

# Gorham Times

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**Gorham, Maine**  
—FOUNDED 1736—

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

## Legislators Hold Budget Forum

BY SHERI FABER  
*Gorham Times Staff*

Forty people attended a meeting organized by State Senator Jim Boyle and co-hosted by State Representatives Andrew McLean and Linda Sanborn. Five Town Councilors and several department heads as well as Town Manager David Cole also attended the meeting. Attendees expressed their concerns with the governor's plans to eliminate state revenue sharing by shifting the burden to the taxpayers. While there was general agreement that the governor's original proposal will be unlikely to pass, there was still considerable concern that Governor LePage may come up with an alternative proposal that would still be problematic. State Representative Andrew McLean noted that the meeting "solicited input from those who came on what the State's priorities should be." State Representative Linda Sanborn said, "Although some may have been disappointed that we did not have immediate solutions to offer, it is imperative that we first hear all concerns and understand the consequences of any action that we take to modify and improve the biennial budget."



Photo credit Martha T. Harris

Gorham winter wonderland.

## Athletic Director Inducted into National Hall of Fame

BY JEFF PIKE  
*Gorham Times Sports Writer*

Shown to the right is Gorham High School Athletic Director Gerry Durgin shortly after his December induction into the National Hall of Fame by the National Interscholastic Athletic Administrators Association (NIAAA) in San Antonio. Durgin was a teacher, coach and athletic administrator at three schools in Maine for 38 years including his stint as Athletic Director at GHS from 1993 to 2011. In 2011, he began work as assistant executive director of the Maine Principals' Association (MPA). Among his other awards, Durgin received the NIAAA State Award of Merit in 1999, the NIAAA Distinguished Service Award in 2000 and the NFHS Citation in 2002. In 2010, he received the NIAAA Award of Merit for outstanding leadership in interscholastic athletics.



Courtesy photo

## Active Shooter Training at White Rock

BY SHERI FABER  
*Gorham Times Staff*

During school vacation week, the Cumberland County Sheriff's Department (CCSD) held a training program at USM Gorham and the now vacant White Rock School for first responders to prepare for a potential school shooting. Both Gorham and Windham Police Departments participated in the training. Detective Brian Ackerman of the CCSD noted, "Officers [need] to be proactive and to know how to react in an active shooter situation. We can't bury our heads in the sand and pray to God an incident like this will never happen in Maine. We need to be prepared."

Police departments have specialty units or tactical teams, composed of regular patrol officers, set to handle school related incidents involving armed perpetrators. As evidenced at Columbine in 1999, police teams used to wait outside the school until their units were up to full strength and had a person in charge to develop a response. Now police know



Photo credit Michael Nault

Police Explorers, young people who expressed interest in law enforcement careers, and other students from area high schools and colleges volunteered to participate in the CCSD training.

they need to get into the school as soon as possible in order to better prevent the shooter from killing even more people. As a result, officers and fire department personnel are now participating in this type of training

so they can plan their responses to any possible school related incidents. The program is known as active shooter training or school crisis training. Officers with this training would

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**STATE TRACK CHAMPION  
FROM GORHAM**

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# Closing the Budget Gap

BY REP. LINDA SANBORN  
State Representative

The Legislature has already accomplished much since the session began a little over a month ago. The Appropriations and Financial Affairs Committee, of which I am a member, recently unanimously voted out a supplemental budget to address a \$153 million shortfall in the fiscal year ending June 30. This bill balances the state budget for the remainder of the fiscal year. Two major factors led to the budget shortfall: decreased revenues of \$35.5 million caused by a lagging economy and overruns in the Department of Health and Human Services. Moving forward I will continue to focus on longer-term solutions to prevent continuous budget shortfalls - including a balance of spending cuts and tax reform.

The committee worked many hours to find solutions to our budget woes. We dug into every line of Governor Paul LePage's budget to make sure we understood the consequences. Some of his proposals made sense in that they took savings from unfilled vacancies or unexpended contracts that were not going to be needed. Other cuts were unacceptable because they would hurt Maine's most vulnerable citizens.

Included in the committee's alterations to the governor's initial proposal was the restoration of the Drugs for the Elderly Program and cost-of-living

adjustments for retired state employees. Additionally, the committee rejected the governor's reductions in hospital reimbursement rates and outpatient services, cuts to private non-medical institutions (such as assisted living facilities) and a cap on General

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*As the focus shifts to the biennial budget, I look forward to working with members of both parties to fully fund public schools and pursue a reasonable solution to charter schools in Maine.*

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Assistance - the last safety net for the poorest of our residents.

In rejecting these severe cuts, the committee needed to come up with alternative funding in order to fill the holes and balance the budget. Both the Executive Branch and Legislature each came up with savings of \$1 million. The Legislature was able to find savings because it became clear that the state was not going to use requested funding for technology updates in this budget year and could apply for generous grants from the federal government for technology needed to comply

with the Affordable Care Act. The ACA also allows the state to save money on prescription drugs by closing the so-called "donut hole" and by expanding the list of medication covered by Medicare.

We were unable to restore Governor LePage's \$12.5 million cut to General Purpose Aid to education. Strong public schools are essential to educate the skilled workforce needed to grow Maine's economy. The state must work toward our commitment to pay 55%, not move away from it. As we make tough decisions about cuts we must consider longer-term solutions that will prevent continuous budget shortfalls, including a balance of spending cuts, efficiencies, and a fair tax system.

As the focus shifts to the biennial budget, I look forward to working with members of both parties to fully fund public schools and pursue a reasonable solution to charter schools in Maine.

Please feel free to contact me with your questions or concerns.



(207) 939-2879,  
(800) 423-2900,  
replinda.sanborn@legislature.maine.gov

## 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.

Thank you for holding the forum on February 20th. It captured the highest attendance that I recall for any type of town meeting in Gorham. Unfortunately, it was a huge disappointment for me. It was advertised as a "special forum to share your concerns about the budget," the point being to discuss the concerns and impact of our Governors' proposed next budget containing revenue sharing cutbacks. Aside from my com-

ments, the revenue sharing cutbacks were never directly discussed. That our town and school insist that these reductions would automatically mean dramatically higher real estate taxes is disingenuous. It is up to Gorham's voters to decide the appropriate level of taxes and local spending. We need to have serious deliberations of what kind of services we want, need and are willing to pay for. Having taken over business operations of several hundred

enterprises nationwide, my experience is that cost savings of at least 5% (which is the maximum impact on loss of the proposed revenue sharing) is attainable without negatively impacting services. The real danger in Maine and Gorham are the misinformed and uninformed voters. I will do my best to communicate effectively with all interested residents about these important issues.

*Jim Means*

### Gorham Times

#### UPCOMING DEADLINES:

Ad Deadline	Publication
Mar. 6	Mar. 14
Mar. 20	Mar. 28
Apr. 3	Apr. 11
Apr. 17	Apr. 25
May 1	May 9
May 15	May 23
May 29	June 6
June 12	June 20

### around town

Town Manager David Cole estimated the cleanup costs from the February 9 snow-storm at \$95,000. That figure was calculated using the costs from equipment, overtime and materials.

St. Joe's Coffee House in the former Methodist Church building on School Street has been sold to Thatcher's who will continue to operate it with the same menu minus the "bennies" and the biscuits. The former owner of St. Joe's has opened a third location at Eight Corners near the Mall and no longer has the time to devote to the Gorham location.

