

Gorham Times

Your Community Paper

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A Not-for-Profit Newspaper Serving Gorham Since 1995

Night Work on Main Street Continues

Courtesy of
Town of Gorham

MaineDOT, the Town of Gorham and Portland Water District have partnered to make significant improvements to the Route 25 corridor in Gorham. The project will include replacement of traffic signals at South Street, Elm Street, New Portland Road and Libby Avenue, as well as improvements to the subsurface drainage and replacement of the water main between South Street and Pine Street in Gorham. Replacement of the curb, sidewalk and improvement of the pedestrian facilities will be made in the area between South Street and Gray Road.

Two-way traffic will be maintained during daytime operations with lane shifts. There will be one-way, alternating traffic when the contractor is working at night. All travel way milling and paving will be done at night.

Travelers are asked to pay attention to flaggers, police officers and traffic control devices. We appreciate the community's patience with all roadway workers as these much needed infrastructure improvements are made.

Taking a Ride on the METRO



Photo courtesy of Portland Pie

A group of Gorham friends took a recent ride on the METRO and stopped for a lunch break in Westbrook. Pictured (left to right) are: Georgia Humphrey, Don Cross, Christine Southard, Denise Beck, Jeffrey Knox, Ginny Wilder Cross, Shelby Zaner, and John Zaner.

GINNY WILDER CROSS
Contributing Writer

What mode of transportation is easy to use, affordable, and incredibly convenient? The Husky Bus! On a recent hot day in July, a group of Gorham friends joined Denise Beck,

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Taking Shape: Station Square



Photo credit Leslie Dupuis



Photo credit Russ Frank



Photo credit Roger Marchand



Photo credit Russ Frank

LESLIE DUPUIS
Editor

In June 2017, Jon and Cindy Smith shared their vision for Gorham Village stating that the best way for businesses to thrive is to combine them with residential housing. Two years later, Station Square, a commercial and residential property on Railroad Avenue, is nearing completion.

The five-story building is 272 feet long, 80 feet tall at its highest point and contains about 70,000 square feet. An open house was held on July 27 for those interested in exploring

the space. The building consists of 33 apartments of varying sizes. The majority of them are already occupied but several are still available.

Grand Central Wine Bar, owned by Gorham grad Karen Nason, will occupy the top two floors and will offer wine, tapas, jazz music and a place for local musicians to showcase their talents. The space is being designed to emulate the look of Grand Central Station in NYC.

Junction Bowl will be on the first floor. Owned by Ben Smith, it will have 12 lanes and also a sit down restaurant with booths, tables and a

A look back at the construction of Station Square which began in 2017. Top left, pictured at the start of site work. Bottom left and right photos are different stages of construction. Top right is a current photo of the building.

bar area. There will be an arcade-type gaming room as well.

Both businesses are slated to open in October.

Chalmers Insurance Group will be moving from its current Main Street location to the first floor of Station Square this month. The company plans a grand reopening this fall. Two additional commercial spaces remain available.

"We are very excited to see Station Square come together, especially the community of people who are new residents to downtown Gorham," said Cindy Smith.

Husky Bus Line Completes First Full Academic Year of Service

JOHN ERSEK
Staff Writer

Following the recent completion of the Husky Bus line's first ten months of serving the Gorham to Portland route, Greater Portland METRO released information showing some positive ridership numbers. Using actual ridership numbers obtained through May 2019, METRO projects that the total number of Husky Bus boardings for all riders is projected to slightly exceed 200,000 for its initial eleven month statistical period, which began September 18, 2018 and will end August 19, 2019.

METRO estimates that the total number of USM-related boardings for students, faculty, and staff will be between 120,000 and 130,000 during this period. Based on these statistics, METRO staff estimate that the total number of boardings by riders who are not associated with USM will be around 70,000 to 75,000 for the eleven month period. USM has stated that they do not have ridership numbers for any of the previous academic years, when the Gorham to Portland student bus service was operated by private bus companies.

