

Gorham Times

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TOWN OF
Gorham, Maine
—FOUNDED 1736—

SEPTEMBER 26, 2013

Gorham Remembers 9/11

Pictured above, in a show of solidarity, firefighters ran the Stephen Ward Memorial 9/11 5k Race wearing full firefighting gear. For more information on the 9/11 Memorial Road Race, see page 6.

State Recognizes Gorham for Child Passenger Safety Program



The Maine Bureau of Highway Safety recognized the Gorham Fire Department and Jodi Polchies for their ongoing efforts with the Child Passenger Safety Program. The Gorham Police/Fire Dept hosts a Child Passenger Safety Event on the third Thursday of every month from 1 to 5 p.m. or by appointment at the Public Safety Building, 270 Main Street. Pictured are seat tech Rachel Kimball, Deputy Fire Chief and seat tech Ken Fickett, firefighter and seat tech Kate Capponi, and Child Safety Seat Coordinator Jodi Polchies.

Big E. Junior Champion



Megan Caruso and Gem, her Ayrshire cow, were crowned as the 4H Junior Champion during the Eastern States Exposition (The Big E) in Springfield, Mass. The Big E is the largest agricultural event on the eastern seaboard and the sixth largest fair in the nation. Competitors in the event come from all six New England states. Caruso and Gem also were also crowned as the Junior Champion at the Skowhegan Fair in August. She is the sixth generation from the Martin family, of Martin Place Farm in Gorham, to show winning cattle at the State and New England levels.

CELEBRATING 18 YEARS—A FREE, VOLUNTEER-RUN, BIWEEKLY COMMUNITY NEWSPAPER

Contract Zones to Change South Gorham



The 21 parcels highlighted in this map of South Gorham indicate they have been approved for a contract zone. Also depicted is the location of the proposed Cumberland Farms in front of the current Mercy Express Care.

BY NOAH MINER
Staff Writer

Change is afoot in South Gorham. In 2011, the Town Council approved a contract zone for property owned by Hans Hansen on Route 22. Since then over 21 parcels totaling over 90 acres have been approved for a contract zone. Traditionally contract zones are used to permit a specific development in a nonconforming zone. Over the past several years, the town has approved contract zones for the Gorham Saving Bank office building off Gray Road and the Pheasant Knoll condominium complex, a 55-year and older community, off Fort Hill Road. These contract zones had specific uses planned for the area when they were approved. The contract zones in South Gorham allow a wide variety of uses including funeral homes, day care centers, business services, convenience stores with or without gasoline sales, sit down restaurants, retail with less than a 7,000 square foot footprint, professional offices, banks, existing residential uses, distilling and brewing, and residential dwellings above the first floor as part of

mixed use. Drive-through facilities are permitted if the Planning Board deems that vehicles will not line up in front of the building or in the roadway. The roadside sign ordinance applies to these contract zones, which allows for signs up to 36 square feet and 16 feet high, electronic reader boards, and internally illuminated signs are permitted.

Only two of the 21 South Gorham parcels under contract zone have proposed developments: Daniel Winslow, who owns 63 County Road, plans to convert a residential structure into an office building, and Cumberland Farms has a proposal for a convenience store with gas sales at 74 County Road in front of the existing Mercy Express Care facility. At the September Town Council meeting, amendments to the contract zone agreement on the Winslow property eliminated convenience stores from the list of permitted uses. The Council (also at September meeting) voted to amend the contract zone for the Cumberland Farms lot by allowing gas pumps and parking in front of the building, which was not allowed in the original contract zone.

At the public hearing for the Cumberland Farms amendment, nine people spoke in opposition to and none in favor of the changes. Jim Means and Dick Shiers opposed the amendment and the overall method in which the zoning South Gorham is being changed through the contract zone process. They called for changing the zoning as a whole, not lot by lot, as is currently being done. Jeff O'Donal quoted the comprehensive plan that calls for extension of public water and sewer to accommodate commercial expansion and the creation of bicycle and pedestrian accessibility in South Gorham.

After an hour-and-a-half of public hearing and debate, the final vote on approving the Cumberland Farm request to move parking and gas pumps to the front of the building was postponed. The Council was concerned about voting on an item without reviewing the dimensional changes for the Cumberland Farms as per Exhibit A. The council had not been presented with Exhibit A until the night of the meeting. The amendment will be on the agenda for the next Town Council meeting in October.

Bridge and Road Repair Updates in Gorham

BY SHERI FABER
Staff Writer

Each summer, towns in Maine get to work on their roads. Because of the weather in the Northeast, keeping up with road repair is a major project for communities. Gorham is

currently working on two projects. One is repair work to Longfellow Bridge on Longfellow Road, and the other is an asphalt overlay to the west portion of Huston Road. The steel decking on the Longfellow Bridge had rusted through and has been replaced with a new 30-year steel deck. The

final coat of pavement was applied and the bridge is now back in service.

Public Works Director Bob Burns notes one major key to road maintenance is proper drainage. Keeping the gravel road base moisture level down as much as possible keeps it

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Annual Memorial 5K Run/Walk Results

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Summer is Still Busy in Augusta

By REP. ANDREW MCLEAN

During the last week of August, the Legislature reconvened for a special session. We took up a comprehensive, bipartisan \$149.5 million bond package that will inject money back into our economy and produce jobs for hard-working Mainers. The bond package goes next to voters.

The proposal includes \$100 million for investments in roads, bridges, ports and working waterfronts; \$35.5 million for upgrades to facilities in the University of Maine System, Maine Community College System and Maine Maritime Academy; and \$14 million for armory maintenance, renovations and training areas.

The bonds will be split into five referendum questions on the ballot for Nov. 5, 2013. The wording for each of the bond questions can be found on the Secretary of State's website: <http://www.maine.gov/sos/cec/elec/upcoming.html>. If you have any questions, please contact me.

As some of you may know, Maine has a program that provides non-emergency transportation for low-income MaineCare eligible riders. In place for decades, the program serves around 45,000 riders a year. The federal government pays 63 percent of the costs.

Recently, the Department of Health and Human Services made changes to the rides program in an effort to come into compliance with federal rules. The department opted for a broker system and serious problems have ensued since the changes went into effect Aug. 1.

The problems include unacceptably long wait time for callers trying to arrange rides, callers not being able to get through to the broker arranging the rides, rides failing to show up even when they had been scheduled and more than one ride showing up to pick up a passenger.

Over the past six weeks, administrators have tried to increase staff and productivity to bring down the wait time. Over the first month, they are reporting that the wait time is down to six minutes and 10 seconds, with a percent of clients waiting to connect hanging up. However, this differs from information from clients and their families.

The committee questioned the department at length about its plan to bring all agencies into compliance. The department gave assurances it is working to bring all agencies into compliance but gave no specific timeframe in which they were requiring that to be achieved. The committee has requested regular updates and stressed the need to bring the agencies into compliance.

Constituents can call (866) 796-2463 for immediate assistance with problems with the rides program and (800) 977-6740 for scheduling/reporting concerns.

Last week, Speaker Mark Eves held the first of four round table meetings on aging. It was an informative dialogue about the impacts of our state's aging population. We need a new dialogue about how to create a state that embraces older citizens and encourages more young people to move to Maine.

Key policy areas include the post-retirement workforce, finding economic opportunity in an aging population, changing the housing market and attracting young people to Maine.

I appreciate you keeping in touch with me during the summer months and I hope that you will continue to be in touch with any questions or concerns you may have. You can always contact me by email at repandrew.mclean@legislature.maine.gov or on my phone at 939-8482.



(207) 939-8482,
(800) 423-2900,
repandrew.mclean@legislature.maine.gov

Letters to the Editor

Letters must be fewer 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.

No Physicist Left Behind:

I am a USM alumna and I am writing in response to the recent decision to dissolve the USM Department of Physics. I find the actions USM has taken to be abhorrent. I graduated from USM with a minor in physics and I was constantly impressed with how a department consisting of four faculty members managed to find the resources, time and energy to serve so many students with so little appreciation and support from USM. It was an absolute privilege to study with the faculty of the Department of Physics, of which are among the most intelligent, dedicated, and passionate people who I have ever had the pleasure to work

with. Although I did not major in physics, I can say without a doubt that my experiences in that department helped to shape the scientist I am today. I am currently pursuing a master's degree in theoretical chemistry and my decision to enter such a difficult field was highly motivated by my experiences with the USM Department of Physics.

Enrollment in the physical sciences will always be lower in comparison to other majors - these are extremely difficult subjects. But a university (of all places) should never discourage scientific inquiry. Since USM serves the most populated region of Maine, it has a responsibility to the community to provide a diverse

education. Perhaps if USM wants to save money, they should cut back on administrator salaries rather than cutting departments. I sincerely hope that the University of Southern Maine will reverse their decision to cut the Department of Physics.

