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**Volume 25 Number 14 | July 25, 2019** 

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## **Senior Tax Assistance Applications Due August 1**

KATHY CORBETT Staff Writer

Gorham residents over 65 years old may apply for property tax assistance again this year by completing a form available at the Town Clerk's office or printed from the Town of Gorham website. It must be returned to the Clerk's office by August 1, 2019.

An ordinance passed by the Town Council has made available \$65,000 to be allotted to qualifying seniors. This is an increase over last year and should make funds available for all qualified applicants.

To qualify, seniors must meet all of the following criteria: be at least 65 years old, have lived in the home as an owner or renter for the past year, have been a resident of Gorham for at least five years, and have household income that does not exceed qualifying limits. Taxes on the property must be paid through the current year.

The application must show all income from all members of the household. The application lists what qualifies as income and includes social security and pension benefits even if they are not taxable. The income limits have increased slightly over last year. For

CONTINUED ON PAGE 10

## **Harvey Performance Breaks Ground**

GORHAM TIMES STAFF

Harvey Performance Company held a groundbreaking gathering with employees and local town officials on June 25 and construction has begun for its new 79,000 square foot manufacturing facility at 49 Raceway Drive in Gorham.

Harvey becomes the first project at the sprawling site owned by Shawn Moody's company. The 62-acre former track is zoned Narragansett Mixed Use Development District Zone and the new plant will help boost the town's tax base.

"This is going to be a value-added project for the town," Moody said at a June 3 Planning Board meeting.

The plant will manufacture the company's Helical Solutions line of high-performance end mills and serve as the company's innovation hub. The new building will replace the current facility in the Gorham Industrial Park where the company has been located for the past fifteen years.

"This facility will accelerate our ability to meet important objectives we have for the organization. The additional square footage provides much needed space to build capacity to support our growth, enabling us to expand our research and development capabilities," said Peter Jenkins, CEO of Harvey Performance Company.

Steve Vatcher, Vice President of Operations, added, "We're thankful



to Gorham for their partnership through the process so far. This new facility will provide a great work environment and will enable us to recruit and retain highly qualified employees and technicians needed to support our growth. We wanted to build this plant close to our existing plant to minimize disruption in the lives of our valued employees."

Construction of the new facility is expected to take a year. Brian Lavelle, Harvey's chief financial officer, expects the new facility will result in an additional 150 jobs over the next few years.

The longest serving employees of Harvey Performance Company's Gorham plant recently broke ground on the company's new manufacturing facility. With CEO Peter Jenkins (center, white shirt) are (I to r) Brett Quimby, Philip Rowe, Tuan Do, Kimberly Nguyen, Anthony Filipiak, Robert Smith and Jacob Barnes, all of whom have worked for the company for at least ten years.

## Food Forests Take Shape in Gorham Village





Volunteers created a food forest at Phinney Park on June 8 in addition to assembling planters that can now be found around the Village in Gorham.

CATHY WALTER Contributing Writer

The construction of two Food Forests, which are low-maintenance, sustainable, plant-based food production ecosystems incorporating fruit and nut trees, shrubs, herbs, vines and perennial vegetables, took place over the last month as part of the Gorham Grown initiative. Gorham Grown "aims to teach residents and visitors the ease of small-scale gardening and the joy of growing food for home consumption."

On June 2, Gorham residents, led by Jenna Martyn-Fisher from the Cumberland County Soil & Water Conservation District (CCSWCD) didn't let the rain showers or cool

CONTINUED ON PAGE 10

**SYNCGORHAM IS OPEN FOR BUSINESS** PAGE 3

inside the Times f

**14** Community

**7** School

2 Augusta

**5** Municipal

GOCAM You Tube 11 Sports

15 Classified

15 Calendar

15 Blotter

**GORHAM GRAD** PREVENTS DROWNING PAGE 5

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.

## **Taking Action to Address Climate** Change and Maine's Future

SEN. LINDA SANBORN

We have a duty to our children and future generations to address the impending climate crisis. Reduced food production, rising sea levels, more frequent and severe storms, flooding and droughts, and the spread of diseases are a very real threat. Similarly, we have a duty to grow a strong, sustainable economy, so that future generations can not only survive, but thrive. That's why I am so pleased the Legislature took decisive action this year to address the climate crisis and grow Maine's clean energy economy

We still have plenty of work to do, but my colleagues and I have set aggressive greenhouse gas reduction targets, expanded opportunities for growth in solar and other renewable energy industries, and committed to lowering Maine's dependence on expensive heat-

This session we established the Climate Council, a group tasked with conceiving and adopting strategies to help Maine hit its goal of a 45 percent reduction in greenhouse gas emissions by 2030 and 80 percent by 2050. The Council, which was proposed by Gov. Janet Mills, will comprise lawmakers; members of various state agencies and organizations; and representatives of various impacted industries and experts. Truly addressing the climate crisis will require a coordinated effort

with everyone pulling in the same direction, so this is a big step

Another new law from Sen. Eloise Vitelli, D-Arrowsic, will increase the amount of renewable energy that Maine's utilities are required to supply to customers to 80 percent by 2030 and 100 percent by 2050. This law will allow Maine to increase its renewable energy generation considerably, while keeping energy prices for consumers down.

Other states have seen significant growth in solar, and it is time Maine caught up. As costs for solar energy generation have dropped, installations have surged. However, in Maine, solar policy has been prohibitive, with obstructive billing mechanisms and needless red tape tamping down growth. Two other new laws from Rep. Seth Berry, D-Bowdoinham and Sen. Dana Dow, R-Waldoboro, seek to grow solar energy by repealing and reworking these regulations, and adding new incentives for solar. These new laws will create opportunities for homeowners who want to install systems on their homes and for the construction of larger "community solar systems" owned by multiple parties or commercial entities.

Finally, almost two-thirds of Maine households use fuel oil as their primary energy source for home heating, a larger share than in any other state. One of the biggest challenges we face is high and fluctuating oil prices. This was another area where we made a lot of

progress this year. A new law from Sen. Mark Lawrence, D-Eliot, sets a target of installing 100,000 new heat pumps in Maine by 2025. Maine already has over 30,000 heat pumps installed, and homeowners and businesses who use them report energy savings and increased comfort. This new law will offer incentives for homeowners and businesses to install heat pumps, saving them money and reducing overall greenhouse gas

When I consider these issues, I think of my granddaughter Brooklyn. What kind of world will she live in after I'm gone? With these new changes, I'm hopeful that it may be one where we have avoided the worst impacts of climate change and built a strong, sustain-

It is an honor to serve as your state senator. If you ever have any questions or concerns, please feel free to contact



Linda Sanborn is serving her first term in the Maine Senate, representing Senate District 30, which includes Gorham, part of Buxton, and part of Scarborough. She previously served four

terms in the Maine House, and practiced family medicine in Gorham for 25 years. Senator Sanborn lives in Gorham with her husband, Jeff, a Gorham native. They have three adult sons and one granddaughter. (207) 287-1515, Linda. Sanborn@Legislature.Maine.gov.

## Gorham Times

Bringing the News to All of Gorham PO Box 401

> Gorham, Maine 04038 Phone and Fax: (207) 839-8390 gorhamtimes@gmail.com www.gorhamtimes.com

The Gorham Times is a free volunteer-run community newspaper distributed every other Thursday to more than 100 pick-up sites throughout Gorham.

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General Manager: Bruce Hepler **Editor:** Leslie Dupuis Business Manager: Stacy Sallinen **Advertiser Coordinator:** Stacy Sallinen

**Design/Production:** Shirley Douglas Staff Writers: Diane Abramson, Jacob Adams, Kathy Corbett, John Ersek, Sheri Faber, Edmund Ricker

Features: Chris Crawford Photographers: Amanda Landry, Roger Marchand

Public Service: Lori Arsenault **Sports:** Destiny Cook School News: Andrea Morrell

Social Media Coordinator: Karen DiDonato Digital Content Manager: Bailey O'Brien Webmaster: Judi Jones

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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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## **letters** 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,

Every citizen has a right to vote and should be allowed to vote in every election. That includes primaries, which are conducted by the state and paid for by all of us as taxpayers.

Maine's current system of closed primaries should never have existed and it doesn't reflect who we are. It's wrong to keep people from voting — to erect barriers that give some people more voice in our political system than others on the bases of race, gender, wealth, or political affiliation.

America's founding fathers were far from perfect. They did not allow their wives to vote, they did not allow many poor people to vote, and they sure didn't allow their slaves to vote. Over time, we've fixed our laws to enfranchise more citizens.

Recently, legislators in Augusta considered a bill, LD 211, that would have eliminated Maine's closed primary law and replaced it with semi-open primaries to allow unenrolled voters to participate. While the bill did not pass, it drew support from a growing number of lawmakers.

I am grateful to Gorham's legisla-

tors — Sen. Linda Sanborn, Rep. Mo Terry, and Rep. Andrew McLean — for supporting this bill. I hope this idea passes in the legislature soon, or that we as voters have an opportunity to vote on this issue at the ballot box. Kim Bailey

Dear Editor.

My name is Jean Green and on November 22, 2017 at 11:30 a.m., my parents, Richard and Marion Green, were involved in a tragic car accident. My mother passed away and my Dad spent 10 days in ICU at Maine Medical Center and was transferred to New England Rehab so he could learn how to walk and write again. He returned home on December 27, 2017. He will forever be crippled.

Kyle Phelan, the driver of the vehicle that hit my parents, had fentanyl in his system. After the accident, Phelan left the state and went to Massachusetts where he was admitted into a rehab. Gorham Police found him in early 2018, in Sabbatus, ME where he was arrested on drug charges.