The Town Council is now accepting applications for openings on several Boards and Committees including Planning Board, Gorham Economic Development Corporation, Zoning Board of Appeals & Board of Sewer Appeals, Fair Hearing Board, Board of Assessment Review, Parks & Conservation Commission, Board of Health, Board of Trustees - Baxter Memorial Library, Recycling Committee. FMI contact Town Clerk's office at 222-1670 or [http://www.gorham-me.org/Public\\_Documents/GorhamME\\_WebDocs/Descriptions.pdf](http://www.gorham-me.org/Public_Documents/GorhamME_WebDocs/Descriptions.pdf)

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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. 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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# Something is Fishy in Gorham

By SHERRIE BENNER  
Gorham Times Staff Writer

Easy Aquariums, a retail store specializing in living reef aquariums and offering custom design, installation and maintenance services, has recently opened in the Gorham Industrial Park. Owned and operated by Jason Olmsted, it is located at 17B Gorham Industrial Parkway, off Route 25 in Gorham. The building is shared with Precision Electric Motor Sales, run by Olmsted's father, Steve Olmsted. Easy Aquariums carries both fresh and salt-water fish and specializes in having an in-stock inventory that is, for other local stores, available by special custom orders or online purchases. Olmsted says all sales adhere to Maine's strict restrictions on exotic pets.

"In an effort to minimize our impact on the environment, Easy Aquariums is planning to breed fish and grow corals as well as live foods," says Olmsted. The 3,000 sq. ft. of retail space allows for the expansion of the future aquaculture facility where they will be growing an extensive variety of colorful corals, wild clams and breeding fish such as clown fish. By breeding them in-house, money and resources are not wasted in long distance shipping, as most fish are captured wild off the reefs.

The store offers a free consultation to anyone interested in installing an aquarium in their home or office. Easy Aquariums will help design a custom aquarium package that fits both the customer's space and budget. In addition to retail sales, installation, and maintenance, Easy Aquariums also assists with moving and vacation care needs and offers rentals and water delivery. Educational opportunities are available for teachers and

students who would like to tour the facility.

Water is the key to a successful fish store. Olmsted is pleased to point out that none of the store's tanks use tap water. The facility utilizes a Reverse Osmosis Deionized (RO/DI) Water Filtration Machine, a super filtration process and water making system. Pure water - free of heavy metals and phosphates - is essential to the store. The machine produces 1,000 gallons a day and the store sells the fresh water at 75 cents a gallon and \$1.75 a gallon for pre-mixed salt water.

A fish enthusiast, Olmsted's passion for this hobby began in high school when he worked first as a volunteer and then employee in the saltwater fish department of a large Michigan pet store. That store used professionally educated and trained staff, each responsible for specific fields of expertise in exotic pets. Olmsted has modeled his shop on that store's business plan.

Ultimately, studies in Marine Biology and Oceanography at Southern Maine Community College brought Olmsted to Maine. While house hunting, his number one requirement was that his home had to accommodate his very large fish tank. His recently purchased property in Buxton is now home to a kitchen aquarium.

Easy Aquariums  
17 Gorham Industrial Parkway  
Gorham, ME 04038  
(207) 272-5212  
info@easy-aquariums.com  
www.easy-aquariums.com or  
www.facebook.com/EasyAquariums  
Monday through Saturday, 10 a.m.-6 p.m. (Note: Future plans include extended hours Friday and Saturday to 8:00 p.m. and Sunday hours.)



Photo credit Sherrie Benner

Easy Aquarium owner and operator Jason Olmsted stands in his new retail specialty store in the Industrial Park.

## ARNOLD NEIL McDOWELL

Arnold Neil McDowell, age 84, died on February 13, 2013 after suffering a massive stroke. Neil was most recently a resident at The Inn at Village Square, an assisted living facility in Gorham, Maine.

Neil graduated in 1950 from Tufts University with a degree in Mechanical Engineering. After college he served in the U.S. Army, testing equipment under extreme weather conditions in Alaska and Arizona. In 1951 he married Eleanor Louise Bailey and in 1959 they moved their family to Amherst, NH where they both became active in the community. Neil and his family lived in the historic Amherst village for over 50 years. Neil served as Boy Scout Pack Leader, Co-President of the PTA with his wife, Eleanor, director and actor of numerous PTA plays, and he also helped out at the Amherst Public Library.


Neil worked for many years at Sanders Associates in Nashua and Manchester, NH. After taking early retirement from Sanders in the 1970s Neil started a second career as a remodeling carpenter.

The McDowell family spent every summer camping, visiting many parts of the United States and Canada. Neil enjoyed skiing, hiking and sailing. Later in life Neil and Eleanor took a number of Elderhostel trips throughout the United States and Europe, visiting Spain, Switzerland, and Great Britain. Neil especially enjoyed cruising Penobscot Bay (Maine) on the windjammer *Angelique*, and visiting the Isle of Shoals for photography workshops.

Neil is survived by his four children; Douglas McDowell, of Grantham, NH, Lois McAuliffe of N. Grafton, MA, Jean Haskell, of Buxton, ME and Peter McDowell, of Loogootee, IN; three grandchildren and five great grandchildren.

Donations in Neil's memory may be made to the Heifer Project [www.heifer.org](http://www.heifer.org) or the Alzheimer's Foundation [www.alz.org](http://www.alz.org)

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# Lettuce Be Healthy

BY BARBARA T. SCHNEIDER

Let it snow seems to be the theme this winter season. What a difference from last year. We hearty Mainers are supposed to be able to easily handle all this white stuff. So why does it seem like a longer, colder, more tedious stretch is still ahead of us, even though Mr. Groundhog saw his shadow?

One of the best ways to offset the isolation of winter is to gather family and friends for some comfort food. The first culinary offering is a pork shoulder, rubbed and marinated, then slow roasted on a bed of carrot, celery, and onion. Halfway through the cooking time, the addition of spiced vegetables round out this dish. The cooked veggies used to uplift the roast in the pan are 'smashed' to be used as

another incredibly flavorful veggie side dish. Serve the roast and veggies with salt and peppered basmati rice. This is comfort food at its best.

Accompanying this is a salad of field greens, paper thin slices of green apple and roasted pumpkin seeds, dressed with extra virgin olive oil and seasoned rice vinegar and topped with shaved pecorino or parmesan, salt and pepper.

For dessert, a light but decadent lemon chiffon piece of heaven. Sound good? You betcha! This meal can be prepped ahead and can be doubled for a larger group or to last a bit longer. Enjoy these offerings. Before you know it, we'll be well into March and mud season and dreaming of April.