Sincerely,
Jessica Barilone

Dear *Gorham Times*:

This letter is to express our gratitude to all who contributed to our scholarship fundraiser, the Chandler Hamilton Memorial Scholarship for GHS seniors. Contributors included: Auto Parts Int'l; Beagles, Steeves & Ridge LLC; Back in Motion; Cook's Hardware; Casco FCU; Century 21 First Choice Realty; Carter's Auto Service; Dodge Oil Co. Inc.; Gorham House of Pizza; Great Falls Construction; Gorham Sand & Gravel; Gorham Grind; Hannaford; Stanley Hillock Well Drilling Inc.; Moody's Collision Centers; Northeast Sewer & Drain; National Dist.; Nappi Dist.; Norway Savings Bank; Ram Island Home & Grounds; State Farm-Gary Towle Agt.; V&M Rental Center; Wyman's Auto Body; and Willis Real Estate; The Stirling Family; Brian Williamson; and the Gorham Times.

Thank you, thank you, thank you!
Dale LeCours and Family

Gorham Times

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Ad Deadline	Publication
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Oct 16	Oct 24

BRINGING THE NEWS TO ALL OF GORHAM

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School News sallinen1@myfairpoint.net

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EDITORIAL POLICY

The Gorham Times takes all reasonable care to prevent errors and disclaims all legal responsibility for any such errors, omissions, or typographical errors. The Gorham Times will print corrections if notified within 48 hours. 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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around town

Nominees for Town Council include:
Forrest Genthner, 33 Old Orchard Rd.
Benjamin Hartwell, 443 Sebago Lake Rd.
James Means, 7 Beatrice Dr.
Matthew Robinson, 24 Sanborn St.
Bruce Roullard, 46 School St.

Nominees for School Committee include:
Kyle Bailey, 30 Ridgefield Dr.
Kyle Currier, 6 Aspen Ln.
John Hamilton Doyle, 47 Webster Dr.
Pam Irish, 20 Hubbard's Way

Town Manager David Cole awarded Kathy Stevens of Baxter Memorial Library a five-year service pin.

The state approved a project to reconstruct the section of New Portland Road between Westbrook and Gorham that is in poor condition. The state will pay approximately half the cost of the work which will be done during the 2014 construction season.

Standard & Poors and Moody's will be providing ratings for a \$1.4 million bond issue the town hopes to sell on or about October 8.

ecoMaine will hold an open house on October 5 from 8:30 to 11:30 a.m. Tour the facility, enjoy a free breakfast sandwich, pick up a free recycling bin, drop off e-waste (such as computers or televisions) and learn how to compost using vermiculture.

Covering Ground

BY JEFF O'DONAL

Over 200 years ago, when Gorham was spreading out from Fort Hill, it was popular to have a lawn area for one purpose—it fed the animals that fed the residents. And while methods of raising animals and feeding ourselves may have changed, our lawns remain as popular as ever, although their purpose is now largely recreational or aesthetic rather than agricultural.

While many new lawns are established in the spring season, there may be more advantages to preparing and seeding a new lawn in the fall. In fact, a lawn seeded in the fall will have less competition from weeds, since many weeds sprout in the spring but not in the fall.

Lawn grass seedlings prefer well-drained loamy soil with a generous amount of organic material to enhance fertility and water-holding capacities. The success of any lawn seeding is almost always based on the amount of water added after seeding. If you water too little, the seeds will dry out and fail to sprout. If you water too much, the seeds or seedlings can drown and rot. For a well-established healthy lawn that you might manage using only organic practices, it is estimated that you should provide between six and 12 inches of well-drained loam. Rarely is this much loam provided as a base. Instead, a scant few inches are spread over gravel or fill, and this is intended to be your lawn. While it may be possible to grow a lawn in this situation, it requires much more effort and expense to do so. Get your topsoil depth correct and the rest is easy.

Grass seeds come in many forms and names, but there are only four basic types of grass that are used in Maine lawns. Kentucky Bluegrass is the deep green, wide-bladed grass included in a premier-looking lawn. This type of grass seed requires full-sun and an ample supply of nutrients. Red Fescue is the thin-bladed grass that mixes well with bluegrass, and is used extensively in grass-seed mixes because of its tolerance of dry soil, poor fertility and shade. Ryegrass is either an annual or a perennial, but is not considered a long-term grass. They will be the first seeds to sprout and are used to stabilize the ground while the bluegrass and fescues are growing to create the eventual lawn. Ryegrass is the seed that sprouts quickly and lets you know that you've succeeded in getting something to grow! Tall Fescue is generally added only on sports fields or highway right-of-ways. This grass is tolerant of drought, differing soil types and heavy traffic. It provides a coarser look than the other grasses.

To ensure you have a beautiful lawn, seek professional advice, provide adequate soil, use proper grass mixes, and water well.

Happy Gardening!



Jeff O'Donal is a Maine Certified Nursery Professional and owner of O'Donal's Nursery in Gorham with over 40 years of experience in the plant industry.

AMY D. DENTICO

Amy D. Dentico, 78, of Gorham, died peacefully in her home on August 27, 2013.

Amy was born September 25, 1934 in Lubec, Maine, and graduated from Gorham High School in 1952. She ran Sugar N' Spice Bakery in Standish, ME for many years with her husband, Vito Dentico, who passed away in October 2008.

After the bakery closed in 1995, Amy worked as a CNA at the Inn at Village Square in Gorham until she was 75 years old. She loved working at the Inn, and would even play the piano for the residents, which was often the highlight of their week.

In addition to playing the piano, Amy loved line dancing, knitting, gardening, and going for walks. She especially loved walking along the ocean. Amy and Vito loved to go camping in the summer and fall, especially Downeast. Additionally, Amy enjoyed going to Long Island, ME and Sebago Lake. Above all, Amy loved spending time with her family, especially her children, grandchildren, and great-grandchildren.

Amy was predeceased by her husband, Vito J. Dentico; her son, Arthur C. Keene, Jr.; her mother, Rosilla Carter; her father, Harry J. D'Andrea; her sister, Norma D'Andrea; and her brother, Harry J. D'Andrea, Jr.

Amy was survived by her two daughters, Brenda L. Keene of Portland and Donna K. Shaw, and husband, Jonathan E. Shaw, of Gorham; grandchildren John P. Merriman and wife Amanda L. Merriman of Castle Rock, CO, Leigh A. Merriman of Westbrook, Jennifer S. Prulello and husband, Joseph A. Prulello of Jeffersonville, PA, Christina S. Callender and husband, David M. Callender of Washington D.C., Sarah E. Shaw of Colombia, and Laura P. Shaw of Portland. Amy was also survived by seven great-grandchildren, Zachary A. Merriman, Sydney E. Merriman, Amelia K. Merriman, Conner E.M. Whitney, Anna C. Callender, Miles S. Callender, and Nicholas J. Prulello; as well as several aunts, uncles, nieces, nephews, cousins, and many dear friends.

Friends and relatives were invited to attend visiting hours at the Dolby & Dorr Funeral Chapel, 76 State St., Gorham, between the hours of 4-6 p.m. on Saturday, Aug. 31, 2013. Burial was private. Condolences to the family may be expressed at www.dolbyfuneralchapels.com

In lieu of flowers donations may be made to VNA Home Health & Hospice, 50 Foden Rd., S. Portland, ME 04106 or The Pulmonary Fibrosis Foundation, 230 E Ohio Street, Suite 304, Chicago, IL 60611.



THOMAS LEROY DAY

After a courageous battle with cancer, Thomas Leroy Day, 76 passed away peacefully on September 7th, 2013, at the Gosnell Memorial Hospice House in Scarborough surrounded by his family.

He was born on November 20th, 1936, in Freeport, Maine, the son of Darrell and Angie Day. He attended grammar school in Damariscotta and later moved to Portland, and started working to support his family. He earned both his B.S. and his M. Ed at The University of Southern Maine. He later completed 30 hours beyond his master's.

Tom developed and taught a citizenship course at Bath Junior High School for three years. He then taught 5th and 6th grade at Limington Academy. Later, he became a Guidance Counselor at Bonny Eagle Middle School and remained in that position till his retirement in 1996. He was passionate about the families he worked with, always driven by his belief that you can find the good in everyone.

After retirement he became affectionately known as the "Super Nanny" to his granddaughters, Kiara and Taylor, with whom he developed a unique relationship, that encompassed the values that were dear to his heart. When asked during his stay at The Gosnell House, what was on his bucket list, he said that he wanted to pick up his Granddaughter's at Gorham High School one more time. A friend kindly donated a Limo and off they went. It was a happy occasion and they stopped at Smiling Hill Farm for an ice cream.

Tom was a member of Gorham Country Club, Cressey Rd. United Methodist Church and a volunteer for Baxter Memorial Library and Museum. He enjoyed reading, history, cruising, golfing and doting on his granddaughters.

He married the love of his life, Geraldine Thompson of Cornish, Maine in 1959. They have one son Todd. Tom was predeceased by his parents, Brothers: James, Charles, David and a Sister; Catherine. He is survived by his wife, Gerry, of Gorham, his son Todd and wife Patricia of Standish, his beloved former daughter-in-law Laura Day of Gorham and his two granddaughters Kiara and Taylor. He also leaves behind his Mother-in-law Virginia Williams and a brother-in-law, Larry Thompson and wife Claire, all of Gorham. He is also survived by two brothers Michael Day of Old Orchard, John Day and wife Colette of Westbrook and sister Mary LeClair and husband William of Windham. He also leaves numerous nieces and nephews. Donations may be made to the Thomas Day Scholarship Fund at Gorham High School, 41 Morrill Avenue, Gorham, Maine, 04038.





