

# Gorham Times

Your Community Paper

NONPROFIT  
U.S. POSTAGE  
PAID  
GORHAM, ME  
PERMIT NO. 10

VOLUME 23 NUMBER 6

TOWN OF  
**Gorham, Maine**  
—FOUNDED 1736—

MARCH 23, 2017

## North Gorham Residents Report Shots Fired at Homes

SHERI FABER  
Staff Writer

On March 16 at about 11:00 p.m., Gorham police responded to a report of shots fired on Rt. 237. One home was damaged by gunfire. The following morning police received a report from a resident in the same area that his home had been damaged by gunfire.

No one was injured and police do not believe that there is any imminent danger to the community but urge residents to be vigilant. Anyone who believes their property has been damaged by gunfire is asked to call Det. Lawrence Maxfield-Fearon at 222-1660.

There were similar incidents in York County in the early morning hours of March 17. Two men were arrested and detectives are working to determine if the cases are related. If an arrest is made in the Gorham incidents, the suspects will be charged with reckless conduct with a firearm and criminal mischief.

## David Cole Reflects on His Career in Gorham



Photo credit Roger Marchand

SHERI FABER  
Staff Writer

David Cole has been the Town Manager in Gorham since 1994. He remembers a photo in an early issue of the Times showing him with his wife and then young children shortly after he started here. His children, like the Town of Gorham, have grown quite a bit since then.

Cole noted that the challenge for Gorham has been managing the growth

ARTICLE CONTINUED ON PAGE 5

## Maine Maple Sunday on Tap This Weekend

KATHY CORBETT  
Staff Writer

Maple trees in the North Gorham area are festooned with plastic tubing as syrup producers prepare for Maine Maple Sunday on March 26. With the exception of Parson's Farm in West Gorham, sugarhouses welcoming visitors in Gorham on Sunday are all in the northeast part of town.

Every March families tap trees, fire up evaporators that can boil down 40 gallons of sap into a gallon of sweet syrup, and fill hundreds of bottles. On the fourth Sunday of the month, they invite the public to tour their facilities and sample the syrup. In addition to selling maple syrup, some will offer pancake breakfasts, and provide other entertainment. As sap runs only in the spring, syrup making is seasonal and these family producers sell most of their product on Maine Maple Sunday.

Dale and Honey Sparrow, who operate the Whipple Lock Farm on Whipple Rod., built their sugarhouse last summer. This will be their first time selling on Maine Maple Sunday. Sparrow learned to make syrup from an uncle who has 3,500 taps in northern New Hampshire. He started by setting out 20 buckets and made six gallons his first year. Before buying an evaporator, Sparrow said he "boiled sap in the driveway in a flat pan." Last year he made 20 gallons, but with 450 taps this year on his wooded property he hopes to make more than 100. Sparrow plows in the winter and works as a commercial fisherman in the summer. His wife has a farm stand where she sells produce and syrup.



Photo credit James Lockman



Photo credit Kathy Corbett



Photo credit Kathy Corbett

Local farms are preparing for Maine Maple Sunday on March 26. Jocelia Hartwell (top right) stands inside the sugarhouse at Hartwell Farm while Teddy Lockman (top left) offers sap tastings to visitors of The Lockman Place. A tree usually has two or more taps and plastic tubing carries it to storage tanks housed inside sheds so that it can be processed.

James and Rori Lockman and their sons began making syrup in 2003 and open The Lockman Place on North Gorham Road for Maine Maple Sunday. Their bottle labels advertise certified Kosher syrup "made by guys and a gal

who love this stuff." Lockman has fifty taps on his and his neighbor's trees.

The area's largest producer is Merrifield Farm on North Gorham Rd. A

ARTICLE CONTINUED ON PAGE 5

## Marketplace Returns for 20th Anniversary

LESLIE DUPUIS  
Editor

Each spring, the Gorham Business Exchange holds the Annual GBE Marketplace at USM. The event draws thousands of shoppers who come to see goods and services offered by member businesses. Marketplace is celebrating its 20th anniversary this year on April 1 from 10:00 a.m.-3:00 p.m. at the USM Costello Field House on the Gorham campus.

While many of the favorites will be in attendance, there will be some changes; most noticeably, the layout of vendor booths in a horseshoe fashion

to provide better visibility for all and the addition of a mini Farmer's Market. Cash prizes will be given out every 20 minutes to honor the 20 year anniversary.

The mission of Marketplace is to showcase quality products and services available in Gorham. Shoppers can sample food from area eateries, enjoy local talent, sign up for vendors' prizes, and have a chance to win cash prizes.

Admission is free and there will be approximately 60 booths representing all kinds of businesses who offer products and services to Gorham.

Various forms of entertainment will be provided including bounce houses,

games for the kids, dance and jukado performances, a concert by the Gorham Community Chorus, and a presentation of "Magic on the Move" by Phil Smith.

The Gorham Food Pantry will be collecting items and cash donations again this year. The current needs are: dry cereal/flavored oatmeal, canned plain tomato sauce, cream soups, toothbrushes, toothpaste, liquid dish detergent, jelly (squeeze is best), kids snacks, bottled fruit juices, snack sized fruit juices, canned pears or peaches, and boxed potato mixes.

For more information including vendor registration, visit [www.gorhambusiness.org/marketplace](http://www.gorhambusiness.org/marketplace).

inside the Times    

14 Blotter

15 Classified

4 Living

6 School

15 Calendar

13 Community

5 Municipal

9 Sports

JON MANISCALCO,  
A FAMILIAR FACE AT GHOP

Article on PAGE 3

Policy on News from Augusta: The Gorham Times asked our three state legislators from Senate District 30, House District 26 and House District 27 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 and have an impact to 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.

BRINGING THE NEWS TO ALL OF GORHAM  
PO Box 401  
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** gtsportseditor@gmail.com  
**Features** ckck5@maine.rr.com  
**Of Interest** gorhamtimes@gmail.com  
**Calendar item** gorhamtimes@gmail.com  
**Advertising** gorhamtimesadvertising@gmail.com or 839-8390  
**School News** SchoolnewsGT@gmail.com

**SUBSCRIPTIONS**

\$18/year in Gorham; \$23/year elsewhere  
\$13/year for college subscription

**General Manager** Bruce Hepler  
**Editor** Leslie Dupuis  
**Business Manager** Stacy Sallinen  
**Advertiser Coordinator** Stacy Sallinen  
**Social Media Coordinator** Karen DiDonato  
**Design/Production** Shirley Douglas  
**Police Beat** Sheri Faber  
**Staff Writers** Jacob Adams, Kathy Corbett, John Curley, Bailey O'Brien  
**Features** Chris Crawford  
**Photographers** Amanda Landry, Stacie Leavitt, Roger Marchand, Rich Obrey  
**Public Service** Karen DiDonato  
**Sports** Hal D'Amico  
**School News** Andrea Morrell  
**Webmaster** Judi Jones  
**Distribution Coordinator** Russ Frank  
**Distribution** Jim Boyko, Janice Boyko, Scott Burnheimer, Steve Caldwell, Chris Crawford, Dan Fenton, Janie Farr, Russ Frank, Joe Hachey, Chris Kimball, Bob Mulkern, Krista Nadeau, John Richard  
**Interns** Avery Arena, Megan Bennett, Matilda McColl, Elle Spurr, Lydia Valentine, Abbie vanLuling, Marie Walton, Erin Wentworth, Bruce Wyatt

**BOARD OF DIRECTORS**

Michael Wing (President), Shannon Phinney Dowdle (Secretary), Alan Bell, Tom Biegel, Katherine Corbett, Carol Jones, George Sotiropoulos and Michael Smith

**Advertising and Copy Deadlines**

Ad deadline is the Wednesday of the week prior to issue date. Go to [www.gorhamtimes.com](http://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

# Fighting for a Fair Budget

REP. MAUREEN TERRY

One of the most important jobs of the Legislature is crafting and passing a two-year budget. The state's budget is more than just a series of dollar amounts and line items. As our former vice president, Joe Biden, often said, "Don't tell me what you value, show me your budget, and I'll tell you what you value."

The Maine I know values family and community. We don't believe in handouts, but we also know that it shouldn't be so hard for working families to get by and to help their kids build good lives here in Maine. We know that working parents shouldn't have to worry that their paychecks won't cover the cost of childcare while they're at work.

The governor has shown us his budget and I am having a difficult time finding those Maine values I know and see every day in our community. His budget continues to pay for handouts for Maine's affluent citizens with devastating cuts that keep working families struggling and our economy limping behind.

The governor's proposed budget

cuts more than \$65 million dollars from funds that provide health care, food and shelter to Maine people working hard to make ends meet.

While we all know our welfare system needs real reform, short-sighted cuts like the sweeping ones in this budget will keep more people, especially kids, living in poverty, not less.

The number of Maine children living in deep poverty, defined by an annual household income of less than \$10,000, has ballooned over the last five years, at a rate eight times greater than the rest of the country. The last five years have also seen a sharp decline in Maine's overall health and child wellbeing. On top of that, more Maine kids are suffering from hunger as Maine is facing the third highest rate of hunger in the country. The fact that Maine's hunger rate continues to rise while the rest of the country is seeing relief only adds to that disgrace.

We all understand that when times are tough, hard choices have to be made. But what makes these cuts so baffling to me is that Maine is not facing a budget shortfall. It's like a family deciding to cut their grocery,

or diaper budget, to buy a yacht. This isn't the first time a politician has tried to take from kids to give massive tax breaks to higher income earners, but it should be the last.

Our budget should help struggling families lift themselves out of poverty, while at the same time creating opportunities for people to find good jobs, take care of their families, and be productive members of their communities.

This session I will stand with my colleagues to support bills that will help working people and their families. Whether it's stopping worker exploitation and wage theft or closing loopholes that allow corporations to avoid paying their fair share of taxes, I will fight for a budget and other policies that reflect real Maine values.



(207) 712-9735,  
(800) 423-2900,  
maureen.terry@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,

I write to express my appreciation and commendation of the staff at Community Arts Preschool and Gorham Arts Alliance. On Monday February 27th, I was visiting my granddaughter's preschool as a "mystery reader" when a soft lockdown was put in effect. Amy Valentine, Betsy Nygren, Lori Tanguay and Jenny Whitney didn't miss a beat; they acted with the utmost professionalism and care. They followed protocol, while simultaneously maintaining a spirit of fun and joy in the classroom. We

even had an indoor snowball fight! The children were not aware that anything was amiss.

No one ever wants to find to find themselves in that situation, but I left the Community Arts Preschool on Monday feeling such peace and gratitude knowing that my granddaughter and her classmates are in such competent, capable and compassionate hands on a daily basis.

Sincerely,  
Ann Gayer

## Around Town

Gorham received approximately 20 inches of snow on March 14. The Town of Gorham's Fuel Depot failed several days prior leaving the Public Works Dept. scrambling to devise various options for fueling up school buses, police cars, emergency response vehicles, as well as Public Works equipment, during the storm.

