

# Gorham Times

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

## Honoring Our Veterans



In Gorham's Veterans Day ceremony, community members, veterans and law enforcement gathered to remember and honor those who have fought for our country.

BY PAMELA TURNER

Director, Baxter Memorial Library

On November 11 community members of all ages joined together to honor our veterans. Approximately 130 people including many veterans attended the Gorham Veterans Day ceremony.

The ceremony was truly a community event. Gorham Girl Scouts decorated the outside of the Municipal Center with Pinwheels for Peace, greeted attendees and served refreshments prepared by Friends of Baxter Memorial Library volunteers. The Centennial Brass Band played a variety of military songs using authentic Civil War Era instruments. Gorham High School student Jackson Banks led the Pledge of Allegiance and the Gorham VFW Post 10879 Chaplain Wayne Morrill offered the prayer.

Carl and Marcena Phillips spoke about and showed a video on the Wreaths Across America program. A documentary produced by GoCat TV Manager Georgia Humphrey called "The Civil War: Gorham Connections" paid tribute to Gorham's Civil War Veterans and Gorham's participation in the Civil War. Public Services Librarian James Rathbun spoke about the Gorham Veterans Database being developed by the Baxter Memorial Library.

The Gorham Police Color Guard presented and retired the colors and Chief Ron Shepard announced the Salute to Service Honors.

The purpose of the Veterans Day Ceremony was, first and foremost, to honor our veterans. It also honored active service members as well as Gorham's military history. Originally the idea of the late Martha Harris, the ceremony has become an annual tradition in Gorham. This year the Veterans Day Ceremony Committee members were Georgia Humphrey, James Rathbun, Ron Shepard and Pam Turner.

Several Town departments and community groups were instrumental in making the Veterans Day Ceremony happen. Thank you to the Friends of Baxter Memorial Library, Gorham Arts Alliance, Gorham Community Access TV (GoCat), Gorham Girl Scouts, Gorham Police Department, Gorham Public Works Department, Gorham Recreation Department, Gorham VFW Post 10879, the Local and Legendary: Maine in the Civil War Grant Program, and the USM Gorham ROTC.

## Martin's Point Breaks Ground on New Gorham Health Care Center

BY KAREN DiDONATO  
Editor

Officials of Martin's Point Health Care and the town of Gorham came together on November 7 at the intersection of Main Street and Rt. 237 to break ground for a new nearly 12,500 square foot health care center that is set to open in August 2014. A ceremony was held with approximately 60 guests, including Martin's Point staff and representatives from the town. Speakers talked about the significance of the new building to Martin's Point patients and the surrounding communities. The importance of having a health care facility that is centered on the needs of the patient, and incorporating a sense of community into the design, were common threads throughout the remarks.



Taking part in the ceremony were (from left) Dr. Jonathan Harvey, the interim chief medical officer at Martin's Point and a Gorham resident, David Galbraith, Zoning Administrator for the town of Gorham, Dr. David Howes, CEO and President of Martin's Point, Dr. Jennifer Friedman and Dr. Martin Wesolowski from the current Martin's Point Health Care facility in Gorham, and Shannon Banks, Martin's Point Senior Vice President Delivery Systems Operations.

## Soft Lockdown, GHS Performs Search

BY SHERI FABER  
Staff Writer

On October 28th, Gorham High School (GHS) had a "soft" lockdown. The purpose of the lockdown was to combat drug use. Everyone remained in their classrooms and teachers were instructed to lock their doors but continue teaching since no one was in danger. This information was repeated multiple times to reassure everyone that this was not an emergency situation. Police and working dogs trained to sniff out drugs searched the school and surrounding property.

"Student and staff security is paramount at Gorham High School" said Principal Chris Record. "The school has to do everything it can to make this a safe learning environment."

According to the police, in this instance the dogs identified several lockers as well as several vehicles in

the parking lot as smelling of drugs; however, no drugs were found and no arrests were made.

**"Student and staff security is paramount at Gorham High School" said Principal Chris Record. "The school has to do everything it can to make this a safe learning environment."**

The school, which permitted the search, owns the lockers and the parking lot. If the drug-sniffing dog identifies a locker as having drugs, the student is brought to the locker to open it for the administrator. If drugs are found, the police will be called. In many instances, the student may have

used drugs off school premises but because the scent is on their clothing or in their car, the dog will react to it.

Gorham uses dogs from the Working Dog Foundation, which is supported by a number of area communities (not including Gorham). The dogs do searches at least once a month to maintain their skills with the police officers certified as trainers. In addition to school lockdowns, the dogs are called out when there is a criminal suspect who may have hidden drugs. Other dogs are trained just to sniff for bomb making materials.

Most area high schools have these soft lockdowns and do them on an ongoing basis as one means of dealing with drug use in our schools. Record noted, "There will be future times when this is done again. GHS is thankful to the area police community for their participation in our effort."

## Happy Thanksgiving from the Gorham Times

**Village School Celebrates 50 Years**

ARTICLE, TESTIMONIALS & PHOTOS ON PAGE 8

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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. Printing services by Alliance Press, Brunswick, ME

# Tax Expenditure Review Task Force

By Rep. Linda Sanborn

In order to prevent a massive tax shift to towns across the state, Maine must target and eliminate inefficient and ineffective elements of its tax code.

With this in mind, the Legislature passed a budget compromise that included the establishment of a Tax Expenditure Review Task Force. The task force, consisting of lawmakers, business interests, economists and tax experts, must find \$40 million in savings through eliminating tax loopholes.

To be successful, though, the task force will need an in-depth understanding of our tax expenditures and corporate loopholes, which, for decades, have gone relatively unanalyzed.

Our tax code is full of tax expenditures—money the state would normally take in that it instead loses through tax breaks, credits or exemptions. In most cases the tax breaks were implemented to achieve certain goals. These loopholes are expensive and in most cases we don't know if they produce the desired result.

While lawmakers labor extensively over a two-year budget—debating and negotiating on each line—there is hardly any accountability or analysis of Maine's tax breaks. Policymakers do not regularly examine tax expenditures; nor do most states, including Maine, document their effectiveness in some way. Without information on a tax break's cost and benefit, lawmakers cannot make an informed

*The task force, consisting of lawmakers, business interests, economists and tax experts, must find \$40 million in savings through eliminating tax loopholes.*

decision on whether its continuation is in the state's best interest.

The Pew Charitable Trusts labeled Maine one of 25 states that are "trailing behind" other states when it comes to reviewing and analyzing the impact of its tax breaks. The state has very little oversight or understanding of which tax breaks are effective and how much they really cost.

Maine's tax breaks deserve the same scrutiny as its budget.

The Tax Expenditure Review Task Force has several goals. One is to put the state's "off-the-books" tax breaks under the same microscope as all state spending. This will allow the task force to look at what's working and what's not and align our tax incentives to our economy.

The Task Force is also charged with developing a process to create more transparency and accountability in our tax policies. This may

include establishment of an independent commission, establishing a budget or caps for tax expenditures or establishing fixed dates at which these expenditures will end.