**Our 2013
Fall Sale
now until November 10th!**

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*Some exclusions apply. This sale cannot be combined with other discounts.

6 County Road Gorham, Maine 207-839-4262
www.odonalsnursery.com

SEPTEMBER 3, 2013

Town Council Report

BY ROBIN SOMES
Staff Writer

The situation with the Public Safety building at 270 Main Street, which houses the police and fire stations, gained no ground toward realizing suitable facilities at this month's meeting. There was an item on the meeting's agenda concerning the authorization of a referendum vote this November 5 for an amount of \$5,000,000 to finance expansion, renovation and improvements to the existing building, originally constructed in 1974. The following action was taken by the Council on this item:

An amendment to increase the \$5,000,000 amount to \$5,800,000 passed with a vote of 4-2 (Shonn Moulton, Suzanne Phillips).

A proposal to hold a Public Safety workshop at the December Council meeting was approved 6-0.

A proposal for the Town Council to schedule a Public Safety Project meeting in December and a Public Hearing on May 6, 2014 for a June 2014 Referendum Election failed with a split vote of 3-3 (Philip Gagnon, Moulton, Phillips) - a majority vote is required for passage and, due to the absence of John Pressey, only six Councilors were present. Two subsequent variations of this proposal failed 3-3 (Gagnon, Moulton, Phillips).

With a 5-0 vote (Michael Phinney abstained with a vote of "present"), the final sale of the White Rock School buildings was granted to John and Cynthia Smith, president and vice-president respectively of Great Falls Construction. Although the sale price is one dollar, a minimum of \$800,000 is stipulated for the development of 12 apartments for people over 55. In addition, public access to the recreational facilities is to be available for five years. The town has the right of first refusal should the property become available for sale within 20 years.

A request from Daniel Winslow and Scott Richards for a contract zone for their property at 63 County Road entailed an amendment to the order that specifies details of the contract zone. A vote of 4-2 (Matthew Robinson, Moulton) approved eliminating "Convenience stores, either with or without associated gasoline sales" from the list of permitted uses. The Council subsequently voted 5-1 (Gagnon) to approve the contract zone.

Action on a request for an amendment to Han Hanson's Contract Zone that would allow a Cumberland Farms convenience/service station at 74 County Road in front of the Mercy building to be constructed was postponed to the October 1 Council meeting through a vote of 4-2 (Phillips, Gagnon).

In other action, the Council voted: 4-2 (Moulton, Phillips) to accept a bid by Anderson Equipment for the purchase of an excavator for \$165,031 and for the Council to appropriate the \$40,000 previously budgeted in the 2011-2012 budget towards the purchase of the excavator to authorize the Town Manager and Finance Director to fund the remaining amount through a five-year lease purchase as previously approved in the FY 2013-2014 budget.

6-0 to designate Martin's Point Health Care as a Municipal Development and Tax Increment Financing District near the intersection of Routes 25 and Mosher's Corner.

6-0 to approve an agreement with the Town of Windham to provide Administrative Services for General Assistance for the Town of Gorham from September 16, 2013 until June 30, 2014.

6-0 to authorize staff to solicit bids to sell the 1983 and 1986 fire engines that are no longer in service. Bids have to be higher than what the town would receive for scrapping the engines.

Complete meeting minutes are available at: www.gorham-me.org.

SEPTEMBER 9, 2013

Planning Board Results

BY KAREN DiDONATO
Editor

The last Planning Board meeting included four public hearings.

The Board recommended that the Town Council adopt the Land Use and Development Amendment Code that added definitions for "airstrip, runways and landing strips." (6-0, Anderson absent)

The Board tabled the amendments to the Land use and Development Amendment Code pertaining to adding definitions for AVTs, all-terrain vehicle and motocross tracks as well as adding the words "or commercial" to the Rural District, (B.) Permitted Uses, #12. The Board's Ordinance

Subcommittee will review this item at a later date with a continuation of the public hearing to be held on October 7. (6-0, Anderson absent)

The Board recommended that the Town Council adopt the amendments to the Land Use and Development Code that allowed off-site directional signs for farms. (6-0, Anderson absent)

The Board discussed the East Coast Communications request for approval of a 3,200 square foot building expansion and revision, and creating an additional 10,890 square feet of impervious surface at 29 Cyr Drive in the Industrial Park. A site walk will be scheduled with a public hearing to continue at a future meeting.



Chief Shepard Reports

The Grand Jury returned the following indictments in September:

Ernest Boles, 38, of Gorham was indicted for burglary of a motor vehicle (priors), theft, criminal mischief and misuse of ID by Yarmouth Police Department.

Scott Cookman, 40, of Auburn was charged with criminal OUI, leaving the scene of an accident, and operating without a license on charges brought by Gorham Police Department.

Klein Fernandes, 26, of Gorham was indicted on two counts of aggra-

vated forgery on charges brought by Maine State Police.

James Hurd, 37, of Windham was indicted for theft (priors) on charges brought by Gorham Police Department.

Kelly Poland-Rousell, 36, of Gorham was indicted for possession of scheduled drugs on charges brought by Scarborough Police Department.

Michael Thurston, 34, of Gorham was indicted on charges of theft and negotiating a worthless instrument on charges brought by Yarmouth Police Department.

SUPPORT OUR ADVERTISERS

TOWN OF GORHAM Part-time Customer Service Clerk Town Clerk's Office

The Town of Gorham is seeking a part-time Customer Service Clerk in the Town Clerk's Office. This position is responsible for processing vehicle registrations; accepting tax payments; issuing various licenses and certified copies of records; and other responsibilities as assigned by the Town Clerk. At least one year's experience in customer service, cash handling and computer use preferred. This position is for 20 hours per week, with additional hours required at certain times.

Please forward a resume and cover letter to:

Jeri Sheldon, HR Director
75 South Street, Ste. 1
Gorham, ME 04038
Or e-mail jsheldon@gorham.me.us

The position will remain open until filled. Please visit our web site www.gorham-me.org for more information about the position. The Town of Gorham is an Equal Opportunity Employer.



For the months of September and October, **Carters Green Market** is offering a **15% discount** off of the entire **Derma E** and **MegaFood** supplement line.



222-0041 • 12 Main Street

Collaboration Leads to Major Track Events

BY PATRICK O'SHEA
Staff Writer

The University of Southern Maine will host a series of cross-country meets in the next few months. The USM Invitational will be held on September 21, the Little East Alliance Championship on November 2, and the NCAA Division III New England Championship on November 16. At the NCAA Championship meet, there will be between 50-60 men's and women's teams participating. This event is expected to bring 600 competitors to our town. With this kind of participation, local stores and restaurants are likely to benefit.

How is this possible? USM and the Town of Gorham have worked together to develop a cross-country course behind the Narragansett School on the Claire Drew Trail. In the mid 90's, the students at the Narragansett

School, townspeople, and Claire Drew developed the Claire Drew Fitness/Walking Trail. At the time, Drew was the nurse serving the system's schools. Three years ago, the town and University began working collaboratively to turn the trail into a cross-country course. After an excellent start, a tornado came through this area and required extensive logging and some changes to the course. After the clean up, culverts and stone dust, donated by Shaw Brothers, were added to complete the trail.

Staff from USM and town crews helped keep the costs minimal. Those collaborating to make this project possible were Al Bean, USM Athletic Director; Scott Hutchinson, former USM Cross Country Coach; Jeff Grant, Gorham Public Work's employee; Cindy Hazelton, Gorham Recreation Director; and Jason Tanguay, Gorham High School Cross Country Coach.

Great Maine Outdoor Weekend: Gorham-Windham in the Civil War

The Gorham Arts Alliance will hold a "Local and Legendary: Gorham-Windham in the Civil War" kick-off event to be held on September 29 at 1 p.m. at the Great Falls School in Gorham. The program is one of hundreds of events being held as part of The Great Maine Outdoor Weekend (GMOW). Events led by outdoor oriented organizations and companies will celebrate being active in the outdoors in Maine the weekend of September 27 through 29. The goal of GMOW is to connect with friends and neighbors in the natural world and to promote fun, physical activities and good health.

Funded by a grant received through the Maine Humanities Council and Maine Historical Society, participants of the Local and Legendary program will learn about the community part-

ners involved in this grant, the "One Story-One Community" activities, the Gambo Gunpowder Mill diorama, a rededication ceremony of the Civil War monument in Gorham and many other events planned through May 2014. Following the kick-off Don Wescott, steward for the Gambo property through the Presumpscot Regional Land Trust, will lead a tour of the Gambo Gunpowder site. Participants will meet at Shaw Park at 2:00 for the tour. All are welcome and public participation, especially those families with local ties to the Civil War and/or Gambo Gunpowder Mill Site, is strongly encouraged.

