Phinney Amanda Richardson Mark Ridgeway Danielle Rivard Jared Robbins Margaret Roy Felisha Saunders Matthew Southard Deireann Stillson Alexandra Sturtevant Nicole Sutherland Emery Thompson Bradley Turnbaugh Kiersten Turner Allison Violette Paige Weymouth Dylan Whitaker Hunter Wing Rebekah Wise Camden Worrall

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The Business of Song Sherrie Benner

Portraits in Song is a songwriting business owned by Gorham resident Deann Marsh. The purpose of the business is to create what Marsh terms "Portrait Songs," which portray noteworthy aspects of an individual's life story, a group accomplishment or a commemoration of an event. Marsh enjoys listening to stories and from them she draws inspiration for her songs, in turn becoming the storyteller. The idea for the business grew from a personal healing experience she felt after composing a poem and song about her grandmother's life and passing. This led to her appreciation of the power of songwriting for grieving, as well as for sharing and preserving life stories.

Marsh relies on years of experience as a health care provider — she currently serves as a hospice volunteer — in enhancing her clients' participation in the interview and the editing process of the songwriting. Her musical background includes years of piano along with music therapy and expressive arts courses. Marsh is a member of the Southern Maine's End of Life Choir, the "Harbour Singers."

Portraits in Song may be written as personalized gifts for celebration of life events such as birthdays, anniversaries, and graduations, and group gifts to thank or pay tribute to a coach, teacher or retiring co-worker. The benefit of the song is to create a unique and lasting memory and preservation of family



Photo courtesy of Deann Marsh

Deann Marsh creates personalized "Portraits in Song."

and community history. Clients receive recorded copies of the song performed a cappella style for their personal use. Marsh is also available to personally perform the song at an event or informal gathering at the client's request.

Marsh will perform at the Gorham Grind on Sunday, February 26 at noon. For more information about Portraits in Song, contact Deann Marsh at portraitsinsong@gmail.com or call 831-4197. Audio samples are available at PortraitsinSong.com.

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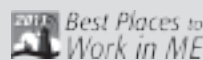
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Adkison Signs Letter of Intent



Photo Credit Rich Obrey

On February 1 at GHS, senior **Audrey Adkison** signed her **National Letter of Intent** to play women's soccer at Division II Harding University in Searcy, Arkansas. With her from left to right are her parents, Mark and Lisa, and GHS head soccer coach Jeanne Zarrilli. Adkison helped lead the Rams to a 14-0 regular-season record and a first-place ranking in Western Maine Class A last fall.

