

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

Gorham Remembers 9/11

Sidewalk Project in Progress



Photo credit Roger Marchan

BY PATRICK O'SHEA

The Public Works Department is replacing the sidewalk on the west side of South Street from Green Street to Morrill Avenue. The Town Council appropriated \$14,000 for this project at their August 5, 2014 regular meeting. Public Works Director Bob Burns stated that this is a maintenance project that is long overdue.

The work is expected to be completed within the next two to three weeks. A blacktop surface and curbing will be added to finish the project. A crosswalk will also be added to assist in crossing South Street. The crosswalk will be located at the Green and Preble Streets intersection. The addition of a crosswalk is a recommendation from the Village Parking Study that was released this spring.

The News Really **Does Travel!**



By Jeff Pike Sports Editor

More than 200 runners and walkers-including 100+ Gorham residents-participated in the fourthannual 9/11 Memorial 5K Run/Walk under clear blue skies on September 14. The event, which began and ended in the Gorham Rec parking lot, benefits the Stephen Gordon Ward Memorial Scholarship Fund. Steve graduated from Gorham High School and worked as a CPA for Cantor Fitzgerald on the 101st floor of the North Tower of the World Trade Center.

Firefighters from Gorham and three other area fire departments participated and completed the 5K in full gear while carrying fire hoses. They wrote the number 343 on their faces to represent the number of first responders who died on September 11th. Participating fire fighters included Brandon Howard, Brandon Brichetto and Jared Wood from Gorham; Wendell Howard (GHS '92), Ross Larabee, Steve Coppi and Ron Giroux Jr. from Portland; Mark Giroux and John Keenan from Westbrook; and Brian Trefethen from Standish.

Howard organized the fire fighters and also arranged for a ladder fire truck that displayed the American flag hanging high over the start and

finish lines. To start the event, the Star-Spangled Banner was sung by two nine-year-old girls, including Marin Graham, Steve's niece and the daughter of one of the race organizers-Steve's sister Katie Hazel. Annie Cunningham joined Marin as the second singer.

"The flag was an incredibly heartwarming surprise," says Hazel. "And although my daughter never met Steve, she feels strongly about being a part of the event knowing how much it means to me and the rest of our family."

Hazel adds that her family was honored this year to welcome Marcia Kucsma, widow of Gorham Fire Department Chief Deputy, Michael Kucsma Jr., who passed away in June, hours after responding to a serious accident. Marcia completed the course wearing her husband's uniform shirt

Ben Foster, a senior at GHS, won the race with a time of 17:05. Other Gorham residents winning their gender-age group included Maddie DeWitt, females 19 and under; David Hudson, males 20-29; Kelsey Wilson, females 20-29; Brendhan McDevitt, males 30-39; Kathy Heprier, females 50-59; Dale Rines, males 60-69; Diane Bell, females 60-69; and Kenneth Curtis, males 70 and older. The full list of Gorham participants appears belowsome ran while others walked.



Ron Giroux Jr. a firefighter with the Portland Fire Department, carries the American Flag across the finish line of the 911 Memorial 5K Run & Walk September 14. 10 firefighters from Gorham and other area fire departments participated and completed the 5K in full gear while carrying fire hoses. They wrote the number <343> on their faces to represent the number of first responders who died on 9/11.

Ward's family started the Stephen G. Ward Memorial scholarship soon after he died. The first 9/11 Memorial

CONTINUED ON PAGE 7

Perennial Place Apartments Expects to Open in 2014

By Sheri Faber Staff Writer

People from the White Rock area have been stopping by to tell construction workers at the site how pleased they are that the former elementary school will not be torn down but is being converted into 12 apartments

meet or exceed current standards. There will be a community room with a kitchenette.

Jon and Cindy Smith, owners of Great Falls Construction, report that framing, electrical, sprinkler, and plumbing work are currently underway.

At the 2013 Gorham Marketplace event, Jon and Cindy stopped by the

Financing for this project has been arranged through Shawn Moody of Moody Collision Centers who approached Smith about the idea. Both parties see this as a mutually beneficial plan, as they are not going through a bank and are having the project financed locally.

Jon Smith said, "We are excited and proud to play a role in the continuation of the White Rock School building. White Rock School has always been a special community and we will work to ensure that feeling continues at Perennial Place." The Smiths also noted they plan to install permanent plaques honoring teachers who passed away and had trees planted in their memories by their students. The first open house will be on September 28th from 10 a.m. to 12 p.m. For more details, see advertisement on page 11.

for residents who are 55 or older. Currently, there are 28 people who are interested in Perennial Place on a list waiting for additional information as the construction moves along. There will be nine one-bedroom apartments, two two-bedroom apartments and one one-bedroom accessible apartment. Each apartment will have its own washer and dryer hookup. Heating and air-conditioning will be provided by efficient electric heat pumps. Domestic hot water will be provided by propane. The property will be very well insulated and soundproofing will

town's booth where they mentioned what a shame it would be to tear down the school that has many memories for residents of the White Rock area.

The Council decided to request proposals for alternate uses of the property and ultimately sold it to the Smiths for \$1 with a few stipulations. The Smiths agreed to invest a minimum of \$800,000 in the property, convert it into12 apartments for 55 and older residents, pay taxes forever, and have the balance of the property available for recreational uses through a fiveyear easement to the town.

Retired Gorham teachers Sue and Steve Small recently caught up with the news of Gorham while travelling to the Linderhof Palace in Germany.

GORHAM BUSINESS EXCHANGE MEMBER SPOTLIGHT ARTICLE AND PHOTO ON PAGE 14



NEWS FROM AUGUSTA

Workforce Training Key to Maine's Economic Future

BY REP. ANDREW MCLEAN

For a business to create jobs it needs a workforce ready to take up those jobs. If Maine hopes to grow its economy, it must first address the issue of its skills gap.

Businesses can't expand or set up shop in our state without confidence that we have workers who can effectively carry that business forward. That's why we need to make sure the skills of the workforce match those needed by employers.

Maine currently needs 15,000 new highly skilled workers in order to remain competitive nationwide. In the Maine Legislature, lawmakers on both sides of the aisle worked last year to develop provisions that address the skills gap in Maine.

One of the best ways to create a robust workforce is to equip more students and workers with a degree from a post-secondary institution. In the biennial budget, we included a measure to facilitate credit transfer from Maine's community colleges to its public universities. Students with or working toward an associate degree will now be able to easily take the skills and knowledge they've acquired and apply it to earning a four-year degree.

By requiring the state's university system to automatically accept credits earned at a community college in

letter to the Editor

Maine, students will have one less hurdle to face when working toward a bachelor's degree.

Not every student who participates in higher education manages to secure a degree, yet the knowledge and skills they gained while in school are still valuable to employers. Some estimate there are more than 200,000 Mainers with some college experience but no degree. To address this issue, the budget allocated financial assistance to over 1,000 adult learners who need only a few extra courses to graduate and enter the workforce with a postsecondary degree.

Making sure our educators, businesses and workers are on the same page when it comes to what skills are needed and how those skills can be acquired is essential to reducing the skills gap in Maine.

A cornerstone of the biennial budget was the establishment of Maine industry partnerships. This cooperative initiative will help guide employees in Maine to high-skill, high-demand jobs while also connecting them to the proper training resources to prepare for those jobs.

The cooperative will target industry clusters to determine those that would be best served by workforce and economic development investments. This decision is based on factors such as the industry's economic growth potential,

competitiveness, employment base and its role in the overall state economy.

Maine's workforce is ready to adapt to the modern economy and take on the new kinds of jobs that come along with it. First, however, we have to make sure the path to acquiring the necessary skills to secure those jobs is clear and more easily accessible.

That's what the measures developed by the Legislature's Joint Select Committee on Maine's Workforce and Economic Future accomplish. Lawmakers recognized that Maine would need to take strong action to keep its workforce competitive and the measures passed with resounding support in the Legislature.

There is still more work to be done and I look forward to engaging lawmakers on addressing other workforce needs in the future. Those critical improvements that will brighten Maine's economic outlook are an important step in the right direction. As always, I encourage you to email or call me with your thoughts, questions and concerns.



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

Gorham Times

BRINGING THE NEWS TO ALL OF GORHAM PO Box 401, 77 South Street Gorham, Maine 04038 Phone and Fax: (207) 839-8390 gorhamtimes@gmail.com www.gorhamtimes.com The Gorham Times is a free volunteer-run community newspaper distributed every other Thursday to more than 100 pick-up sites throughout Gorham.

News gorhamtimes@gmail.com **Sports** jeffpike@bwservices.net Features ckck5@maine.rr.com **Of Interest** gorhamtimes@gmail.com **Calendar item** gorhamtimes@gmail.com Advertising gorhamtimesadvertising@ gmail.com or 839-8390 School News amorrell3@maine.rr.com

SUBSCRIPTIONS

\$15/year in Gorham; \$20/year elsewhere \$10/year for college subscription

General Manager Maynard Charron Editor Karen DiDonato Business Manager Stacy Sallinen Advertiser Coordinator DaraLyn McColl Design/Production Shirley Douglas Police Beat Sheri Faber **Staff Writers** Jacob Adams, Corinne Altham, Tara Benson, Leanne Cooper, Roger Marchand, Noah Miner, Krista Nadeau, Esther Pelletier, Robin Somes, Pam Tordoff Features Chris Crawford Photographers Nicole Bergeron, Agnes Fuller, Amanda Landry, Rich Obrey Public Service Jackie Francis Sports Jeff Pike School News Andrea Morrell Webmaster Judi Jones **Distribution Coordinator** Russ Frank **Distribution** Jason Beever, Jim Boyko, Janice Boyko, Scott Burnheimer, Steve Caldwell, Chris Crawford, Becky Curtis, Janie Farr, Russ Frank, Bob Mulkern, Krista Nadeau, Jeff Pike, John Richard, David Willis Interns Avery Arena, Megan Bennett, Emily DeLuca, Emily Lewis, Matilda McColl, Julie Pike

BOARD OF DIRECTORS

David Willis (President), Bruce Hepler (Vice President), Katie O'Brien (Secretary), Katherine Corbett, Shannon Phinney Dowdle, Peter Gleason, Carol Jones, Hannah Schulz Sirois, Michael Wing

Advertising and Copy Deadlines

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.