For more information visit www.gorhamartsalliance.org/maine-in-civil-war.html or contact Amy at 318-0584, Don, 756-2085, or Laurel, 892-1908.

Public Safety Solar Power

Gorham Staff

In 2011, Gorham received a grant from Efficiency Maine to install solar panels on the Public Safety Building on Main Street. The town paid about \$10,000 and Efficiency Maine contributed \$78,000. In August, the panels provided about 2,500 Kilowatt Hours (KwH) and saved the town about \$184 for that month. Since the installation of the panels, Gorham has saved at

least \$3,663 using current electricity rates. Public Works Director Bob Burns reports that the solar panel array reduces the buildings grid-supplied electricity by approximately five percent per year.

At the bottom of the town's website (www.gorham-me.org) there is a link entitled "Public Safety Solar Panel Statistics" that provides information about the panels and the amount of energy supplied daily.

Road Repairs CONTINUED FROM PAGE 1

more stable and allows it to support traffic loads better. Wet soils are less stable, and therefore poorly drained roads are more susceptible to rutting and deteriorating. Ditching and replacing culverts helps to improve these conditions. With each trip, cars and trucks that travel Huston Road damage the road. By some estimates, a loaded heavy truck can cause wear to the road comparable to 7-8,000 car trips. Currently the town is re-ditching Huston Road to maintain good drainage and to prepare for the hot-mix asphalt overlay from Rt. 114 to Harding Bridge Road.

States receive money from the federal government for road maintenance through the federal fuel tax, which, in part, is from the taxes

paid at the pump. The fuel tax has not been increased since 1994. With the increase in the cost of gas in recent years, consumers are driving less and using less gas. The purchasing power of money from the fuel tax is also much less than it was, leading communities to make hard decisions about keeping up with paving their roads.

Burns likens a roadway to a car. He describes a paving overlay as comparable to an oil change for a vehicle while a full reconstruction or rebuild of a road is more comparable to replacing an engine and transmission. It is far more cost effective over time to perform preventative maintenance than to allow a road to fall into disrepair and need reconstruction.

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Gorham Commemorates 9/11 with Annual Memorial 5K Run/Walk

By JEFF PIKE
Gorham Times Sports Editor

More than 250 runners and walkers as well as many spectators met at the Gorham Rec. building September 15 to honor the heroes and all those who lost their lives on 9/11, including GHS graduate Stephen Ward. Participants and spectators also contributed to a scholarship fund in Ward's name by participating and cheering on participants in the annual 9/11 Memorial 5K Run/Walk & Kids' Fun Run.

Ward, who graduated from GHS in 1986, died in the World Trade Center North Tower. This is the third year that his family has coordinated the race, including Ward's mother, Victoria Randall, and sisters, Susan Ward Moore and Katie Ward Hazel, who served as co-chairs. Other family members who assisted include Shawn Moore, Scarlett Moore, Heather Hazel, Hannah Hazel, Stephen Graham (named for his uncle), Marin Graham, April O'Connor, Amanda O'Connor, Julie O'Connor, Debra Randall, Gus Randall, Dan Randall, Lisa Randall and Peggy Runyan. Many of the family members also ran and/or walked in the event, including Marin and Stephen who ran in the Kids' Fun Run. Marin and family friend Alison Brown Dreifus also led the runners and the spectators in the singing of the Star Spangled Banner prior to the race.

Ben Foster, a GHS junior who runs for the boys' cross country team, won the race with a time of 18:02. Anna Slager, a 13-year-old from Gorham, finished eighth overall all and first among all females. Other Gorham residents winning their gender-age groups included Sarah Stevens, 12-and-under girls; Thomas Nelson, 12-and-under boys; Julie Taft,

30-39 women; Barbara Slager, 40-49 women; Betty Rines, 50-59 women; Dale Rines, 60-69 men; and Cindy Stevenson, 70-99 women.

Those wishing to contribute to the memorial fund can still do so by visiting www.911memorial5k.com. Following is a complete listing of all Gorham participants. Some ran while others walked.

Place	Name	Time
1	Ben Foster	18:02
5	Peter DeWitt	19:32
8	Anna Slager	20:15
9	Timothy Zerillo	20:49
10	Barbara Slager	20:58
14	Maddie DeWitt	21:56
22	Thomas Nelson	23:27
25	Kelsey Wilson	23:41
26	David Willis	23:46
27	Kenneth Curtis	23:56
29	Julie Taft	24:10
30	Heather Kilborn	24:12
34	Kate Mason	24:30
35	Betty Rines	24:31
37	Kyle LaBrecque	24:36
38	Christine Moody	24:38
39	Dale Rines	24:39
40	Joshua Guite	24:44
41	Alex Thuotte	24:45
43	Dave Hudson	24:46
44	Anthony Zerillo	24:46
45	Shane Zerillo	24:46
46	Patricia Barth	24:47
51	Tony Cooper	25:02
52	Greg Stevens	25:04
53	Nik Briggs	25:05
56	Michele Higgins	25:23
62	Patricia Franklin	25:31
63	Julie Chandler	25:41
67	Dawn Stevens	25:54
68	Todd Walker	25:55
71	Katie Hazel	26:05
74	Andrew Tinkham	26:26
76	Lisa Brent	26:33
77	Diane Bell	26:36
78	Bruce Hepler	26:39
82	Marc Arsenaault	26:52
83	Bruce Wyatt	26:53
84	Whitney Nean	26:54
89	Don Duran	27:17
92	Terry Deering	27:30
93	Karen Gaudette	27:31
94	Sarah Stevens	27:39
95	Courtney Brent	27:42

99	Scott Larkin	27:55	164	Bryan Mora	33:43	214	Annie Cunningham	42:09
100	Hannah Hazel	28:03	165	Becca Cupps	33:47	215	Rachel Lawrence	42:11
102	Hailey Morrill	28:15	166	Tiffany Cupps	33:52	216	Suzanne Phillips	42:12
103	Siena Zerillo	28:15	167	James Cupps	33:53	219	Mary Hoskin	42:47
104	Sarah Walker	28:17	168	Karin Allen	33:54	221	Cody Deering	44:07
105	Rebecca Curtis	28:19	172	Heather Hazel	34:14	222	Ashley Gaudette	44:08
106	Brittany Desjardin	28:23	174	Mona Roy	34:45	223	Kinsey Oliver	45:37
109	Sierra Guite	28:26	175	Rose Perkins	34:55	224	Madison Oliver	46:27
110	Jon Smith	28:33	179	Debbie Blattstow	35:57	226	Nicholas Tinkham	47:14
113	Jillian Morrill	28:59	181	Shannon O'Brien	36:01	227	Karen Tinkham	47:16
114	Mark Morrill	29:00	182	Karen Rubin	36:03	228	Gabriel Glass	47:17
115	Eli Wyatt	29:01	183	Lily Rubin	36:04	231	Emma Niles	48:42
119	Christine Hepler	29:15	184	Erin Feldhaus	36:04	232	Scarlett Moore	52:09
120	Laura Gonville	29:15	186	Susan Emerson	36:14	234	Abigail Decrow	52:27
123	Jeff Douglass	29:29	187	Tyler Allen	36:22	235	Jack Decrow	52:29
125	Corey LaBrecque	29:42	192	David Blattstein	37:49	237	Micheline Decrow	53:12
132	Mason Roy	30:14	193	Joni Vickery	38:17	238	Jason Decrow	53:13
137	Robert Gaudette	30:36	194	Travis Emerson	38:28	243	Alysha Deering	53:56
138	Sarah Reidy	30:37	196	Angela Duran	38:50	244	Shannon Lawrence	54:01
140	Renee Deering	31:14	197	CC Cochran	39:00	246	Jonathan Keenan	54:06
142	Leslie Dupuis	31:29	199	Bill Haskell	39:16	247	Wendell Howard	54:08
143	Megan Baker	31:50	200	Natalie Haskell	39:19	248	Brandon Howard	54:10
147	Jolia Gaudette	32:04	201	Stacey Haskell	39:20	250	Whitney Emerson	54:34
150	Michel Chouinard	32:08	202	Sydney Haskell	39:25	252	Lori Cunningham	56:48
151	Drew Mayo	32:23	203	Kaylee Gonville	39:27	253	Taylor Day	57:09
154	Toni Chabot	32:33	208	Stephen Graham	41:32	254	Rachel Blattstein	57:11
158	Jim Means	33:13	209	Mia McKersie	41:34	258	Molly Creeden	58:28
159	Amy Wyatt	33:31	210	Sue Britting	41:36	259	Kiara Day	58:29
160	Bob Bernard	33:32	211	Cindy Stevenson	41:38	260	Isabelle Goodard	58:30
162	Amanda Mayo	33:40	212	Jack Cunningham	41:44	261	Rachel Grady	58:32
163	Mike Chabot	33:42	213	Erin Lawrence	42:06			



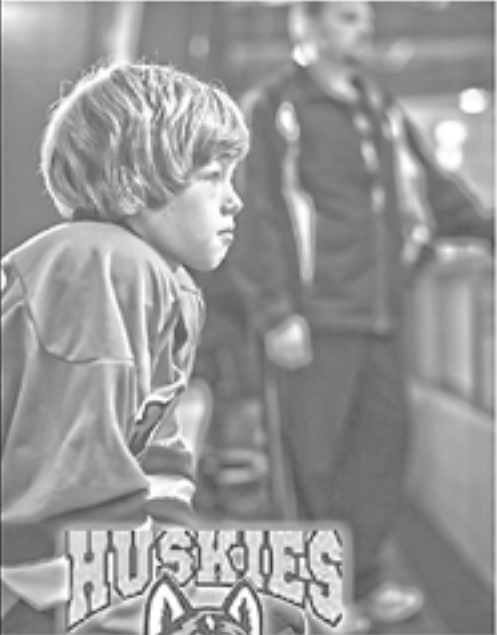
Family members of Stephen Ward, a 1986 graduate of GHS who died in the World Trade Center North Tower on 9/11, pose with members of the Gorham Fire Department who ran in the September 15 9/11 Memorial 5K Run/Walk & Kids' Fun Run—while wearing all their gear. Pictured above are sister Susan Ward Moore (third from left), sister Katie Ward Hazel (fourth from right), mother Vicky Randall (third from right) and friend Alison Brown Dreifus (far right).