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Photo courtesy of METRO

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**GHS RETURNS TO
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SCALE - PAGE 8**

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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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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Before You Sign, Know What You're Signing

REP. MAUREEN TERRY

The Gorham Farmers' Market has always been a special place for me. I have been selling my homemade granola there for years, and it has always provided me with a space to check in with the community and hear what issues are on my neighbors' minds. Now that I serve in the Maine House of Representatives, my conversations with people at the farmers' market have become especially important. It's there, every Saturday morning from May through October, that I get feedback from Gorham's parents, students, teachers, workers and small business owners on how state policies are impacting them.

As a public space, people sometimes use the farmers' market to gather signatures for political causes. A few weeks ago, a group was circulating the market with clipboards, asking folks to sign a people's veto petition.

The organizers of people's veto campaigns have to gather more than 63,000 valid signatures to suspend a law's implementation and put it to a referendum.

The petitioners at the farmers' market were collecting signatures for a people's veto on L.D. 798, a bill my colleagues and I passed last legislative session to protect our state from the resurgence of preventable diseases. The bill repeals non-medical exemptions for immunizations to curb the rise we have seen around the country of vaccine-preventable diseases. I personally know parents of immunocompromised children who are medically unable to get immunizations, and those families rely on public health policies grounded in science, like the bill we passed, to keep their children safe.

I have been urging my neighbors to make sure they ask lots of questions when they are approached by petitioners this summer. Oftentimes, a petitioner's brief explanation on why you should add your signature to a list will not give you an accurate overview of the bill you are being asked to oppose. That's why it's particularly important that you do your own research about these issues before you sign anything. Most of time you will see the petitioners more than once, so you will have the opportunity to sign again, after you've done your own homework.

Maine's Secretary of State's office has approved twelve people's veto petitions, all of which are aimed at policies that my colleagues and I carefully drafted with the input of policy experts and members of the public. In addition to L.D. 798, the targeted bills include L.D. 820, a bill to prevent discrimination in insurance coverage for pregnant Mainers. This bill requires coverage for maternity services, including abortion services, for people with public and private health insurance plans. With respect to religious employers who may oppose these services, my colleagues carefully crafted this bill to ensure that religious institutions can request to be excluded from this policy.

Another bill that you may encounter people gathering veto signatures for is L.D. 1313, the Maine Death with Dignity Act, which authorizes competent, terminally ill state residents who are within six months of death to legally obtain oral medication to peacefully end their life. During the extensive work that the Legislature's Health and Human Services Committee did on this bill, the committee members amended it to clarify that an individual health care provider may choose to not participate in providing this medication, but they are obligated to transfer the patient's medical records to another provider if the patient makes that request.

If you come across anyone collecting people's veto signatures, it's likely it will be for one of these three bills. We are fortunate to be living in a democracy, where, if Maine lawmakers pass a bill that the majority of Mainers oppose, we have the right to use people's veto petitions to put it to referendum.

That being said, I hope everyone gives themselves the chance to research these bills before agreeing to sign anything. I voted in support of these policies after hearing all sides, listening to medical experts and understanding that there were excellent compromises made in every bill that passed.

It continues to be a great honor to serve our tight-knit community in the Maine House of Representatives. If you have any questions or concerns about the bills I've discussed here, or anything about state government in general, please feel welcome to get in touch with me by email or stop by the farmers' market on Saturday to talk in person.



Rep. Maureen "Mo" Terry is serving her second 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.

Around Town

The Town Council Appointments Committee is seeking one citizen volunteer to fill an opening on the Planning Board. Those interested in applying can visit the Town Clerk's Office for more information and to obtain an application.

Gorham Village Dental is now open in the historic McLellan House at 77 South Street and will hold an open house on August 16.

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 kcorbett@aol.com or Cindy O'Shea at coshea2@maine.rr.com.



