

# Gorham Times

Your Community Paper

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

## What to Expect on Election Day, Part I

KATHY CORBETT  
Staff Writer

When Gorham voters go to the polls on June 12, they will use ranked-choice voting to choose Republican and Democratic candidates for governor. Because Maine has a closed primary, voters must be registered in either of these two parties to vote in the State primary.

Voters who are unenrolled can not vote for a candidate. Those enrolled as Green Independents or Libertarians also can not vote as neither party is running primary candidates. All voters will be able to vote on retaining the ranked-choice voting system and the school budget validation referendum.

Voters who are currently enrolled in a political party may change parties at the Town Clerk's office until the end of the day on Friday, May 25. Voters who are unenrolled may enroll in a party up to and including Election Day, June 12, by filling out a new voter registration card. New voters and registered voters who have moved to Gorham from another municipality may enroll in a party at any time. Once enrolled in a new party, a voter must remain in that party for three months.

Seven candidates are running for governor in the Democratic primary: Adam Cote (Sanford), Donna Dion (Biddeford), Mark Dion (Portland), Mark Eves (North Berwick), Janet Mills (Farmington), Diane Russell (Portland), and Betsy Sweet (Hallowell).

CONTINUED ON PAGE 6

## New GMS Asst. Principal Hired

Tom Smith, currently a third grade teacher at Village School, has been hired to be the new assistant principal at Gorham Middle School, replacing Susie Hanley



Photo courtesy of Tom Smith

who is retiring at the end of the school year. Smith previously taught both 6th and 8th grade at Bonney Eagle Middle School before moving to Village School seven years ago. His wife teaches at Gorham High School and their children attend Gorham schools.

## Fresh From Our Local Farms



Photo courtesy of Maureen Terry

Entering its seventh year, the Greater Gorham Farmers Market returns this Saturday, May 5, on the green next to the library. The market runs each Saturday from 8:30 a.m. -12:30 p.m., rain or shine, and continues through October. This year the market has new leadership with Stowell Watters from Old Wells Farm as the market manager and Lori Fournier of Willow Dreamz as the deputy market manager. Several new vendors join the mix including Humdingah Brownies, Kismet Corner (children's toys), That Happy Cookie, The Purple Whisk (baked goods), and The Preservation Farm. Returning vendors include Old Wells Farm, Oscar's Farm, Mo Munch Granola, Falling Star Farm, Willow Dreamz, Glad Harvest Farm, Blue Star Soap, Bamps Bees, Sweet and Savory, Dow Farm, and Findview Farm. For more details and updates on upcoming events, visit [facebook.com/GreaterGorhamFarmersMarket/](https://facebook.com/GreaterGorhamFarmersMarket/).

## Town Budget Proposed

SHERI FABER  
Staff Writer

Between 2010-2016, Gorham gained 1,000 new residents, an increase of 6%, and the Town is continuing to see substantial growth in the number of new homes being built and more children enrolling in our schools. The proposed school budget adds \$1.60 per \$1,000 of assessed value to the property tax. An increase of 0.25 is expected for the municipal budget including the Cumberland County tax commitment. Property taxes would increase from \$17.10 per \$1,000 to \$18.85, but may be lower depending on how much new taxable property value is added to the Town as of April. A home with an assessed value of \$250,000 would see a tax increase of about \$437 annually, or about \$36 a month.

Because property values have also increased in Gorham, the funding the

State of Maine returns to the town, which is based on property values as well as enrollment and has now been changed from a three-year average to two-year valuation average, will decrease substantially. The school budget reflects per pupil costs that are in line with previous budgets. The increase in the budget is largely based on the loss of \$1.2 million in state funding as a result of the residential growth which means increased property taxes were paid to the Town.

Fixed costs such as salaries and health care also increase annually. The School Dept. has proposed a budget of \$39.2 million which is a 4.43% increase and is largely based on the loss of state funding as well as the increasing number of students in the Gorham schools. An additional 77 students are expected for the 2018-2019 school year.

CONTINUED ON PAGE 5

## Gorham Sightings



Photo credit Roger Marchand

Do you know where in Gorham this photo was taken? Join our visual trivia discussion by entering your best guess on our Facebook page at [www.facebook.com/gorhamtimes](https://www.facebook.com/gorhamtimes) or email us at [gorhamtimes@gmail.com](mailto:gorhamtimes@gmail.com). The photo in the April 19 issue is an ornamental chair on the corner of Robie and Lincoln Streets as some of our readers guessed.

<b>inside theTimes</b>							
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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.

BRINGING THE NEWS TO ALL OF GORHAM  
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**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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# Obstructionist Lawmakers Should Come Back to the Table

REP. MAUREEN TERRY

When elected officials run for office, no matter what party we're enrolled in, we all make a commitment to do a job. That's the most basic reason we ask our neighbors to send us to Augusta. It's a promise that we shouldn't take lightly.

You gave us the honor of working in the people's house and voting on issues that have a profound impact on your lives. That's why I'm proud to vote with hardworking Maine families in Gorham and across the state, whether it's about school funding, tax relief, health care, wage disparity or bonds. We asked for this job, and we absolutely shouldn't quit and go home before it's done.

When we left the State House in the early morning hours of April 19, three quarters of the Legislature had agreed to keep working on the critical issues that we still hadn't reached an agreement on, but 65 House Republicans voted to give up instead.

I have spoken with some of you about the bills that are still stuck on the table and I know how important they are to families here and around the state.

I am very concerned that a bipartisan bill to provide additional education funding is in limbo while Gorham and other schools around the state are trying to craft their budgets. Our next town budget is going to require a 10.5

percent tax increase, primarily to fund our schools. The good news is that Gorham is growing, but we're feeling the pain that goes along with it. This new state funding would provide some relief on that front.

The legislative shutdown also put a halt to negotiations over how Maine should react to last year's big changes in the federal tax code. I joined my Democratic colleagues on the Taxation Committee to propose a package that puts working families first. We accepted conformity on increasing the Earned Income Tax Credit and creating a paid family leave credit. We rejected elements of tax conformity that could put Maine taxpayers on the hook for economic investments in other states. Our plan also included an expansion of the Property Tax Fairness Credit to help more Maine homeowners. I hope that we can get back to work and negotiate a compromise that champions these priorities.

We also have yet to fund raises for direct care workers. When we passed the biennial budget last year, we promised that we would fund the second year of rate increases this session. If we fail to act, the workers who provide essential care for disabled and elderly Mainers would continue to earn minimum wage for the vital work they do to support our most vulnerable neighbors.

We also have multiple bonds that are still on the table. Among several other proposals, there is a transportation bond that would provide funding for essential construction projects across the state. There is another bond proposal that would establish a repayment assistance program for working Mainers struggling to pay back their student loans.

These are important priorities that I will continue to fight for this year and in the future. By the time you read this, the Legislature will have met to consider the governor's latest vetoes on May 2, and we will have had another chance to extend session and continue our work. I hope that we are back at the table by now. The people of Maine deserve a government that works for them, not broken promises from those who voted to quit and go home.

As always, please feel free to call or e-mail me if you have any questions or concerns.



Rep. Maureen "Mo" Terry is serving her first term in the Maine House of Representatives. She is a chef and small business owner with more than 25 years of experience in the food service industry. She serves on the Taxation Committee. (207) 712-9735, (800) 423-2900, [maureen.terry@legislature.maine.gov](mailto:maureen.terry@legislature.maine.gov)

## 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:

Linda Sanborn listens. In fact, you could call her a professional listener. For over 25 years, Dr. Linda Sanborn listened to hundreds, even thousands of patients as they shared their concerns with her. They trusted her to listen and work with them to create a plan in their best interests. After retiring from her busy, non-stop life as a well-respected physician, Dr. Sanborn ran, successfully, for a seat in the Maine House of Representatives. In her four terms there, she listened to the voices of her constituents and worked

hard to develop fair and just policies that not only reflected their values, but also supported folks and their families in her district and all across Maine. She made a positive difference. Now, as a candidate for the Maine Senate, District 30, Sanborn is back out knocking on doors and listening to voters' concerns again.

Sanborn's qualities are many. She is a leader; a smart and strong one. She understands the importance of hard work. She knows how the role and

the art of informed compromise can lead to fair, creative solutions and better governance. Her core beliefs in the power of ethical thinking and honest actions reveal her sense of integrity, both into her everyday life and her decision making process as a legislator.

Linda Sanborn is ready to begin working for you as your Maine State Senator and she is depending on your vote. We know we can count on her to represent us well!

Peggy Marchand

## Around Town

Olympia Sports, located at 108 Main St., has closed.

Carter's Green Market, located at 18 Elm Street, is planning a soft opening on May 11 and a grand opening on June 16.

Senior Property Tax Assistance Program applications are expected to be available in the Town Clerk's Office in July 2018. Subscribe for Town 'News and Announcements' at <http://www.gorham-me.org/> subscribe and stay tuned on Facebook for more information.



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## Eating Well, Eating Local

SCOTT LOVAAS  
HHG Co-Director

Evolving research is becoming increasingly clear that our eating and food choices can contribute to our risk for chronic illnesses such as Alzheimer's, cardiovascular disease, obesity, diabetes and cancer. Likewise, our food choices along with physical activity can contribute to improved longevity and decrease our risk for chronic illnesses.

In the not too distant past, drugs were primarily used to treat people with chronic illnesses.

The evidence indicated eating well is more intertwined than we previously realized. There are some great resources about eating well.

For the past twenty-five years, Michael Pollan has been writing books and articles about the places where nature and culture intersect: on our plates, in our farms and gardens, and in the built environment. He is the author of four New York Times bestsellers: *Food Rules: An Eater's Manual*; *In Defense of Food: An Eater's Manifesto*; *The Omnivore's Dilemma: A Natural History of Four Meals* and *The Botany of Desire: A Plant's-Eye View of the World*.

Pollan is known for boiling down healthy eating to a few catch phrases: Eat food, not too much, mostly plants. He has some simple and fun rules as well.

- Don't eat anything your great-grandmother wouldn't recognize as food
- Breakfast like a king, lunch like a prince, dinner like a pauper
- If it came from a plant, eat it; if it was made in a plant, don't
- Avoid food products that have more than five ingredients
- Don't get your fuel

from the same place your car does

- Eat only foods that have been cooked by humans
- Spend as much time enjoying the meal as it took to prepare it
- Don't eat breakfast cereals that change the color of the milk
- Eat your colors

Farmers markets and roadside stands will soon be open to offer early spring crops such as rhubarb and

asparagus. After what seemed like a long, cold winter season the chance to have locally grown food available to add to meals is irresistible.

Buying locally

grown food is not only good for the environment and the economy, it's also great for your health. Fruits and vegetables lose their optimal nutritional value as soon as they are picked. Moreover, exposure to air, artificial lights, and temperature changes can also contribute to the decrease in nutritional value. Local farms can allow their fruits and vegetables to ripen longer or even fully ripen, which adds to nutrition.

Join Happy Healthy Gorham on May 19 from 11 a.m.-1 p.m. at the Gorham Farmers Market as we raffle off 25 free gardens, books, and two CSA (Community Supported Agriculture) produce shares (worth \$450 each) from Old Wells Farm. You can enter the raffle at the Farmers Market on May 19, at Baxter Library, or by visiting [www.happy-healthygorham.org](http://www.happy-healthygorham.org).

BUYING LOCALLY GROWN FOOD IS NOT ONLY GOOD FOR THE ENVIRONMENT AND THE ECONOMY, IT'S ALSO GREAT FOR YOUR HEALTH.

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## REMEMBER WHEN

# GHS Prom Date: 1962



Photo courtesy of George Mitsmenn, Portland Press Herald

WILMA GOULD JOHNSON  
Contributing Writer

In May of 1962, GHS students were organizing final details for the gala evening of the upcoming Jr/Sr prom. This event was held in the high school gymnasium which was beautifully decorated by the high school students. The theme was "Enchanted Sea" and the cost was \$3.00 per couple. Mother Nature was kind, offering her approval with fair weather for the event.