Printing services by Alliance Press, Brunswick, ME

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:

What makes a good, effective community leader? Those who have been given positions of leadership continually demonstrate principles and practices of good leadership by living the example. Amy Volk exemplifies these principles and practices.

As the current State Representative for House District 127 in Scarborough, Amy Volk has been a vocal proponent for business issues, serving on the Governor's State Workforce Investment Board as well as holding the position of Lead Minority Member of the Labor, Commerce, Research and Economic Development Committee for the last four years.

tion resulted in co-sponsoring Maine's charter school law, which made Maine the 43rd state to permit charter schools. A strong advocate for human rights, Amy championed LD1730, legislation intended to help victims of sex trafficking and abuse.

Impressive legislative record notwithstanding, I most admire Amy for her selfless volunteer work, generosity, intelligence and dedication to good cause. She volunteers in the school system; speaking in local classes to teach children how government works, as well as teaching Junior Achievement. She attends The Rock Church and is part of a group called Moms in Touch

is on the Board of The Root Cellar in Portland, dedicating time to helping those in need who struggle to provide for themselves. Understanding the benefits of sport, Amy coached softball in Scarborough Little League and is an active volunteer with Softball and Cheering Boosters as well as travel sports teams.

Amy Volk is a good, respected community leader. One who will make an effective State Senator and continue to work to facilitate solutions for the long-term health of Maine.

Pat Surette, Gorham

CONTINUED ON PAGE 11



Additionally, her passion for educato pray for kids at our schools. She

Around Town

The following are candidates for Town Council (two open seats): Michael Phinney (incumbent) **Ronald Shepard**

The following are candidates for School Committee (three open seats): Forrest Genthner Dennis Libby (incumbent) Sara Nelson (incumbent) Suzanne Phillips

The 2014-15 tax bills have been mailed and are also available on the Assessing Office website at http://www.gorham-me.org/Public Documents/GorhamME Finance/AllTaxBills

ON THE SQUARE

Now Booking Corporate Christmas/Holiday Parties and 2015 Weddings & Showers

Event Schedule Comedy on the Square Season Kickoff Show

Thursday 10/23 7:30pm Featuring Tim McIntire

Scarab Journey Tribute Band Saturday 10/25 9:00pm Advanced tickets: www.Spire29.com 29 School Street, Gorham 207-222-2068

UPCOMING **DEADLINES:**

Ad Deadline	Publication
Oct 1	Oct 9
Oct 15	Oct 23
Oct 29	Nov 6
Nov 12	Nov 20
Nov 26	Dec 4
Dec 10	Dec 18

PROFILE

Outward Bound with Jamie Carter

BY JACKIE FRANCIS Staff Writer

Curious to discover her own true mettle and intrigued by the idea of 15 days of independence and outdoor adventure, Gorham High School sophomore Jamie Carter completed a 15-day Youth Version ("YV") Mountaineering Course through the Colorado Outward Bound School in early August and experienced "self-discovery" like never before. "I thought going on this trip would be a good change in scenery," says 15-yearold Carter, "and I was looking forward to being independent and broadening my horizons, but these two weeks were probably the most challenging and emotional two weeks of my life.'

Carter became fascinated with the possibility of participating in an Outward Bound program after hearing about the experiences from her two cousins who had done just that. After considerable research, a bit of soul-searching and the backing and blessing from her parents, Carter booked her flight to Colorado for a life-changing adventure.

First up was making the trek to base camp in Marble, Colorado-each student carried over 50 pounds of gear including food and water in their backpacks. For two weeks, lunch and dinner consisted of freeze-dried lentils and dried fruit with each member of the five-man patrol responsible for collecting water and cooking. Campfires were not allowed, and, for that matter, neither was bathing. Carter's unwashed, waist-long hair was in the same ponytail for two weeks. "After



I took the elastic out of my hair, my hair didn't move," says Carter with a disbelieving laugh.

"I'd recommend [Outward Bound] to anyone--not only my age but any age--because it's a crazy adventure and it's the most life-changing and amazing experience ever."

"The course began with two days of rock climbing and rappelling in the Elk Mountains followed by nine days of backpacking and a 48-hour solo experience," says Carter, who, oddly enough, said she did not mind the 48 hours of solitary time where students are encouraged to not

only fast for two days, but to spend alone time in the backcountry with no watch, no camera, no fire, not even a book. "We were counseled by our instructors to use this time for personal reflection on what we had learned so far on the trip."

"During our time in the mountains," says Carter, "we did a high bivouac [a temporary camp without cover] above 12,000 feet and attempted to climb three peaks. We were successful in two of our attempts which required roped travel over fourth and fifth class ridges." Carter says that was probably the scariest part of her adventure - mountain climbing with ropes attached to each person. "You learn to trust yourself and trust others more," she says. The two-week journey ended with a community service project and a personal challenge. Carter's personal challenge was to run three miles up 1,800 feet of vertical elevation and four miles down.

When asked if she ever thought of giving up when she was pushed to unthinkable limits, her reply was quick and self-assured. "Before I left for Outward Bound, my dad said he believed in me and he knew I could do this," says Carter. "I wanted my parents to be proud of me because I love my family so much."

"It's crazy to think that I overcame my fears and did, what was in my opinion, the impossible. I'd recommend [Outward Bound] to anyone-not only my age but any age-because it's a crazy adventure and it's the most life-changing and amazing experience ever."

If You're Leaving Your Employer, **Do You Know Your** 401(k) Options?

At Edward Jones, we can explain options for your 401(k), including leaving the money in your former employer's plan, moving it to your new employer's plan, rolling it over to an Individual Retirement Account (IRA) or cashing out the account subject to tax consequences. We can help you review your options so that you can select the one that's best for you. If you decide to roll it over to an Edward Jones IRA, we can help.

To learn more, call or visit your financial advisor today.

Edward J Doyle, AAMS®

Financial Advisor 28 State Street Gorham, ME 04038 207-839-8150



www.edwardjones.com Member SIPC







Buy your plants now and give them a head start for the coming spring.

Visit our website for more information.

Only 5 minutes from Maine Turnpike exit 46, just follow Route 22 west. Open 7 days!



UR

Great Plants. Great People. Great Advice.



Like us on Facebook ww.facebook.com/odonals

sions apply. This sale cannot be combined with other dis

Garden

Centers

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

-	Deposit a Check	
۲	Locations Find Branch and ATM locations	>

You can deposit a check from your mobile device anytime, anywhere. Just select the account you want the funds to go into, snap a pic of your check, and hit "Submit." But don't worry, your check will never look as pretty as you.

> Questions? Contact us at 207-839-5588 or info@cascofcu.com



LIVING

Not Your Average 5K, How to Train for Obstacle Events

BY STACEY COLEMAN

Obstacle course race (OCR) events have become very popular. These are not your average 5K races. They require a different type of training that calls for climbing, pulling, crawling, balancing, using endurance, and overcoming fear. With these events going mainstream, it is important to train appropriately to ensure you get through the course safely and have fun.

I have competed in and trained others for many OCR's and have gained inside perspective on how to prepare. A few years back, I was chosen as one of nine personal trainers in America to attend a weekend conference for Spartan Race (an OCR business) in an effort to develop physical training programs for their business. I met with the Spartan Race owner and university professors to discuss topics such as nutrition, exercise science, and mental toughness.

Rather than join forces with Spartan Race, which is now a worldwide event, I decided to take the knowledge learned from the conference and bring it back to Gorham. In 2011, My-FIT-24 introduced our first local OCR.

Our goal is to create courses challenging enough for the toughest athlete, yet one in which the average person can complete with a great training program. People accomplish goals they never imagined possible while building character, teamwork, community, and a true sense of accomplishment.

Looking to enter an obstacle event? Here are some tips:

Be ready to get dirty. You will get muddy, wet, cold, and sweaty. Wear material that dries quickly, light shoes, and keep in mind, mud stains, so don't wear your favorite shirt. Train in all conditions outdoors because the weather could do anything.

Don't focus all efforts on running. Although you will be running a lot, remember, it is only from obstacle to obstacle. You may run half a mile and then switch gears to climb a wall, crawl through mud, or test your balance. Train to switch from a slow and steady run to power and speed. Run half a mile then switch to three to five minutes of explosive exercise such as a circuit of jump squats, bear crawls, pull ups, and push ups. Repeat.

Pull. Recent studies have shown that average workouts lack posterior chain exercises. Most people only work the muscle they see in the mirror, which is not good for your body. Frontal muscles such as chest, biceps, and quads are important; however, it is just as important to include the back, triceps, hamstrings and other posterior muscles needed for the climbing and pulling events in an OCR. Exercises that strengthen these areas could include: pull-ups, rope climbs, and lunges.

Grip strength. You will most likely be required to carry an oddly shaped object over distance, hold your body in tension over time, and/ or climb rope or monkey bars. Train by doing farmer carries (weighted object in each hand carried over a distance), hanging from a bar using only your hands, or using a rope for a variety of climbing and pulling exercises.