A bomb threat was reported at GHS at 11:40 a.m. on March 20. The building was evacuated and bomb detection dogs were called in to search, but no bomb was found. The Gorham Police Department is investigating the incident with assistance from the Gorham School Dept. This is the second bomb threat since Feb. 28.

Crockett Furniture is in the process of closing its store on Lower Main Street.

Spire 29 can help with your fundraiser!

With the community's help over \$200,000 has been raised at Spire 29 through fundraisers.

**SPIRE 29**

ON THE SQUARE

Contact us to see how we can help with your next fundraiser.

207-222-2068 - info@spire29.com  
29 School Street, Gorham

**YOUR TAX PRO + IBM WATSON**  
COULD MEAN MORE MONEY FOR YOU.

We're taking the same cognitive computing power that's helping doctors fight disease, predicting global weather patterns and improving education for kids around the world and teaching it all about taxes. Together, H&R Block tax professionals and Watson are working to find you every last credit and deduction you deserve.

**H&R BLOCK** | With Watson

Come by or make an appointment at [hrblock.com](http://hrblock.com).

14 MAIN ST  
GORHAM, ME 04038  
207-839-3317

All tax situations are different and not everyone qualifies for credits or deductions or gets a refund. Experts train Watson to consume large volumes of data; performance improves over time. Maximum Refund Guarantee: If you find an H&R Block error on your return that entitles you to a larger refund (or smaller tax liability), we'll refund your tax prep fee for that return and amend your return at no additional cost. OBTP#B13696. © 2017 HRB Tax Group, Inc.

**GORHAM TIMES DEADLINES**

Ad Deadline	Publication
Mar. 29	Apr. 6
Apr. 12	Apr. 20
Apr. 26	May 4
May 10	May 18

## The Blunda Brothers

CHRIS CRAWFORD  
Staff Writer

John Blunda (GHS '96) stays behind the scenes, but many of us see his work every day without even realizing it. For the past 19 years, as a Storyteller/Photojournalist/Editor for WCSH-TV, John has helped to shape the Channel 6 news and feature stories we watch daily.

Last November, John was part of the two person team that chronicled the story of 92 year old Maine WWII vet and Pearl Harbor survivor, Robert Cole, as he returned for the 75th anniversary of the bombing. John said it was a massive logistical challenge getting seven to eight large bags of gear to Hawaii.

While there, he and reporter, Chris Facchini, had to shoot the story as it happened, file reports each night, and occasionally do live shots from the island back to the station in real time. The five hour time difference meant they had a limited time each day to accomplish their work as the 5 p.m. Maine news show actually started at noon Hawaii-time. In spite of the challenges, John said, "In the end, you never forget the privilege you've been given to tell this man's story. It's an experience I will never forget."

John's work has been nominated twice for an Emmy, and in 2015, his work with reporter, Don Carrigan, won an Emmy for a piece called "Why They Run." It explored the personal lives of each of the gubernatorial candidates and examined the motivation that drove them to run for the highest office in the state. John has already set his sights on another "statue."

John earned a degree in Multimedia Technology from Southern Maine Technical College (now SMCC) in 1998. He worked at Smith Atwood Video Services and WCSH-TV for two years, gaining experience and refining his craft before returning to school at St. Joseph's College.

The year 2003 was a big one for graduations in the Blunda family: John earned a degree in Communications/Journalism which allowed him to move into the News Department at WCSH; middle brother, Joe (GHS '99), graduated from Bowdoin; and youngest brother, Sam, graduated from GHS.

John describes his job as challenging and interesting. "Most people in this field work alone. You have to come up with stories, execute your ideas, and make it all appealing to online audiences as well as television viewers," he said. He has an appreciation for the more technical side of things, finding the learning process to be both challenging and rewarding. While attending SMTC, John took an elective class in Electronics taught by Dick Portwine of Gorham. "The content of that class was



Photo credit Lee Nelson

John Blunda stands atop Cadillac Mountain while filming an Acadia 100th anniversary special.

extremely hard and frustrating," said John, "but years later, the knowledge I gained has been important to me."

Another challenge is the frustration of being in a small job market in Maine. His advice to others interested in this type of work is to look further afield and be ready to leave New England. Another key piece of advice is to surround yourself with the smartest people in the business. "I've had many mentors and feel like I've been raised by a village of the best in the business," he said.

John credits his Gorham High School Industrial Arts teacher, Roger Lord, for steering him toward his career path in Videography. "Roger took time out of his insanely busy life to guide me," he said. His list of mentors also includes Rob Roy, GHS video tech teacher, Don Woodward, Dr. William Yates, and Bruce Glasier. "I wouldn't be where I am without them," he said.

All of the Blunda boys have great memories of growing up in Gorham. John loved going to Baxter Library with him mom. He said, "The smell of books was intoxicating and each book was another adventure I hadn't yet taken." He became hooked on mystery books which helped him work on his reading and writing skills which have become very important in his chosen field.

Joe had fond memories of playing basketball at the hoop behind Town and Country Cabinets, near their house. Sam still loves seeing old neighbors come by each summer to buy blueberries at the stand, which he still mans, in front of his parent's house on Fort Hill Road. Boy Scouts was an important activity for all three of the brothers, and each one earned Eagle Scout rank.

John lives in Bowdoinham with his wife, Andrea. His career takes most of his time, "I wouldn't have it any other way," said John, but in his rare spare time, he loves to tinker. He is working on low voltage solar power collectors

ARTICLE CONTINUED ON PAGE 5

## Jon Maniscalco, A Familiar Face at GHOP



Photo credit Roger Marchand

Jon Maniscalco, GHOP's longest tenured employee, is pictured with George Sotiropoulos (left) and GHOP owner, Angelo Sotiropoulos.

MALLORY CAMPBELL  
AND  
STACY SALLINEN  
Contributing Writers

As a little boy, Jon Maniscalco always wanted to work in a pizza parlor. As drive and determination would have it, Maniscalco is GHOP's most tenured employee with over 17 years of service.

A Gorham native, Maniscalco started working at GHOP in 1999 at the age of 16 through the Community Based Education program at Gorham High School. After his graduation from GHS in 2002, Angelo Sotiropoulos, owner of GHOP, hired him to continue working during his year of post graduate programming at GHS and at Portland Arts and Technology High School (PATHS) where he studied Food Service.

Maniscalco can be seen nearly every Wednesday, Thursday, and Friday afternoon washing dishes, cleaning tables, sweeping floors, helping to make pizza dough, and creating his own pizza and burgers – his favorites at GHOP. The only thing that keeps him out of the establishment is illness, family vacation, or inclement weather.

He spends the remainder of each week in vocational day programming and Strive, where he receives instruction on grocery shopping, meal planning and prep, bus navigation and independent living skills. Maniscalco has a job coach who periodically checks in, but the Sotiropoulos and GHOP family have taken him under their wings.

"Jon is a veteran and knows his duties by heart. He doesn't require much guidance at all," said George

Sotiropoulos. "The only thing my dad and I do for him during work, besides give him a hug and tell him how much we love him, is to keep him focused as he likes to joke around with staff."

Maniscalco, who recently underwent cataract surgery and no longer needs glasses, is a familiar face whose fondness for his customers is obvious in his unwavering brilliant smile. When he's not with his extended family at Gorham House of Pizza, Maniscalco is pursuing one of his many passions. He enjoys sitting by luminous campfires and has a mission to watch every episode of Scooby-Doo, Seinfeld, and Cops.

He spends many Fridays and Saturday nights playing the drums while listening to his jukebox, YouTube, or Pandora. His preferred tunes exemplify his old soul: Beatles, the Four Seasons, Frankie Vallie, and the oldies.

Maniscalco is fascinated by weather patterns and fronts; he enjoys watching weather channels, soaking up the information, and keeping parents, Paul and Peggy Maniscalco, up to speed on the current weather condition.

His mom noted her son's unique love of facts and dates, "living his life by a calendar." Peggy explained that they watch "Stand by Me" every Labor Day since the movie takes place on Labor Day weekend; they watch "La Bamba" every February 3rd, the day Richie Valens died in a plane crash; and they watch "The Babe" every August 16th, the day Babe Ruth died.

Maniscalco is proud of the work he does, passionate about his hobbies, and he approaches life with a big smile and heart.



### The Martha T. Harris Scholarship

The Gorham Times established the Martha T. Harris Memorial Scholarship in memory of our founding member and long-time photographer, after her untimely death in February 2013. We are accepting further donations to keep the fund solvent and to ensure we continue to honor Martha for many years to come by presenting a scholarship to a deserving Gorham High School graduate.

Please send your tax deductible donation to Gorham Times/  
Martha T Harris Scholarship,  
PO Box 401, Gorham, ME 04038



Open Monday-Saturday. Specializing in custom cuts, with today's trends and yesterday's classics.

Fades, Flattops, Clipper Cuts, Scissor Cuts  
All Haircuts \$13

Colonial Marketplace • 111 Ossipee Trail, Standish • 648-4312

Follow us on Facebook

# Longtime Gorham Resident Still Going Strong

KRISTA NADEAU  
Contributing Writer

The Cressey name has been in Gorham for a very long time. The very first Cresseys arrived in Gorham in 1745, first settling on what we know as Cressey Hill off of Route 25 just beyond the USM campus. Back then, Gorham was known as Narragansett 7. There were only 230 residents at the time.

Fast forward to 1924, Valentine's Day - the day that Ernest Cressey was born. Mr. Cressey was born to George and Grace Cressey in the house his grandfather built on Flaggy Meadow Road. He grew up in that home, raised his children there, and continues to live there to this day. All who know him, friends and family alike, refer to him as "EC."

EC reminisced about his school days, chuckling, adding that, "he often liked to skip school." He recalls his business teacher in particular, Doris Robinson. This was the class that Cressey did really well in as he had a knack for business. At age 18, after working for Ed Young on his farm, Cressey started his own poultry business.

While once one of the biggest poultry farmers in Cumberland County, after many years, he began to see a decline in this industry.



Photo courtesy Stephanie Cressey

Ernest "EC" Cressey recently celebrated his 93rd birthday.

Seeing this coming, Cressey stopped getting new chickens. Many of the barns had started to deteriorate and some collapsed. The largest barn is still standing and is currently used for storage. He had already decided to get involved in the rental business and had begun building before getting out of the poultry industry altogether.

In 1968, Ernest and his wife Elizabeth established Cressey's Apartments. They built their first four-unit building right next to their home on Flaggy Meadow Road. Cressey also has apartment buildings located on Main Street, Gray Road, and several others on Flaggy Meadow Road.

ARTICLE CONTINUED ON PAGE 15

## LIVING

# Inflammation, The Fire Within

DR. JOE KERWIN

You are walking down the street and step off a curb, twisting your ankle badly. Your body reacts with pain, swelling, heat, and redness. These reactions happen immediately, and within a short time you cannot walk on it. We know that with time and proper attention, your ankle will heal and all the signs of inflammation will subside. This acute inflammatory response is our body's attempt at protecting itself by removing harmful stimuli and damaged cells to initiate the healing process.