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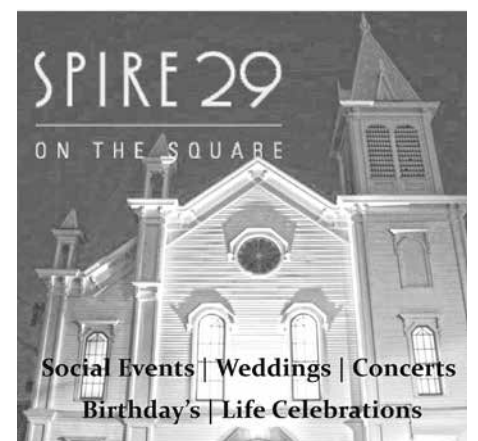
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Nourishing Clients Physically and Spiritually

DIANE ABRAMSON
Staff Writer

On Purpose WellBeing Center is now open at 381 Main Street, Suite 4. Owner Catherine Wilson (GHS '82) is excited to offer her hometown a space to "help individuals recover, re-create, and rejoice."

As soon as she saw the space on Main Street, Wilson knew that she needed to be there. "I grew up on Brackett Street and then moved to Libby Avenue; the space on Main Street felt like home. Gorham needs a space to spiritually open up and once I found it, the space never let me go."

Wilson is a personal trainer with over twenty years' experience in the wellness industry and is a 2017 World Triathlete. She has worked with all ages, levels, and abilities. Her fitness philosophy is to "blend resources to nourish clients' well-being both physically and spiritually in their quest for a healthy lifestyle."

According to personal training client Sue-Ellen Roper McClain, "Catherine takes each client's life seriously and customizes the weekly workouts for maximum benefit. I never know what she has up her sleeve when I arrive at the studio – but I always leave energized."

On Purpose WellBeing offers personal training, small group classes, and both secular and Christian faith-based programs. Wilson is one of four certified Revelation Wellness Instructors in Maine and holds her faith-based classes "near and dear to her heart." Secular classes currently include Oula, Pound, Senior, Baby Boomer, 80's Step, HIIT, and Chair Yoga.

Unique to On Purpose WellBeing Center is its Recovery Room and Recovery classes which help to restore both the mind and body. The classes are self-motivated and self-taught; participants will have access to tools such as foam rollers and flexibility balls, as well as the Far Infrared Sauna.



Photo courtesy of Catherine Wilson

Not only for experienced athletes, the Far Infrared Sauna offers value for all abilities, including "reducing soreness, relaxing and relieving tension and stress, and helping the body heal." Additionally, the infrared sauna also promotes weight loss "as the body works to cool itself, there is a substantial increase in heart rate, cardiac output and metabolic rate, causing the body to burn more calories."

On Purpose WellBeing Center will be hosting an open house on August 14 from 5-8:00 p.m. The event will include special guests FitMaine, complimentary 15-minute Infrared Sauna sessions, demos, lectures, door prizes, swag, and an outdoor Pound class called "Pound the Pavement." Individuals interested in participating in the Pound class will be asked to make a small donation which will go toward the construction of Gorham's new Pump Track.

On Purpose WellBeing Center is open by appointment only Monday through Friday, 6-10:30 a.m. and 5-8:00 p.m. Wednesday and Friday. Individuals can sign up for classes and personal training sessions using the Mindbody app, by calling 222-0142, or via email at onpurposewbc@gmail.com.

The Polarzone: As Industry Grows In Gorham

WILMA GOULD JOHNSON
Contributing Writer

Gorham was once a quiet, quaint college town. Following WWII, the college was referred to as Gorham State Teachers College. Gorham Village offered a variety of local businesses that included restaurants, grocery stores, a stationery store, insurance companies, doctors' offices, lawyers, meat cutters, and 5&10's, all of which met the townspeople's needs for local shopping.