Gorham Police investigated the

accident and built a case (Case #17-G13487) with criminal charges. Detective Stephen Rappold delivered the case to the DA's office. He was certain that the case was solid. Unfortunately, the DA's Office decided that murdering a woman and crippling a man was not criminal but civil.

On June 4, 2019, Phelan received a four-year license suspension and a \$2000 fine. My mother's headstone cost more than Phelan's fine.

On May 28, 2019, police picked Phelan up in Gorham, transported him to Maine Med and found drugs on him. He admitted to being a drug addict. This information was obtained from Gorham Police.

When my father spoke with The DA's Office, they informed him that administering the tests to Phelan after the accident was a huge cost to the State and were against filing any criminal charges. Why? My father was informed that Phelan did not have a lawyer and was advised not to get one. Why?

I am writing in hopes that someone can help my family, and hoping it saves another family.

Jean Green

## **Providing a Sense of Community** for Remote Workers

DIANE ABRAMSON Staff Writer

SYNCGorham is officially open for business. Located at 28 State Street, Suite 1, SYNCGorham features 2,200 square feet of community office space for remote workers who are looking for a low cost, out-of-the-home office option to complete their daily work tasks.

"While working from home promotes flexibility and work-life balance, it lacks one key ingredient people and community," said owner Rob Woodman. "My research quickly showed that remote workers crave the 'water cooler effect.' SYNC's goal is to bring back the 'water cooler effect' and provide space for remote workers to congregate and work."

Woodman decided to open SYNCGorham after working from home for the past four years. "I found myself looking for space outside of my home because I was missing the community element that you find in most office environments. I did some research and discovered that a lack of community is one of the biggest cons people who work from home report."

Woodman went online and immediately found the office space at 28 State Street for sale. "My vision came to life as soon as I saw the posting a great central location where I could overlap my desire for community in my work life with my desire to engage more with the Gorham community in general."

Although Portland boasts several coworking spaces, there are fewer as you get further away from the city. The goal at SYNCGorham "is to foster a community of 'sync-ers' with a monthly networking meeting as well



as foster community engagement outside of the walls of the space."

For Woodman, it was important that a portion of all membership fees go into a 'Sync Chest' - a fund used to provide gifts to organizations within the town of Gorham. "Since my family has lived in Gorham, there have been local families in need. Having the 'Sync Chest' will provide a mechanism to set money aside for folks in need on a small scale.'

SYNCGorham has six formal office spaces available for six or twelve month lease. Additionally, there is an open coworking bench space that can accommodate up to 18 people daily, available with a quarterly membership. The space also features a

community conference room, open to all members and available to local community groups who need a space

SYNCGorham is located at 28 State Street, Suite 1. Hours of operation are Monday through Friday from 8 a.m. to 5 p.m.

SYNCGorham can be reached at 207-282-4431, by email at syncgorham@gmail.com, or online at www. syncgorham.com.

## **Volunteer of** the Year



The Friends of Baxter Memorial Library, a membership organization that supports the library through members' dues and volunteer activities including sponsoring the annual Spring Into Summer bash, were on hand to honor Friends Volunteer of the Year, Roger Marchand. Marchand volunteers his time to photograph many of the library's events (as well as being a volunteer photographer for the Gorham Times). Congratulations Roger!

## **Around Town**

Nomination papers are now available for two positions on the School Committee (3-year terms) and three positions on the Town Council (3-year terms). Completed nomination papers must be submitted to the Town Clerk's office no later than 1:00 p.m. on September 6. Any registered voter of the Town of Gorham who is interested in running for any of these positions must submit nomination papers with no less than 35 or more than 50 signatures of persons who are registered voters of the Town of Gorham. Contact the Town Clerk's Office at 222-1670 for more information.

The Portland Area Comprehensive Transportation System (PACTS) governing bodies have been working to set regional priorities to focus transportation investments on building and maintaining the transportation network needed for today and tomorrow. Gorham residents and all people living and working in the region are encouraged to complete a brief 5 to 10-minute survey at https://pacts-priorities.metroquest.com.

## NOW ACCEPTING Applications for an **Executive Director** — Part-time Position —



The Gorham Business Exchange (GBE) is currently seeking applications for a new Executive Director. This is a part-time position with flexible hours, offering an opportunity to meet and network with many local businesses.

## Job Skills Required:

Strong organizational skills • Event management • Self motivated Skills to collaborate with and motivate board members and other volunteers

Strong written and oral communication skills

Do you possess these skills and have a love for the Gorham community? If yes, we'd love to speak with you! Please send all resumes & inquiries to execdirector@gorhambusiness.org. For more information on the Gorham Business Exchange please visit our website: www.gorhambusiness.org.

Deadline for application submission is August 15th, 2019.



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## Let's Talk Probiotics... Good bacteria: it's a thing!

CAROLYN MILLES

When you think of microorganisms, "health" might not be the first thing that comes to mind. After all, we have been taught our whole lives that germs make us sick. And while some bacteria do promote disease and infection, others can be quite good for us. Enter: probiotics.

Probiotics are the "good bacteria"—live microorganisms that have special benefits for our bodies. You may have seen packages at the grocery store touting the probiotic content of certain foods; so, what are these products and what can they do for us?

Kombu-what?! Have you had your kombucha today? This fermented tea is served cold and lightly sweetened. It is made using a colony of beneficial yeast and bacteria. The result is cultured goodness, with a slightly fizzy, cider-like taste.

Kefir is another beverage to keep an eye on. Made similarly to kombucha, it is fermented milk complete with live cultures. Kefir is available in different flavors and tastes like liquid yogurt.

Prefer to mix your probiotics in with some granola and berries? Plenty of yogurts today are made with active cultures.

If you prefer savory flavors, why not try some fermented veggies? Kimchi and sauerkraut are loaded with the good stuff and are an easy way to spice up sandwiches and salads. For a plant-protein powerhouse, try tempeh, which is made from fermented soybeans.

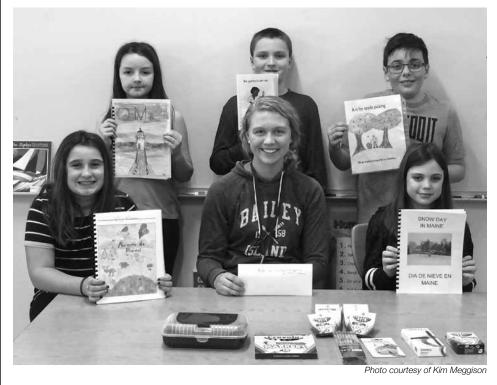
Although we promote the "food first" approach, if drinks and foods are not your cup of tea, probiotics are also available in supplement form. Look for a supplement with 10-20 billion live CFUs (colonyforming units), as this dose has shown most beneficial in clinical trials. Always look for live cultures. Heat and pasteurization tend to kill the bacteria, which means your body will not reap the benefits. Refrigerated probiotics have a shelf life of about three to six weeks.

Selecting a probiotic with a variety of strains is also important, as different strains provide special benefits. Three well-researched and important strains to look for include: Lactobacillus acidophilus, Bifidobacterium longum, and Bifidobacterium bifidum.

No matter how you decide to consume your probiotics, please keep in mind that although probiotics

CONTINUED ON PAGE 10

## Gorham to Guatemala



Fifth-grade students at Village School worked on a service learning project in which they learned about Guatemala and created class books about Maine for the Safe Passage students. Shown with their books are (left to right) front row: Taylor Ernest, Kyren Bettencourt, and Lily White; back row: Ruby Soule, Luke Willette, and Aiden Cahill.

> Bruce Webb Contributing Writer

Over two consecutive weeks in early March, two teams from Gorham traveled to Guatemala to support Safe Passage, a Maine based program that works with impoverished families in the Guatemala City dump. The program, started by Yarmouth resident Hanley Denning in 1999, works with families living in the dump neighborhood, and

provides educational, vocational, and social services to over 500 children.

One team from First Parish Congregational Church included Carol Hardy, Jane Charron, Heather Bettencourt, Kyren Bettencourt, Bruce Webb and Linda Webb. A second team from Gorham High School included Anna Nelson, Ty Gammon, Jordan Bretton, Ryan Reno, Adele Nadeau,

CONTINUED ON PAGE 10





Dr. Kyra Chadbourne

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## **Gorham Grad Prevents** Drowning at the Border

DIANE ABRAMSON Staff Writer

Michael Mathews (GHS '09) has been honorably serving his country for the past ten years in the United States Army as an infantryman. The backbone of the Army, the infantry are the main land combat force and are responsible for defending our country against any threat by land, as well as capturing, deploying and repelling enemy ground forces.

Joining two weeks after his high school graduation, Mathews has been deployed to Afghanistan, supporting local national forces against Isis, on three separate occasions and spent one tour of duty in Iraq. Over the past ten years, Mathews has been stationed at Fort Benning, Fort Hood, Fort Polk, Germany, and Italy.

Currently, Army Staff Sgt. Mathews is assisting Customs and Border Patrol (CBP) in Texas as a member of the 3rd Squadron, 89th Calvary Regiment, 3rd Brigade Combat Team, 10th Mountain Division.

On June 20, Staff Sgt. Mathews and 1st Lt. Samuel Mueller were assisting CBP on the US-Mexico border near El Paso when they observed a Guatemalan woman and her child iump into the canal, attempting to cross the border into the United States. The canal is used for agriculture irrigation and is an off-shoot of the Rio Grande River.