Inflammation is a natural response that activates white blood cells and other chemicals to protect us from foreign invaders like bacteria and viruses. We need some level of inflammation in our bodies to stay healthy, but what happens when this natural response that is meant to protect us gets out of control? It becomes chronic and doesn't stop, acting as the inflammatory fire within our bodies.

The problem with this type of inflammation is that there is no apparent pain, swelling, redness or heat. It often occurs for years before it reaches levels that are clinically significant. It silently damages our body tissues until we have loss of function. Ultimately, we are diagnosed with a named disease and we wonder where it came from, never making the connection to the inflammatory fire within.

This fire within is frequently the result of an overstimulated immune system. Since the majority of the immune system is located in the intestines, many of the chronic inflammatory diseases start there. The intestinal lining can be damaged by undigested food, toxins we eat and breath, viruses, yeast and bacteria. This repeated damage affects the microvilli, tiny hair-like projections of the intestinal lining, impeding their ability to digest and absorb nutrients. The body sees these partially digested nutrients as "invaders," and the immune system then mistakenly triggers an inflammatory response when no real threat is present.

This response can and often does go on for years without the initial signs of inflammation (pain, swelling and heat) as warning signs. It frequently leads to

a host of common illnesses including heart disease, cancer, Alzheimer's and depression. It's also linked to several autoimmune diseases like multiple sclerosis, ulcerative colitis, Crohn's disease, and rheumatoid arthritis.

Once chronic inflammation has progressed to a named disease, conventional treatments include immune suppressive pharmaceuticals such as NSAIDs or prednisone. These treat the symptoms but often do not address the underlying cause or allow for tissue regeneration.

True healing takes place when we go back to the source of inflammation in the body and begin there. So what can

you do to stop feeding the fire? Avoid pro-inflammatory foods like trans fats, fried foods, fast food, sugar in all its disguises and processed grains. Evaluate the necessity of long term use of antacids, glucocorticoids and antibiotics. Quit smoking, limit alcohol use, control weight, and reduce stress levels. Other lifestyle factors that increase the risk of inflammation include obesity, a sedentary lifestyle, and nutrient deficiency.

Improving our food choices every day with nutrient dense real food is the easiest and most effective way to correct the body's immune response. Consume plenty of animal based omega 3 fats, foods containing vitamin D such as cod liver oil, salmon, sardines, and eggs, and herbs such as boswellia, ginger, turmeric, celery seed and resveratrol. Also, adequate complete protein and an abundance of whole, natural vegetables and fruits ensure that we have the raw materials for healing.

Not addressing chronic inflammation at its source allows the fire to smolder leading to ultimate tissue destruction and disease. You may not have the benefit of pain, swelling and heat as in an ankle sprain to warn you of this insidious fire within.



Dr. Kerwin is a chiropractor and nutritionist who has been practicing and living in Gorham with his wife for 28 years. They have three grown daughters.

## Restaurant Hours

Sun-Thurs:  
11 am to 11 pm

Fri & Sat:  
11 am to 12 am



**GORHAM HOUSE OF PIZZA**  
**839-2504**

"Serving Gorham Since 1981."

We serve pizza, pasta, salads, calzones, wraps & more!

View our site online: [www.ghop.me](http://www.ghop.me)

Follow us on Twitter: [ghopme](https://twitter.com/ghopme)

Like us on Facebook

**2 State Street • Gorham, ME 04038**



*Caring for mind-body and spirit*  
**Holistic Pathways, LLC**  
A Yoga Center

839-7192

**YOGA LIVE**

Practice yoga from home.

**LIVE**

Sunday Renewal 8pm

Friday Cardio Yoga 5:30am

Classes begin April 2

**YOGA IN-STUDIO**

New 7am Morning Flow

New 5:30pm Yoga Mix

See our website for complete class schedule

[www.holisticpathways.com](http://www.holisticpathways.com)

203 Main Street Gorham

# Gorham Man Sentenced for Child Pornography

GORHAM TIMES STAFF

Steven Tutt, 46, of Gorham was sentenced to 366 days in prison as well as five years of supervised release after his prison term along with a fine of \$3,000 for possession of child pornography.

Tutt pled guilty last November after a child pornography video was downloaded from his home computer and other videos were found on his computer after law enforcement obtained a search warrant. Tutt admitted to having downloaded child pornography.

## Maine Maple Sunday CONTINUED FROM PAGE 1

general contractor, Lyle Merrifield, sets out 850 taps in the spring. He and his wife Joanne sell syrup year-round from their sugarhouse, at fairs and through a local retailer. On March 25 and March 26, family members including daughters, Lexi and Molly, will offer visitors samples, pancake breakfasts, farm tours, and syrup-making demonstrations.

"We expect that 75% of this spring's syrup will be gone that weekend," Merrifield said. Long active in the Maine Maple Producers Association, they agree that syrup-making is profitable because the only expense for a family operation is equipment. Just as important to them, however, are the friendships they have made through the association.

Charlie Wyman, also on North Gorham Rd., sells from his roadside farm stand because his sugarhouse and its six foot evaporator is "up a muddy path into the woods" behind his house. Although he has lived in North Gorham all his life, Wyman only began making syrup five years ago as a hobby.

Jo's Sugarhouse is on the Hartwell Farm on Sebago Lake Road. Jocelin and

Karl Hartwell and their sons, Ben, who runs the farm, and Mike, who helps out on Maine Maple Sunday, collect sap from 300 taps for their syrup. In addition to pancake breakfasts, they will sell grass fed beef burgers.

Bob Parson has participated in Maine Maple Sunday for 23 years. Parson's Maple Products on Buck St. will offer pancake breakfasts, free samples of syrup on ice cream, and demonstrate syrup making. "The weather has not been good this year and we have only boiled once," Parson said, "but we will have plenty of syrup." He, his brother Russell, and his nephews Issac and Adam, will welcome visitors to the farm in West Gorham.

Although 95% of Maine's maple syrup is produced north of Augusta, the maple syrup made by these six Gorham small family businesses makes "buying local" a sweet way to welcome spring.

For a complete listing of participating sugarhouses, their locations, activities and schedules, visit The Maine Maple Producers Association website at [www.mainemapleproducers.com](http://www.mainemapleproducers.com).

## The Blunda Brothers CONTINUED FROM PAGE 3

that would make Dick Portwine proud. He enjoys watching TED talks, looking for new video/photo tips and teaching storytelling to whomever wants to learn.

After Bowdoin and working for a few years for Gorham resident Martha Gaythwaite's law firm, Joe moved to New York City long enough to help the New York Mercantile Exchange go public, then returned to Maine to work for Woodard & Curran on market strategy before earning an international business degree at the Fletcher School at Tufts. He currently advises buyers of aerospace and defense companies, and is forming his own company. Joe lives in Salem, MA. He loves to travel and visit friends and is always

following the science and technology stories of the day.

Sam earned a degree in Education at USM in 2007. He has been a STEM (Science, Technology, Engineering, Math) Teacher at Saco Middle School for 10 years and was awarded the Maine Technology Teacher Excellence Award in 2013. Sam loves working with kids and helping them grow academically. The STEM curriculum helps students hone skills as they build solutions to solve problems. Sam loves the outdoors. He and his wife have one child and are expecting a second son.

John, Joe and Sam are the sons of Barb and Pete Blunda.

# Second Citizen Police Academy Scheduled for April

SHERI FABER  
Staff Writer

Following the first very well-received Citizen Police Academy (CPA), the Gorham Police Department is planning to hold its second class starting in April. It will run for ten weeks on Tuesday nights from 5:00 to 7:00 p.m.

The class will cover items such as patrol procedures, juvenile justice, community policing, communications and reporting, traffic violations, firearms training, personal safety, court, probation and corrections, domestic violence and the new marijuana laws.

Applications are available online at [www.gorham-me.org](http://www.gorham-me.org).

This is a unique opportunity to better understand the workings of the Police Department and the many issues that officers face in their day to day work. Attendees of the first CPA conducted last fall gave high marks. Participant Don Sedenka commented, "I thoroughly enjoyed this experience and found it to be both educational and beneficial. I recommend it to all Gorham citizens."

Please contact Sergeant Hatch at 222-1681 or [thatch@gorham.me.us](mailto:thatch@gorham.me.us) or Deputy Chief Chris Sanborn at 222-1664 or [csanborn@gorham.me.us](mailto:csanborn@gorham.me.us) with any questions.

## David Cole CONTINUED FROM PAGE 1

of the town and reconciling the differing opinions about what was in the best interest of the town. Cole noted that Gorham "is fortunate to be growing" as towns that do not grow tend to be deteriorating, adding that "other communities might like to have these growth problems."

Residential property owners pay property taxes based on the assessed value of their property but these taxes do not cover the costs of education and public safety which are subsidized by businesses. For that reason, Cole reiterated the importance of business growth as well. Gorham is looking for more density in housing which means less land and infrastructure. Homes that are closer together are more economical for Gorham than those that are spread out, but like everything, this concept has both pluses and minuses.

One of the many challenges for Cole has been having the Town's infrastructure keep up with its growth. In 1999, the Town Council did a study of the Town's facilities laying out deficiencies that needed to be addressed. Over the years, the Town Council has addressed these issues and authorized both new and repurposed facilities.

Starting that transformation, a new Public Works building was authorized in 1999. In 2004, Baxter Memorial Library underwent a major expansion which included other improvements. In 2006, a new Middle School was built and the former Shaw School became the new Municipal Center. In 2011, Great Falls Elementary School opened.

The construction of a new Police Station as well as an upgrade to the current the Public Safety Building took place in 2016. Along with equipment for the Fire, Police and Public Works, the addition of new roads and athletic fields has also been necessary to keep up with the growth of the town.

The Bernard Rines Bypass, which connects Rt. 114 to Rt. 202 and Rt. 25, opened in 2008 after 55 years and 16 studies. Cole hopes that the proposed turnpike spur from Exit 45 to the Rines Bypass will not take as long to come to completion.

Cole is proud of Gorham, the fastest growing town in Maine, and views it as a "good place to live with good schools." He expects the town will continue to expand and notes there is still plenty of room for more growth. He commended the Town's employees as being both very productive and able to do more than other communities with fewer staff.

Cole expects he may do some consulting work after his retirement. He also hopes to travel more with his wife, Kathy, but plans to remain in Gorham for the foreseeable future.

The Town Council held a special meeting on March 20 to begin discussing the process of selecting a new Town Manager.

## VILLAGE BUILDERS

Full Service General Contractor  
Repairs • Renovations • Additions



Daniel W. Grant, P.E.  
Owner

21 New Portland Rd.  
Gorham, ME 04038  
PH 207-839-6072  
[sales@villagebuildersmaine.com](mailto:sales@villagebuildersmaine.com)

STOP BY OUR BOOTH AT THE GBE MARKETPLACE

Maine Natural Gas will be at our Booth and will be expanding in Gorham this year. Come in to see if you can get natural gas at your house!

