

# Your Community Paper Gorham Times

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A FREE, Non-profit, Biweekly Community Newspaper since 1995

## Gorham Embraces Moving Naturally Week

GORHAM TIMES STAFF

Over 1000 people participated in Happy Healthy Gorham (HHG) - Moving Naturally week, September 24-30. From pickleball to yoga, bike rides to trail walks, dance to spinning, the town of Gorham came together around positive behaviors and built community, friendships, and knowledge. Gorham businesses, Gorham Rec, and local residents offered free classes as a means to introduce or re-introduce people to the importance of moving.

The Gorham School District embraced the initiative. Elementary school staff incorporated dance and movement into each school day. Gorham Middle School students who take the bus to school were given the opportunity to walk from the high school to the middle school, creating a walking school bus. GMS students used a special phone app to calculate their daily steps, walking a whopping 7,946,799 steps during the week. The Interact Club at Gorham High School, a service-based organization affiliated with the Gorham Westbrook Rotary Club, participated as well when Gorham Yoga Company led all 93 members in yoga movements on the GHS athletic field.

HHG is a community-based health and wellness initiative with four, week-long programs, each with a different theme. In November, HHG will highlight "Kindling Kindness" to demon-

strate how kindness can foster positive living, helping to make Gorham the 'Happiest, Healthiest Town in Maine.'

For more information see [www.happyhealthygorham.org](http://www.happyhealthygorham.org).



Photo credits: Stacy Sallinen, Diane Atwood, Roger Marchand

SEE MORE PHOTOS ON BACK PAGE

## Understanding Statewide Testing Results for Gorham

KATHY CORBETT  
Staff Writer

Results from annual statewide tests showed that 64.25% of Gorham students scored at or above state expectations in English (ELA/Literacy) compared to a state average of 52.58%. In Math, Gorham results were 50.76%, compared to 38.54% statewide, and 70.88% of Gorham students met or exceeded the state standard in Science. The percentage of all Maine students meeting Science standards was 61.07%.

"We continue to be very proud of our educators and efforts of our students," said Chris Record, Assistant Superintendent for the Gorham School

## Deguio Bridge Set to Reopen



Photo credit Chris Crawford

COMPILED BY LESLIE DUPUIS

The Deguio Mill Bridge on Route 202 (Gray Road), which has been closed for reconstruction since July 10, is scheduled to reopen on October 7 according to Chris Hurd, Project Resident Engineer. The bridge was dismantled and rebuilt by the state at a cost of \$1.7 million.

The bridge was constructed in 1949 and crosses the Little River a short distance from the roundabout in Little Falls, a town recreation area with fields, courts, and the Little Falls Activity Center on Acorn Street.

The Route 202 road closure has impacted local residents, commuters, and summer tourists as drivers needed to seek alternate routes around the site. An estimated 5,000 cars cross the bridge daily. The replacement bridge is 28 feet wide and 130 feet in length, more than doubling the 60-foot span of the former bridge.

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**SCHOOL COMMITTEE  
CANDIDATE PROFILES  
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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.

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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.

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# Voters to Decide Fate of Transportation Bond

REP. ANDREW McLEAN

As we move into autumn and the days become crisper, I'm reminded that winter is coming and what follows is a spring of frost heaves and pot holes. Each year, poor road conditions cost Mainers roughly \$500 per person, on average, for additional car maintenance repairs.

As House chair of the Legislature's Transportation Committee, I know that the Maine Department of Transportation works hard to maintain the roads throughout our state. Maine people know that it costs money to maintain and invest in our transportation system, but most people believe in the importance of these investments.

On November 7, voters in Gorham and across Maine will have the opportunity to vote on a transportation bond, which will be listed as Question 3 on the ballot. Question 3 will invest \$105 million in Maine's infrastructure to make critical safety updates.

By having safer roads, the rate of car accidents is reduced and we keep our vehicles in better condition longer. Businesses across the state, small and large, rely on our roads and bridges to both get the materials they need and to move their products across the state. Maine employers depend on Maine's

roads and bridges to get their employees to and from their jobs safely.

Ensuring our roads and bridges are maintained and safe is also important to Maine's tourism industry. Last year nearly 36 million tourists visited Maine, 87 percent of whom drove to and around the state. The Maine Tourism Association found that 10.3 million people visited Maine last fall alone and spent roughly 1.6 billion dollars, a significant amount of money for small businesses across the state.

Maine draws a large number of "leaf peepers" who travel Maine roads to take in the changing colors and incredible scenic views—from Aroostook State Park to Grafton Notch and Mount Battie to the Rangeley Lakes National Scenic Byway. It is vital for Maine's economy that we keep our roads and bridges well maintained and safe.

The referendum is another opportunity for the state to make core investments in critical infrastructure and support the literal foundations of our economy for generations to come.

Also on the ballot this fall will be two citizen initiatives and a state constitutional amendment. The Maine Secretary of State has created a helpful guide to explain what voters will be deciding on. You can find that

guide here: <http://www.maine.gov/sos/cec/elec/upcoming/index.html>

If you aren't sure you'll be able to make it to the polls on November 7, absentee ballots are now available. You can request one in person or by phone with the town office or electronically on the Secretary of State's website.

On a related note, the Maine Legislature will be reconvening for one day later this month to address several issues that legislative committees have been working on over the summer. The issues we will be taking up include, but are not limited to, the implementation of marijuana legalization, the funding of several state agencies, food sovereignty and voter-approved ranked choice voting. I will keep you updated on the special session and what we plan to take up as we get closer to that date.

As always, please feel free to contact me with your questions or if you are having trouble navigating state agencies. I hope you have the opportunity to get out and enjoy this beautiful fall weather.



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

## Around Town

Town Manager Ephrem Paraschak presented a five year service pin to Jeff Manzer of the Public Works Department.

The business at 18 Mechanic St. will remain open as a salon with many of the same stylists after Salon La Luna relocates to the Maine Mall area.

## Correction

In our article on USM's Project Ruck (9/21 publication date), we stated that close to 500 veterans were using the GI Bill. The number from 2016 was in fact 453 but included veterans and dependents. A more accurate estimate of veterans using benefits during an individual semester is 300, according to Veterans Services Assistant Coordinator Camden Ege. Incorrect information was provided to the paper. We apologize for the error.

## Letter to the Editor

Letters to the Editor must be fewer than 300 words, signed with a first and last name, typed or e-mailed and include a phone number. The Gorham Times reserves the right not to publish letters that include personal attacks or inflammatory language. 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 Editor,

Kudos to Stan Skolfield for his excellent article in The Athlete's Corner (August 24) addressing Early Specialization in Youth Sports. His articles are always well written and based upon current research as well as a solid, common sense approach to youth development and competitive sport participation.

One can only hope that parents of youngsters who are beginning to move from childhood to adolescence will weigh the advice of Mr. Skolfield, whose professional background gives great credence to his argument versus that of the subtle, but incessant, marketing done by the disparate "elite," "travel," and "select" organizations. Some of these groups have discovered that "there is gold in them thar' hills," selling the nebulous hope that playing one sport early, and often, will lead to increased opportunity and maybe even a college "scholarship." (In fact, such awards are called "athletic grants-in-aid" and have little to do

with "scholarship," beyond the minimal qualification for admission to an institution. They are one-year, renewable, contracts—a coach may "over-recruit" and decide that another player gets the aid.)

Mr. Skolfield cites three excellent books that describe some roads to expertise. I suggest that three others be "required reading" for parents and families of emerging athletes—specifically to the issue of specialization in sports. As publication dates suggest, this is not a recent phenomenon on the youth sports landscape but has become ubiquitous, and alarming in my opinion. The books are: "Game On: The All-American Race to Make Champions of Our Children" (2008) by Tom Farrey, "The Most Expensive Game in Town: The Rising Cost of Youth Sports and the Toll on Today's Families" (2012) by Mark Hyman, and "Play Their Hearts Out: A Coach, His Star Recruit, and the Youth Basketball Machine" (2010) by George Dohrmann.