Most attending arrived in a car borrowed from a parent, but there was one notable exception for this particular prom: Jim Durgin and Arlete Bonato arrived in a horse-drawn carriage in a modern day Cinderella story.

The "prince," aka Jim Durgin, had been selected as the "Mayor" of GHS that year. Jim had been in the Gorham school system since kindergarten and was a bright, talented and artistic young man. "Cinderella," aka Arlete Bonato, was GHS's first AFS exchange student from Brazil. Arlete shared her senior year with her host family, Audrey and Phyllis Treworgy and their

children, Linda (freshman at college), Martha (GHS senior) and John (GHS freshman).

Kenneth Sawtelle offered his carriage and George "Buddy" Reed provided the horse. Mr. Sawtelle's old carriage had been safely hidden in the garage of the Treworgy home, and for about a month prior to the prom, Jim spent time secretly painting and restoring it.

On prom evening, Arlete was escorted by Jim in the freshly painted red "coach." Arlete was dressed in a pretty yellow gown and shawl with elbow length gloves. The gown had been shared with Arlete by her "sister host," Linda. Jim wore a fancy white Tux and coordinating white shoes.

The couple left the Treworgy home via horse and carriage driven by Harlan Elwell with George Mitsmenn serving as footman. They travelled in style through Gorham center and made a grand entrance at the Gorham High School prom.

Any one with a question or more information may contact Wilma Gould Johnson at [iamwilma@comcast.net](mailto:iamwilma@comcast.net)

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# Enjoying a Meal in a Mug



Photo credit Gail Platts

Gorham Recreation held a recent Mug Meal program with members of the community. Gail Platts created recipes for single-serving meals and dessert that can be cooked in the microwave in a mug. On this particular day, participants enjoyed lasagna and “cookies and cream” cake for dessert while catching up on the latest news in the Gorham Times. Pictured at the head of table: Jane Moody, (L to R) Toni Helming, Alice Hatch, Peggy Gates, Pat Fodrocy, Fran Fogg, Anita Morin, Rhonda Millett, Barbara Lewis, Barbara Craig, and Thelma Domkowski.

# Lettuce be Healthy

BARBARA T. SCHNEIDER

Spring’s arrival signals warmer weather. Preparing lighter fare helps to get our bodies out of hibernation mode. Here’s a dish that takes advantage of the frozen seafood that is abundantly available to us. Not only do we have a lot of options but the

prices are reasonable and the final product looks like we slaved away all day in the kitchen. This yummy Paella recipe is an easy one and can be modified for your own family’s taste. The spicy nut crunch is a healthy snack and can also be modified, perhaps adding raisins or dried cranberries. Enjoy!

## Paella

Drizzles of olive oil for sautéing  
 3 – 4 cloves garlic, minced or crushed  
 1 large Spanish onion diced  
 1 large red bell pepper, diced  
 1 14 oz can diced tomatoes, drained  
 1 cup frozen peas  
 1 lb shrimp, cooked, deveined, no tail  
 1 lb (or bag) frozen squid rings and octopus pieces, cooked and pre-cleaned

1 lb sausage (sliced)  
 ¼ cup chopped parsley  
 Juice of 1 lemon  
 ½ tsp turmeric  
 1 Tb paprika  
 Pinch of Saffron  
 2 cups yellow rice  
 1 quart stock (chicken or vegetable)  
 Dash red pepper flakes

In a pre-heated skillet or Dutch oven, sauté onion, garlic, red pepper and sausage in drizzles of olive oil until softened. Add rice, saffron red pepper flakes and tomatoes; let cook (stirring occasionally) for a few minutes. Add stock and let simmer till liquid is absorbed. Add shrimp, seafood mixture and peas, mix gently. Let sit with top of pot on for a few minutes to heat through. Add parsley and lemon juice; again stir gently. Serve warm & enjoy!

## Spicy Seed Crunch

1 can garbanzo beans, rinsed and dried  
 ½ cup raw pepita seeds (pumpkin)  
 ½ cup raw sunflower seeds  
 1 cup walnut pieces  
 1 cup almond slices  
 1 tsp paprika  
 1 tsp cumin  
 1 tsp chili powder  
 1 tsp turmeric  
 Light drizzle of olive oil to coat the combined ingredients

Preheat oven to 400 degrees. Combine all ingredients in a large bowl, drizzle lightly with olive so seasoning adheres. Spread mixture in a single layer on two cookie sheets sprayed with PAM. Roast for approximately 10-15 minutes; watch closely to keep from getting too brown. Remove from oven and cool completely before storing in an air tight container. Enjoy!

# Fertilizing Container Planting Correctly

LINDA TREWORGY FAATZ

Container plantings add a spot of interest in our gardens, however, most containers have little soil to sustain a healthy plant. Watering and fertilizing need to be more frequently. Proper fertilization is essential for achieving good-looking window boxes and planters. Here is information to help you decide which fertilizer is best. Remember to always read the label first.

Time-Release Granular Fertilizer is used on heavy feeding plants. Do not use it if your potting soil already has it mixed in.

Liquid Fish Emulsion is great on edibles because it is a good organic alternative to all-purpose synthetics. Do not use on plants that are overly stressed because effects won’t be quick enough to help. It may attract rodents.

Liquid All-Purpose Fertilizer can be used on most plants biweekly to maintain average plant health. Do not use in the hottest, sunniest part of the day because the salt base splash will burn the foliage.

Bloom Booster Liquid Fertilizer can be used on heavy flowering annuals. Not to be used on foliage plants that do not flower.

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# It Is Not About the Game

STAN SKOLFIELD

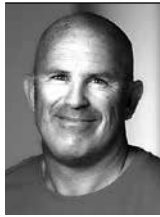
All too often, student athletes seem to only get excited about games or statistics. Many of them believe that the outcome of the game is what really matters and that is what sports is all about. If you are one of these folks, I'm here to tell you that you are missing out on the more valuable lesson about being an athlete.

Growth and development in sports and life is not the result of games, wins, or losses. Where life happens is in the trenches training, on the field practicing, and in the library studying. Growth and development comes from the process of doing the work. This is where great athletes and outcomes are forged. This is the area that athletes should get the most excited about.

Some of life's biggest lessons occur while you are doing the work. You learn the value of 100% effort, what it means to be committed to the weight room. You learn the importance of discipline by forgoing video games to study for an exam. You realize the results of setting goals for yourself. For many, the construction of your character occurs during the process.

Much in our culture is about instant gratification. If you want your food cooked in a minute, you throw it in a microwave. If you want to get a piece of information in a nano-second, you go look it up on the internet. Want to get in touch with anyone at any time? Grab your cell phone.

Unfortunately it doesn't work like that in athletics and scholastics. You can not get great strength, speed, agility, power, confidence, or good grades without committing to the grind. The process is about showing up every day and putting in the work. If you get excited about the process, the outcomes are going to take care of themselves. You are going to outlast all of your competition and stand exactly where you dreamed you would be.



Stan Skolfield is a Certified Athletic Trainer and a Certified Strength and Conditioning Specialist. He is the Manager of the OA Performance Center as well as Athletic Training

Services and has over 20 years of experience developing athletes from six years old to the pros.

## Town Budget CONTINUED FROM PAGE 1

On the Town side, the proposed budget is \$14,740,743, an increase of 4.7% over last year's budget. \$7,964,521 will come from property taxes and \$6,651,370 will come from other revenues. The increased costs include \$50,000 allocated for the Senior Property Tax Relief program, a half-time customer service position for the Town Clerk's office, an additional supervisor for the Police Department to provide more flexibility in shift assignments and to help reduce the need for overtime, and a part-time mowing/turf management position for Public Works to provide general maintenance of recreational fields.

The Fire Department has seen the number of calls increase to a daily average of 8.4 (primarily medical emergencies). In 2017, the Town could not provide an ambulance to respond to calls 221 times and had to rely on mutual aid. The Fire Department would require six additional full time staff personnel to staff the second ambulance, but this is not considered a viable financial possibility for the Town at this time.

The Town Manager is proposing having per diem paramedics and EMT's to staff the second ambulance. They would work no more than 30 hours a week and would not receive any benefits. Other communities, including Windham, have adopted this approach as a way to supplement their emergency response capabilities.

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### Gorham Yoga Company celebrates 1 year anniversary!

Come celebrate with us on **Friday, May 11<sup>th</sup>**, from 6-8 p.m. with a free wellness fair! GIVEAWAYS of gear, essential oils, vendor gift cards, and of course...YOGA! You won't want to miss this special event. We would love to celebrate with you!

# Sprinklers to be Required for New Homes

SHERI FABER  
Staff Writer

Following a 90-minute workshop by the State Fire Marshal's Office on the value of sprinkling new residential construction, the Town Council voted 7-0 to send the matter to the Council's Ordinance Committee. That committee voted 3-0 to support the proposal and has sent the matter back to the Council for a final vote.

The ordinance will take effect immediately and calls for all new residential construction to have sprinklers. The average cost for sprinklers is based on the square footage of the building. Over the past twelve years that cost has been about \$2.08 per sq. foot. Those residences which are on city water will have a lower cost than those on private water. Homes with sprinkler systems will see a savings on their homeowners insurance.

The National Building Code and Life Safety Code has required one and two family homes to have sprinklers since 2011. Maine did not include that section when it passed the state fire code.

According to the Underwriters Laboratory which tests all types of appliances including extension cords, thirty years ago residents had approximately 17-20 minutes to escape a fire in their homes. Today, they have three minutes to escape due to the flammability of materials used in the construction of homes as well as those of furnishings.

Fire Chief Robert Lefebvre

describes having a sprinkler system as "comparable to having a fire truck always in your home. The sprinkler system will react to a fire in under two minutes sending out 18-24 gallons a minute whereas the Fire Dept. hoses send out about 175 gallons per minute. Usually, one or two sprinkler heads which are located closest to the fire will control it and will do substantially less water damage than the Fire Dept. would have done in fighting the fire."

In addition, it will take the Fire Dept. much less time on site to inspect everything after a fire where sprinklers are in use, ultimately leading to less manpower. Chief Lefebvre points out that Gorham still has substantial potential for growth as there is a great deal of vacant land in town. Sprinklers will decrease the impact on the Fire Department.

Lefebvre cited a fire back in the late 1980s at Sigma Nu, a fraternity house on School St. Bathroom renovations were being done and a soldering iron had sparked a fire in the wall. It became a four-alarm fire that took eight hours to address before it was contained by responding firefighters from Westbrook, Windham and Scarborough.

When the property was rebuilt, sprinklers were installed. Several years ago, there was an arson fire in a bathroom at Sigma Nu. Due to the sprinklers, it was out by the time the Fire Dept. arrived. They mopped up, replaced the sprinkler head, and were done in about 25 minutes.