Over  
30 Years in  
Business!

MAINELY  
Plumbing & Heating

Portland Area 854.4969  
Gorham Area 839.7400  
[WWW.MAINELYPLUMBING.COM](http://WWW.MAINELYPLUMBING.COM)

Viessmann & Baxi gas combi boilers up to 95% afue

AO Smith & Rinnai on demand hot water heaters

AO Smith heat pump water heaters

Bryant HVAC natural gas and LP furnaces

MARCH 7, 2017

## Town Council Report

JACOB ADAMS  
Staff Writer

Councilor Stelk stated that a powered stop sign would be going in at the intersection of Mallison Street and Mosher Road this spring.

Town Manger, David Cole, reported that the Main Street Project will be discussed at the GEDC Meeting on March 15.

The Town Council temporarily authorized the Public Works Department to snow plow and sand Councilor Paul Smiths' private driveway, located at the end of Phinney Street, to provide an additional location for Municipal vehicles to turn around. This is subject to Paul Smiths' continued written permission. The Town Council also directed Town Staff to look for better options to provide a turnaround for Municipal vehicles. (6 years: Councilor Smith was recused from the vote)

Liquor license renewals were approved for School Street Pub & Grill, located at 29B School Street and MK Kitchen, located at 2 School Street.

The Town Council amended the Land Use and Development Code to allow rotating barber signs as they are a traditionally recognized form of advertising for a Barber Shop Business.

The Town, along with neighboring communities, has decided to urge the Maine Legislature to find it in the public interest for the Turnpike Authority to pursue planning and development of a limited access connector between South Gorham and an appropriate juncture to the Maine Turnpike at or near Exits 44 or 45.

The Town Council endorsed the Gorham Economic Development Corporation to prepare and submit an application to the Maine Development Foundation. The application will allow

Gorham to join the Maine Downtown Network Program.

A request to amend the Land Use & Development Code was referred to the Ordinance Committee for their review and recommendations. The amendment would allow varied density in large houses in the Gorham Village area. A temporary waiver was granted to the property at 198 Main Street, which will allow the continued renting and/or owner occupancy of the studio until May 31, 2018.

The Town Council approved a drainage easement in the Bartlett Subdivision, located on Longmeadow Drive.

An over limit permit was approved for an approximate 4.7 mile MDOT paving project for Route 114.

The following people were appointed to serve on Town committees:

Planning Board: Scott Herrick and Mike Richman; Board of Appeals: Janice Labrecque; Economic Development Corporation: Dan Nichols (3 year term), Todd Chase (3 year term), Ethan Johnson (3 year term), Sarah Jackson (1 year term), and Chris Kelly (1 year term); Fair Hearing Board: Stephen Soule; Conservation Commission: Anton Gulovsen and Jodie Keene; Board of Voter Registration Appeals: Janice Labrecque and Denise Quint; Baxter Memorial Library Trust: Megan Hills, Mary Collins, Meghan Grassi and Heidi Pratt; Board of Assessment: Craig Sterling and James Cupps; Historic Preservation Commission: Nancy Kenty (3 year term), Noah Miner (3 year term), Bruce Roullard (3 year term), Marylee Dodge (2 year term), Michael Towle (2 year term), Nicole Shaffer (1 year term), Marsha Weeks Traill (1 year term).

Complete minutes are available on the town's website at [www.gorham-me.org](http://www.gorham-me.org).

## Grand Jury

The Grand Jury returned the following indictments in March 2017 on charges brought by Gorham PD:

Portland man, 30, was indicted on two counts of domestic violence assault, two counts of domestic violence criminal threatening, domestic violence criminal threatening with a dangerous weapon, and tampering with a victim.

Parsonfield man, 45, was indicted for operating after license revocation, violating conditions of release, improper plates, and failure to give correct name.

Gorham man, 28, was indicted for reckless conduct with a dangerous weapon and two counts of assault.

Biddeford man, 45, was indicted on two counts of theft by unauthorized taking.



**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](mailto:plumtreeservice@gmail.com)

MARCH 6, 2017

## Planning Board Results

Carter's Development LLC request for approval to construct a new two-story, 2,880 sq. ft. building, with two commercial areas on the first floor and two residential uses on the second floor, on property located at 18 Elm Street was discussed and postponed.

Shaw Earthworks' request for approval for Subdivision and Site Plan amendments to add storage, parking and additional drive areas to the existing shop location located at 11 Cyr Drive, New Portland Parkway was discussed and postponed.

Diversified Properties' request for approval of a third amendment to Gordon Farms Subdivision Phase II to modify the approved alignment of the 50 foot right-of-way (Madison Way) at 79 Gordon Farms Road was discussed and tabled.

W.A. One's request for approval for a 9-lot subdivision on property located off Gordon Farms Road was discussed and tabled with a site walk to be scheduled.

STJ, Inc.'s request for approval of an amendment to Brackett Brook Condominiums, (approved 09/12/16), to change private water mains to

public water mains and to transfer a small portion of land to the Town of Gorham, located on 3.45 acres off 210 Huston Road was approved with findings of fact and conditions of approval.

John Peters LLC's request for approval of Webb Farm, a 7-lot residential development on 12.14 acres on property located off Clay Road, was given final approval with findings of fact and conditions of approval.

The following items were moved to March 20 meeting due to the 10:00 rule:

Site Plan Amendment – Sketch Plan Discussion – Flagship Landscaping – request for approval of a 3rd amendment to relocate a landscaping business located at 298 New Portland Road.

Amendment to Chapter 1 of the Land Use and Development Code, Section 1-14, Office Residential District – proposed language to allow Retail Sales having a gross floor area of less than 4,000 sf and a traditional New England Village design, consistent with the recent updated Comprehensive Plan.

## New Year Gorham Seeks Energetic, Creative Party Planners

GORHAM TIMES STAFF

If you enjoy planning really fun parties, then New Year Gorham hopes you will join its committee for this year's event. The job descriptions include everything from coordinating the event to writing news releases, collaborating with the town facility managers, fundraising, hiring entertainment, planning publicity, delivering posters, decorating the venues, organizing volunteers, greeting guests, and having a good time.

Virginia Wilder Cross, current committee chair, explained, "This year, we are seeking a coordinator to oversee the event, someone with strong organizational skills who will work with me to ensure the future of this important annual celebration. Other volunteer commitments are varied. Some require two or three people to work together, and others require working alone to complete a one-time task (such as delivering posters and lanyards)."

"Each year hundreds of families come to New Year Gorham and appreciate the work that goes into making such an exciting party possible," said Bruce Roullard, long-time committee member. "As it is with all volunteer efforts, it makes sense to include fresh energy and creative ideas each year, which is why we are issuing this invitation to be involved. We want to make sure everyone realizes this opportunity is open to anyone willing to roll up their sleeves to help create a super celebration for the Town of Gorham and its neighbors."

The whole committee meets once a month beginning in August, but a few sub committees meet earlier in the year to assure the budget is planned and entertainers are confirmed. For details, contact Virginia Wilder Cross at 222-2248 or visit her or Bruce Roullard at the Town's Marketplace exhibit on April 1. The committee plans to meet in April, so if you are interested, please reach out by April 7.

**CONQUER YOUR CRAVINGS and restore your health!**

*Safe, natural solutions to restore health and energy!*

*Nutrition presentation for vitality, weight loss and healthier lifestyles, May 17, 2017, 6:30pm at 164 Main Street.*



**Kerwin Chiropractic & Nutrition**

Dr. Joseph M. Kerwin

164 Main Street, Gorham  
[kerwinchiro.com](http://kerwinchiro.com) • 839-8181



MARCH 8, 2017

## School Committee Meeting

KATHY CORBETT  
Staff Writer

At the March 8 School Committee Meeting, Superintendent Heather Perry announced that it appeared the governor's budget will include an increase in the state subsidy of about \$200,000, which is less than she had hoped for, but, considering that 65 percent of districts had allocation reductions, it is good news.

Perry said that work on the District budget is going well. They will hold a workshop meeting with legislators and the Town Council on March 22. After the Town Council approves a budget, it will go to voters in June.

The recent school lockdown was successful. Perry thanked the students and staff, saying that this experience gave them an opportunity to see what went well and what could be improved. She also encouraged the public to read her series of blogs on the District website that explain Proficiency Based Learning (PBL) in detail and give a timeline for phased implementation of goals and objectives.

Students and staff involved in the Jobs for Maine Graduates program were introduced by Gorham High School Principal Brian Jandreau. Ellen Benson, Southern Regional Manager for the state-wide initiative,

explained that the non-profit organization has programs in 91 schools.

Ryan Chicoine, who is the Jobs for Maine specialist for Gorham, reported that there are currently 32 students enrolled in the GHS class. The goal is to facilitate connections between business and students by teaching the "soft skills" necessary for successful employment.

Cassie Marceau and Andrew Garcia, two students enrolled in the class, explained that some of these skills, including resume-building, networking, public speaking, and organizational skills, help them step out of their comfort zones.

Jandreau, Chicoine, and Committee members complimented the students on the leadership skills they demonstrated in the presentation and in their class participation. Chicoine is hoping to reach more students through the program next year.

The Committee approved (6-0, Phillips absent) five policies, including policies on participation in school programs for students who are home-schooled and on therapy dogs in schools. They approved the Committee's Communication Plan that provides guidelines for internal and external communication, with an emphasis on communicating with the general public. Stipends for coaches for spring athletics were unanimously approved as well.

## Gorham's New Student Meal Account Policy

ANDREA MORRELL  
School News Editor

Parents and guardians of students in the Gorham School District recently received an e-mail about a change in procedure for student meal accounts. While striving to ensure that all of Gorham's students have access to healthy nutritious meals, the District is also concerned about the ongoing and rapidly increasing debt on student meal accounts.

"The percentage of folks that end the year with unpaid balances for our School Nutrition Program is very small; only a handful (20-25) each year, which when you consider how many students we serve is a very small percentage," said Superintendent Heather Perry.

"However, the problem is that these few individuals can create a pretty significant unpaid balance, which has continued to grow over the course of the past three to four years from just a few hundred dollars four years ago to now an amount in excess of \$12,000, which was last year's amount," said Perry.

Due to this rapid increase in debt, effective as of April 3, the District will have a new procedure relating to students with unpaid balances on their meal accounts.

If a student's balance due reaches

\$25, the student will be provided with an alternate meal instead of the standard breakfast or lunch entrée until the balance is resolved. This alternative meal will include all the components of a regular lunch but with a cheese sandwich, instead of the standard entrée, for \$2.75 for grades K-8 and \$3 for grades 9-12. An alternate breakfast meal includes cereal, milk, and juice for \$1.25.

According to Perry, Gorham's School Nutrition Program (SNP) operates as its own separate budget and needs to make sure that its revenues cover its expenses each year. At the end of a school year, the SNP sends the Gorham School Department what amounts to a bill for the unpaid balances.