The canal's strong currents pulled the woman and child under. Quick thinking led Mathews to jump into the water and Mueller to use his shirt as



Michael Mathews, right, helped save a Guatemalan woman and child on June 20.

a lifeline to pull the drowning family

Lt. Col. Will Canda, commander 3rd Squadron, 89th Calvary Regiment, praised Mathews and Mueller, "though we have specific instructions to ensure CDP forces are in the lead to interact with immigrants crossing the border, I made it clear to my soldiers that they are authorized in every case to help when they felt human life

For Mathews, "I'm glad the woman and her child are okay. I think it was a great victory for the joint U.S. Army-CBP team." Echoing Mathews, Mueller praised the heroic action, "my team leader reacted decisively and without hesitation. Mathews jumped into the canal in full uniform and boots to help a woman and child in need."

Staff Sgt. Mathews will be retiring from active duty in May. He plans to join the National Guard and looking for a job in logistics. He misses Maine and hopes to return to the ocean, woods, his family, and friends.

**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, Kathy Corbett at ktcorbett@aol.com or Cindy O'Shea at coshea2@maine.rr.com.

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## TOWN/MUNICIPAL

## **Town Council Meeting JULY 2019**

JACOB ADAMS Staff Writer

Councilor Pratt advised of a Jetport Noise Abatement Committee meeting in October that he will be attending and asked that any comments or concerns be brought to his attention.

Councilor Wilder-Cross reported on ways to help asylum seekers (see sidebar for details).

Councilor Hager reported about the Finance Committee meeting. He noted that revenue is a little bit ahead and spending is behind. The committee is in the process of reviewing rescue billing fees by comparing them to the surrounding communities. The next meeting will be on August 12.

Town Manager Paraschak reminded citizens that there are ongoing problems at the Silver Bullet Recycling bins around town. The continuous dumping of trash and non-recyclable items costs the town money.

A renewal Liquor License to was issued to Southern Maine Community Recreation Center, located at 215 Narragansett Street.

A Large Outdoor Event License was issued to Jason Tanguay, Gorham Athletic Boosters, for a cross-country race event behind Narragansett Elementary School on September 14,

The Land Use & Development Code was amended to clarify the number of dwelling units allowed to be served on a private way. The full amendment can be found on the town's website.

The Town Council unanimously voted not to support a resolution to create a fund for asylum seekers/refugees for the purpose of accepting public or private donations.

The Town Council accepted the Ordinance Committee's recommendation that no action be taken with amending the Land Use & Development Code for food trucks at farmer's markets.

The Town Manager was authorized to extend the term of the Credit **Enhancement Agreement with ODAT** Realty Holdings, Inc. for an additional fifteen years to expire June 30, 2034 and to provide a 50% reimbursement of tax revenue paid on the incremental value of the property to ODAT Realty Holdings, Inc. for such a term. This authorization is subject to the

Continued on Page 6

## **Thank You Senator** LINDA SANBORN

For your leadership on making prescription drugs more affordable for Maine families.



"Today, one in ten Americans do not take their medications as prescribed in order to pay for other life necessities such as food or housing. This is simply unacceptable, and we must do better."

> LINDA SANBORN State Senator

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### Town Council CONTINUED FROM PAGE 5

final approval of the First Amendment to the Town of Gorham ODAT and Grondin Industrial Park Tax Increment Financing District and Development Program #2 by the Maine Department of Economic and Community Development. Councilor Pratt recused himself from the discussion and vote due to a conflict of interest.

The Town Council will forward amendments to the Cable TV Ordinance to the Ordinance Committee for its review and recommendation.

The Town Manager was authorized to negotiate and enter into a new agreement with the Gorham Cooperative Preschool for a term not to exceed five years, along with the same conditions as the existing agreement but allowing for subleasing of the building by the Gorham Cooperative Preschool.

A proposal to increase the cost of curbside collections trash bag and/ or tag fees was sent to the Finance Committee.

The Town Manager was authorized to negotiate and enter into a contract with RealTerm Energy for the purchase and conversion of existing street lights to LED fixtures in the Town of Gorham, to be owned by the Town, and report back to the Town Council on recommendations for removal of redundant lights and/or addition of new lights in the community.

The Town Council instructed staff to further research implementing health, safety and operational standards for group homes and boarding houses for

further review by the Town Council.

The full town council meeting minutes for both meetings are available on the town's website at www. gorham-me.org

## **Ways to Help Asylum** Seekers

Courtesy of Town of Gorbam

#### **Host Homes:**

The Greater Portland Coalition of Governments (GPCOG) has created an intake email for families across the region that want to host newly arrived families. If you are interested in hosting, please email HostHomes@gpcog.org.

#### **Charitable Contributions:**

Preble Street Resource Center: Food donation and preparation Wayside: Food donation and preparation Immigrant Legal Advocacy Project: Legal Support The Salvation Army NNE: Clothing and coordination of voluntary items The Root Cellar: Clothing distribution Jewish Community Alliance: Diaper Bank Maine Immigrant Rights Coalition: Community organizing and first responders The United Way of Greater Portland Mercy Hospital Maine Medical Center

#### Other Ways to Help:

Please contact the Greater Portland Coalition of Governments at (207) 774-9891 for more information.

## Accident on Rt. 25 Sends Six People to Hospital

SHERI FABER Staff Writer

Police responded to Ossipee Trail (Rt. 25) near Dow Road for a three vehicle accident on June 21 at about 2:53 p.m. Six people were seriously injured in the accident. Five were transported to Maine Medical Center by ambulance. An eight-year-old girl with critical injuries was transported by LifeFlight.

Kenneth Morang, 61, of Standish

was driving a Ford F-150 pick up truck, traveling west. He struck a 2008 Honda Pilot driven by Michael Bell, 39, which had three juveniles inside. Bell was also driving west and the impact sent him into the eastbound lane where he was struck by a 2019 Nissan Rogue driven by Alissa Ricker, 42, of Boca Raton, Florida.

Route 25 was closed for two and a half hours following the accident. The crash is under investigation by the Gorham Police Department.

## **Grand Jury Indictments**

William Blanchard, 19, of Gorham was indicted for manslaughter on charges brought by South Portland

Brandon Desjardin, 20, of Gorham was indicted for unlawful sexual contact, assault, and unlawful sexual touching on charges brought by

Joseph Earles, 53, of Gorham was indicted on charges of burglary, theft by unauthorized taking, criminal mischief and violating conditions of release on charges brought by the Portland PD. Earles was also indicted in a separate case on charges of theft, unauthorized use of property and

violating conditions of release on charges also brought by Portland PD.

Jonathan Ebert, 33, of Gorham was indicted on charges of aggravated assault, domestic violence assault, domestic violence terrorizing and violating conditions of release on charges brought by Gorham PD.

## **Election Help**

Are you interested in becoming an election worker? The Town of Gorham is accepting applications for qualified individuals interested in working at the polling places on election days. For more information, or to apply, visit https://www.gorhamme.org/home/news/election-workersneeded







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## **Gorham High School Fourth Quarter Honor Rolls 2018-19**

Henry Jensen

Grade 9 – High Honors George Allison Drew Baber Lauren Bachner Curan Bassingthwaite Erin Castonguay Morgan Chapman Kayleigh Cloutier Sydney Connolly Michelle Darling Katherine Dupuis Hailey Edwards Madeline Fadrigon Andrew Farr Annie Frey Bryce Gunn Madisson Hatch Kiara Hodge Stephanie Labrie Alexandra Light Elisabeth Lorangei Brvce Lumbert Anya Mazaris-Atkinson Andrea Mitchell Emma Mullin Alexandra Myles Anna Nelson Julia Ordway Abigail Ouellette Phoebe Richards Quentin Riiska Beniamin Shields Clara Shvets Alexandra Waterman Megan Wentworth Violet Wilson -Wood Eliiah Wvatt Megan Young

Grade 9 - Honors Colin Albert Natalva Asali Noah Badeau

Ryan Bechtel Ambrosia Moore Owen Bealey Dylan Morrell Mallorie Bergquist-Guimond Isabella Morrell Gisele Berry Landon Bickford Anva Nagle Allison Bishop Hunter Pellerin Brylee Bishop Grace Perreault Caroline Bishop Ellie Perry Connor Callahan William Perry Madison Philbrick Nathan Chase Ainsley Christianson **Hunter Connors** Calvin Cummings Kaitlyn Cushing Sadie Cyr Quinn Doyle Sarah Duff Sadie Dver Abigail Emerson **Zachary Emmons** Olivia Falagario Asa Farley Samuel Fari Jillian Fevler Breshia Flett Elizabeth Frev Nikolas Gagne Mava Garand Charles Gay Riley Grant Kylie Green

Rachel Gross

**Brooke Guimond** 

Svdnev Haskell

Ethan Ho

Abigail Houp

Kvle Landry

Ian Luciano

Annika Mankin

Aidan Meredith

Gannon Kuntz

Abrahim Rabbani Samuel Reasoner Courtney Rent Vanessa Russell Evan Russo Brandon Sadowski **Brady Sawyer** Arzou Sayed Thaddeus Shain Kvle Skolfield Hannah Spickel William Stein Emma Stevens John Sutton Jacob Tatom Colby Tucker Sarah Valeriani Dvlan VonderHaar Nicole Walker Morgan Walton Jacob Weisman

Jillian Morrill

Grade 10 - High Honors Grace Bradshaw Sierra Cummings Ava Dolley **Emily Duncan** Julia Edwards Nathan Eichner Sydney Fox Mary Gawlick Steacy Hakizimana Rilev Johnson