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USM Hosts Husky Games: The USM Exercise Science Student Association and the USM Fitness Center Husky Coalition will co-


host the bi-annual Husky Games on October 4. The games are open to greater Gorham residents as well as students from USM and other Maine colleges. FMI, call 680-0608 or e-mail curtis.ludwig@maine.edu.

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in the Zone

15-Minute Hat Trick: Within the first 15 minutes of a 3-1 September 20 win over Westbrook, Emily Lewis scored all three Gorham goals as the GHS girls' soccer team improved to 4-1 and a fourth-place ranking in Western Maine Class A. During a 2-0 victory over Deering on September 18th, goalkeeper Renae Staples earned her second shutout of the season.

Boys' Soccer Ranked Second: At press time the GHS boys' soccer team was ranked second in Western Maine Class A with a record of 5-1. During a 4-0 September 21 win over Biddeford, the Rams did not allow a single shot on net while Cody Elliot led the offense with two goals.

Double Multi-Team Wins for Cross Country: The boys' and girls' cross country teams both defeated Deering, Westbrook and Noble on September 13th. In the boys' meet, Jesse Southard took first place with a time of 17:21. Other top-ten GHS finishers included Jeremy Collett, 4th at 17:58; Ben Foster, fifth at 18:00; and Sean Pratt, 10th at 19:09. In the girls' meet, twin sisters and senior captains Jackie Turner and Laura Turner finished second and fourth respectively with times of 21:38 and 22:33. Fellow senior captain Kelsey Mitchell also finished among the top ten (6th place at 23:02).

Two-Game Volleyball Winning Streak: The GHS volleyball team won its first two games of the season with back-to-back 3-0 wins over South Portland on September 18 and Windham on September 20. In games played through September 18, Hallye Anderson and Lauren Carter led the team in kills (10 each) while Sam Robinson led in services points with 26 and digs with 64. Diana Kolb led in blocks with 16, and Charlene Landry led in assists with 23.

All-Tournament College Volleyball Selection: Lindsay Chapman (GHS '13), a freshman at Husson University, was named to the all-tournament team of the Saint Joseph's College Autumn Invitational that took place September 6-7 in Standish. Chapman had a great all-around weekend for the Eagles, appearing in all 15 sets the team played. She compiled 29 kills, a .291 hitting percentage, 61 digs, six aces, and nine total blocks (6 solo) across four matches Friday and Saturday.

GHS Grad Completes First Marathon: Adam Bourgault (GHS '12), completed his first marathon—the VIA Marathon on September 8th in Allentown, PA. His time was 3 hours 28 minutes.



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The State of GHS Athletics

Comments from Athletic Director Tim Spear

By JEFF PIKE
Gorham Times Sports Editor

"My first two years at GHS have been terrific," said third-year athletic director Tim Spear in a recent interview. "Gorham has one of the best sports communities in the area with tremendous support from the students, the faculty, administration, parents, and the community. The sports culture is first-rate."


Spear reports the number of athletes playing fall sports this season—280 across eight teams—is right about the same as last year. "Field hockey numbers are up while football numbers are a bit down, and the other teams are

close to where they were last year," Spear said. "The numbers at the Gorham Middle School are also about the same."

With parents revising the GHS Boosters program, Spear is hoping the sports programs can make a concerted effort toward increasing school spirit and community support for all teams. To help achieve this mission, Spear is forming a Captains Council consisting of the captains from all the fall teams. The group will meet every other week throughout the season. The program will also run during the winter and spring seasons.

"We hope to have the captains take the lead in promoting not only sports, but also overall school and town spirit,"

CONTINUED ON PAGE 11

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School Committee Report SEPTEMBER 11, 2013

BY ROBIN SOMES
Staff Writer

During public comments at September's meeting, eight people conveyed their concerns and frustration regarding the daily half-hour cut from the Gorham's Ed Techs, whose students all require specialized attention and individualized programs.

The reduction in hours has obligated Ed Techs to now arrive about the same time as the children, most of whom require individual assistance getting off the bus and to their initial destinations within their school. According to Narragansett School Special Ed Tech Faith Joyal, because Ed Techs such as herself used to arrive earlier than their students, there was time to prepare for the day's lessons and agenda, and talk with teachers with whom they worked. Ed Techs would be present to watch any children who did not take the bus and arrived earlier because they were dropped off by a parent. Joyal noted a recent incident where a child coming to school had to remain on the bus for 40 minutes until the arrival of an Ed Tech or other available staff member.

Before this year, prior to children being assisted onto the buses at 3 p.m., Ed Techs and teachers used to facilitate activities such as "pick up time" and games where the children would interact

as a group. This was an opportunity for socialization, something they would not be able to do independently. Ed Techs, many of whom would stay to volunteer for various projects, now leave at 3 p.m., some commuting to a second job due to the cut in hours. As a result, children are now assisted onto the buses so they are all safely situated by 3 p.m.

After Public Comments, Superintendent Ted Sharp addressed the public and read a letter that culminated in a recommendation. "As you know, the Administration, School Committee, Town Council and voters had made a decision on the school budget without the benefit of an approved State budget. That hadn't happened in 25 years in the state. ... When the Legislature [overrode] the Governor's budget, and passed a budget reflecting its intentions, school districts across Maine received an increase in their respective state subsidy, General Purpose Aid, the amount based on each district's GPA formula. As a result, Gorham schools received an additional \$361,262.50. These funds must be rolled into each school's fund balance, by statute, unless the district would like to access all or part of those funds. If that is the case, each local School Committee must request of their own local municipal government that a Citizen's Referendum be held to enable us to access all or part of that

\$361,262.50. It appears the only other viable option to consider to reinstate the hours for Ed Techs would be to absorb that cost in the existing FY14 budget. ... If we were to do this, it would draw on already limited funds from other cost centers. ... Only in the past 24 hours or so, after thoughtful deliberation, has this crystalized for the Administration, given the information available and the limited time the school has been in session, and the clarification that we can access those additional funds without placing the entire FY14 Budget at risk, in a second Citizen Referendum. ... Since State General Purpose Aid funds have been received ... it would seem reasonable to advance the protocol that, if ultimately successful, will provide the funds necessary to reinstate reduced time for Ed Techs. Speaking for the Administration team and myself, it is our recommendation to the School Committee that we move in that direction."

The Committee subsequently voted 6-0 to pass a motion to "look at options to reinstate the reduced time for Ed Techs in the Gorham School District per the Administration's and Superintendent Sharp's recommendation." The item now goes to the Finance Committee for their recommendation on how best to fund this reinstatement, which would extend the Ed Tech workday to six-and-a-half hours.

Meuse Named National Merit Scholar Semifinalist



Jason Meuse has been named a semifinalist in the 2014 National Merit Scholarship Program.

COMPILED BY STACY SALLINEN
School Coordinator

Jason Meuse was recently named a semifinalist in the 2014 National Merit Scholarship Program. Meuse is a senior at Gorham High School.

Meuse is one of 16,000 students from across the nation who achieved this honor and will be in competition for approximately 8,000 scholarships worth more than \$35 million that will be offered next spring.

Last fall, more than 1.5 million juniors in 22,000 high schools entered the 2014 National Merit Scholarship Program by taking the Preliminary Scholarship Qualifying Test (PSAT/NMSQT), which served as an initial screen of program entrants. The nationwide pool of semifinalists, which represents less than one percent of U.S. high school seniors, includes the highest-scoring entrants in each state.

To become a finalist, a semifinalist must have an outstanding academic record throughout high school, be endorsed and recommended by the high school principal, and earn SAT scores that confirm the student's earlier performance in the qualifying test. The semifinalist and a high school official must also submit a detailed scholarship application, which includes the student's essay and information about the semifinalist's participation and leadership in school and community activities.

