

Gorham Times

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SINCE 1995—A FREE, VOLUNTEER-RUN, BIWEEKLY COMMUNITY NEWSPAPER

Parking Lot at Preble Street Voted Down

BY ROGER MARCHAND
Staff Writer

On September 2, the Town Council held a public hearing before acting on the recommendation from the Village Parking Study to remove the barn at 10 Preble Street and construct a 24-space parking lot on the property. During the public hearing, no one spoke in favor of turning the property into parking. Most felt it was on the wrong side of Main Street to solve any parking issues in the downtown area. Speakers also emphasized the problems in crossing

CONTINUED ON PAGE 5

Mega Industries Receives \$1.2 Million Contract

BY GORHAM TIMES STAFF

A Gorham Industrial Park company, Mega Industries, was recently awarded a \$1.2 million contract to manufacture components for an international consortium planning a science experiment to prove the viability of harnessing fusion as a power source. In France, a group of companies from countries including the United States is building the International Thermonuclear Experimental Reactor (ITER). The goal of this project is to prove the feasibility of using fusion to generate large amounts of power without the need for carbon-based fuels and without creating pollution. The hope is that ITER will lead to the design and construction of the first fusion power plant.

Mega Industries was founded in 1989 and began with manufacturing microwave transmission equipment. The company has since expanded to make equipment for radar and air traffic control systems as well as broadcast equipment and fusion energy research. Mega currently employs 46 people but plans to add additional engineers for this project. The company recently expanded their building in the Industrial Park by 7,500 square feet as their sales increased by 80% in 2013. Mega is also bidding for another related project to provide components for the research industry.



Photo credit Katie Staples

Welcome Back, Students!

The first full week of school began the week of September 8. Neighborhood friends and students of Village School lined up numerically by grade: Jack Cyr, Graham Staples, Reichen Albert, Kyleigh Staples, Patrick Cyr, and Colin Albert. For more first day of school photos, see page 9.

Superintendent Sharp to Retire End of School Year

BY ROGER MARCHAND
Staff Writer

Ted Sharp recently announced that as of June 30, 2015 he would be retiring from the Gorham School Department after eleven years as superintendent of schools. After fifty years in public and private school education, Sharp is not totally retiring; he is looking forward to expanding his responsibilities as a professor in the International Masters Degree program of Framingham State University.

This program grants masters degrees in teaching and/or leadership to staff in American international schools. The program will provide opportunities for Sharp to travel and teach throughout the world but still have twice as much free time as he has in his present position.

In talking about the time he has spent as the superintendent of schools, Sharp said he was most pleased with how Gorham has truly become one district, even though there are five schools. This has led to a more seamless journey for both students and parents. The quality

of the written curriculum that encompasses essential skills, core content, and high standards is also high on his list of things accomplished during his time as superintendent. He was also excited about the current emphasis on school culture and its focus on character, ethics, and citizenship.

Sharp is pleased the school district has been able to expand and improve the delivery of educational services to Students. This was done with a variety of methods including improved support services and identification of special needs students, a reconfigured counselor delivery model at the middle and high schools, increased social worker services, reconfiguration of the elementary program into three K-5 schools, the recent implementation of the all day kindergarten program, etc.

He stated these could not have been accomplished without the support of a highly qualified and dedicated teaching and support staff, along with excellent administrators. He is also grateful for all the supportive and hard working school committee members and their dedica-



Photo credit Roger Marchand

tion to improved educational experiences for all Gorham students.

Sharp is proud of his time in Gorham and all that has been accomplished. He is proud of the working relationship between the administration and the three different bargaining units (the Teacher's Association; bus drivers and mechanics; and educational technicians and secretaries). He was also very proud that, up until this time, no grievances have reached his desk, a trend he hopes will continue.

Gorham: Fastest Growing Town in Maine

BY SHERI FABER
Staff Writer

According to the recently released population estimates from the U.S. Census Bureau's Population Division, Gorham is the fastest growing town in Maine.

Maine's population in 2010 was 1,328,361 but it has decreased very slightly to 1,328,302 in 2013. The Greater Portland area—particularly the suburbs surrounding Portland—has seen an increase, with Cumberland and York counties the only two counties in the state reflecting overall population increases. With the exception of Bridgton and Frye Island,

every town in York and Cumberland Counties saw these increases. Coastal towns also saw significant growth, but

...it's an indication that people see Gorham as a great place to live.

more rural areas of the state are losing residents. The five towns that showed the most population growth in the three-year period from 2010-2013 were Gorham,

with a population gain of 458; Windham, 442; Scarborough, 424; Saco, 395; and Falmouth, 320.

Town Manager David Cole said, "This is very good news for our community, especially since it involves a three-year period of time with a major recession, and it's an indication that people see Gorham as a great place to live. However it is important to remember Gorham also needs to support our business and farming communities so they prosper and we need to have a vibrant college campus. They are all important components of towns that provide good jobs, a reasonable tax rate and a good quality of life in Gorham."

MORE BACK TO SCHOOL PHOTOS

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IN MEMORIUM JULIE PAGE BURNHEIMER

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The Gorham Times asked our three state legislators from Senate District Six, House District 129 and House District 130 to provide us with "News from Augusta." We publish their articles on a rotating basis. The submissions are devoted to updates of legislative and administrative news, proposed and passed bills and laws, and developments and events that are of interest to and have an impact on Gorham residents. The Gorham Times reserves the right to edit the submissions and it further reserves the right to reject any submission, in its sole discretion.

Supporting Our Local Farmers' Markets

By SEN. JIM BOYLE

Here in Maine, our agricultural ties have strong historical, economical, and cultural importance. Despite the decline in some agricultural products, such as potatoes, Maine has the opportunity to build on our natural agricultural advantage that brings the focus back on local farming.

In the Legislature, I serve on the Agriculture, Conservation, and Forestry Committee and I am thrilled with the good news in Maine for our agricultural economy. The United States Department of Agriculture (USDA) recently released the 2012 Census of Agriculture, which shows positive data for Maine in several different areas.

The report shows dramatic growth and diversification for Maine farms—from 2007 to 2012 agriculture sales in Maine increased by nearly a quarter, while the total number of farms is increasing. In addition, the average age of famers in the state is lower than the national average and getting lower. This is great news because it shows that more young people are getting into agriculture. The number of Maine women involved in farming is also nearly double the national average.

One of the fastest areas of growth is in organic farming, which increased from

nearly \$25 million to nearly \$37 million over the five years in the report. One of the problems facing organic farmers is the high cost of organic certification. However, the USDA recently announced an increase in their program to assist in the certification process. The program will reimburse farmers up to three fourths of the cost of certification, with the maximum amount set at \$750.

You don't have to look far to find local farming success stories. One notable example is Benson Farm LLC here in Gorham. Recently, they were named the "Outstanding Dairy Farm of the Year" by the New England Green Pastures Program in recognition of their contributions to the agricultural community.

While there is a lot to celebrate when it comes to Maine farms, smart policies can help other local farms grow and thrive even more. One of the biggest barriers faced by farmers in Maine is that they are mostly small farms, and can't produce the quantity of food that larger buyers are looking for.

In the last legislative session, my colleague Senator Chris Johnson from Lincoln County sponsored a bill to help overcome this barrier. As a member of the Agriculture committee, I was a strong supporter and helped to get it through the committee process so it could go before the full Legislature.

The bill would have promoted the creation of "food hubs" where produce from many different farms could be gathered and minimally processed to make it easier for large buyers. The bill passed the legislature by a wide margin, but was vetoed by Governor LePage.

We can do better for our farmers, and I will continue to advocate for common sense measures that build on our advantages here in Maine.