Sophia Kaufman Zakaria Lembarra Paula Lorente Gomez Kvlie Mathieson **Emily Paruk** Alice Peterson Molly Rathbun Cassidy Rioux

**Bailey Wentworth** Grade 10 - Honors Luke Adams Dawson Allen Aidan Bell Madeline Berry Corey Blake Jordan Blakeslee Logan Butler Carrier Beck Haley Crosby River Cummings Michael Darasz Havden Desmond Robert Dowdle Andrew Duncan Vinh Duong Aidan Enck Grace Flynn Paige Fogg Gracie Forgues Campbell Fowler Sophie Gagne Lvdia Gaudreau Brandon Gordon Stephen Graham Brayden Harjula Devyn Harrington Hannah Heady Reed Henderson MacKenna Homa

Richard Jiang Beniamin Johnson Tatiana Jonk Evan Koenia Isabelle Kovacs Rvan Kratzer Katherine Kutzer Gabrielle LaBarge Joshua Labrie Sophie Lachance Mason Laskey Maya Lee Nevin Libby Tess Libby Griffin Loranger Natetra Ly Bode Meader Cadence Mercado Olivia Michaud Kavlvn Migliorini Oliver Milliken Kathryn Morin Murray Molly Adele Nadeau Grant Nadeau **Emmeline Nelson** Liam Nickerson Ian Obrey Brooke Phillips Matthew Phinney Alexander Pierson Caitlin Randall Braedvn Richardson Morgan Roast Devin Robichaud Eva Rodrique Trevton Rosario Sophia Sawyer Delaney Seed Gage Sinstedt Cody Smith

Marissa Wilson Wesley Young

Grade 11 - High Honors Anthony Booth Madison Firmin Jacqueline Hamilton Paige Hume Elyssa Johnson Ethan Mercier Abigail Miller Abigail O'Brien Camden Sawver Madisen Sweatt

Samuel Waggoner Grade 11 - Honors Ethan Allen **Grace Andrews** Daniel Bachner Carson Battaglia Elizabeth Blanchard Laura Bolduc Jordan Bretton Westlev Brinegar Jessica Burgess Haley Burns Neila Cairnduff Margaret Caruso Lane Charlton Colby Christakis Julie Cooper **Emily Crepeau Kasey Cummings** Garrett Devoe Faith Dillon Meredith Donisi Ryan Doughty Molly Eaton Rvan Gaudreau Lauren Green Lauren Bryce Gurney Sophie Hemingway Maeve Higgins

Nolan Irish Sebastien Irish Noah Jalbert Katarina Jenkins Cortnie Jones Sarah Juskiewicz Henri Kuntz Lucas LaMontagne **Brittney Landry** Haley Lowell Nolan McCullough Pevton Morton MacAllister Moss Cameron Myles Jillian Nichols Hannah O'Connell Samuel Orlando Kyle Quillette

Ashleigh Hotham

Erin Hume

Emma Owens Cole Perreault Marin Perry Ava Pitman Lauren Preis Ryan Reno Andrew Rent Peter Richards Seth Richardson Margaret Rimkunas Carly Rioux Gianna Romatis Kendall Smith Ursula Steiner Veronica Steiner Javin Stickney Julia Sturgis Andrew Tinkham Kiana Tracey Katrina Tugman Lvdia Valentine Isabella VanZandt Alana Weed

Jacob Zelmanow

Grade 12 - High Honors Maggy Aube Maiya Christiansen-Carlson Angelana Darling Brittany Desjardin Brinn Hall Autumn Heil Mackenzie Holmes Aaron Jones Kate Larkin Matilda McColl Lydia McCrillis Libby Mitchell Katherine O'Donnell Olivia Paruk Anna Rathbun Simon Roussel Callie Russell Leah Scontras Sara Slager Sarah Stevens Erin Wentworth Brooke Woodbury Melanie Wright

Bruce Wyatt Grade 12 - Honors Isis Adams Sarah Baxter Kyren Bettencourt Aaliyah Biamby Courtney Brent Brian Bunker William Burns Mackenzie Buteau Caitlin Chasse **Brandon Cummings** Joseph Curesky Rvan DeSanctis Grace DiPhilippo

Jacob Dupuis Riley Ferrigan Emma Forgues Gabriella Gagne Aaron Goschke Jeremy Harris Joshua Hayward Kasey Jiang Isabella Jones Spencer Keating Evelyn Kitchen Libby Knudsen Abigail Leonard Trevor Loubier Preston Mahaney Isaac Martel Rowan McDaniel Harris Milliken Hailey Morrill Thomas Nelson Rose O'Brion Grace Perron Samuel Pocock Alice Riiska Samantha Robichaud Samantha Rockwell Hallie Shiers Jacob Sladen Caelyn Smith Katelyn Smith Daniel Spiller Mariah Stout Ian Stultz Logan Swift **Grace Terry** Sarah Walker Ethan White Bryce Womack

Mackenzie Young

Josephine James

## **Gorham Middle School Fourth Quarter Honor Rolls 2018-19**

Grade 6 – High Honors Sofia Andrade Whitney Ball **Emily Beal** Abigail Chamberlin Ashley Connolly Isabelle Cook Patrick Downey Gwyneth Dubai **Emily Fadrigon Hadley Foster** Meghan Gendron Ava Googins **Bailey Hatch** Sophie Kaczmarek Kathryn LaPierre Lucas LeGage Kayla McLean Natalie Miner Timothy Nagle Payson Plummer Julia Reed Sarah Rosingana Evelyn Rush Victoria Sands **Brooklyn Sandstrom** Natalie Smith **Brooke Stevens** Eliot Verry-Gardella

Grade 6 - Honors John Adams Harrison Baber Raivah Babinsky Brianna Beaulieu

Vanessa Walker

Elizabeth Bennett Hermione Bissonnette Connor Brown Jakob Buckley Laura Burt Abigail Capponi Caleb Carrier Joshua Cenate Olivia Cherry Christopher Chesebro McKenzie Coldwell John Copperberg **Timothy Curtis** Katelyn Cyr Cecelia Dellosso Riley Dever Anastasia Dolley Lucia Dubail Andre Dube Holden Edenbach Gavin Edwards Makayla Edwards Gabrielle Evans Joshua Faatz Brent Files Mason Finck Piper Forgues Lauren Fredette Griffin Gammon Sherry Garnett Cameron Gasbarrone Layla Gillihan

Ella Goff

Kyle Green

Ethan Heady

Kailynn Herrick Aurora Hines Violet James William Johnson Kuba Kaczmarek Jack Karlonas Brooke Kazimer Parker Lafortun Faith Lara Jeffrey Legere II Adam Lembarra Joseph Leskowsk Rebekah Libby Benjamin Mason Chafek Matta Jack Mazaris-Atkinson Samuel Merrow **Emma Miramontes** Elizabeth Morey Ryan Morrill Wyatt Nadeau Caira Nobert Amelia Olaru Brooke Piawlock Kyle Poillucci Claire Rancourt **Brooklinn Randall** Hailey Rickett Abigail Rogers Celia Roy

Sarah Sanborn

Juliet Sargent

Mina Sayed

Ella Senatore

Jacob Shyets

Aidan Smith Alison Smith Owen Spera Reis Stamaris Lily Stone Lilly Taylor Alyssa Tetrault Denali Tetrault Payton Thibodeau Madison Tibbals Lily Tukey Ethan Verrill Elijah Whitehead Sarah Wilcox Madisson Willey Logan Wilson Alauna Worden

Amalia Ionta

Grade 7 - High Honors William Armstrong Luke Burns Andria Cloutier **Thomas Curtis** Giselle Doucette Ella Downing Anna Dumais Taylor Farr Summer Gammon Addison Hariula Noah Kennedy Ashton Leclerc Aislyn McLean Riley Ottoson Alicia Poschke Emma Smith

Julia Wareham Anna Yahwak

Cole Allen

Grade 7 - Honors

Madigan Thibodeau

Kate Auricchio Gabriel Badeau Tyler Bartick Dylan Bauer **Emily Bennett** Nathan Bergquist-Guimond Moortada Beshir Hannah Bickford Chloe Blanchard Claire Boudreau Elsie Bradshaw Jackson Brassard Macey Brenner Amber Bretton Addison Canty Camryn Caruso Ethan Castonguay Elijah Castro Gage Cathcart Zoe Coleman Dakoda Coyne Rita Cummings Kalin Curtis Aidan D'Ambrosio Jack Decrow Alexis Deschaine Grace Desmond Sophia DiPhilippo Isaac Dobson Hilary Douglas Mohamed Flshafie

Brooke Farquhar Sophia Fates Abigail Fecteau Nolan Feyler Lydia Fluet Aiden Fortier Elizabeth Gav Kaylee Gonneville Natalie Haskell **Emerson Homa** Samantha Hutchinson Zachary Irish Anthony Jordan Eleanor LaBarge Cruise LaBrie Lily LaClair Jackson Landry Aidan Lee Montana Leslie Mervk Lewellen Ezekiel Lockman Corey Lorfano Jack Luciano Channitra Lv James McColl Lilv McDonald **Gabriel Michaud** Lillian Miner Jacob Mora Caroline Morrell Jackson Morrell Amy Morin Arianna Morse Kaitlyn Nichols Lillianna Noel