Just on the edge of downtown, at 25 Elm Street, was Polarzone Foods Inc. It was located at what had once been the old Hanson Livery stable near the Boston and Maine train depot. The livery stable was razed to make way for this new establishment. In February of 1947, Kenneth Sawtelle, founder of the frozen food locker business, Polarzone, opened and operated the newly designed frozen food plant.

The one story, 52 X 53 foot cement block building provided space for several different sized frozen food lockers. Meats and vegetables were processed and then frozen at 20 below zero. Sub-zero temperatures and defrosting were controlled by the Kramer Thermobank system and were fully automatic, eliminating the need for manual defrosting.

Polarzone was known for its top grade retail meat case where you could request the type of meat cut that you preferred. It offered cuts of western steer beef, pork, fish, as well as pastries, ice cream, popsicles, soups, fruits and juices. Sawtelle later added a smoke house and began smoking hams and bacon. Much of the meat was ordered from Swift and the vegetables came from Birdseye. Many will remember the Hood and Deering ice cream and popsicles.

People were welcome to chat with Sawtelle about their personal needs, be it a choice of renting a small locker or purchasing products for their own home freezers. Fall was the busiest time of year when local hunters brought in their "hunt from the woods" or when slaughter season

of beef and pigs was in progress. The cost of renting a locker was under \$2 per month depending on the size and length of time needed.

Sawtelle also invented a product that he called Maine Manna which was made from scratch using beef suet and bird seed. The bird seed was added to the cooled melted suet and poured into waxed cardboard tubs. After being quick frozen and emptied from the tubs, it was ready for the finishing touches provided by Mrs. Sawtelle. Her design included basic green netting with a small pine cone on the top, tied off with a chickadee logo tag. This product was sold to Polazone customers and was often used as Christmas gifts. Later it was marketed to other stores under the Maine Manna name.

During the winter months, Dr. Bailey, the president of the college at that time, asked students to gather up big boxes of clean white snow. These boxes were lined, filled and immediately hauled to the Polazone to be stored in the locker room for cold storage. In the early spring, Dr. Bailey invited students, faculty, staff and locals to enjoy a "sugaring off" party for the whole community. The boxes of stored snow were placed on the ground and the snow was dished onto paper plates with a hefty amount of maple syrup added, to be eaten quickly before the snow melted.

Sawtelle eventually sold the store to "Buddy" Richards, the football coach at South Portland High School, who had worked at the Polarzone on weekends for many years. A variety of other businesses have come and gone from this building including a bottle redemption center, Todd's variety/breakfast and lunch spot, and a Thai food restaurant. Today, it is home to Party Time Rentals.

Many thanks to my childhood friend, Barbara Sawtelle, and her brother Erick, for sharing their memories of the Polarzone Food Inc. which was owned by their father.

Anyone with a question or more information may contact Wilma Gould Johnson at iamwilma@comcast.net.

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 Request for Order regarding Modification of Child Custody, Child Visitation and Application to Obtain Passport for Minor Child, previously scheduled for May 23, 2019, has been continued to September 5, 2019, at 8:30 a.m. in Department V-14 of the Superior Court in Victorville.

Correction

In our last issue, the phone number for SYNCGorham was listed incorrectly. The correct number is 207-272-4431.



**Findview Farm
at Chappies
IS NOW OPEN AT
140 NEW PORTLAND RD.**

The farmstand is under new management this year. Stop by and try the town's best sweet corn. Other seasonal vegetables are available along with our own grass fed beef, pork and lamb. Also featuring soaps, hand painted bags, and Alpaca products from local businesses. The stand at the farm is also open at 147 Mighty Street in Gorham.

The Cost to be Cool

DOUG CARTER

Could it get any hotter? I know we all complain about the winters, but at least you can always put another jacket on. We now have A/C and it is a lot more popular now than it was when I was a kid. I do not think you can buy a car today without A/C. A/C is not that complicated and if you understand the basics and it will help you know what to do if it is not blowing cold enough on these hot days.