Robert R. Atwood

**GHS GRAD NEWS:** If you, or your son or daughter is a GHS graduate, we would like to share your achievements in the Gorham Times Of Interest section or in a Where Are They Now feature. Of Interest submissions should include the year of GHS graduation and should be no longer than 75 words. Contact Chris Crawford at [ckck5@maine.rr.com](mailto:ckck5@maine.rr.com), Kathy Corbett at [kcorbett@aol.com](mailto:kcorbett@aol.com) or Cindy O'Shea at [coshea2@maine.rr.com](mailto:coshea2@maine.rr.com).

**NEXT**

**GORHAM TIMES DEADLINES**  
**AD DEADLINE: 10/11**  
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## SPIRE 29

ON THE SQUARE



# Grit & Grace CrossFit



Photo courtesy of Rachael O'Donnell

**KATHY CORBETT**  
Staff Writer

On September 5, Rachael and James O'Donnell opened Grit & Grace, a CrossFit facility at 102 Main Street in Gorham. CrossFit is a strength and conditioning program created in California in 2000 and practiced in more than 13,000 affiliated gyms worldwide. Members participate in hour-long classes led by certified instructors, usually three to five times a week. Sessions include aerobic exercises, calisthenics, and Olympic weight-lifting.

Rachael O'Donnell thinks that the benefits of the program will appeal to Gorham residents. "We want to make it comfortable and successful for people who thought they would not want to do it," she said. The mission of the new company is to provide members with a fun and supportive path to achieving their health and fitness goals.

Rachael learned about CrossFit in 2011 from a Facebook friend. At the time she was looking for support to quit smoking. Within two weeks of joining a beginners CrossFit class in 2012, she had "kicked the habit." Since then, Rachael and Jim held memberships at several local facilities before becoming instructors at their own CrossFit gym.

Both O'Donnells are from Buxton. Jim is an engineer who still works at his profession. Rachael is a clinical

therapist with a practice in Gorham. She believes that in many ways participating in CrossFit can build confidence, one of the goals of therapy. "CrossFit is for regular people," she said. "What makes CrossFit special is the community it creates."

Although a CrossFit membership is more expensive than joining a traditional gym, members do not pay extra for a personal trainer. They "get personal training and a program of workouts designed just for them," she said. New members take a six-session beginners course. Currently members at Grit & Grace range in age from seventeen to sixty-three. (Members must be at least fourteen years old.)

The program is class-based with some open gym periods for experienced members. On Saturday mornings there is a free team workout for the community. Each regular class starts with a coach led warm-up, skills practice, and concludes with a high intensity "workout of the day," which varies with each session. Members may attend as many sessions as they wish. Enthusiastic about her new venture, Rachael said her goal "is to make fitness fun and the best hour of the day."

Grit&Grace CrossFit is located at 102 Main St, Unit 6. For more information, visit [www.GritandGraceCrossFit.com](http://www.GritandGraceCrossFit.com) or call 207-420-4205.

## Gorham Trail Maps Available

The Presumpscot Regional Land Trust, the Town of Gorham Recreation Department, and the Gorham Conservation Commission have collaborated to create a brochure of all the trails in Gorham. Print copies can be found

at the Town Clerk office, at the Rec Department and at Baxter Library. Information about these trails can also be found on the Land Trust's website along with all the new trail maps and information: <https://www.prlt.org/preserves/>.



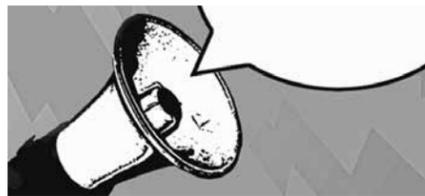
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# Speak Out Gorham

The Gorham Times is introducing a new feature, Speak Out Gorham. Our staff of volunteers will periodically invite readers to share their thoughts and opinions on a selected topic or question. Readers who respond must do so in less than 100 words, and present his or her position in a clear, concise, well-reasoned manner. Our goal is to allow you, our readers, a chance to sound off on a variety of topics.

Good hearted humor is encouraged. Suggestions for future topics are also welcome.

Responses must be emailed to [editorgorhamtimes@gmail.com](mailto:editorgorhamtimes@gmail.com) with "Speak Out" in the subject line no later than October 11 to be considered for publication. Please include name, email address or phone number. The Gorham Times reserves the right to refuse submissions and edit for length, clarity and civility.

**TOPIC FOR THE OCTOBER 19 EDITION:**  
**How have you coped with the Rt. 202 (Gray Road) bridge closure for the last three months?**

## Understanding Statewide Testing Results CONTINUED FROM PAGE 1

Department. "Overall our district improved by 5% in the number of students meeting standards in ELA, dipped by less than half a percent for Math, and increased a small percentage in the number of students meeting Science standard.

Results for high school students are based on 11th grade students' SAT scores. Although Gorham students maintained or slightly exceeded results in Science and ELA for 2015-16, there was a 10% drop in scores in Math. This meant that ten percent fewer 11th grade students met the standard as determined by the State. "These scores, however, are just a snapshot," explained Record. "Each junior class is different." As for state rankings, he said comparisons with schools in this region of comparable size produces a more accurate assessment than a statewide ranking system.

GHS principal Brian Jandreau believes that "using a test like the SAT, which is designed to assess college readiness, as an assessment to determine whether students are proficient is inappropriate," as that kind of testing is not meant to indicate what a student knows, but rather to compare his/her knowledge to other students.

All three elementary schools saw an increase in students meeting state

expectations for Science. Results for Narragansett and Village schools in English were higher than in the 2015-16 school year. Although there was a significant increase in Great Falls' students meeting expectations in Science, there was a decline in students meeting Math standards. The percentage of students in the Gorham Middle School testing higher was greater in English and Math than in 2015-16, but the numbers in Science dropped from 83% to 72%. Students in third through eighth grades are tested yearly.

"While important, all state assessments are just one measure at a point in time of our students' knowledge and skills," Record said. "We also focus on formative and summative assessments that occur in every classroom to guide us in improving our teaching and improving our learning."

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# October is National Physical Therapy Month

## Free Screenings Offered Locally

GORHAM TIMES STAFF

The American Physical Therapy Association (APTA) has celebrated National PT month in October for the last three decades. This year's nationwide theme, "PT Move Forward" aims to make the general public aware of ways to combat chronic pain conditions with more cost effective and less invasive physical therapy treatments. The APTA is also taking this stand in an effort to help combat the opioid addiction issue that is prevalent across the country by showing that physical therapy can often be an effective alternative treatment for chronic pain conditions.

Locally, the organization Northeast Private Practice Network (NEPPN) is celebrating PT month by offering free screenings at many of its local clinics, including Village Physical Therapy and Back in Motion. You can go to NEPPNetwork.com to find a nearby clinic or to schedule a free appointment.

Physical therapy can help you restore normal movement by minimizing or alleviating pain completely, which will help you return to activities that you have avoided for weeks, months, or years.

Physical therapists can provide hands on care that can help you regain pain free mobility which can help you return to your favorite sport or hobby.

Staying active is great for your overall health and physical therapy can help you return to being more active by relieving the pain that is keeping you from those activities.

Many people are unaware that physical therapists treat the entire body and are experts in pain and improving your ability to move and function better.

Taking care of your pain early in the process can help to reduce the amount of time and care that is needed to help you return to being pain free.

We as a society do a lot of sitting, whether it be for work or leisure. Getting up frequently can help you reduce the risk of developing neck and back pain.

Sleep is an important part of staying healthy, unfortunately many of us suffer from a lack of sleep due to pain. Physical therapists can help identify the causes of pain and work with you to improve your pain.

## CAR CARE

# The Future in Car Travel

DOUG CARTER

Our brains are amazing natural computers which maintain our life functions without us even being aware. They pick up incredible amounts of information from different sensors in our body, allowing some people the ability to hit a 94 MPH baseball and others to recite tremendous amounts of information from memory. What separates our brains from a computer is the ability to maintain focus. Distractions from outside influences can mean life or death while operating a vehicle. Whether it is the cell phone buzzing or the kids in the back seat, every second your full attention is not on the road could cost you or someone else their life.

Today's vehicles are equipped with several computers and sensors that never have to put on makeup or be blinded by the sunlight in the windshield. Some of the sensory input includes the speed of all four wheels, yaw rate, outside temperature, acceleration, steering angle, and this is just for the ABS system. Cars being manufactured today have collision avoidance systems, park assist, and traction control systems that perform functions the entire time the vehicle is moving. People tell me they would rather have control of their vehicle and not have an ABS system take over when they are sliding down the road, but it is physically impossible for a human to perform all the functions needed to control a vehicle when it is sliding on ice. There would have to be four brake pedals so they could be pumped independently as the person watches four wheel speeds and decides which brake to pump to keep the vehicle straight. And this only explains half of what is happening when the traction control system kicks in.