"That being said, you can imagine that a \$12,000 bill at the end of the year that is paid for by the Gorham School District impacts all taxpayers within the community, because those become funds that the Gorham School District either has to raise (via taxes), or that we are unable to spend on specific educational programming that had been planned for because we have to cut a check to SNP to cover these unpaid balances," said Perry.

The District will communicate frequently with parents and families about

ARTICLE CONTINUED ON PAGE 15

Buyer & CELLAR  
BY JONATHAN TOLINS  
FEB 28 - MAR 26  
With Dustin Tucker

**PORTLANDSTAGE** | Tickets: 207.774.0465  
The Theater of Maine | www.portlandstage.org

**GOOD NEWS...You have the right to choose where you go for physical therapy.**

*"My pain was getting progressively worse. The care and skills I learned from Back in Motion have gotten me back to running and encouraged me to start yoga. In general, I have my life back. I can do things I enjoy doing." Stephen W.*

Call today for your free pain consultation. We can always help you within 24hrs.

**Back in Motion**  
PHYSICAL THERAPY

**839-5860** | **799-8226** | **699-4111**  
94 Main St. | 185 Ocean St. | 1041 Brighton Ave.  
Gorham | South Portland | Portland

**www.mainephysicaltherapy.com**

Celebrating 20 Years

GORHAM BUSINESS EXCHANGE  
MARKETPLACE

SAT, APRIL 1ST • 10 AM - 3 PM • FREE ADMISSION!  
AT THE USM COSTELLO HOUSE IN GORHAM.

An opportunity to interact with **over 60 local businesses**  
in a family-friendly environment!



ENTERTAINMENT

Magic on the Move  
with Magician Phil Smith  
Local Dance Performance  
Community Chorus  
Jukado Performance

FOOD VENDORS

Sebago Brewing Co.  
Amato's  
Mister Bagel  
Aroma Joe's  
Cakes by Babbs  
School Street Pub

& KIDS' CORNER!

FACE PAINTING • BOUNCE HOUSE  
VELCRO CLIMBING WALL  
4-H DEMONSTRATION

CASH RAFFLE!

FREE SHUTTLE  
SERVICE FROM:

- USM School Street Parking Lot
- Athletic Field Parking Complex
- USM Police Parking Lot

ALL ON CAMPUS



JOIN US!

20<sup>TH</sup> ANNUAL  
GBE MARKETPLACE  
Saturday, April 1st  
10 am - 3 pm  
FREE ADMISSION!

Stop by and visit the Gorham Times Booth at Marketplace!

# Gorham Middle School Performs a Disney Classic

Photo credit Chris Drew (full cast pic) and Abbie vanLuling



More than 40 talented cast and crew from Gorham Middle School's Drama Club helped make "The Little Mermaid Jr." a huge success.

**MATILDA MCCOLL**  
GHS Student Intern

Gorham Middle School held three performances of "The Little Mermaid Jr." during the weekend of March 10. The play, based on the Hans Christian Anderson story and Disney film, was directed by Greg Walton and Tana Krohn, with the help of technical expert Patti Joyce.

The show starred students of all middle school ages. For some of the cast, it was another performance on their long list of acting experience, while for others, this was their first

time on stage. However, no matter their previous experience, each student demonstrated incredible talent.

It was no wonder Kate Dupuis was cast as the lead, Ariel. Dupuis embodied the carefree spirit of the mermaid and her amazing voice filled the auditorium in each of her solos. Emily Paruk starred as the villain of the classic story, Ursula. Paruk stepped onto the stage with confidence and delivered each song with complete sass, and her uncanny portrayal demanded the audience's attention.

For Sierra Cummings, who played the infamous Sebastian, this was her tenth production, and her talent was obvious as she remained in character even while singing her difficult solo, "Under the Sea." One character who had everyone in the audience laughing throughout was Scuttle the Seagull, played by Julia Yager.

Each student shone on stage, and the colorful costumes and set designs only added to the magic of the production and made everyone in the audience feel like they were a part of their world.

## Who's Your Favorite Book Character?



Photo credit Stacey Sawyer

Staff and students at Great Falls School enjoyed Dress Like Your Favorite Book Character Day during their week-long Read Across America celebration. From Geronimo Stilson to Fern and the Lorax to the Grinch, every costume was fabulous and unique. Pictured as Where's Waldo is second grader Sawyer Smith and Mrs. Levesque.

## Kindness Matters



Photo credit LuAnne Amell

In celebration of the Spread the Word to End the Word campaign, students at Gorham Middle School put together a kindness tree. Students wrote their thoughts about treating others with kindness onto leaves that were then added to the tree. The banner reads, "When you are kind to others, it not only changes you, it changes the world."

## More Snow?



Photo credit Narragansett Staff

Third grade students at Narragansett School recently enjoyed a visit from Channel 8 news meteorologist Mallory Brooke to learn more about weather.

## School Note

The Mr. GHS pageant will be held on Saturday, April 1, at 7 p.m. in Gorham High School's MPAC. Tickets are \$4 for students and \$6 for adults. All proceeds benefit the GHS Class of 2017.



**When only a warm, supportive environment will do...**

Gorham House offers a full care continuum right in the heart of the town. Don't take our word for it - come visit us and see for yourself what we have been excelling at for twenty-five years.

**GORHAM HOUSE**  
A COMPREHENSIVE LIVING CENTER

207.839.5757 | 50 New Portland Rd, Gorham, ME  
info@gorhamhouse.com | www.gorhamhouse.com

**Moody's**  
CO-WORKER OWNED ESOP

Gorham Scarborough Biddeford  
Portland Sanford Lewiston  
So. Portland Windham Augusta

www.moodycollision.com

"Like us" on

# Kristin Ross: A Glimpse into Division I College Life

HAL D'AMICO  
Sports Editor

When Kristin Ross (GHS '13) graduates in May from Binghamton University, State University of New York, she'll have a Division I basketball career on her resume and in her memories. She'll also be carrying a biology degree from a distinguished school along with a reputation for level-headed leadership on and off the court. Kristin, the daughter of Paula and Bill Ross, began developing her work ethic and calm leadership presence early.

Playing basketball nearly all her life to date, the 6-foot forward said, "Coach B. (Gorham Lady Rams Coach Laughn Berthiaume) is the one who got me to believe." Earning a rare spot and playing time as a high school freshman, she recalled Berthiaume encouraging her to pursue her basketball potential. She laughed and recalled, "Coach B. would say, 'This is what you're about, and I'm going to get you there. I hope you're on board.'"

Creating a basketball highlight reel for colleges late in her junior year was a no-brainer. Her father knew about Binghamton's basketball program, its academic rigor, and their coach was interested. She recalls Binghamton being the first college to offer her an official campus visit under the NCAA recruiting process. Last month the senior told the university paper, the BU Pipe Dream that, "Being from Maine, I'd never even heard of Binghamton." To the Gorham Times she said, "A lot of people in Maine thought I went to college in New York City." It was a match, and Ross was extended an offer the same day.

She has enjoyed college. Kristin occasionally ventured out to Ithaca and Syracuse for fun. But Ross also appreciates her time hiking around the university's 600-acre nature preserve. Don't take that to mean she is not focused on being a scholar-athlete. Ross has been a regular presence on America East Conference and University honor rolls, evidence of her commitment to academics.

"The WNBA wasn't going to be my career choice," she joked. As far as the time demands of basketball, during the season about 20-25 hours per week was the norm. In the off-season, conditioning averaged about eight hours per week, and then a few hours of pickup hoops. Summers were five weeks on campus, working out while taking two courses to lighten the academic schedule by a course per semester. With considerable travel during the season, good personal planning for class absences was vital, and all the student-athletes had access to a resource center to assist with academics, if needed.

Kristin appeared in 17 games as a freshman, including a start, uncommon floor time at that stage. Following that season, the coach that recruited her left, and Linda



Photo credit Steve McLaughlin

Kristin Ross (GHS '13) soaring above and beyond for Binghamton University against the University of Hartford as a sophomore.

Cimino coached the remainder of Ross' career. With 18 starts and 29 appearances as a sophomore, and a junior season with appearances in all 31 games, including 29 starts, Ross was an instrumental presence to the program's turnaround under Cimino. Although she had less playing time as one of only three seniors, the program and her university recognized her vital contribution as a leader.

She's not only been profiled in the university paper for embracing her role on and off court, she was also selected to be the student speaker at a February Women's Athletic Luncheon, sharing the lecture with Olympic Gold Medalist and WNBA standout Swin Cash. Ross' speech included the following excerpt: "Playing basketball at the Division I level has been one of the most intense and rewarding experiences of my life...I became a wiser leader, a more compassionate friend, a more dedicated student and a stronger person."

Giving the nod to Cimino, Ross told the Pipe Dream that, "The recruiting classes that Coach Cimino is bringing in are the big reason why we're doing so well." The genuine team player added in that interview, "I look at my role as being a calming presence on the court. I'm the person that's a steady hand." She attributes that presence to her father, Bill's, example and tutelage. They're both "good under pressure, a floor general," she calmly explained.

Her biggest hoop highlight at Binghamton? When UMO came to town. She said, "It was just that kind of game where I did everything I needed to do." The reporter thinks a close second highlight was the time Ross remained undetected while tying a teammates' shoelaces to the loops on her warmup pants at the airport, resulting in a befuddled player assessing how to remove her shoes at the busy JFK security check.

As for the future, Kristin was admitted to all seven graduate programs in athletic training to which she applied. She's decided to become a chiropractor instead. So, she'll return to work at Frye's Leap Café while she goes through the admissions process. She'll continue to root for the Lady Rams' basketball team next season and throughout her promising future.

## Sports Etc.

**Westbrook-Gorham Rotary Club Road Race:** The club is hosting their 68th Annual Patriots Day Road Race to be held on Monday, April 17. The event is open to any high school student, and is promoted as an "Excellent, pre-season tune-up; low-key, fun event, rich in history." Individual and team divisions (top-4 team performers). Pre-registration is strongly encouraged. For information or to register, contact Owens McCullough at 207-200-2100 or omccullough@sebagotech.com.