Should the Task Force not find the required \$40 million in savings in tax breaks, the money will instead come from additional cuts to Revenue Sharing. Revenue Sharing is what most towns depend on in order to fund local services and hire public workers. To dip into money normally allocated to towns and cities would lead to hikes in property taxes.

We've already seen our property taxes increase this year. However, had the Governor's budget proposal passed, all revenue sharing would have been cut and we would have seen our property taxes go up even more.

It is unacceptable to handicap community budgets and put the jobs of our teachers, policemen and other public employees at risk in order to protect a costly and, at times, ineffective tax code.



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## around town

Town Manager David Cole recently issued service pins to several town employees: A five-year service pin to Laurie Nordfors, of the Town Clerk's Office; a five-year service pin to Lisa Sangillo, of the Gorham Police Department; a ten-year service pin to Julie Flanagan, also of the Police Department; and a twenty-year service pin to Pam Turner, director at Baxter Memorial Library.



### Happy Thanksgiving

Thanksgiving is a time to reflect on the things for which we're truly grateful. At Edward Jones, we're thankful to serve our clients and our community. During this holiday season and every day, we wish you all the very best.

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## Gorham Times

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Jan 8	Jan 16
Jan 22	Jan 30
Feb 5	Feb 13
Feb 19	Feb 27
Mar 5	Mar 13

# 320ink Makes Imprint in the Industrial Park



Drue Nickerson (above), founder and CFO of 320ink, recently relocated his growing business to the Industrial Park. Pictured (right) with 320ink titles: Cody Watts, production ninja/budding graphic artist; Drue Nickerson, Founder/Chief Visionary/Art Department; Matt Fitzgerald, partner, sales, invoicing samurai; and Andy Syafarudin, production manager/set-up sensei.



By JACKIE FRANCIS  
Staff Writer

A glass-framed hand-painted Raggedy Ann t-shirt hangs in the office of Founder and Chief Financial Officer (CFO) Drue Nickerson. 320ink is a specialty screen-printing and embroidery company that designs and prints t-shirts in Gorham, which reflects the symbolism of Nickerson's original childhood artwork. As an eleven-year old entrepreneur, he designed, painted and sold cartoon-inspired t-shirts to neighborhood friends for five dollars each. With his t-shirt proceeds, he then bought himself a skateboard. Fast-forward 25 years and he is still selling t-shirts.

Born and raised in Gorham, Nickerson, an Air Force veteran who served two tours in Kuwait and Iraq, opened his first t-shirt printing business in the basement of his home seven years ago. A few years passed and the presses, paints, screens and supplies were taking over his home. He moved his business to a Standish location but soon outgrew that space too. "With a lot of early mornings, late nights, hard work and weathering some scary risks, we are now in a spacious 5,000 square foot facility [in the Gorham Industrial Park] running automated, state-of-the-art equipment with multiple employees," says Nickerson. "I am excited to return to Gorham."

T-shirt printing is 320ink's specialty, however, they also offer screen-printing on a variety of products including, sweatshirts, tote bags, aprons and towels. Digitally printed banners of the highest quality vinyl and ink are hemmed and grommited and, according to the company's website, are available in custom sizes including humungous! Embroidered baseball caps, knit caps, as well as corporate wear like fleece jackets, oxfords, and polos are another area of 320ink's

expertise. Online catalogues, including sample catalogues available in the customer showroom, offer high-end brands such as Nike, Sport Tek, Eddie Bauer and Holloway to name a few.

320ink, which happens to be the heat temperature of the dryer that cures the ink on t-shirt—hence the name of the company, can print between 400 and 600 t-shirts per hour on their state-of-the-art M & R eight color Diamond Back Press. Water-based discharge inks are the choice of preference, which removes the dye from the shirt and replaces it with ink rather than just soaking the ink into the fabric. "It's a riskier technique," says Nickerson who has mastered the method, "but well worth it making for a softer shirt."

Nickerson, who holds a business degree and a minor in art, enjoys the creative process of listening to clients, outlining their needs and then delivering the artwork that will produce the "wow factor." He is completely self-taught and takes his reputation seriously in the corporate screen-printing world, testing, wearing and washing garments before recommending to customers. "I'd like to be the best printer in New England," he says unassumingly. "I think we care more about the finished product and I'm obsessed with quality," offering an explanation of what makes his business unique. "We're professional and passionate about what we do while offering friendly interaction with customers," and he adds, "we've never missed a hard deadline."

For more information visit the 320ink Facebook page at [www.facebook.com/320ink](http://www.facebook.com/320ink) or [www.320ink.com](http://www.320ink.com). Also, see advertisement on page 16.

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# Why Can't I Change?

By STACEY COLEMAN

If you have been struggling with losing weight and getting fit, you are not alone. The truth is, many people struggle without ever reaching their goals. The following tip is your answer to reaching any goal in your life: be diligent, challenged and happy. Sounds simple, because it is. Let me break it down for you:

**Be Diligent:** Many people do not stay consistent on the journey toward their goals long enough to see change.

People often start and stop over and over again, leaving them feeling defeated. The only successful people I have met are diligent and persistent. It is the little things that matter. Sure,

that one weight-training workout is not going to show immediate results. That one salad you ate for lunch yesterday is not going to show up on the scale. However, day after day, all of these small decisions add up to big results. Stick to it. Exercise at least four times each week, no excuses. Track your food and calorie intake, no excuses. Once you have mastered the art of diligence, you can use it in any important area of your life, in any endeavor or pursuit, to achieve incredible outcomes.

**Be Challenged:** Why is it that you jog three miles every day and do 100 crunches, and still your body stays the same? Why can't you change? Here is the simple answer: You have not changed, because you are not changing. Be honest with yourself. Every time you workout, do you do the same thing? Sure, it may be a new gym or a new DVD, but really, is it different? Do you go into the workouts with the same "go get 'em" attitude that slowly fades after two or three weeks? Do you always do the 15 pound dumbbells, because that is what you have done before? Do you always hit the treadmill for a slow and steady jog, because you are comfortable with that? If so, it is time to break through the walls of your comfort zone and change the way you go about reaching your health goals.

Figure out your comfortable level and then force yourself to push just a little more. I guarantee, once you take that step, you will start to see changes.

**Be Happy:** Attitude is everything. If you go out looking for trouble, you will find it. If you go out looking for happiness, you find that, too. It is all about how you set your mind. In a book called "Soul Detox," author Craig Grosche, says: "A humming bird looks for flowers and flowers are what they find. A vulture looks for dead things, and dead things are what they find."

*The answer to reaching any goal in life is to be diligent, challenged and happy.*

Do you ever wake up and dread the day before it even starts? Do you look at your kids in the morning and dread the effort it will take to drive them, feed them, bath them and teach

them each day? Do you look forward to your workout or do you fill your mind with negativity? How about your diet? Do you sulk at the idea of tracking calories and eating healthy? If you answered yes to any of these questions, it's okay, we are only human, and therefore imperfect. We all need a reminder now and again to reassess our attitudes.