Meuse is an active member in Student Council; a member of National Honor Society and Thespian Society; and member of the Slam Poetry Club. He also participates in musicals at the high school, takes a college level Spanish class, and works at the Gorham Recreation Department. Meuse is the son of Lynn Meuse and Phil Meuse.



Civil Air Patrol Cadets

Ten cadets from the local squadron of Civil Air Patrol recently attended an encampment at Bog Brook, a training facility located in Gilead, Maine. The cadets, who meet at the Portland Jetport each week, participated in activities ranging from leadership and aerospace classes; flying Orientation Flights in Cessna 172s, paid for by the Air Force; and training on the National Guard's rappelling tower. Four of the 10 cadets from the Portland squadron, including Gorham's Abraham Eaton, were chosen by staff to receive awards for outstanding performance and attitude. First Lieutenant Eaton, Cadet Commander of the Portland squadron (pictured back row, far left), received the Distinguished Flight Staff Member Award. For more information on the Civil Air Patrol program, please visit www.gocivilairpatrol.com.

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Gorham Elementary Schools Taking a Stand on Nutrition

By STACY SALLINEN
School Coordinator

Gorham's elementary schools aren't necessarily waging war against "the cupcake," nor are they setting parameters on what parents choose to pack for a child's snack or lunch. They are, however, taking another small step in continuing to promote health and wellness within the schools.

Starting this week, Gorham's three elementary schools, Great Falls, Narragansett and Village, are no longer allowing any type of food—healthy or sugary treats—to be part of school celebrations for a child's birthday or holiday party. Only pre-approved foods that are tied to curricular studies will be allowed.

A letter to notify parents of the change in procedure went home with students last week, in which school administrators explain the reasons behind the change. "We want our school to be a safe and comfortable environment for all students and we have done this for a numbers of reasons, which reflect our value of respect for all." By eliminating food from celebrations, there will be less disruption during the school day; more support for healthier nutrition choices; fewer non-nutritious foods

being brought into school and more control for parents to monitor their children's food intake; and more sensitivity to those students with health concerns or allergies who must monitor their food intake.

This change in procedure has been a year in the making as the Great Falls Wellness team completed research and presented their case to the school district's K-5 staff members and Partner-in-Education groups. The team, consisting of Assistant Principal Becky Fortier, Physical Education teacher Frank DeFrancesco, School Nurse Beth Ewing, and a few other staff members, focused on finding ways to help combat childhood obesity and boost energy and learning. They found the data to be irrefutable. Good nutrition and brain development go hand in hand, ultimately having an impact on grades, performance, behavior and mood.

At its regular September meeting, School Committee members heard from a couple of parents who still wanted food to be allowed into the classroom. An equal number of parents spoke in support of the initiative. School officials said it was not necessarily fair to ask a parent to send in a healthy snack for the entire class that costs significantly more

than a plate of sugary treats, and with the increasing number of food allergies, it was becoming too difficult to monitor all ingredients.

Several School Committee members declined to give their endorsement to school administrators, saying that their role was to endorse policies, not procedures. Dennis Libby, one of the committee members, expressed his concern about overstepping boundaries. "I think there's a better way to educate our kids rather than just taking it away," he said.

Great Falls Principal Jane Esty assured him that no teacher would ever take a snack, healthy or sugary, away from an individual child that was packed by a parent. "That would be overstepping," she said.

Fortier said schools understand that food plays a large role in our culture when it comes to celebrating special occasions. School administrators are expecting resistance from some parents the first year, but expect them to become accustomed to the new change.

Welcome are non-traditional ways to celebrate birthdays or other occasions, such as nonfood tokens, like pencils, stickers, or books to share with the classroom.

Maiden Voyage for Nautilus



After months of hard work, students from BRIDGES, the ninth grade alternative education program at Gorham High School, launched "Nautilus" for its maiden voyage. The 34-foot Crestwood Gig, which has six rowing stations and can carry up to eight people, was built in collaboration with an alternative education class from South Portland High School. Through the Compass Project's "On the Water Program," students will continue to learn about rowing, navigation, weather systems, tides, and local ecology. In October, students in this year's BRIDGES program begin work on a Nez Perce 13 wooden skiff.

school notes

An orientation for prospective School Committee members will be held on Wednesday, October 23, 6-7 p.m. in the Superintendent's Office.

The University of Southern Maine's Office of Undergraduate Admission will host a college fair on Sunday, September 29, 1-3 p.m. in the Costello Sports Complex on the Gorham campus. More than 250 colleges and universities, as well as representatives from the Finance Authority of Maine, the New England Board of High Education, and USM's Office of Financial Aid, will be on hand. No registration necessary.

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GRADUATIONS

Jennifer Kennedy (GHS '09) graduated summa cum laude with a Bachelor of Music degree in Music Education from the University of Southern Maine School of Music. She is the daughter of Ann and Bruce Kennedy.

OF INTEREST

Jamie Kennedy (GHS '07) joins ABC's television show "Modern Family" in their current 5th season as a Post Production Assistant. She is the daughter of Ann and Bruce Kennedy.

Tom Peterson joined Gorham Savings Bank as the newest Loan Officer to the team. Peterson has an extensive history originating loans and has been active in the Androscoggin Valley Board of REALTORS® and the Merrymeeting Board of REALTORS® and past President of Mortgage Bankers Association of Maine.



Deputy District Attorney Megan Elam, Assistant DA Kate Tierney, and Victim Assistant Julie Cotton will be the featured speakers at "Potluck With a Purpose" on Friday, Sept. 27, 6:30 p.m. at South Gorham Baptist Church. They will be speaking about human trafficking in the State of Maine and in Greater Portland. The public is welcome. Please bring food to share for the potluck meal. FMI, 839-3457.

Gorham Adult Education will offer a "Miniature Gardens Class" taught by gardening enthusiast Linda Faatz on Saturday, Sept. 28 from 9:30 – 11:30 a.m. Create a "mini-scape" container using rocks, figurines and other small, natural interesting items. Bring a small figurine. All other items will be furnished. \$30. FMI, 222-1095 or www.gorham.maineadulted.org.

The Girl Scouts of Maine will be hosting a Parent Information and Registration Meeting for girls in grades K-12 on Monday, Sept. 30, 6:30 p.m. at Great Falls School, 73 Justice Way, Gorham. FMI, www.girlscoutsofmaine.org.

Richard Rubin, author of "The Last of the Doughboys," will talk about his book and his experiences interviewing the last living World War I veterans on Thursday, Sept. 26, 7 p.m. at the North Gorham Public Library. Learn about the forgotten generation and their forgotten war, hear music from WWI, and enjoy refreshments at the library on the corner of Standish Neck Road and North Gorham Road. FMI, 892-7525.

The West Gorham Union Church, 190 Ossipee Trail, Gorham, will hold a Public Supper on Saturday, Oct. 5 at 5 p.m. Beans, hotdogs, casseroles, chicken pie, chop suey and more. \$7.50/\$3 under 12. FMI, 839-4208.

The Gorham Business Exchange Member Meeting will be held on Thursday, Oct. 10 from 11:30 a.m. to 1:00 p.m. at Gorham Savings Bank, 10 Wentworth Drive, Gorham. Topic to be discussed: "Cybercrime: 5 Ways to Protect Business & Personal Data." FMI, www.gorhambusiness.org.

A Rape Aggression Defense system class will be taught at Gorham Savings Bank and is open to all community members. 6-9 p.m., Oct. 8, 10, 15 and 17, OC Community Room, Gorham Savings Bank. Registration is limited; attendance at all courses is required. Suggested donation, \$25, \$10 for employees. FMI, Julie Viola, 222-1495.

Trustees of the Baxter Memorial Library will provide the residents of Gorham an opportunity to help the Lac-Megantic Library in Quebec that was completely destroyed by a train explosion this past July. A donation jar will be kept at the front desk through Saturday, Sept. 28. Please note, book donations are not being accepted for this project.

CONTINUED ON PAGE 13

GHS Athletics CONTINUED FROM PAGE 7

Spear said. "In addition to leading their teams towards these goals, we also want to give the captains an opportunity to learn from each other and discuss how we can give back to the community.

Activities that one sport is trying may work well in another, and the captains may also be able to help each other resolve any challenges they face."

One of the first tasks the Captains Council will tackle is how to get the school and the town more involved in Homecoming Week, which takes place September 30 through October 5. The weekend of October 4-5 features home games for many teams as well as a school dance. "We're not sure what we will do, but we want to make it more than just a bunch of home games," Spear said.

Seven of the eight fall coaches return from last year, with long-time indoor and outdoor track coach John Caterina now leading the way for girls' cross country. Looking ahead to the winter and spring seasons, boys' basketball is the only program with a new coach—Mark Carter. "It's great to have such stability among our head coaches," Spear said. "And when we do need to replace a coach, it's great to have coaches, with a lot of experience come in whether it's someone like John with experience within the system, or someone like Mark, with experience at other schools."

As is the case in the entire athletic world, from the professional levels on down, GHS has stepped up its effort on keeping athletes safe, especially when it comes to treating athletes with concussions. In addition to providing training to coaches on how to identify athletes who

have been concussed, GHS now relies on ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing), a scientifically validated computerized concussion evaluation system.