I encourage all Maine citizens to take advantage of our local farmers' markets. When you do, you will be getting fresh and great tasting food all while helping farmers here in our community. You can find farmers' markets from 8:30 a.m. to 12:30 p.m. every Saturday up until October at 71 South Street in Gorham, and from 9 a.m. to 1 p.m. on Sundays at 259 U.S. Route 1 in Scarborough.

As your State Senator, I will continue to help our local food producers thrive and expand their success.



(207) 756-2928,
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senjames.boyle@
legislature.maine.gov

Letter to the Editor

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

Dear Gorham Times Editor:

On behalf of the Burnheimer family, I want to thank the outpouring of kindness in the form of cards, meals, and gift cards that were sent for the past several months during Julie's illness and the period immediately after. The cards served as an inspiration for Julie for the duration of her fight. Julie and I both have known for a long time what a caring community Gorham is. She loved the community that we live in. Our family will be forever grateful for the kindness many of you have expressed. Scott Burnheimer and family

Gorham Sightings

Photo credit for Roger Marchand



Do you know where in Gorham this photo was taken? Join our visual trivia discussion by entering your best guess on our Facebook page at www.facebook.com/gorhamtimes or email us at gorhamtimes@gmail.com. The August 28, 2014 edition featured the backdoor to the current Bravesoul Studios at 8 Main Street.

Around Town

Work has begun at Little Falls School, 40 Acorn Street. The natural gas line has been extended and the Public Works Department will be extending the line that will connect the building to the sewer system.

The town sold retired Fire Engine #5 for approximately \$2,000. It had been removed from service and was replaced with a new fire engine.

As of August 22, Cumberland Farms on County Road is now open daily from 5 a.m. to midnight.

The Sweet Shoppe will be relocating to share a space with iSpoon in the Village Mall on Main Street. They will continue operating as separate businesses.

Michael Martin, doing business as M and G X-Mac II, LLC, has bought Ocean Garden Restaurant. The only planned change will be to the signage.

The Town of Gorham will have a Nissan LEAF, available for them this week. The electric car is being made available to the town by the Greater Portland Council of Government. The car was obtained through a grant program with Central Maine Power.

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Gorham Times

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Ad Deadline	Publication
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Oct 1	Oct 9
Oct 15	Oct 23
Oct 29	Nov 6
Nov 12	Nov 20
Nov 26	Dec 4

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Ad deadline is the Wednesday of the week prior to issue date. Go to www.gorhamtimes.com and click on the advertising link for schedule.

EDITORIAL POLICY

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

Julie Page Burnheimer

BY GORHAM TIMES STAFF

Gorham has lost a wonderful friend, neighbor, co-worker and community contributor with the recent passing of Julie Burnheimer. Julie was a masterpiece of nature and, to those who knew her best, a force of nature, too. Everything she did, she did to the very best of her being. She loved to compete, not so much for the sake of winning, but more for the pure joy of competition and for the challenge of being the best she could be. Those who knew her were not surprised by the fierceness of her fight against ovarian cancer, or by the grace and love she showered on those around her during it.

Julie was passionate about many things, family being at the top of the list. She was also a dedicated Gorham Times volunteer who loved everything about our local newspaper. She was happy to start distributing the paper back in 2001. Her route was a large one. You may not have known her, but you might have seen her as, rain or shine, she cheerfully schlepped newspapers into Baxter Memorial Library, the Town Offices, and Gorham Recreation Department, then on to Mercy Crossing Primary Care at Rt.

114/22, the First Stop Convenience store, and finally to John Richards' house on McLellan Avenue, with newspapers for John to distribute at Friendly Village. If you saw her, you would certainly have remembered her smile. During the last 13 years, there were times when Julie was out of town or unavailable, so her husband, Scott, and her children pitched in and made sure the route was completed. For Julie it was a commitment and a family affair. In fact, Scott made sure that Julie's route was covered by delivering the papers himself just days after she passed away.

To say that sports were a passion of the Burnheimer family is an understatement. No one was surprised when Julie, husband Scott and son Ryan, a star player of the 2000 Class B State Basketball team, and all around athlete, were recognized for their enduring commitment with their recent induction into the Gorham Sports Hall of Fame. Whether it was endless hours manning the Snack Shack, running the Booster's Bingo fundraisers, or just cheering from the bleachers, Julie and her family were pure Ram, always Burnheimer Strong, and the epitome of good sportsmanship. Even when their kids were out of the school system, Julie and Scott continued to support and attend many of the Gorham games, whatever sport it was. Recreation Director Cindy Hazelton said, "Julie was a true friend to recreation. She made every kid feel like their efforts on the court, field, rink or track were noticed and admired."

Maynard Charron, Gorham Times founder, recalled, "I coached Ryan, Julie's oldest son, in Little League baseball. Julie went to every practice and game for four years. Her devotion was demonstrated when we had a practice one evening, which she, of course, attended and then

proceeded to give birth later that night to daughter, Sara. Twenty-four hours later we had a game and guess who showed up? Julie and Sara! She loved every minute of being with her kids."

Julie's infectious personality and smile could light up a small room or a large gymnasium. It could also brighten the day of a perfect stranger in the aisles of Hannaford. Features Editor, Chris Crawford, who knew Julie through the Gorham Times as well as from years of being Bleacher Moms together, said, "Julie was so lively, upbeat and just plain fun to be around. She was the kind of person who left a



Photo courtesy of the Burnheimer family

trail of laughter and smiles in her wake. Even when she was ill, her wit and humor cheered her friends who gathered for dinner at GHOP."

Julie had a way of making every-

one around her feel special. Barbara Schneider, another Gorham Times volunteer, Bleacher Mom, and friend, said, "Julie was the kind of spirit who touched all the kids who played with her children. She had a way of nurturing and supporting each and every one, and their self-confidence grew as a result."

Jeff Pike, the Gorham Times Sport Editor, said, "I had the privilege to know Julie as our kids went through high school and sports programs at about the same time. Throughout life, she always projected a positive attitude. I will always remember how even after she got sick, she kept up that positive attitude. She simply refused to let anything bring her down—what a great example for all us to emulate."

Sandra Wilson, prior Gorham Times business manager, said of her friend, "Julie radiated positive energy and always thought of everyone else first. Even during her most difficult times, she would redirect the concern for her to concern about others. I will always remember her willingness to do whatever needed to be done, with a positive attitude that was contagious, and that "Julie smile." She truly did make a difference in the lives of others."

The Gorham Times family of volunteers would like to extend sincere condolences to the Burnheimer family and to thank them for their work in support of the Gorham Times. We have lost a dedicated volunteer, a good friend - a true a masterpiece of nature.

Contributions in memory of Julie may be made to the Jimmy Fund Walk. To contribute, please visit jimmyfundwalk.org, select "give," then "support a walker," then type John Burnheimer.

*"A friend may well be reckoned
the masterpiece of nature."*

RALPH WALDO EMERSON

Sold! 39 School Street

By JACKIE FRANCIS
Staff Writer

Jon Smith, president of Great Falls Construction, recently purchased the three-story, historic brick building located at 39 School Street. Owner and manager of multiple commercial properties in Southern Maine, Smith says he and his wife Cindy see a lot of potential in Gorham and continue planning for improvements as they move forward.

The building has been the property of the First Parish Congregational Church for 116 years. The cornerstone on the front of the building where the Children's Adventure Daycare and Learning Center is presently located, reads "Congregational Chapel 1897." Former governor Frederick Robie, and lifetime member of the Congregational Church, spearheaded the fundraising for the "brick building," as it has become affectionately known over the years. First Parish commissioned the construction of the building, not only to celebrate the 100th anniversary of their church that was built in 1798, but also to satisfy the needs of a growing church community.