Abigail Noyes

Erica Nygren Samuel Parenteau Haden Pelletier Jenna Peguinot Paige Perreault Simeon Pillsbury Alec Pouliot Thomas Pritchard Makavla Quintal Zoie Rand **Brayson Reed** Marissa Reno Lilv Rubin Ethan Sadowski Logan Sargent Olivia Sawyer **Brayzel Smith** Caden Smith Cole Smith Ava Spitzinger **Kyleigh Staples** Jonathan Stein **Brooklyn Tarbox** Nicholas Tinkham Landon Turgeon Logan Vail Noah Vaughn Jocelyn Verrill Reilly Walsh Makenna Wheeler

Grade 8 - High Honors Julia Bell Faith Connolly **Rachel Cummings** 

Izak Young

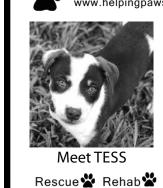
Grace Johnson Trevin Macomber Kaci Mollison Sarah Rathbun Rylee Tenuta

Grade 8 - Honors Benjamin Allison Hayden Anderson Avery Andrews Emelia Bailev Ava Brvant Christian Butler Klarha Cajuste Hannah Caron Lexi Caron Justin Chasse Junbei Chen Jasper Crane Annie Cunningham Patrick Cyr Angela Dellasala Zoe Diffin Quinn Dillon Maeve Donnelly Jonah Doucette Madeline Downey Owen Dugas Abby Fiore Rylan Flagg Noah Flynn Tv Gammon Brooke Gordon Tedi Gould Kyra Hamblen

Owen Harmon

Braeden Johnson Eden Johnson Elizabeth Keil Samantha Kovacs Quinn Lachance Alexis Landry Erin Lawrence Jacob Lehmann Kevin Luo Savannah Lyon Aedan MacDougall Sofia Mankin Kate Martin Hannah O'Reilly Lucas Ouillette Mikaela Pellerin Claudia Peterson Madyson Quimby Tyler Reynolds Lauren Rioux Keira Rosario Abigail Rosingana Lillian Ruane Kate Sands **Brady Smith** Alexandra Sutton Damien Taylor Megan Wentworth Elizabeth Willette Hailee Willey Delaney Wright Peter Wu Lillian Zidle





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## Gorham Staff Moving on to Next Chapter

COMPILED BY ANDREA MORRELL School News Editor

As another school year wrapped up, the Gorham School Department said goodbye this year to a principal, teachers, and a director after many years of employment. We wish them good luck in retirement.

Sue Adams-**Thompson** is retiring from Village Elementary School as a thirdgrade teacher after looping with her class from last year to finish out 28 years of work-



ing in Gorham. Previously, she was a second-grade teacher. Over her career, she has taught Kindergarten, first grade, second grade and third grade.

During her teaching career, she ran the swimming program in Cape Elizabeth, taught summer school in Cape Elizabeth, worked for Connections for Kids for five years, and volunteered as a coach for Girls on the Run for six

Adams-Thompson went to Hillsdale College in Michigan and got her teaching certification from the University of Southern Maine in Gorham (USM).

The most rewarding part of her career has been the relationships with the children that she has taught and coached over the years. She will miss the kids the most.

Her summer plans are to travel and visit her children who live out of state.

She also hopes to have some time to pursue some hobbies, such as playing the piano, visiting rock quarries, and carving stones.

Maryanne Connolly, known as the "Popcorn Lady" for many years, is retiring from Narragansett Elementary School as the teacher of the K-5 **Functional Life** Skills Program, after teaching in



that position for 25 years.

Twenty-four of those years have been at Narragansett with one year at Village when the K-5 configuration first started, before the program was moved back to Narragansett. Originally, it was a 1-2 Multi-age Inclusion Program, but grade levels have changed over the years. She worked at Spurwink School for 15 years prior to the transition to Gorham.

Connolly graduated from the University of Maine at Farmington in 1978 with a B.S. in special education with a concentration in emotional disturbance. She then received her M.Ed. in 1987 from USM with a degree in exceptionality.

Watching a child be able to believe in him- or herself and achieve something they have been working on and seeing the pride in their accomplishment has been one of the most rewarding parts of her career. It could be walking down the hall independently, doing the monkey bars on the playground, or asking

for help before they have a problem and working it out on their own.

She will miss the students, the families, and her colleagues. Working with children is why she got into the profession; the relationships with the families and colleagues is a bonus.

In retirement, the first thing she may have to get used to is the transition off of a school schedule since she has been on that schedule since she was in first grade. Her plans include being with her family (no more paperwork Sundays), volunteering in the schools with her grandchildren and in Gorham, and volunteering on the Barbara Bush unit or rocking the babies in the nursery at the hospital, taking care of herself, and lots of knitting and relaxing for a bit.

Michelle Lesperance is retiring as a firstgrade teacher at Great Falls Elementary School, after teaching in Gorham for the past 16 years. She first fell in love with teaching



back in high school (1975) when she was working in a Montessori preschool and fell in love with teaching. She loved watching the discovery process and still

Her travels took many turns before she graduated with a double major: special education and early elementary education from Michigan State University. She was a Bell Telephone

directory/information operator (no computers back then), an assembly line worker putting together cars (Detroit girl), and a live-in governess (with a blue starched uniform) right here in Maine (among other jobs) before she finally got her degree in 1982.

Since 1982, she has worked in a few different districts in Maine, as well as at a private school. But the common thread, no matter what educational body, is the K-2 setting. This is where she believes learning to read, reading to discover, learning to write, and finding a voice truly begins. It is the foundation for literacy and also where she found a place that nourished her appetite for the discovery process, as well as her passion/obsession for multidisciplinary teaching practices.

The years at Great Falls was among the best ever in her career. Because of the kind support and humor from many, she never felt like her "last years as an educator" felt like a job; it remained a career and a place she continued to grow and learn. She would like people to know that this strength, dedication, humor and grace matters. It creates a place where kids thrive, but that exists in many elementary schools because most teachers are strong and dedicated. It is the kindness, humor, and grace that create a thriving culture that kids and staff can thrive. She would like to thank everyone who truly shower these qualities on others.

As of right now, Lesperance plans to volunteer at Hospice and an elementary

CONTINUED ON PAGE 9

# Victory!

## MAINE EARNED INCOME TAX CREDIT EXPANDED

Low-income Mainers work hard but are held back by income inequality and the rising cost of living. An expanded Maine Earned Income Tax Credit (EITC) will put more money in their pockets so they can make ends meet.

This year, Maine more than doubled the EITC, increasing incomes for 100,000 households, and made low-income, working young adults eligible for the first time.

This critical victory would not have happened without Rep. Mo Terry's leadership.

MECEP would like to thank Rep. Terry for standing up for low-income, working Mainers in Augusta.





### Gorham Staff CONTINUED FROM PAGE 8

school and maybe a part-time job in a bookstore to supplement her travel account. She is saving for that bucket list and one of those spots is Tasmania.

She wishes heartfelt best wishes and blessings to all to keep the torch of inquiry burning.

Robert Riley is retiring as principal of Gorham Middle School, a position he held for the past 12 years. Prior to his time in Gorham, he spent six years in MSAD #49 in Fairfield, Maine. For four years, he was the assistant principal and athletic director for Lawrence Junior High School. His final two years at Lawrence were as principal. Prior to that, he taught social studies at Saco Middle School for seven years.

He received his Bachelors from the University of New England and his Masters in Ed Administration from USM.

Riley has most enjoyed working with, and teaching young people. He will miss the daily interaction with the students as he could actually see them change daily. To have the privilege of being able to witness their growth, and to have a hand in helping them shape their future, was very rewarding.

His immediate plans are to travel to see his three grandchildren and spend some good quality time with them.

**Kate Rotroff** is retiring as Gorham's Adult Education director, a position she's held for 20 years. For the past two years she has also been director in Westbrook.



Courtesy of Kate Rotroff

Before coming

to Gorham, she worked for 11 years as an education specialist in the rehab department at Maine Medical Center. She was tasked with training special education teachers how to develop supported employment opportunities for students with disabilities. She worked with teachers in Cumberland, Aroostook, and Washington counties. She also worked as a senior human services counselor at Youth Opportunities in Portland for nine years.

Rotroff has a M.S. in adult education and a B.A. in history.

Without question, the best part of her job has always been the direct work she has done with learners. She has especially enjoyed learning about different cultures from the English Language Learners. She will miss her co-workers and the students.

In retirement, she will continue to work in some way with English

Language Learners. She also plans to travel and enjoy her gardens. And she would like to find a way not to hibernate in the winter.

Anne Stuart is retiring from Village Elementary School after teaching third grade for the past seven years. Before that, she taught first grade at Narragansett School for 15 years and one year at Village when it went K-5. Before becoming a classroom teacher, she was an ed tech for two years at Narragansett.

She has had the opportunity to hold a variety of positions while working in the district. She hosted many ETEP interns and other student teachers, has been a team leader for many years, participated in a variety of curriculum committees, has been a peer mentor to new teachers, hosted high school alt ed programs in her first-grade classroom, and hosted a literacy-based program with alt ed high schoolers with her third graders.

She has also served on interview committees to hire new teachers/ admins in the district and worked on assessments committees. She is a strong supporter of the Gorham Teachers Association (GTA), having been her school's rep for many years and has also participated in negotiating the GTA teacher's contract several times.

Stuart received both her bachelor's and master's degrees from USM. The most rewarding part has been the teaching. She has had the privilege to work with hundreds of Gorham's children over the years, and it is not always what she taught them, but what they taught her. Being a teacher has been an incredible life experience for her.

She has also worked with many talented teachers and admins that have mentored her whether they know it or not. She has always loved going to work each morning in anticipation of what the new day will bring, some days were better than others but each one meaningful in its own way. She feels Gorham has wonderfully supportive and caring parents and she has been lucky to work with many of them.