Self driving cars are no longer science fiction. They are here on the streets of America. The social and economic impact is going to be amazing. There are 243 million vehicles (trucks and cars) registered in the U.S.. A family of four has at least two cars, and as the kids get older

they acquire additional cars. Imagine getting up in the morning, getting in your vehicle and eating your breakfast while it drives you to work. After you are dropped off, the vehicle returns home by itself, picks up the kids and drops them at school. Then rather than sitting in a parking lot, the vehicle goes out for hire and makes you money. People would hail your car through an Uber or Lyft program. Of course that assumes that you even own a car. Uber and Lyft, and other companies will get involved with transportation. Not only will this affect the number of registered cars in the US, it will mean a drop in car sales which will have a huge impact on the economy.

The number of cars on the road may not change. We will still need transportation to the places we need to get to, but the traffic will be controlled by real time information received by the vehicle so it can avoid heavy traffic areas or construction areas. Accidents may still occur but they will drop significantly. Road rage will be history because computers do not flip the bird to the next guy or speed up to prevent someone from passing.

Traffic lights will no longer be needed because the vehicles will communicate with each other as they approach intersections and determine who has the right of way. Headlights will only be needed so pedestrians can see the vehicles on the road and for the comfort of the passengers being able to see where they are going. Driving under the influence will become a problem of the past. Getting from the car to the house will be the only hazard you will have to deal with after having a few to many. The best part of a self driving car may be not having to listen to your partner telling you how to drive. Think of the arguments this could prevent.



Doug Carter is the owner of Carter's Auto Service, Inc. He's been in the auto service business since graduating from Gorham High School in 1981.

# Fall Clearance Sale

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# School Committee Candidate Profiles

## THREE YEAR TERM

**Name:** William (Bill) E. Benson

**Address:** 50 Flaggy Meadow Rd.

**Education:** Master of Military Arts and Sciences - Advanced Operational Art, Command and

General Staff College, Fort Leavenworth, KS; M.A. - Education, Tennessee Technological University, Cookeville, TN; Diploma - Russian Language 47 week course, Defense Language Institute, Monterey California; B.A. - Political Science, University of New Hampshire

**Personal:** Married, Parent of two Gorham school students and one recent graduate; Author, Leadership Lab, Iraq: Lessons in organizational leadership and countersinsurgency; Eagle Scout

**Employment:** Small business owner and operator of a manufacturing company located in the Gorham industrial park. Through this business we have hired multiple Gorham residents and graduates of the Gorham school system; 24 years on active duty in the United States Army leading organizations of 30-3800 soldiers. Responsible for all operations, training, logistics, facilities, legal, medical, technological and disciplinary issues. 42+ months deployed to Iraq and Afghanistan. Retired Colonel.

**Political and community experience:** Since moving to Gorham in 2014 I have supported the Gorham High School boosters through vol-



CONTINUED ON PAGE 13

**Name:** Billie M. Capozza

**Address:** 57 Wagner Farm Rd.

**Education:** B.S. Sports/Entertainment and Event Management from Johnson & Wales, Providence, RI

**Personal:** I have lived in Gorham for five years with my husband, Joe and our three kids, Julia (6), Joe (4) and Tommy (9 mo). I am originally from Minnesota, and my parents have also moved to Gorham from Minnesota to be closer to us. When we have time to relax, you will find our family out at Chebeague Island enjoying the short Maine summers.

**Employment:** I am the Special Events Director at Cheverus High School in Portland. I work in the development office and help fund-raise for financial assistance. Working in a high school that is private has taught me a tremendous amount about community. I also hold my associate brokers real estate license with Better Homes and Gardens, in Gorham.

**Political and Community Experience:** This is my first time running for any type of office; it is all brand new to me. I am looking for a way to get involved and to make a difference. I have community experience through being a real estate agent that has given me the opportunity to see our community through the market's eyes. My experience while working at a private school has allowed me to see education from



CONTINUED ON PAGE 10

**Name:** Michael J. Lewin

**Address:** 31 Calisa Ln  
**Education:** Enrolled in Online Business Administration Program at UMPI

**Personal:** I was born in Millinocket and grew up in South Paris. After a decade in the Portland area, my wife, Amey, and I choose to put down roots and raise our family in Gorham. We love the community and the quality of the schools. Our daughter is a kindergarten at Great Falls.

**Employment:** Hannaford Brothers, Produce Manager  
**Political and community experience:** I was active in town government as a teenager, serving on various town committees and volunteering for the town. In recent years my community service has been focused on food security, especially for children.

**What do you see as the major issues for our community and how do you plan to address these issues?**

Growth is the biggest concern for our schools and community. I've been knocking on doors, and people are talking about the High School. Growth in the primary level is very strong. I'm happy to see so many people in the community considering the needs of the schools, and hope to organize ideas and continue serving the planning work done to date.

Gorham schools have a tradition of excellence. I'm learning more about K-5 curriculum and proficiency based learning. My greatest hope is to work hard and serve the needs of our town. Please forward your thoughts and ideas for our schools. My email is: mikel Lewin@maine@gmail.com



## ONE YEAR TERM

**Name:** Aaron J. Carlson

**Address:** 37 Black Brook Road

**Education:** B.A. in Math & B.S. in Secondary Education, University of Maine; MBA, Penn State University

**Personal:** Gorham resident for three years; Married to Michelle Inman Carlson; Three children - 2nd grader and twins in pre-kindergarten

**Employment:** Director of Operations and Financial Analyst/Manager, IBM; Career Services Advisor, Maine Community College System

**Political and community experience:** I am a Gorham Rec volunteer coach for soccer and baseball. I previously coached in Westbrook and Presque Isle. I was an active participant throughout last spring's Gorham school budget process that maintained manageable elementary school classroom sizes. For that effort, I earned the nickname "Finance Guy." I volunteer for Safe Families for Children through Life Church. I participated in this year's inaugural We Love Gorham day. I have volunteered for two Presidential campaigns in 2008 and 2016. Past wish granter for Make-A-Wish of Maine.

**What do you see as the major issues for our community and how do you plan to address these issues?**

Our biggest challenge is addressing the growing student population in Gorham. With four of



CONTINUED ON PAGE 10

**Name:** Kate M. Livingston

**Address:** 10 William Henry Dr

**Education:** B.A. in Human Development from Boston College

**Personal:** My family has lived

in Gorham for the past six years. My husband, Aron, and I have two children currently attending Village Elementary School.

**Employment:** Presently I am a stay at home mom. Previously I was employed as an Admissions Counselor at The University of Tampa, and a Child Mental Health Case Manager at Sweetser.

**Political and community experience:** For the past three years, I have been volunteering for the Gorham school district. This spring I started the Support Gorham Schools Facebook Group to help keep people informed about happenings with our school system. In November of 2016, I helped to coordinate the Gorham Educational Foundation Trivia Night.

**What do you see as the major issues for our community and how do you plan to address these issues?**

As our schools grow the needs of our students, teachers and administrators are also growing and changing. It is important for our community to feel supported during this time. In order to accomplish this, I believe we need to strengthen the relationship between the School Committee and Town Council. A strong and cohesive liaison between the two can effectively address our rapid and continued growth by communicating current needs and changes. The Gorham School Committee should strive to offer as many exciting educational opportunities to its students, the future residents of Gorham, as financially possible. I am confident that I possess the skills and ambition to assist in achieving this goal. I plan to continue volunteering in our school system in various capacities during my term as a School Committee Member. This will give me a unique view on the pulse of our school system and the changing needs.



**Name:** Jennifer L. Whitehead

**Address:** 30 Gateway Commons Dr.

**Education:** B.A. University of Southern Maine; M.A. Drexel University; M.Ed. Hunter College

**Personal:** Husband, Elijah, and three children in elementary school

**Employment:** Formerly a Special Education Teacher and Reading Specialist for NYC public school system. Currently a stay-at-home mother.