The brick building provided an assembly hall for social functions as well as much needed Sunday school classrooms, not to mention bathroom accommodations that were non-existent at First Parish until 30 years ago. "In its day it was a state-of-the-art, first-class building," says Rev. David Butler, who has served the First Parish community for 16 years. "They didn't spare any expense. The chapel contained six stunning Jon La Farge stained-glass windows that have since been relocated to the sanctuary, narthex and upstairs hallway [on Church Street]. I would say these



Photo credit Amanda Landry

windows are now worth twice what the building is worth. They are priceless, museum pieces."

Over the years, Butler had been concerned about possible rotting wood due to the peeling paint on the eaves of the brick building. "Turns out the eaves and external wood on the building are made of solid mahogany," says Butler. "The expense today [to build with that wood] would be incalculable."

Fast-forward to the 1980's when First Parish expanded the sanctuary to include office space, kitchen, fellowship hall - and bathrooms! The church's demand for the space the brick building once provided declined with the new addition. The building has been consistently leased to several daycare centers over the past 30 years.

"Originally, the board of deacons and majority of the congregation wanted to build next to the church where the Ayers house is today," says Butler. "But Pastor George Reynolds, a prominent man, disagreed, and the brick building is where it is today. The entire board resigned en masse," adds Butler with a chuckle. "First Parish made front page headlines in 1898!"



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Is Gluten Free Right for You?

BY ANGELA VERRILL

One of the latest diet fads has people going gluten free to lose weight. The trend has become a multibillion-dollar industry that is projected to grow even bigger in the future. Foods that never even had gluten in them are now labeled as gluten free to boost sales. What had once been a niche market now occupies large sections of the grocery store and has restaurants and bakeries dedicated to gluten free eating.

The gluten free diet gained momentum when celebrity endorsements and TV doctors and hosts claimed it could support weight loss. "Quit gluten, drop pounds!" Well, not so fast. It all depends on what you replace your gluten filled foods with. Most gluten free products are actually higher in fat, calories, salt and sugar than their wheat containing counterparts. They are also lower in fiber, protein and vitamins. A gluten free cookie is just as processed as a wheat flour cookie, and most would say not as tasty. It is also much more expensive.

Gluten is a protein found in wheat, barley and rye. It gives elasticity to dough, and gives bread structure and its chewy texture when baked. Gluten itself has no nutritional value, good or bad, however the whole grains that contain

gluten can be part of a healthy diet that can lower cholesterol and decrease risk for heart disease, type two diabetes and some forms of cancer.

The only people who must avoid gluten are those diagnosed with celiac disease. Celiac is an autoimmune digestive condition that can only be

The only people who must avoid gluten are those diagnosed with celiac disease. Celiac is an autoimmune digestive condition that can only be managed when the protein gluten is eliminated from the diet.

managed when the protein gluten is eliminated from the diet. When people with celiac disease eat gluten, it leads to the destruction of the lining of the small intestine creating a deficiency of essential vitamins, minerals and energy from the diet. Common symptoms of celiac include gastrointestinal discomfort, anemia, joint pain, fatigue, weight loss and osteoporosis. Less than one percent of Americans have a diagnosis of celiac disease while many others believe they have a gluten sensitivity leading them to avoid gluten.

While the facts behind gluten sensitivity are still being researched, many studies have suggested that gluten alone may not be the culprit in many suspected cases of gluten sensitivity. If you think you may have celiac disease or sensitivity to gluten, it is important to see a doctor to be tested before eliminating gluten from the diet. A diagnosis cannot be made if you are not eating gluten before being tested.

People without celiac disease who feel better on a gluten free diet may be feeling the effects of eliminating processed foods and excess snacks from their diets. They may lose weight by eliminating high sugar, high calorie foods and replacing them with healthier options or by cutting out those extra calories entirely. The results are positive, however, that gluten alone does not contribute to weight gain or weight loss, but the extra calories from processed foods do.

If you are looking to lose weight, your best bet is a diet rich in a variety of vegetables, whole grains, fruit and lean protein. Do your best to avoid processed foods whenever possible and limit portions on high calorie foods. A balanced diet paired with regular exercise is still the best and most permanent path to weight loss.

Angela Verrill is a Registered Dietitian from Gorham working as a Clinical Dietitian and Outpatient Nutritionist.

Active Shooter Training at Great Falls School

BY SHERI FABER
Staff Writer

More than 80 members of area Public Safety Departments along with some school staff joined in a live training exercise on August 19th. Participants included Emergency Service units from neighboring towns, police from a number of Cumberland County communities as well as Gorham Police and Fire Departments. These training exercises are conducted in an attempt to prepare for the possibility of an armed person in our schools. In this particular exercise, participants were staged at Gorham Public Works. They were not immediately deployed to the school; they waited at Public Works until enough time had lapsed for them to arrive from wherever they were located at the time of the call. Three officers who were on duty in Gorham were the first to respond. They notified dispatch about what was happening at the school and arranged for a command post to be set up just as is done in a live event. Part of the exercise involved having medical people brought in more quickly and safely to treat the "injured," which included students with fake blood from their mock wounds.

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Literacy is Fun @Your Library

BY SHARON BABBITT
Youth Services Librarian

After an amazing summer of learning and discovery at Baxter Memorial Library, we are preparing for fall story times, which begin on September 16th. Our story times develop early literacy skills and promote a love of reading in a warm, welcoming environment. Pre-School Story Time (3-5 years) is held Tuesdays at 9:30 a.m. Baby and Me (0-18 months) is offered Thursdays at 9:30 a.m. Toddler Time (18-36 months) is presented Thursdays at 10 a.m.

Our summer programming kicked off with the annual Spring into Summer event on June 25th featuring indoor crafts and entertainment by banjo player Peter Mezoian, followed by Spring into Summer Part 2 on July

2nd offering such outdoor festivities as Touch the Truck and a free community cookout. Over 550 children signed up for our Summer Reading Program, which helped students continue their academic progress over summer vacation.

We offered a full spectrum of summer programs featuring literature, science, math, fitness, and the arts, all of which were well attended.

At the Summer Journal Workshop, children created scrapbooks to document their summer activities and adventures. Families joined author and illustrator Cathryn Falwell for an Evening Story Time on the library lawn. Junior scientists explored aerospace with the Cornerstones of Science program. Children of all ages kept their bodies and minds healthy by participating in Yoga for Kids ses-

sions with Amber Wilson. Young artists took part in our ABCs of Summer Art Series and were enriched with Action Art, Books and Brushes, and Color Creatures. Our youngest patrons brought their favorite stuffed animals to our Teddy Bear Picnics to enjoy stories and songs. We fired up the old reel-to-reel projector for Monday Matinees featuring short, classic films for children. Diane Caswell helped students keep their math skills sharp by offering an interactive Bedtime Math program. Friday Crafternoons kept young hands and minds busy and productive. Everyone enjoyed the chance to Chill Out with Stories and Popsicles on the patio. The summer programs culminated with a Summer Reading Celebration on August 22 where participants received prizes for reaching their summer reading goals.

Fire Department Promotions

BY GORHAM TIMES STAFF

Chief Lefebvre of the Gorham Fire Department recently announced two promotions in the Department. These promotions fill the void created in June after the passing of longtime Gorham firefighter Deputy Mike Kucsmo.

Mark Theriault has been promoted to Deputy Chief. Theriault has been a member of the Gorham Fire Department since 1988 starting out as a junior firefighter, and until recently held the position of captain of the West Gorham Station. He is a call firefighter for Gorham and also works as a lieutenant for the City of Westbrook. Theriault has been assigned the Training Division.



Mark Theriault

Gabriel Cyr has been promoted to captain of the West Gorham Station. Cyr has worked for the department since 2007.



Gabriel Cyr

Photos courtesy of Gorham Fire Department

Parking Lot CONTINUED FROM PAGE 1

from South Street to the other side of Main Street. Even with pedestrian crossing lights people often "took their lives in their hands" in getting from one side of the street to the other.