Now imagine if you were to start each day, no matter what tasks or schedules lay ahead, with a positive attitude. "I am going to give this task my best effort." "I will enjoy my children today." "This workout is getting me closer to my goal." "Choosing this meal will help me lose weight." Sure it may sound simple, but positive attitudes work.

Any one of these tips alone will not lead to success. You must combine the three to find the results you have been seeking. It's not going to be easy. Step out of your own way and give it a try. It is going to be worth it. Diligently challenge yourself with a happy attitude everyday.



Stacey Coleman is Founder/Executive Director/Fitness Coach of My-FIT-24. She has a B.S. in Health and Fitness and 15 years of professional field experience.

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# Clerk's Corner

By JENNIFER ELLIOTT  
Acting Town Clerk

Well, the election is over and we all survived using the new voting machines. The new machines are more interactive and give the voter the control on what they want to do with a ballot that may be over-voted or blank.

We had a 22% voter turnout, with Bruce Rouillard and Benjamin Hartwell elected to the Town Council and Matthew Robinson re-elected to the Town Council. In the School Committee race, it went to Kyle Bailey and John Doyle. I look forward to working with all the new members of Council and School Board.

As the weather gets colder, I would like to remind people that we have applications for Christmas help, and to fill those requests, we rely on donations from individuals, groups and businesses. The donations go directly to Gorham families

that have applied for help. Along the same lines, we have a fuel fund that relies on donations and you can find out more information by calling our office at 222-1670.

Hunting and fishing licenses for 2014 will be available December 1st. Remember that dog licenses are due by the end of this year. We have the 2014 dog tags available now if you would like to get one. Just bring the dog's current rabies info. Also, as always, you will need your current up to date insurance card and your mileage when you register your vehicle.

Wishing everyone a happy and safe Thanksgiving season.



Acting Town Clerk Jennifer Elliott can be reached by e-mail at [jelliott@gorham.me.us](mailto:jelliott@gorham.me.us) or by phone at 222-1674.

**Watch the skies for Comet ISON. It is visible now to the naked eye, but on November 28 it is expected to pass about 680,000 miles above the surface of the sun making Thanksgiving Day the best day to see it, weather permitting. FMI, science.nasa.gov.**



Left to Right: Jeff Applegate, Jason Cole

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# Planning Board Results

By KAREN DiDONATO  
Editor

The last Planning Board meeting included five public hearings including two site plan reviews and three site plan amendments.

The site plan reviews included: Cumberland Farms requested approval for construction of a 4,513 square foot convenience store and service station at 74 County Road. Approved 6 to 0 (George Fox absent).

Maine Automated requested approval of a building renovation with parking and landscaping at 63 Country Road. Public hearing to be continued with a site walk to be scheduled.

The Site plan amendments included: The United Methodist Church at 81 Cressey Road requested approval to split off a lot from the existing church lot to be used as a parsonage. Approved 6 to 0 (Fox absent).

Goodwill Industries of Northern New England requested approval for additional parking at 34 Hutcherson Drive in the Industrial Park. Approved 6 to 0 (Fox absent).

Shaw Earthworks requested approval to increase the amount of impervious area and to add a second office entrance to their 11 Cyr Drive property. Approved 6 to 0 (Fox absent).



# Chief Shepherd Reports

The November Grand Jury has returned the following indictments:

Cynthia Collins, 30, of Gorham was indicted for possession of drugs on charges brought by Westbrook Police Department.

Dereck Crowe, 24, of Gorham was indicted for possession of scheduled drugs and criminal OUI on charges brought by Gorham Police Department.

Michael Gleason, 35, of Standish was indicted for aggravated operation after habitual offender revocation and criminal OUI on charges brought by Gorham Police Department.

Joseph Perry, 43, of Gorham was indicted on charges of sexual exploitation of a minor and possession of sexually explicit materials on charges brought by Maine State Police/Computer Crimes.

Paul Tukey, 20, of Gorham was indicted for burglary, theft and criminal mischief on charges brought by Portland Police Department.

There have been several burglaries in the Huston Road area including the theft of copper from an empty house on Harding Bridge Road. Police have identified a suspect.

**Thank YOU!**

**Thank YOU!**

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Alice Grover	Ginny and Don Cross	Ocean Gardens
Art's Nails	Gorham Bike and Ski	Phinney Lumber
Ben Hartwell	Gorham Grind	Pinecrest Inn
Bill Dodge	Gorham House of Pizza	Portland Sea Dogs
Bookworm	Gorham Recreation Dept.	Pure Movement
Bruce Rouillard	Gorham Times	Robin Bacon
Carter's Automotive Services	Hannaford Gorham	Sebago Brew Company
Carter's Green Market	Honor Holdings LLC	Sigma Nu Fraternity
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Crockett Furniture	Linda Chambers	Therault Chiropracter
David McLean	Mainely Plumbing and Heating	Tinsel Bright
Dick Warde	Marguerita's	USM Alumni Association
Donald Rouillard	Martha Rouillard	USM Athletic Dept.
Duane Dreger	Matt Mattingly	Victoria's
Eco Home Studio	Matt Robinson	Whispy Ends
		Whole Foods

We appreciate these businesses and individuals that donated items for the annual auction to support New Year Gorham

# GHS Fall Sports Awards

COMPILED BY JEFF PIKE  
Gorham Times Sports Editor

## SMAA All-Academic Seniors

**Golf:** Dylan Turner.

**Field Hockey:** Hannah Southard, Maddie Hamblen, April Cummings, Julia Donley, Molly Dufour.

**Boys' Soccer:** Tyler Eldridge, Travis Grant, Corey Nadeau.

**Girls' Soccer:** Emily Deluca, Abbie LaPorte, Meghan Cushing, Morgan Cushing, Jessica Rexrode, Sydney Prindle.

**Girls Cross Country:** Karen Knight, Kelsey Mitchell, Jacqueline Turner, Laura Turner.

**Boys Cross Country:** Thomas Bradshaw, Jeremy Collett.

**Football:** Josh Slater.

## SMAA All-Conference

**Football:** First Team-Gage Pratt; Honorable Mention-Stephen Burns, Zac Lee, Zach Mills.

**Volleyball:** First Team-Samantha Robinson; Second Team-Hallye Anderson, Charlene Landry; Honorable Mention-Tori Small.

**Girls' Soccer:** First Team-Meghan Cushing; Second Team-Abbie LaPorte; Honorable Mention-Jessica Rexrode, Cady Houghton.

**Boys' Cross Country:** First Team-Jesse Southard; Honorable Mention-Jeremy Collett.

**Girls' Cross Country:** Honorable Mention-Jacqueline Turner.

**Field Hockey:** First Team-Charlotte Smith; Second Team-Hannah Southard; Honorable Mention-Sarah Norton; All-Rookie Team-Andrea Stemm.

**Boys' Soccer:** First Team-Austin Bell; Second Team-Cody Elliott, Cole Houghton.

**Golf:** First Team-Kenny Tuttle, Tucker Buteau; Second Team-Matt Melton.

## Team Ram Awards

**Cheerleading:** Outstanding Rookie-Kara Doane; Coach's Award-Kaylee Boyd; Senior Award-Jillian Robbins.

**Girls' Cross Country:** Most Valuable Runner-Jackie Turner; Outstanding Newcomer-Diana Albanese; Coach's Award-Laura Turner.