## Real Estate Transfers November 2017

ADDRESS	BUYER	SELLER	PRICE
PLUMMER ROAD	SEE HUSEN, DAVID & LISA	DURGIN, DAVID	\$78,000
14 OLD OAK LANE	ENCORE PROPERTIES, LLC	WOODCOCK, HARVEY JR.	\$124,456
179 HUSTON ROAD	CHANDLER, CHAD	ROSIER, LAURA	\$172,000
GREAT FALLS ROAD	DONALCO, INC.	KARTWELL, JOCELIA	\$55,000
DINGLEY SPRING ROAD	ROBIE CONTRACTING, INC.	RANDALL, TAMMY	\$76,000
263 HUSTON ROAD	LALUMIERE, SCOTT	ESTATE OF ALICE HODGKIN	\$95,000
168 OSSIPPEE TRAIL	ARNOTT, JESSICA & METCALF, MARY	HILL ST. APTS. LLC	\$236,000
52 MORRILL AVE.	NORBERT, COLLEEN M..	CONWAY, NANCY	\$220,000
132 SOUTH STREET	BOWERS, LUCILLE & JEFFREY	BOWERS, BRUCE	\$170,000
13 BRYDON LANE	APRIL, CODY & MORGAN	HUMISTON, STEVEN	\$235,900
4 BEE HAPPY WAY	KENNY, BRIAN & SARAH	RENY, BETH ANN	\$383,000
16 MOSHER ROAD	KIMBALL, MYLES & FULLER, MORGAN	DIGITAL B, LLC	\$200,000
101 SHAW'S MILL ROAD	SLC ENTERPRISES, LLV.	DEUTSCHE BANK NATIONAL TRUST	\$187,000
52 WESCOTT ROAD	O'CONNELL, MICHAEL & MCNEIL, MARLENE	BEAULIEU, KARI & GWENDOLYN	\$255,500
9 LACEY'S WAY	COMMEAU, SAMANTHA	WILLIAMS, LYNN	\$340,500
9 RIVER'S EDGE DRIVE	J & J REALTY TRUST PARTNERSHIP, LLC	HEATH, JESSICA	\$365,000
36 WATER STREET	PAITON, AARON	GRASSI, VINCENT	\$270,000
29 LAURA LANE	DRUMMOND, ERIC & DOUGLAS	EC BUILDERS, LLC	\$329,900
SOUTH GORHAM CR., UNIT 1	SEEDLINGS TO SUNFLOWERS	HANS C. HANSEN, INC	\$277,000
28 NORWAY ROAD	SPEAR, TIMOTHY & MANDY	ROBIE CONTRACTING, INC.	\$390,950
32 MALLISON STREET	ROLLINS, JAMES & MUNROE, JENNIFER	RODERICK, CHARLES & HAGMANN	\$231,900
24 LITTLE RIVER DRIVE	VANCE, KARI & RICHARDSON, CASEY	BOWERS, LUCILLE & JEFFREY	\$350,000
117 WOOD ROAD	SAWYER, EMERY	WEST, RUTH	\$190,000
59 BROOKWOOD DRIVE	MOORE, MANDY	YAEGER, MICHELLE & JEFFREY	\$230,000
135-137 DINGLEY SPRING RD	DEVINE VENTURES, LLC	D'AMICO, MICHAEL	\$300,000
76 BURNHAM ROAD	BEGLEY, JAMES	DRISCOLL, BRIAN & NEWMANN, JULIE	\$268,000
72 SHAW'S MILL ROAD	TOZIER, TOBEY & SMITH, MALLORY	PETERSEN, JOHN & THERESA	\$165,000
20 SHIERS MEADOW DRIVE	MCDONOUGH, PAUL & ALLISON	NORMAND BERUBE BUILDERS, INC.	\$410,000
61 OLD DYNAMITE WAY	YAEGER, JEFFREY & MICHELLE	MAINE PALS, LLC	\$427,000
97 DAY ROAD	SIBLER, JEFFREY & MICHELLE	TRADEMASTERS, INC.	\$357,500
123 FILES ROAD	KIRKWOOD, SUZANNE	TRILLIUM BUILDERS, INC.	\$370,000
109 NORTH GORHAM ROAD	DESMOND, KEVIN & BRUCE	LEONE, BRYAN & ANTOININE	\$274,000
117 MIGHTY STREET	MANZER, JEFFREY	MCKAY, JASON	\$218,000
WATERHOUSE ROAD LOT 1	DUBUQUE, THOMAS II	DAKIN, NORMAN	\$67,500
265 SOUTH STREET	SHAW, PATRICK	SEGER, RUEL	\$165,000
45 WILSON ROAD	DENHAM, JONATHAN & DECOTIIS, DAWN	CHASE, JEFFREY & VICKI	\$140,000
8 RIVER'S EDGE DRIVE	TANGUAY, AMANDA	BROWN, JR. TURSTEE BROWN LIVING TRUST	\$382,200
183 HUSTON ROAD	LOWERY, CYNTHIA	BARROWS, ZACHARY & ELIZABETH	\$183,000
19 FLAGGY MEADOW	ELLIS, ZEB & ESTEY, KARA	BIODIVERSITY RESEARCH INSTITUTE	\$320,000
22 SEBAGO LAKE ROAD	ZOLL, LAUREN	FIVE STAR HOLDINGS, LLC	\$215,000
174 ICHABOD LANE EXT.	SAM STRUMPH BUILDERS, LLC	GILBERT HOMES, INC.	\$89,900
27 WHIPPLE ROAD	CANCELLIERE, THOMAS & LAMPRON	SPARROW, HONEY	\$304,500
67 NEW PORTLAND ROAD	GUERETTE, DAVID & JESSICA	HUMPHREY, TRAVIS & SHONNA	\$195,000
25 SAMANTHA DRIVE	DOYLE, DONALD & LOLA	KALP, LARRY	\$291,000
23 SANBORN STREET	LANGVARDT, RAWLEY & MEGAN	ELLSMORE, KEITH & JOYCE	\$270,000
263 HUSTON ROAD	VESTPROP, INC.	LALUMIERE, SCOTT	\$105,000

## Grand Jury ~ April 2018:

Kenneth Billings, 51, of Limington was indicted for receiving stolen property and theft by deception on charges brought by Gorham PD.

Christopher Jenkins, 34, of Gorham was indicted for theft by unauthorized taking and theft by deception on charges brought by Gorham PD

Krystal Rolbiecki, 29, of Westbrook was indicted for burglary, theft of

a firearm, and theft by unauthorized taking on charges brought by Gorham PD.

Joshua Stone, 32, of Gorham was indicted for theft and theft by unauthorized taking on charges brought by Westbrook PD.

James Woodman, 50, of Gorham was indicted for theft greater than \$1000 on charges brought by Cumberland County Sheriff's Office.

## What to Expect on Election Day CONTINUED FROM PAGE 1

The Republican Party will have four gubernatorial candidates: Kenneth Fredette (Newport), Shawn Moody (Gorham), Mary Mayhew (South China), and Garrett Mason (Lewiston).

Under the ranked-choice system, a candidate must receive more than 50% of the votes cast. When more than two candidates are running, voters will be able to rank their choices. If one candidate does not get more than 50% of the votes after the first count, the candidate with the fewest votes will be eliminated. Voters who had ranked that eliminated candidate first would have their second choices added to the totals of those candidates they had ranked second. This would continue until one candidate has more than 50% of the votes.

In this election, Republicans will be able to rank four candidates while Democrats may rank seven candi-

dates. Voters may rank as many as they chose, that is, they can vote for only one, rank all candidates, or chose to rank any number of candidates. By making more choices, voters are assured that their vote will be counted in the final tally.

The Maine Supreme Judicial Court has ruled that ranked-choice voting, which voters approved in a ballot initiative in 2016, does not violate the state constitution for primary elections, clearing the way for the system to be used in this election.

Registered voters may request absentee ballots by calling or visiting the Town Clerk's office. Ballots will be mailed out after May 12.

**The Gorham Times will provide further information on the ranked-choice ballot question as well as the School Budget referendum in a later issue.**

## Gorham Schools Invest in New Learning Experiences



*Photo credit Kate Stevens*

Kate Beever recently brought her music program, Maine Music & Health, to several Functional Life Skills classrooms. She is pictured here with GHS students River Cummings (right) and Henry Jensen (middle), along with GHS community based education teacher Eric Lelansky (left).

ZACHERY MCGOULDRIK  
*GHS Student Intern*

Several of Gorham's schools, including the high school, middle school, and Narragansett Elementary, recently invited Gorham graduate Kate Beever

into several Functional Life Skill classrooms to help children with disabilities learn and cope through music.

Beever does this through her program called Maine Music & Health, which is helping to pio-

CONTINUED ON PAGE 17

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## At My Table

**Introducing a local dinner delivery service where customers can order and pay online.**

A new variety of foods are posted the 1st day of each month.

All meals are freshly cooked daily and dinner is served with salad, homemade bread, rolls, and dessert.

Meals delivered to each client by 6:00 p.m.  
*\*Please note: Order 24 hours ahead.*

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ATMYTABLES.COM OR CALL 319-4260**



# Gorham High School Third Quarter Honor Rolls 2017-18

**Grade 9 – High Honors**

Luke Adams  
Katherine Downey  
Ava Dolley  
Katherine Downey  
Andrew Duncan  
Emily Duncan  
Nathan Eichner  
Campbell Fowler  
Sydney Fox  
Mary Gawlick  
Reed Henderson  
MacKenna Homa  
Riley Johnson  
Riley Johnson  
Sophia Kaufman  
Joshua Labrie  
Shannon Lawrence  
Maya Lee  
Zakaria Lembarra  
Tess Libby  
Adele Nadeau  
Emily Paruk  
Alice Peterson  
Molly Rathbun  
Erin Sands  
Delaney Seed  
Nathaniel Smith  
Alison Walker

**Grade 9 – Honors**

Reighley Adams  
Dawson Allen  
Aidan Bell  
Madeline Berry  
Tatyanna Biamby  
Grace Bradshaw  
Logan Butler  
Beck Carrier  
Sierra Cummings  
Michael Darasz  
Hayden Desmond  
Robert Dowdle  
Jillian Dugas  
Vinh Duong  
Julia Edwards  
Aidan Enck

Grace Flynn  
Paige Fogg  
Gracie Forgues  
Sophie Gagne  
Lydia Gaudreau  
Brandon Gordon  
Stephen Graham  
Devyn Harrington  
Mason Hawkes  
Catherine Higgins  
Sia Hyson  
Henry Jensen  
Richard Jiang  
Benjamin Johnson  
Evan Koenig  
Ryan Kratzer  
Katherine Kutzer  
Sophie Lachance  
Sadie LaPierre  
Alexander Leary  
Joshua Lehmann  
Griffin Loranger  
Natetra Ly  
Kylie Mathieson  
Cadence Mercado  
Olivia Michaud  
Oliver Milliken  
Kathryn Morin  
Molly Murray  
Ryan Murray  
Grant Nadeau  
Emmeline Nelson  
Liam Nickerson  
Ian Obrey  
Brooke Phillips  
Skylar Prince  
Caitlin Randall  
Braedyn Richardson  
Cassidy Rioux  
Morgan Roast  
Devin Robichaud  
Sophiah Rodrigue  
Sophia Sawyer  
Cody Smith  
Hannah Smith  
Xander Tillman

Bailey Wentworth  
Marissa Wilson  
Wesley Young

**Grade 10 – High Honors**

Evan Chambers  
Madison Firmin  
Aaron Jones  
Henri Kuntz  
Ethan Mercier  
Peyton Morton  
MacAllister Moss  
Ryan Reno  
Camden Sawyer  
Madisen Sweatt

**Grade 10 – Honors**

Ethan Allen  
Grace Andrews  
Nicholas Batchelder  
Carson Battaglia  
Patrick Bishop  
Elizabeth Blanchard  
Laura Bolduc  
Anthony Booth  
Haley Burns  
Vicky Chen  
Brandon Chhoeung  
Colby Christakis  
Rachel Collomy  
Emily Crepeau  
Tatyana Cruz Thompson  
Kasey Cummings  
Garrett Devoe  
Faith Dillon  
William DiPietrantonio  
Connor Donnelly  
Mia Donnelly  
Ryan Doughty  
Isabelle Emerson  
Tyler Farris  
Ryan Gaudreau  
Kevin Goodnow  
Lauren Green  
Bryce Gurney  
Joseph Hansen