*Questions about the recipes can be e-mailed to Barbara Schneider at [bts@maine.rr.com](mailto:bts@maine.rr.com).*

## Slow Seasoned Pork Roast (1 of 2)

- 3-4 lb boneless pork roast (pork shoulder/boneless cut is good choice)
- Salt & pepper
- Your choice seasoned spicy pork rub
- Your choice BBQ sauce
- 6 carrots, peeled
- 6 stems celery, peeled
- 1 large yellow onion, thick slices
- Large bowl of your choice of root vegetables for roasting (these may be turnips, Brussels sprouts, carrots, peppers, sweet potato/squash), all of similar cut for roasting, salt & peppered, a shake of garlic and cayenne pepper is great!
- 3 cups stock, vegetable, beef or chicken
- 1/2 cup chopped herbs (thyme, sage, parsley, others if you like)

## Slow Seasoned Pork Roast (2 of 2)

Rub pork roast with your rub of choice, salt & pepper; place in sealable bag. Pour BBQ sauce into bag and massage pork to absorb. Refrigerate (overnight is best). Preheat oven to 350 degrees. Prep a Dutch oven or roasting pan with non-stick spray. Line up carrots, celery and onion and place the pork roast (fat side up) on top of the vegetables. Add 2 cups of stock. Cover tightly and place in oven for at least two hours. Baste the meat and add additional vegetables around the side and the remainder of the stock. Cover and cook for at least another hour. When you pull it out of oven, if meat does not fall apart easily, remove the side veggies and toss with fresh chopped herbs. Place meat back in oven (covered) for an additional 45 minutes to an hour. Pull out of oven, remove meat and set aside. Remove bottom vegetables and place in bowl. Using a handheld immersion blender or portable mixer, mix veggies till relatively smooth. This puree is just yummy (any juices left in pan, can be strained and kept to store with meat to keep moist).

## Fresh Salad

- Large bowl of field greens /arugula
- 2 green apples, cored & sliced paper thin (drizzle a little lemon juice to keep them fresh)
- Roasted pumpkin seeds (done in a 400 degree oven with olive oil spray and cumin for 15 minutes or toasted in frying pan)
- Shaved aged Parmesan or Pecorino
- Salt & pepper to taste
- Extra virgin olive oil
- Seasoned rice vinegar

Make dressing to your liking; whisk together a quarter cup olive oil and a slow drizzle of vinegar. Prep salad, add all but cheese. Drizzle over salad and add cheese when ready to serve.

## Whipped Lemon Dream

- Angel food cake (store bought)
- Large container Cool Whip
- Lemon Curd
- Vanilla
- About 1 cup finely ground roasted almonds
- Lemoncello (optional)

Slice angel food cake into three layers. Place bottom layer on large plate for presentation. Lightly fold vanilla into whipped topping. Spread healthy layer of lemon curd on bottom layer of angel food cake, dust with finely ground almonds, followed by a thin layer of whipped topping. Place second layer of angel food cake on top, repeat layering. If adventurous, take a toothpick or wooden skewer and make a few holes in cake; drizzle a healthy dose Lemoncello over last layer of angel food, then top with whipped topping. Place a paper-thin slice of lemon and a smidgen of almond sprinkles for decoration. Enjoy!



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FEBRUARY 5, 2013

# Town Council Report

BY ROBIN SOMES  
Gorham Times Staff Writer

According to details of an agenda item, on March 4, 2008 the Council authorized Trustees of Baxter Memorial Library to establish the Centennial Endowment Fund. The intention of the endowment was to make funding available for general library needs such as purchasing books, items for the library collections and necessary library equipment. This action was the result of seven very

old funds owned by the library whose documentation was lost over time and whose proceeds were not used. Despite searching for the documentation, nothing was ever found. It was believed these funds were for the general benefit and improvement of the library and its patrons. With a unanimous vote (5-0), the principle amount and accumulated interest of each fund will be combined to create a new principle amount for the Centennial Endowment Fund. The individual fund information is as follows:

Fund	Principle	Interest	Combined Principle
Daniel Whittier	\$ 5,000.00	\$ 2,742.35	\$ 7,742.35
E. & J. Bragdon	\$ 4,746.00	\$ 5,567.33	\$10,313.33
Isaac McLellan	\$ 1,000.00	\$ 926.51	\$ 1,926.51
John Hinkley	\$ 1,000.00	\$ 926.51	\$ 1,926.51
Nellie Parker-Nason	\$ 500.00	\$ 407.72	\$ 907.72
Hattie Files	\$ 200.00	\$ 441.81	\$ 641.81
Howard McKenney	\$ 200.00	\$ 468.39	\$ 668.39

After 27 years of dedicated service, Town Clerk Connie Loughran will retire after having submitted a letter of intent on January 14, 2013. The Council formally extended its appreciation to her, and unanimously approved this an agenda item. Loughran's retirement will be effective September 6, 2013.

In other business, the Town Council voted:

- 5-0 to refer a request to the Ordinance Committee for their recommendation to rezone a number of lots within Gorham Village as proposed in a Planning Board Report from Zoning Administrator David Galbraith on November 1, 2012.

- 5-0 to approve a letter to be directed to the Maine Turnpike Authority requesting that they proceed with Phase Two of the Gorham East-West Corridor Study and to convey Gorham's continued support of this endeavor.

- 5-0 to authorize the transfer of \$13,000 from the Capital Account for pagers and protective gear for the Fire Department.

- 5-0 to abate all real estate taxes, interest and costs on the property at 94 Evergreen Drive due to the property being in non-livable condition and the inability to collect the taxes. The Tax Collector is authorized to assess a quitclaim deed to facilitate the removal of this property.

- 5-0 to appoint Jennifer Elliott as the Registrar of Voters for Gorham to a two year term that will expire on December 31, 2014.

- 5-0 to approve an application to Portland Area Comprehensive Transportation System (PACTS) for a Planning Study to develop a parking plan for Gorham Village.

Complete minutes of the meeting are available through the "Agenda & Minutes" link on the town website at: [www.gorham-me.org](http://www.gorham-me.org).

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## Shooter Training CONTINUED FROM PAGE 1

respond to any setting, school, workplace or other location where there was an "active shooter."

Police Explorers, young people who expressed interest in law enforcement careers, and other students from area high schools and colleges volunteered to participate. Some of the students attend vocational programs that may potentially lead to jobs with fire and police departments. Having the students involved makes the training more realistic although Ackerman noted they do not teach police tactics around the students. Each day 35-40 students showed up to participate, some for community service credit as well as for a variety of other reasons. Shawn Welch from Bonny Eagle High School described the program as a "learning experience for the police and for the students." Michael Ramsay, a Scarborough High School graduate and part of the Police Explorer program, praised the officers for "doing everything right, for telling the kids what to do to protect themselves." He added that the officers were the ones in the line of fire and were concerned for their own safety but more importantly concerned with protecting the children. Lindsey Tufts of Gray-New Gloucester High School noted she now has "an entirely dif-

ferent opinion of what the officers will do to keep [people] safe." Nate Bailey from Windham High School described the program as "fun" noting, "the cops are fun too but this program makes you appreciate how serious [school shootings] are." He wondered how the officers deal with seeing dead and injured kids. He too described new respect for police officers. Robert Mooney of Bonny Eagle said the program made him "realize that this kind of school shooting not only happens but can happen anywhere. The program has made all of us more aware." Rose Michelson of Bonny Eagle felt the program "shows how hard the police work to keep everyone safe and how scary it is to be in this type of situation." The officers involved in this training used paintball guns for some parts of their training, but they did not use any type of weapon when the students were participating.

On February 19, Gorham Police Department held their second active shooter training program with an incident command vehicle at USM. They set up a full-blown "live scenario" and deployed teams for evacuation and medical teams as if it were a live incident. Gorham expects they will continue active shooter training programs in the future.

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FEBRUARY 13, 2013

# School Committee Report

BY ROBIN SOMES  
Gorham Times Staff Writer

After the meeting's call to order, Marc Badeau, founder of Operation Tribute, spoke to the School Committee to provide background on the organization. Operation Tribute, started in 2007, is an all volunteer program created in Gorham to recognize the sacrifices of children of military families throughout Maine by providing holiday gifts for children of military families. The program has grown to include children of military families throughout New England, New York, New Jersey and Ohio, with a goal of expanding nationally over the next five years.