Neither the individual councilors nor the town manager received any phone calls from community members or busi-

nesses in support of this action. After further discussion, the Town Council unanimously voted (7-0) to not make the property into a parking lot. They agreed to place an item on October's agenda to discuss what to do with this property as well as the town-owned property at 9 Main Street.

Correction

The headline in the August 28, 2014 edition of the *Gorham Times*, "Martin's Point Opening Scheduled for September 18," was incorrect. September 18 is the ribbon cutting ceremony day. The facility is actually opening September 22. We apologize for the error.

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GORHAM - Jacquelyn Allan Hill of Gorham died August 18, 2014, the only child of Philip and Marilla Hill who predeceased her. Jackie graduated from Gorham High School, continuing to the University of Maine Orono where she earned a B.A. and an M.A. in Education, and a C.A.S. (Certificate of Advanced Study).

Jackie taught in New Jersey, Massachusetts, and for many years at Old Town High School, where she was the English Chair. After retirement, she founded Club Purr, a popular cat only boarding facility, which she operated for 20 years. Her first love was animals, especially unwanted or difficult to place cats, which she took into her home on many occasions.

An enthusiastic traveler, Jackie's favorite city was Paris, which she visited countless times, sharing her joy of the city with others whom she took with her.

She is survived by an aunt and uncle, John and Shirley Alden of Gorham, several cousins, and numerous close friends.

A voracious reader, Jackie requested that donations in her memory be sent to Baxter Memorial Library, 71 South St., Gorham, ME 04038 and that the money be used to purchase children's books about animals. At her request, there are no services.

Arrangements are by the Dolby and Dorr Funeral Chapel. For online condolences, please visit www.dolbyfuneralchapels.com

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GHS Fall Sports Captains and Comments from the Coaches

COMPILED BY JEFF PIKE
Sports Editor

Girls' Cross Country: Captains—Seniors Kristin Benson and Ashley Woodbury. Head coach John Caterina: "We could be the biggest surprise in the SMAA this year as we have a small but very talented group of runners competing for us this fall. If the girls continue to work hard and stay healthy, look for us to be near the top of the pack in the SMAA and Western Regional."

Football: Captains—Seniors Zach Mills, Brendan Mercier and Joe Mutombo. Head coach Andy Hager: "We are a young team with a number of talented athletes and dedicated players who have been working tirelessly to restore pride to Gorham football. The team hangs its hat on hustle, hard work, effort and desire. We rely on every player, top to bottom, to help the team, and we need every player on our roster to be successful. We have a resilient and dedicated group of young people focused on the task at hand of building a successful football team."

Girls' Soccer: Captains—Seniors Kiana Plumer, Kate Hopkins and Emily Lewis. Head coach Jeanne Zarrilli: "We graduated

eight seniors from last season, so we are a fairly new squad, and we are working on a new system. We will be a work in progress, but I expect we will be competitive in every game!"

Volleyball: Captains—Senior Megan Bennett and sophomore Diana Kolb. Head coach Nicole Rizzo: "Our team outlook is hopeful and very positive since we have a lot of girls that played club volleyball together and worked really hard in the offseason. We have a big front line and look to utilize our hitters as best we can. As a program, we are pushing ourselves to prove how Gorham volleyball is a team to look out for this season and are excited to show everyone all of our hard work."

Boys' Soccer: Captains—Seniors Cole Houghton, Matt Hooker, and Nate Roberts. Head coach Tim King: "We should be very competitive this season—the team has several returning players with varsity experience that made it to the regional semi-finals last season. Speed and skill are strengths of the team. Top returning players include our three captains as well as junior Cody Elliott and sophomores Jackson Fotter and Tyler Richman. The boys hope to make a deep run in the tournament."

Boys' Cross Country: Captains—Seniors Ben Foster and Drew York; Junior Jesse Southard. Head coach Jason Tanguay: "The strength of our team is centered around the cohesiveness of the group. They are a hard working group that gets along as well. We graduated two of our top five from last year, so we will look for a couple guys to fill the gaps. Many athletes put in summer mileage, so I'm hopeful we will have a few athletes capable of stepping up. The expectation I have for this team is to qualify for the state championship by finishing in the top half at the regional meet. I look forward to another season and hope to see many folks come out and support our runners!"

Golf: Captains—Seniors Kenny Tuttle, John Ennis, Max Johnson and Tim O'Neill. Head coach Rick Altham: "The strength of this year's team is the leadership provided by our four senior captains. They do an excellent job leading by example and helping the underclassmen with their games. This season's team is loaded with underclassmen (18 freshman and sophomores) who will split time playing varsity and junior varsity matches. The team will have to work hard to be competitive within the division as there are some excellent teams that all would like to win the division and earn a bye into the State Tournament. The matches are going to be close, and the teams that work the hardest will have the most success."

Field Hockey: Captains—Seniors Charlotte Smith and Megan Baker. Head coach Becky Manson: "We are looking strong this season with ten experienced seniors and eleven diligent underclassmen ready to play at the varsity level. Our captains will play key roles in the success of the team this season along with senior center-mid, Andrea Stemm. We have high expectations and are ready to work hard to achieve our goals."

In the Zone

Freshman Shine at Cross Country Relay: Two GHS freshman girls have launched their varsity cross country careers on a very high note: Anna Slager (9:10) and Bridget Rossignol (9:38) turned in the best and the sixth-best times respectively in the 1.54-mile SMAA Team Relays on September 4 in Scarborough. As a team, the Gorham girls finished fifth among 16 teams. In the boys' race, Gorham placed two runners in the top five—senior Ben Foster (fourth at 7:56) and junior Jesse Southard (fifth at 7:58) while also finishing fifth as a team.

Strong Gorham Showing at Local Triathlon: Five Gorham residents completed Rev3 Triathlon events in Old Orchard Beach on August 24. Competing in the 70.3 mile Half Triathlon (1.2 mile swim, 56 mile bike, 13.1 mile run) were Jeff Rosenblatt, who finished with a total time of 5:47:07 and in 162nd place out of 283 competitors; and Jenny Skolfield, who finished with a time of 5:54:12.390 and in 176th place. In the 32-mile Olympic Triathlon (0.9 mile swim, 24.8 mile bike, 6.2 mile run), Jason Leclerc finished 49th among 296 competitors with a time of 2:27:17 while Charlie Spring finished 119th at 2:41:23.920. Stacy Sallinen, the Gorham Times business manager, finished 190th with a time of 2:59:04. Mike Caiazzo of Falmouth, a graduate of Gorham High School in 1995, won the event with a time of 1:56:22.

Massachusetts College Selects Gorham Grad as New Tennis Coach: Merrimack College, an NCAA Division II college in Massachusetts, recently announced the hiring of Aaron Bergeron (GHS '08) as the new head coach for the men's and women's tennis programs. Bergeron takes over the helm of the two teams after coaching for USM this past season and being voted the Little East Conference Men's Tennis Coach of the Year. Bergeron also coached the girls' tennis team at GHS for the past two seasons.

Lacrosse Champion: Colin Harvey (GHS '14) was a member of the Maineix Black team that won the Sound Lacrosse Summer Classic July 19-20 in Connecticut. Harvey played for the GHS boys' lacrosse team and plans to play lacrosse for Bridgton Academy.

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Mud, Sweat, and Cheers!

By STACEY COLEMAN

The Tough Mudder was a 10-mile obstacle course race that 15,000 participants conquered on August 23rd and 24th in Westbrook. A team of 20 participants from My-FIT-24, a local fitness facility here in Gorham, took on the challenge.

My-FIT-24 designed a six-week training program to build stamina, endurance, and strength for the event. The program included two sessions per week plus homework. Each class included trail running, crawling technique, climbing strength, and team building. The My-FIT-24 team trained outside in all conditions to prepare both mentally and physically for the event.