Bowlers Strike for the Lead

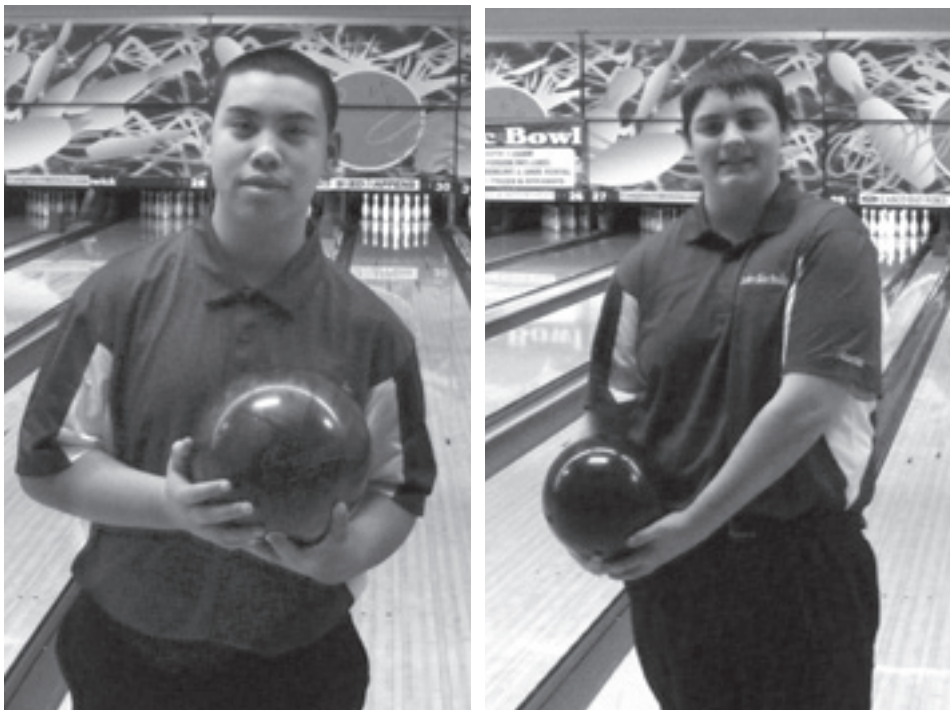


Photo credit Jerry McCormick

High school bowling has been in Maine for several years now but has always lacked a team from the Greater Portland area – until this year. Yankee Lanes in Portland has formed a team of local bowlers including Tyler Divinsky (left) and Austin Hicks (right) of Gorham who compete for the Southern Maine Blizzard team. At press time the team had won its first five matches and was in first place in the Southern Division. Divinsky leads off for the varsity team and is carrying a 170 average while Hicks anchors the junior varsity team and is currently bowling a 162 average.

GHS Winter Sports Highlights

Compiled by Jeff Pike

Cheerleading: The Rams finished ninth in Class A State Championships February 11 in Augusta. Gorham totaled 130.9 points for its routine while champion Lewiston totaled 163.1.

Girls' Basketball Earns Playoff Spot: Needing a win to earn a playoff spot, the Rams defeated Westbrook 42-24 on February 10 led by **Kristen Ross** and **Lexi Merfield** with 16 and 10 points respectively. Gorham, ranked 10th in Western Maine Class A, faces seventh-ranked Cheverus in the preliminary round of the playoff with the winner advancing to play third-ranked Marshwood in the quarterfinals. Ross finished the regular season with a five-game scoring spree of 99 combined points. At press time, she was second in conferencing scoring (16.5) and first in rebounding (10.8). The Portland Press-Herald also named Ross as an Honorable Mention Player of the Week on January 31.

Girls Track: Senior **Sarah Perkins** placed first in three events at the SMAA Indoor Track Championships February 4 at USM. She also received the conference Most Valuable Award for the Senior Division regular season and the Angie Abraham Award for Outstanding Performer for the regular season and the championship meet.

Boys' Track: Gorham finished second to Scarborough in SMAA Indoor Track Championships February 4 at USM. The Rams were led by **Jesse Orach** who earned the Jim Daley Award for most outstanding performer during the regular season. At USM Orach finished first in the one mile and third in the two mile. Other conference champions included **Brandon Cushman** in the 600 yard run (setting a

school record); **Austin Bell** in the junior division 400 meters; **Jon Gray** in the junior division 800 (setting a league and school record); **Travis Grant** in the junior division 55 hurdles (setting a league record) and the junior division triple jump (a school record). The junior division relay team of **Mitch Rossignol**, Gray, Bell and Grant also sent a new league record

Girls' Basketball: At press time GHS junior **Kristen Ross** was in the midst of a four game scoring spree with 83 combined points. On the season, she was second in conferencing scoring (16.5) and first in rebounding (10.8). Ross was also named as an Honorable Mention Player of the Week by the Portland Press-Herald on January 31.

Boys' Hockey: Heading into the stretch run of the regular season, which ends February 22, the GHS boys' hockey team was on a hot streak having won four straight at press time to improve to 8-6 and in solid position (seventh) to earn a playoff spot. Goalie **Justin Broy** stopped 31 of 32 shots in a February 4 2-1 win over Cheverus to earn Honorable Mention Player of the Week honors from the Portland Press-Herald. In that game, **Blake Babineau** scored the game winner. Babineau and **Shawn Sullivan** both scored two goals in an 8-3 win over Bonny Eagle on February 8. Broy continues to be one of the top conference goalies (2.27 goals against average and a 92% save percentage) while **Spence Cowand** (16 goals/9 assists) and **Chris Hardy** (11 goals/13 assists) have been among the league leaders offensively all season.