When you compress a gas and cool it a little, it turns into a high pressure liquid. Then when it is released, it turns into a low pressure vapor. This phase change absorbs heat causing whatever it is released into to get cold.

The process starts with the compressor where the gas is compressed. The high pressure gas is then pumped into the condenser, which is located in front of the radiator. The wind blowing through the condenser cools the high pressure gas to a high pressure liquid. The liquid then goes to the orifice tube or expansion valve where it is released into the evaporator and the liquid changes phase to a gas. This phase change absorbs the heat in the evaporator and cools it, so that the blower fan blowing air over the evaporator can blow the cooled air into the car.

The most common failure in an A/C system is the loss of refrigerant. Refrigerant is an odorless gas and does not drip onto the ground. You do not realize there is a problem until you try the A/C for the first time in the Spring. If you are a DIYer, you can buy a can of refrigerant and add it to your A/C system through the service ports. But this will not tell you where the problem is or where the refrigerant is leaking.

The correct course of action is to evacuate all the refrigerant in the system with the A/C machine, capturing all the refrigerant, not letting it out to the atmosphere. Next step is to use a vacuum pump to pull all the air out of the system. This also removes any moisture that may have contaminated the system. Leaving the vacuum on the system for 10 minutes also lets you check the integrity of the system.

If the the vacuum does not hold, there is a major leak that needs to be repaired. Next step is to add the correct amount of refrigerant and an ounce of dye. Once the system is running the dye mixes with the lubricating oil in the system and if there is a leak, you can look for it with an ultraviolet light which will show any leaks. It may take a week of driving before any leaks materialize, so a second appointment may be needed.

If a leak is detected, then the system will have to be evacuated for the repairs, then charged again.

In 1966 R12 refrigerant was outlawed because it was deteriorating the ozone layer in the upper atmosphere. R12 was replaced with R134AQ refrigerant which is better for the atmosphere, but in my opinion does not cool as well. In 2016, a new refrigerant came out called 1234YR. I do not have enough experience with it yet to pass judgement on its performance.

A/C repairs are not cheap, but remember, it is worth a lot to be cool.



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

Paul Neal's Refrigerator Bread and Butter Pickles

The extra summer bounty from local backyard gardens was always willingly shared with friends and neighbors. Tried and true recipes often became the mainstay of future generations. A visit to Paul's vegetable garden usually resulted in a copy of his favorite recipe. This easy and delicious pickle recipe came from a visit to his garden many years ago and is shared by Linda Treworgy Faatz.

Bread and Butter Pickles

Heat until dissolved
 1 1/2 - 2 cups sugar
 1 1/2 Tablespoons canning salt
 1 cup white vinegar
 1 Tablespoon celery seed

Pour over 6 cups unpeeled thinly sliced cucumbers and 1 thinly sliced onion. Put in a covered glass or stainless steel bowl and refrigerate over night. Stir after several hours. The next day put cucumbers covered with the liquid in sterilized jars and store in the refrigerator.

Righting A Wrong From Years Ago



Greenwood's circa 1950

Photo credit Alaire Bridges Riddle

LESLIE DUPUIS
 Editor

Several months ago, the Gorham Times was contacted by an anonymous reader who asked for our help in tracking down the owners of Greenwood's, a mini-mart style roadside business that was in operation in the early 1950s. The reader recounted stealing a small tourist decal from the front of the store as a young child, over 65 years ago, and the guilt he has felt ever since.

"One day, I was on my way out the door with my purchase and next to the door was a wire rack holding Maine tourism decals...they were

attractive and probably cost less than a dollar. I reached up and stole one. I have no recollection that I ever stole another thing, yet it bothers me to this day."

Adjusting for the "cost of living," the reader included \$50 and an accompanying letter of apology hoping the Gorham Times could help return the money to its rightful owners.