As for retirement, her grandboys and her almost 11-year-old son will keep her very busy. As a former foster parent and having adopted a child from the foster care system, she would like to become an advocate to promote positive change in the foster care system. She is also planning on substituting to get her teacher's fix.

Note: Photos of Riley and Stuart not provided to the Gorham Times.

## **Chamber Singers Reunite**

Lydia Valentine GHS Student Intern

The school year had just ended but there was still one more concert. Gorham High School (GHS) Chamber Singers is the highest choral group at the high school and takes part in many extra activities like caroling and the graduation ceremony. This year the group added something new to the roster - a GHS Chamber Singers Reunion Concert on June 21.

"It was great to get reacquainted with those people from my student teaching experience and it was also very exciting to see my own recent alums and reconnect," said Mathew Murray, current GHS Choral Director.

Along with Murray, former directors Chris Peterson and Darrell Morrow each taught and directed three songs. Students and teachers from over three generations of classes combined to sing a program filled with each direc-

Songs included "Zombie Jamboree," "Operator," and "Omnia Sol." The concert ended with a favorite classic, "Jabberwocky." The singers all grabbed props, including a GHS mattress sale sign, to add to the exciting choreography of the song.

Murray credits a group of Chamber Singers from 1998-2001 with the organization of the concert.



Thirty-four former members of the Gorham Chamber Singers joined two former directors, Darrell Morrow (1997-2009) and Chris Peterson (1990-1997), as well as the present director of the group, Matt Murray (Since 2009), for a reunion concert on June 21.

"I had worked with these students during my student teaching experience and while we chatted after the concert, the idea of a reunion came up. From there, another alum started contacting people on Facebook and it just took off

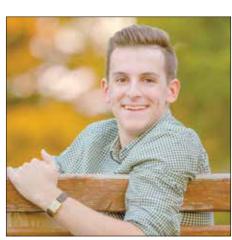
Murray hopes to continue this tradition with concerts about every five

Editor's Note: The following is being rerun to correct information originally provided to the Gorham Times.

## Cheverus **Graduate**

COURTESY OF CHEVERUS HIGH SCHOOL

William Zidle, son of Matthew and Janet Zidle, graduated magna cum laude on June 3 at Merrill Auditorium and will attend Rochester Institute of Technology. He was a member of the All-Academic Team Baseball.



NEXT **GORHAM** TIMES **DEADLINE: JULY 31** 







### Food Forests CONTINUED FROM PAGE 1

temps stop them from raking out, mulching and planting the island in front of the Little Falls Activity Center on Acorn Street with a large variety of perennial edibles available to all.

On June 8, the second food forest was created at Phinney Park on South Street. In addition, twenty four movable planters, constructed by Daniel Bachner and his fellow Boy Scouts as part of Bachner's Eagle Scout proiect, were assembled with vegetables donated by local farms. The planters were placed at businesses around

town who leapt at the opportunity to showcase and maintain them as Gorham's "Edible Main St."

The wooden planters are located throughout the Village and are open to everyone for harvest. Each planter has a theme to help complete a dish with one stop. For a guide of participating businesses, visit the Gorham Edible Main St and Food Forest Facebook page.

A third phase is still being finalized but will likely involve an event this

### Be Well CONTINUED FROM PAGE 4

don't usually have side effects, if any new food or supplement causes you gastrointestinal distress, discontinue it. Remember—listen to your body; foods affect everyone's digestion dif-

What can probiotics do for my health? The science shows that these cultures may help alleviate unpleasant symptoms of digestive disorders (namely diarrhea), enhance digestion of food and absorption of nutrients, provide oral health benefits, and perhaps even prevent viruses like the common cold by enhancing immune function.

Although most people can benefit from the use of probiotics, they can be especially important if you struggle with any of the following: Antibiotic use; GI dysfunction or discomfort - this includes but is not limited to bloating, gas, constipation, diarrhea, and acid reflux; Low energy; Mood disorder, like

depression or anxiety: Weak immunity; Skin conditions; Inflammation -studies suggest that probiotics can be used to treat a disturbed gut microbiome, which in turn decreases inflammation leading to depressive disorders.

Whether you have a history of digestive issues, are using antibiotics, or just want to promote general wellness, choosing to consume probiotics is a healthful way to nourish your body. It is also important to know that probiotics feed off of prebiotics, also known as fiber, which acts as fertilizer for a healthy gut. Go ahead, show it some love.



Carolyn Milles, RDN, LD is a third-generation dietitian who believes life is for living, not restricting. She happily serves individuals in their journeys to nourish, move, create balance and be well in the Gorham area.



## **Summer Music Series**

July 30: Don Campbell Trio August 6: TBD

All concerts are at the Gazebo next to Baxter Memorial Library from 6:00-7:30 p.m. Bring a picnic, a blanket or chair, and enjoy the show.

Parking is available along South Street or in the Gorham Municipal Parking lot. Concerts will be moved inside to Shaw Gym in the event of rain. Check the Gorham Recreation facebook and website for details.

## Senior Tax Assistance CONTINUED FROM PAGE 1

one person the limit is \$58,613, for two people \$66,994, three people \$75,375, and \$83,700 for four.

Applicants must attach copies of their 2018 tax filing, or if they do not file taxes, other forms that document income. There can only be one application per household. In addition to tax filings, applicants must include a copy of one form of identification, such as a drivers license, MaineState I.D., or passport. Applicants who are renters are to attach a copy of their lease as well.

Application does not guarantee a

rebate. Benefits will range from \$200 to \$500 with applicants with lower income receiving the most relief. Decisions on eligibility and benefits will be made by the Town Clerk's office and are final, but may be appealed to the Town Council.

The Senior Property Tax Assistance Ordinance can be read online by clicking on Ordinances on the town website. Seniors who have questions or need assistance in completing the application should call 222-1671 or email seniorrebate@gorham.me.us to schedule an appointment.

## Gorham to Guatemala CONTINUED FROM PAGE 4

Grant Nadeau and Victoria Reynolds.

Although the trip lasted only seven days for each team, the preparation was extensive and involved the wider community. At Village School, teacher Kim Meggison organized a service learning project in which the fifth grade classes learned about Guatemala and created class books about Maine for the Safe Passage students. Gorham High School Spanish students then translated the books so that the children in Guatemala could read them. Gorham students and faculty also donated money to purchase school supplies for the Guatemalan students.

Noted Gorham children's book author, Cathy Falwell, donated bi-lingual copies of her books to Safe Passage which were delivered to the school in Guatemala - a much appreciated gift for children with limited resources.

The entire church community at First Parish Church was involved for nearly a year in raising funds for Safe Passage through their Music on a Mission initiative. Three events were held during the fall to help raise a donation for the

Preparations by individual team members included obtaining passports, buying airline tickets, getting vaccinations, practicing Spanish, reading about the history of Guatemala, and learning more about the requirements of the program.

While in Guatemala, the teams stayed

in Antigua, a beautiful, colonial city. From there, they traveled 25 miles to the city daily on a bus provided by the project. The two support teams assisted classroom teachers, participated in school activities, helped with administrative tasks, and met with families to learn more about the culture of Guatemala.

The days started with an hour-long commute to the city, followed by a day packed with activities led by the Safe Passage staff, and then a return commute back to Antigua. Each evening, the teams ate together at a restaurant selected by their team coordinator where they had a chance to review the events of the day and prepare for the next day.

During their limited free time, members had options to hike a nearby volcano and cook marshmallows on hot lava, visit a coffee plantation to learn about free trade coffee, shop for colorful native fabrics, or visit a local waterpark with some of the Safe Passage teens.

Upon their return, team members commented that the experience had been "eye opening," "amazing," "unforgettable," and "challenging." Participants remarked that the experience was truly inspirational and that, by stepping into another culture, they had gained a better appreciation for their own lives in Gorham. The trip also gave team members a greater incentive to get more involved in efforts to help people from other cultures.



## **One Door Closes and Another Opens for Gorham Hockey Player - Austin Violette**

**DESTINY COOK** Sports Editor

Austin Violette (GHS '16) was a local hockey player who had aspirations of playing at the highest level until a career-ending head injury crushed his dreams. Fortunately for Violette, that's not the end of his hockey story.

Before I get into that, I want to share a personal story about Violette. He played baseball on my son Seth's Babe Ruth team. As the kids showed up for the games and before the coaches arrived, Violette would gather the team to begin stretching. Seth was, let's say, a "spirited" child; while he loved playing baseball, he could sometimes be silly. Prior to one game, as Violette was gathering the team, Seth was not paying attention. Violette calmly walked over to him and said, "Come on Seth" and patiently guided him to the group. It was what he didn't do that impressed me. He didn't just ignore him, nor did he yell at or humiliate

It was one of those moments that I knew I had to share with his parents and the coach. As parents, we see a lot. Sadly, we tend to hear the negative more than the positive, and I felt the maturity and leadership Austin displayed that day at his young age was important. I'm sharing this because just a few years later, Violette had some important decisions to make. Decisions that took a maturity many kids his age could not handle.

I have lived in Gorham for over 18 years and I drive by the Violette home

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daily. A sure sign of winter approaching is the flooding of their lawn to form the Olympic-sized ice rink. A rink where Austin, his brother Spencer, and many friends, would skate from dawn

"The late nights under the lights with my buddies will always be the good times I think of right away. Those nights that are so cold you can't feel your toes but your jackets are off because you are sweating," he said. He also spent many late nights out there by himself.