Have fun. OCR's are about building people up. They are less about your time and more about accomplishment, teamwork and community. Choose an event that supports a local cause that means something to you. Help a stranger on the course by assisting them over an obstacle or just giving them a high five. Feel great about the obstacles you face. You will be doing things most people could never imagine doing. Enjoy the moment and be proud.



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.

Pollinators in the Garden

By Linda Treworgy Faatz

Pollinators are responsible for up to 80% of the world's flowering plants. Without them, humans and wildlife would not have much to eat or look at. Think about the ants, bats, bees, and beetles that work so hard to encourage blooms. A few more helpers you hope to see in your yard include birds, butterflies, flies, moths and wasps.

This has been a wonderful blooming season thanks to the large variety of insects that came in to enjoy the bounty. They hovered around the early blooming lilacs and rhododendrons. Even before these shrubs were in bloom, the field was yellow with dandelion blossoms. Soon after, the peonies were crawling with ants. Never have I seen so much white clover blanketing fields and lawns. The bees devoured that nectar all summer.

The rambling roses on my split rail fence were teaming with bees. Their pollinating friends of all kinds set up camp for the summer. The sunny days of mid summer brought them buzzing to the liatris and day lilies. Thanks to pollinators, the vegetables produced a bountiful crop in the raised beds behind the potting shed. Borage planted near my vegetables encouraged the bees.

Fields and tall grassy areas, filled with Queen Anne's Lace and goldenrod mixed with purple thistles, are amazing areas for observing pollinating insects. By now, the sedum is in full bloom and bees love those blossoms. A mass of sedum gives wonder-

CONTINUED ON PAGE 11



I-Car Certified • ASE Certified • Major Collision • All vehicle types • Sandblasting Free Pick-up and Deliveries within a 15-mile Radius. Free Ioaner cars. ALL WORK WARRANTIED

201 New Portland Rd, Gorham, ME • Ph: **839-6401** Fax: 839-2418 Email: wymanautoinc@yahoo.com Mon-Fri 8-5, Sat 9-12, Sun Closed • www.wymansauto.com



Cancer can be a lonely thing.



Fresh Dough Daily Fresh Salads • Calzones Pasta • Grinders • Beer & Wine

Great Pizza and more!!

Call 839-2504 or FAX orders to 839-2148

We accept Visa and MasterCard

Hours: Sun. - Thurs. 11 a.m. to 11 p.m. Fri. & Sat. 11 a.m. to Midnight

www.gorhamhouseofpizza.com

Sometimes talking to a friend helps.

Join us at **The Gorham Cancer Prayer and Support Group**

We meet at the Cressey Road United Methodist Church in Gorham on the first Tuesday of every month at 6:00 PM

Call 839-3111 for more information.

SEPTEMBER 2, 2014 Town Council Report

By ROBIN SOMES Staff Writer

A Public Hearing at this month's Town Council meeting provided additional information on the current proposal to renovate and expand the existing Public Safety Building to accommodate the needs of the Police and Fire departments. The estimated cost for the project is \$4.99 million, including a contingency subsidy, to be funded with bonds for up to 20 years. Andy Hyland of Port City Architecture provided a presentation on the project, offering additional details to what he had presented at the August meeting. Hyland elaborated on the needs for the project, noting that what comprises the police station now "is not even marginally sufficient for proper evidence and records storage." He also cited the lack of interview rooms, processing space for convicted individuals, secure parking, as well as technology related shortcomings. In regard to the Fire Department, Hyland said the existing facilities were also lacking, pointing out the need for adequate training space, a proper disinfection area for rescue equipment and gear, a sufficient administration area and appropriate apparatus bays. The "living and sleeping quarters are intolerable, and the existing building is not compliant with many of the current codes," he reported. "These deficiencies are hampering both public safety departments from performing their duties efficiently and effectively."

As for the new design, a 10,250 square foot building is planned for the Police Department and would be situated in front of the existing Public Safety Building, which would undergo renovation and expansion to house the Fire Department. Hyland, whose company, Port City Architecture, has completed numerous municipal projects, made the assurance that the design "is cost efficient and energy efficient." According to Hyland, not only would the design address all of the existing deficiencies, both the Police and Fire Departments would be able to service the needs of the community as it continues to experience growth.

A referendum will be included in the upcoming November 4th general election for the project proposal.

In other action, the Town Council voted:

• 7-0 to renew the liquor license for Gorham Sports Center at 215 Narragansett Street.

• 7-0 to approve a liquor license for the Ocean Garden Restaurant at 390 Main Street.

• 7-0 to accept the bill of sale from Sold, Inc. for the Wastewater Pump Station, Force Main and Collector Sewers, with Town Manager David Cole being authorized to execute an agreement with the Portland Water District transferring these facilities to them.

• 7-0 to authorize the Town Manager and Finance Director to solicit bids for the following properties acquired through foreclosed tax liens:

1. Approximately 2.9 acres on Deering Road (Tax Map 14, Lot 6.101)

2. Approximately 13.9 acres on Deering Road (Tax Map 14, Lot 6.102)

3. The house and land at 4 Briarwood Lane (Tax Map 39, Lot 40)

After the bid process, the Town Manager and Finance Director are to provide their recommendations to the Town Council for the disposition of these properties.

• 7-0 to designate the Gorham Art Alliance as the Local Arts Agency.

• 7-0 to authorize the purchase of a 14-passenger handicap accessible bus for the Recreation Department at a cost not to exceed \$56,900.

• 7-0 to accept a bid for a sixwheel plow truck for a total price of \$129,816.58, which includes a load cover, a sander and a liquid calcium spray system.

• 7-0 to accept a bid of H P Fairfield for a trackless tractor for a total price of \$131,723.

Complete minutes are available on the town's website at www.gorham-me.org.



@YOUR LIBRARY Things are Buzzing @ Your Library

By PAMELA TURNER, DIRECTOR Baxter Memorial Library

It is a great time to visit the Baxter Memorial Library. We are buzzing with activity!

Story times and our adult book discussion series have begun for the season. We also have a variety of lectures, author events and children's events going on in September and October. Please check out our calendar of events at www.baxterlibrary.org.

The Friends of Baxter Memorial Library are joining the Gorham Garden Club to bring a nationally known gardener, horticulturist, speaker and author to the library. Joan Calder will present a lecture on bees, butterflies and other pollinators on Tuesday, September 30 at 6:30 p.m. at the library. This lecture is geared for adults and young adults age 12 and older. Plants, bee pods and Calder's book will be for sale at the event. We will also have a raffle for a "pollinator hotel" on display now at the library. Refreshments will be served.

Beginning in October and throughout the school year we will be open early at 11 a.m. on most Wednesday early release days for Gorham Public Schools. We started this last school year and it was very popular.

The Friends of BML fall book sale will be held on Friday, October 17th from 9 a.m. to 7 p.m. and Saturday, October 18th from 9 a.m. to 2 p.m. at the Gorham Recreation Multipurpose Room next door to the library. We already have a huge selection of donated books for this book sale.

Please join us on Facebook and sign up for our online newsletter at www. baxterlibrary.org for all the latest on library activities. For more information, please contact the library at 222-1190 or pturner@msln.net.



The Grand Jury returned the following indictments in September:

Scott Barker, 36, of Gorham was indicted for aggravated assault, domestic violence assault and obstructing report of a crime on charges brought by Gorham Police Department.

Ian Bell, 19, of Gorham was indicted for burglary (with a firearm) and theft (with a firearm) on charges brought by Westbrook Police Department.

Cory Cameron, 33, of Westbrook was indicted on two counts of aggravated forgery, two counts of theft, two counts of negotiating a worthless instrument on charges brought by Gorham, South Portland and Falmouth Police Departments.

Colin Frick, 29, of Portland was indicted for criminal OUI, possession of scheduled drugs and possession or distribution of dangerous knives on charges brought by Cumberland County Sheriff's Office and Gorham Police Department. Richard Labranche, 48, of Gorham was indicted for criminal OUI, operating after suspension and criminal speed on charges brought by Scarborough Police Department.

Brandon Libby, 32, of Limington was indicted for criminal OUI on charges brought by Gorham Police Department.

Andrew McDonald, 33, no address given, was indicted for burglary on charges brought by Gorham Police Department.

Joseph Yahm, 30, no address given, was indicted for aggravated forgery, theft and negotiating a worthless instrument on charges brought by Gorham and South Portland Police Departments.



bookwormrocks@myfairpoint.net 839-BOOK(2665)

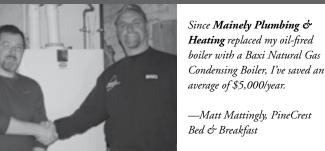
In May, **Mainely Plumbing & Heating** celebrated 28 years in business. We want to thank all our customers and friends who support us and local businesses in Gorham through the years.

Did you know. we can help you with the smallest of plumbing and heating projects, as well as complete design build Plumbing, Heating & HVAC systems, including **Mini-Split** Heat pumps by Fujitsu & Mitsubishi. **Natural gas** & Propane conversion specialist. We also have Financing available on all **Baxi** Boilers installations.

Portland Area 854.4969 Gorham Area 839.7400

MAINE NATURAL GAS 1-877-867-1642 BAXI Plumbing & Heating

Natural Gas Conversion Specialist



Fully Certified, Licensed, and Insured - Accredited BBB Business

WWW.MAINELYPLUMBING.COM



U-Pick Apples

Open Tuesdays - Saturdays 12 to 6

207.239.0442 236 Sebago Lake Road, Gorham www.plowsharesmaine.com

JULY 2014 Gorham Economic Development Corporation Review

Gorham is applying for a grant for sidewalk improvements to the Little Falls area. In order to be eligible to receive this grant, the town must show that 50% or more of the residents living in this area would be classified as low to moderate income (LMI). The town is in the process of sending out surveys to residents of this area and will also go door to door to obtain the necessary information to move forward with the grant.