The team consisted of many different athletic abilities, ages, and body types. One member, Sue Britting of Gorham, has recently lost 90 pounds. Another is an athlete, Brendhan McDevitt of Gorham, who is training for the finals for The Urban Raid Series this fall. All six of the My-FIT-24 coaches were also on the team alongside several weight-loss success stories, endurance athletes, and first-time runners. Everyone brought different strengths



Photo courtesy of My-FIT-24

Competing on the My-FIT-24 Team during the Tough Mudder event in Westbrook, front row, from left to right: Christopher Kilfoil, AJ DiDonato, Bill MacDonald and Danielle Babb. Back row: Sue Britting, Jen Lariviere, Lori Napolitano, Marcia Bell, Normajean Huntley, Darlene Lacadie, Stacey Coleman, and Jesse Coleman.

to the team, and everyone worked together to motivate one another.

The course included scaling 15-foot walls, crawling in underground tunnels, and swimming through ice-cold water (after plunging in from a 20-foot drop). There were also monkey bars, mud pits, and rope climbs.

Everyone faces fears in obstacle events. To some it is heights, to

others it is tight spaces, and for some it is the sheer enormity of the course. Our goal was to finish with the team and ensure everyone completed the course.

The team worked together to motivate each other through the 10-mile run, hoist people up and over walls, and coach people through their fears in order to feel that achievement.

Gorham Sweeps Stock Car Race

Joey Pastore (middle) led a podium sweep for Gorham racers with a win in the 50-lap feature race of the Pro All Stars Sportsman Series competition at Speedway 95 in Bangor on August 24. Pastore took the lead away from multi-time series champion Dan McKeage (left) and cruised to victory lane for the third time this season. McKeage managed to hang on to second position by a comfortable margin over his father, Lyman McKeage (right). All three drivers live in Gorham.



Courtesy photo

sports Etc.

9/11 Memorial Run/Walk: The fourth-annual 9/11 Memorial 5K Run/Walk and Kids' Fun Run take place September 14 starting at the Gorham Rec parking lot. The Kids' Fun Run starts at 8:30 a.m. followed by the 5K starting at 9:15 a.m. The race benefits a scholarship fund in memory of Stephen Gordon Ward, a GHS graduate who perished in the World Trade Center towers. For registration fees and more information, visit www.911memorial5k.com. Free t-shirts for first 100 5K registrants!

New Boosters President: Steve Smith has been appointed as the GHS Athletic Boosters president. The organization recently funded a new sound system for the main outdoor field at GHS as well as the baseball/field hockey field.

Time to Show GHS School Spirit: September 19 is Homecoming at GHS, and the school will participate in the WGME Channel 13 School Spirit Challenge. GHS will host an early-morning pep rally and conduct a food drive while competing against the other schools. The food will be donated to the Good Shepard Food Bank.

Upcoming GHS Varsity Sports Events

Thursday, September 11

6:00 p.m.
Boys' Soccer vs. South Portland @ GHS
6:00 p.m.
Volleyball @ South Portland

Friday, September 12

4:00 p.m.
Boys' Cross Country @ Westbrook (multi-team meet)
4:30 p.m.
Girls' Cross Country @ Westbrook (multi-team meet)
7:00 p.m.
Football @ Hampden Academy

Saturday, September 13

11:30 a.m.
Girls' Soccer vs. @ South Portland

All games subject to change. For up-to-date schedules of all GHS sports teams, visit www.digitalsports.com

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GHS Scheduled for On-Site Accreditation Visit

The Committee on Public Secondary Schools

According to Gorham High School principal Chris Record, 16 educators will conduct an on-site accreditation visit of GHS from October 19 to 22. The visit will be conducted under the direction of the Committee on Public Secondary Schools of the New England Association of Schools and Colleges.

"The purpose of this accreditation visit is to review and determine from an outside professional viewpoint the extent to which the school is meeting the Standards for Accreditation," said Record. "As part of the evaluation, the visiting Committee will meet with all school constituents, review the school's self-study, visit a number of

classes, and examine examples of student work submitted by the school."

"During the comprehensive self-study, the faculty attempted to identify the school's strengths and determined those areas in which changes would be beneficial," said Record.

He pointed out, "The members of the visiting Committee are contributing their services to the school. This spirit of professional cooperation is one of the noted features of the New England Association. The goal of an accreditation visit is to stimulate a continuing drive for improvement in the school."

The New England Association of Schools and Colleges is a voluntary membership organization of more than 1,850 public schools, colleges and universities, independent

schools, and vocational, technical, and career institutions.

Of these, over 650 secondary schools have been accredited through the Association's Committee on Public Secondary Schools. The Committee works with individual public schools to improve the quality of education through a continuous process of accreditation and evaluation.

The members of the visiting committee are teachers and administrators from a variety of schools in the New England area.

The entire GHS staff, along with Record, would like to invite both former and current GHS parents/guardians to take part in this on-site visit. For more information, call Record at 222-1128.

Let's Start Talking About Suicide

ANDREA MORRELL, *School News Coordinator*; AND TERESA MERRILL, R.N., *Gorham Middle School Nurse*, AND MAINE ASSOCIATION OF SCHOOL NURSES PRESIDENT

The death of actor/comedian Robin Williams has a lot of people talking about what is normally considered a taboo subject. Suicide is the third leading cause of death between the ages of 15 and 24. Yet parents may find it hard to talk with their children about this difficult subject.

According to Cheryl Morin, co-founder, with her husband Victor, of the JD Foundation, located in Abbot, Maine, the word suicide is whispered more than it actually gets talked about. "Parents more often than not don't even want a child to know what that word even means," said Morin. Most people believe suicide is something that happens to other people and other families. That's what Morin thought, too, until her son took his own life and changed hers forever.

A Maine law, LD 609, passed in 2013, mandates the implementation of suicide awareness and prevention training in all Maine schools beginning with the 2014/2015 school year. Maine is one of only 14 states in the country to pass such a law.

Beginning this school year, Gorham Schools will start training all staff and administration in the awareness and prevention of suicide. Work actually began last spring when school social workers, counselors, and nurses attended the Suicide Gatekeeper and Training of the Trainer sessions provided by NAMI Maine (National Alliance of Mental Illness) in preparation for training all Gorham staff. A team also attended suicide protocol development training. The district school nurses also attended the Maine Department of Education School Nurse Summer Institute at Bates College in July where they received further suicide awareness training. Over the summer, a team comprised of district administrators and staff, nurses, counselors and social workers, met to draft a suicide policy and protocols.

Staff training will begin in November for GHS and in the spring of 2015 for

CONTINUED ON PAGE 11

Mural Tells Story at GHS

BY CHRIS RECORD, PRINCIPAL
Gorham High School



Photo credit Chris Record

Gorham High School is proud of its graduates as they head out on their post-secondary adventures to colleges/universities, technical schools, and the military. In order to inspire their current students, GHS has created a mural in the gym lobby. The "Future Mural" artistically displays all post-secondary institutions that the class of 2013 and 2014 are attending under the heading of "What is Your Future Story?" New places will be added for where graduates attend in the future. Gorham High School would like to thank Susan McCarthy (pictured), a retired GHS math teacher, for creating the mural. As a way to thank the community for their continued support of Gorham Schools and its students, Gorham High School invites everyone to view it.

Got an Idea?

To submit a story idea to the *Gorham Times*, visit us at www.gorhamtimes.com/storyidea.

School Notes

Gorham Adult Education is back in session and has some exciting, new classes to offer including: Make-and-Take Potluck Dishes; Green Smoothies for Cold Weather; Amazing Rectangle Quilting; Planning a Great Vegetable Garden; DSLR Camera for Beginners; Photoshop; Steel Drums Ensemble as well as exercises classes such as Family Yoga and Punk Rope. FMI, visit www.gorham.maineadulted.org; call 222-1095 or visit the office at 106 Weeks Road.