Violette has been skating for as long as he can remember. As the baby of the family, he remembers being "dragged" to his brother's games. It was inevitable, he jumped on board and he said hockey became the center of his life.

Violette played for the Gorham Rams Varsity Hockey team during his first two years of high school. He shared, "I think the best thing about playing for my town, and something that some may take advantage of, was playing in front of family and friends who have seen me grow up my whole life."

One of his favorite memories was when the Rams unseated the Greeley Rangers (two time Class B Champions) to win the Western Maine Championship in front of a packed

After his sophomore year, at the age of 15, Austin made the difficult decision to move away from the comfort of his hometown and its fans. For two seasons he played for the Northern Cyclones (Hudson, NH) 16U and 18U Tier I AAA program. He then played juniors closer to home in Exeter, NH with Seacoast Spartans Prep.

He said Gorham High School was very supportive of his decision by helping him choose online courses, and eventually assisting him when he transferred back to graduate with his class. "Most people don't understand that hockey world and how the sport is so much different than others. I knew from a young age, growing up in a small town in Maine, that I would have to move away from home to be able to play hockey at the highest level possible for myself," said Violette.

Going into those unknown waters was scary. He lived with a host family who would be a part of his family forever. He met teammates who would become like brothers to him. He formed many relationships, with one in particular that would help him get to where he is today.

One day Violette was playing hockey and living his dream, and the next it was over. "Everything came to an end really fast. I understood my situation going into my last season and I was willing to have to deal with the consequences that would come from continuing my playing career."



Austin Violette, seated middle, continues honing his skills with the Maine Mariners.

A month or so into his season, Violette said he received a minor hit. Unfortunately, his head was so fragile that it resulted in a very serious head

"The next year was very difficult for myself and my family. From doctor appointments, to the mental changes, and even health-related problems, my whole world was flipped upside down in a matter of moments," he shared.

He was feeling lost, when months

CONTINUED ON PAGE 12

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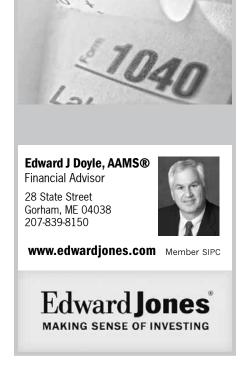
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## **Gorham Runners Excel in Recent Races**



Gorham's Anthony Chase, far left, placed third at the Shipyard Old Port Half Marathon on June 22.

COMPILED BY DESTINY COOK Sports Editor

The Gorham 4-Miler took place on June 20 and the proceeds went to the Stephen G. Ward Memorial Scholarship. The winner for the men's division, Thomas Nelson, and the winner for the women's division, Alexis McCoy, both donated their cash winnings to the scholarship fund. Nelson was the 2019 scholarship recipient.

At the Shipyard Old Port Half Marathon and 5K on June 22 in Portland, Gorham resident Anthony Chase (GHS '18) placed third out of 3,500 runners in the half marathon. His time was 1:17:09. Former Gorham resident Jesse Orach (GHS '12) placed first in the 5K with a time of 14:55:5, nearly 30 seconds ahead of the second-place finisher.

The Stephen Ward 9/11 Memorial 5K will be held on September 8. If you would like to learn more or register for the race, visit their Facebook page.

## In the Zone



Aaja Jalbert (GHS '22) continues her domination of youth darts. Not only is she the two time ADO National Youth Champion, she is now the 2019 Winmau 501 Youth National Champion, which was held in Deerfield

# Beach, Florida last month.

## **Sports Etc.**

GP NEMBA (Greater Portland New England Mountain Bike Association) announced that Action Sports Construction was chosen to build the pump track in Gorham. Action Sports is based out of California and has built about 200 pump tracks all over the world, including one for Google. A pump track is a closed-loop trail circuit made of a series of banked turns and "rollers." which are best understood as smooth. raised bumps. The loop is designed to be ridden by "pumping" your bike with your upper body while minimizing pedaling. Construction of the pump track will begin on September 23.

## Austin Violette Continued FROM PAGE 11

before the Maine Mariners (Portland's professional hockey team) season was set to begin, he got a call from the head coach, Riley Armstrong. Armstrong was one of those connections Violette made when he left Gorham. He had skated with him and played for him on the U18 team.

Armstrong knew what hockey meant to Violette and simply asked him if he wanted to be involved again. Violette couldn't say "yes" fast enough.

"Not knowing what I was getting myself into I just knew I would do whatever it was and work my tail off to get hockey back in my life and to keep it there for as long as I can," he said.

Violette is currently the Video Coach for the Mariners. He started out part-time on home game days to

Iulie Chand

help the coaches by live clipping the games. He then began to come in on days before games to pre-scout the Mariner's next opponent to help create the pregame meeting video with Armstrong. "I started to go to road games and road trips and before I knew it, I was going into the rink every day and going everywhere with the team," said Violette.

He continued to take on more responsibility as time went on and now sits with the team on the bench during games. He shared, "Riley had me get up to the board and draw out and explain some drills to the guys. Bohnsey (assistant coach Anthony Bohn) and I would run morning skates with the defensemen and skate our scratches."

He feels lucky to be around the coaches; as a young guy trying to get into coaching on the professional level, he takes in everything they say and learns something new everyday.

Hockey has given Violette so many great memories and friendships. "A life without hockey is not the life for me," he shared. He would like to further his career in hockey as much as he can. "Growing up, it's every kid's dream to work/play in the NHL. My dream never died, it just took a little curve, but it is still alive and well."

When asked what advice he would give to young children just starting on their hockey journey, Violette shared, "Enjoy every time you get to suit up and play the game you love. I know it sounds like a cliché, but you never know when it will be your last time being able to play. Life can change in a blink of an eye, but I truly believe everything happens for a reason."



Chris Burtor







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CONTINUED ON PAGE 14

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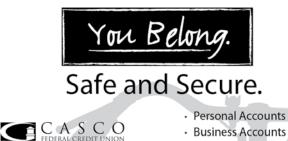


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Christopher Tucker, Bryant University, Smithfield, RI

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## **OF INTEREST**

Jøtul North America, the Gorham-based producer of Norwegian-designed stoves, inserts and fireplaces, has been named Manufacturer of the Year at the Manufacturers Association of Maine (MAME) Summit. The recent event drew more than 250 attendees from more than 130 Maine companies to Lost Valley Ski Area in Auburn to honor the top manufacturers in the state and set industry priorities. Bret Watson, second from left, is the Jotul NA President.



The Atlantic Dance Arts' Performance Team is pictured with Jessica Ernest (GHS '07), front left, on the set of "Chicago" on Broadway. Ernest plays Go-To-Hell Kitty and is the understudy for Roxie, one of the leads in the show. The team, led by owner Mariel Roy (GHS '07), front center, met some of the cast, had a tour of the set, and had the opportunity to perform on a Broadway stage. In addition to many top five placements, members of the team were awarded Student Choreographer of the Year, a \$20,000/year Scholarship to Dean College, meetings with the Belmont Abbey Dance Team recruiter, and a Commercial Dance Audition. Two of the team's routines were also selected to recompete in a Platinum Circle Dance-Off.

My-FIT-24 has been honored in the second annual MINDBODY Visionary Awards, given

for business excellence in the fitness, beauty and wellness industries. Owners Stacev and Jesse Coleman will be attending the annual MINDBODY conference in Los Angeles. CA later this summer. The conference will include keynote addresses by actress Kristen Bell and Best-Selling Author Rachel Hollis.



The Gorham Lions will hold their 12th annual Car Show on Sunday, July 28, at Gorham High School, with no charge for spectators. Cars start arriving at 6:30 a.m., and trophies are presented at 1:30 p.m. Food is provided by the Troop 73 Boy Scouts. FMI 929-9182.

Hop in a canoe or kayak and spend a warm summer morning on a guided paddle to explore the nature and history of the Presumpscot River with Presumpscot Regional Land Trust on Saturday, August 3, from 10 a.m. to 12 p.m. The group will be meeting at the Lincoln Street Ice Rink landing in Westbrook, where boats will be available to borrow. This event is hosted by Presumpscot Regional Land Trust, Westbrook Recreation and Conservation Commission, and Friends of the Presumpscot River. The event is free, but registration is required due to limited space. To register go to https://www.prlt.org/event-signup-paddling.

The West Gorham Union Church is having a Blueberry Jamboree on Saturday, August 10, from 9 a.m. to 2 p.m. (rain date is Sun. Aug. 11). Event includes a bake sale, a picnic lunch, yard games, and a live music jam (bring instruments). 190 Ossipee Trail, Gorham, (Route 25, 3 miles west of Gorham village.)

The Hope Haitian Choir Tour 2019 will be in Gorham on Wednesday, August 14, at 7 p.m. at Cressey Road Church with their exceptional voices and energetic dancing. This nontraditional choir of 14 youth under the direction of Barb House of Boothbay, Maine is touring the Eastern U.S. from Port-Au-Prince, Haiti. Free. FMI 839-3111

The Gorham Food Pantry would like to offer school supplies to its clients over the next month as back-to-school shopping can be quite expensive and stressful for many families. Donations of markers, colored pencils, pens, pencils, etc. and new or gently used backpacks or lunch bags would be appreciated.

The Gorham Food Pantry has extended hours through Sept. 26 to receive donations of produce from local gardeners. Donations can be dropped off on Wednesdays from 5-6:00 p.m. and Thursdays from 7:30-9:30 a.m. The Pantry 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. Located at 299B Main Street, next to St. Anne's Church. FMI, 222-4351 or visit www.gorhamfoodpantry.org.