Future Basketball Stars



Photo credit Karla Wheaton

During halftime of the February 3 game between the GHS boys' basketball team and Deering, the Gorham Parks and Recreation kindergarten basketball players put on a show after the high school players created a tunnel and gave each of the kindergarteners high fives as they ran on to the floor. Among those that participated and pictured above are players Jordan Cenate, Thomas Curtis, Brooke Farquhar, Anthony Jordan, Aidan Lee, Alex Robbins, Jonathan Stein, Nicholas Tinkham, Julia Wareham and Colby Wheaton as well as coaches Jason Lee and Roger Stein.

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GHS Sports Freeze Frames



GHS senior Lexi Merrifield drives hard to the basket during a December game vs. Cheverus at GHS. At press time the Rams were 7-6 and ranked tenth in Western Maine Class A. The top 11 teams will earn playoff spots.



GHS senior Courtney Burns dribbles out of full-court trap during a December game vs. Cheverus at GHS. At press time the Rams were 7-6 and ranked tenth in Western Maine Class A. The top 11 teams will earn playoff spots.



GHS junior Marissa Roberts finished second in slalom at the SMAA Championships February 9 at Shawnee Peak with a time of 1:31.18.

Photo credits Rich Obrey

GHS Indoor Track Individual Point Earners – SMAA Championships February 4 at USM

GIRLS

Sr. 55 meter hurdles - Sarah Perkins (1st) 8.68
 Sr. 200 meters - Sarah Perkins (1st) 26.05
 Sr. High Jump - Sarah Perkins (1st) 5'-2", Lindsay Chapman (6th) 4'-4"
 Triple Jump - Hannah Southard (2nd) 32'-6"
 Pole Vault - Sophia Swiatek (3rd) 9'-0"
 Sr. 400 meters - Deireann Stillson (5th) 1:06.89
 Sr. Shot Put - Patty Smith (6th) 30'-5.25"
 Sr. 800 meters - Leanna Dalfonso (6th)

2:33.23

Jr. 200 meters - Kristin Benson (5th) 28.76
 Jr. Shot Put - Sophia Swiatek (6th) 28'-1.25"
 Jr. 800 meter relay - Benson, Darcie Brown, Abby Perkins, Southard (6th) 1:58.76

BOYS

1 Mile Run - Jesse Orach (1st) 4:36.28, Nate Gervais (5th) 4:47.26
 600 yards - Brandon Cushman (1st) 1:16.33, Joe DeRoy (4th) 1:18.20
 Pole Vault - Alex Johnson (2nd) 11'-00"

2 Mile - Jesse Orach (3rd) 10:20.38, Nate Gervais (6th) 10:37.29

Sr. 400 meters - Nate Bucknell (3rd) 51.97

Sr. 200 meter relay - Ryan Baillargeon, Brandon Cushman, Julian Nijkamp, Nate Bucknell (3rd) 1:36.52

Sr. 55 meter hurdles - Juilian Nijkamp (4th) 8.41

800 meter relay - Alex Thuotte, Adam Bucknell, Ben Foster, Matt Southard (6th) 9:26.48

Sr. 200 meters - Ryan Baillargeon (6th) 24.38

Jr. 55 meter hurdles - Travis Grant (1st) 8.06

Jr. 400 meter - Austin Bell (1st) 53.05

Jr. 800 meters - Jon Gray (1st) 2:08.68

Jr. 200 meter relay - Mitch Rossignol, Jon

Gray, Travis Grant, Austin Bell (1st) 1:39.97

Jr. 200 meters - Austin Bell (5th) 24.96

Jr. Long Jump - Travis Grant (2nd) 18' 7.25"

Jr. Triple Jump - Travis Grant (1st) 38'-11.5"

Jr. Shot Put - Samuel Johnson (5th) 36' 8.5"

Jr. 55 meters - Mitch Rossignol (6th) 7.18

Boys' Swimming – South Southwestern Championship Results

The Gorham boys' swimming team finished sixth among 14 teams in its first-ever appearance at the South Southwesterns Swimming Championships February 11 at Cape Elizabeth. The Rams totaled 105 points while first-place Windham tallied 239 points. Gorham was led by sophomore Tim Smith who won the 50-yard freestyle with a time of 23.63 and came in second in the 100-yard freestyle with a time of 52.52. Smith also swam on the Gorham 200-yard free style relay team, which also finished first and included Timmer Sposato, Caleb Goodall and Max Storer. Following is a complete list of Gorham

swimmers who earned points in the meet:

50 freestyle – Tim Smith (1st) 23.63

200 freestyle – Timmer Sposato, Caleb Goodall, Max Storer, Tim Smith (1st) 1:40.10

100 freestyle – Tim Smith (2nd) 52.52, Caleb Goodall (11th) 57.85

200 freestyle – Timmer Sposato (4th) 2:06.94

400 freestyle relay – Max Storer, Caleb Goodall, Timmer Sposato, Lucas Willoughby (4th) 3:54.89

100 butterfly – Max Storer (6th) 1:06.22

Girls' Swimming – South Southwestern Championship Results

The Gorham girls' swimming team finished third among 14 teams in its first-ever appearance at the South Southwesterns Swimming Championships February 10 at Cape Elizabeth. The Rams totaled 146 points while first-place Waynflete tallied 174 points. Gorham was led by the first-place 200-yard freestyle relay team of Brandi Emerson, Meagan Thomsen, Ashley Clark and Lindsey Thomsen. Top individual finishers included Clark in the 500-yard freestyle, Meagan Thomsen in the 50 Freestyle and Lindsey Thomsen in the 100-yard backstroke, who all placed second. Following is a complete list of Gorham swimmers that earned points in the meet:

200 freestyle relay - Brandi Emerson,

Meagan Thomsen, Ashley Clark, Lindsey Thomsen, (1st) 1:50.16

500 freestyle - Ashley Clark (2nd) 5:50.19

100 backstroke - Lindsey Thomsen (2nd) 1:03.03

50 freestyle - Meagan Thomsen (2nd) 27.09, Sabrina Rowell (11th) 29.45, Logan Letourneau, (12th) 29.50

100 freestyle - Lindsey Thomsen (3rd) 57.23, Meagan Thomsen (5th) 59.66

200 freestyle - Ashley Clark (4th) 2:11.86

200 medley relay - Blanca Monsen, Logan Letourneau, Kristin Nelson, Brandi Emerson (6th) 2:19.03 18

400 freestyle relay - Sabrina Rowell, Logan Letourneau, Blanca Monsen, Brandi Emerson (6th) 4:27.31

100 butterfly - Blanca Monsen (10th) 1:16.85

sports Etc.

Try Hockey for Free: The Huskies Youth Hockey Association is hosting a "Try Hockey for Free" day at USM February 18

from 10:20 to 11:20 a.m. Children who would like to try out hockey need only bring a helmet (it can be a ski or bicycle helmet), gloves or mittens, and skates. Association members and coaches will be there to help. For more information, visit www.huskiesyouthhockey.org.

Upcoming GHS Varsity Sports Line-Up

Saturday, February 18

8:30 p.m. Boys' Hockey vs. Portland @ USM

All games subject to change. For up-to-date schedules, visit www.highschoolsports.net

DEAN'S LIST

The following students were named to the Dean's List for the 2011 fall semester:

Joseph Dalfonso (GHS '09), Stonehill College

Kelly Devoe, College of New Jersey

Crystal Doyle, University of New Hampshire

Travis Fields, University of Hartford

Conor Kirby, University of Hartford

Elijah Lienhardt, New England College

Molly Lortie (GHS '10), Social Justice and Environmental Studies, Brandeis University