At the onset, it was determined that a toy and book would constitute a gift, but it soon became an objective to include a letter personally addressed to each child from a like-aged child thanking them for their contributions. Program members approached schools requesting their participation. Schools were provided with a list of first names to be distributed to students who composed letters. According to Badeau, there was trepidation about schools participating, but the response was overwhelming and relationships between schools and Operation Tribute were established. Badeau expressed his thanks to the School Committee and presented certificates of appreciation to Village Elementary Counselor Becky Waters and GMS Advisor Melanie Doran. Information on Operation Tribute can be found at [operationtribute.com](http://operationtribute.com).

All Day Kindergarten continues to be an imperative issue, as demonstrated during the Public Comment portion of the meeting when three community members spoke to voice their concerns and support for its implementation.

Gorham resident Vanessa LeVesque told the Committee she wanted to provide her input as a parent with pre-kindergarten children as well as a teacher (Dyer Elementary School in South Portland). LeVesque stated that most school districts throughout Maine now provide All Day K. She conveyed the sig-

nificant challenge to both teachers and kindergarteners of learning the mandatory Common Core requirements within the two-and-a-half hour day. She said that kindergarten "is a child's first introduction to learning and being together with others and having that social/educational development," and stressed that along with learning, communication skills and social skills are also crucial. "I think if we use our resources, we can find the money to support All Day K in Gorham." She cautioned, "We will be at a significant disadvantage if we don't [implement All Day K]."

Next to speak was Gorham resident and Special Education teacher Kate

Thomas. "I feel that it's my responsibility as a parent of an incoming kindergartener to do what I feel is best for my child." She noted that children are now "going from a full day pre-school to two-and-a-half hours, and it is not a sufficient amount

of time for education." She pointed out that more time is needed to teach the normal lessons and do progress monitoring, assessments and program implementations that Common Core requires. "As a teacher, and knowing what the Common Core is ... it's a lot," stated Thomas.

Stacy Smith of Gorham spoke to the Committee next. Smith voiced her dismay at hearing that "All Day K doesn't have enough bang for the buck." "That's sickening to me," she stated. "I don't know what bang they're looking for, but these are our children and they deserve to have the best start ... [All Day K] is what's best for them right now." "I'm asking you to make this a priority. There's money out there somewhere, we need to find a way to make this happen."

Superintendent Ted Sharp announced that the FY14 Budget Rollout will be March 13th. He noted that normally February is the month when this occurs, but due to the financial situation in Augusta, School Committees and Superintendents throughout Maine are buying as much time as possible before finalizing their budgets. The all day Saturday workshop will be March 23rd.

***I think if we use our resources, we can find the money to support All Day K in Gorham.***

Vanessa LaVesque, Gorham Resident  
Elementary School Teacher

# Narragansett Holds Winter Picnic and Bingo Night

BY HANNAH DOUGLAS  
AND KIARA HODGE  
Students

There were 140 people in attendance at Narragansett's Winter Picnic and Bingo night. The callers names were Peewee, Chummy, and Sharky, also known as Mr. Penly, Mrs. Chasse, and Mr. Fortier. The winners received a special prize, but even those who did not win received a mini prize. We all brought a picnic meal, but there were also cookies and hot cocoa. All the kids had a blast.



Photo courtesy of Narragansett School

Tyson and Montana Leslie, along with their mother, Traci, enjoyed a family-style picnic and bingo at Narragansett School.

# Cheverus Senior Selected as U.S. Presidential Scholar

The U.S. Presidential Scholars Program has selected Cheverus High School senior Ian Lawson for recognition. The Program is by invitation only; approximately 3,000 graduating high school seniors are invited nationwide. Lawson is one of 47 Maine students who received an invitation.

The U.S. Presidential Scholars Program recognizes and honors some of the nation's most distinguished graduating high school seniors. Each year, up to 121 students are named as Presidential Scholars.

Lawson has received a number of other awards and commendations during his four years at Cheverus: he is a 2013 National Merit Scholar Finalist, a member of the National Honor Society since his junior year, has received the Coach's Award for sailing and the Stag Award twice for wrestling and sailing; an Academic Bronze Award in World History, and an Academic Gold Award for Biology Honors, Spanish IV Honors, Algebra II Honor and Jazz Combo. Lawson was named to the All-Festival Cast his junior year for his outstanding performance at the 2011 one-act drama competition. He has maintained at least an A- in all classes at Cheverus, was named to the High Honor Roll each year, and has a Grade Point Average of 4.15.

A member of the Cheverus Math Team, the Cheverus Drama Society, Cheverus Debate and Forensics Team,



and the Cheverus Sailing and Wrestling Teams, Lawson has also worked throughout his high school career and volunteered at his church and for his church's nursery helping take care of two and three year olds.

Students chosen as U.S. Presidential Scholars receive an expense-paid trip to Washington, D.C. in June and the U.S. Presidential Scholars medallion at a ceremony sponsored by the White House.

In late March, approximately 500 semifinalists will be chosen by an independent, national committee of educators. In April, the Commission on Presidential Scholars makes the final selection of the 121 students.

Lawson is the son of Polly and George Lawson of Gorham.



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## Need Help Shoveling?

While some of us might be dreaming about spring, snowstorms are likely in March. If you find yourself in over your head in snow, the Gorham Times has the answer. We have a list of Gorham High School kids available to hire to shovel your driveways and walks.

**If you are in need of someone to help you shovel after a snowstorm, call us at 839-8390 or email [gorhamtimes@gmail.com](mailto:gorhamtimes@gmail.com) with "Snow Shoveling" in the subject line. We will send you a list of email addresses of young people in your neighborhood who are willing to help.**



# The Gorham Times Links Neighbors to Snow Shovelers



Photo credit Stacy Sallinen

Narissa Cunningham, at 91 years young, still pushes snow off of her deck but can't quite lift the shovel high enough to remove snow from her walkway or clear a path to her oil pipe. One week after the blizzard hit, she still hadn't been completely shoveled out. Cunningham was thrilled to see an ad in the Gorham Times that could connect her with students from Gorham High School willing to dig her out. Coming to her aid to shovel was Julian Nijkamp (pictured above), a senior, who not only spent the entire day at his track meet but also secured the Class A 55 meter hurdle title in 7:56 – a goal he has been pursuing since the eighth grade. "I knew he was a very nice young man," Cunningham said, "when he took off his hat when he walked through the door." A total of five residents have been helped by this service.

The list, compiled by Gorham Times intern Emily Lewis, a sophomore at GHS, can be requested by calling 839-8390 or emailing [gorhamtimes@gmail.com](mailto:gorhamtimes@gmail.com) with "Snow Shoveling" in the subject line. For more information, see ad on page 6.

## SPORTS

# State Track Champion Who Also Shovels Snow!



Photo credit Jason Tanguy

GHS senior Julian Nijkamp won the Indoor Track and Field Class A State Championship in the 55-meter hurdles with a time of 7.96 on February 18 at USM and then quickly responded after the meet to help an elderly woman who needed help shoveling her driveway. Nijkamp is pictured above shortly after winning his race and on left performing his much-needed shoveling duties. Last spring, during the outdoor track season, Nijkamp was diagnosed with a rare kidney disease that stopped him from competing. His recovery and rehabilitation lasted into the early winter, and he had just started to compete in Indoor Track three weeks before the state finals. He next competes in the New England Championships March 2nd in Boston.