A representative from Thomas College will visit Gorham High School on September 17 at 10 a.m. to discuss Thomas' academic and sports programs, and its residential life opportunities. Thomas is a private, career-oriented college in Waterville that prepares its undergraduates for careers in business, technology and education and guarantees employment within 90 days of graduation. FMI about Thomas College, visit www.thomas.edu.

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And the 2014 School Year Has Begun!



1. Narragansett School principal Polly Brann welcomes students on the first day of school during an assembly. New students and staff were introduced and the whole school said the pledge of allegiance together. - Photo credit Eunice Bentley

2. Caroline (third grade) and Dylan (fifth grade) Morrell. - Photo credit Andrea Morrell

3. Isabella (fifth grade) and Jackson (third grade) Morrell. - photo credit Sarah McEachin

4. Chad Spickel and daughters Hannah (fifth grade) and Olivia (third grade) walking to bus stop to go to Village School. - Photo credit Jean Spickel

5. Emily Beal is excited for her first day of second grade at Great Falls Elementary. - Photo credit Tena Beal

6. Aidan (second grade) and Debbie Smith - Photo Credit Mike Smith

7. Jack (third grade) and Ian (fifth grade) Luciano on their first day

Great Falls Elementary. - Photo credit Pete Luciano

8. Bode (fifth grade) and Zoe (third grade) Coleman - Photo credit Stacey Coleman

9. Students Will Feagans and Hunter Weeks raise the flag during Narragansett School's first day assembly. - Photo credit Eunice Bentley

10. The kids in the 'hood. - Photo credit Stacey Coleman

11. First day of preschool and kin-

ergarten for the Connolly boys, Oliver (six years old) and Harrison (four years old). - Photo credit Heather Connolly

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Let's Start Talking About Suicide CONTINUED FROM PAGE 8

the middle and elementary school levels. The training will include: the warning signs for suicide; risk factors; protective factors; and the resources available in the community to assist students and staff. Protocols will also be reviewed to guide staff in handling a student in crisis or one they may suspect might be suicidal. Staff will repeat this training every five years. Once the staff training is complete, Gorham Schools will begin to look at adding more suicide awareness

training for the middle and high school student health curriculum.

The Gorham School Department has always recognized that a safe school environment is part of a comprehensive school program. The district-wide Gorham Code of Conduct has been in place for many years. It gives administration, staff and students common language and expectations for the core values of respect, responsibility, honesty, courage, and compassion.

These traits are central to the classroom environment and to the school as a whole as well as to after school activities and sports. Additionally, Gorham Schools offer student support staff and advisory programs designed to connect students with a trusted adult in an effort to build resiliency and support by working with students in smaller groups. Staff also works closely with school resource offi-

cers and local law enforcement to support students.

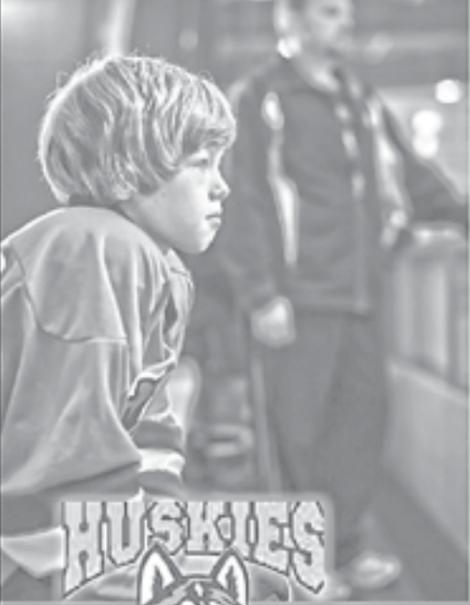
To learn more about suicide contact: JD Foundation, call 876-2295 or 343-1732 or visit www.thejdfoundation.org.

The Maine Suicide Prevention crisis hotline, available at (888) 568-1112, is open 24 hours a day to support anyone with suicidal thoughts or who may know someone who is struggling.

2014-2015

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All evaluations will take place at USM Ice Arena in Gorham, Maine. Huskies Youth Hockey is a Tier IV hockey program offering hockey for boys and girls of all ages and abilities. The program is run by Southern Maine Youth Hockey Association, a non-profit organization.

www.huskiesyouthhockey.com

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This October, the Maine Board of Pesticides Control (BPC) will team up with the Maine Department of Environmental Protection (DEP) to dispose of banned pesticides or pesticides that have become caked, frozen, or otherwise rendered unus-

able. This free disposal program is open to homeowners, family-owned farms and greenhouses. Registration by September 26, 2014 is mandatory - drop-ins are not permitted. To register or for more information, visit thinkfirstspraylast.org or call (207) 287-2731



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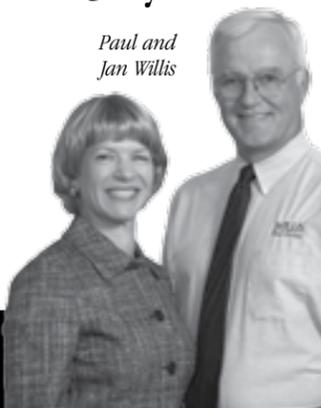


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GRADUATIONS

Solange Carpenter (GHS '10), Lasell College.

ENGAGEMENTS

Christopher Barrett of Florida and Susan Barrett and Arthur Mann of Bridgton, ME wish to announce the engagement of their daughter, Jessica Barrett, to Kevin Shaw, son of Patsy Shaw of Rumford and Kenneth Shaw of Scarborough. Barrett graduated from Lake Region High School and is a Special Education Teacher at Gray New Gloucester Middle School. Shaw, a 2001 graduate of Gorham High School is a Support Specialist for OrderLogix. The wedding is planned for May 2015.



OF INTEREST

The Gorham Woman's Club welcomes Deborah Bicknell as guest speaker on Thursday, Sept. 11 at 1 p.m. Bicknell will present a Seeds of Peace and YES Program at the First Parish Congregational Church, 1 Church St., Gorham. Light refreshments at 12:30 p.m. The public is welcome to attend.

After School Arts Classes Fall Schedule for Grades K-5 begins Sept 8. FMI, visit gorhamartsalliance.org

Gorham Adult Education will offer a 4-week quilting class titled "Amazing Rectangles" with Kim Barbour on Monday evenings from 6:30 to 8:30 p.m. beginning Sept 22. \$49pp. FMI, 222-1095 or visit gorham.maineadulted.org

ArtoberFest (formerly the Gorham Art Fair) will be held on Friday, Oct. 24 and Saturday, Oct. 25. A few spots are left for vendors looking to showcase their quality arts, unique crafts and one-of-a-kind gifts. FMI, gorhamartsalliance.org.

Faith Formation classes at St. Anne's Catholic Church will begin for grades K-8 Sunday, Sept. 14 from 9:30 to 10:20 a.m. FMI, 839-4857 or stannegorham.com

The Town of Gorham lunch program for seniors will begin on Wednesday, Sept. 24 at Saint Anne's Church, 299 Main Street. Saint Anne's church recently dedicated the kitchen in honor of Louise Laliberty, who passed away on June 21, 2014. For over 20 years Louise prepared menus and meals for seniors in the Gorham area at the meal site. The kitchen has been renamed "Louise's Kitchen" in her memory. The low cost community luncheon is held each Wednesday from 12-1:30 p.m. Suggested donation \$4. FMI, 839-4857.

USM NOTES

USM School of Music will present a Faculty Concert Series, "240 Strings," on Friday, Sept. 19 at 8 p.m. at the Corthell Concert Hall, Gorham campus featuring Anastasia Antonacos on piano, Patrick Doane on violin, and Ben Noyes on cello. \$15/\$10/\$5. FMI, 780-5555.