Jennifer Moutinho, Chemical Engineering, Worcester Polytechnic

Thomas Moutinho, Biomedical Engineering, Worcester Polytechnic Institute

Marissa Patten-Harris, Dental Hygiene, UNE

Nathaniel Sturgis, Communication Major, Central Connecticut State University

Kristi-Lee Colarusso, University of New Hampshire

Kristina Zarrilli, University of New Hampshire

Amy Anderson, Austin Arena, Grace Bagala, Kegan Bouffard, Eric Churchill, Brett Coggan, Danielle Deering, Alexandria DeRedin, Alexander Eisenhauer, Alyssa Ferguson, Joseph Harper, Nicholas Hawkes, Rebecca Henderson, Colton Houle, Lauren Jordan, Patricia Kaczmarek, Jeanette Kennie, Sherry King, Sophia Kourinos, Aaron Lapid, Jessie Lawford, James Loomis, Joseph Lynch, Nicole MacDonald, Steven Martin, Terry Mooers, Shannon Mosey, Kristopher Nadeau, Hannah Nickerson, James Palmer, Gabrielle Parsons, Pavla Paziak, Matthew Phair, Rebecca Riendeau, Cori Sanborn, Leanna Shields, Cameron Smith, Thomas Stirling, Danielle Street, Malgorzata Swiatek, Caron Tanguay, Bruce Tracy, Kristina Vellani, Ryan Weed and Christopher Woods: Southern Maine Community College

Isaac Barnes, Siobhan Bolinger, Taylor Buotte, Matthew Cota, Nicole D'Andrea, Courtney Hawkes, Leah Keene, Annie Ledoux, Logan Nee, Bailey O'Brien, Samantha Owens, Ishah Price, Elizabeth Richard, Michael SeeHusen, Kathryn Smith, Morgan Stickney, Jennifer Stoudt, Jackson Taylor, Chantal-Marie Tijssen, Casey Weed, and Linda Wong: University of Maine, Orono

GRADUATON

Timothy Lord (GHS '07) graduated with a Bachelor's Degree in Mechanical Engineering with a Specialty in High Performance Vehicles from Embry Riddle Aeronautical University, Daytona Beach, Florida in December 2011. Lord, who has been commissioned as a 2nd Lieutenant in the United States Air Force, is the son of Chris and Christine Lord.

OF INTEREST

Paul Morse, a theology student at St. Joseph's College, recently completed a week-long service trip to Guatemala working at a medical clinic in the village of Concepcion. Morse helped to build an expansion for the clinic and cleared land for new classrooms at the local school.

The Gorham Community Chorus (GCC) will meet on Monday, Feb. 27 at 7 p.m. at Village School. Rehearsals are held on Mondays in preparation for a Spring Concert on May 20. The GCC welcomes new members to share in music and community events. Members donate weekly to our scholarship fund, which is distributed at our May concert. FMI, call Director John Rimkunas at 839-3517.

The 2012 Gorham Democratic Caucus will be held on Sunday, Feb. 26 at 1 p.m. in the Gorham Middle School auditorium. FMI, 653-7694.

The St. Anne's Council of the Knights of Columbus will hold a Baked Haddock Dinner at the St. Anne's Catholic Church Parish Hall in Gorham on Friday, Feb. 24 from 5 - 6:30 p.m. Cheese pizza may be substituted. \$8/\$4. FMI, 839-4857.

GHS Project Graduation will hold a fundraiser at Friendly's Restaurant in Windham and South Portland during winter vacation week. Please consider eating at either of the two locations from Feb. 19 - 26. Twenty percent of your check will be donated to Gorham Project Graduation 2012! Visit www.goghs.org for coupon.

The Portland Regional Land Trust will hold an Animal Tracks and Signs Walk on Saturday, Feb. 25, 10 a.m. - 12 p.m. at the Hawkes Property. Please RSVP by at prland-trust@yahoo.com.

Registration is now open for Gorham Business Exchange's 15th Annual Marketplace to be held on Saturday, Mar. 31 from 10 a.m. - 3 p.m. at USM's Costello Field House. Register early; save money on reduced booth fees and be included in pre-show publicity. FMI, Dede Perkins, at 892-5515 www.gorhambusiness.org



Meaghan Gilbert (center) of Gorham poses with Amanda Smith (left) and Jeanne Hennessey (right) of Lorraine Roy Designer Collections. Gilbert was a model at the "Rock the Runway Prom Preview" fashion show at Danversport Yacht Club in Danvers, MA.

Baxter Memorial Library will present "Answering the Call: Preparing Yourself and Your Parents for a Medical Emergency," on Thursday, Feb. 23 from 5 - 6 p.m. Marcie Yager of Home Instead Senior Care will be guest speaker. RSVP to 839-0441 or myager@homeinsteadmaine.com.