Maeve Higgins  
Ashleigh Hotham  
Erin Hume  
Paige Hume  
Nolan Irish  
Katarina Jenkins  
Elyssa Johnson  
Cortnie Jones  
Brady King  
Iris Kitchen  
Lucas LaMontagne  
Brittney Landry  
Haley Lowell  
Nolan McCullough  
Abigail Miller  
Anna Nault  
Jillian Nichols  
Lindsey Nygren  
Abigail O'Brien  
Samuel Orlando  
Kyle Ouillette  
Emma Owens  
Marin Perry  
Andrew Rent  
Peter Richards  
Seth Richardson  
Margaret Rimkunas  
Gianna Romatis  
Veronica Steiner  
Nickolas Strout  
Julia Sturgis  
Luke Tarbox  
Kiana Tracey  
Lydia Valentine  
Isabella VanZandt  
Samuel Waggoner  
Kacie Walton  
Alana Weed  
Quinn Young  
Jacob Zelmanow

**Grade 11 – High Honors**

Kyren Bettencourt  
Caitlin Chasse  
Maiya Christiansen-Carlson  
Brandon Cummings

Caroline Dowdle  
Matilda McColl  
Libby Mitchell  
Anna Rathbun  
Alice Riiska  
Simon Roussel  
Leah Scontras  
Ian Stultz  
Sarah Walker  
Erin Wentworth  
Brooke Woodbury  
Bruce Wyatt

**Grade 11 – Honors**

Maggy Aube  
Fatima Batool  
Aaliyah Biamby  
Lexa Bibeau  
Kevin Blake  
Courtney Brent  
William Burns  
Isabel Courtney  
Angelana Darling  
Ryan DeSanctis  
Brittany Desjardin  
Grace DiPhilippo  
Julia Downey  
Jacob Dupuis  
Riley Ferrigan  
Gabriella Gagne  
Avery Germond  
Trevor Gray  
Jeremy Harris  
Joshua Hayward  
Autumn Heil  
Mackenzie Holmes  
Spencer Keating  
Evelyn Kitchen  
Libby Knudsen  
Kate Larkin  
Abigail Leonard  
Thomas Light  
Griffin Lord  
Lydia McCrillis  
Evan Morrell  
Hailey Morrill

Gretchen Muehle  
Margaret Munkacsi  
Kathryn Nason  
Benjamin Nault  
Thomas Nelson  
Katherine O'Donnell  
Olivia Paruk  
Samuel Pocock  
Jacob Roberts  
Samantha Robichaud  
Samantha Rockwell  
Callie Russell  
Hallie Shiers  
Sara Slager  
Caelyn Smith  
Sarah Stevens  
Grace Terry  
Jayde Trafion  
Mackenzie Young

**Grade 12 – High Honors**

Courtney Cushing  
Aaron Farr  
Meadow Fortier  
Brooke Greatorex  
Kaitlyn Jodoin  
Hannah Libby  
Emelia Nejezchleba  
Alexander Ousback  
Sean Pocock

Bridget Rossignol  
Madeline Rossignol  
Jonathan Scribner

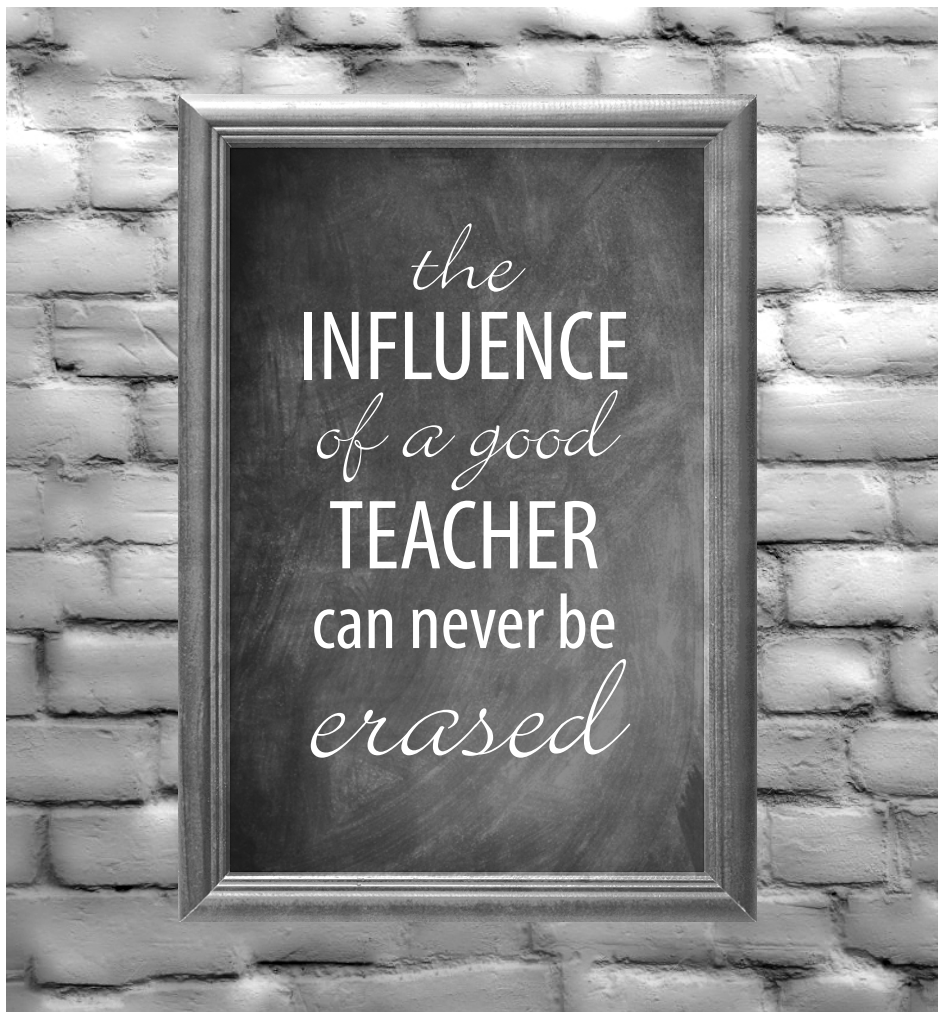
**Grade 12 – Honors**

Asal Bahmani  
Clayton Bassingthwaite  
Caitlyn Beaulieu  
Jessica Bennett  
Vanessa Berrill  
Hayley Bickford  
Lindsey Boylen  
Matthew Campbell  
Emily Chapin  
Anthony Chase  
Claudia Daigle  
Bennett Donohue  
Vy Duong  
Benjamin Eichner  
Alexis Fottler  
Olivia Garand  
Kate Gilbert  
Emily Goriss  
Andrew Harjula  
Shayla Harris  
Maxwell Harvey  
Saoirse Herlihy  
Garrett Higgins  
Madison Hinchey  
Sarah Johnson

Heather Jordan  
Ryan Kaczmarek  
Kyle King  
Karalyn Kutzer  
Samantha Langevin  
Shelby Leach  
Grace Libby  
Sierra Lumbert  
Zachery McGouldrick  
Madison Mitchell  
Camryn Morton  
Emily Murray  
Benjamin Nelson  
Deidra Perreault  
Megan Polchies  
Lucas Roop  
Michelle Rowe  
Clara Santos  
Asma Sayed  
Anna Slager  
Josephine Smith  
Stefan Street  
Nora Susi  
Christopher Tucker  
Claire Valentine  
Abigail vanLuling  
Rylie Wareham  
Simeon Willey

**A Notice from GMS about Honor Roll Postings:**

Gorham Middle School is posting the student honor roll in a new and different way given our on-going work transitioning to Proficiency Based Education, and using two different grading platforms (JumpRope and Infinite Campus) in seventh and eighth grades. Honors and high honors are now reported by content area and are constantly changing, therefore, they will not be published in the paper quarterly. Use this live link ([https://docs.google.com/spreadsheets/d/1RITOS\\_eCKEY5-MeFI\\_o5vWm3kZ7X8N-syzlWMKQzH4/edit?ts=5a983a5b#gid=0](https://docs.google.com/spreadsheets/d/1RITOS_eCKEY5-MeFI_o5vWm3kZ7X8N-syzlWMKQzH4/edit?ts=5a983a5b#gid=0)) to view the honor roll. Please contact the middle school office if there are any errors and they will be fixed quickly. The honor roll will also be posted on the school's webpage.



**Thank you  
Gorham teachers  
for all that you do.**



*Please join us on Mother's Day.*

We are currently taking reservations for the day from open to close (11:00 a.m. to 8:00 p.m.)

**MENU WILL CONSIST OF THE FOLLOWING ITEMS IN ADDITION TO OUR FULL MENU:**

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**Friday and Saturday 11:00 a.m. to 8:30 p.m.**

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# BackPack Program Takes off in Gorham Schools

ERIN WENTWORTH  
GHS Student Intern

Gorham fosters a close-knit community, and the members of this community are looking out for one another. The rapid growth of Gorham's BackPack Program is just one example.

The program was started in the fall of 2017 by Heather Whitaker, a teacher at GMS, and Thom Courtney, a GMS social worker, alongside Jen Baker, a social worker from Village School.

Since its start-up, it has grown to support 40-50 students district-wide per week, and has been able to expand the resources it provides to them.

Students in grades K-8 receive a packed bag every Friday that is put in their backpack to be taken home for the weekend. A weekly bag for younger students may include items such as pasta, applesauce, chicken noodle soup, granola bars, and more. Each bag weighs about ten pounds.

High schoolers are encouraged to advocate for themselves; there is a closet in the school that can be accessed by any student at any time. Because of community support, the program has recently been able to start giving snacks to students during the school day. Toiletries and other basic items are also available.

As the program grows, more volunteers are joining its ranks. There are

currently over 50 parent volunteers who give their time to take inventory, order and pick up food, pack and deliver bags, plan fundraisers, and complete other tasks. Generally, around eight to ten volunteers participate on bag packing days.

"It is because so many people in the community have offered support financially or by volunteering that the program is so successful," said Whitaker. "We wouldn't be able to do it without parent volunteers and donations."

The program is constantly fundraising, as it needs to purchase any food that isn't donated. So far, the program has raised around \$20,000, nearing its goal of \$25,000 per year. Donations have been received from groups such as the Gorham Educational Foundation and the GHS Student Council, as well as from local businesses and community members.

As the program continues, its founders wish to implement a plan to send home food with students over long weekends and vacations, and hopefully find a way to continue support through the summer break. While they anticipate growth, they want to make sure they can sustain the work that is already happening.

Donation checks can be made out to: Gorham School Department with BackPack Program written on the memo line. A receipt will be mailed back. Please send the check to: Hollis



Photo credit Thom Courtney

Betsy Gorneau (left), from the Redeemer Lutheran Church, presented Gorham Middle School teacher Heather Whitaker (right) with a donation for the BackPack Program. The congregation selected the BackPack Program as its charitable project for the year, donating food and money since the start of the program in the fall.

Cobb, Finance Officer, Gorham School Department, 75 South Street, Gorham, Maine, 04038.

If interested in volunteering, making a donation, or if you want to learn more information, please contact a program coordinator. Baker is

the coordinator for the elementary schools, and can be reached at [jennifer.baker@gorhamschools.org](mailto:jennifer.baker@gorhamschools.org), 222-1300. Whitaker is the coordinator for the middle school and high school, and can be reached at [heather.whitaker@gorhamschools.org](mailto:heather.whitaker@gorhamschools.org).

## Restaurant Hours

Sun-Thurs:  
11 am to 11 pm

Fri & Sat:  
11 am to 12 am



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\* Annual Percentage Yield (APY) effective 4/23/18. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit [www.fdic.gov](http://www.fdic.gov) or contact your financial advisor for additional information. Subject to availability and price change. CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).

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\*Check your latest bill for "Small General Service" next to "Delivery Charge."



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# Here's What Our Members Are Saying

**Ryan Hemingway, 38 – Dental Assistant** – I've always used lack of time as an excuse not to exercise. Life gets busy with work & kids but 9Round has changed that for me! It's only 30 minutes out of my day, any time of day that works for me. Ted & Melissa are an excellent team always willing to take time and answer any questions to help you reach your fitness goals. I've been going to 9Round for 7 weeks now and feel great! I have more energy throughout my day and look forward to my workouts! Wonderful supportive staff that makes the hard work fun!