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<p><b>SESSION 1</b>  <b>Healthy Lawns and Productive Gardens</b>          Thursday, Feb 28 6 - 7:30 PM          at the Gorham Middle School</p> <p>Jeff O'Donal, owner of O'Donal's Nurseries, will present his knowledge of growing annuals, perennials, shrubs and trees. Learn from the expert! Jessie O'Brien, known as the "local turf guru" will talk about his "compost tea trails" and other methods of growing healthy turf. Jock Robie will demonstrate the harvest of a worm bin to obtain worm castings and aerated worm tea.</p>	<p><b>SESSION 2</b>  <b>Healthy Lawns and Productive Gardens</b>          Thursday, March 7 6 - 7:30 PM          at the Gorham Middle School</p> <p>Gary Fish from Pesticide Control in Augusta will present "Think First and Spray Last". Homeowners Pesticide Awareness. What everyone should know about pesticides their risks and how to practice more effective and sustainable pest management. Learn to manage pest problems using pesticides as a last resort. Devon Morill from Lucas Tree will assist.</p>
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[www.citizensforagreengorham.org](http://www.citizensforagreengorham.org)

Citizens for a Green Gorham began as Friends of Rail to Trails in 2010. We began as a group of concerned neighbors, after the Maine Department of Transportation sprayed toxic chemicals on the abandoned rail next to the Mountain Division Trail in Gorham. Our efforts continue, as we actively work to reduce or eliminate the use of herbicides on town property, including school athletic fields and provide education on safe alternatives to the use of pesticides and herbicides in our community.

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# Repeat State Wrestling Champ



Photo credit Jason Gendron-S4 Action Photography

For the second year in a row, Gorham's Iain Whitis, who attends Cheverus High School, has won a Class A State Wrestling Championship. In the 126-pound division final on February 16 at Sanford, Whitis defeated Tyler Everett of Massabesic to win the match, 11-8. Whitis is pictured above pinning his semifinal opponent, Khalil Newbill from Mt. Blue. In 2012, Whitis won his first state title in the 120-pound division. He competes next in the New England championships, March 1-3 in Rhode Island.

# Next Stop: The State Finals

Five Gorham basketball players will compete in the Knights of Columbus Free-Throw State Championship March 2 in Old Town based on their performance in the District Championship February 16 at GHS. Pictured above from left to right are Jacob Sladen (runner-up in 12-year-old boys' division), Michelle Rowe (winner in 12-year-old girls' division), Jason Komulainen (winner in 13-year-old boys' division), Cameron Holmes (winner in 14-year-old boys' division) and Nick Strout (winner in 11-year-old boys' division). Pictured on the right is Joe Matthew, Knights of Columbus District Deputy. Leading performer of the day was Holmes, who sank 24 of 25 baskets.



Photo credit Mike Foster

# GHS Athletes Among Top Seven at Class A Indoor Track, Swimming and Skiing State Championships

COMPILED BY JEFF PIKE  
Gorham Times Sports Editor

**Boys' Track:** Julian Nijkamp\*, 1st in 55-meter hurdles (7.96); Jon Gray\*, 6th in 800 meters (2:03.06); Alex Johnson, 7th in pole vault (11-0).

**Girls' Track:** Patty Smith\* (2nd in shot put (33-8.75); Sophia Swiatek, 5th in pole vault (8-0); Hannah Southard, 7th in long jump (15-4.25).

**Boys' Swimming:** Tom Smith, 3rd in 50-yard freestyle (22.48) and 3rd in 100-yard freestyle (50.39).

**Girls' Swimming:** Lindsey Thomsen, 3rd in 100-yard freestyle (55.65) and 6th in 100-yard backstroke (1:01.70); Ashley Clark, 5th in 500-yard freestyle (5:48.90).

**Girls' Skiing:** Marissa Roberts, 2nd in slalom (1:30.5) and 3rd in giant slalom (1:47.0); Emily Lewis, 3rd Skimeister (combined Alpine and Nordic events).

\*Nijkamp, Gray and Smith will compete in the New England Indoor Track and Field Championships, March 2 in Boston.

# GHS Winter Sports Highlights

COMPILED BY JEFF PIKE  
Gorham Times Sports Editor

**Cheerleading:** The Rams finished seventh at the Class A State Championship in Bangor February 11 with a score of 139.9 points. Lewiston placed first with 167.7 points. This season is the best for the Gorham cheerleaders since competing in Class A starting in 2006. The Rams qualified for the Class A state finals for the first time after finishing second in the Western Maine regionals.

**Girls Basketball:** After finishing the regular season 11-7 and ranked eighth in Western Maine Class A, the Rams defeated Windham (58-47) in the preliminary round of the Western Maine tournament before losing to number-one seed McAuley (46-31) in the quarterfinals. Post-season awards have started coming in for senior Kristen Ross, who is headed to the University of Binghamton next fall on a basketball scholarship. Ross was named by the Maine Association of Basketball Coaches as one of 10 Miss Maine Basketball semi-finalists.

She was also named to the Maine McDonald's High School Senior All-State Academic Team and the Western Maine Class A/Class B All-Star Team.

**Boys' Hockey:** The Rams won their final five games to finish with an 11-6-1 record and third in the Western Maine Class A rankings. At press time, Gorham was scheduled to open the tournament with a quarterfinal home game at USM vs. Portland/Deering on February 26. The Rams won their last two games over South Portland and Sacopee Valley/Windham by a combined score of 21-3, led by five goals in the two games from Spence Cowand.

**Boys' Basketball:** After earning a spot in the Western Maine Class A playoffs for the first time since 2008, the Rams lost to fifth-seeded Scarborough (65-46) in the preliminary round. During the regular season, Elliot Speirs led the team in scoring (10.2 points per game) and rebounding (6.9 per game) while Alex Owens led in assists (2.6 per game) and steals (2.4 per game).

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## Youth Baseball, Softball Adopt New Age Brackets to Enhance Competition

By JEFF PIKE  
Gorham Times Sports Editor

In an effort to improve the level of competition for all participants, Cal Ripken Baseball and Babe Ruth Softball are adopting new competitive age brackets for the upcoming season. Registration is now open online through the Gorham Recreation Department website [www.gorhamrec.com](http://www.gorhamrec.com), and players can also register in-person March 2nd from 9 a.m. to noon at the Gorham Rec. Department.

For the first time in recent years, both Cal Ripken baseball and Babe Ruth softball will split their leagues into two age-appropriate competitive divisions in which win-loss records will be kept, and champions will be crowned. Both leagues will have a 12-and-under division as well as a 10-and-under division that will also include 8-year-old third-graders.

"Our hope is that the two age-group divisions will better develop our young athlete's skills and confidence," said Cal Ripken board member Roger Smith. "In

conjunction with this change, we are also putting all coaches through certification training and working with the high school baseball and softball staffs to hone skill development to a greater degree."

Tryouts take place March 16th at YourSpace: 8-9 year-olds from 8:30-9:15 a.m.; 10-year-olds from 9:30-10:15 a.m.; and 11-12 year-olds from 10:20-11 a.m. Registration cost is \$75 prior to March 9 and \$85 after March 9.

"A lot of the changes we are making are based on what we have learned from other town's programs," Smith said. "The players will be required to play within their age groups regardless of skill level, which over the long run will help them all have more fun and develop stronger skills as they consistently compete against their peers."