**Boys' Cross Country:** Most Valuable Runner-Jesse Southard; Rock Solid Competitor-Jeremy Collett; Coach's Award-Thomas Bradshaw.

**Football:** Most Valuable Player-Gage Pratt; Coach's Award-Andrew Briggs; Outstanding Newcomer-Zac Lee.

**Golf:** Most Valuable Player-Kenny Tuttle; Most Improved Player-Max Johnson; Coach's Award-Matt Melton.

**Boys' Soccer:** Most Valuable Player-Austin Bell; Defensive Player of the Year-Cole Houghton;

Offensive Player of the Year-Cody Elliott.

**Girls' Soccer:** Golden Boot Award-Abbie LaPorte; Coach's Award-Emily Deluca; Leadership Award-Meghan Cushing.

**Field Hockey:** Most Improved Player-Madeleine Hamblen; Leadership Award-Hannah Southard;

Most Dedicated Award- Megan Baker.

**Volleyball:** Most Valuable Player-Samantha Robinson; Coach's Award-Charlene Landry; Dedication Award-Tori Small.

# Gorham Runner Among New England's Best



With a sixth-place finish in the Class A State Championship, GHS sophomore Jesse Southard qualified for the New England Cross Country Championship that took place November 9th in New Hampshire. Southard, shown above in action from earlier in this season, finished 150th with a time of 17:07.10 over the 5K course.

## sports Etc.

GHS Boosters Looking for More Help: The Gorham Boosters meet the second Monday of every month at 6:30 p.m. at the GHS Library. The next meeting takes place December 9th. Anyone wishing to help out can contact Lenny Holmes at gorhamboosters@gmail.com.

## in the Zone

**College Soccer Honors:** Two Gorham grads received recognition from the Great Northeast Athletic Conference (GNAC) for their accomplishments on their respective women's soccer teams. **Lauren Chouinard** (GHS '10), senior midfielder for the Saint Joseph's College of Maine, was named to the All-Conference second team. On the season, she scored five goals, including four game-winners, while handing out two assists and with a team-high in shots-on-goal (27). Also receiving recognition from the GNAC was Mount Ida College (Massachusetts) freshman defender **Libby Andreasen** (GHS '13), who was selected as Mount Ida's representative on the All-Sportsmanship Team. Andreasen started in all 16 of the team's games.

**Football Grad Helps College Team Win Conference Title:** Playing tight-end for the Wesleyan University (Connecticut) football team, junior **Jon Day**, pictured at right, (GHS '10) helped the team to a 7-1 record and a share of the New England Small College Athletic Conference (NESCAC) title. For the season, Day caught 10 passes for 139 yards and scored two touchdowns.



## State Soccer Coaches Recognize Two GHS Stand-Outs:

Seniors **Austin Bell** and **Meghan Cushing** were respectively named to the boys' and girls' Class A West Maine Soccer Coaches Regional All-Star Team. Both players were invited to participate in the Annual Senior Bowl November 17th at Hampden Academy.

## Upcoming GHS Varsity Sports Events

**Saturday, November 23**

10 a.m. – 7:00 p.m.

Multi-team girls' basketball tournament @ GHS

5:20 p.m.

Girls' Hockey vs. Winslow @ USM

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

## Plantar Fasciitis — Gone



“ I have suffered from plantar fasciitis for over ten years. Been there, tried that, to relieve the pain. Reading an issue of the Gorham Times one day, I noticed an advertisement for relief of plantar fasciitis by Dr. Rob at Gorham Chiro. I made an appointment. One month later (and since), I'm pain free and walking the trails. Dr. Rob is professional, friendly, and is an excellent chiropractor. I highly recommend his magic hands.”

—Joe G., Gorham

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# Girls on the Run Group in Gorham Teaches Life Skills

By EMILY LEWIS  
High School Intern

Whether you're a male or a female, we all know how important it is to have confidence in ourselves, and how young people oftentimes struggle with this, girls especially. Constantly being bombarded with images of what girls are "supposed" to look like in magazines, the TV, and the Internet, it's no surprise that by the age of 14, more than half (55%) of girls already feel pressure to be beautiful.

This percentage increases at an alarming rate as the age goes up. It's impossible to overlook body image and self-esteem issues in today's world. Lack of confidence begins at a young age, when girls are just starting to see the differences between themselves and other people. It's a dangerous cycle that is easy to get sucked into and just as important to stay out of. Fortunately, there are many organizations that encourage girls to recognize their power and potential, one of them being Girls on the Run, which has a group right here in Gorham.

Girls on the Run is a non-profit organization that works to help elementary school-aged girls recognize their power and embrace being themselves. The organization dreams of a world where "every girl knows and activates her limitless potential and is free to boldly pursue her dreams."

Since 1996, when the first group was started in North Carolina, it has grown

to serve over 130,000 girls in 200 cities across North America each year. Each local council is committed to inspire girls to be joyful, healthy and confident.

This past year, Girls on the Run came to Gorham, thanks to four women: Shelley Dolley who heard about it from friends in Michigan; Angela Olsen, who volunteered at one of the events through the YMCA; Jennifer Rush, who read about it in a catalogue and the program's website; and Sue Adams-Thompson, an elementary school teacher, who learned about it through friends and family in other parts of the US.

All four were impressed by the thoughtfulness, benevolence, and energy the program brought to all who were involved. They decided to start a group in Gorham for these reasons.

Girls on the Run has a unique approach to achieving its mission as there are two distinct components to it. The first is a twenty-four lesson curriculum where members discuss problems and solutions to common issues that girls deal with. The lessons spawn from three main principles: understanding themselves, values of relationships and teamwork, and understanding how they connect with and shape the world. Each lesson encourages girls to talk about issues they see in their own lives, including bullying, gossip, peer pressure, and self-image.

Along with the lessons, the members also partake in a physical fitness program that ends with a celebratory 5K run.



The national Girls on the Run program came to Gorham this year for the first time with many elementary-age girls participating. The group capped its year during a 5K run at Pineland Farms in New Gloucester on November 17th. Participating in the group, front row from left to right: Rachel Cummings, Abigail Houpp, Cassara Novak, Amelia Connor-McCoy, Maeve Donnelly, Emma Mullin, Rylan Flagg and Taylor Jordan. Back row: Head Coach Sue Adams-Thompson, Site Liaison Shelley Dolley, Cailyn Wheeler, Ava Dolley, Grace Johnson, Grace Flynn, Lucy Hatch, Coach Angela Olsen and Coach Deb Smith. Not photographed: Coach Jen Rush.

Here in Maine, the Gorham group joined other local Girls on the Run groups in the running the 5K November 17th at Pineland Farms in New Gloucester.

The exercise enforces the importance

making healthful choices, but it doesn't stop there. As Olsen puts it, "instead of eating their way out of a problem...they run, walk, skip, or jump their way out."