**Anna Sedenka, 37 – Teacher** – I really enjoy my workouts at 9Round! I love that the workout changes every time I go. I also love that I can get a really great workout in in 30 minutes!

**Breanna Pierce, 41 – Customer Service** – Since joining 9Round, I've been enjoying increased energy and strength. The easy to follow 9Round nutrition plan accompanied by the amazing workouts has resulted in 18lbs lost! With a quick and challenging 30-minute workout 9Round, has become a convenient way to fit working out into my busy lifestyle.

**Natalie James, 40 – Domestic Goddess** – So thankful to have a new, fun and different place to work out in Gorham. Ted and his people make for a fun environment. The 30 minutes fly by!

**Amanda Balsamo, 22 – USM Student** – I've learned a lot my first few weeks at 9Round and I can't wait to continue improving! It's the best 30 minutes for me to de-stress as a student and feel good about myself.

“**Philip Rumery, 54 – Firefighter** – Love it! I look forward to coming here. What I like most is that it is structured. I go to a typical gym and am not sure what to do. Staff here at 9Round is the best! They lead you every step of the way. In just a half hour I am done. I feel great! FUN! FUN! FUN!”

**Charo Buckless, 46 – Beautician** – It's fun! It's great! Most inspiring workout! Most of all, I love Ted's Red Socks!

**Melanie Mauro, 29 – Licensed Clinical Social Worker with a private practice in Sports Performance mental training** – As a former Division I gymnast I have dedicated most of my life to fitness and strength training. I tend to push myself to the max and I am always looking for the next challenge. When I came to 9Round, I was looking for a gym that could challenge me but most importantly, a gym where I could have fun and enjoy my workout. 9Round is where it's at! The coaches are so energetic, informative and supportive. I look forward to my workouts every day. Not to mention, the FREE nutrition planning.

“**Violet James, 10 – Great motivation, amazing trainers, awesome workouts, fun stations and I have an awesome time with everyone, especially with my mom!**”

**Kelly Sturmer, 47 – Banker** – I've lost 9 lbs and inches around the middle. I now need a belt for my snow-pants. Before 9Round they did not zip or snap. I love the in and out workout around my schedule.

**Kelsey Hill, 30 – Dentist at Morgan-Hill Dental Care** – I am so excited to have 9Round here in Gorham! As a local dentist, it is so convenient to be able to stop by and get a great workout in. I am 6 months pregnant and still going strong. Ted and Melissa have done a wonderful job accommodating me and my soon-to-be little one.

**Andy Lawhead, 49 – Physician's Assistant** – An excellent way to achieve a full body workout in a set amount of time. Facility is clean and staff are both motivating and knowledgeable. Highly recommend.



**Nina Alves, 52 – Logistics Coordinator** – WARNING... ..9Round is addicting! The workout is incredible, the staff is awesome, and it is absolutely the best 30 minutes of my day! In just 30 minutes the workout is complete and you are “exhausted and pumped” all at the same time! Wearing the heart rate monitor and being able to see how your workout is going keeps you competitive with yourself! The schedule is perfect...whenever YOU have time to work out it is there waiting for you!!! Thanks Ted and team! You make my day with all the positive energy, encouragement and training!!

**Jason Yahwak – Pulmonary / Critical Care Physician** – 9Round provides an excellent workout in a short amount of time. I have been going to 9round for the past 5 weeks and have noticed a significant improvement in my energy level and physical conditioning. I especially appreciate the science behind the workouts. Complicated exercise physiology is translated to an easy to understand heart rate monitoring systems allowing me to maximize my cardiovascular health with every workout. It's also a lot of fun and I get to hit stuff!

**David Willis, 35 – Realtor** – Originally, I was drawn to 9Round by the flexible schedule (no class times), but after one 30-minute workout I was hooked. You get a full-body workout in 30 minutes and the routine changes daily to keep things fresh.

**Susan Mersereau, 62 – Retired Dental Hygienist** – I feel I can't say enough about my experience at 9 Round. I went to 9 Round because it is close to home and you complete the workout in half an hour. I needed to improve my cardio vascular health and feel better, feel more energized. I have been happy there and look forward to my workouts at 9 Round. I love the friendly and helpful trainers. It is a good environment and a great workout. I have lost inches, my clothes fit better and I feel good. I will continue to go and to get stronger and improve my stamina and rev up my metabolism.

**Jennine Cannizzo, 58 – Self-employed** – Kudos to 9Round for providing me with a great, metabolic workout. The trainers are great with modifications as needed throughout the circuit to accommodate me. I'm managing my heart rate, maximizing my efforts and am energized by the new routine every day! Plus, I have no excuse not to go work out – It's on MY schedule!

“**Kaileigh O'Neil, 30 – Administrative Assistant, IDEXX** - Since joining 9Round when they opened, I have completely changed my workout schedule. Before I would take spinning and circuit training classes when it worked with my schedule. Now I am there 6 mornings a week! After my first 9Round work out, I was hooked. It is so much fun and the time just flies by – before I know it, my 30 minutes is up and I've burned 350-400 calories! They completely set you up for success – with the amazing trainers motivating you every step of the way to the meal plans you can follow. I have lost just shy of 20 lbs. and I have more energy than ever! If you have not tried it, you definitely should!!”



# Believe you can and you're halfway there. - Theodore Roosevelt

“

**Sally Group, 75 – Pediatric Physical Therapist – 9Round is a fast, friendly, efficient and safe workout system. The trainers are always present and give individualized safety, form, technique and intensity tips throughout each 30-minute session. The technology / science (ie., heart rate monitoring, intensity ranges, etc.) is teaching me how to work out more efficiently and safely in other programs I participate in as well. ”**

**Joan Anderson – Educator - I have done yoga for years along with spinning and other forms of fitness classes. Yet with attending the 9Round program for the last couple months I have noticed definite improvement in my upper body strength. Even though I will occasionally trip on the jump rope I can now jump for a full 3 minutes. That, and with kickboxing and boxing, there has been improvement in my cardio status. The clients of 9Round are good, friendly people. The owners, Ted and Melissa, are very knowledgeable and help tailor the program to my goals. They have a holistic approach to health and wellness including the importance of nutrition. I would recommend 9Round to anyone.**

**Rachel Martin, 35 – Accounting Manager – I love 9Round! I'm a busy mom of two kids and work full-time, so it can be challenging to find time to work out, but with 9Round it's okay if I'm not on time or running late, I just jump in the next round! The 30 minutes is a great full body workout and the trainers are amazing!**

**Katie Garrity, 34 – School Social Worker – I never saw myself as a person who would live kickboxing, but I absolutely love it! I feel like I'm getting stronger after just a few weeks and it is such a supportive environment.**

“

**Kristin Bush, 32 – Mother of 4 – I have seen a great improvement in my fitness level since I joined 9Round! I love how much is fit into a 30-minute workout! It is very efficient and fits well into a busy lifestyle. ”**

**Larry Moores, 65 – Retired Engineer – The 9Round workouts have improved my upper body strength as well as improved my balance, agility, and hand-eye coordination. It is a quick, intense and satisfying way to get your body in shape!**

**Joni Vickery, 47 – 9Round is a great compliment to my lifting routine. The coaches are great! They are always on the floor helping us (not looking at their cell phone or hiding in an office)! Fast, fun with no class times makes it super convenient.**

**Beth Valentine – Lawyer – A great workout in under 30 minutes start to finish. The trainers are encouraging and friendly.**

**Amy Peck, 41 – Oncology Sales Rep – Whoever thinks a 30-minute workout can't completely kick your butt & torch calories has never tried 9Round! Highly recommend! Thank you 9Round!**

**Calvin Brannon, 25 – Mechanic – Since joining 9Round I have lost about 15 lbs and my work pants now actually fit. I've also noticed increased cardio fitness in the other sports I do because of 9Round. I used to consider myself fairly athletic and in shape, but after starting 9Round I realized how not in shape I was. Not to mention how convenient 9Round is.**

**Francine Alves – Teacher at Great Falls - I have been working out in gyms for over 30 years, but 9Round is the best workout I have found in a long time!! It is fun, energizing and the results are immediate! I feel stronger and healthier in just 6 weeks! The atmosphere is positive, the staff is knowledgeable and the work out is addictive!**

**Jill Bloomgren, 36 – Registered Nurse – Best decision I've made yet! 9Round gets me motivated and off the couch. It's quick and always a positive atmosphere and the workouts always change so it keeps you learning.**

“

**Rob Lavoie, 39 – Chiropractor - Having young kids and running a busy practice makes it nearly impossible to find time to consistently work on myself. At 9Round, you can walk in any time and have a quality workout in just 30 minutes. The heart rate monitoring ensures you are not cheating yourself or pushing too hard. Plus, who doesn't like putting on the gloves and punching your stress away! ”**

**Adam, 38 – Not having to wait for equipment or classes makes 9Round ideal for those on the go. The atmosphere is welcoming and the support from trainers and other members makes you really want to push yourself.**

**May Promotions**

**10% Off 6-Month Pay-In-Full Rate**

**20% Off 3-Month Pay-In-Full Rate for Returning College Students**

**5, 10 & 20 Workout Punch Passes (Limited quantities available only in May)**

**Mother's Day Punch Pass Gift Packages Starting at \$99**

**Normajean Huntley, 49 – Commercial Loan Specialist – 9Round is simply awesome! Excellent workout with enthusiastic, energetic trainers that push you to give your all. I am losing weight, feeling stronger and gaining much needed confidence. All around feel more energized, happy and healthy.**

**Jennifer Smith, 48 – I love the 9Round workout because it is never boring – it is never the same. It is also measurable. I can see where my heart rate is during the workout and a summary at the end.**

**Kristin Rofe, 37 – Sales – I joined 9Round because I needed something fast-paced, with variety and that was efficient and effective. So far, I'm down 10 lbs and have lost 5" in my hips, 2" in each thigh, and I've GAINED strength and confidence beyond measure! It's fun and fast and gives me focus!**

**Rebecca West – Educator - 9Round not only fulfills the promise of a full body workout, but I'm seeing results and feeling great! Being a busy working mom, it's so challenging to fit in time for me. I want to stay healthy and strong. 9Round offers me the opportunity to go at any time. The knowledgeable trainers make you feel welcomed and motivated the second you walk through the door. Whether you are a beginner or workout often, the trainers guide you with each exercise. You will never get bored as each day there's a new workout exercise for each station. So put on some gloves and punch away!!!**

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SEE MORE 9ROUND TESTIMONIES ON PAGE 19



# Seeing Math in a Different Way

JAMIE DOUGLASS  
Staff Writer

Ask most of the elementary kids in Gorham who Greg Tang is and they are likely to get excited and tell you that he has a fun math website ([www.GregTangMath.com](http://www.GregTangMath.com)). If they are in the fourth or fifth grade at Great Falls School, they are also fortunate to have homework that he has created.

Approximately three years ago, several Great Falls teachers attended a Tang workshop and started switching from the then popular Xtra Math website to Tang's in an effort to improve math fluency as well as interest in learning.

The former website used timed repetition, like digital flash cards. The latter conveys the same information, but in a series of games that unlocks the voracious competitive learner in each child. The games are engaging and have many levels of fluency.

Over the last three years the popularity has caught on. All three of Gorham's elementary schools have several teachers using his methods and/or website to engage students in mathematics. The hope is to get students to stop finger counting and to encourage grouping of pairs that equal ten while adding. For example, getting them to see  $6+4$  over  $6+6$ .