**Political and Community Experience:** Five years volunteering at Narragansett school in classrooms and PIE, Co-Director of the Narragansett 5K, 1 Mile and Fun Run, Leader of the Women's Ministry at LifeChurch, Formerly the Secretary of the Board of Directors of our NYC Co-op, Gateway Commons Homeowner's Association Board member

**What do you see as the major issues for our community and how do you plan to address these issues?**

The town of Gorham is an ideal place to live. We have a strong community and an excellent school system. It is no wonder why we are one of the fastest growing towns in Maine. Growth is good but we need to make sure we properly manage the challenges that it presents. As a member of the School Committee, I would work hard to build a fiscally responsible budget while providing the funding and resources necessary to accommodate the increasing enrollment in our school system. Gorham will benefit from a proactive and cooperative approach with the Town Council and School Committee



working together to ensure we maintain excellence in our growing school system.

A related issue is the lack of physical space in our high school. During the September School Committee meeting, we learned that a closet in the high school had to be turned into a classroom. With our enrollments drastically increasing every year, we have no choice but to remedy the lack of space as soon as possible.

From my experience as a classroom teacher, I learned there are always new challenges that will arise within our education system. If you elect me as your next School Committee member, I will strive to find creative solutions to issues as they arise. We have a tremendous amount of resources within our town including businesses and citizens that are eager to invest in our children. We are also fortunate to have the University of Southern Maine here in Gorham. I would be dedicated to creating partnerships that would be mutually beneficial to the students of Gorham and USM.

**Please check our next issue for profiles of all Town Council candidates.**

**Name:** Dennis C. Libby

**Address:** 9 Queen Street

**Education:** Attended Bentley College

**Personal:** Married to wife, Denise, and have three children: Gabrielle,

a senior at Colby Sawyer College, Narissa, a freshman at Lasell College, and Nevin a freshman at Gorham High School

**Employment:** Maintenance Manager at Woodfords Family Services

**Political and community experience:** School Committee for 12 years, four of those as Chair. I have served on all of the subcommittees and I am currently a member of the Finance and Policy Committees. I have served on several district level committees including: All Day Kindergarten, 21st Century, K-5 transition, Pre-school, the Great Falls building committee, and have successfully negotiated nine union contracts. I was Chair of the Superintendent search committee and several other district search committees. Before the School Committee, I was a member of Narragansett PIE group and helped to construct the Narragansett playgrounds and many other school projects.

**What do you see as the major issues for our community and how do you plan to address these issues?**



CONTINUED ON PAGE 13



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## LIBRARY HIRING A CHILDREN'S PROGRAMMER

N. Gorham Public Library is hiring a part time children's programmer to provide toddler story time & crafts 2/week. Hours are 6/wk during the school year, 3/wk in the summer. Contact libng@north-gorham.lib.me.us

# Police Notes

SHERI FABER  
Staff Writer

• At 8 a.m. on October 2, a 55 year old Casco man, a lifelong bird hunter who was out with his new dog, was hit in the face with bird shot while hunting across the street from Shaw Brothers Construction on Mosher Road. The victim had a brief conversation with two men after he was shot but they quickly ran off. He was treated for non life-threatening injuries at Bridgton Hospital. The first suspect was described as tall with black hair and glasses, possibly in his 30's. The second suspect was described as of average height, heavy set with a dirty blonde mustache, possibly in his 40's. The men were driving a dark green early 2000's Toyota 4x4 two

door pickup with an extended cab and no cap on the bed. Anyone with any information is asked to call Gray Public Safety at 657-3030.

• Jamie Hussey, 35, of Gorham was sentenced to three months in jail as well as a year of supervised release after she pled guilty to embezzling thousands of dollars from the South Portland Housing Authority between February 2014 and September 2016. Hussey must also pay \$92,877 in restitution. Hussey was the resident services coordinator for the Housing Authority's Family Self-Sufficiency Program which helps tenants find employment and become economically independent. Hussey took 48 checks that had been made out to program participants and put them into her personal account.

# Sex Offender Notification



**Name:** Rodney James Tucker  
**Address:** 26 Tanglewood Dr., Gorham  
**Offense:** Gross Sexual Assault  
**DOB:** 4/14/87



**Name:** Ronald O. Yates  
**Address:** 40 Mosher Rd., Apt. 3 Gorham  
**Offense:** Attempted Gross Sexual Assault  
**DOB:** 4/26/71

For further information, go to [www.state.me.us](http://www.state.me.us) and search "Sex Offender Registry" or contact Det. Steven Rappold of the Gorham Police Department (207-222-1697).

SEPTEMBER 18, 2017

# Planning Board Results

Maine Coast Kitchen's request to construct a 7,150 sq. ft. condoplex including parking, access ways, sidewalks and landscaping on Little Wing Lane off New Portland Road was approved with findings of act and conditions of approval.

The Planning Board recommended the Town Council approve a new section to the Land Use and Development Code to rezone a portion of property on Lower Main St. from Industrial District to Agricultural/Industrial.

The Planning Board recommended that the Town Council amend the definition of day care homes and day care centers to include adult day care.

The Board approved with findings of fact a proposal by National Attachments for new commercial development at 29 Olde Canal Way in Olde Canal Business Park.

Marissa Ritz and Meghann Carasco's proposal for a day care "Seedlings to Sunflowers" on lot 1 of South Gorham Crossing off County Road was discussed and tabled to the October meeting.

National Attachments' request for approval of a second subdivision amendment to Olde Canal Business

Park Subdivision to revise the amount of wetland impacts was approved with findings of fact and conditions of approval.

W.A. One's request for a nine lot subdivision on 41.5 acres located off Gordon Farms Road was given preliminary approval with findings of fact and as amended by the Planning Board.

LBMP, LLC's proposal for a five lot subdivision, Douglas Brook, on 10.7 acres along Spiller Road was given preliminary approval with findings of fact and conditions of approval as amended by the Planning Board.

An amendment to prohibit Retail Marijuana Establishments including retail marijuana stores, retail marijuana cultivation facilities, retail marijuana products, manufacturing and testing facilities and social clubs was discussed and referred to the ordinance committee for review and recommendations.

Normand Berube Builders' proposal for a nine lot residential subdivision on 19.16 acres between Rt. 25 and Brown Road was discussed.

Design Dwellings, Inc's. proposal for a 14 lot residential subdivision, Douglas Subdivision, on 33.99 acres off Rt. 114 was discussed.

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# Rams Celebrate Homecoming Week

ZACHERY MCGOULDRIK  
GHS Student Intern

During the week of September 18, Gorham High School celebrated homecoming, leading up to the homecoming dance on September 22. Each day of the week came with a different theme that allowed students to show off their school spirit. With days like tie-dye, dress for success, and "Maine day," students had plenty of opportunity to participate.

The most popular theme of all, however, came on Friday with "school color" day, and many of the school's seniors wore their custom "reign" shirts made before the school year began.

The Rams' athletic teams had success throughout the week as well. Starting on September 21, the boys' soccer game began slowly against Biddeford. However, coming out in the second half, seniors Nolan Brown and Kyle King both scored (King twice) and the Rams ended the game with a 3-0 victory.

The varsity field hockey team had a tight game with undefeated Massabesic, tying them 1-1 for most of the game but Massabesic scored a late goal and won 2-1.

Deering unfortunately swept the lady rams in volleyball, winning 3 out of 3 sets.

The varsity golf team played Westbrook in a home course, all senior match, and swept them with a score of 11-0. The team was led by Ryan Kaczmarek who shot just two strokes over par.

On September 22, the girls' soccer team came out with an early goal by Hallie Shiers and ended with a 3-0 win.

The school week was capped off by the annual homecoming football game in which Gorham hosted Kennebunk. Unfortunately, the Rams lost the encounter 54-8. However, to cap spirit week, the high school ended the game with an impressive firework display that had never been done before.

As fall sport teams practice and prepare for playoffs, qualifiers, and other post-season games, the spirit of homecoming week will be a reminder that no matter where they are, home or away, each team has a support system of students behind them to cheer them on.

*Photo credits Top: Left to Right - Amanda Landry, Lily Rubin, Jeanne Zarilli, Amanda Landry, Amanda Landry and Alicia Jeffords.*



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# GHS Senior Qualifies for National Merit Scholarship

ZACHERY MCGOULDRIK  
GHS Student Intern

Gorham High School senior Alexander Ousback has been accepted into the National Merit Scholarship program as a semifinalist. The overall goal of the program is to recognize and honor the academically talented students of the United States. It promotes learning at a fundamental level and allows students to be recognized for their academic achievement.