For more information on both Cal Ripken baseball and Babe Ruth softball, contact the Gorham Rec. department or visit [www.gorhamyouthbaseballsoftball.com](http://www.gorhamyouthbaseballsoftball.com).

## Sister-Brother Ski Racing Duo Lead Way for GHS

By EMILY LEWIS  
Gorham Times Intern

When siblings are both standout athletes in the same sport, a healthy competition can turn upside down and cause a fierce rivalry. Luckily for GHS, the competition between Gorham's top ski racers, Marissa and Nate Roberts, isn't that way at all. Marissa, a senior, and Nate, a sophomore, have been skiing since they could walk. They each have always had ski passes and feel at home at on the slopes, doing what they love to do.

Being weekend-and-vacation-warriors at Sunday River, they were exposed to all levels of skiing, including racing. Marissa began training after her interest was piqued when she was ten years old. She skied, watched videos, and spent many hours on the mountain learning the techniques it takes to become a better racer.

After watching his sister, Nate followed suit and began his own training when he was twelve. He continued through middle school but stopped his freshman year. Training separately from the high school team practices, substantially sets the skiers apart from their competitors. This past season as a sophomore, Nate finished in the top ten in all regular-season races. Marissa closed out the regular season undefeated including the SMAA Conference finals.

In the Class A State Championships this past February vacation, Marissa



Photo credit unknown

The brother-sister combination of sophomore Nathan Roberts (left) and senior Marissa Roberts have led the GHS boys' and girls' ski teams all season.

placed second and third in the slalom and giant slalom events respectively. Nate finished 15th in the giant slalom and 29th in the slalom after a fall on his first run. Both were pleased and disappointed at the same time with their results, but they are making the team and school proud. The Roberts are two of the best skiers the team has seen in the past years.

Being on the high school team together has pushed each of them to do their best. When asked how it was being on the same team together, they both agreed without hesitation that they loved it. The two have always been there for each other and can relate to the time and effort each of them have put in. "I loved having Nathan on the team," Marissa says.

They are very close in their racing times—sometimes not even a second separates them, but Marissa has kept the edge in every race. She is thankful, and Nate is slightly frustrated, but in the end, they agree it's what keeps things interesting. Marissa even admits Nate is a more gifted skier and laughs as she reiterates how she has mixed feelings that her little brother will never beat her in a race.

In the future, Nate will continue to ski for the GHS ski team, and Marissa plans to ski race in college.

## in the Zone

Three Gorham youth basketball players qualified for the Hot Shot State Competition co-sponsored by the Maine Recreation and Parks Association and The Maine Red Claws. During Southern Maine regional qualifying competition February 16 in South Portland, in the 9-10 boys' division, **Zach Beaumont**

placed first with a score of 120. **Michelle Rowe** finished second in the 11-12 girls' division with a score of 107 while in the 13-15 boys' division, **Cameron Holmes** finished second with a score of 125. All three players will participate in the State Competition March 10 at the Portland Expo.

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# Winter Weather Safety From the American Heart Association

According to the American Heart Association, deaths from heart disease tend to rise rapidly after Thanksgiving, continuing through Christmas, and peaking around New Year's Day. Several factors may influence this unfortunate trend. An increase in respiratory infections during the winter, increased workload on the heart from activities such as snow shoveling, and dietary influences are also implicated, as we increase our food, alcohol and salt consumption.

There is increased risk for individuals with high blood pressure, those who are overweight, smokers, those with high cholesterol, with a strong

family history, and the sedentary. For these individuals, the stresses of the season may pose extra concern and the association is urging individuals to exercise due caution to avoid sudden cardiac events.

The American Heart Association recommends the following cold weather tips to help prevent sudden cardiac arrest:

## Avoid sudden cold weather exertion

Snowstorms are challenging for everyone, primarily because getting rid of the snow usually means sudden exertion in cold weather. Snow shoveling can be healthy, good exercise, but not if you are normally sedentary,

not if you are in poor physical condition, or have risk factors that make snow shoveling inadvisable for your health. Everyone who must be outdoors in cold weather should avoid sudden exertion, like lifting a heavy shovel full of snow. Even walking through heavy, wet snow can strain a person's heart.

## Recognize the symptoms of hypothermia

Hypothermia means the body temperature has fallen below normal. It occurs when your body can't produce enough energy to keep the internal body temperature warm enough. It can kill you. Heart failure causes most deaths in hypothermia. Symptoms include lack of coordination, mental confusion, slowed reactions, shivering and sleepiness. Children, the elderly and those with heart disease are at special risk. As people age, their ability to maintain a normal internal body temperature often decreases.

## Stay Warm

People with coronary heart disease often suffer chest pain or discomfort called angina pectoris when they're in cold weather. Besides cold temperatures, high winds, snow and rain also can steal body heat. Wind is especially dangerous, because it removes the layer of heated air from around your body. At 30 degrees Fahrenheit in a 20-mile-

per-hour wind, the cooling effect is equal to calm air at four degrees. Similarly, dampness causes the body to lose heat faster than it would at the same temperature in drier conditions. To keep warm, wear layers of clothing to trap air between layers, forming a protective insulation. Also, wear a hat or headscarf. Much of your body's heat can be lost through your head. And ears are especially prone to frostbite, as are your hands and feet.

## Avoid alcohol before heading outdoors

Alcohol gives an initial feeling of warmth, but this is caused by expanding blood vessels in the skin. Heat is then drawn away from the body's vital organs. Alcohol consumption and physical activity in harsh winter weather conditions can increase the likelihood of hypothermia.

## Learn CPR

Each year we read about a tragedy when a family loses a loved one to sudden cardiac death. There is much we can do to prevent such tragedies. Why not add a gift of life this year to your shopping list? Learn CPR. Be an American HeartSaver. Learn it for someone you love. The American Heart Association conducts courses convenient to everyone. To access a course listing, log on to the AHA's website at [www.americanheart.org](http://www.americanheart.org) or call 1-800-AHA-USA1.

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# Real Estate Professionals



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**BUXTON \$70,000** - 4.62 acres w/ existing well & septic. Electric on site. Surveyed & soils tested. Older mobile on site.



**UNDER CONTRACT**

**PORTLAND \$144,766** - Build equity in the heart of the City on a dead end street. General building inspection completed.



**BUXTON \$35,900** - 2 acre lot on quiet side road is priced to sell. Wooded, elevated & close to Saco River. Motivated seller.



**GORHAM \$252,000** - Brand new 3 BR, 2.5 BA Colonial in new Wagner Farms II. Tile/hdwd floors, granite counters, daylight bsmt & nat gas.



**UNDER CONTRACT**

**BUXTON \$39,900** - Corner lot convenient to Gorham Village. 6.4 acres in a rural setting. Site work & septic design available.



**HIRAM \$59,900** - Former Grange Hall building offers possibilities. Rehab for office, club, home etc. Being sold as-is.



**SOLD**

**LIMINGTON \$169,900** - Brand new 3 BR, 2 BA Ranch w/farmers porch & walkout daylight bsmt. Efficient propane heat, appliance package.



**BUXTON \$169,900** - Easy 1 floor living! Virtually maintenance free home offers sunny open flr plan, 3 BRs, gas FP & cathedral ceilings.



**UNDER CONTRACT**

**WATERBORO \$85,000** - 4 BR, 1 BA Chalet on double corner lot w/1 car detached garage in LAC. Priced to sell w/ lots of potential.