On April 4, Tang visited Great Falls students during the day and hosted a workshop for parents later that evening at Gorham Middle School. During the workshop, Tang had a set of math problems for parents. Some were puzzles he created, such as NumTanga, in which students have nine different blocks with four portion sizes. It is laid out like Tic Tac Toe. Other puzzles include Kakooma, Equato, Snake, and Ten Frame Mania.

Most profoundly moving for most



Photo credit Lori Rumery

Great Falls student Shawn Rumery is pictured with Greg Tang, who recently came to Gorham and hosted a math workshop for students and parents.

parents in attendance was the sampling of SAT and other standardized test word problems that Tang not only included, but went over with a revolutionary approach to solving them. His method tries to simplify the process and leave less room for errors that occur by forgetting just one piece.

Tang has heard many stories of graduates who once longed to be doctors or get into the Ivy League schools on sports scholarships, but didn't meet the math requirement of the SATs. They therefore settled for a second or third choice college and career. He wants to see this change.

Stephanie DeVinney, who has a fourth grader and Kindergartener at Great Falls, said, "I wish I had these techniques as a kid and for the SATs."

From his Twitter account Tang said, "My goal is simple. Help kids become smart, well rounded individuals, who love to learn."

# Robotics Team Competes at District Events



Photo credit Rebeca Laffan

Team 172 Northern Force, comprised of Gorham and Falmouth members.

SIMEON WILLEY  
GHS Student and  
Robotics Team Member

Team 172 Northern Force competed in two district events: one at Worcester Polytechnic Institute (WPI) and the other at the Lewiston Coliseum.

At the WPI District Event, Northern Force made it to the playoffs and was a second round pick on the second seed alliance. However, the team was knocked out in the quarterfinals.

Northern Force's next event was the Pine Tree District Event where the team made it to the playoffs and were a first round pick of the eighth seeded alliance, but knocked out once again in the quarterfinals.

At the Pine Tree District Event,

Northern Force won the District Engineering Inspiration Award, the second highest award, qualifying the team to compete for the District Championship Engineering Inspiration Award in Boston. They competed for the award but did not win, thus ending the season.

Longtime coach of Team 172, John Kraljc, was awarded the Volunteer of the Year Award. It is "presented to an individual, business, or organization that consistently excels in their efforts, with proven results in the areas of Impact, Leadership, Personal Commitment, Community, and Historical Contributions."

Gorham team members included four-year veteran Simeon Willey and second year member AJ Booth.

# The Power of Yet



Photo credit Stacey Sawyer

C.J. Luckey surprised Great Falls students with a Power of Yet assembly last month.

ABIGAIL CHAMBERLAIN  
Fifth Grade Student at Great Falls

Last month, Great Falls Elementary School had a surprise assembly. Not just any assembly, a YET assembly.

Great Falls has been working on keeping a growth mindset (positive attitude) while learning. This growth mindset idea can also be called The Power of Yet. By putting the word yet at the end of your statement, it changes what you're saying entirely.

For example, a student could be struggling in math, and instead of saying, "This doesn't make sense. I don't get it. I don't know the answer," closing the doors of possibility for that to change, the student could say, "This doesn't make sense YET. I don't get it YET. I don't know the answer YET."

When phrased like that, the student is telling themselves that they might not be there YET, but that they can get there.

Great Falls has been listening to a song titled, "The Power of Yet," written by C.J. Luckey. Luckey is a musician from Dallas, Texas who creates and performs his own music.

Students were unaware that Luckey was visiting that day until he came out to surprise everyone at the assembly. On his tour, Luckey has been visiting schools to spread the message of The Power of Yet and sing the songs from his CAPS album (Celebrating All Persevering Students).

The students were very surprised by his visit and enjoyed listening to all his songs. The whole school, led by

CONTINUED ON PAGE 14



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## The Power of Yet

CONTINUED FROM PAGE 12

a group of students, danced to "The Power of Yet." Luckey then visited around the school, taking pictures with classrooms, and answering students' questions about his inspiration, motivation, and why he started singing in the first place.

Out in the lobby, students had written things they could not do YET on sticky notes, and those sticky notes spelled out a huge YET. Great Falls will remember this assembly and the message behind it. Thank you Luckey for inspiring Great Falls with YET.



Photo credit Kerry Herlihy

## Brainstorming Author Session

Anna Redding, Emmy award-winning journalist, returned to Gorham High School to help student writers revise and brainstorm their nonfiction writing. Redding's visit was made possible through a Gorham Educational Foundation grant. Pictured (from bottom to top on the left side of the table): Evelyn Kitchen, Grace DiPhilippo, Molly Duff, Grace Perron, and Molly Eaton. On the right side of the table with Anna Redding (middle) are (from top to bottom), Mariah Stout and Abigail Leonard.

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**NEW LISTING**

**BUXTON \$130,000** - 11.55 acre lot zoned for many uses. This lot would support a free standing single family home plus separate duplex on the same lot.

**NEW LISTING**

**LEWISTON \$90,000** - New short sale listing. 2-Unit w/ 3BRs each. Vinyl siding, porches, garages. Spacious units, being sold 'as is'.

**UNDER CONTRACT**

**GORHAM \$74,900** - Turnkey home 16'x68' w/ many upgrades. Features Hawthorne Hearth kitchen w/ dining area. Spacious LR, master suite & laundry area.

**UNDER CONTRACT**

**PORTLAND \$170,000** - Cute 2BR, 1bath Ranch w/ 1-car garage. Woods flrs, replacement windows, public utilities. Ready for a new owner.

**NEW LISTING**

**S. PORTLAND \$219,900** - Property has good bones, needs total rehab. Front foyer leads you to a solid wide staircase to the second floor. Great backyard area.

**NEW LISTING**

**OLD ORCHARD BEACH \$299,000** - Two 2-BR, 1ba units w/ separate: paved driveways, entrances, heating, electrical & W/D hookups. Spacious yard w/ fence & 2car garage.

**NEW LISTING**

**BUXTON \$99,000** - 4.84 acre lot located in Buxton's rural zone. This zone allows for a variety of uses. Survey & soils test completed.

**SOLD**

**15 Kingfisher Ct \$345,000** - 3BR/3ba condo at Pheasant Knoll. Offers over 2000 sqft of living, expanded kitchen, sunlit 4 season room, 1 flr living at its finest.

**UNDER CONTRACT**

**HOLLIS \$112,000** - 1BR Ranch in need of major renovations. Nice 4 acre lot. Condition of systems is unknown. Being sold as a short sale.

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**GORHAM \$412,000** - Custom cape offering over 2500sqft of living space with 4BR, 2.5ba, oversized 2 car garage on 1.98 acres on the Gorham/Scarborough line.

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# Sports Etc.

Gorham Country Club is hosting the 2nd Annual Narragansett Wheelman Golf Scramble and BBQ on June 8 at 1 p.m. to benefit the MS Society. Gorham-based Team Tom will participate in memory of Tom Brown, a husband, father and friend, who died of MS in 2006. 18 Holes Scramble Format w/cart, 4-person teams, \$90 per player, \$350/foursome. For more information, to register, organize a foursome or sponsor a hole, please contact Mike Wing, 207-329-1080 or wing317@aol.com or Steve Smith, 617-699-5479.

Ashley Clark (GHS '14), Gorham Swim Alumni, recently received the Husson University Eagle Award for swimming which is given to a member of each team who embodied excellence throughout the season.



## Big Chill Unified School Plunge



Photo credit Lisa Bird

On Sunday April 22, more than 50 high school students and Special Olympic athletes jumped into the cold water at Snow Pond to raise money and awareness for Special Olympics Maine. Among them were Gorham High School hockey teammates (left to right) Jonah Bird, Camden Sawyer, Tyler Weeks and Aidan Owens.

**Want to save money on your taxes? If you have owned and lived in your home for 12 months, apply for the Homestead exemption through the Town of Gorham assessor's office.**

Real Estate Tip from: Willis Real Estate

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# Scoop That Poop



Photos courtesy Gorham Rec

Fields around Gorham have finally opened up after a long winter and wet spring. Kids are eager to get out onto the lacrosse, baseball, softball, ultimate frisbee fields...so are dogs and dog owners! We are sure we can co-exist, the kids and the dogs that is, but when dog poop is left on the fields, and bags are left on the ground, or hanging from the fence, we must draw the line. All Town of Gorham and school athletic fields require all pet waste to be picked up and removed from the site by the pet owner.

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# A Childhood Dream Realized

COMPILED BY DESTINY COOK  
Sports Editor

John Burke was a runner at a young age. He ran track for Westbrook High School and when he entered the Marine Corps as an officer, he used running as a way to stay fit. While he had a childhood dream of running the Boston Marathon, he said, "Life went on and the dream dissipated."

When he got out of the USMC, the Gorham resident drifted away from running. "I gained weight and seven years ago, I found myself weighing over 200 pounds for the first time in my life." Burke turned to weights and cardio to shed the unwanted weight, however, his love of food and wine was still a factor. About five years ago, he turned to running again and said that seemed to be the key.

"Not only was I losing weight, but my mind was becoming surprisingly clearer with each and every mile. I was feeling less stress and pressure." This was around the time of the April 2013 Boston Marathon bombing. It changed the Boston Marathon forever, and Burke said, "It was the precise moment I knew I had to resurrect the dream."

In order to run the Boston Marathon, you must qualify for

it. Burke turned his focus to this. Training became a bit of an obsession. His daughter Isabelle said she was able to see the different components that went into his training from eating the right food to getting down to the lightest weight.

"My dad was running 65 miles per week to train," she shared. He tried his luck at his first marathon in May 2016 in Ottawa, ON. "I ran a 3:39:15 on a very hot and humid day. I was happy to have completed my first marathon but dejected over missing the qualifying time by almost 25 minutes."

The setback was frustrating but drove him harder. On Christmas 2016, he watched a documentary on the Boston Bombing and said it moved him beyond measure. He became more driven, not just by his own desires but by seeing others still suffering, either as victims or having lost loved ones. "I watched in awe as these victims picked up the pieces of their lives and I wanted to be a part of that so badly."

The next day Burke signed up for the Sugarloaf Marathon. "It was 4 1/2 months away and it was winter; I had to get training and training hard." He reached out to professional coach, Kurt Perham. "KP had a full schedule and no room to take on another athlete, but I wrote him a lengthy email with my story and he agreed to a phone chat."

At the end of the conversation, KP agreed to coach him as long as he was serious and gave 100%. By race time in May 2017, he felt ready. "I finished with not only a PR but also with that coveted BQ9 (Boston Qualifier). I ran a 3:12:15."

Burke had just 11 months to train for the Boston Marathon while staying injury free. Though he had many setbacks, he stayed with Perham and also hired a nutritionist. His daughter said, "He taught us if you believe in something you can achieve it. If it's worth doing, it's worth doing to the best of your abilities."

Burke definitely put in the work and went into the Boston Marathon as the best version of himself. On that cold rainy day, he got tips from some of the best runners. The women's



Photo courtesy John Burke

On the morning of April 16, the temperature was a chilly 40 degrees with a wind chill of 29 degrees, and wind gusts reached 30 mph. For more than 25,000 runners, including 48-year-old John Burke of Gorham, the place to be was the starting line of the Boston Marathon.

winner, Desi Linden, told him, "Scrap your plan and just run to enjoy the Boston Marathon!"

The race was brutal, anyone watching could tell that. By the end Burke said, "I could not think straight or use my hands. Many runners dropped out due to the cold. I adjusted my race plan the night before and decided to run 10 seconds per mile slower for at least the first 16 miles."

He believes this helped him to stay warm at the beginning. In the end, he said, "You summon whatever you have left of mental fortitude, strength and courage. Pushing through the pain of the last five miles and 385 yards. This race took grit!"

He had many supporters that day, including his wife Diana, his parents, and extended family and friends. He also inspired Isabelle, who said, "I seriously admire everything my dad has been able to accomplish. I look up to him in everything he does and I strive to be just like him someday."