GHS athletes take the test under the guidance of an athletic trainer at the beginning of each sports season to get a baseline measurement prior to activity where concussions may occur. The test measures verbal and visual memory, processing speed, and reaction time. "If we suspect an athlete has been concussed, we then have them retake the test to see how they compare," Spear said. "In addition to considering other factors and input from medical personnel, athletes need to score within 10 percent of their baseline before they can return to action."

Spear added that GHS has a certified athletic trainer present at every home game. All the other schools that Gorham plays on the road also adhere to the same policy. "We also have a doctor who attends home football games and visits the school once per week to check on any athletes with injury symptoms," Spear added. "We want to take every precaution we can to protect the health of our players."

Assessing the on-field success of Gorham's teams, Spear concluded by saying, "All the athletes are working hard and representing Gorham very well. We hope to see some success in the coming year while also working with the Gorham Middle School and youth programs in the various sports to help improve the skills of our future incoming athletes."

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IMPORTANT INFORMATION FOR CAREGIVERS

Not all of us are fortunate enough to live in the same town as our entire family. Additionally, women who had once been the primary caregivers to aging family members no longer have the time to provide the kind of comfort, support and care due to being in the workforce. As a result, moving from one's home to a senior care community has become one of life's many chapters.

Women – wives, daughters, daughter-in-laws, granddaughters and nieces – are most often charged with starting the process of deciding where their loved-one can live safely.

Thankfully, many options are available, including independent retirement, assisted living, memory care, continuing care communities and private care. Whatever the final decision, the adult children have a critical role to play as their loved one begins to lose the ability to live safely and independently on their own.

With older adults, change happens rapidly. Adult children need to watch for changes with memory, ability to drive, getting proper nutrition, socialization or personal care.


When an aging relative needs to make a change in their living arrange-

ment, we all struggle with starting the dialog. There is no perfect approach to beginning the conversation. Listen to your loved-ones concerns. Are they lonely, afraid of falling, not eating properly, forgetting things? Use their concerns as a starting point for a discussion about making a change.


Advance research and planning are critical to good decision making. Many resources exist to help as the search for answers begins. Southern Maine Agency on Aging, local Alzheimer's Association, family physician, churches, geriatric case managers and the internet (of course!) are great starting points. They detail available communities, amenities and cost.

Visit, ask questions, have a meal and talk to current residents in order to get all the information needed to make a decision.

Overcoming objections of your loved-one will be one of your greatest challenges. Providing good information, responding to concerns, doing a trial stay and perhaps even enlisting backup support from the physician, will all be necessary to help an individual make a final decision.



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A School Garden Open House (sponsored by the Maine School Garden Network) will be held at 4 Seasons Preschool and Childcare, 10 Hickory Lane, Gorham, on Saturday, Sept. 28 from 3 – 5 p.m. This event is free and open to the public.

The Gorham Women's Club will meet on Thursday, Oct. 10, 12:30 p.m. at First Parish Congregational Church. A Pot Luck Luncheon followed by Mind Challenges and Laughter. Old and new members are welcome.

ON-GOING EVENTS

The Lakes Region Senior Drop-In Center, with a new interim location at Sunset Ridge Golf Links, 771 Cumberland St, Westbrook, (formerly at 40 Acorn St., Gorham) will offer a variety of daily activities and drop-in classes for seniors on Mondays, Tuesdays, Wednesdays and Fridays at 9 a.m. Stop in for morning coffee or play pickleball, poker, bingo, miniature golf, shuffleboard or cribbage. Join in on exercise, watch a movie or learn to knit. FMI, 892-5604 or email bwa31@maine.rr.com.

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.

USM NOTES

The USM Office of Undergraduate Admission will host a college fair of more than 250 colleges and universities on Sunday, Sept. 29 in the Costello Sports Complex on the Gorham campus. No registration is necessary, and students are encouraged to bring their families. FMI, 780-5670 or e-mail usmadm@usm.maine.edu.

USM Sigma Nu Fraternity will hold a bottle drive to benefit St. Jude's Hospital on Saturday, Sept. 28 from 10 a.m. – 2 p.m. Bottles and/or donations may be dropped off at the Chapter House, 24 School St., Gorham. To have bottles picked up at your home contact philanthropy chair Thomas Durgin at 781-724-4609.

USM School of Music will offer a Master Class with mezzo-soprano, Delores Ziegler, on Friday, Oct. 4, 2 p.m. at Corthell Concert Hall, Gorham Campus. Free and open to the public. FMI, www.usm.maine.edu/music .

USM Department of Theatre will perform "Night Sky," a comedic drama Oct. 10 - 13 at Russell Hall, Gorham Campus. \$15/\$11/\$8. FMI, 780-5151 or www.usm.maine.edu/theatre.

USM Art Gallery, Gorham Campus presents "Persian Visions: Contemporary Photography from Iran." Opening reception Thursday, Oct. 10 from 5 - 7 p.m. The exhibit runs through Dec. 8. Free and open to the public. FMI, www.usm.maine.edu/gallery.

CLOSE TO HOME

The Presumpscot Regional Land Trust will hold their Annual Meeting on Tuesday, Oct. 1 from 6:15 to 8:30 p.m. at the Alford Hall Auditorium at St. Joseph's College in Standish. Free and open to the public. A special presentation by USM Archaeology Professor Nathan Hamilton about the Presumpscot River's 11,000 year importance to humans. Celebrate a year of conservation victories and hear about exciting plans for future projects.

A Bean Supper will be held at the North Congregational Church in Buxton on Saturday, Sept. 28, 5 – 6 p.m. \$8.

Singer/guitarist Rory Block, who has committed her career to preserving the Delta blues tradition that redefines the boundaries of acoustic blues and folk, will perform at the Saco River Theatre on Sunday, Oct. 6 at 7:30 p.m. \$25. Registration strongly advised – 929-6472.

The Westbrook-Warren Congregational Church, 810 Main Street, Westbrook will once again host Thursday Noontime Community Meals for a \$5 donation. Sept. 26 – Chicken Pie; Oct. 3 – Shepherd's Pie; Oct. 10 – Ham and Mashed Potatoes. FMI, 854-9157.

Saco River Theatre's Old White Church in Bar Mills will host a special screening of "Buxton, Maine: An American Story," detailing the rise and fall of Buxton's earliest industries on Saturday, Sept. 28 at 6:30 p.m. This inspiring documentary will inform, educate and entertain anyone interested in local and regional history. \$15. FMI, 929-6472.

A harvest supper, a charity event, will be held at the Westbrook Eagles Ladies Auxiliary, 89 Saco St, Westbrook, on Sat., Oct 12 from 4 to 6 p.m. \$8 adults, \$3.50 12 and under.

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What a Load of Bologna

Gray Road caller reported that someone put bologna all over their vehicle.

Caller reported seeing a 4-year-old female who had a small dog on a leash, and was swinging the dog around and dragging it.

Tink Drive caller stated a female, their grandchild's mother, was sending nasty texts and had been all day.

Caller reported that two females tried to fill a fraudulent prescription.

Patrick Drive caller captured what they thought was a feral cat.

Gray Road caller reported their house was broken into and flat screen TVs were missing.

Pompeo Drive caller reported there were two pigs in their yard destroying caller's garden.

Justice Way caller reported two male juveniles acting suspiciously and hanging around the loading dock at Great Falls School.

Middle Jam Road caller wanted a call from an officer to find out if a female friend had out of state warrants.

Ossipee Trail caller reported that they refused to sell an intoxicated male alcohol, so the male subject stole the alcohol.

State Street caller reported that a male subject stopped at their door and wanted to give caller a box of steaks.

Main Street caller requested to speak with an officer about getting a tracking device for their car because caller was paranoid that an unknown male subject had put one on their vehicle.

Mahlon Avenue man was arrested for domestic violence assault.

Daniel Street man was arrested for domestic violence assault and domestic violence criminal threatening.

South Street caller requested to speak with an officer to find out if they had a warrant.

Hay Field Drive caller reported an ongoing boundary dispute with a neighbor who was now digging up the boundary marker.

Caller reported that two small boys under age 10 were pretending to hitch hike at the corner of North and Buck Streets.

Barstow Road caller reported a suspicious individual who drove partially up the caller's 500-foot driveway, started to take pictures of the house and then left.

Caller reported a suspicious subject was sitting on the picnic table behind the business.

The Warden Service in York County asked that the on duty officer in the area go over to take care of a suffering duck that was hit by a car on Brackett St.

Paulin Drive caller reported that their dog killed a wild animal last night, and they were not sure if the wild animal was rabid or not.


Officer checked on unattended vehicles in the Partridge Lane area. Vehicles belonged to subjects attending the annual campout for Gorham Cross Country team.

Taxi driver dropped off a subject on Flaggy Meadow Road who said they were going in to get money but never came out.

Main Street caller reported a female walking around outside, harassing customers and taking down their license plates.


Sebago Lake Road caller requested to speak with an officer regarding an individual who watched caller's residence when caller went on vacation.