USM Art Gallery Exhibition, "Opposing Gestures," will be on display Sept. 23-Dec. 10 at the Art Gallery, 37 College Ave., Gorham. Free and open to public. FMI, usm.maine.edu/gallery.

ON-GOING EVENTS

The Gorham Food Pantry, located at 299-B Main St. (parking lot of St. Anne's Catholic Church), is open every Thursday morning from 9 to 11 a.m. and the 2nd and 4th Wednesday of every month from 6 to 7 p.m. Free for Gorham residents in need. FMI, 222-4351 or visit www.gorhamfoodpantry.org.

The Lakes Region Senior Center's new summer location will be at the White Rock Grange at 33 Wilson Road (off Rt. 237) in Gorham. The LRSC is a great place for daily socializing, independent activities and good conversation. Mahjong lessons on Monday; poker, crafting and card games on Tuesday; Chair Yoga with a Nutrition and Weight Support Group on Wednesday; and Bingo on Thursday. FMI, call Cheryl 892-9879 or Blanche 892-5604.

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, 839-3630 or 839-3936.

CLOSE TO HOME

The North Congregational Church, 22 Church Hill Rd., Buxton, will hold a Bean Supper on Saturday, Sept. 20 from 5 to 6 p.m. \$8pp.

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The Right People in the Right Place

The Gorham Economic Development Corporation Loans Help New Business Grow



Photo credit Corinne Altham

Tara Benson, Bill Benson and Tom Johns of New England Treads and Custom Millwork, Inc.

BY CORINNE ALTHAM
Staff Writer

They bought the house in Gorham sight unseen. He was in Afghanistan and she was in Texas with their children. They were looking for a place with great schools, close to a city, but with room to breathe. And in Gorham they found their business dream come true thanks to the help of the Gorham Economic Development Corporation, a 501(c) organization that is part of the town government.

The GEDC, as stated on their website, is "a non profit, quasi governmental agency that promotes community and economic development to expand the tax base and create new jobs in the Town of Gorham." Bill and Tara Benson finalized the purchase of New England Treads and Custom Millwork, Inc. in late August thanks to a business loan obtained through the GEDC, which oversees the administration of the town's revolving loan fund. A committee of town residents sits on the panel that interviews and assesses the applications of small and medium sized businesses that need capital funding to set up shop in town. The Bensons applied for and were granted one of these loans.

Tara compared the loan process, during which they had to sit in front of the loan committee panel to share the business plan, to the heat

of the stage on the ABC television show Shark Tank. "I can't say it was as intense as Shark Tank, but I can say we wouldn't

have been able to do it without them," says Bill as he sits in their Gorham Industrial Park office on Sanford Drive.

After 24 years of service, Bill retired as an Army officer colonel with the hopes of starting a family business and putting down permanent roots for his young family. His parents, who now live in Cape Elizabeth, brought him to Maine on vacation as a child. "I've lived in a lot of places, but Gorham checked off a lot of things on our list: great schools, proximity to the beach and the lakes, USM."

With the help of Tom Johns, who stayed on as production manager, the Bensons have hired a new employee and are looking to hire another. Woodworking was always a hobby, but manufacturing was a nice fit with Bill Benson's leadership experience in the army. "I know how to get the right people and the right equipment in the right place at the same time," he says with a bright smile.

Getting the right people is part of the mission of the GEDC as well. With the goal of building the tax base in town, the Gorham Economic Development Corporation serves as a conduit between prospective businesses and landowners in Gorham. In his welcome letter on the website, Thomas Ellsworth, president of the GEDC, explains: "Our mission is a simple one: to promote the Town of Gorham, Maine as the best place to live, work and grow!" Some of their work can be seen across Gorham this fall with the openings of the Cumberland Farms store on Route 25 in the Mercy Crossing property, the Martin's Point Health Care Center on Route 25 and the newest Maine location of Anderson Equipment in the Gorham Industrial Park.

More Businesses in Gorham Going Solar



Carter's Auto Service

Photo credit Amanda Landry



Gorham Savings Bank

Photo credit Amanda Landry

By KRISTA NADEAU
Staff Writer

Carter's Auto Service, located at 2 Railroad Avenue, was the most recent business in Gorham to have solar panels installed. ReVision Energy installed their system, which is a 30.6-kilowatt grid-tied photovoltaic system. A grid-tied system means any extra energy produced will go back to the grid, then credited to the customer from the electric company.

According to Doug Carter, owner of Carter's Auto Service, the system is currently producing approximately 130 kilowatts per day. Carter's Auto typically uses between 95-125 kilowatts daily. It is expected that this system, which converts DC power to three-phase AC power, will generate 70% of the entire usage annually. "I believe CMP's cost will continue to climb considerably and solar is a stable source of energy," said Carter. He added, "The environmental benefit is sig-

nificant as well. This system will offset roughly 36,000 pounds of carbon dioxide per year and produce about 38,000 kilowatt hours of clean, renewable energy annually."

Gorham Saving Bank, located at 64 Main Street, had solar panels installed in December of 2013. Jeremy Clough, founder of the Gorham Savings Bank Green Committee said the plan to be a green institution began seven or eight years

ago, which is when he formed the committee. Initially the bank took simple initiatives, such as recycling, which is now bank wide, but they also had energy audits performed on some buildings that were consuming excessive amounts of energy. The audits helped identify both simple

and complex fixes that have helped save energy. Gorham Savings also switched to LED bulbs for their parking lot lighting, which has proven to save electricity as well as maintenance time.

However, Clough indicated the momentum to go solar began with the building of the Falmouth branch of Gorham Savings Bank, which is a LEED (Leadership in Energy and Environmental Design) certified

branch with a silver designation, the second of a four-level system. According to the LEED website, "LEED certified buildings save money and resources and have a positive impact on the health of occupants, while promoting renewable, clean energy." The Falmouth bank proved

there were cost savings and ultimately paved the way for the solar panel installation at the Gorham branch.

"It's a no-brainer for companies that consume a lot of power," said Clough.

The system at Gorham Savings is a 5.1-kilowatt photovoltaic system, also grid-tied. Clough added the system will cover about 10 to 15% of the energy usage and, in approximately eight years, the system will be paying for itself. He added, "The meter and the panels have already produced 4,200 kilowatt hours of electricity, which is very much on pace for their projected output for the year of 6,500 kilowatt hours."

The panels are guaranteed for 25 years but are expected to last 40 or more years.

For those considering installing solar panels, ReVision Energy can be reached at 221-6342 or www.revisionenergy.com. For financing options, Efficiency Maine can be reached at (866) 376-2463 or www.energymaine.com.

"LEED certified buildings save money and resources and have a positive impact on the health of occupants, while promoting renewable, clean energy."

Off the Page

By JAN WILLIS

Have you read any good books lately? What are you reading now? These are two questions that I ask and get asked frequently. The answers vary, but I am always happy when I have a special book to recommend. What makes a book "special"? Most important to me is, "Do I think about the characters when I am not actually reading the book?" When I am worried about fictional characters and trying to problem solve how they will get out of their present predicament, I know I am "hooked."

"Someone Knows My Name" totally captured my attention and imagination to the point that I did not want to do anything other than read the book to see what Aminata would do to survive. The novel begins prior to the American Revolutionary War when Aminata is captured in Africa and sold into slavery at the age of ten. During the journey across the land to the coast of Africa, she becomes friendly with a boy about her age who is working for her captors. When they reach the ship, he is also taken aboard to be a slave. His name is Chekura.

When Aminata calls him by name, he says, "Someone knows my name. Seeing you makes me want to live." After an arduous ocean journey, the slave ship lands in South Carolina. Aminata wishes to become a "djeli" or storyteller. In her village only children born into a special family could have this honor. She wants to learn and retell stories of her village and ancestors. This wish, which is stated early in the novel, foreshadows her later role working with an abolitionist group in England. At that point, much later in her long life, she says, "If I live long enough to finish this story, it will outlive me. Someone will find my story and pass it along. And then, I believe, I will have lived for a reason." Even though this is a novel, I felt like I was reading a true story.