Burke finished the Boston Marathon with a time of 3:05:57. He was 2,695 of 25,746 and 179 of 2,526 in the 45-50 Age Division. After taking

a few days to reflect on his journey and what he'd just accomplished in running the most challenging Boston Marathon in history, Burke said, "I didn't just run and didn't just finish Boston. I raced Boston. There is a big difference. I competed. I fought hard and I never gave up."

He said it wasn't about racing or even running, it was about personal growth and about building character. "The brutal and unrelenting weather gave us an amazing opportunity to grow. We all suffered and so many of us came out on the other end stronger than we were when we laced up on the morning of April 16."

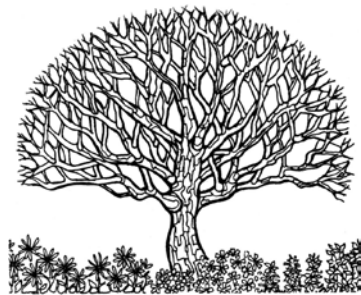
## Upcoming Local Road Races

Sunday, May 13 - Portland Sea Dogs Mothers Day 5k (Portland)

Thursday, June 7 - Twilight 5k (South Portland)

Thursday, June 21 - Gorham 4-Miler (Gorham)

Saturday, June 23 - Old Port Half Marathon (Portland)



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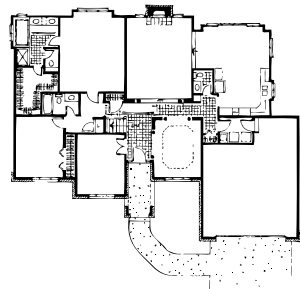
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12 noon - 4 p.m.

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# Gorham Schools Invest in New Learning Experiences

CONTINUED FROM PAGE 6

neer music therapy in the State of Maine.

According to school counselor Kate Stevens, the project for all three schools was funded by a grant from the Gorham Education Foundation, and was a huge success. The event was hands-on and allowed students to be more involved.

Special Ed FLS teacher Sandy Morrell, who works at the middle school, elaborated, "She (Beever) had a variety of activities that allowed all students to participate. Students copied rhythms made

by their peers, made their own rhythms, added to a picture to go along with a song they sang, and made up two songs with rhyming words to talk about emotions."

"It was fun to see all the students using the instruments and interacting with each other to the level they were able to," said Stevens.

This is the first year for this event, and is being used as a base for future events. The hope moving forward is to not only support the FLS students, but also help them make the transition easier from school to school.

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## COMMUNITY

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### OF INTEREST

**Sophie Gunn, a 6th grader at GMS, recently won first place in the Machine Quilter's Exposition, 6-16 age division, with her quilt "New England Cabins."** This is the fourth year in a row she has won.



**The Gorham United Methodist Women are holding a rummage-perennial sale at Cressey Road United Methodist Church on Friday, May 4,** from 9 a.m. -2 p.m., and on Saturday, May 5, from 9 a.m.-1 p.m. Event includes books, clothes, dishes, furniture, perennials, toys, and jewelry. Friday's visitors will find the most variety at low prices. Saturday will feature markdowns and "fill a grocery bag for a dollar" beginning at 11 a.m.

**The Gorham Village Alliance is sponsoring a clean-up event for Gorham's downtown and the community is invited to participate.** The "Sparkle Project" kicks off on Saturday, May 5, at 8:30 a.m. in front of Baxter Memorial Library. Volunteers will be provided with appropriate safety gear/trash bags and assigned to an area of the village. FMI and to volunteer, please call or text Dan Nichols at 446-9923.

**USM presents YoGlow207 on Saturday, May 5.** Come enjoy a fun and unique blacklight yoga event. Registration begins at 7:45 a.m. at Hill Gymnasium (USM Gorham campus), 37 College Ave. FMI and schedule, visit [www.yoglow207.com](http://www.yoglow207.com) or call Justine Pierce 602-8393.

**The Lecky Brown Center, in partnership the Gorham/Westbrook/Windham TRIAD, is pleased to host a Yellow Dot sign up event and pancake breakfast on Saturday, May 5,** from 9 a.m. - noon at First Parish Church, 1 Church Street. Geared primarily toward senior citizens, but anyone may participate. A Yellow Dot in the rear window of your vehicle will alert all First Responders to vital medical information in your glove compartment. FMI [firstparishoriginals@gmail.com](mailto:firstparishoriginals@gmail.com).

**West Gorham Union Church, 190 Ossipee Trail, will be having a public supper on Saturday, May 5.** Ticket sales start at 4 p.m. serving starts at 5 p.m. Beans, chicken pie, clam casserole, chop suey, mac and cheese, BBQ hot dogs, jello salads, cole slaw, homemade pies, coffee and punch. \$8 adults, \$3 under 12. FMI 839-5946.

**White Rock Community Clubhouse, 34 Wilson Rd., will hold a Bean Supper on Saturday, May 5,** from 4:30-6 p.m.. Homemade kidney and pea beans, hot dogs, cole slaw, potato salad, mac and cheese, homemade biscuits, and homemade pies for dessert. \$8 adults, \$4 children under 12. FMI [whiterockcommunityclub@gmail.com](mailto:whiterockcommunityclub@gmail.com).

**Gorham Lions Club will meet on Tuesday, May 8,** at the Public Works cafeteria off Huston Road, 6:30 p.m. Regular meetings are the 2nd and 4th Tuesday each month. New members always welcome. FMI 929-9182.

**The 26th annual Letter Carriers' Stamp Out Hunger Food Drive will take place on Saturday, May 12.** Letter carriers will collect non-perishable food donations which will go directly to the Gorham Food Pantry. Donations can also be dropped off in the plastic bin at the Pantry or at the post office.

**Gambo Preserve Guided History Walk will be held on Saturday, May 12, from 10:00 a.m. to noon.** The walk will be led by Don Wescott and is a collaboration between Presumpscot Land Trust Gorham Recreation. This is an easy one-mile walk over mostly flat terrain with lots of stops to learn about the history of the region such as the C & O Canal and Towpath, the Gunpowder Mill, and the Gambo Dam, all of which figured prominently in the 19th century in our region. RSVP required at [www.prlt.org/events/](http://www.prlt.org/events/).

**The North Gorham Chess Club will meet Saturday, May 12,** from 10:15-11:30 a.m. at North Gorham Public Library. FMI John Morgan at [jlcmorgan26@gmail.com](mailto:jlcmorgan26@gmail.com) or 766-8554.

**The Lecky Brown Center will present a lunchtime roundtable, "Basics of Dementia: Exploring Alzheimer's and other forms of dementia" (Part 1) on May 17** at noon led by Bill Jenks, president of Home Instead, Inc and the Maine chapter of the Alzheimer's Association. Bring a lunch and join the discussion. Part 2 will be held on June 21. The Lecky Brown Center is located on the 3rd floor of First Parish Church. FMI 839-6751.

**The Presumpscot Regional Land Trust is holding a five-mile round trip guided bicycle tour along the Sebago to the Sea Trail on Saturday, May 19, from 1-4 p.m.** The tour destination will be Orchard Ridge Farm, a family owned farm along the trail. Guided farm tour and tastings of local foods from the farm market. RSVP required at [www.prlt.org/events](http://www.prlt.org/events) as space is limited.

**The 9th Annual Watercolor Art Show and Reception will be held on Friday, May 19,** from 6-7:30 p.m. at Baxter Memorial Library. Gorham Adult Education students, taught by local artist Maddie Lou Chaplin, will present their current work. Come meet the artists and enjoy refreshments. Artwork will be on display at Baxter Memorial Library through June 15. This is a free event open to the public. FMI 222-1126.

**"Brady Strong Bash Cancer" fundraiser for Brady Provencher (GHS '14) at Spire 29 on Saturday, May 12.** Buffet dinner 6:30-7:30, dancing from 7:30-11. \$50/person covers dinner & entertainment. Cash bar, 50/50 raffle and T-shirts for sale. FMI and to purchase tickets, visit <http://bradystrongbashcancer.myevent.com/>. (Must print off ticket and have in hand, or show proof of purchase with phone at the door). All proceeds go to the Provencher family to cover medical expenses as they battle Brady's recent leukemia diagnosis.



**The Gorham Community Chorus Spring Concert and Silent Auction will be held on Sunday, May 20,** at Gorham High School, 3 p.m. FMI 653-7683.

**Former Senior Policy Advisor to Governor LePage, Aaron Chadbourne (GHS '02), announced his selection for membership in the American Enterprise Institute (AEI) Leadership Network.** Chadbourne attended a summit at AEI's headquarters in Washington D.C. last month on free enterprise, poverty, education, and the role of Leadership Network members in increasing opportunity in local communities.



### SENIOR PROGRAMS

**The Town of Gorham Senior Mealsite hosts lunch every Wednesday at St. Anne's Church.** Social time 11:30 a.m., meal is served at 12:00 p.m. Suggested donation \$4. Volunteers are also needed to help in the kitchen. FMI 222-1630.

**The Lecky Brown Center for Seniors, located on the 3rd floor at First Parish Church, 1 Church St., is offering weekly events as follows:**

Monday - Hand Chimes Group from 2-3 p.m. Tuesday - Originals from 10-11:30 a.m., Coffee/conversation/speaker, Thursday 2nd & 4th of May - Church Street Writers Group from 2-3 p.m., and Friday - ARTrageous Seniors art class from 10-11:30 a.m. FMI: 839-6751

**Lakes Region Senior Center, located at the Little Falls Activity Center, 40 Acorn St. 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 last Wednesday of the month. FMI, David 892-9604; 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, shower seats, commodes, walkers, canes and more. FMI 839-3859, 329-4976, 632-2178, 839-3630, 839-2484, 839-3228, 839-6682, or 839-3494.

### ON-GOING EVENTS

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

**The Gorham Cancer Prayer and Support Group** meets the first Tuesday of every month at the Cressey Road United Methodist Church, 81 Cressey Rd. from 6-7:30 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

**Leavitt's Mill Free Health Center in Bar Mills is hosting a health fair alongside its annual Spring Fun Run/Walk 5K on Saturday, May 5,** starting at 9 a.m. These events are intended to fundraise for the free health center as well as inform the community about local health and wellness related resources. FMI [leavittsmill.org](http://leavittsmill.org) or 929-6455.

**Scarborough Free Baptist Church, 55 Mussey Rd., will hold a homemade bean supper on May 5 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.

**"Blood Brothers" presented by Windham Center Stage Theater. May 18, 19, 25 & 26.** Friday at 7 p.m., Saturday at 2 p.m. & 7 p.m. 8 School Rd. Windham, in the Windham Town Hall. \$15 adults, \$10 seniors/students. \*Adult content-parental discretion advised \* For tickets go to [windhamcenterstagetheater.org](http://windhamcenterstagetheater.org) and click on "Box Office." FMI [windhamcenterstagetheater@gmail.com](mailto:windhamcenterstagetheater@gmail.com).

**Free documentary screening of "In Plain Sight", Stories of Hope and Freedom on Thursday, May 24,** from 7-9 p.m. at the Westbrook Performing Arts Center, 471 Stroudwater St. Sponsored by the Westbrook PD and Just Love Worldwide. FMI <https://www.facebook.com/events/361521250921217/>



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

**Longfellow Road caller reported a refrigerator in the road. Officer was able to move the shell of the fridge to the side of the road and Public Works was notified to pick it up.**

School St. caller who had been served with trespass and harassment paperwork wanted it removed. Officer advised he was not going to remove it.

Officer responded to front lobby of Gorham PD for a disturbance. Woman was arrested for domestic violence assault, criminal mischief, endangering the welfare of a child and had an active warrant. She was taken to jail.

Officer responded to a noise complaint on Leaha Lane. Homeowner would not come to the door and was uncooperative. Officer gave her a verbal warning for disorderly conduct and the music was turned down.