## GHS Winter Sports Awards

The following student-athletes were honored at the annual GHS Winter Sports Banquet on March 1:

### ALL ACADEMIC SENIORS (93.0 OR BETTER)

**Girls' Indoor Track:** Audrey Perreault  
**Boys' Indoor Track:** Ethan Orach; Kenneth Richard  
**Cheerleading:** Sally Aube; Jamie Carter  
**Girls' Basketball:** Kristen Curley; Emily Esposito  
**Boys' Basketball:** RJ St. Cyr  
**Girls' Ice Hockey:** Mary Adams; Karen Stemm  
**Girls' Swimming:** Delaney Burns; Hannah LeBanc; Narissa Libby  
**Boys' Swimming:** Sam Martel  
**Girls' Alpine Skiing:** Emily O'Donnell

### SMAA ALL CONFERENCE ALL-STARS

**Girls' Basketball:** Emily Esposito-1st Team SMAA Co-Player of the Year, All-Defensive Team, McDonald's Miss Maine Basketball, Gatorade Player of the Year; MacKenzie Holmes-1st Team SMAA Co-Player of the Year, All-Defensive Team; Kaylee Lundin-3rd Team; Lisa Blais-Manning Award; Coach Laughn Berthiaume-McDonald's Girl's "AA" Coach of the Year

**Boys' Basketball:** Jackson Fötter-3rd Team

**Boys' Indoor Track:** Ethan Orach-Sr. 800; David Drew-Sr. 55m; James Benson-Sr. Triple Jump

**Girls' Indoor Track:** Anna Slager-SMAA Champion 1 mile, 4x800m Relay; Sarah Johnson-4x800m Relay; Evelyn Kitchen-SMAA Champion Jr. Shot Put; Iris Kitchen-800m, 4x800m Relay; Kate Tugman-4x800m Relay

**Cheerleading:** Brooke Hall, 1st Team; Lauren Nagy, 1st team; Rachel Jean, 1st Team; Caroline Smith, 1st Team; Meredith Dvilinski, 1st Team; Nathan Brown, 1st Team; Kelly Aube, Honorable Mention; Sally Aube, Honorable Mention

**Alpine Skiing:** Estelle Ballard, All-Conference; Emily O'Donnell, All-Conference; Owen Smith, All-Conference

**Boys' Ice Hockey:** Carter Landry, 3rd Team

**Girls' Ice Hockey:** Celia Begonia, 1st Team Forward; Mary Adams, 2nd Team Defense, Hobey Baker Award; Isis Adams, Honorable Mention

### TEAM RAM AWARDS

**Girls' Ice Hockey:** Most Valuable Player-Mary Adams; Coach's Award-Karen Stemm; Coach's Award-Celia Begonia

**Boys' Ice Hockey:** Coach's Award-Lucas Roop; Dedication Award-Adam Peterson; Comeback Player of the Year-Carter Landry

**Alpine Ski Team:** Leadership Award-Emily O'Donnell; Leadership Award-Maeve Pitman; Leadership Award-Grant Hamblen; Outstanding Newcomer-Estelle Ballard; Most Valuable Skier-Owen Smith

**Girls' Basketball:** Coach's Award-Kaylea Lundin; Coach's Award-Kristen Curley; Most Valuable Player-Emily Esposito

**Boys' Basketball:** Most Valuable Player-Jackson Fötter; Most Improved Player-Cameron Wright; Best Defensive Player-Logan Drouin; Ram Pride Award-Cameron Holmes

**Boys' Indoor Track:** Most Valuable Athlete-Ethan Orach; Most Improved Athlete-James Benson; Outstanding Newcomer-David Drew

**Girls' Indoor Track:** Coach's Award-Sarah Lorello; Outstanding Running Events-Iris Kitchen; Outstanding Field Events-Evelyn Kitchen

**Boys' Swimming:** Most Valuable Swimmer-Patrick Bishop; Dedication Award-Sam Martel; Coach's Award-Max Harvey

**Girls' Swimming:** Most Valuable Swimmer-Caelyn Smith; Dedication Award-Delaney Burns; Coach's Award-Molly Sposato

**Cheerleading:** Leadership Award-Sally Aube; Outstanding Rookie-Caralin Mills; Most Valuable Athlete-Caroline Smith; Ram award-Jamie Carter

**Wyman's** | We Work with All  
**AUTO BODY** | Insurance Companies

Joe Wyman has been doing auto body and collision work for over 50 years and at the same Gorham location for over 35 years.

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

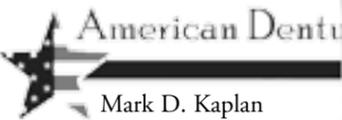
**ALL WORK WARRANTIED**

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.wymanauto.com

# Community Business Directory

## DENTISTS

**American Denturist**



Mark D. Kaplan  
Licensed Denturist

Specializing in Dentures,  
Repairs and Relines  
Making home visits  
Gorham, Maine  
207-839-2008



*Denture home care  
with a gentle and  
personalized touch.*

americandenturist@comcast.net | www.americandenturist.com

Ronald L. Seekins DDS      Andrea M. Taliento DMD

**Now Welcoming  
New Patients**

**MAPLEWOOD  
DENTAL ARTS**  
Comprehensive Family Dentistry

405 Main Street Gorham ME 04038      207 839 6266



**GORHAM  
Family & Cosmetic  
DENTISTRY**

Christopher Pidhajecky DDS      347 Main Street  
207.839.3006      Gorham, ME 04038  
gorhamdentistry.com      *New Patients Welcome*

## ELECTROLOGIST



**Permanent  
Hair Removal**

Safe • Gentle • Affordable

*Free consultation*

**Denise Kelley Perkins**  
Electrologist  
32 Harding Rd., Gorham 839-5731

## MARKETING



**InfoHarbor LLC**  
Getting caught in the 'net'?  
We can free you.  
Online Marketing & Website Development

**Judi Jones**  
(207) 839-7795  
judi@infoharbor.biz  
www.infoharbor.biz

Visit the Stay in Touch section of [www.gorham-me.org](http://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.

## PROPERTY SERVICES

**SHAW  
EARTHWORKS!**



**Now Hiring  
Laborers  
with CDL**

Screened Loam  
& Reclaim

Delivered or Loaded  
**839-7955**

[www.shawearthworks.com](http://www.shawearthworks.com)



## FLOWERS

**O'Donal's Floral Shop**

Cut Flowers, Bouquets, and Arrangements.

Many of Our Flowers and Greens are Grown Right Here!

Cash & Carry...  
(Delivery offered in Gorham only)



**O'DONAL'S  
NURSERY**

6 County Road • Gorham, Maine • 207-839-4262

## FUNERAL HOME



**Dolby  
Funeral Chapels**

434 River Road, PO Box 117 So. Windham, ME 04082  
(207) 892-6342 • Fax (207) 893-2392

76 State St., Gorham, ME 04038 • (207) 839-4270 • Fax (207) 893-2392

dolbyfuneralchapels.com • dolbyfl@aol.com

## FINANCIAL

*You Belong.*

**Safe and Secure.**



**CASCO  
FEDERAL CREDIT UNION**

Gorham | West Gorham | Westbrook  
839-5588 • [www.cascofcu.com](http://www.cascofcu.com)

- Personal Accounts
- Business Accounts
- Loans
- Online Services

## REAL ESTATE



**THINKING OF BUYING OR  
SELLING YOUR HOUSE?**

**CALL DEMETRIA TODAY!!!  
207-839-5122**

OR E-MAIL  
[Demetria@GoDemetria.com](mailto:Demetria@GoDemetria.com)  
[www.GoDemetria.com](http://www.GoDemetria.com)

**DEMETRIA'S TEAM - THE REAL ESTATE GROUP**

**BUY LOCAL**

## HEALTH & WELLNESS



Licensed Massage Therapist

**SUZANNE L. WHITE**  
749-8417

Specializing in  
Manual Therapy &  
Massage

An Integrated Approach to  
Pain & Rehabilitation

Standish      E-Mail: [swhite04038@yahoo.com](mailto:swhite04038@yahoo.com)      A.M.T.A.



**Village Hearing Care**

Audiology Services and Hearing Aids  
Shannon Phinney Dowdle, Audiologist

347 Main St., Suite 1A • Gorham, Maine 04038  
**839-8400 • [www.villagehearing.com](http://www.villagehearing.com)**

Liz Berks  
Massage Therapist

12 Elm Street  
Gorham, ME 04038

20 Years Of Practice      653-8148

## PLUMBING & HEATING

**Sturgis Plumbing & Heating, LLC**  
Gorham, Maine  
207-615-1600

JEFF STURGIS - YOUR FRIENDLY  
PLUMBING & HEATING SPECIALIST



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

Fully licensed and insured. Quality service at reasonable prices.

## ATTORNEY



**THE LAW OFFICES OF  
BRUCE W. HEPLER**

Bruce W. Hepler, Esq.  
Attorney at Law

75 Pearl Street, Portland, Maine 04101  
p: 207-772-2525    f: 207-772-2111    c: 207-522-5955  
[bhepler@maine.rr.com](mailto:bhepler@maine.rr.com)

**Gorham Times**

Delivered Right to  
Your Mailbox!

SUBSCRIPTIONS  
\$18/year local \$23/year Elsewhere



Julie Chandler

Paul Farley



Becky Gallant



Mike Griffin



Jane Mason



Jeff Mason



Peter Mason



Mike Rand

**Realtors® Helping You Buy or Sell Real Estate!**



**6 K-DE Lane \$68,900** - Turn key 1988 Commodore mobile home w/ 10'x20' addition. New flooring, central air, storage shed, private setting, pristine condition, easy to heat & more.



**HOLLIS \$46,000** - Birch Ridge Subdivision. Neighborhood setting of-fering paved public street w/cul-de-sac. Surveyed & soils tested.



**GORHAM \$ 286,000** - Meticulously mannered 3BR, 2ba. HW flrs on 1st flr, tile in baths & bsmt, granite counters, 2 heat sources, built in storage & 3-car garage. Well landscaped.



**GORHAM \$91,900** - Wilson Field Subdivision. Excellent location on the Westbrook side of Gorham, established neighborhood, paved public dead-end street & lot abuts acres of open space w/ trails.



**WESTBROOK \$284,000** - 3000sqft office building on RT302 at Prides Corner w/15,600 avg daily traffic. Many opportunities.



**BUXTON \$250,000** - Variety store w/gas pumps, dining area w/tables, newer restaurant equipment, walk in coolers, freezer, light grocery displays, KI pump & plenty of paved parking.



**STANDISH \$349,900** - Beautiful post & beam home w/ gorgeous exposed beams & southern yellow pine floors. Of-fers 3-4 BR, 3ba w/ 2958sqft on 1.5ac in Standish Village. Also commercially zoned.



**61 Mountain Road \$178,000** - Short Sale in Falmouth 3 BR ranch, 'as is' condition. Many repairs & updates needed. 4+ acre lot.



**5 Woods Edge Drive \$376,836** - Woods Edge at Pheasant Knoll Condos where every unit is an end unit! Offers 1st floor living at its best! Enjoy sidewalks to Gorham Village. Public utilities.



**GORHAM \$75,000** - Wooded 4 ac building lot w/ 200 ft of road frontage on a paved public road. Multiple building sites w/ some that would be ideal for a daylight walkout bsmt.



**8 Joanna Drive \$319,900** - colonial w/3BR, 2.5ba, granite kitchen, tile & hardwood & rear deck & sunny open concept! 1.96ac corner lot. Excellent Saco neighborhood location.



**BUXTON STARTING @ \$94,500** 3 lots to choose from ranging from 1.84 ac to 16.47ac. Convenient location & easy access to Gorham's Bypass or points south.