**GORHAM \$55,900** - Very nice 15, 564 SF Village lot on quiet side street. Currently has tennis court. Water & sewer available.



**BUXTON \$189,900** - Unique 3 BR Ranch w/2 acres situated on a knoll w/ views of Saco River. A choice of 2 sunrooms!



**BUXTON 5 ACRES \$59,900** - Wooded, level lot. Surveyed & soil tested. 3 BR building permit. On a paved public road.



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## That's the Way to Do it!

**Narragansett Street caller reported a suspicious vehicle on the side of the road. The operator had pulled over to send a text message.**

**State Street caller** reported that the neighbor's pig was running loose.

**School Street caller** stated they keep having issues with people using the crosswalk in a hazardous manner.

**Harding Bridge Road caller** requested to speak with an officer regarding being harassed by a man who kept calling and telling her that she has won a lot of money.

**Caller came in** to report they had found a canoe in the woods.

**Caller stated** a suspicious male subject was walking around the Post Office building and acting strange.

**Gray Road caller** reported what appeared to be a teenager with a holster on his with what appeared to be a handgun in it. Officer reported locating the male subject with weapon on his hip. Officer advised subject was not doing anything illegal and but did advise him it was not a good idea to be carrying.

**Cressey Road caller** reported the theft of snowshoes from their garage.

**Woodside Drive caller** wanted to know how to legally acquire his deceased brother's vehicle for his nephew.

**Hannah Drive woman was arrested** with a Gray Road woman and both were charged with burglary, criminal mischief and assault.

**Harding Bridge Road man** was arrested for OUI.

**Winding Brook Way caller** reported they were in their house and heard a door slam in their basement.

**Pheasant Lane caller's** phone number and personal information have somehow been compromised and about 170 calls per hour are being made using their home phone number and name.

**County Road caller** reported that someone went through their vehicle the previous night and took loose change.

**South Street caller** reported that their trailer with a lawn mower and weed-whacker were stolen.

**Narragansett Street caller** requested to speak with an officer regarding their neighbor who drives without a license and has illegally attached plates.

**Caller had questions** regarding a misdemeanor that occurred in Gorham in 2009.

**Gateway Commons Drive caller** inquired about a possible robbery that may have happened at their mother's home, which is rented to her niece.

**Tink Drive caller** reported someone tried to break into their house the previous two nights.

**Caller reported** that her boyfriend let all the air out of her tires and was following her.

**Windham man was arrested** for OUI, attaching false vehicle plates, displaying false license or ID and violating conditions of release.

**Three minors were issued summons** for possession of alcoholic beverages.

**Halter Lane man was arrested** for OUI, operating beyond license restriction, sale and use of drug paraphernalia and being a minor transporting liquor.

## COMMUNITY

### DEAN'S LIST

**Aaron Bartlett, Adam Copeland, Chelsea Clark and Jordan Cunningham:** Northeastern University.

**Jessica Harriman** (GHS '09), Plymouth State University.

**Christian Malarsie,** Assumption College.

**Allison Matthews** (GHS '11), Lafayette College.

**Isak Bouffard, Brooke Curtin and Michael Walsh:** New England School of Communication.

**Austin Hayes, Conor Kirby, Sara Lolley, Therese Redhunt and Colleen Ward:** University of Maine, Farmington.

### WEDDINGS

Jim and Sylvia Hawkes of Gorham are delighted to announce the marriage of their daughter, **Nicole Helen Hawkes** to Silveleno Gomes de Miranda, of São José de Mantenópolis, Brazil. Their wedding took place on January 22, 2013 in Vineyard Haven, MA where they are making their home. Celebrations of their marriage will take place this summer.



### OF INTEREST

**Dan MacKenzie** (GHS '07), a recent contestant on the hit television show Let's Make a Deal, won a "massive Hi-Definition TV with surround-sound stereo system" on the February 15 episode of the show. MacKenzie, a graduate of Savannah College of Art and Design with a BFA in Animation, lives in Los Angeles, California.

CONTINUED ON NEXT PAGE

## REAL ESTATE PROFESSIONALS CONTINUED

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## COMMUNITY

The Maine National Guard promoted **Kyle Fitzwilliam** of Gorham to Private 2, Forward Support Company, 133rd Engineer Battalion.

An "All You Can Eat Baked Bean Supper" will be held at the White Rock Community Club, Wilson Road, Gorham on Saturday, Mar. 2 from 4:30-6 p.m. \$7/\$3. FMI, 892-4395.

The Gorham Woman's Club will meet on Thursday, Mar. 14, 12:30 p.m. at First Parish Church. A program, detailing the State Project for the year – Newborns in Need – will be discussed. FMI, 839-6375.

The GHS Citizens for a Green Team with Gorham residents have come together to create a new Gorham event celebrating Gorham's agricultural history, past and present on Saturday, May 4 from 11 a.m. – 2 p.m. at the Odd Fellows in downtown Gorham. There will be farm animals in the courtyard, a farmer's market atmosphere for local home businesses, music on the deck, local foods for sale, with displays and speakers throughout the building. If your group organization would like to be a part of this event, please email Kristin Uhlig youleg@yahoo.com.

Zentangle, an easy-to-learn, fun way to create beautiful images by drawing structured patterns, will be taught by instructor Anne Morrison on Thursday, Mar. 14 from 6:30-8 p.m. at the Baxter Library. FMI, 222-1190.

4 Seasons Preschool and Childcare had their second annual "Community Helper Week." Representatives from Westbrook Animal Refuge League, Hannaford, the Police Department, Library-North Gorham branch, and the Fire Department came to talk about what they do in the community. The children had a great time learning about their community workers.

On a recent hike up Mt. Katahdin in blizzard conditions, Jim Boyko and friends caught up with the news of Gorham from a snowy site in Baxter State Park. L-R: Maine Guides Mellissa Shea & Jim Albert; Mary Jayne Gould, Brendan Champagne, Jody Brinser, Jim Boyko, Michael Welsh and Steve Champagne.



The Lakes Region Senior Center, located at 40 Acorn St., Gorham, will host a Free "Lunch-and-Learn" Senior Movement class on Wednesday, Mar. 6 from 12 - 12:30 p.m. followed by lunch at 12:30. Cesar Viola, MPT, will lead a class on healthy movement and gentle exercise for seniors. Please wear comfortable clothing and bring a bag lunch. Beverages and dessert provided. FMI, 274-3537 or Home Instead Senior Care at 839-0441.

4 Seasons Preschool and Childcare are holding a can and bottle drive fundraiser for our "MS 4 Seasons team" for Multiple Sclerosis. All monies raised will go to MS research. Join the team to help them reach their goal. The walk is April 27th in Portland. FMI, Becki Yahm, 939-8282

Gorham/Westbrook TRIAD will hold the next meeting at Mill Brook Estates in Westbrook from 9 to 10 a.m. on March 8.

**Tyler Eldridge** and **Brendan Kelly** of Gorham High School, **Dorothy Stickney** and **Claire Valentine** of Gorham Middle School, **Lindsey Nygren** of Village Elementary School were selected to be featured at the Portland Museum of Art. In celebration of National Youth Art Month, the Museum, in collaboration with the Maine Art Education Association, organized an exhibition of artwork created by Maine art students. National Youth Art Month is an annual observance each March to emphasize the value of art education and to encourage public support for quality school art programs. The exhibition will be on view from March 1 through March 31. An exhibition celebration will be held at the PMA on Saturday, March 2 from 4 p.m. to 7:30 p.m. Admission for the celebration is free to the public.