The Gorham Medical Closet located at the Municipal Center 75 South St is free and available to Gorham residents in need of wheelchairs, shower seats, commodes, walkers, canes, crutches and more. FMI 839-3859, 839-2484, 329-4976, 632-2178, 839-3494, 839-3630. Hours are by appointment only with one of the volunteers. If you don't reach a volunteer, leave a message and they will return your call.

#### **LIBRARY NEWS**

Baxter Memorial Library upcoming programs include: Art in the Park for all ages, a great family activity; STEAM for Toddlers (18-36 months) is an exploration into science, technology, engineering, art and math; musician Rob Doucette entertains with songs about kindness; Couch to 5K Run Meet-ups are for like-minded individuals; the Match Box Challenge gets ages 3-7 engaged in building a race track; the 4-H Summer of Science introduces grades 3-7 to the engineering design process and the science of ocean waters; a calligraphy workshop for ages 10-14, ocean story time for ages 3-6 and a seal's journey from stranding to release with the Marine Mammals of Maine. Check the CALENDAR for the dates and times of these programs.

## **SENIOR PROGRAMS**

The Lecky Brown Center's "ARTrageous Seniors" is offering Open Studio art, with opportunities to try different subjects and media on June 28, July 12, 19, 26, August 9 and 30 during the summer. Bring your own projects to share and work on or jump into a new project with the art instructor. Located on the 3rd floor at First Parish Church, 1 Church St in Gorham. FMI: Pam Tiffany, 239-2766 or leckybrowncenter@gmail.com.

## **USM NOTES**

The University of Southern Maine (USM) had 1,333 students named to the Spring Semester and Academic Year Dean's List, including 33 from Gorham (some students may not be listed by request). USM's Dean's List students hail from across Maine and the nation — 21 states and the District of Columbia are represented in this semester's list, as are seven countries, from Australia to Sweden and several in between.

The Southern Maine Junior Music Academy will present its final camp band concert at McCormack Performing Arts Center on Saturday, July 27, at 2 p.m. The concert, free and open to the public, will feature the Junior Music Academy Jazz Band, directed by Kyle Smith, the Junior Music Academy Chorus, directed by Tammy Carusone, and the Junior Music Academy Concert Band, John Morneau, conductor. Learn more at usm.maine.edu/music

Tim Ebersold, band director at Gorham High School, will be one of the featured conductors of the Casco Bay Wind Symphony at Merrill Auditorium on Tuesday, July 30, at 7 p.m. The suggested donation at the door is \$10. The concert is the final concert of the inaugural USM Conducting Workshop, featuring eight participating conductors, and world-renowned guest conductor Eugene Migliaro Corporon from the University of North Texas. Learn more at usm. maine.edu/music

The Southworth Planetarium on the Portland campus continues to offer shows through July. Learn more at usm.maine.edu/planet.

## **CLOSE TO HOME**

Living Waters Church will hold a Haddock Supper Buffet on Saturday, July 27, beginning at 5 p.m. Parker Farm Road, Buxton. Suggested donation: \$8 Adult, \$4 Child, \$20 Family. FMI 329-0753.



## WALK THIS WAY

Main St. caller wanted to make PD aware that people do not always use the pedestrian crosswalks appropriately.

Officer checked on a suspicious person on Finn Parker Road. Young child was outside without a coat and the door to the house was open. According to mom, child was waiting for a friend to arrive.

Fire alarm went off on Dingley Spring Road because of burnt food. Everyone was okay.

Suspicious person on Cyr Drive had just gotten out of work at Maine Med and was waiting for her husband who was going to work and was bringing her daughter so she could take the child back home.

Caller had questions about a parking ticket she had been issued by Gorham PD six months earlier and how she could pay it.

Caller reported a disturbance on Longfellow Road. Person was drunk and causing a disturbance. He was arrested for terrorizing and violating conditions of release.

William Henry Drive caller reported dogs were using his property as a bathroom and owners were not picking up after their dogs.

Officer checked on a vehicle in the middle of the parking lot at Ocean Gardens. Man was close to home but got tired so he pulled over to read. Officer followed him to his residence.

Officer spoke with two parties on Parker Farm Road. There was no violence but harsh words were spoken. Both parties assured officer they would not be violent with each other.

South Branch Drive caller had questions about ex-wife taking their child early from daycare on his days. Officer advised this was a civil matter and suggested he get to the daycare early himself.

Woman came into Police Department demanding a temporary protection from abuse order and wanted to charge her ex with kidnapping. Advised that protection from abuse orders are issued through the

courts. She alleged that her ex was harassing her but they were still living together in Standish. She was directed to Cumberland County Sheriff's Office if the alleged harassment was taking place at her residence.

Officer responded to Standish Neck Road for report of a disturbance. Complainant reported a drunk female had punched out a window in a neighbor's apartment. However, officer on scene was advised it was the male who had broken the window. Male did not want to press charges.

Joseph Drive caller reported a dead raccoon in her backyard near the swamp. She was advised that the Animal Control Officer does not retrieve wild animals on private property unless there are children near where the animals were. Woman advised she would drag the raccoon into the woods.

Officer checked on a vehicle at the park and ride. Person was being dropped off after they went to the movies.

Suspicious person sitting in his vehicle at the end of Laurence Drive was watching the

Caller drove past Finn Parker Road residence and noticed a large party with many intoxicated people running in and out of the house, yelling and stumbling in the yard. Caller was concerned that there were children and pets in the area. Officer checked the area and found no loud party. Caller was anonymous and was possibly trying to harass the residents of the house.

Suspicious vehicle pulled into the right rear of a store on County Road shortly after police had had an alarm at that location. People in vehicle were employees who were smoking on their break.

Police received two calls about an exboyfriend being in the area of a Finn Parker Road residence. Arrangements were made to have an exchange of clothing through a friend offsite.

## **CLASSIFIEDS**

### **FOR SALE**

http://tinyurl.com/spoiledbymyboyfriend. Go now, and check my fun shirt out and make that purchase today. Prices start at \$21.99 for a snazzy short-sleeved shirt and on up.

#### **HELP WANTED**

PART-TIME EXPERIENCED COMPRESSOR TECH WANTED. Shop is in Gorham, but we cover most of Maine. Semi-Retired encouraged to apply. 207-647-2999

## **SERVICES**

**STOP SMOKING!** Using hypnotic techniques you CAN change your unwanted habits. Call or text Laura Szafranski, CH; 207-391-1201. Livinghealthywithhypnosis.com, 510 Main St. Gorham.

#### **SUPPORT GROUP**

WOMEN'S CHRISTIAN single group begins in August. For details please call On Purpose WellBeing Center at 207-222-0142.

## **CALENDAR**

#### **THURSDAY, JULY 25**

Baxter Memorial Library, "Art in the Park," 10:30 a.m.-2 p.m.

#### **SATURDAY, JULY 27**

Southern Maine Junior Music Academy Band Concert, McCormack Performing Arts Center, 2 p.m. Free.

#### **MONDAY, JULY 29**

Baxter Memorial Library, STEAM for Toddlers, 10-10:30 a.m.

### **TUESDAY, JULY 30**

Baxter Memorial Library

- Music with Rob Doucette, 10-11 a.m.
- Couch to 5K Run Meet-up, Gazebo Park next to the library, 5:30 p.m.

### WEDNESDAY, JULY 31

**Baxter Memorial Library** 

- Match Box Challenge (ages 3-7), 10-11 a.m.
- Summer of Science (grades 3-7), 1-2 p.m.

### THURSDAY, AUGUST 1

Baxter Memorial Library, Calligraphy (ages 10-14), 1-2 p.m.

## **SATURDAY, AUGUST 3**

Guided Paddle on the Presumpscott (by registration only), 10 a.m.-12 p.m.

## **MONDAY, AUGUST 5**

Baxter Memorial Library, STEAM for Toddlers (18-36 mos). 10-10:30 a.m. Town of Gorham Planning Board Meeting, 7-9 p.m., 75 South Street.

## TUESDAY, AUGUST 6

Baxter Memorial Library, Ocean Story Time (ages 3-6), 10:30-11:30 a.m. Town of Gorham Regular Town Council Meeting, 6:30 p.m., 75 South Street

## WEDNESDAY, AUGUST 7

**Baxter Memorial Library** 

- 4-H Summer of Science (grades 3-7), 1-2 p.m.
- Marine Mammals of Maine-A Seal's Journey (all ages), 10:30 a.m.-12 p.m.

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## **NOTICE OF HEARING**

Superior Court of California County of San Bernardino 14455 Civic Drive, #100 Victorville, California 92392

**PETITIONER:** James Joseph Clesceri **RESPONDENT:** Laurie Shawn Clesceri **CASE#:** FAMVS 1900848

NOTICE IS HEREBY GIVEN that the previously scheduled hearing for May 23, 2019, has been continued to September 5, 2019, at 8:30 a.m.

in Department V-14 of the Superior Court located at 14455 Civic Drive, Victorville, California.



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## Did You Know?

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## **A Timeless Donation**



The North Gorham Public Library received a donation of more than 1,000 books from the estate of Edith McCauley, a lifelong resident of White Rock who died last November at the age of 87. Library Coordinator Jennifer Plummer, left, and Pricilla Hopkins, a volunteer working on the project, sorted books to be added to the collection or sold at a book sale on September 14 which will benefit the library. McCauley, an avid reader, was a librarian at the Portland Public Library where she cofounded the Portland Room, a valuable resource for local history.