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CALENDAR

Thursday, Sept. 26

- Baby and Me Storytime for ages 0-18 mos., 9:30 a.m., Baxter Library.
- Toddler Time for ages 18-36 mos., 10 a.m., Baxter Library.
- Gorham Food Pantry Open, 9-11 a.m., 299-B Main St., Gorham. (St. Anne's Catholic Church parking lot).

Saturday, Sept. 28

- Sparks Ark, sharing wildlife information, 10 a.m. Baxter Library.
- Greater Gorham Farmer's Market, 8:30 a.m.-12:30 p.m., Next to Baxter Memorial Library.

Tuesday, Oct. 1

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

Wednesday, Oct. 2

- Senior Lunch, St. Anne's Church, 12 p.m. \$3.50. Sponsored by the Town of Gorham. Everyone invited.
- Story Time for babies, toddlers & caregivers, 10-10:30 a.m., North Gorham Public Library, 2 Standish Neck Road. FMI, 892-2575.
- Gorham Food Pantry Open, 6-7 p.m., 299-B Main St. (Parking lot of St. Anne's Catholic Church, Gorham).
- Early Release for grades K-12.

Thursday, Oct. 3

- Baby and Me Storytime for ages 0-18 mos., 9:30 a.m., Baxter Library.
- Toddler Time for ages 18-36 mos., 10 a.m., Baxter Library.
- Gorham Food Pantry Open, 9-11 a.m., 299-B Main St., Gorham. (St. Anne's Catholic Church parking lot).

Saturday, Oct. 5

- Gorham-Windham Committee for Civil War/Gambo Gunpowder Mill project meet at the Baxter Memorial Library at 4 p.m.

Tuesday, Oct. 8

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

Wednesday, Oct. 9

- Senior Lunch, St. Anne's Church, 12 p.m. \$3.50. Sponsored by the Town of Gorham. Everyone welcome.
- Story Time for babies, toddlers & caregivers, 10-10:30 a.m., North Gorham Public Library, 2 Standish Neck Road. FMI, 892-2575.
- Gorham Food Pantry Open, 6-7 p.m., 299-B Main St. (Parking lot of St. Anne's Catholic Church, Gorham).

Thursday, Oct. 10

- Gorham Woman's Club Meeting, 12:30 p.m., First Parish Church, Gorham.

Baxter Memorial Library, 71 South St.
 Cressey Road United Methodist Church, 81 Cressey Rd.
 First Parish Church, 1 Church St.
 Gorham Food Pantry, 299-B Main St., Gorham.
 (St. Anne's Catholic Church parking lot).
 North Gorham Public Library, 2 Standish Neck Rd.
 St. Anne's Catholic Church, 299 Main St.

SPIRE 29

ON THE SQUARE
 EVENTS | WEDDINGS | CONCERTS

FRIDAY OCT 11TH THE DELTA KNIGHTS BAND

R & B CLASSICS DANCE PARTY
 8:30PM * \$5 Cover

THURSDAY OCT 17TH SAMMIE FRANCIS IN CONCERT

TALENTED LOCAL SINGER SONGWRITER
 6:30PM * \$6 Cover

FRIDAY OCT 25TH ARTS ON THE SQUARE

OUR MUSIC, ART & WINE SERIES BEGINS!!!
 6:00PM * \$10 Cover

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CLASSIFIEDS

FOR SALE

THERMA PRIDE Oil Furnace, Model OL5 85 for sale due to natural gas conversion. Certified plumber states furnace in great condition with lifetime warranty on heat exchanger. Purchased new in 2000 and heated a seven room home very well. Serviced each year. \$569.00. Call 839-2633.

GRAY STEEL FLATFILE 40 3/4 x 29 x 17 1/2, 5 drawers. \$550 Call 222-2462

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PIANO LESSONS. All Ages. Patient, experienced educated teacher. Call P. Gates, 839-6141. Free trial lesson.

PET SITTING

www.petsittinginmaine.com. No crates here! 24/7 DOG WALKS. Dogs under 40 pounds. 838-0132.

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FALL CLEANUP and leaf removal. We can haul away and make your yard look great. Call Doug at Chris Woods Landscaping. 332-7764.

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IRISH CLEANING LADY looking for some new jobs. I really enjoy cleaning. Good ref. Free estimates. Call Candy Leavitt, 839-2368.

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

HELP WANTED

Internet Researcher - Do you know Boolean Strings?

If so, I need a part time Researcher using Boolean. Must be creative, timely and organized. Very flexible, work from home. Assignments will be one to four hours a week. Please call Maynard @ 839-2633 to discuss.

Gorham Times

DEADLINES:

Ad Deadline	Publication
Oct 2	Oct 10
Oct 16	Oct 24
Oct 30	Nov 7

What's on Gorham Cable Access Television (GOCAT)?



Visit the Stay in Touch section of www.gorham-me.org for program guides for Gorham Government Education TV (Channel 2 on Time Warner Cable) and Public Access (Channel 3 on Time Warner Cable). Live streaming and video on demand is available.

Children's Eye Care



Jennifer Haverkamp, OD



Eric Roush, OD

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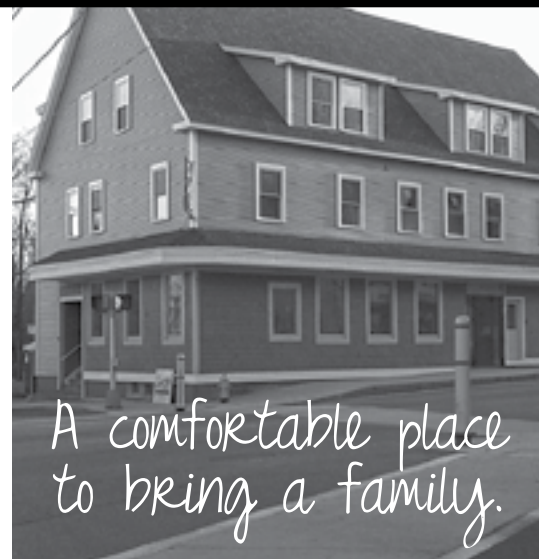
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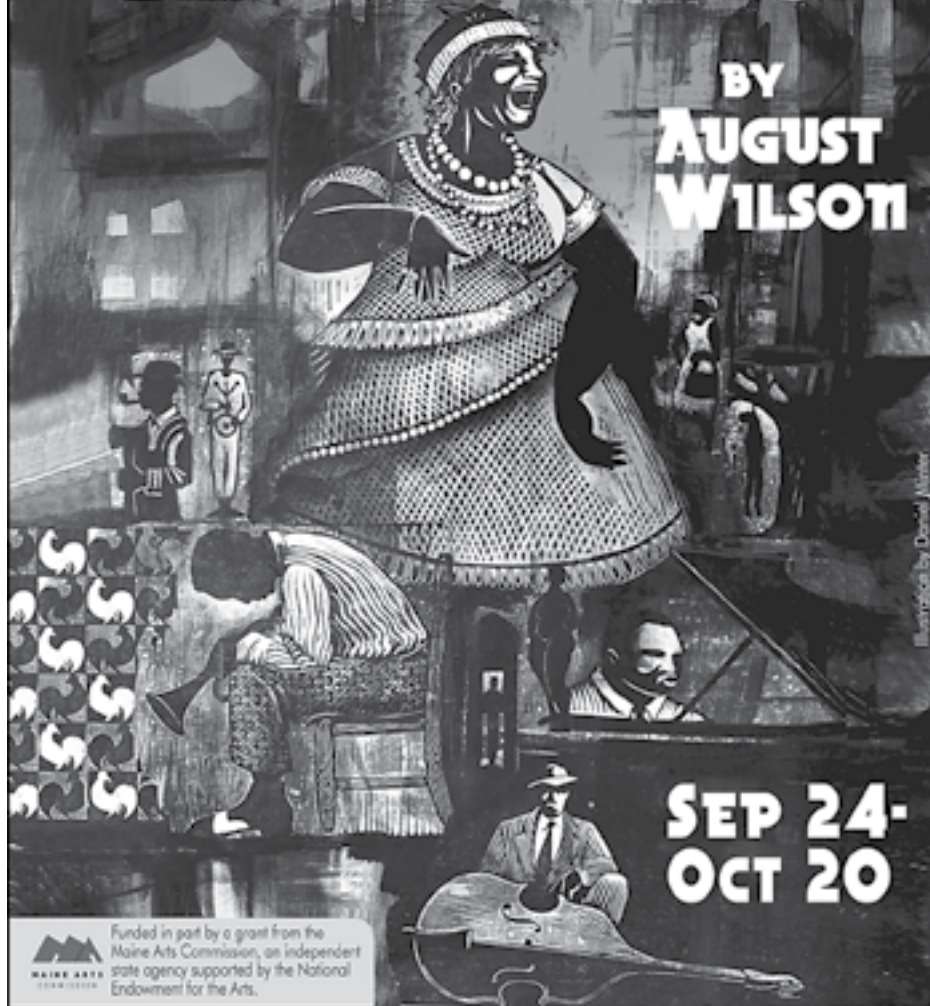
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