With the help of Wilma Gould Johnson, who contributes to our Remember When series, we learned that the store was in fact called Greenwood's and was located on the right side of Main Street where

CONTINUED ON PAGE 5

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Taking A Ride on the METRO CONTINUED FROM PAGE 1

Marketing Manager for METRO, to try out a lunchtime trip to Westbrook. We boarded the air-conditioned Husky bus at the stop in front of TD Bank in Gorham Village, rode to Westbrook, ate lunch at Portland Pie, and returned to Gorham all within a reasonable noontime break.

Here are few fun facts about the trip:

- The bus was on schedule, both to Westbrook and back to Gorham
- The fare was \$1.50, but seniors paid only \$.75
- It is easy to board even if you use a wheelchair or need help with a baby carriage or walker
- The bus was equipped with air-conditioning and convenient WiFi service

- The seats were clean and comfortable, some specifically marked for seniors and people needing assistance
- The driver was friendly and announced the stop when the bus arrived at the Westbrook Hub

Here are some additional fun facts about the METRO transit system:

- You can ride from Gorham to Brunswick or to Yarmouth or Freeport with only one transfer
- You can take the bus to the airport with only one transfer
- You can ride directly to downtown Portland without any transfer at all and you'll transfer only once to go to the Mall or Target. In fact, you can get to most destinations with only one transfer (one fare).
- The schedule is timed conveniently for people who live in Gorham and work in Portland
- Seniors enjoy a reduced rate, but all riders can purchase reduced rate multi-ride passes
- You can track the time your bus will arrive using the Transit app

Georgia Humphrey and Jeffrey Knox (Gorham Community Television) filmed our adventure and will be sharing it soon on the Community TV 1301 station. A complete schedule with everything you need to know about using the METRO service is available online at www.gpmetro.org.

Righting A Wrong From Years Ago CONTINUED FROM PAGE 4

Aroma Joe's and Subway stand today.

The Greenwood family, Railton and Barbara and their three children, lived in a large house next to the store. Johnson shared that for those who grew up in Gorham, the name Jim Greenwood is very familiar as he was the youngest child and confined to a wheelchair for most of his life. He was well known to many townspeople.

The Greenwoods eventually sold the store to Lawrence and Helen Mason and along with their son, Norman, they ran the same type of business that the Greenwoods had, but changed the name of the store to Mason's.

The left side of the store was mostly groceries and general

merchandise and to the right side there was a lunch counter and two sections of booths. Italian sandwiches, or hoagies, which were the specialty of the house, were considered to be the best in the area.

The anonymous letter concludes, "Bless you, your store, the hoagies. Thank you for the inadvertent lesson you taught me. It taught me well, saved my character, and let me know early on that in terms of good and evil, I wanted to be on the good side."

Unfortunately, all members of the Greenwood family are deceased. As a means to pay it forward, the Gorham Times will use the money intended for the Greenwoods toward a scholarship fund which benefits a local high school senior.

Gorham Sightings



Photo credit Corbin Bourgoin

Do you know where in Gorham this photo was taken? Join our visual trivia discussion by entering your best guess on our Facebook page at www.facebook.com/gorhamtimes or email us at gorhamtimes@gmail.com. The photo in the May 30 issue is a blocked window at the base of the southern bell tower at Spire 29.

TOWN/MUNICIPAL

Planning Board Results

JULY 18, 2019

Avesta Housing's proposed amendment to remove reference to development on the undeveloped portion of Unit 3 to allow development of multi-family housing was discussed and postponed.

The Planning Board recommended that the Town Council adopt an amendment to allow one farm animal under 50 pounds to be kept on a lot in an area of under 40,000 sq. ft.

The Planning Board recommended that the Town Council adopt an amendment to regulate the growing of marijuana for personal use.

Southern Maine Firewood's request for approval to construct a 32x50 foot two-story storage, maintenance and office building at 16 Mitchell Hill Road was approved.