CONTINUED ON PAGE 11

Illustration by Vladyslav Yelko, from the book published by A-BA-BA-HA-LA-MA-HA. Courtesy Anderson House Foundation

Nov 29 - Dec 22

## The Snow Queen

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# Narragansett Teacher Honored by ACTEM

BY STACY SALLINEN  
School Coordinator

An educator from Gorham was one of four honored by the Association of Computer Technology Educators of Maine (ACTEM) in October.

Jacqueline Durant-Harthorne, a second grade teacher at Narragansett School, was a finalist for the Educator of the Year Award through ACTEM. The award honors an educator who has demonstrated outstanding achievement and leadership in implementing technology to improve education.

"Jacqueline is not only passionate about the effective use of technology in her own classroom; she is also a strong advocate for others," said Dennis Crowe, director of technology for the district. She has created and shared math and reading lessons with teachers both in and out of Gorham schools, and her second grade students



The Association of Computer Technology Educators of Maine recognized Jacqueline Durant-Harthorne as a finalist for the Educator of the Year Award.


selected their best writing samples to be displayed in their digital portfolio.

Durant-Harthorne received a \$500 cash award and plans to purchase another iPad for her classroom.

# Gorham Student Council Making a Difference



The Gorham Middle School Student Council recently completed their Animal Refuge League drive by collecting blankets, towels, sheets, food and toys for the animals. Student Council representatives also sold Beary Special Bears to raise money for the shelter and a local animal rescue organization that has many foster homes in Gorham. They donated \$500 to the shelter and \$300 to Helping Paws Maine. Students were rewarded with a trip to the shelter where they met Fred, an older dog that has been with the shelter for a while. He is a loving dog who enjoys playing with all the students. Animal Refuge League representatives say his age and brindle color reduce his hopes of being adopted. Anyone interested in adopting Fred can contact the Animal Refuge League.



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# Changes Coming for Maine's High School Equivalency Test

BY LISA DALRYMPLE  
Gorham Adult Education

Changes are coming for the high school equivalency test in Maine. With the current version of the GED® expiring at the end of 2013, states were faced with a decision to continue with GED® Testing Service's new version or look at a number of other companies offering alternatives. Ultimately, Maine decided on a new direction and is pleased to announce that it will offer the new ETS High School Equivalency Test, HiSET™, a national testing program that provides an alternative to the GED® test. ETS and Iowa Testing Programs design The HiSET™ program, two highly respected non-profit assessment organizations and makers of tests such as GRE, Praxis, SAT, TOEFL and more.

The HiSET™ will measure the same competencies as the GED® test. HiSET™ candidates will be tested in five core areas aligned with

the Common Core State Standards: Language Arts—Reading, Language Arts—Writing, Mathematics, Science, and Social Studies. Scores from the HiSET™ program will have two cut-off points: high school equivalency and career- and college-ready.

Important information to know:

- The last date to take any GED® test is December 6, 2013.
- The first date to take the HiSET™ test is January 2, 2014.
- Students' current GED® scores will carry over and be combined with HiSET™ scores until December 2014. After that date students will test only with HiSET™.

• Successful completion of the HiSET™, just as with the GED®, will give students a Maine High School Diploma.

For more information about the HiSET™ program or testing procedures visit [hiset.ets.org](http://hiset.ets.org), [www.gorham.maineadulted.org](http://www.gorham.maineadulted.org), or contact Gorham Adult Education at 222-1095.



# Retro School Spirit

Alie Peterson and Mackena Homa take a trip back to the 80's for Great Falls school spirit day.

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## school notes

The Guidance Department at Gorham High School is looking to make contact with all members of the 2013 graduating class to learn how post-secondary plans are going. Visit the following link to complete a survey: <http://goo.gl/jvQ8n5>. FMI, contact Kate Stevens or Ryan Watts at 222-1102.

Well-known picture book author David Ira Rottenberg visited Narragansett School on October 23. Accompanying Mr. Rottenberg were the dancers from the Maine State Ballet. Together, they put on a reading/dance performance of Mr. Rottenberg's book, "Gwendolyn, the Graceful Pig". The story encourages children of all ages to pursue something that they are passionate about. The graceful ballet moves of the dancers and the entertaining read-aloud by the author made this story a hit with staff and students alike.

There will be an Odyssey of the Mind Auction on Wednesday, Dec. 4 from 6 to 7:30 p.m. at the Gorham Middle School. FMI, 632-8095.

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# Village School Celebrates 50 and Counting

COMPILED BY STACY SALLINEN  
School Coordinator

A village turned out for Village School's special celebration - the school turned 50 years old! A community-wide celebration for past and present students, parents, teachers, principals, staff members, superintendents, school committee members, and the larger "Village"

community and beyond, took place on November 7. Festivities included fun facts on Village's history and a chance for some to share what Village School meant to them. Photographs, written testimonials and reflections for a slide show are still being accepted for a future showing on GoCat. FMI please contact Kim Meggison at kimm@gorham-schools.org or 207-222-1270.



Pictured left: Attending Village's 50th Celebration were Chris and Ervin Kimball. Mr. Kimball served as principal of Village School and Little Falls School from 1963 to 1985. Mrs. Kimball was the secretary at White Rock School for many years, and is currently a foster grandmother at Great Falls School.

Pictured below: A community-wide celebration for Village School at 50 Years Old.

*I kept all my marbles in a little deerskin pouch; wouldn't want to lose my marbles, that would come later in life. I lived close by so I walked to school every day. I would get to school early so I could play marbles with my friends. You started by digging a small hole in the dirt and then drawing a large circle around the hole. Holding the marble hooked in your finger and using your thumb to flick the marble, you tried to knock yours were knocked in. If you played for before yours were knocked in. If you played for keeps, the winner would keep all the marbles. I can't remember all the different names for the styles of marbles but some were "Cats Eye" and "Solids". We would trade them, and you always had your favorites that you would only play with for "fun," never keeps.*

**Doug Carter, Owner of Carter's Auto Service  
Village School  
Grades 4-6  
1972-1975**

*Village School always will hold a special place in my heart. One of my favorite memories is Corey proposing to me in Maryjo's room.*

**Gigi McAllister  
4th Grade Teacher  
Village and Great Falls Schools**

*Something I remember about Village School is the gym teacher, Mr. Speed. He was awesome. We played games and I loved to play floor hockey. I liked all the teachers and the principal and all the kids were nice. The food was AWESOME!!!!!! I liked the portables even though those are gone. We did fun experiments. We always had pajama and ice cream parties and it was always fun. And those are my memories.*

**Noah Hatch  
current 6th grader at Gorham Middle School**

*From my point of view as a former student, parent, and current teacher, Village School has always been a place that has embraced diverse learners and personalities. We have been fortunate to have had a history of supportive administrators and staff that truly connect with children and families (and have supported each other). Village is aptly named; it really does take that proverbial Village to ensure that each child feels secure enough to take risks both personally and academically.*