**39 Main Street  
Gorham**



**www.pogorealty.com  
(207) 839-3300**



# Real Estate Professionals

## Gorham \$399,950 - 14 Water Street

Location, location, location...2,000+ sq ft home behind Gorham Savings Bank, in Gorham Village and in walking distance to USM. 4 bd, 2 ba in excellent condition. The "yard" is one of the last buildable lots in Gorham Village, preapproved by the town. Mixed-use lot suitable for home/business setup. The 30x8 deck leads into the sun room for business entrance. Can also build on the lot (yard) next to 2 car garage and driveway. Updated heating system, stove and hot water heater. See-thru fireplace between kitchen and den. Dry, full basement and attic gives lots of living and storage space. Backup generator runs the entire house for one week.



**Steven Forrest Hamblen**  
Broker/Sales  
Cell 615.400.4818  
Hamblensteven@yahoo.com

Your Friend in Real Estate

**Tammy Ruda**

TOP PRODUCING BROKER

*"My goal is to make every customer a customer for life. I don't measure my success in sales, but by the relationships I build along the way."*

TammyRuda.com  
Business: 207-831-3164  
Tammy.Ruda@Century21.com



**Real Estate Done Nicely**

**Keith Nicely**

207.650.2832

352 Main Street | Gorham, ME 04038

keith@keithnicely.com | realestatedonenicely.com



## COMMUNITY

### BIRTH ANNOUNCEMENTS

David and Mary Hanscome are happy to announce the birth of their daughter, **Gracie May Hanscome**, born Sunday, March 5, at the Birthplace at Mercy Hospital. At birth Gracie May was 7 pounds, 10 ounces and 20-and-a-half inches long. Maternal grandparents are Henry and Sandra Anderson of Gorham; paternal grandparents are David Doucette of Standish and Hazel Hanscome of Limington; and maternal great grandmother Norma Allen of Gorham.



### DEAN'S LIST

**James Biegel**, Merrimack College, North Andover, MA  
**Lauren Carter**, LIM College, New York, NY  
**Benjamin Hincer**, Stonehill College, Easton, MA  
**Emma Niles**, Syracuse University, Syracuse, NY  
**Bridget Stillson**, Marist College, Poughkeepsie, NY

### OF INTEREST

**The St. Anne's Council of the Knights of Columbus** will hold a **Baked Haddock Dinner** at the St. Anne's Parish Hall, 299 Main Street on April 7. The menu includes baked haddock, mashed potatoes, peas, coleslaw, dinner roll, beverage and dessert. \$9/adults, \$5/children ages 6-12, free/ages 5 and under. All ages cheese pizza, beverage and dessert, \$5. Dinner will be served from 5 to 6:30 pm. Gluten free and take out upon request. FMI, 839-4857.

**The North Gorham Writers Group** will hold an annual public reading on Tuesday, March 28, at 7 p.m. in the Cairns Supper Room at North Gorham United Church of Christ, 4 Standish Neck Rd. Come hear a mixture of poetry, prose and memoirs written over the course of the last year. Refreshments will be served.

**First Parish Congregational Church, 1 Church Street (Route 114)** will hold a **Chicken Pie Supper** on Saturday, April 1, from 5 to 6:30 p.m. \$10 adults / \$5 children under 12.



**Community Arts Preschool** recently held a **Food From the Heart** food drive to help the Gorham Food Pantry during what is traditionally a low donation time of year.

**The Westbrook-Gorham Rotary Club** recently sponsored a district grant project in Guatemala to equip emergency first responders with well-stocked trauma bags. Gorham resident and Rotarian Dr. Bill Chadwick presented the bags to medical clinics in Montericco, Cuatro Cayos and the Rio Dulce Fire and



## BH2M

ENGINEERS • SURVEYORS

BERRY HUFF McDONALD MILLIGAN INC.

- Surveying
- Drainage Studies & Design
- Site Analysis
- Roadway & Parking Lots
- Site Plans
- Permitting

28 State Street  
Gorham, Maine  
Phone 839-2771  
www.bh2m.com

Serving Maine for over 35 years

CONTINUED ON PAGE 14



**Laura B Byther**, Broker  
**eXp Realty**  
**207.838.9990 | laurab@laurabyther.com**  
**www.LauraByther.com**

*Over 25 years serving Southern Maine, the Lakes Region & Casco Bay Islands.*

*Was a resident of Gorham for 29 years.*

**expect | experience | exposure | expedience**



Helping Paws Rescue  
rescue • rehab • re-home  
www.helpingpawsme.org





### REALTOR® Kelley's PUP OF THE MONTH



**5% of all my real estate commissions generated from this ad will be donated to Helping Paws Maine.**

**Kelley Skillin-Smith**, Assoc. Broker  
 380 Main Street, Gorham, ME • 207-632-0813  
 kskillinsmith@maine.rr.com

Must Mention This Ad For Donation  
 Go to www.helpingpawsme.org to see all available dogs for adoption

**PETEY**

### Willis Real Estate would like to announce the addition of Kris Allen to our team!

Kris brings fourteen years of Real Estate experience working with both buyers and sellers in the Greater Portland area. Her background in new construction allows her to bring a unique set of skills to her clients. Kris has spent over ten years building condominiums and single family homes with her family owned business. They are currently rolling out a 55 plus development in Windham. Kris spends her "free time" volunteering in her community, reading, playing soccer and spending time with family and friends.

**The spring market is upon us, so call Kris today to buy or sell!**





**WILLIS  
REAL  
ESTATE**

willisteam@willisrealestate.com  
 www.willisrealestate.com  
 Call the Willis Team  
**839-3390**

**Better  
Homes  
and Gardens.**  
REAL ESTATE

**THE  
MASIELLO  
GROUP**

SOLD



**LIMINGTON—**  
**SOLD!** Private 3 BR, 2 BA Cape with In-Law Apt. and river access. Now is the PERFECT time to sell. Call Steve Hamilton for all your real estate needs. 347-1363



**WINDHAM—** To-Be-Built 3 BR, 1.5 BA Colonial with 2 car garage located on a pastoral 1.9+ acre lot. Other plans are available. \$292,500 Call Susan Moore 615-1390

Under Contract!



**WESTBROOK—** 7200+ sq ft Commercial building to be used for retail or office space. Ample parking. Good location. \$780,000 Call EJ Demers 671-6150 for more information.



Are you dreaming of a new kitchen, a house on the water or a nice garage to keep your cars dry? Let me help you find a new home! Call Candi Ingalls 776-8827



**BRUNSWICK—** New Listing! Home offering 3-4 BR, 1.5 BA, open concept living, dining and kitchen. 1.6+ acre dividable lot. \$229,900 Call The Libby Starnes Team 838-8051



Spring is around the corner... Buyers are active. With tight inventory listings are in high demand If you would like to sell call Amy Williams 205-5345.

Like us on Facebook!  [facebook.com/RealEstateGorham](https://www.facebook.com/RealEstateGorham)

341 Main Street, Gorham, Maine 04038 Office independently owned and operated.

## Of Interest CONTINUED FROM PAGE 13

Rescue Department in Guatemala. Two hours after receiving their bag, a text and picture from Chief Juan Martinez of the Rio Dulce Fire Department was received showing a little boy hit by a car being securely transported using this equipment. "We saved a little boy tonight, thank you," wrote the chief. FMI, Dr. Bill Chadwick, 415-5266.

**Grace Bible Church, 74 Deering Rd., will hold an Art Show** on Saturday, April 8, from 10 a.m. to 2 p.m. Paintings and woodcarvings by local artists.

**On March 24, members of the University of Southern Maine community will participate in The Summit Project** living memorial with a 9.4-mile hike from USM's Portland campus to its Gorham campus. A ceremony will conclude the event at the President's House on the Gorham campus at 1 p.m. with remarks from USM President Glenn Cummings and Dave Cote, founder of The Summit Project. During the ruck, each participant will honor a single fallen hero by bearing the weight of a stone that has been carefully selected by the surviving family, and sharing his story at certain stops along the route. FMI, <http://usm.maine.edu/veterans>.

**The Westbrook-Gorham Rotary Club sponsored an International Project to impact the health of women and children in Guatemala.** The project was to build twelve "eco-stoves" in the jungle village of Cuatro Cayos. The women of the village cook over open fires inside their homes inhaling creosote and smoke particles resulting in a 17 percent lung cancer mortality rate. The eco-stoves, built in conjunction with the Los Amates Rotary Club of Guatemala, vent the deadly smoke outside of the home. Ten Rotarians spent three days teaching the villagers how to build, maintain and operate these stoves. FMI, Dr. Bill Chadwick, 415-5266.

**Lakes Region Senior Center will visit the Regional Vocation Center in Lewiston** for lunch on March 30. \$16 per person. To purchase tickets, contact Windham Parks & Recreation at 892-1905.

### 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 second and fourth Wednesday of every month from 6 to 7 p.m. Free for Gorham residents in need. FMI, 222-4351 or visit [www.gorhamfoodpantry.org](http://www.gorhamfoodpantry.org).

**The Lakes Region Senior Center**, located at the Little Falls Activity Center, 40 Acorn Street, is open Monday through Friday from 9 a.m. to 1 p.m. Join them daily for coffee, tea and socializing. Ongoing daily activities include Mahjong on Mondays - beginners welcome. FMI, Diane 892-9529; Tuesday crafts and card games. FMI, Avis 892-0298; The Memoir Writing Group meets the second and fourth Wednesday of the month. FMI, David 892-5604; Thursday Table Games at 10 a.m. and Friday Art Workshop at 9 a.m. FMI, 892-0299.

**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, 839-2484 or 839-3859.

### USM EVENTS

**USM will hold a Juried Student Exhibition** from March 16 to April 2 in the Art Gallery on the Gorham campus. The exhibition will be closed for spring break from March 27 to 31. Free.

the *Courtesy of the Gorham Police Department*

# blotter

## VERTICALLY CHALLENGED

**Caller reported a possible impaired driver. Woman was not impaired...she was short and thought that could have been part of the problem. She said she would get her eyes checked also as she may have been having difficulty seeing at night.**

Officer located a reported suspicious person on State St. He was carrying a can of Red Bull, not a hand gun.

Vehicle had two flat tires after hitting the curb at the roundabout on New Portland Road.

Caller reported someone passed out at the laundromat on South St. Man was told to leave unless he was washing clothes. He left without incident.

Old Dynamite Way caller reported a suspicious vehicle. It belonged to his next door neighbor.

Caller, who was at USM, called police as the internet was not working and he wanted assistance.

Intoxicated subject on Gray Road called Westbrook PD and said people at house were intoxicated and there were children present. Then he hung up.

Shaw Road caller reported a suspicious person in a truck. It was the person plowing caller's driveway.

Longfellow Road man was having a bit of time because a cab driver took advantage of him and charged him too much.

Fort Hill Road caller believed someone was outside her residence. It was police officers making a traffic stop. North Gorham Road

caller received a call saying she had won Publisher's Clearing House prize and she just had to send \$300 in fees to claim it. Woman wanted to verify this was a scam.

Caller reported an outside light flashing on Main St. It was a new security camera sensor.

Main St. caller reported several people in a small car smoking marijuana. They were issued summons for possession of marijuana, operating after suspension, failure to pay a fine for allowing a passenger to consume alcohol and a summons for consuming alcohol.