Gorham's Cooperative Preschool's Annual Frozen Family Fun Fest will be held on Saturday, Feb. 18 from 9 a.m. - 1 p.m. at the Gorham Middle School. Carnival games, business booths, food sales, balloon animals and much more. FMI, gorhamcoopreschool.org or 839-4706.

Gorham Garden Club will hold a meeting on Tuesday, Feb. 28 at 7 p.m. at First Parish Church, School Street. Patrick Keenan of BioDiversity Research Institute will speak about research in Maine and around the world including streaming observations of eagles and ospreys. Public is welcome. FMI, 839-3630.

CLOSE TO HOME

The Westbrook Warren Congregational Church, 810 Main Street, Westbrook, will serve a Chicken and Gravy Community Meal at noon on Thursday, Feb. 16 and a Beef Stew meal on Feb. 23. \$4. FMI, 854-9157.

Scarborough Town Democrats will call a caucus on Sunday, Feb. 26 from 1 - 3 p.m. at the Scarborough High School Cafeteria to elect delegates to the June 1-3 State Convention. FMI, rpendle1@maine.rr.com or 883-5414.

Saint Joseph's College will offer a course in CPR for professional rescuers and health care providers on Sunday, Feb. 25 from 9 a.m. to 5 p.m. at the Harold Alfond Center on the Standish campus. \$65/\$55 for re-certification. FMI, 893-6615 or contact rdagle@sjcme.edu

Church Celebrates 115 Years of Service

Jenifer Phinney McCullough




Photo credit Martha T. Harris

At the West Gorham Union Church celebration, Matthew Dahms and Judi Stevens serve patrons (from right to left) Sally and Stan Watts, Bill Rust, and two guests.

Earlier this month the West Gorham Union Church located at 190 Ossippee Trail celebrated 115 Years of service to the West Gorham community. A celebration was held with 70 plus people in attendance. The evening started with appetizers and followed with a full home-cooked meal, which included the pies that have helped their suppers become distinctive. Early history of Gorham was presented including the role the church offered in Gorham. Rev. Ralph Bedard presented gospel music and his rendition of "Mary Did You Know."

Rev. Norm Rust, now the transitional minister, preached his first sermon at the church 53 years ago after Rev. Harrison Dubbs became ill and Rust was asked to fill in for a Sunday. Rust has been an ordained minister for 47 years and has served several communities throughout Maine.

The church and activities are open for all to join. For more information, call 839-5946 or visit their Facebook page at www.facebook.com/WestGorhamChurch.



Gorham 839-2500	Scarborough 883-0404	Biddeford 284-2500
Portland 842-2500	Sanford 324-2500	Lewiston 344-2500

USM Receives Grant for Energy Efficiency Project

Compiled by Krista Nadeau

The University of Southern Maine's Gorham campus was one of many businesses to receive a competitive grant from Efficiency Maine. USM received \$135,000 in grant funding, and, combined with \$200,000 dollars in USM funds, will allow the campus to roll out large energy efficiency projects.

Efficiency Maine scored proposals based on such things as economic viability and cost effectiveness in terms of reducing kilowatt-hour consumption. USM will be making lighting improvements on the Gorham campus including retrofitting all parking lot and campus roadway fixtures with LED lighting and replacing overhead lighting in the Costello Sports Complex's Field House, Hill Gymnasium, and Ice Arena with highly efficient fixtures that provide better quality of light. In addition, advanced wireless controls will allow users to utilize lights in specific areas, thereby avoiding waste.

Efficiency Maine Communications Director Paul Badeau said the lighting

project is a great example of energy efficiency because, as opposed to conventional industrial lighting, LED lights reduce maintenance and replacement costs and tend to be brighter as well. He went on to say that USM will see a quick return on their investment and savings will be seen year after year. USM has estimated that this project will save approximately 676,000 kilowatt-hours per year, reducing the annual utility bill by more than \$70,000. In fact, once the project is completed in the spring of 2012, the investment will be paid back with cost saving in just 2.6 years.

The project, starting in the Costello Sports Complex, is scheduled to begin at the end of February by Leading Edge Design Group. Parking lot and roadway fixtures will be installed later this year. Bob Betram, USM's Executive Director of Facilities Management said the grant provides a great opportunity for USM to continue to improve their stewardship of University and public resources.