**Kim Meggison  
Former Student and Current Teacher, Village School**

*I have fond memories of my time at Village School. I was hired as a Physical Education teacher in 1964. At that time, Gorham was only the fifth school district in Maine to offer Elementary Physical education to their students. Village School had three grade levels, fourth, fifth, and sixth. There were four classrooms of each grade level. I taught two days a week at Village School and the remainder of the week, I taught at another Gorham elementary school.*

*The mother of your current physical education teacher, Gary Speed, and I taught physical education workshops all over the state of Maine. Our purpose was to promote Physical Education and the importance of it to school systems that did not offer it as part of their elementary school curriculum. The Gorham elementary classroom teachers were receptive to this new program and Gorham elementary schools were used by Springfield College and the University of Maine to train their student teachers.*

*Village School was also instrumental in offering Physical Education to students with special needs. Mickey Boutilier, the Special Education teacher at Village School, and I taught workshops at the Orono and Presque Isle campuses to Physical Education majors, stressing the importance of including all students in their Physical Education programs.*

*In 1968, Mickey Boutilier took his first group of students from the Village School to Soldier's Field in Chicago where a national event was taking place that offered Olympic-style sports competitions to people with disabilities. The next year, Portland hosted its own Special Olympics and it all started at Village School.*

**Eric Pettengill**

*My formative years as an educator were the years I was at Village School. It was there that I learned about the importance of knowing every child as well as you could, about the value of personal and collegial connections with professional peers, and about excellence in teaching and learning. The slogan 'Making a Difference Everyday' has been a true mission of Village School.*

**Jane Esty  
4th and 6th Grade Teacher,  
Little Falls and Village Schools  
Vice-Principal, Village School  
Principal, Great Falls School**

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# GMS Students Receive Hands-on Science Lesson

BY GORHAM TIMES STAFF

Students from Angela Gospodarek's seventh grade science classes at Gorham Middle School exchanged their backpacks and laptops for waders and boots for a hands-on experience with science.

On a chilly October morning, students waded into the pond near the middle school with a variety of nets to collect data, including water temperature, weather conditions, acidity levels, as well as plants, animals, and insects living in the pond. Among the items found were caddisflies, mayflies,

tadpoles, leaches, frogs, salamanders, water scorpions and more. Working with a program called Vital Signs, a field-based education program through the Gulf of Maine Research Institute, students examined, photographed, and input their data into the program's website. Data is then shared around the state with other student and professional scientists.

This collaborative effort across the state will help researchers determine the overall health of Maine rivers and streams, and help find potentially invasive species in local water sources.



Donning waders and boots are (front row) Ian Stultz, Ethan Stump, Mikey Evans, Connor Coro, Vipul Periwal, Matt Flint, and Abby Flint; (middle row) Sara Slager, Dawson Smith, Alice Riiska, Katie Nason, Andrew Sharp, Brenna Donovan, Emma Shields; (back row) Logan Swift (hidden), Autumn Heil, Mrs. Gospodarek, Emaly Howard (hidden), Emma Forgues, and Hannah Lowell.

# Weather Lessons at Village

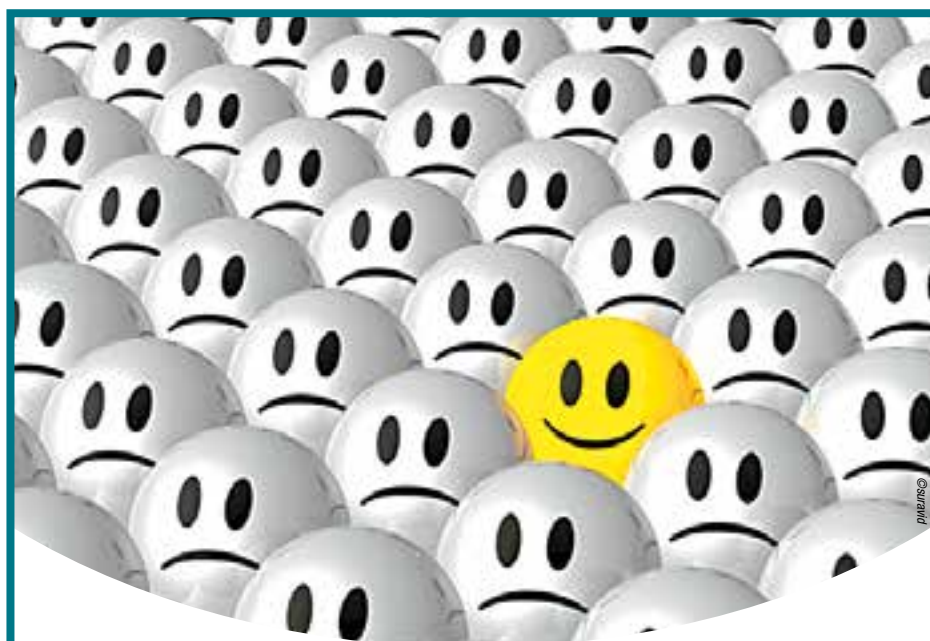


Mallory Brooke, a meteorologist from WMTW Channel 8, visited second grade students at Village School on November 6. Students participated in a question and answer session with Brooke, and also watched a DVD of what meteorologists, graphic artists and the national weather service crew do to provide weather details to the public.

# Families Come Together for Literacy Night



Thirty families attended the Great Falls Math and Literacy Family Workshop in November. Students received a picture book courtesy of a grant from Target and participated in a number of fun learning games and activities, while parents heard important information on fluency in reading and math, and the State Common Core Standards. Pictured handing out books are Sophie Buzzell, Emma Green, and Hannah Penney.



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-Kari Barrett



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## Girls on the Run Program CONTINUED FROM PAGE 6

Running is an outlet for dealing with issues. When the girls run, it makes them feel empowered, strong, confident, and most of all, happy with themselves. The run at the end of the ten-week program shows them they can accomplish anything if they put their mind to it. How many elementary school kids can say they have run a 5K?


The Gorham group currently has 13 members from each of the elementary schools, and even a member

from Windham. They hope in the near future to expand the program and have a group at each school, and possibly a Girls on the Track program, which is designed for girls in sixth through eighth grade.

For now, the group is thrilled to have the participants they have. The friendships, smiles, and alacrity of the girls make all of it worth it. The coaches, parents, and especially the members, have truly been inspired and learned lifelong lessons.



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## New Year Gorham Auction Meets its Goal!

On November 2nd nearly 100 people attended the fourth annual New Year Gorham Silent and Live Auction. The silent auction offered more than 100 items with varying values, and the live auction featured a smaller number of items with values up to hundreds of dollars.

Duane Dreger led the live auction accepting bids for two tickets to an upcoming Bruins Game in Boston. This opening item quickly set the stage for some good-natured competition from some serious bidders, and the fun continued until the final "sold" was called out on a game table that brought in another hefty return.

According to Bruce Rouillard, co-chair of the event, "The auction raised a total of \$4,378, which met our goal. New Year Gorham very much appreciates all the businesses and individuals who donated items for the sale, and we also appreciate all the people who came to bid on the items."

The proceeds from the auction will help keep the cost of admission to New Year Gorham at \$5 per person, or \$20 per family. For more information about New Year Gorham, visit [www.newyeargorham.org](http://www.newyeargorham.org), or call Joshua Wolfe at 409-7361.