Avesta Housing's request to construct a four-story, 22,250 sq. ft. building to include 22 one-bedroom apartments and five two-

bedroom apartments located in the footprint of Building 3, which will be demolished, was discussed and postponed with a site walk to be scheduled.

Flagship LLC's request for approval of two duplex buildings consisting of four dwellings at 14 Spiller Road, lot 5, Douglas Brook Subdivision was discussed and postponed.

First Russian Baptist Church's request for approval of a 34x52 garage at 211 Mosher Road was approved.

Chris Duchaine's Presumpscot River Subdivision, a four-lot cluster subdivision at 207 North Gorham Road, was discussed and postponed and a site walk will be scheduled.

David Sawyer's request for approval to extend Tanglewood Drive 20.19 feet to accommodate lot frontage for one lot was approved.

Check out the town website for more info.
www.gorham-me.org

Recycling Reminder

Unsure of what should go in your recycling bin? Gorham residents can help prevent contamination of the recycling stream by referring to Ecomaine's detailed list of recyclables and non-recyclables at ecomaine.org.

Real Estate Transfers January 2019

| ADDRESS | BUYER | SELLER | PRICE |
|------------------------|--------------------------------------|---------------------------------|-----------|
| 21 BLACK HORSE LANE | HUTCHINGSON, IAN & KIMBERLY | ESTES, KEVIN & CYNTHIA | \$59,300 |
| 8 MAPLEWOOD DRIVE | JORDAN, GARY & MEGAN | LAWRANCE, BONNIE & LAWLER, HOPE | \$513,250 |
| 197 STATE STREET | ALDEN, ABBY | MITSMEN, DONALD | \$150,000 |
| 34 MERCIER WAY | CHAAR, OMAR & ALLYSON | YAHWAK, JASON & GAIL | \$480,000 |
| 67 LITTLE RIVER DRIVE | JOHNSON, COLIN & LISA | LUCAS, KRAIG | \$319,900 |
| 46 OLD DYNAMITE WAY | FORASTIERE, PETER & AUDREY | FOYE, KRISTA | \$495,000 |
| 7 RYAN'S MEADOW | GHANTOUS, MATTHEW | STICKNEY LIVING TRUST | \$420,000 |
| 6 HIDDEN BROOK DRIVE | VONDERHAAR, JOSHUA & LEAH | FORASTIERE, PETER & AUDREY | \$415,000 |
| 32 BROOKWOOD DRIVE | FARNHAM, OAKLEY & JESSICA | DOUGLAS, KEITH | \$242,000 |
| 2 BRIDLE PATH WAY | CHOUINARD, LAUREN & CALLAHAN, ELLEN | MYERS, STEVEN & MONIQUE | \$375,000 |
| 99 WOOD ROAD | ALLEN, FREDERICK & BAGALA, GRACE | ROBIE CONTRACTING, INC. | \$252,900 |
| 415 LIBBY AVENUE | MCCAIN, JOHN & VICTORIA | CROMMET, KATHLEEN | \$280,000 |
| 43 HIGHLAND AVENUE | BUKOVSKY, SASHA & CHAFFEE, ZACHARY | POULIN, DONALD & MINDY | \$205,000 |
| 46 BLACK HORSE LANE | HUTCHINSON, IAN & KIMBERLY | ESTES, KEVIN & CYNTHIA | \$524,200 |
| 31 SOLOMON DRIVE | LALUMIERE, SCOTT | MATTSON, DAVID & CATHERINE | \$225,000 |
| 22 VALLEY VIEW DRIVE | DENISON, CHRISTOPHER & WENDY | OSMAN, WALTER & PATRICIA | \$525,000 |
| 7 RUNNING SPRINGS ROAD | MASKALENKO, CASEY & O'BRIEN, SHANNON | O'BRIEN, SUSAN & GONYA, PAUL | \$236,075 |
| 13 SUNSET LANE | FLEMING, JOSHUA & NICHOLE | ESTATE OF NARISSA CUNNINGHAM | \$212,000 |
| 98 ICHABOD LANE | MACLEAN, ROBERT & CHARLOTTE | GILBERT HOMES, INC. | \$386,556 |
| 48 MADISON WAY | TODD, KIMBERLY & CHRISTOPHER | W.A. ONE | \$118,000 |
| MIGHTY STREET | DEARBORN FAMILY LLC | WALKER, VIRGINIA | \$587,500 |
| 121 LINE ROAD | FILATOV, DMITRY & OKSANA | TOOTHAKER, BRIAN | \$240,000 |
| 167 MIGHTY STREET | DEARBORN FAMILY LLC | GRANT, HAROLD JR. & SHARON | \$345,833 |
| 629 FORT HILL ROAD | DEARBORN FAMILY LLC | LEWRY, WILLARD | \$316,667 |
| 207 NORTH GORHAM ROAD | CATHCART, DANDALL, JR. | PORTER, JANET | \$164,000 |