Recycling is a Work of Art



Photo Courtesy of ecomaine

Ecomaine is holding a competition to paint a "silver bullet" recycling container with an original design. Each metal container provides a space that is 20' 6" by 6' 10" on two sides and 8' x 6' 10" on two sides. Up to six winners will be chosen to paint their designs. Ecomaine will provide a \$500 credit to purchase paint and related supplies. Entry deadline is Friday, March 30. For more information, rules, and an entry form, visit www.ecomaine.org. Above: This "silver bullet" was painted by Cape Elizabeth Middle School in the 2011 contest.



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Don't know how to dispose of your old cellphone?

Drop it off at Mr. Bagel in Gorham between Feb 16-March 3. Help support the environment by keeping cellphones out of landfills, preventing chemicals from leeching into groundwater. Your donation will help support an educational summer trip with People to People Student Ambassador Program to Italy and Greece. FMI pmackenzie123@aol.com

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the **blotter**

Courtesy of the Gorham Police Department

Lover's Lane is Not for Parking, Lovers

Several callers from Lover's Lane reported a suspicious vehicle had been sitting at the bottom of the hill all day with people in it.

Ossipee Trail caller requested to speak with an officer as they felt cars were watching them.

Cressey Road caller reported that someone threw a rock through the rear window of their car.

Main Street caller requested that an officer respond to the store. They had a male subject who was acting "wacky" and who didn't have appropriate identification. They did not want to sell alcohol to him.

Fort Hill Road caller reported suspicious subjects in the area. High school girls were talking as one had just broken up with her boyfriend. They were moved along.

Mosher Road caller reported that a male subject was throwing things and freaking out.

Great Falls Road caller reported a suspicious vehicle in the area. Individuals were talking and stated they needed a quiet place to talk.

Dispatch received a call from Longfellow Road from an agitated subject who was yelling and screaming.

Gray Road caller reported a suspicious vehicle in the area. Vehicle belonged to an employee.

Woodside Drive man was arrested for burglary and theft by unauthorized taking.

Hannah Drive man was arrested for domestic violence assault.



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calendar

THURSDAY, FEB. 16

- Baby & Me, ages 0-18 mos., 9:30 a.m. Baxter Library.
- Toddler Time, ages 18-36 mos., 10 a.m. Baxter Library.
- Baxter Sewing Group, 2:30-4:30 p.m. Baxter Library.
- Gorham Food Pantry, 9-11 a.m., St. Anne's Catholic Church parking lot.

FRIDAY, FEB. 17

- Gorham High School presents "The Midnight Caller, 7:30 p.m.," \$6 general public, \$4 seniors/students

SATURDAY, FEB. 17

- Gorham High School presents "The Midnight Caller, 7:30 p.m.," \$6 general public, \$4 seniors/students

MONDAY, FEB. 20

- Gorham Food Pantry, 6-7 p.m., St. Anne's Catholic Church parking lot.

TUESDAY, FEB. 21

- Angelina Ballerina Day, 1-4 p.m., Baxter Library. Dance workshops and other activities. Come as you are or wear your tutu. Snow date Feb. 23.
- Knitting with Florence, make a hat for a newborn, 10 a.m., Lakes Region Senior Center, Acorn Street, FMI 854-9284.

WEDNESDAY, FEB. 22

- Prayer Shawl Knitting Group, 1-2:30 p.m., St. Anne's Catholic Church. All are welcome. FMI, 839-4857.
- Senior Community Meal, 11 a.m.-1 p.m., St. Anne's Catholic Church, \$3.50. FMI, 839-4857.
- Pickleball, 10 a.m., Gym at Lakes Region Senior Center, Acorn Street. FMI, bbrocket350@aol.com
- Plastic Canvas Instruction, 10 a.m., Gym at Lakes Region Senior Center, Acorn Street. FMI, bbrocket350@aol.com

THURSDAY, FEB. 23

- Baby & Me, ages 0-18 mos., 9:30 a.m. Baxter Library.
- Toddler Time, ages 18-36 mos., 10 a.m. Baxter Library.
- Baxter Sewing Group, 2:30-4:30 p.m. Baxter Library.