USM Jazz Combo provided music during New Year Gorham Auction. Pictured are drummer Nate Gowen, bassist Tony Palumbo, and guitarist Conor Linehan.



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## COMMUNITY

### MILITARY NOTES

The Maine Army National Guard announced the promotion of **Cpt. David DeRienzo** of Gorham who is with the 133rd Engineer Battalion.

**SPC Nathaniel Sturgis** (GHS '08), pictured at right, recently graduated with honors from Army National Guard Basic Training, Fort Sill, OK. Sturgis, who is the son of Jennifer and Matthew Sturgis, will complete his advanced training in Preventative Medicine at Fort Sam Houston, TX.



### OF INTEREST

**Sarah Doughty** (GHS '12) has been named a writing coach at Saint Michael's College. Doughty, an English major, was selected to work one-on-one with her peers at the college, diagnosing writing problems and designing strategies. She is the daughter of Becky and Paul Doughty of Gorham.

Gather together for a **Thanksgiving Eve Service** on Wednesday, Nov. 27 at 7 p.m. at the **First Parish Congregational Church** in Gorham. Local clergy will share their stories expressing what they are thankful for, scripture readings will be offered as well as prayers, the lighting of candles, and the singing of hymns. All are invited. Sponsored by the Gorham Ecumenical Council.

A **FREE Thanksgiving dinner** will be served at **Mister Bagel** in Gorham on Thursday, Nov. 28 for people who are to spend Thanksgiving alone or are unable to prepare one. Transportation is available upon request. FMI, Roxanne Hanscom Moody, 839-4516.

**Cub Scouts** from Pack 85 and several Girl Scouts troops participated in a fall cleanup at Great Falls School in Gorham on Saturday, Nov. 9. The Scouts, who hold their meetings at the school, chose to give back by raking leaves and gathering debris around the school.



Through the end of November, **Hannaford Supermarkets** will once again provide its customers an opportunity to give to the Salvation Army by adding a donation of either \$2 or \$5 to their total grocery bill. All monies go directly to local Salvation Army.

**Books for Christmas.** Each year the **Bookworm** in Gorham asks its customers to donate \$2 to purchase a gift-wrapped new book with a small toy attached to be donated to the town of Gorham to accompany Christmas baskets for needy families in the area. The Bookworm has been able to donate more than 100 books a year for each of the last 15 years and looks forward to your support again this year! Many thanks from the Bookworm for your help with this project.

The musical **"Are We There Yet?"** directed by Janelle and John Mosey opens at the **Gorham Middle School** on Dec. 6 & 7 at 7 p.m., with actors from grades 4 through high school. \$5/\$3/free under 5.

**Author Lynda Sudlow** will be the featured speaker at the **Gorham Arts Alliance** meeting on Thursday, Dec. 5, 7 p.m. at the North Gorham Public Library. Sudlow, author of *A Vast Army of Women: Maine's Uncounted Forced in the American Civil War*, will share stories of how women played critical roles in the war. Books available for sale and signing.

**Great Falls Construction Inc.** is proud to announce that **Tyler Elderidge**, a senior at Gorham High School, has won the 25th Anniversary T-Shirt Design Contest. From the outpouring of water into weathered hand, to the pine trees and newly constructed buildings, Tyler has truly encompassed the company's motto, "constructing with a purpose." Tyler's design will be featured on employee t-shirts.



**Tree Lighting, Food Drive and Light Parade** on Sunday, Dec 1 beginning at 4:30 p.m. at Robie Park with festivities, music and more! Line up for parade at 4 p.m. Stop by the Rec. Dept. and say hello to Santa and Mrs. Claus after the tree lighting! FMI, 222-1630.

**Baked Bean Supper** will be held on at **Cressey Road United Methodist Church**, 81 Cressey Road, on Saturday, Nov. 23 with seatings at 5 and 6 p.m. There will be beans and hot dogs as well as American Chop Suey. Proceeds to benefit church mission outreach, Samaritan's Purse. \$8 per person.

**Girl Scout Troop #1869** visits Gorham Police Department. Pictured from left: **Chief Ron Shepard, Ambrosia Moore, Izzy Densmore, Cassara Novak, Abigail Houpp, Kiera Hodge** and Officer **Mark Sanborn**.



### USM NOTES

**USM Theatre** presents the distinctively Irish dark comedy **The Cripple of Inishmaan** from Nov. 21 to 24 at Russell Hall, Gorham campus. \$15/\$11/\$8. FMI, 780-5151.

**USM School of Music** will present several concerts in November beginning with the **USM Jazz Ensemble** on Thursday, Nov. 21 at 7:30 p.m.; **USM Vocal Jazz Ensemble** on Friday, Nov. 22 at 8 p.m. and an **Opera Workshop** on Saturday, Nov. 23 at 8 p.m. Corthell Concert Hall, Gorham campus. \$8/\$5. FMI, 780-5555.

**McCormack Performing Arts Center** in Gorham will feature the **USM Concert Band**, Sunday, Nov. 24 at 2 p.m. Conducted by Peter Martin. \$8/\$5. FMI, 780-5555.

### CHRISTMAS CRAFT FAIRS

Mark your calendar for the **First Parish Church Fair** in Gorham on Saturday, Dec. 7 from 9 a.m. to 2 p.m. Silent Auction, Café Luncheon, Dessert Auction, Crafts, Greens, Gifts and More!

A **Christmas Fair/Luncheon** will be held at the **North Congregational Church**, 22 Church Hill Rd., Buxton on Saturday, Nov. 23 from 9 a.m. to 3 p.m. Raffles, Baked Goods, Jewelry and more.

**Redeemer Lutheran Church**, 410 Main St., Gorham will host a **Christmas Craft Fair** on Saturday, Nov. 23 from 9 a.m. to 2 p.m. Baked Goods, Knitted Items, White Elephant table and more. FMI, 839-7100.

**Sebago Lake Congregational Church**, 410 Northeast Road, Standish, will host a **Christmas Fair** on Saturday, Nov. 23 from 9 a.m. to 1 p.m. Hot lunch, Silent Auction, Baked Treats, Crafts, White Elephant Table, and Christmas Tree Ornaments.

A **Harvest Fest Annual Craft and Vendor Sale** will be held on Saturday, Nov. 23 from 10 a.m. to 3 p.m. at the Coastal Community Church, 260 Route 1, Scarborough. FMI, 632-0871.

**White Rock Friendship Club's Annual Holly Daze Fair** will be held on Saturday, Nov. 23 from 9 a.m. to 2 p.m. Wilson Road, Gorham. Crafts, White Elephant, Bake Sale, Raffles and Corn Chowder lunch. Visit their Facebook page!

### ON-GOING EVENTS

**The Lakes Region Senior Drop-In Center** temporarily located at Sunset Ridge Golf Links, 771 Cumberland St., Westbrook, offers 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. to 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.

**The Gorham Medical Closet** located at the Municipal Center, 75 South St., is free and available to Gorham residents in need of portable wheelchairs, hospital beds, shower seats, commodes, walkers, canes and more. FMI, call 839-4579 or 839-3630.