The owner of Amato's has expressed interest in purchasing 21 Main Street in order to create more parking for Amato's. His plan would be to eliminate the curb cut that now exists and add a right turn only curb cut onto Main Street. The Board recommended that the Town Council pursue options to allow for additional parking for Amato's while preserving a designated parking area to remain for use by 21 Main St. tenants.

Town and Country Cabinets, which was destroyed by fire last spring, is operating on a limited basis. They will need a sprinkler system and the owner has approached the town about getting public water to the site and financing the cost of adding a sprinkler system. GEDC President Tom Ellsworth planned to meet with the business owner and thought that utilizing the loan program to help finance this project was a possibility.

SEPTEMBER 2014 Planning Board Results

Discussed at the September Planning Board meeting were:

The Site Plan Review Committee has approved plans for a real estate office on a vacant lot adjacent to the flag center. Proposed building will be les than 2,000 square feet.

The Planning Board approved eight single-family condos on lot 25 of Allen Acres subdivision.

Sappi presented a proposal to upgrade portage and car-top boat access as well as parking adjacent to the Presumpscot River on land owned by the Presumpscot Land Trust at the end of Tow Path Road. A gravel parking lot at the site was also approved.

Insurance Auto Auctions, Inc. (IAAI) proposed a plan to expand by 5.74 acres their gravel storage area for overflow parking on land leased from Shawn Moody off Narragansett Street. IAAI has been leasing 11.68 acres from Moody for the past three years. The leased land is used for salvage storage and auctions. It is a non-conforming use but the Zoning Board of Appeals granted approval in October 2012 and extended the approval until October 2014.

The Board approved improvements to the Little Falls Recreational facility that included multi-purpose fields along with parking and associated storm water management.

The Board tabled a proposal for improvements to the Chick property athletic fields with new baseball fields and associated parking as well as multi-purpose fields, basketball courts and a reconfiguration of the existing skating area.

The Board approved canopy signs for the Cumberland Farms on County Road.

Michael and Melissa Gould's fourlot subdivision off Shaw's Mill Road was approved.

The Board discussed Kasprzak Land Holding's request for approval of 140 additional dwelling units with 35 new buildings in the Pheasant Knoll Condominium subdivision.





Adult Classes _{Tuesday}/Thursday

Doshu Allan Viernes Shihan Jennifer Viernes 821 Main Street, Westbrook, Maine 04092

SPORTS

GHS Fall Sports Highlights

Compiled by Jeff Pike Sports Editor

Field Hockey: The Rams were undefeated (5-0) at press time with a third-place ranking in Western Maine Class A. Darcie Brown scored both goals in 2-1 win over Thornton Academy on September 8 while Andrea Stemm did the same September 10 in a 2-1 win over Westbrook. Stemm with five goals and Brown with four were also leading the team in goals scored. Reagan Emerson had chipped in with two goals and three assists while Charlotte Smith had two goals and an assist.

Boys' Soccer: At press time the Rams were ranked first in Western Maine Class A with a record of 5-0-1. **Cody Elliot** scored two goals as the Rams defeated Bonny Eagle 4-0 on September 9. **Ethan Orach** and **Alex York** split the game in net while posting the shut-out.

Girls' Soccer: Jenny Darasz scored the winning goal on an assist from **Emily Bragg** while **Renae Staples** and **Emma Smith** teamed-up for a shut-out in net as the Rams defeated previously-unbeaten Deering, 1-0, on September 17. At press time, the Rams were 4-1 and ranked fourth in Western Maine Class A.

Volleyball: The Rams improved to 2-3 with a 3-0 September 18 win over Windham (25-20, 25-19, 25-23). Within the statewide

Class A rankings, the victory moved Gorham up to tenth place, which is the final slot for qualifying for the post-season tournament. In the win, **Ciara Stillson** led the team with six kills, one ace, and dive digs. **Maddie Bennett** chipped in with 11 digs while **Cassie Landry** tallied seven service points.

Golf: At press time the golf team's record stood at 3-2. **Kenny Tuttle** had the low nine-hole total of the year thus far with a 34 against Westbrook on September 3 at Gorham Country Club. The other lowest nine-hole stroke totals thus far this season had come from **Lucas Roop** (37) and **Tim O'Neil** (38).

Boys' Cross Country: Two runners had turned in 5K times among the top 10 in the entire state this fall season, including **Jesse Southard** (fourth-best time—16:30) and **Ben Foster** (eighth—at 16:38). In a September 19 three-team meet victory over Marshwood and Biddeford, Southard and Foster finished first and second followed by **Spencer Linscott** in sixth, **Colin Jones** in ninth, and **Drew York** in tenth.

Girls' Cross Country: Two runners have turned in 5K times among the top 50 in the entire state this fall season, including **Anna Slager** (ninth-best time—20:10) and **Bridget Rosignol** (31st—21:09). Slager posted her 20:10 time while winning a four-team meet September 12 in Westbrook.

Upcoming GHS Varsity Sports Events

Thursday, September 25

3:00 p.m.	Golf vs. Windham @ Point Sebago Golf Resort (Casco)
6:00 p.m.	Boys' Soccer vs. Windham @ GHS
6:00 p.m.	Volleyball vs. Yarmouth @ GHS

Friday, September 26

4:00 p.m.	Boys' Cross Country multi-team meet @ Narragansett School
4:30 p.m.	Girls' Cross Country (multi-team meet @ Narragansett School
7:00 p.m.	Girls' Soccer @ Windham
7::00 p.m.	Football @ Mount Ararat (Topsham)

Saturday, September 27

9:00 a.m. Field Hockey @ Deering

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



11-12 noon **207.854.9408**

Come see what we're all about and what we do.



Gorham Remembers 9/11 CONTINUED FROM PAGE 1

event to benefit the scholarship took place on the 10th anniversary in 2011. This year 10 family members assisted Hazel and her sister Susan Moore in coordinating the event, and 30 non-related volunteers also pitched in.

"Every year, we've had amazing responses from community businesses, community members, GHS students and family friends coming out to volunteer for the event," Hazel says. "All four years we've had many members of the boys' varsity basketball team flagging our course. This event for us is really about healing, getting together, having a venue for the community to come out and continue to grieve and heal from 9/11/01—as well as for my family to have something positive to focus our minds and energies on."

Gorham Participants in the 9/11 Memorial 5K Run/Walk As posted on www.coolrunning.com

Place	Name	Time	Place	Name	Time
1	Ben Foster	17:05	99	Jonathan Smith	30:12
5	Spencer Linscott	19:39	104	Linda Whitten	31:05
6	Brendhan McDevitt	19:55	106	Shawn Moore	31:22
7	Pete DeWitt	20:15	107	Jeff Pike	31:35
8	John Burke	20:17	108	Hannah Lowell	31:41
9	Tom Nelson	20:39	109	Ron Lowell	31:43
13	Sarah Plummer	22:11	110	Toni Chabot	31:50
14	David Hudson	22:25	111	Mike Chabot	31:51
18	Alex Thuotte	22:40	115	Christine Hepler	32:24
22	Kathy Heprier	23:00	118	Katherine Garrard	32:46
23	Neile Nelson	23:02	121	Robert Bernard	33:04
24	Michael Fagone	23:02	123	Karen Farrington	33:08
25	Kelsey Wilson	23:03	125	Kathryn Morrill	33:30
26	Maddie DeWitt	23:14	128	Marin Graham	33:40
29	Shane Zerillo	23:30	131	Pam Mercier	34:14
30	Anthony Zerillo	23:33	132	Karin Allen	34:22
31	Matt Nelseon	23:36	139	Heather Hazel	34:49
33	Todd Walker	23:47	140	Joni Vickery	34:55
34	Rachel Lawrence	24:14	141	Kim Walker	35:20
35	Jacob Smith	24:14	146	Cassie Pelletier	36:18
38	Darren Shiers	24:10	140	Wendy Scott	36:26
30 42			152	Hannah Hazel	36:53
	Keith Lawrence	24:43			
43	Betty Rines	25:09	153	Scarlett Moore	36:55
44	Dennis O'Brien	25:13	154	Wendy Stigman	36:58
50	Megan LaPierre McDe	25:31	155	Chelsey Thompson	36:59
51	Dales Rines	25:32	156	Linda Shea	37:00
52	Kenneth Curtis	25:36	158	Stephen Graham	37:19
58	Karen Gaudette	25:53	163	Grant Farwell	39:19
60	Corey Staples	25:55	164	Anne Cunningham	39:20
61	Katie Hazel	25:56	165	Erin Lawrence	39:22
62	Jeremy Stevens	26:04	166	Abigail Capponi	39:46
64	Dawn Stevens	26:20	167	Adam Capponi	39:47
66	Andrew Tinkham	26:47	170	Suzie Phillips	41:57
67	Karen Tinkham	26:50	171	Caron Tanguay	42:35
70	Scot Larkin	27:00	174	Mary Hoskin	43:50
71	Diane Bell	27:05	175	Joan Wadas	43:57
72	Siena Zerillo	27:20	180	Shannon Lawrence	45:04
74	Sarah Stevens	27:46	181	Sam Minchev	45:10
75	Benjamin Franklin	27:47	182	Grace Cunningham	45:12
76	Amy Smith	27:48	183	Sophia Minchev	45:14
77	Katie O`Brien	28:05	184	Lori Cunningham	45:17
80	Lisa Brent	28:11	186	Caleb Dunlap	46:24
83	Nicole Fairweather	28:33	187	Mary Ellen Mor	46:28
84	Heather Howland	28:34	188	David Moon	46:32
85	Becky Curtis	28:35	189	Deb Dunlap	46:38
86	Bruce Hepler	29:03	190	Morgan Norris	46:38
88	Andy Higgins	29:18	196	Benjamin Allen	52:33
89	Michele Higgins	29:10	190	Gabriel Allen	52:35 52:35
91	Jillian Morrill	29:43	198	Shannon O'Brien	52:35 52:47
91 95	Derek Berdan	30:03	190	Erin Feldhaus	52:47 52:47
95 96					
	Christina Moody	30:09 20:10	200	Lisa Allen	52:48
97	Courney Smith	30:10	208	Jennifer Minchev	56:00

sports Etc.