North Gorham Road caller reported her boyfriend would not leave the residence. Officer walked man to his car and he left without incident.

Officer responded to Dundee Road for a disorderly conduct call. Man admitted he had been spinning his tires but there was no altercation. He and his friends were out at the island just being silly and loud.

Public Works asked Police to remove vehicles parked on Briarwood Lane. Officer talked to man who had held the party and he told officer he did not know which partygoers had left their cars there and he did not want to contact people to remove their cars. He was advised vehicles would be towed. He told officer if vehicles needed to be towed to go ahead and do it.

Minor was charged for illegal transportation of liquor and given a warning for running a red light.

Suspicious person wearing dark clothing was found walking on New Portland Road at 3:30 a.m. He was on his way to Chicopee Road in Buxton to stay with family. Officer gave him a ride to Buxton.

Suspicious person on Lacey's Way was boyfriend waiting for girlfriend.

Disabled vehicle reported on Fort Hill Road was woman taking pictures of the sun.

Suspicious circumstances on Sebago Lake Road involved a man who wanted to leave and a woman who didn't want him to. She was advised to go home.

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## CALENDAR

### THURSDAY MAY 3

- Baby and Me (birth to 18 mos) 9:30 – 9:50 a.m. Baxter Memorial Library
- Toddler Time (18-36 mos) 10 – 10:30 a.m. Baxter Memorial Library

### FRIDAY MAY 4

- Train Days, 10 a.m. – 3:45 p.m. www.maine3railleurs.org Baxter Memorial Library
- Rummage and Perennial Sale, 9 a.m. – 2 p.m. Cressey Road United Methodist Church

### SATURDAY MAY 5

- Train Days, 9 a.m. – 11:30 p.m. www.maine3railleurs.org Baxter Memorial Library
- Rummage and Perennial Sale, 9 a.m. – 1 p.m. Cressey Road United Methodist Church

### TUESDAY MAY 8

- Preschool Story Time (ages 3-5) 9:30 – 10:15 a.m. Baxter Memorial Library

### WEDNESDAY MAY 9

- Toddler Time (18-36 mos) 10 – 10:30 a.m. Baxter Memorial Library

### THURSDAY MAY 10

- Baby and Me (birth to 18 mos) 9:30 – 9:50 a.m. Baxter Memorial Library
- Toddler Time (18-36 mos) 10 – 10:30 a.m. Baxter Memorial Library

### SATURDAY MAY 12

- Lego Club, 10 a.m. – 12 p.m. Baxter Memorial Library
- North Gorham Chess Club, 10:15 – 11:30, North Gorham Library

### SUNDAY MAY 13

- Financial Peace University, 10:30 a.m. Summit Community Church

### TUESDAY MAY 15

- Preschool Story Time (ages 3-5) 9:30 – 10:15 a.m. Baxter Memorial Library

### WEDNESDAY MAY 16

- Toddler Time (18-36 mos) 10 – 10:30 a.m. Baxter Memorial Library

## 9Round Testimonials continued

**Jenn Dubail, 40 – Pediatric Physician** - I love being a member of the 9Round family. As a mother, it is great that this is a workout that my whole family can participate in. My 11 year old daughters cannot wait to go back after a workout. As an amateur athlete, my workout at 9Round is helping me cross train for the sprint triathlon I am participating in this summer. I can already see results since joining 9Round when they opened in March. I feel stronger and more fit. I am even getting better at using the speed bag, something I thought I would never be able to do! As a physician, I appreciate that 9Round recognizes that nutrition needs to be a part of every healthy lifestyle. Nutrition sessions have been offered on multiple occasions since 9Round opened. I love that the circuits change every day. This keeps the workout fresh and exciting, as well as working the various muscle groups and reducing the risk of over-use injury. The trainers are all knowledgeable and supportive. I had never tried kickboxing before 9Round, but I have always felt supported by the staff. Getting a workout summary at the end of my 9Round kickboxing circuit training is also a helpful way to watch my progress and see that I am improving my cardiovascular health! I would recommend 9Round to anyone looking to start a fitness program or enhance their current workout regimen.

**Kerri Hopkins, 48 – Registered Nurse** - I started 9Round shortly after it opened, not exactly sure what to expect. I have run three marathons including qualifying for and completing the Boston marathon. I've run several 1/2 marathons and pretty much every Beach 2 Beacon. From

the moment I strapped that heart rate monitor on, I quickly realized this was a different approach to health and fitness. I was in the red pretty quickly despite all my running. After a couple of weeks of 3 days of 9round, my body adjusted and it takes me longer and requires more effort before I get in the red. My body is more efficient at burning calories while keeping my heart in it's optimal fat burning zone. As I get older, I realize my body cannot take the constant pounding of feet on pavement, but I can get through a 9Round workout and feel the results all over. Legs get a great workout during a run, but there's nothing like a full body work out of punching, round kicks, upper cuts and jabs. You just can't get that kind of work out from miles and miles of running. 9Round has changed the way I look at working out. I've noticed my body getting in better shape without the injuries or potential for injuries that come from running. While I still enjoy an occasional run on a nice day, my main workout regimen is 9Round. I love the instant feedback and I love knowing I'm working my heart enough, but not too much.

**Rachel Henry, 24** – I just finished my first month at 9Round. During the past month I have lost 5 lbs and gained a lot of knowledge. The workouts have been some of the best I have ever had. There is always a trainer there to help with the workouts and to push me harder when I am lazy in the workouts. The care about each person that come in to work out as if they are the only person working out at that time. I've gained more energy during my days and feel stronger physically and mentally.

**Andrew Sloat, 36 – Project Manager** - 9Round has become a welcome part of my morning routine. I feel motivated to wake up and after I feel an earned sense of accomplishment. The sessions are always intense and challenging. Being able to see my stats in real time on the monitors helps immensely. Allowing me to dial in my intensity and ensure my heart rate is on target for the full 30 minutes. Since starting I've lost 15 lbs. and feel stronger than I have in a long time. Ted and his staff are the best at what they do and I can't recommend them or 9Round enough.

**Kathryn Smith – School Counselor** - The BEST 30-minute complete workout!

**Jessica Griffin, 28 - Hair & Makeup artist** - My biggest excuse for not working out has always been that I don't have the time, and for me 9Round is a no-brainer. I get the best workout in a half hour that I would never get at another gym where I would float around on my phone only being semi productive in twice the amount of time. I have way more energy and I feel amazing, and like I am definitely on my way towards reaching my fitness goals thanks to 9Rounds!

**Karen, 50** – I started at 9Round 4 weeks ago. First workout I was hooked! It is fun, fast and very effective! Love it!! 4 weeks and I can already see muscles in my arms and legs. I get stronger every workout. Planks that I couldn't do before I can now! I wish I had measured every part of my body because I've lost 2 inches in my butt and thigh area and an inch off my waist. 9Round is definitely a life-changer for me!

Thank you to all the staff / trainers for pushing me and keeping me in the fat-burning zone (the yellow zone). I love and totally recommend 9Round.

**Bethanie, 42 – Clinician** – 9Round is fun and challenging – the first workout I have ever WANTED to do! Everyone is supportive and works to teach! I am at a beginner fitness level and already feel stronger and more energized!

**Kathy Farris, 48 – Disabled Veteran** – Flexible schedule makes coming in very easy. Location is a quick 10 – 15 minute drive from most towns. Even on days I feel bad, I can get in and be done within an hour. Staff is encouraging always and every day!

**Gail Yahwak, 44 – Wonder Woman (previously a Registered Dietitian)** – I've been going to 9Round a little over a month and really appreciate the method behind the workout. The circuit is set up in a way that works all the muscle groups, even the ones I didn't know existed, in a way that gets you right into it and asks you to work at a pace that is right for the individual. Wearing the heart rate monitor helps me gage my pace and intensity so that I stay can stay in the ideal range to train my cardiovascular system to work efficiently and gain overall better health. This work out and heart rate monitoring makes me feel confident that I'm getting a great workout but also a smart workout. Not to mention it's tons of fun and the trainers are super supportive and encouraging.

PAID ADVERTISEMENT



# Sign of Spring



Photo credit Chris Crawford

Sighted in Gorham, turkey vultures with wing spans of 66 to 71 inches are slightly smaller than eagles. They are easily identifiable by the “fingers” at their wing tips.

**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 [ktcorbett@aol.com](mailto:ktcorbett@aol.com) or Cindy O’Shea at [coshea2@maine.rr.com](mailto:coshea2@maine.rr.com).

# Gorham Grad Presents the Colors



Photo courtesy of Megan Bennett

The USM Color Guard, including GHS '15 grad Megan Bennett, presented the colors at the Sea Dogs Home Opener at Hadlock Field. As part of the Army ROTC program, the Color Guard’s main duty is to “present the colors” (flags) at USM school events and public events, such as the Veterans Day parade in Portland, where they have marched for the past three years. Typically they carry the U.S. flag and either a departmental flag or a state flag. The flag bearers, positioned in the center, are flanked by two individuals who carry rifles. From L to R: Cadet Merrill (rifle bearer, junior at UNE), Cadet Owens (holding the National Flag, a junior, USM), Cadet Brown (holding the State flag, sophomore, USM), and Cadet Bennett (rifle bearer, junior, USM).



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Disclaimer: U.S. Cellular received the highest numerical score in the North Central region in the J.D. Power 2016 V2, 2017 V1 and V2, and 2018 V1 (vs) U.S. Wireless Network Quality Performance Studies. The 2018 Volume 1 study was based on 38,595 total responses from five providers, measuring the network quality experienced by customers with wireless carriers, surveyed July-December 2017. Your experiences may vary. Visit [jdpower.com](http://jdpower.com). Things we want you to know: New consumer or small-business (20 lines or fewer) line or upgrade eligibility and Total Plan required (with Unlimited Data or Unlimited Data Plus for Samsung Galaxy S9 offer). Purchase of device via 0% APR, 30-month Retail Installment Contract, credit approval and Device Protection+ required. Tax due at sale. A Regulatory Cost Recovery Fee applies; this is not a fee or government required charge. Additional fees, taxes, terms, conditions and coverage areas may apply and vary by plan, service and phone. Offers valid at participating locations only and cannot be combined. Unlimited Data Plan(s) will stream at speeds of up to 1.5 Mbps and will automatically shift to 2G when each line reaches 22GB. Minimum monthly price of Device Protection+ is \$9.99 per Smartphone. A service fee/deductible per approved claim applies. You may cancel anytime. Property insurance is underwritten by American Bankers Insurance Company of Florida and provided under a Master Policy issued to U.S. Cellular. You will be the certificate holder on U.S. Cellular's Master Policy for loss/theft benefits. Service Contract Manager is Federal Warranty Service Corporation in all states except CA (Starway, Inc.) and OK (Assurant Service Protection, Inc.). Limitations and exclusions apply. Ask an associate for more details. Offer applies to base-memory models only. Offer: Samsung Galaxy S9 for \$15/month. Full price is \$759 or \$25.30/month; bill credit amount is \$10.30/month. Offer: Net free LG K8+ 2018. Full price is \$150 or \$5/month; bill credit amount is \$5/month. Balance comes via monthly bill credit on a 30-month Retail Installment Contract, 0% APR. Bill credit applied within three bill cycles and ends when balance is paid. Line must remain in good standing. In the event of cancellation of service, customer will be responsible for the entire Retail Installment Contract balance. The early upgrade program is not available with this offer. Kansas Customers: In areas in which U.S. Cellular receives support from the Federal Universal Service Fund, all reasonable requests for service must be met. Unresolved questions concerning services availability can be directed to the Kansas Corporation Commission Office of Public Affairs and Consumer Protection at 1-800-662-0027. Limited-time offer. While supplies last. Trademarks and trade names are the property of their respective owners. See store or [uscellular.com](http://uscellular.com) for details. ©2018 U.S. Cellular

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