The narrator of this novel is a woman, but the author is a man, Lawrence Hill. He is the son of Civil Rights activist Donna Hill and Daniel G. Hill, a sociologist who descended from Africans enslaved in the United States. Hill grew up in Toronto, Canada, in the 1960's and was influenced strongly by the work of his parents.

Many people were greatly moved by the award winning movie "12 Years a Slave." This novel will have a similar effect on the reader. One twist for me was the impact that the Revolutionary War had on some slaves and the "freedom" they were given to go to Canada because they had helped the British.

Pick up this book. You will not be disappointed.



**What's on
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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.



Bewildered at the Rotary

Confused at the rotary, subject drove into the wrong lane of traffic when exiting. She admitted she never drives this way from Naples and got confused. She was not impaired.

Dorval Drive caller reported that someone had stolen a debit card from his vehicle.

Youth had argument with his parents on Hillview Drive so he left the house to get away. He was planning to spend the night at the Municipal Center but was moved along. He would try to find another place to stay.

Officer made contact with a driver at her home after being stopped by police and driving off. Woman stated she was confused with what he wanted her to do. After telling her to pull over and wait, officer had another vehicle behind hers move and drive forward. She felt it was safe to do so as well.

Subjects on New Portland Road were killing squirrels and other animals to use as bait for coyote hunting. They were using 22's in a legal and safe direction.

Finn Parker Road male left the residence after a disagreement. Father told officer that son had been in a bad place the past few months over a break up and recently got caught up with marijuana.

Sebago Lake Road caller reported a woman had called him and stated she was going to say she had sex with him to get him into trouble.

Caller reported horses loose on Burnham Road.

Man from State Street reported that State Street is a 25 mph zone, but cars go faster. Officer thanked him for the information and he went back inside.

A lost motorist, who was looking for the Public Works Department, flagged an officer down on Sleepy Hollow Drive.

Weeks Road caller asked what he could do about noise coming from neighbors. He was advised to call when the activity was happening.

Sappi Paper Mill requested that people camping out on the island near Dundee Dam be removed. Juveniles packed up their stuff and parents came and got them.

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CALENDAR

THURSDAY, SEPT. 11

- Gorham Woman's Club Meeting, Seeds of Peace and YES Program at 1 p.m., First Parish Congregational Church. Refreshments at 12:30 p.m. Public welcome!

FRIDAY, SEPT. 12

- Gorham/Westbrook TRIAD meeting, 9 a.m., 22 Foster St., Westbrook. Emily Sherwood will speak about organ donation. FMI, 229-9050.

SATURDAY, SEPT. 13

- Greater Gorham Farmers Market, 8:30 a.m.-12:30 p.m., South St. next to Baxter Memorial Library.

MONDAY, SEPT. 15

- Green Gorham Project will meet at the Gorham Savings Bank Operation Center on Wentworth Drive from 6:30-8:30 p.m. All are welcome! FMI, YouLeg@Yahoo.com

TUESDAY, SEPT. 16

- Pre-school Story Time, 9:30 a.m., ages 3-5, Baxter Memorial Library.

WEDNESDAY, SEPT. 17

- World in Your Library Lecture #1, Eric Hooglund: "The Middle East in Down East: Waterville, 1900-1960," Baxter Memorial Library, 6:30 p.m.

THURSDAY, SEPT. 18

- Baby and Me with books, music and movement, 9:30 a.m. ages birth-18 mos., Baxter Memorial Library.
- Toddler Time, 10 a.m., ages 18-36 mos., Baxter Memorial Library.

SATURDAY, SEPT. 20

- Greater Gorham Farmers Market, 8:30 a.m.-12:30 p.m., South St. next to Baxter Memorial Library.

MONDAY, SEPT. 22

- Gorham Ecumenical Council Community Dinner, 5:30 p.m., First Parish Congregational Church, Gorham. Free Food and Fellowship. All are welcome!
- Gorham Republican Committee meeting, 6:30 p.m. Registered Republicans welcome. FMI, call 415-2673.

TUESDAY, SEPT. 23

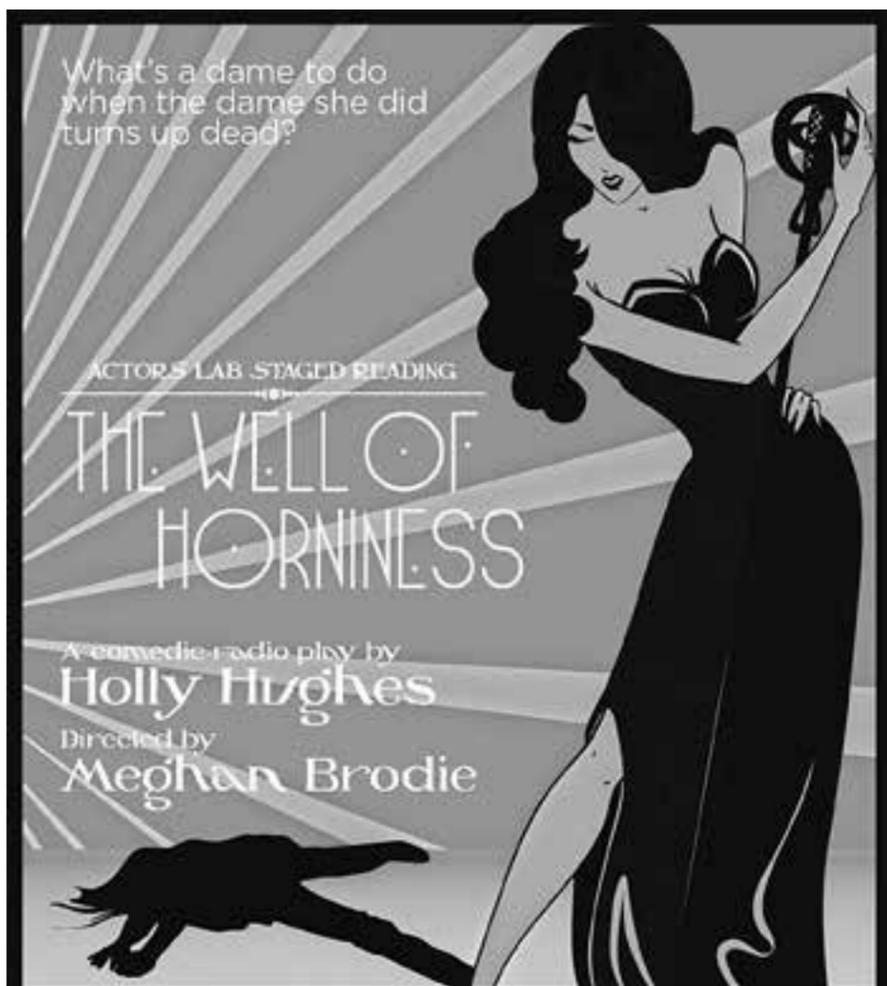
- MemoryWorks Memory Café, 1 p.m., Gorham House Sunroom. Share your memory concerns with others. FMI, 797-7891.

WEDNESDAY, SEPT. 24

- Early Release for grades K-12.
- Earl Smith Author Event, 6:30 p.m., Baxter Library.
- Town of Gorham Senior Lunch Program, St. Anne's Church. 12-1:30 p.m. \$4pp. FMI, 839-4857.

THURSDAY, SEPT. 25

- World in Your Library Lecture #2, Laura Henry: U.S. Foreign Relations with Russia, 6:30 p.m., Baxter Library.



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Gorham Savings Bank Operation Center, 10 Wentworth Dr.
Greater Gorham Farmers Market, South St.
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St. Anne's Catholic Church, 299 Main St.

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