Youth Basketball Tryouts: The Gorham Youth Travel Basketball Association (GYTBA) will conduct player assessments for the girls' and the boys' 5th and 6th grade travel teams from September 29 to October 3. GYTBA is also looking for parents and other adults interested coaching. For more information contact: Lyle Tracy at 839-4833, 671-6231 (cell) or tracyklack@maine.rr.com.

In the Zone

Two from Gorham Inducted into Little East Conference USM Hall of Fame: Among the individuals to be inducted into the third class of the Little East Conference Hall of Fame will be former USM standout student-athletes **Julie Plant** (GHS Class of 1996) and Gorham resident **Jeff Bowers** (GHS Class of 1983). The induction ceremony takes place October 26 in Providence, RI. A high-scoring forward for the USM men's basketball team from 1983-84 and from 1987-89, Bowers averaged 17.2 points for his career. In his final season, he led USM to the NCAA Division III National Championship Final Four while averaging 20.3 points and 6.4 rebounds per game. Plant was two-sport standout for USM from 1996-2000 as a member of the women's basketball and softball teams. In her final basketball season, Plant was named Little East Conference and Maine Women's Basketball Coaches Association Player of the Year. Plant also guided USM to appearances in the NCAA Division III National Championship game in 1998 and 2000. In softball, Plant was the only USM softball alumnae to earn NFCA All-American honors, with achievements that made her the school's career leader in runs scored (151), hits (206), doubles (36), runs batted in (110), total bases (304) and stolen bases (59).

Gorham Golfer on Fire: Saint Joseph's College of Maine sophomore **Mike Caron** (GHS Class of 2013) is off to a fast start in the fall golf season. He has already been named the Great Northeast Athletic Conference Player of the Week twice—the first golfer from the college to claim back-to-back Golfer of the Week conference honors. Caron's awards were keyed by a fourth-place finish in the Maine State Intercollegiate Championship September 13-14 where his score (71-76) was the lowest ever recorded by a Monks golfer in the annual event. Caron also captured co-medalist honors with a 75-stroke total to lead his team to a fourth-place finish in an eight-team tournament hosted by the University of Maine-Farmington at the Sunday River Golf Club in Bethel on September 11.

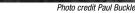
GHS Soccer Grad Earn College Accolades: Saint Joseph's College freshman **Austin Bell** (GHS Class of 2014) was selected as the Great Northeast Athletic Conference Men's Soccer Rookie of the Week on September 10. Bell, a forward, scored the first two goals of his collegiate career in a 5-0 triumph over the University of Maine-Presque Isle on September 6.

Obstacle Course Champs: The My-FIT-24 Team won first place at the Beach Raid at Old Orchard Beach on September 13. The team included three Gorham residents—**Maria McInnis, Brendan McDevitt**, and **Bill MacDonald**. The event featured 12 obstacles over a 5K course.

Young Motocross Competitor Earns Top Awards:

Owen Berry, a nine-year-old from Gorham who has raced motorcycles since he was four-years-old, has earned championship status in Motocross events nine times in his career. He earned his fifth Gold Cup this past summer and closed out the racing season with championships in the Maine Motocross Series 65 Open and 65C classes. Berry's sponsors include S and J Gravel, D & L Foundations, White Rock Outboard, The Pompeo Team Real Estate and Mortgage, Cash for Clunkers, and Thatcher's Restaurant.





 97
 Courney Smith
 30:10

 98
 Shawn Moody
 30:11



Gorham Rec Softball Champs

Team Blackout, consisting primarily of players from Gorham, won the Gorham Rec co-ed A Division Softball Championship in August. Playing for the team and pictured above, from left to right, front row: Kelsey Wilson, Allyson Rust, Sarah Burnheimer with team manager Chase Burnheimer, Shannon Nicely and Lianne Muchmore. Back Row: John Burnheimer, Ryan Burnheimer, Craig Nicely, Matt Yaworsky, Eric Burnheimer, Keegan Ballantyne, Andrew Portwine, David Willis, Jake Nicely and Dean Boudreau. Ryan, Craig, Eric and Sarah Burnheimer played infield for the team and are the children of Julie Burnheimer, a long-time supporter of Gorham athletics and a member of the Gorham Times staff who passed away on August 26 after a yearlong battle with ovarian cancer. Chase Burnheimer is Ryan's son and Julie's grandson. Through this team, Julie got to experience the joy of watching all of her children play together on the same team.

SCHOOL

Candidate Forum on Public Education Sept. 30

Maine School Superintendents Association

A legislative candidates' forum focused on K-12 education is being held Tuesday, Sept. 30, in Gorham, bringing together those running for the Maine House and Senate in Cumberland County and the school boards and superintendents from the districts they serve.

The forum is scheduled to run from 6:30 to 7:30 p.m. at Gorham Middle School. It is being co-sponsored by the Maine School Boards Association and Maine School Superintendents Association and is one of nine such forums being held across the state in September. Maine School Management Association, the umbrella organization for MSBA and MSSA, is coordinating the forums and has prepared position papers reflecting the two organizations' stand on key issues affecting public schools.

Candidates will be briefed on those issues and asked to give their views on public education.

The forum will cover the need for adequate school funding, including help for economically disadvantaged students; expanding pre-kindergarten programs; implementing teacher evaluations; protecting the school board's legal right to adopt educational policy; and the future of charter schools.

Narragansett Ice Bucket Challenge



Photo credit Jessie Forrest

Did You Know? September is Attendance Awareness Month

Count ME IN! Maine and Attendance Works

A new study (Olson, 2014) shows that students who missed two to four days in September were five times more likely to be chronically absent during the school year than students who missed fewer than two days.

Starting as early as kindergarten, too many absences can cause children to fall behind in school. Missing 10 percent, which can equal a day or two every few weeks, can make it harder to learn to read and absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

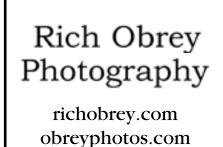
Steps to do at home to start building regular school attendance would be to: set up a bedtime and morning routine; lay out clothes and pack backpacks the night before; don't let children stay home unless truly sick; if child is anxious to go to school, talk to teachers, school counselors or other parents for advice on how to help the child feel more comfortable and excited about learning; and avoid medical appointments and extended trips when school is in session.

Start building healthy habits now so children learn right away that going to school on time, every day is important. Several Narragansett School staff members took the popular social media ALS Bucket Challenge the day before school started and raised \$135. Pictured (from right to left) are: Gael Ketch, Jane Seidenberg, Betsy Clark, Maryanne Connolly, and Jacqueline Durant-Harthorne. Other participants not pictured include: Elise Bothel, Laurie Kenny, Kim Wright, Sylvia Hawkes, and Robyn Flint.

School Notes

Gorham Adult Education is offering a Beginner Watercolor Workshop on Saturday, September 27 from 9 a.m. to 1:30 p.m. with professional artist Maddie Lou Chaplin. FMI, visit www.gorham.maineadulted.org or call 222-1095.

The second annual Madison Prize for Written Excellence essay competition will begin in October. This competition celebrates national history by encouraging thought and reflection on the topics presented and offers students the opportunity to express themselves through the submission of original essays. Participation is open to all middle school students who live in Gorham. The winner will receive \$250 and two runners-up will each receive \$100, courtesy of the Gorham Republican Committee. Entries must be returned by October 31, 2014. FMI, email John Doyle at doyle. johnh@gmail.com.





- Beginning Hockey for those age 5 / 6
- Initiation
- New hockey players without Atoms/Break-the-Ice experience
- BE CC Specializi including: v ar CH 28 STATE S

BERRY LAW P.A.

Conveniently located in Gorham. Specializing in Family Law and family building including: wills, assisted reproduction law, adoption and Minor Child Guardianships

Christopher M. Berry, Esq. Judith M. Berry, Esq. 28 State Street • Gorham • (207) 839-7004 cberry@cjberrylaw.com JudithBerryme@aol.com

+ Mitoo



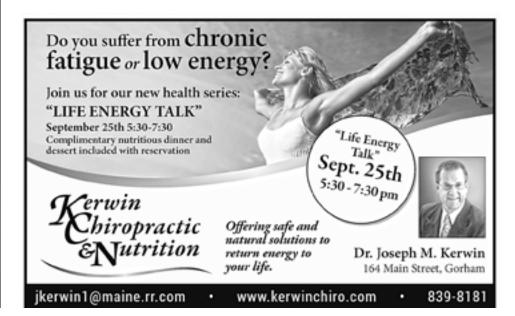
• writes

2006, 2007 birth years

- Squirts 2004, 2005 birth years
- PeeWees
 2002, 2003 birth years
- Bantams
 2000, 2001 birth years
- U14/U12 Girls 2000 to 2005 birth years

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



School Spirit at Gorham High

By Avery Arena GHS Intern

Gorham High School recently held a pep rally as part of the school spirit challenge sponsored by WGME CBS 13 and was aired by Good Day Maine. School administrators, Student Council, and the athletic director, Tim Spear, all worked together to put the event on for the first time, and it is all going to a good cause.