### CLOSE TO HOME

**The Saco River Theatre**, 29 Salmon Falls Rd., Bar Mills, presents **Erica Brown and The Bluegrass Connection** on Saturday, Nov. 23 at 7:30 p.m. and **The Rhythm Future Quartet** of four young jazz virtuosos on Saturday, Nov. 30 at 7:30 p.m. \$16/\$14. FMI, 929-6472.



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# Beyond Domestic Violence Awareness

By AMANDA EDGAR  
Gorham Resident and  
Family Crisis Services Advocate

Each year in October, Domestic Violence Awareness Month is celebrated nationally but, as a community, we need to be aware of domestic violence beyond the month of October.

Why is domestic violence awareness important?

One in four women will experience domestic violence in her lifetime. Think about the women in your life. Do you know more than four? If so, then odds are you know a survivor, whether or not you are aware she is, and she lives in your community. If you read the Blotter in the October 10, 2013 issue of the Gorham Times, you'd notice that there were three domestic violence-related calls to the Gorham Police Department; look back at the November 10, 2011 Gorham Times story entitled "Domestic Violence in Maine," and you'll see that Lt. Sanborn of the Gorham Police Department estimated that "Gorham has four to five domestic cases a week, some of which involve verbal disputes while others escalate to physical violence." In 2011, Family Crisis Services (FCS) served 73 Gorham residents; in 2012 the number rose to 102. Domestic violence is here in Gorham and it is our collective responsibility to recognize it and not turn a blind eye.

How do agencies respond to domestic violence?

The Enhanced Police Intervention Collaboration (EPIC) is an FCS program and is the only program in the State that works with law enforcement departments to provide immediate in-home

support services to victims. By providing immediate collaborative responses to families experiencing domestic violence, advocates are able to provide safety plans quickly, provide resources and offer support. FCS advocates and local law enforcement agencies understand that 1) there are hundreds of victims who may never utilize their local police department, and 2) we need to recognize that this is not simply a personal issue—it's a community issue that affects all of us in one way or another. It affects our schools, our workplaces, our religious communities, our friends, and our families, which is why heightening our own awareness to domestic violence is so vital to our community.

How can you respond to domestic violence?

When it comes to domestic violence, change starts with speaking up. Domestic violence thrives in silence and isolation, so one of the best things we can do is talk about it, openly and honestly. By doing so, we send the message that there is no excuse for domestic violence and that survivors are not alone. As a community, we need to remember the victims who have lost their lives from domestic violence, support those who have survived domestic violence, and provide hope and resources for those still living with abuse.

Family Crisis Services is the local domestic violence agency that serves residents of Cumberland County. If you, or someone you know is being hurt in their relationship, please consider calling our confidential hotline at (866) 834-4357 or your local outreach office (Bridgton: 647-8501, Portland: 874-8512, or Brunswick: 721-0199) for more information and support.

## the *Courtesy of the Gorham Police Department* blotter

### This Guy Runs (and Yells) on Dunkin

**Caller reported that a male subject was in the Dunkin Donuts, yelling because the store was out of sausage. Subject was removed from Dunkin Donuts.**

Gray Road caller stated they believed someone was in their house as things were misplaced, and it looked as if their closet had been gone through.

Officer spoke with Fort Hill Road residents about an issue where four of their vehicles have been found to have screws in their tires.

Plummer Road caller reported their cat had been missing about a month.

Ridgeway Avenue caller stated that their 17-year-old was out of control and there was a male at the residence who caller wanted removed.

Dingley Spring Road caller reported that a male subject was destroying the place.

County Road caller advised that a hunter reported marijuana growing in the sand pit on caller's property.

State Street caller had a question on how to go about moving a truck they sold from their house to a house five miles down the road.

Quail Ridge Drive caller requested to speak with an officer regarding coyote issues. Caller was given the warden's number.

Sebago Lake Road caller reported that family members at the house were fighting.

Plummer Road caller reported a kid with some sort of a gun.

New Portland Road caller wanted to complain about their neighbors who had been using a generator to power a camper trailer all summer.

Paulin Drive caller wanted a phone call from an officer because CMP turned their electricity off without warning.

Brookwood Drive caller reported a suspicious truck that had been outside caller's home and driving up and down the cul de sac for over an hour.

Brookwood Drive caller made a multiple calls about the neighbor's pigs and wanted to speak with the Animal Control Officer regarding the pigs doing damage to caller's property, which is an ongoing issue.

Brookwood Drive caller reported that there were pigs on the loose, and currently in the caller's yard.

Brookwood Drive caller reported significant damage to their lawn by the loose pigs.

Officer attempted to serve a summons on Brookwood Drive for inability to control pigs.

Paulin Drive caller stated a known female was digging up plants on caller's property.

Preble Street caller reported that 15 people were refusing to leave and were trying to cause a problem.

Flaggy Meadow Road man was arrested for domestic violence assault.

Flaggy Meadow Road woman was arrested for OUI.

Samuel's Way man was arrested for unlawful possession of scheduled drug (heroin), OUI (drugs) and possession of drug paraphernalia.

Gray Road caller reported they had a dead deer in their yard and wanted to know what to do.

A suspicious looking person was found to be a Fire/Police member looking for a meeting.

A male subject requested a call from a supervisor to clarify why he got a summons.

Lincoln Street caller reported that their neighbor's chickens were on the loose. A winded male called to say the chickens were all back in the pen.

Main Street caller reported that their generator was missing and had possibly been taken by former tenants.

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## CALENDAR

### THURSDAY, NOV. 21

- GHS Class of 2017 fundraiser at Gorham House of Pizza, 12-6 p.m.
- 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.

### WEDNESDAY, NOV. 27

- No school. Flex Day.
- Senior Lunch at St. Anne's Church. Every Wednesday at 12 p.m. \$3.50. Sponsored by the Town of Gorham.
- Gorham Food Pantry Open, 6-7 p.m., 299-B Main St. (Parking lot of St. Anne's Catholic Church, Gorham).

### THURSDAY, NOV. 28

Happy Thanksgiving!

### FRIDAY, NOV. 29

- No school.

### SATURDAY, NOV. 30

- Burn off the Turkey 5k, Gorham Rec. Department, Registration begins at 7:30 a.m. FMI, 222-1630.

### SUNDAY, DEC. 1

- Praise and Bagels Service, Cressey Road United Methodist Church, 9-10 a.m. FMI, 839-3111.

### TUESDAY, DEC. 3

- Gorham Cancer Prayer and Support Group, 6 p.m., Cressey Road United Methodist Church. All are welcome. FMI, 321-1390 or 839-3111.

### WEDNESDAY, DEC. 4

- Senior Lunch at St. Anne's Church. Every Wednesday at 12 p.m. \$3.50. Sponsored by the Town of Gorham.

### THURSDAY, DEC. 5

- Gorham Food Pantry Open, 9-11 a.m., 299-B Main St. (Parking lot of St. Anne's Catholic Church, Gorham).

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