On average, about 1.6 million students enter each year, with around 50,000 scoring high enough on their PSATs to qualify for recognition in the program. Of these students, about two-thirds of them received letters of commendation, while the remainder will be considered for higher recognition.

When asked how he felt when he realized he qualified, Ousback said, "based on the qualifications from last year, I assumed that I would get in based on my PSAT score, but I was very excited when I saw the actual cutoff. It is certainly a very

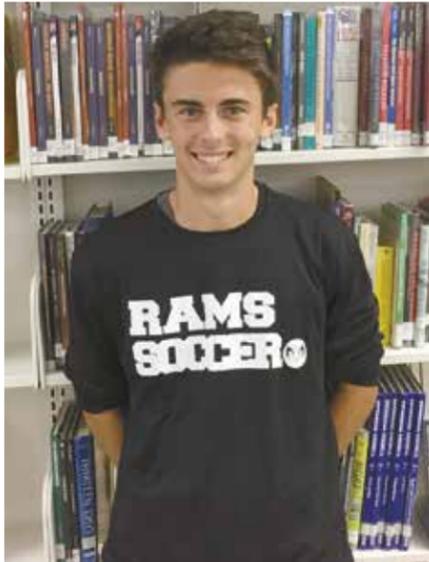


Photo credit Zachery McGouldrick

prestigious award and I'm proud and honored to be selected as one of the semifinalists."

The next step in the process will come in February, when the high school will be notified if Ousback is continuing on to the finalist stage in which 2,500 finalists each receive \$2,500.

# A Bunch of Hard Workers



Photo credit Heather Whitaker

A little rain didn't stop these preteens who care from harvesting 38 lbs. of veggies and herbs from the Gorham Middle School garden to be donated to the Gorham Food Pantry. Pictured are (top row): Jacob Weisman and Jayden Thompson. Middle row (left to right): David Brunner, Emma Lawson, Alex Thibeau, TJ Hall, Makayla Summerson, and Kiely Burns. Bottom row (left to right): Tripp Plummer and Brady Hale.

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).

# PBL System on Track with Four Year Goal

KATHY CORBETT  
Staff Writer

At the beginning of the school year, Gorham Superintendent Heather Perry reported progress on the Proficiency Based Learning (PBL) system being implemented over the next four years in all district schools.

"For several years we have focused on creating clear learning targets and solid structures and practices for interventions," Perry said. "This allows our students to receive support based on their learning needs."

Information about the PBL system and the learning targets for grades K-12 is available on the district website ([www.gorhamschools.org](http://www.gorhamschools.org)). A 32-page handbook can be downloaded that explains the graduation standards, performance indicators, and scoring guides for grades K-12 across all content areas.

This year, the Gorham School District is beginning a four-year project that will align the grading and reporting prac-

tices with the PBL system. During the 2017-18 school year, student learning in grades K-6 will be reported using a 1-4 grading scale. Middle school science students in grades 7 and 8 will receive grades on this scale. Grades for allied arts will be on a 1-4 scale for all middle school students as well.

Additionally this year, all other learning scores will be reported out using a "blended scale," one that melds the 1-4 proficiency scale with the traditional ABC system. By the 2020-21 school year, student learning in grades K-12 will all be reported using the 1-4 scale across all learning areas.

To better understand these changes, Perry recommends following her blog on the district website. Her latest update can be found at: <http://gorham-superintendent.blogspot.com>.

"The 2017-18 progress report is long," Perry said, "But it contains a useful graph that explains in detail both the 1-4 grading scale and the blended grading scale."



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# Cyclocross



Photo credit Hal D'Amico

Nicole and Chris Cyr with their young daughter, Eleanor, who is accustomed to being in tow on some of the family's rides.

**HAL D'AMICO**  
Sports Editor

Do you love biking and running? How about jumping off your bike, throwing it over your shoulder and running for perhaps 25 percent of the course as you don't dare pedal through a stretch of rugged terrain or an ominous mud pool? Has your road cycling or mountain biking felt a little stale lately, and you're seeking an adventurous change? Cyclocross could be for you.

Gorham couple Nicole and Chris Cyr would urge you to give it a try and have some fun. Nicole, a Connecticut

native, is a 1996 graduate of Keene State College, where she studied health science. She was a competitive cross-country runner there and has been an avid mountain biker since she was twelve. Jobs in the health field and outdoor sports retail eventually led to her settling in the Portland area.

Nicole and Chris met on a group mountain bike ride several years ago and have a daughter, Eleanor, who is not yet two years old, and is accustomed to being in tow on some of Chris's rides. Chris has been mountain

CONTINUED ON PAGE 10

# My Journey to the Finish Line of Ironman 70.3 Maine

STACY SALLINEN  
Contributing Writer

I've had a long-standing goal to run a half marathon. Rather than just lacing up my sneakers, I wanted to devote more time and energy to something I've come to love – triathlon. Multisport has taught me how to become self-sufficient and driven in uncomfortable situations, such as changing my flat tire when I'm 30 miles from home, wanting to quit half way through an open water swim, or nourishing my body on long runs and rides when my body isn't responding to nutrients.

My decision to do a half distance triathlon wasn't an easy one. I thought long and hard about the time commitment that training would require, and how I would balance this with three kids; a husband who travels for work; and four part-time jobs – two at the Gorham Times and two at First Parish Church. In November, I talked myself out of this goal. By the end of December, I didn't feel very good about this decision. It's a woman's prerogative to change her mind, so I did – I signed up and never looked back. My goal was to simply cross the finish line safely,

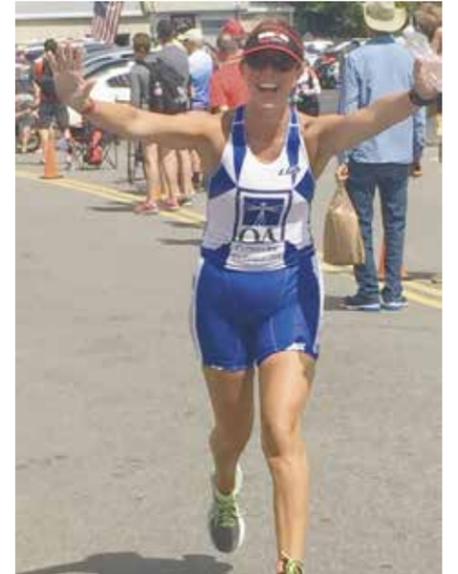


Photo credit Kara Bilodeau

injury-free and hopefully smiling. GOAL OBTAINED! Here are some thoughts on my journey to the finish line of Ironman 70.3 Maine in Old Orchard Beach on August 27.

Training was tough but manageable. I learned early on that I needed to be disciplined with my time, but flexible enough to switch gears when needed. January brought more consistent lap swimming and indoor cycling. In April,

CONTINUED ON PAGE 14

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## GHS Weekend Sports, Local

### Thursday, October 5

Boy's Soccer vs. Windham, 4-8 p.m.  
Field Hockey vs. Thornton Academy, 4-7 p.m.

### Friday, October 6

Football vs. Fryeburg Academy, 7 p.m.

### Thursday, October 12

Boy's Soccer vs. Cheverus, 4-7 p.m.

### Friday, October 13

Girl's Soccer vs. Scarborough, 4-8 p.m.

Schedules subject to change.  
[ghs.gorhamschools.org/athletics/calendar](http://ghs.gorhamschools.org/athletics/calendar)

## USM Weekend Sports, Local

### Saturday, October 7

Women's Soccer vs. UMass-Boston  
Women's Volleyball, University of New England and Maine Maritime, @ UNE

### Sunday, October 8

Golf, Southern Maine Fall Classic, Gorham Country Club

Men's Soccer vs. Pine Manor

### Thursday, October 12

Women's Soccer vs. University of New England, 3:30 p.m.

Women's Volleyball vs. St. Joseph's (ME), 6 p.m.

### Saturday, October 14

Field Hockey vs. Framingham State, 11 a.m.

Men's Soccer vs. Plymouth State, 2:30 p.m.