Cressey Road caller said an unknown person had put a note in his mailbox.

Woman was accidentally locked out of her house on Shaw's Mill Road by a small child but she was able to get back in.

Officer checked on a rabbit on Elm St. It appeared to be fine.

Huston Road caller reported her son was missing. He had walked home instead of taking the bus and was at the house when officer arrived.

Caller wanted to report that neighbor's plow person was plowing snow across Rt. 114. Officer found snow was plowed off the road and onto an existing snow bank.



**6 WEEKS TO A NEW YOU!**  
NO SHAKES, NO EXERCISE, NO PRE-PACKAGED FOOD  
*Lose 20-35 pounds in six weeks.*  
\*when following the program as instructed  
Diet is completely supervised by a licensed doctor.  
Doctor-created formula made with USA ingredients.

**SAVE \$25** Lose 20lbs in 42 days or Your Second Round is FREE  
Coupon offer limited to 20 people

**RESULTS TYPICAL WITH:**  
DOCTOR SUPERVISED  
**CHIROTHIN**  
WEIGHT LOSS PROGRAM  
Individual results may vary.

**Chirothin of Maine**  
207-756-2164  
20 Mechanic Street, Gorham  
[www.chirothinofmaine.com](http://www.chirothinofmaine.com)

## CALENDAR

### THURSDAY, MAR. 23

- Baby & Me (Birth-18 months), 9:30-9:50 a.m., Baxter Memorial Library, 222-1190
- Toddler Story Time (18-36 months), 10-10:30 a.m., Baxter Memorial Library, 222-1190
- Sewing Group, 2:30-4:30 p.m., Baxter Memorial Library, 222-1190

### MONDAY, MAR. 27

- The Gorham Republican Committee meets every fourth Monday of the month at 6:30 p.m. All registered Republicans are welcome. FMI, call 415-2673.

### TUESDAY, MAR. 28

- After School Board Games with Crossroads Games: Games will be provided or bring your favorite. North Gorham Public Library, 2 Standish Neck Road, 3-4:30 p.m. Free. FMI, 892-2575 or libng@north-gorham.lib.me.us.
- Preschool Story Time (ages 3-5), 9:30-10:15 a.m., Baxter Memorial Library, 222-1190

### WEDNESDAY, MAR. 29

- Story Time (birth-3 years old), 10-10:30 a.m., North Gorham Public Library
- Town of Gorham Senior Lunch Program, St. Anne's Church, Gorham. Opens at 11 a.m. Lunch served promptly at 12 p.m. \$4. FMI, 839-4857.
- Toddler Story Time (18-36 months), 10-10:30 a.m., Baxter Memorial Library, 222-1190

### THURSDAY, MAR. 30

- Baby & Me (Birth-18 months), 9:30-9:50 a.m., Baxter Memorial Library, 222-1190
- Toddler Story Time (18-36 months), 10-10:30 a.m., Baxter Memorial Library, 222-1190
- Sewing Group, 2:30-4:30 p.m., Baxter Memorial Library, 222-1190

### SATURDAY, APRIL 1

- Bean Supper at White Rock Community Clubhouse, 34 Wilson Road, 4:30-6 p.m. Homemade kidney and pea beans, hot dogs, cole slaw, potato salad, macaroni and cheese, homemade biscuits, and homemade pies. \$8/\$4. FMI, whiterockcommunityclub@gmail.com.

### TUESDAY, APRIL 4

- Gorham House Itsy Bitsy store, 1:30-3:30 p.m., Gorham House lobby, 50 New Portland Rd. FMI, 839-5757.
- The Gorham Cancer Prayer and Support Group meets the first Tuesday of every month at 6 p.m. at the Cressey Road United Methodist Church. All are welcome. FMI, 321-1390 or 839-3111.
- Preschool Story Time (ages 3-5), 9:30-10:15 a.m., Baxter Memorial Library, 222-1190

### WEDNESDAY, APRIL 5

- Early Release, Gorham Schools
- Story Time (birth-3 years old), 10-10:30 a.m., North Gorham Public Library
- Town of Gorham Senior Lunch Program, St. Anne's Church, Gorham. Opens at 11 a.m. Lunch served promptly at 12 p.m. \$4. FMI, 839-4857.
- Toddler Story Time (18-36 months), 10-10:30 a.m., Baxter Memorial Library, 222-1190
- Tween Scene (8-13 years old), 12:30-1:30 p.m., Baxter Memorial Library, 222-1190

### THURSDAY, APRIL 6

- Baby & Me (birth-18 months), 9:30-9:50 a.m., Baxter Memorial Library, 222-1190
- Toddler Story Time (18-36 months), 10-10:30 a.m., Baxter Memorial Library, 222-1190
- Sewing Group, 3:30-4:30 p.m., Baxter Memorial Library, 222-1190

## Longtime Gorham Resident Still Going Strong CONTINUED FROM PAGE 4

This is truly a family business with his son, Mike, instrumental in many facets of the business while his granddaughter, Stephanie, works as the office manager. EC said the goal with his apartments "is to make each unit feel like a home, while keeping rates reasonable."

Cressey will tell you his life has been very interesting. He has done

some amazing things including being a successful business man, serving on the Town Council for seven years, among more personal things, such as marrying his lovely wife Elizabeth in 1949, being a father, grandfather, and a great-grandfather. EC is looking forward to new adventures in the future years.

## Gorham's New Student Meal Policy CONTINUED FROM PAGE 7

unpaid balances, and only as a last resort, after no less than three direct communications, would it then look to provide an alternative meal to a student. Parents/guardians can call during any school day to find out the balance.

"Additionally, we have developed a process so that we are very careful not to draw out students/families that can't pay, or to make students feel bad if they have to have an alternative meal," said Perry.

Parents/guardians may be eligible for free or reduced price meals. A Free & Reduced Meals Application form is available at [www.gorhamschools.org](http://www.gorhamschools.org). A blank application form can also be

obtained by contacting the school kitchen managers at the student's school.

If money is owed, payment can be made via cash or check to your school kitchen (payable to GSNP). There is also an on-line payment system at [www.paypams.com](http://www.paypams.com). This site also has the functionality to e-mail a parent/guardian automatically when the account falls below a certain level.

The bottom line, according to Perry, is that "families that are eligible for free/reduced lunch shouldn't have to pay (even with their taxes) and the families that should have to pay, need to, so that all students are not negatively impacted."

## CLASSIFIEDS

### FOR SALE

**MASSAGE THERAPY EQUIPMENT** Oakworks portable massage table with accessories included - \$50 or best offer, call 899-7883 for more information.

### HELP WANTED

**CRESSY RD UNITED METHODIST CHURCH** has an immediate opening for a dependable Nursery Caregiver. Sundays 8:45-11:45 am. Successful applicant should be 18+ years old, pass background check, and love small children. Minimum \$12/hour. Call 839-3111.

### MUSIC LESSONS

**GUITAR LESSONS** in a convenient Gorham Village location. All ages and ability levels welcomed. Call JD 207-653-9056

**PIANO LESSONS.** Experienced, patient teacher. Free trial lesson. Call Peggy at 839-6141.

**VOICE AND PIANO** lessons at my Gorham studio. BA in Music Ed. Call Paul 281-3557. [stickneyhollowmusic@gmail.com](mailto:stickneyhollowmusic@gmail.com).

### SERVICES

**CUSTOM HOME SEWING.** Free labor and fabric estimates. From curtains & pillows to re-upholstery & slipcovers. Creative Home Sewing Shop 839-7300. [Homesewing75@gmail.com](mailto:Homesewing75@gmail.com)

**INTERIOR AND EXTERIOR PAINTING.** Specializing in older homes. Low rates, quality work. Free estimates. Call Dave Hall, 929-4469. Recommended by Pete & Kate Mason.

**TAROT READINGS.** \$50 per hour, \$30 per half hour. Timely advice. Local, ethical practitioner. Call Dee at 207-776-1422

**TUTORING K-7** for success and confidence in literacy and math. 31 years teaching experience and currently tutoring. Please call Sue Small at (207) 839-5925 or email [suesmalltutoring@gmail.com](mailto:suesmalltutoring@gmail.com).

**UNIQUE DOG TRAINING CLASSES** at The Dog Academy at Gorham Growl. Friday nights starting March 31st at 5:30 pm. Three week sessions. FMI call 207-807-5699.

## UPCOMING GORHAM TIMES DEADLINE

Ad Deadline: Mar. 29 Publication Date: Apr. 6



## Don't Miss This Great Rate!

Keep your credit card local with a Casco FCU Visa Rewards Card. Rates are as low as 8.99% APR\*. Apply online or in person!



[www.cascofcu.com](http://www.cascofcu.com)  
(207) 839-5588

Gorham | West Gorham | Westbrook

You Belong

NCUA



## 2 bedroom, 1.5 bath duplexes

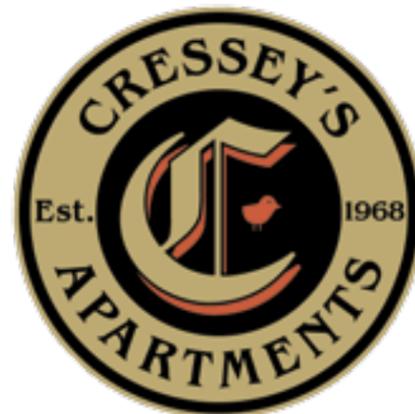


## 1 & 2 bedroom apartments



**For rental information:**

**Call 207-883-3753  
or Email  
rentals@mepropllc.com**



**www.cresseyapartments.com**

  
**VILLAGE**  
PHYSICAL THERAPY  
**KEEP IT LOCAL AND CONVENIENT**



**Mike Smith, MSPT, ATC**  
Owner  
24 years experience

### *Did You Know?*

- > **YOU make the CHOICE** on where you want to go for physical therapy.
- > We provide **ONE on ONE Care** in a small, comfortable and friendly atmosphere.
- > We get you **better faster** by individualizing your treatment to achieve your goals.
- > Medicare and most commercial insurances allow you to directly refer to PT. **That means you can call us directly!** You don't need to see another provider first.

**839-9090 | 381 Main St., Suite 1, Gorham**

  
**THE ORCHARD**  
COMMUNITY CHURCH  
*"Rooted in Christ"*

**COME AS YOU ARE**

**EASTER SERVICES**  
SUNDAY, APRIL 16, 2017  
**8:30AM AND 10:00AM**

1 North Street, Gorham 04038  
(Across from Phinney Lumber on Rte. 114)  
207-671-3612

**BEGINNING THE SUNDAY FOLLOWING EASTER**  
An eight-week sermon series focusing on building stronger families  
**"KEYS TO LASTING HAPPINESS IN YOUR HOME"**

**ARE YOU IN NEED OF CLOTHES OR FOOD?**  
**VISIT OUR CLOTHES CLOSET**

Open: Wednesday's 6:30pm-8:00pm - Saturday's 9:30am-12:00pm  
(no cost)