Each participating school competed to donate the most food, all of which was delivered to the Good Shepard Food Bank. The goal for GHS was to fill a soccer goal with food.

In addition to the food drive, the rally highlighted some of the schools sports teams, clubs and organizations, including robotics, band, soccer, volleyball, and field hockey. Before the events started, there was a breakfast provided by Mr. Bagel, and then the classes competed against each other in a series of Hunger Games inspired "Homecoming Games" such as dodge ball and tug of war.

Schools from all over the state are involved this year. Each Friday a different school's spirit rally will be covered by WGME CBS 13 Fox 23 live that morning as well as covered by the twelve and five thirty news.

This was a great way to kick off the start of the year, all while giving back to the community. Student Rhiannon Hatch said, "The fact that seniors to freshmen are here at six in the morning shows their enthusiasm for school spirit." This was one of many Homecoming events, along with Homecoming games and the dance also happening during that week.

For more information or to see videos of the pep rally, visit www.goghs. org. From there, watch WGME's video clips of the food challenge event.



Photo credit Samuel Marte

Pictured above was a tug-of-war between the girls' and boys' soccer teams. The girls' team won this particular homecoming game.

Welcome Back Picnic Brings Families Together





Photo Credit Narragansett Sta

Great Falls and Narragansett families enjoy a Welcome Back Picnic on September 18. The weather cooperated so that students, with their moms, dads, grandparents and friends, could gather for an evening of fresh air and fun activities. Pictured in the two photos on the left from Narragansett are: Riley Dever, Leigha Buteau, Julia Reed, and Kai Whitehead; and the Dudley family. Pictured in the two photos on the right from Great Falls are Rori and Zeke Lockman, and the Bourgoin family.





Photo credit Jane Esty

BUY LOCAL



What makes a Chalmers Local Hero?

Fishes, hunts, gardens and hikes.

Passion: charitable and community organizations.

VILLAGE BUILDERS

We're on it!

Energy Conservation Renovation • Restoration

Daniel W. Grant, P.E. Gorham, ME

839-6072

Boyhood dream: to be a game warden.

"Our clients are the reason we exist."

Jason Beever, Partner, Gorham | Commerical Lines Specialist

A lot has changed since Jason's great-grandfather, C.E. Carll, ran the agency—especially the technology we use to help manage your risks. But one thing hasn't changed: your business can still count on *Local Heroes* like Jason when you need us most.



Truste

Call the local heroes at 800-360-3000 or visit ChalmersInsuranceGroup.com

Like us on 🚹

Real Estate Professionals





Paul Farley



Mike Griffin



Peter Mason **Realtors**® Helping You Buy or Sell Real

Estate!

Becky Gallant

Mike Rand



GORHAM \$74,900 - 3 lots to choose from! 1.38 acres to 1.51 acres. Dry, level & have paved public street frontage.



GORHAM DUPLEX \$224,999 - Two 2 BR, 1.5 BA units. New in 2001. Fully applianced, outbuildings, plenty of parking on 2.75 acres.



BUXTON \$229,850 - Sunlit 3 BR, 1.5 BA new construction full dormered cape. You'll love all this space plus daylight bsmt & rear deck.



GORHAM \$299,900 - Popular Pheasant Knoll Condos! Immaculate 3 BR, 2 BA home w/Ist flr BR. 4 season room, full bsmt, garage.



BUXTON \$59,900 - 5 acre building GORHAM \$168,900 - Completely redone 2+ BR, 1.5 BA cape. Large fireplaced LR, 2 car garage. Easy access to Gorham Village.



BUXTON \$224,900 - Oversized 3 BR, I.5 BA Cape on quiet cul-de-sac. Central AC, gas FP, pellet stove, bonus room over garage.



GORHAM \$449,000 - Custom Cape w/4+ bay garage & 26X44 barn. master & in-law suite over garage.



Hdwd /tile flrs, master w/walk-in closets, Gorham Village. Lot #1 still available. pellet stove.

BALDWIN \$169,900 - Mobile home

w/44X80 commercial bldg. Buildings are

39 Main Street

Gorham

on separate lots but abut one another.

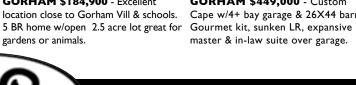
Opportunity to rent or occupy these

spaces.



BUXTON \$399,900 - Spectacular 2021sqft Ranch w/1527sqft finished bsmt. Sunlit open layout w/easy one floor living.

GORHAM \$184,900 - Excellent location close to Gorham Vill & schools. gardens or animals.



www.pogorealty.com (207) 839-3300





Letters to the Editor CONTINUED FROM PAGE 2

Dear Gorham Times Editor:

With election season upon us, I would like to take this opportunity to support Amy Volk's election to the State Senate, representing-District 30. Amy has always been willing and able to assist any activity or organization, donating her time, expertise, and efforts to the cause at hand. She has always been a positive person, willing to collaborate within a group or take the lead to get a job done!

During her term as a State House Representative, Amy has been involved in various committees, most notably the passing of her bill to protect women that have fallen victim to sex trafficking. Having a daughter of my own, it is certainly legislation that was gravely needed for young women that are not as blessed and need protection.

Amy has also been a vocal advocate within the House for Maine's small business owners. I appreciate the support that Amy gives to Maine's small business community on a consistent basis.

I have enjoyed following Amy's efforts on our behalf through her detailed newsletter and have been consistently impressed by the Committees and legislation that she has been involved with. Amy is a hard worker that truly has her district's best interest at heart. For these reasons, I would ask that you educate yourself as to Amy's contributions and vote for Amy Volk for State Senate in November.

Marilyn Amoroso, Gorham

Gorham Sightings

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 September 11, 2014 edition featured a plaque at the corner of South Street and Preble Avenue. Only one person emailed with the correct location!



Dear Gorham Times Editor:

Amy Volk, Senate candidate for

Sportsman's Alliance of Maine and that

Whether I am fishing for bass with

my grandson or hunting deer with my

Amy Volk also has a long family

Her family has also spent many years

hunting and fishing from their camp

record in Augusta defending fishing

understands my concerns. And what

I like most about Amy's positions on

hunting and fishing legislation is that

she strives to understand the issues

instead of mindlessly voting on party

line or stubborn ideology. There have

years that Rep. Volk called me to ask

me my opinion about upcoming legis-

to just tell you what you should think

constituents what it is we think about

but Amy Volk takes the time ask her

representing us in the Maine Senate.

Greg Milligan, Buxton

Amy Volk.

been many occasions in the past 4

and hunting rights proves that she

in northern Maine. She gets it and her

tradition tied to Maine sportsmen.

daughter, the Maine outdoors has been

Gorham, Buxton and Scarborough,

is important to me. As long as I can

remember I have been enjoying the

Maine woods, lakes and ponds.

a part of my family's life.

received the endorsement of the

Photo credit Roger Marchand



Keith Nicely 352 Main Street, Gorham, ME 04038 207.650.2832 keith@keithnicely.com

www.keithnicely.com

Real Estate Done Nicely

Pollinators in the Garden CONTINUED FROM PAGE 4

ful September color while the insects glean the last bit of nectar from the waning blossoms of the tall globe thistle. Cutting back those spent blossom stems by a foot will give a new flush of flowers for the late fall insects.

Long ago I planted curly allium. Over the years, as many perennials will do, the plants multiplied and I divided. Knowing that a mass of one kind of plant will give a great splash in the garden, I created a special corner for the many allium divisions. The late August blooms were spectacular and the bees called their friends in swarms.

As the season progressed, the many flower heads have produced seeds for the next season. This seed production can only happen when pollen is trans-

ferred between flowers of the same species. We must keep the pollinators healthy and happy.

All of this insect activity continues in my yard and fields because I use no pesticides. There is much to be gained by caring for our land in an ecologically sound manner. It is up to us to nurture the many varieties of plants we have growing and consider planting new varieties that will attract the pollinators.

You can learn more valuable information on Tuesday, Sept. 30 at 6:30 p.m. at the Baxter Library when Joan Calder, a lifelong gardener and nationally known horticulturist, will speak on Pollinators In The Garden--You Are Their Heroes.

Selling or Buying? Call one of our local Realtors.



Open House

Sunday September 28 from 10:00am-12:00pm Perennial Place at White Rock

Join us for a tour of Perennial Place at White Rock. As construction continues you can view the new unit layouts, community room and grounds. Light refreshments will be served.

- 55+ community
- 10 one BR apartments
- 2 two BR apartments
- Washer and dryer hookup
- Air conditioned
- One community room with kitchenette for group events •
- Convenient, pleasant and secure location

Full modern kitchen with dishwasher,

Personal patio with yard and garden

One secure storage area per unit

refrigerator, range and oven

Call Sue at 207-839-2744 to reserve your space. Applications and information packets are now available upon request.

area

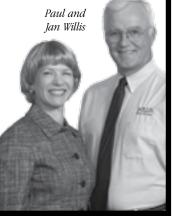
Located at 10 North Gorham Road, Gorham.



Helping friends and neighbors in Real Estate for over 30 years.