Schedules subject to change.  
[southernmainehuskies.com](http://southernmainehuskies.com)

\*\* All games are at home unless noted.

## Cyclocross CONTINUED FROM PAGE 9

biking for twenty years and also races. Nicole is involved in personal training and coaching endurance athletes through her business, Strategic Racing, and is passionate about individuals and families being active, enjoying the outdoors. She loves the scenic beauty of southern Maine, and finds Gorham offers terrain conducive to training.

Nicole is an organizer for a major regional race, the Casco Bay Cyclocross, which will be held this year on Sunday, October 22, and attracts more than 300 racers, and includes a Kid's Fun Cross Ride. She is a dedicated supporter of Healthy Kids, Happy Kids, and this kids' event will benefit the organization.

Healthy Kids, Happy Kids is a local nonprofit whose purpose is

to develop a sense of confidence, community and character in children throughout Maine by providing opportunities to bicycle in a safe, learning environment.

While the roots of cyclocross are debatable, it was likely founded in early 1900s Europe by road racing cyclists who would sometimes race from one town to the next by choosing any route possible, thus including farms, woods, water crossings, and fences. It also became an off-season training tool, working different muscles and to simply change up the routine. Racing season in the northern hemisphere is typically fall and winter.

What's the best way to explore this exciting sport? Nicole suggested

attending a race as a spectator or volunteer. While cyclocross bikes are similar to road bikes, there are differences, including knobby tires, wider tire clearance, and some gearing and brake modifications. However, one shouldn't be shy to jump into a race (there are also untimed events growing in popularity), using the bike you have.

A primary requirement, according to Nicole, is "You can't be afraid to get dirty," and be prepared to be wearing an unplanned, non-salon approved facial mudpack. Gorham folks may want to give this fast-growing sport a try. For more info: [www.bikereg.com/events/cyclocross](http://www.bikereg.com/events/cyclocross) or [nicole@strategic-racing.com](mailto:nicole@strategic-racing.com)

## School Committee Candidate Profiles CONTINUED FROM PAGE 5

### Carlson

five schools near or beyond their intended capacities, we must deal with the implications this has on classroom sizes, staffing levels and space requirements. We must also develop a long-term plan addressing population growth that invests in our children while maintaining fiscal responsibility.

My first priority will always be our students. We should strive to provide every child a world-class education preparing them to be life-long learners, engaged citizens and ready to compete in tomorrow's workforce. Research supports that students with smaller classroom sizes and diverse course offerings have higher success rates. Ensuring that classroom sizes are manageable and that teachers have the resources they need is key to ensuring our children are successful.

Secondly, I will work to increase communication across Gorham's elected and volunteer committees including the School Committee, Town Council and Planning Board. There must be ongoing collaboration among these groups to align long-term plans.

Finally, my short and long-term plans will always have the taxpayers in mind. Gorham needs to remain affordable for current residents

while continuing to be a desirable destination for new families and businesses.

I built my career in finance and operations on my problem-solving skills. Working in the rapidly changing Information Technology industry requires creative and agile ways to address new challenges. I'll bring that same approach to the School Committee to help our teachers and staff deliver a world-class education at a reasonable cost. Whether it's a school budget in the millions or a sales target in the billions, I pride myself on achieving hard to reach goals.

Your support on election day would be greatly appreciated. I would be honored to work for you and our students.

### Capozza

an operational perspective while also interacting in a large community of alumni, current students and student's parents.

**What do you see as the major issues for our community and how do you plan to address these issues?**

Last year when my daughter was in Kindergarten, and was our first child going through school, there was talk about moving five

of the students in her grade from Narragansett to Village. This was concerning and was a sign that our small community was growing a little faster than expected. Our family built a house here in 2012 and my husband and I look forward to raising our children in this community. When we got the news of the possible change all I could think about was, is my daughter going to have change schools? Are there any long-term plans? Will the fast growing community adversely affect our children's education?

When I saw there was an opportunity to join the School Committee, I couldn't help but think I could make a difference. My perspective as a young parent, experience in education and the planning skills I have learned throughout my professional career would be of great value as part of a team to guide our growing town and schools for the years to come!

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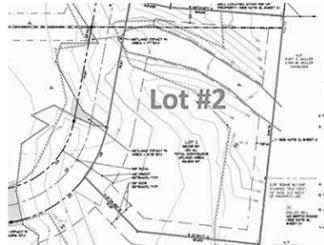
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**NEW LISTING**



**PORTLAND \$225,000** -Four square colonial w/ 1487sqft of living space offering 2-3BR, 1.5 ba, updated kitchen, HW flrs, replacement windows, rear deck & 1 car garage.

**NEW LISTING**



**GORHAM \$205,000** - Gambrel style home offering 1296sqft w/ 3BR & 1 ba on 1.40ac. You'll love the relaxing screened porch & private backyard.



**BUXTON \$309,900** - Motivated seller! 3BR/2.5 ba Colonial on a private 3.25ac lot. Close to Gorham line. Potential for more living space over the 2 car garage and the daylight bsmt.



**HIRAM \$229,000** - 3BR home offers a rustic feel w/ northern red pine floors, exposed beams & cathedral ceilings. 1/2 mile views down the Saco River.



**HOLLIS \$44,995** - A very private lot for someone who wanted to be away from neighbors. It abuts Town of Hollis property. Very level w/great sandy soil.

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**48 Tow Path Road \$109,900** - Thinking of going tiny? This 656 sqft 1BR/1ba Ranch is your perfect opportunity & is also close to trails & the Presumpscot River.

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**HOLLIS \$44,900** - 3.6 acre lot situated on the corner of Palmer Lane & River Rd (Route35). Easy commute to all points. Septic design for 4 BR home.



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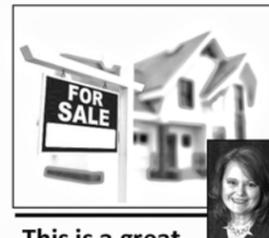


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## COMMUNITY

### MILITARY

**Pvt. Joseph Gallant (GHS '16)** graduated from Army Basic Training and returned to his studies at Norwich University (Northfield, VT). He is also a member of the Vermont National Guard. Pvt. Gallant is the son of David and Rebecca Gallant.



### COLLEGE NEWS

**Timothy J. Daigler**, son of Karen Daigler of Gorham and David Daigler of Portland, and a senior at Hamilton College, Clinton, NY, has been selected as a peer advisor in Hamilton's Career Center. Daigler is an economics major at Hamilton College.

### DEAN'S LIST

**Andrew Scontras (GHS '13)**, A. James Clark School of Engineering, University of Maryland, College Park, MD

### OF INTEREST

**Alyda Twilley** was designated a Helen Heath Scholar at Hobart and William Smith College, Geneva, NY, for earning a first-year semester grade point average of 3.0 to 3.499.

**White Rock Community Clubhouse**, 34 Wilson Rd., will hold a Bean Supper on October 7 from 4:30 to 6 p.m. Homemade kidney and pea beans, hot dogs, cole slaw, potato salad, macaroni and cheese, homemade biscuits, as well as homemade pies for dessert. Adults: \$8/Children under 12: \$4. FMI, whiterockcommunityclub@gmail.com.

**Ghost Hunter Author Event:** Join author Liza Gardner Walsh on October 13 at 4 p.m. as she discusses her book "Ghost Hunter's Handbook." Children in third grade and higher will learn tips about how to be a good ghost hunter, how to tell a spooky ghost story, and will investigate the library for any possible hauntings. Kids will make an electroscope to help them on their supernatural pursuits. Book sale and signing to follow program. Baxter Memorial Library, 71 South St. FMI, 222-1190.

**Fiddleicious, Maine's largest fiddle orchestra**, will perform at the McCormack Performing Arts Center, Gorham High School, 41 Morrill Ave. on October 28 at 7 p.m. \$10/adult; \$5/student; 12 and under/free.



**Alyda Twilley (GHS '16)** and her father Ed Twilley recently climbed Mount Katahdin as part of their multi-day trip to Baxter State Park.

**General Banking Basics:** Gorham Savings Bank will hold an informative session on October 11 at 10:00 a.m. at the Lakes Region Senior Center, 40 Acorn St. Topics include the basics of maintaining an accurate checking account, reconciling accounts to a statement each month, and safely using debit cards. Also reviewed will be different options to consider when titling your bank accounts and provide a general overview of Power of Attorney's and how they relate to banking. The session will end with a review of common scams in the area and a chance for audience members to ask questions. Members of the public are invited and refreshments will be served.