- Gorham Food Pantry, 9-11 a.m., St. Anne's Catholic Church parking lot.
- Answering the Call: Preparing Yourself and Your Parents for a Medical Emergency, 5-6 p.m., Baxter Library. RSVP by calling 839-0441 or myager@homeinsteadmaine.com.
- Snowshoeing (snowshoes provided), 10 a.m., Gym at Lakes Region Senior Center, Acorn Street. FMI, bbrocket350@aol.com
- Bingo, open to the public, 10 a.m., Gym at Lakes Region Senior Center, Acorn Street. FMI, bbrocket350@aol.com
- Movie – Evan Almighty (comedy), 1 p.m., Gym at Lakes Region Senior Center, Acorn Street. FMI, bbrocket350@aol.com

SUNDAY, FEB. 26

- 2012 Gorham Democratic Caucus, 1 p.m., Gorham Middle School auditorium. FMI, 653-7694.

MONDAY, FEB. 27

- Gorham Community Chorus, 7 p.m., Village School.
- Coffee Café with Refreshments, 9 a.m., Cribbage for all Levels, 9:30 a.m., Gym at Lakes Region Senior Center, Acorn Street. FMI, bbrocket350@aol.com

TUESDAY, FEB. 28

- Pre-School Storytime, ages 3-5, 9:30 a.m., Baxter Library.

WEDNESDAY, FEB. 29

- Prayer Shawl Knitting Group, 1-2:30 p.m., St. Anne's Catholic Church. All are welcome. FMI, 839-4857.
- Toddlers in the Library, 10-10:30 a.m., No. Gorham Public Library. FMI, 892-2575.
- Senior Community Meal, 11 a.m.-1 p.m., St. Anne's Catholic Church, \$3.50. FMI, 839-4857.

THURSDAY, MAR. 1

- Story Hour, ages 3-5, 10-11 a.m., No. Gorham Public Library. Stories, songs and crafts. FMI, 892-2575.

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The Gorham Ecumenical Food Pantry is open every Thursday from 9 to 11 a.m., the second Wednesday of the month from 6 to 7 p.m., and the third Monday of the month from 6 to 7 p.m. Open to anyone in need of food. The Pantry is located at 299 B Main Street in the Saint Anne's Church parking lot (across from Narragansett Elementary School).



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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

NCUA *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.



Reach 2,000 Customers at One Time!

Showcase your products and services to attendees at the **15th Annual Gorham Marketplace**.

Shoppers will sample food from our area eateries, enjoy local talent, receive cost savings on "show specials," sign up for vendors' prizes, and have a chance to win lots of cash!

Saturday, March 31st

10 a.m. - 3 p.m.

USM Costello Field House

Join these exhibitors

Amato's Italian Sandwich Shops
Bath Fitter
Casco Federal Credit Union
Chalmers Insurance Group
Chiropractic, Massage & Skin Care Clinic of Gorham
Clark Insurance
Current Publishing

Custom Coach & Limousine
Dance Studio of Maine
Friends of Baxter Memorial Library
GHS Alumni Association
Gorham Country Club
Gorham Grind
Gorham House
Gorham Savings Bank
Gorham Times
Greater Portland School of Jukado

Home Instead Senior Care
Knight Property Services
LifeChurch
Moody's Collision Center
New England Credit Consultants
Phillips & Sons Body Shop
Po-Go Realty
Port City Graphics
Scentsy
Town of Gorham
Village Builders
White Rock Outboard Inc.



For questions or to register, call Dede Perkins at 892-5515 or visit www.gorhambusiness.org



Martin's Point Health Care Welcomes Dr. Martin Wesolowski to the Gorham Family Practice Team

Dr. Wesolowski is now welcoming new patients of all ages at our Gorham Health Care Center. We are located at 510 Main Street in Gorham and accept most major health insurances.

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"My faith instilled a desire to pursue a career serving others and my mother taught me the importance of healthy living. With that foundation, combined with a love for others, I was inspired to pursue a career in medicine."

Call 207-839-2559 today to schedule an appointment.

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