Custom built Colonial situated at the end of a quiet neighborhood. Sit and relax on the private rear patio or use the large fenced-in backvard to entertain! You will love the large sun filled rooms, heated garage, and barn! Close to trails and town! \$334.000







Community Business Directory

CONSTRUCTION





PLUMBING & HEATING SPECIALIST



Personal Accounts
 Business Accounts

Loans

Online Services

HANDYMAN



MR CHIMNEY because soot happens

STOVE LINER INSTALLS shepherd & Son's Handyman



landscaping, roof repair, snow blowing, roof raking, roof repair, gutter cleaning & repair, stump grinding, rototilling, tree removal, metal removal and more. bigredshepherd@yahoo.com 207-409-9451 Licensed Massage Therapist SUZANNE L. WHITE

749-8417

Specializing in Manual Therapy & Massage

An Integrated Approach to Pain & Rehabilitation

Sundish E-Mail: swhite04038@yahoo.com AMTA

Advertise with Us gorhamtimesadvertising@gmail.com

or 839-8390

Master Plumber, Master Oil Heat & Solid Fuel Tech, Gas/Propane Tech

Fully licensed and insured. Quality service at reasonable prices

PRESCHOOL

GORHAM HOUSE PRESCHOOL HOURS: 7AM – 5:30 PM Ages 3–5 FULL DAY AND PRESCHOOL PROGRAMS 50 New Portland Rd., Gorham, ME 04038 Call Meghan Pomelow, Director 839-5757 gorhamkids@mainecare.com

COMMUNITY

BIRTH ANNOUNCEMENTS

Kinsey Allison Wolfe was born on Sept. 2, 2014 to parents Kaitlin and Johnny Wolfe and sister Kayla. Kinsey weighed 8 Ibs. 5 oz. and measured 20 ³/₄".

OF INTEREST

Join the **Baxter Memorial Library** on Wednesday, Sept. 24 at 6:30 p.m. for the first *"World in your Library"* series with professor emeritus of Middle Eastern

Studies **Eric Hooglund** as he speaks on "The Middle East in Down East: Waterville, 1900-1960." In the early 20th century, the city of Waterville was home to one of the largest Middle East ethnic communities in the United States.

Author and Gorham native Kevin Mills spoke recently at the Baxter Memorial Library about his series of maritime novels; "Sons and Daughters of the Ocean," "Breakwater," and "Sea of Liberty." Mills, a former Gorham High School graduate, spoke about his trilogy of seafaring books as well as time spent in the newspaper business both in Maine and Massachusetts. He currently lives in Lewiston, Maine.

Baxter Memorial Library presents *"Portraits by a Young Artist"* Libby Knudsen, age 13. Meet the self-taught, young artist on Saturday, Oct. 4 beginning at 10:30 a.m. at Baxter Memorial Library. Her show will be up for viewing the entire month of November. Pictured at right is one of Libby's drawings.

The West Gorham Union Church, 190 Ossipee Trail, Gorham will hold a Public Church Supper on Saturday, Oct. 4 at 5 p.m. Beans, chicken pies, casseroles, chop suey and homemade pies. \$8/\$3 under 12. FMI, 839-4208.

First Parish Congregational Church in Gorham will hold a delicious fundraising **Chicken Pot Pie Supper** on Saturday, Oct. 18 from 5-6:30 p.m. \$10/\$5. FMI, 839-6751.

Join Stacy Burns and Shari Chaney on

Friday, Sept. 26 for a fun evening of **Zumba®** at Robie Gym in Gorham to help raise funds to save the **Centre of Movement School of Performing Arts**. All ages are welcome. 6 p.m.-7:30 p.m. Donations are welcome at the door. FMI, www.indiegogo.com/projects/save-the-centre-centre-of-movement--2

The Gorham High School Reunion Committee will hold a Pasta Dinner Fundraiser and Dessert Auction on Saturday, Oct. 11 starting at 5 p.m. at St. Anne's Catholic Church in Gorham to benefit scholarships for graduating seniors. Please bring a non-perishable food item to donate to the Gorham Ecumenical Christmas Baskets. FMI, 329-0753.

The **inaugural Greater Portland Mini Maker Faire**, a celebration of invention and creativity, will be held from 10 a.m.-3 p.m. on Saturday, Oct. 4 at Shaw Gym at the Rec. Dept. FMI, makerfairegreaterportland.com.







The **Gorham Cooperative Preschool 2nd Annual Coop Loop 5K** will be held on Sunday, Sept. 28 at Robie Park in Gorham. Kids run starts at 8:30 a.m. and 5K at 9 a.m. Live music, demonstrations, vendors, and more. FMI, www.runinarace.com

Get ready to **Monster Mash at the Centre of Movement Harvest Ball** on Sunday, Oct. 12 from 2-4 p.m. at the First Parish Congregational Church Fellowship Hall. Family fun for all ages! Family Halloween fun with music, dancing, games and treats! \$5pp/\$20 family includes a red carpet family photo and raffle ticket. Costumes are encouraged. FMI, www. cmdans.org/donation

Jeremy D'Entremont will present an illustrated talk on *"Haunted Lighthouses of New England"* on Thursday, October 2, at 7 p.m. at the North Gorham Public Library. D'Entremont is the author of Lighthouses of Maine and a popular handbook of New England Lighthouses. For more information about this free program, call 892-2575.

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 9-11 a.m. and the 2nd and 4th Wednesday of every month from 6-7 p.m. Free for Gorham residents in need. FMI, 222-4351 or visit www.gorhamfoodpantry.org.

The Lakes Region Senior Center's current 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.

USM NOTES

The **USM School of Music** welcomes Gorham neighbors to the **12th Annual Old-Fashioned Outdoor Band Concert** on Saturday, Sept. 27, 1 p.m. at The Green outside Corthell Hall, Gorham campus. In case of rain, location is Student Brooks Center. Free and open to the public with cash-only barbecue lunch at noon. FMI, 780-5256.

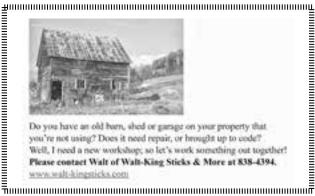
USM Department of Theatre will present the *Actors' Lab Staged Reading: "The Well of Horniness,"* Sept. 25-28. A comedic radio show by Holly Hughes and directed by Meghan Brodie. Russell Hall, USM campus. \$15/\$11/\$8. FMI, 780-5151.

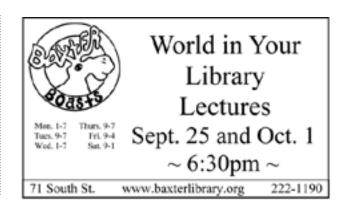
USM Art Gallery Exhibition, *"Opposing Gestures,"* will be on display Sept. 23 - Dec. 10 at the Art Gallery, 37 College Ave., Gorham. Free and open to public. FMI, usm.maine.edu/gallery.

The **Student Performing Artists at the University of Southern Maine** will present *Beyond Belief* by Ben Acker and Ben Blacker on Oct. 10, 11 & 12 at the Russell Hall Theatre, Gorham campus. \$8/\$5. FMI, sarah.m.kennedy@maine.edu.

CLOSE TO HOME

The **Schoolhouse Art Center** in Standish presents *Agatha Christie's The Mousetrap* through Sept. 28. FMI, 642-3743 or www.schoolhousearts.org







and you will receive a bonus auction surprise!!



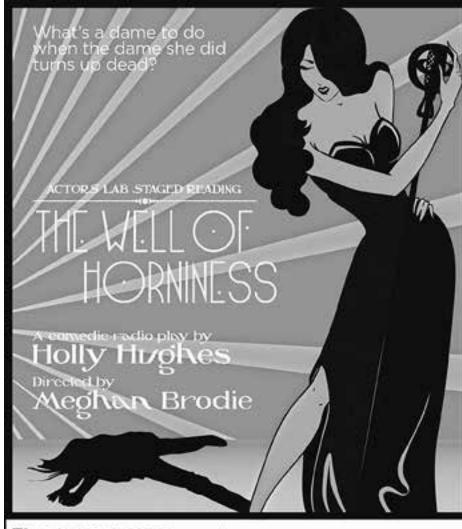
Complete, year-round tree service: Removals Pruning Cabling Lot clearing Consultation



Owned & operated by Gorham resident, Matt Plummer

Free quotes, dependable service Fully licensed & insured Bucket truck & chipper Maine & ISA Certified Arborist ISA Tree Worker Climber Specialist Four time Maine State Climbing Champion

207.653.5548 plumtreeservice@gmail.com



Theatre 2014-2015 Season

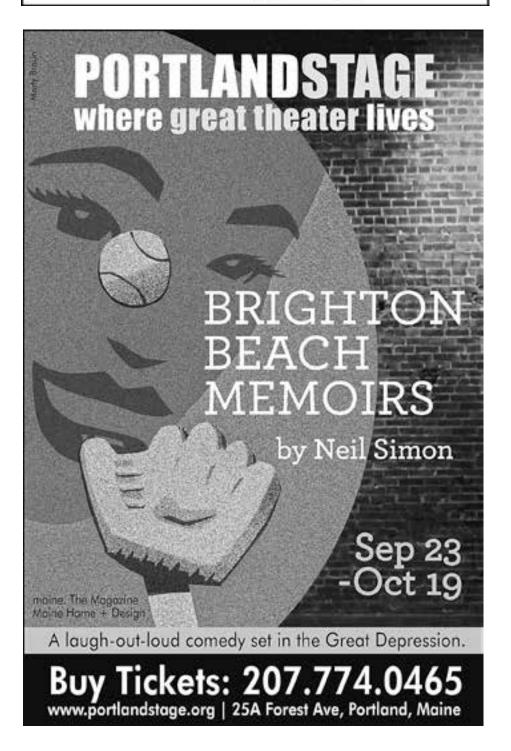
September 25-28, 2014 Thursday, Sept. 25 at 7:30 p.m. Friday, Sept. 26 at 7:30 p.m. Saturday, Sept. 27 at 7:30 p.m. Sunday, Sept. 28 at 5 p.m.