**Moody's Collision Centers is holding a 40th Anniversary Party on Saturday, October 14**, from 2-9:00 p.m. across from its Gorham location on Narragansett St. The free event is open to the public and will include a performance by Bob Marley at 3 p.m., a demolition derby, a bonfire, food trucks and fireworks.

**The Gorham Lions Club** recently held its 10th anniversary Car Show with the assistance of Boy Scout Troop 73, the Wedge and Brown families, the Gorham Town Recreation Department, and 25 local Gorham business and corporate sponsors. The Show was the best ever attended with approximately 150 cars and vehicles on display in 23 categories. The highlight of the show was the awarding of the Norman Wedge Memorial Trophy to the "Lions Choice" winner, in memory of long time Lions president and Car Show event organizer, Norm Wedge. With the success of the Lions Car Show as a fundraiser, the Club issued a check for \$500 to the Lions Club International Foundation for Disaster Relief, to assist with meeting the monumental needs from the areas ravaged by Hurricanes Harvey, Jose, and Maria. FMI, 929-9182.

**Beginning October 15, the Gorham Lions Club**, with the assistance of Philips Auto Body and Boy Scout Troop 73, will begin removing the flags in downtown Gorham. FMI, 929-9182.

**The Gorham Historical Society annual meeting will be held on October 30 at 7 p.m.** in the Multipurpose Room at the Recreation Department. Meet and greet the new town manager and attend the annual business meeting. Open to public. \$10 memberships.

**Nate Marcet of Gorham** was promoted to senior in the tax practice at Baker Newman Noyes. Prior to joining the firm, Marcet interned at BNN during the 2015 tax season. He earned his bachelor's degree from the University of Southern Maine.

**The National Board of Surgical Technology & Surgical Assisting** recently honored Michelle Hager of Gorham for maintaining her certification for 20 years as a Certified Surgical Technologist. Hager works at Oral & Maxillofacial Surgery Associates in South Portland.

**First Parish Church**, 1 Church Street, will hold a Chicken Pie Supper on October 7 from 5 to 6:30 p.m. \$10 adults / \$5 children under 12. FMI, 839-6751.

### 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 839-3630, 839-2484 or 839-3859.

**Gorham Cancer Prayer and Support Group** meets the first Tuesday of every month at the Cressey Road United Methodist Church, 81 Cressey Rd., from 6 to 7:30 p.m. This monthly non-denominational event is a prayer and support group for anyone dealing with cancer including patients and caregivers.

### CLOSE TO HOME

**Scarborough Free Baptist Church**, 55 Mussey Rd., will hold a homemade bean supper on October 7 from 4 to 6 p.m. Two kinds of beans and hot dogs, chop suey, cole slaw, biscuits, brown bread and dessert. Half of the proceeds will go to the Youth Group trip to Kentucky. FMI, 423-5851.

**"Now Is The Time," film & discussion, Oct. 13**, 6:30-9:00 p.m., Westbrook Community Center, 426 Bridge St., Westbrook. Sponsored by Maine AllCare which supports universal, high quality, affordable health care for all Maine people.

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**Libby**

There are many school issues facing our community including the full implementation of proficiency based education with a state mandated PBL diploma starting with the class of 2021, a possible extended school day, and changes to start times to address the issue of lack of sleep in our teenage population to name a few, but a major issue for our community is the growth of our District.

In the short term, the significant increase to our elementary school population has placed great strains to our district. It has raised lots of questions around class size, space for

additional classrooms, possible reconfiguration, and the necessity to provide adequate staffing levels while also being fiscally responsible to the taxpayers.

In the longer term, our growth has led to looking at both middle school and high school facilities as we prepare for those larger elementary school class sizes moving into the other grade spans. The District is well underway in working to address the already overcrowded high school through a major capital project and looking at our enrollment trends will help lead discussions about the scope of that project.

New members will quickly learn that the

workload is tremendous, but very rewarding. I have recently changed positions within my company and to be sure that I can maintain a balance with my work, home and School Committee responsibilities, I have decided to run for the one-year position this year.

My experience on the School Committee will prove very valuable to the District if re-elected, but I believe my greatest strength is working with others on challenges. I often ask the tough, but sometimes not the most popular questions because I believe they lead to well-informed decisions. I hope you support me in continuing on the School Committee.

**Benson**

unteering and fundraising and become active as a member of the Gorham Business Exchange. In 2016 I was the speaker at the Gorham Veteran's Day remembrance ceremony and have also been invited as a guest speaker by the Gorham Historical Society and the Gorham Republican Committee. I proudly donate time as an active volunteer with Boy Scout Troop 73 and have given voice to local issues through letters to the editor in the Gorham Times and an OPED in the Portland Press Herald.

**What do you see as the major issues for our community and how do you plan to address these issues?**

I see the mission of the School Committee as providing an exceptional educational experience to students while remaining fiscally responsible to all Gorham residents. In other words, to offer the best education at a reasonable cost.

As a product of a public school system I am deeply committed to a robust public education. As a business owner in the wood manufacturing industry, I am also committed to ensuring students have access and exposure to vocational educational experiences to prepare those who are inclined for work in the trades.

I believe exceptional education is only possible with exceptional teachers and administrators; and so, attracting and retaining top talent in our schools should be among our most important priorities. While discussion has already begun on the potential for a new high school it will be important to consider all options—building, repurposing, remodeling—so that we don't overburden the tax base or hamstring the town with a school budget that commits to a new facility at the expense of other priorities.

As a parent whose three children have attended public schools across four different states I am confident in saying that Gorham schools and teachers do an excellent job educating our children. As a School Committee member I would commit to ensuring this excellence continues through the support of our teachers while remaining fiscally responsible to all Gorham residents.

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## My Journey to the Finish Line CONTINUED FROM PAGE 9

I started working with a coach, Katie Dwyer, who provided me with structured workouts and guidance. Training eventually became a lifestyle – swim and run on Monday and Wednesday, ride on Tuesday and Thursday, and long swims, runs and rides with transition runs on the weekends. There were lots of early morning workouts, followed by a mad dash to get the kids on the bus, throw in a load of laundry, check Gorham Times email, and get to work at First Parish by 9 a.m. Once summer vacation started, my boys would often accompany me while I trained, either by riding their bikes while I ran or kayaking while I swam in open water.

The Ironman “Anything is Possible” motto resonates with me. Ten years ago, I never would have envisioned myself participating in a triathlon, let alone a half distance tri. In 2008, my husband, Tom, gave me a bike for Christmas so we could go on family bike rides. This gift got my wheels turning (literally and figuratively). Off we went on our family bike rides, but I also signed up to do a sprint triathlon – the first of many.

On race day, I witnessed a blind athlete and his guide cross the finish line, along with Team Hoyt – a spastic quadriplegic with cerebral palsy and his race partner in action. I saw the look of determination from athletes with expensive bikes and flashy race wheels on a mission to secure a spot in the Ironman 70.3 World Championships and others, like me, making a commitment

to live a healthy and active lifestyle. I made a promise to myself to never say the words “I can’t.”

In July 2016, I crossed off a bucket list item and participated in the Peaks to Portland swim. I finished close to last, and often refer to this event as an amazing version of hell. I told myself and others that I wasn’t a swimmer. This summer, while out on one of my many longer bike rides, it occurred to me that anyone who willingly signs up to swim 2.4 miles from Peaks Island to East End Beach in Portland IS a swimmer. I happen to be a swimmer with lots of opportunity to improve my technique for speed and efficiency.

I responded well to training, both physically and mentally. Workout by workout, I gained the strength and stamina to tackle the next long workout. By the time race day arrived, I was fully confident in my ability to take on 70.3 miles. That confidence shined through from the time I entered the water until I arrived at the finish line grinning ear to ear.

My alarm went off at 3:30 a.m. on race day. I was so fired up that I emptied the dishwasher before tackling 70.3 miles. I woke my husband up with all the noise I was making, so he took the opportunity to come downstairs to wish me well and offered to finish putting away dishes. Too late – I was already in my “finish what I start” mindset.