### USM NOTES

The USM School of Music and Department of Theatre will present the comic opera Die Fledermaus Operetta by Johann Strauss Jr. from Mar. 8 – 16 at Russell Hall, Gorham campus. \$21/\$15/\$10. FMI, 780-5151 or visit [usm.maine.edu/theatre](http://usm.maine.edu/theatre).

### ON-GOING EVENTS

FREE Tax preparation by IRS Certified Tax Aides at the Gorham Rec. Dept., on Tuesdays, 9 a.m. to 1 p.m., through April 9. Sponsored by the AARP. Tax help is available to all ages. For appt. call 207-776-6313.

The Lakes Region Senior Center, 40 Acorn St, Gorham, offers a variety of daily activities and drop-in classes for seniors. Stop in for morning coffee or play pickleball, poker, bingo or cribbage. Join in on exercise, watch a movie or learn to knit. FMI, 274-3537.

The Southern Maine Agency on Aging will hold office hours every Thursday from 9 a.m. – 1:30 p.m. at St. Anne's Catholic Church in Gorham to help seniors with questions regarding Medicare benefits, prescription drug programs, property tax and rent rebates and more. FMI, call SMAA at 396-6500.

### CLOSE TO HOME

ecomaine will select six winning entries to turn "silver bullet" recycling containers into eye-catching art with a strong recycling message. The public is invited to enter a design for a metal canvas measuring 22' 6" by 6' 10 inches. \$500 in painting supplies will be available to the winning entries. FMI, visit [www.ecomaine.org](http://www.ecomaine.org).



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## CALENDAR

### FRIDAY, MAR. 1

- Gorham Knights of Columbus Lenten Fish Supper, 5-6:30 p.m., St. Anne's Catholic Church. Pizza too. \$9/\$5. FMI, 653-0057.
- Early Release for grades K-12.

### SATURDAY, MAR. 2

- All You Can Eat Baked Bean Supper, White Rock Community Club, Wilson Road, Gorham, 4:30-6 p.m. \$7/\$3. FMI, 892-4395.

### TUESDAY, MAR. 5

- Gorham Cancer Prayer and Support, 6 p.m., Cressey Road United Methodist Church. All are welcome. FMI, 321-1390 or 839-3111.
- Pre-School Story Time, ages 3-5, 9:30 a.m., Baxter Library.

### WEDNESDAY, MAR. 6

- 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. Everyone welcome. FMI, 839-4857.
- Toddlers in the Library, for children under 3 yrs., 10-10:30 a.m., No. Gorham Public Library, 2 Standish Neck Rd. FMI, 892-2575.

### THURSDAY, MAR. 7

- Baby and Me, baby story time for ages birth to 18 mos., Baxter Library, 9:30 a.m. FMI, 839-5031.
- Toddler Time, story time for ages 18-36 mos., Baxter Library, 10 a.m. FMI, 839-5031.
- Baxter Memorial Library Sewing Club, 2:30-4:30 p.m., ages 7 and older.
- Gorham Food Pantry, 9-11 a.m., located in St. Anne's Catholic Church parking lot.
- Westbrook-Warren Congregational Church Community Dinner, 810 Main St, Westbrook, 12 p.m. \$5. FMI, 854-9157.

### FRIDAY, MAR. 8


- Gorham Knights of Columbus Lenten Fish Supper, 5-6:30 p.m., St. Anne's Catholic Church. Pizza too. \$9/\$5. FMI, 653-0057.
- Gorham/Westbrook TRIAD, Westbrook Safety Bldg., 8:45 a.m. Learn how you can help senior citizens in your community. FMI, 839-5407.

### WEDNESDAY, MAR. 13

- 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. Everyone welcome. FMI, 839-4857.
- Toddlers in the Library, for children under 3 yrs., 10-10:30 a.m., No. Gorham Public Library, 2 Standish Neck Rd. FMI, 892-2575.

### THURSDAY, MAR. 14

- Baby and Me Story Time, birth to 18 mos., Baxter Library, 9:30 a.m.
- Toddler Time, story time for ages 18-36 mos., Baxter Library, 10 a.m. FMI, 839-5031.
- Baxter Memorial Library Sewing Club, 2:30-4:30 p.m., ages 7 and older.



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- Gorham Food Pantry, 9-11 a.m., located in St. Anne's Catholic Church parking lot.
- Westbrook-Warren Congregational Church Community Dinner, 810 Main St, Westbrook, 12 p.m. \$5. FMI, 854-9157.
- Gorham Woman's Club, 12:30 p.m., First Parish Church. FMI, 839-6375.

St. Anne's Catholic Church, 299 Main St.  
White Rock Community Club, Wilson Rd., off Rt. 237  
Cressey Road United Methodist Church, 81 Cressey Rd.  
Baxter Memorial Library, 71 South St.  
No. Gorham Public Library, 2 Standish Neck Rd.  
Westbrook-Warren Congregational Church Community Dinner, 810 Main St., Westbrook  
Westbrook Safety Bldg., 570 Main St., Westbrook  
First Parish Church, 1 Church St.



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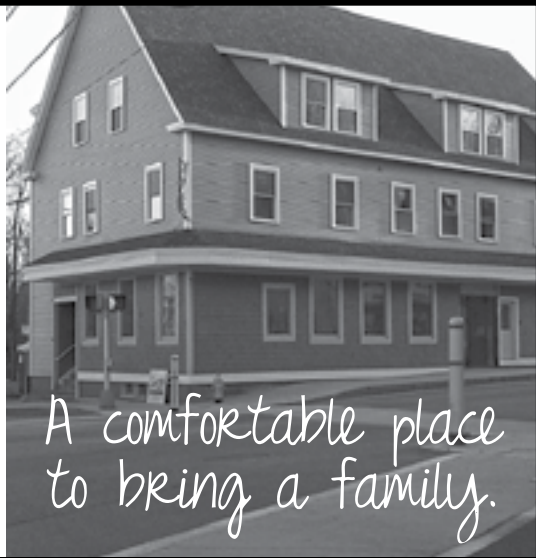
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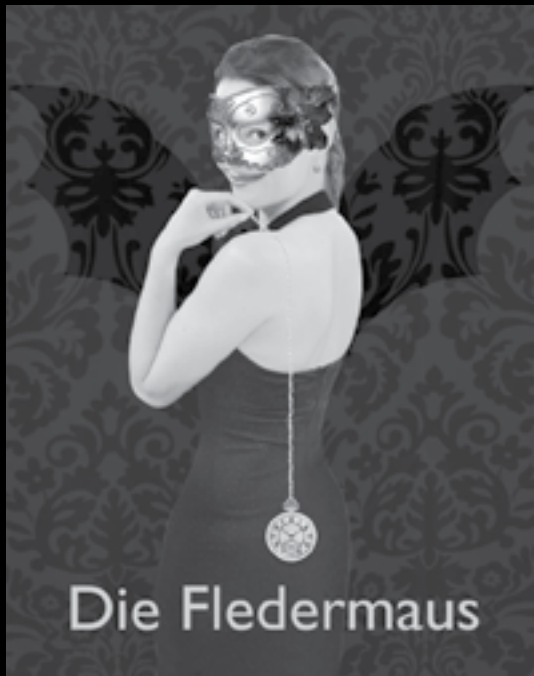
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