Main Stage, Russell Hall, Gorham

Box Office (207) 780-5151, TTY 780-5646 or visit usm.maine.edu/theatre

\$15 general public; \$8 students \$11 seniors, USM employees and alumni

SOUTHERN MAINE



GORHAM BUSINESS EXCHANGE MEMBER SPOTLIGHT

National Attachments: Heavy Equipment Attachments and Tools



"We're in this for the long"

baul and looking forward

to strengthening the roots

we bave planted

in Gorbam."

Scott Guimond on site at Ground Zero

By KEITH NICELY Gorbam Business Exchange President

25 years ago Scott Guimond ventured off to build a company he would call National Attachments. Even though the scope of the business would become national as well as global, his heart never left Gorham. He saw where he wanted to go with this company far before it became a reality. Guimond's wife, Kathleen, was busy raising their children, yet, with her accounting background, she also oversaw the

financial side of the growing company in between her duties with the children. As time went on, she has become more involved in the day-today operation. Today, she is the CFO of National Attachments.

Unless you are in the market for a grapple, concrete pulverizer, stump harvester, steel shears or a rock saw, you probably do not know what the company does. Guimond says, "We provide quality tools and attachments that go on the end of heavy equipment for various applications." Maybe you don't know what they do, but their attachments have been involved in the demolition of Mile High Stadium, Boston Garden and 3 River Stadium, to name a few. When the Red Sox won the Pennant in 2004. National Attachments had equipment on site the next day to demolish the old Busch Stadium to make way for the new. When our country was attacked 13 years ago, Guimond's passion to help took him and 11 of his specialized grapples to Ground Zero. A grapple is a tool attached to a large piece of machinery and operates like a hand, opening & closing to grasp

Photo courtesy National Attachments

objects. They were ideal for the job of delicately picking through the rubble. The company's tools are made to endure tough situations such as this, and he owns the trademark "Ground Zero Proven," which is his badge that proves these tools can perform the toughest of jobs and not break.

Although Guimond spent 25 years building a global business with over 16,000 customers, he has also worked locally to support Shaw Brothers, Grondin, Cianbro, Foglio and many other local companies. They are the

> second oldest Takeuchi dealership in the country with more than 500 units sold.

When asked what was next, Guimond shared a bit of his vision. "Today, all our children have their hands in the company in some way.

I told Gabe, Kate, Scotty and Shelbi that 25 years will go by like a blink and they are very fortunate to be in the position to move this company forward for another 25 years."

National Attachments owns approximately 18 acres on Rte. 25 and will be pursuing developing a high quality storefront that will serve as the corporate headquarters and will include a local retail presence. They have spent the last 25 years focusing on building a national and international customer base but now, with the help of family, they would also like to focus on local opportunities including state contracts, municipalities and recyclers of all kinds. "We're in this for the long haul and looking forward to strengthening the roots we have planted in Gorham."



National Attachments, Inc. 16 Mechanic Street Gorham, ME 04038 (207) 839-9999



Car Least of her Worries

Partridge Lane caller reported an abandoned vehicle. Officer made contact with owner who stated she was out roller blading earlier and fell on her face, was taken to ER by a friend and has a concussion. She will get car tomorrow.

Flaggy Meadow Road caller thought there was a prowler. Officer checked the area and believed there were large June bugs tapping against the screen as they were attracted to the inside lights.

Loose horses on Burnham Road had been returned to their owner. Owner reported coyotes were scaring the horses that were then running through the fence.

Officer traveling south on Fort Hill Road observed a person passed out in the driver's seat of a vehicle.

Caller reported witnessing a vehicle traveling 10 MPH on Gray Rd. and the operator appearing intoxicated when she got out.

Officer located a vehicle that had been called in as driving erratically. The operator was not intoxicated but had actually called in the vehicle in front of her.

Murray Drive caller reported a contractor she had fired last year was at her house and wanted him removed.

Plummer Road woman had issues with her 16-year-old daughter not listening to her. Daughter took the car after being told not to and mother was angry. Caller's husband had lost car keys somewhere on Rte. 202 between Windham and Scarborough.

Mosher Road caller claimed another driver pointed what he believed to be a handgun at him after a road rage incident.

Officer was in Moody's lot entering notes from an earlier call into his mobile data terminal, when a truck occupied by three people passed exiting Moody's Collision Center. Once it passed officer he could see the truck bed was loaded with car parts. Two officers approached the truck and issued summons for theft to the three people in the truck.

Officer assisted US Marshals Service with sex offender compliance checks in Westbrook, Gorham, Standish and Windham.

Woodland Road caller stated the residence had been broken into but there was no sign of forced entry.

Edgefield Road man posted a sofa for sale on Craigslist. He got a response from an interested party from New York and later received a check for \$2,200. He was only asking \$600. He was calling to see what he should do. Both agreed it was a scam.



CLASSIFIEDS

MUSIC LESSONS

PIANO AND FIDDLE LESSONS FOR ALL AGES. Call Clara at 207-590-4408 or email at cricketmelodymusic@yahoo.com

VOICE AND PIANO lessons at my Gorham studio. BA in Music Ed. Call Paul 281-3557. stickneyhollowmusic@gmail.com

PET SERVICES

DOG WALKS & PET SITTING, 27/4 care. No crates! Dogs under 40 lbs. Cat care in your home. Great local references. Insured. www.petsittinginmaine.com. 838-0132.

SERVICES

CLEANING POSITION sought be local mother and daughter. Weekly and every other week. References available. Call Pat after 2 p.m. 839-6827.

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

CALENDAR

THURSDAY, SEPT. 25

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

FRIDAY, SEPT. 26

• Zumba Dance fundraiser, Robie Gym, 6 p.m.-7:30 p.m. Donations at door. FMI, www.indiegogo.com/projects/save-the-centre-centre-of-movement--2 SATURDAY, SEPT. 27

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

SUNDAY, SEPT. 28

• Gorham Cooperative Preschool 2nd Annual Coop Loop 5K. Kids start at 8:30 a.m. and 5K at 9 a.m. Robie Park, Gorham. FMI, www.runinarace.com

WEDNESDAY, OCT. 1

- Town of Gorham Senior Lunch Program, St. Anne's Church, Gorham. 12-1:30 p.m. Suggested donation \$4. FMI, 839-4857.
- World in Your Library Lecture #3, Scott Erb: "Oil, Islam, and the Arab Spring." 6:30 p.m. Baxter Memorial Library.

SATURDAY, OCT. 4

- Greater Portland Mini Maker Faire, 10 a.m.-3 p.m., Shaw Gym in Gorham.
- Greater Gorham Farmers Market, 8:30 a.m.-12:30 p.m., South St. next to Baxter Memorial Library.
- Public Supper, West Gorham Union Church, 5 p.m. \$8/\$3 under 12. FMI, 839-4208. **SUNDAY, OCT. 5**
- Cressey Road United Methodist Church Praise and Bagels Service, 9-10 a.m. FMI, 839-3111.

TUESDAY, OCT. 7

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

WEDNESDAY, OCT. 8

• Town of Gorham Senior Lunch Program, St. Anne's Church, Gorham. 12-1:30 p.m. Suggested donation \$4. FMI, 839-4857.

Baxter Memorial Library, 71 South St.

Cressey Road United Methodist Church, 81 Cressey Rd.

Greater Gorham Farmers Market, South St. next to Baxter Memorial Library

Robie Gym, 42 South St.

Robie Park, Morrill Ave. & Ball Park Rd.

Shaw Gym, Gorham Recreation, 75 South St.

St. Anne's Church, 299 Main St.

West Gorham Union Church, 190 Ossipee Trail E.

LEGAL NOTICE

The Town of Gorham is accepting bids for the purchase of the municipality's interest in certain tax-acquired property on Wednesday, October 15, 2014. For a copy of the official Notice of Tax Sale, please contact the Gorham Finance Office at 222-1610, visit the Town's website at www.gorham-me.org, or email the Finance Department at slaflamme@gorham.me.us.



Back in Motion PHYSICAL THERAPY, LLC Hands-on care that makes pain relief possible

See why people have continued to choose Back in Motion as their #1 pain specialist for 20 years.



"I love how you get to know the PTs. They do their best to pin point the problem and alleviate the pain and discomfort. My whole family goes there. The convenience is great and they have a great reputation."

~Holly Carter





"Over the past 10 years, every member of our family has benefitted from the very professional and friendly services that Back in Motion has to offer, some of us more then once. They have never failed to correct any problem thrown at them and were actually very helpful in diagnosing some specific injuries. No question, in our eyes the best physical therapy center around."

Thanks Back In Motion

~The Sawyer Family



"I have recommended Back in Motion to many friends and family members. The staff at Back in Motion is knowledgeable and friendly. They supported not only my desire to return to good health but to continue with my varied sports activities. I am very grateful for their concern, patience, and honoring of my needs throughout the healing process."

~Ken Curtis

"If Humpty Dumpty had access to the staff of Back in Motion he would be

sitting atop his great wall! Having suffered through various injuries over the past 20 years the folks at Back in Motion have always been successful at getting me back in the saddle."

~Thomas Patterson

207-839-5860 · 94 Main St., Gorham

www.mainephysicaltherapy.com