The swim was pleasant, not because I was speedy but doing



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# blotter

## CAR WOES

**Caller reported a noise complaint on Rust Road.  
Subject's car would not start and he was yelling at it.**

A found debit card was returned to its owner. Woman said it must have fallen out of her purse on her way to work.

Officer met with a caller who stated there was a commotion in the woods behind her house it sounded as if a woman was screaming. Officer checked woods and found a fox den near the lawn and advised caller it was probably a fox calling for a mate. Caller was happy to hear that.

Partridge Lane caller reported her dog swam into the river to get a ball and wasn't coming back. Woman later called back to say her dog had swum back to shore.

Officer responded to a disturbance on Gray Road with lots of screaming kids running

around everywhere. Officer went to residence and was told there was no screaming or any type of disturbance. All parties were given a warning and sent on their way.

Officer checked on an unoccupied suspicious vehicle on Ossipee Trail. Driver came back and told officer had had been working there earlier in the day and was looking for his lost wallet.

Vehicle on side of Ossipee Trail had its four way lights flashing. Driver had pulled over because his friend had lost a mattress off a truck and they were waiting for him to pick it back up.

Fort Hill Road caller had questions about neighbors shooting guns on their property.

the P2P last year gave me the confidence that I can handle a 1.2-mile swim. Race start was a rolling start, and athletes self-seeded on a first-come, first-serve basis, not by pace. I found myself in the middle of slow and fast swimmers. I was both the giver and receiver of elbows and feet in the face and body. I can't say I loved it, but it's the nature of open water swimming in this type of setting. I refuse to let anyone swim over me. I measure my own success my finding my rhythm and not relying on a safety stroke, like back or breast, to get me through the swim.

I started my 56-mile bike ride with cold feet and tight leg muscles. After I dropped my chain at mile 19, I made a conscious decision to shut my mind off to the

discomfort, time of day and time spent on the course to focus on a smooth, steady pace. I kept thinking about what my coach told me – don't over bike so your legs fall apart on the run. My only reminder on time was in the form of alerts from my bike computer reminding me that I needed to intake energy blocks, potato, salt tabs, water and/or Skratch every 15 minutes. With an occasional eye on pace and distance, I enjoyed the scenery, lost in my own thought and a little conversation from an unknown but friendly athlete.

Finding my footing on solid ground for a half marathon was a fantastic feeling. I started the run feeling strong. After a half mile in, I realized I forgot to attach my running bib, but decided to keep running. I averaged a steady 9.28 pace and didn't stop to walk, although I thought about it at mile 11. What's another two-mile run at that point?

Why Ironman 70.3 Maine? My answer is simple – I wanted to and I could. Spending 6 hours and 19 minutes enjoying 70.3 miles of Maine's beauty was an amazing experience. I have it in me to do another 70.3, and likely the full Ironman 140.6 when the timing is right.

*Editor's Note: Stacy Sallinen has been volunteering with the paper since 2008. She is the current Business Manager and Advertising Coordinator for the Gorham Times.*

## GORHAM PUBLIC WORKS WILL BE ACCEPTING BRUSH

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## CALENDAR

### THURSDAY, OCT. 5

- Baby and Me (Birth-18 months), 9:30-9:50 a.m., Baxter Memorial Library, 71 South St. FMI, 222-1190.
- Toddler Time (18-36 months), 10-10:30 a.m., Baxter Memorial Library, 71 South St. FMI, 222-1190.

### FRIDAY, OCT. 6

- No School, Inservice Day
- Sensory Friendly Story Time 10-11 a.m., Baxter Memorial Library, 71 South St. FMI, 222-1190.

### SATURDAY, OCT. 7

- Greater Gorham Farmer's Market, 8:30 a.m.-12 p.m., 71 South Street (Public park adjacent to Baxter Memorial Library).
- Bean Supper at White Rock Community Clubhouse, 34 Wilson Rd., 4:30-6 p.m. Homemade kidney and pea beans, hot dogs, cole slaw, potato salad, macaroni and cheese, homemade biscuits, as well as homemade pies for dessert. Adults: \$8/Children under 12: \$4
- Bean Supper at Scarborough Free Baptist Church, 55 Mussey Rd., 4-6 p.m. Two kinds of beans and hot dogs, chop suey, cole slaw, biscuits, brown bread and dessert. Half of the proceeds will go to the Youth Group trip to Kentucky. FMI, 423-5851.
- Bean Supper at West Gorham Union Church, 190 Ossipee Trail. Ticket sales start at 4 p.m. Serving starts at 5 p.m. Three kinds of beans, hot dogs, chicken pie, American chop suey, casseroles, salads and delicious home made pies, coffee and punch. Adults; \$8; children under 12, \$3.

### MONDAY, OCT. 9

- No School, Columbus Day

### TUESDAY, OCT. 10

- Gorham Lions meeting, Old Elmwood School House on South Street (Rte. 114), 6:30 p.m. New members always welcome. FMI, 929-9182.
- Preschool Story Time (ages 3-5), 9:30-10:15 a.m., Baxter Memorial Library, 71 South St. FMI, 222-1190.
- Gorham Memorial Post 10879, Veterans of Foreign Wars meets the second Tuesday each month in the Gorham Fire Department training room, 270 Main St. at 6:30 p.m. All interested veterans are welcome.

### WEDNESDAY, OCT. 11

- 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 Time (18-36 months), 10-10:30 a.m., Baxter Memorial Library, 71 South St. FMI, 222-1190.

### THURSDAY, OCT. 12

- 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.
- Baby and Me (birth-18 months), 9:30-9:50 a.m., Baxter Memorial Library, 71 South St. FMI, 222-1190.
- Toddler Time (18-36 months), 10-10:30 a.m., Baxter Memorial Library, 71 South St. FMI, 222-1190.

### FRIDAY, OCT. 13

- Ghost Hunter Author Event with Liza Gardner Walsh (grades 3 and higher) 4 p.m., Baxter Memorial Library, 71 South St. FMI, 222-1190.
- Lego Club, 10 a.m.-12 p.m., Baxter Memorial Library, 71 South St. FMI, 222-1190.

### SATURDAY, OCT. 14

- Greater Gorham Farmer's Market, 8:30 a.m.-12 p.m., 71 South Street (Public park adjacent to Baxter Memorial Library).
- North Gorham Chess Club, North Gorham Public Library, 2 Standish Neck Road, Gorham, 10:15- 11:30 a.m. Drop-in sessions open to players of all ages and skill levels. FMI, libng@north-gorham.lib.me.us or 892-2575.

### TUESDAY, OCT. 17

- Gorham House Itsy Bitsy store, 1:30-3:30 p.m., Gorham House lobby, 50 New Portland Rd. FMI, 839-5757.
- Preschool Story Time (ages 3-5), 9:30-10:15 a.m., Baxter Memorial Library, 71 South St. FMI, 222-1190.

### WEDNESDAY, OCT. 18

- 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 Time (18-36 months), 10-10:30 a.m., Baxter Memorial Library, 71 South St. FMI, 222-1190.

### THURSDAY, OCT. 19

- Baby and Me (birth-18 months), 9:30-9:50 a.m., Baxter Memorial Library, 71 South St. FMI, 222-1190.
- Toddler Time (18-36 months), 10-10:30 a.m., Baxter Memorial Library, 71 South St. FMI, 222-1190.
- Sewing Club (ages 7 and older), 2:30-4:30 p.m., Baxter Memorial Library, 71 South St. FMI, 222-1190.

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**NEXT GORHAM TIMES DEADLINES:**  
**AD/NEWS: OCTOBER 11<sup>TH</sup>**  
**PUBLICATION DATE: OCTOBER 19<sup>TH</sup>**

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# Happy Healthy Gorham



Photo credit Bill Moreno



Photo credit Roger Marchand



Photo credit Bill Moreno

Some of Gorham's youngest residents took part in a family bike ride during Happy Healthy Gorham week. After the organized ride, Elsie Moreno (above) strapped on her headlamp and ventured out with her dad for her first nighttime ride on the Gorham trails.

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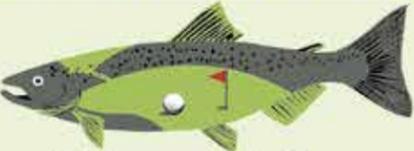
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**Public always welcome!**



Photo credit Bill Moreno