Real Estate Transfers February 2019

| ADDRESS | BUYER | SELLER | PRICE |
|---------------------------|------------------------------------|-------------------------------------|-----------|
| 22 LILAC LANE | DUFOUR, COLBY & KELLY | BAUER & GILMAN CONSTRUCTION, LLC | \$366,900 |
| 30 LAWN AVENUE | MANNING, EDWARD & LISA | FARMER, STEVEN | \$175,000 |
| 22 NEWELL STREET | BEAHM, JAMES | KELIEOR, BRETT & KELLI | \$220,000 |
| 119 QUINCY DRIVE | BARKER, CHRISTINA & NICHOLAS | GALLANT, JOHN & SUE | \$385,000 |
| 828 GRAY ROAD | RGC HOLDINGS, LLC | RESURGAM PROPERTIES, LLC | \$345,000 |
| 3 LILAC LANE | CURTIN, DOUGLAS & HEATHER | BAUER & GILMAN CONSTRUCTION, LLC | \$360,900 |
| 10 STEPHEN WARD DRIVE #13 | GAGNON, CHRISTINE | SUSAN DUCHAINE, LLC | \$310,000 |
| 3 SAMANTHA DRIVE | MAYOTTE, JENNA | BOULET, LOUSIE & RICHARD | \$282,000 |
| 156 SCHOOL STREET | DUEST, MEGAN | RILEY, SHANE & RONALD JR. | \$246,000 |
| 235 FLAGGY MEADOW ROAD | VOORHIS, ALEC | FINDLEY, SANDRA | \$368,700 |
| 6 ROBIE STREET | DAVIS, DANIELLE & RICHARD | RADIAN GUARANTY, INC. | \$243,000 |
| 205 BURNHAM ROAD | LOWELL, VAIDA & GARY, JR. | MADDEN, DAWN & GEROGIE LIVING TRUST | \$390,000 |
| DUNLAP ROAD | MCDONNELL BROS. CUSTOM HOMES, LLC | WEBB, GEORGE, ESTATE OF | \$70,000 |
| 68 UNDERHILL ROAD | ANDREASEN, BRIAN & COLLETTE | SUTHERLAND, BRUCE & RAMONA | \$375,000 |
| 140 WILSON ROAD | JOHNSTON, SARAH & DAVID | ESTATE OF MIRIAM JOHNSTON | \$115,667 |
| 8 WHITE TAIL DRIVE | BROOKER, ASHLEY & DELONGLEE | KENNIE, JOHN | \$350,100 |
| 27 MILL POND ROAD | MARTIN, NORMAN TETAMENTARY TRUST | MARTIN, NORMAN III & JULIE | \$50,000 |
| FORT HILL ROAD | MARTIN, JULIE | MARTIN TESTAMENTARY TURST | \$50,000 |
| BAXTER LANE | CHASE CUSTOM HOMES & FINANCE, INC. | GLEDHILL GROUP LLC | \$408,000 |

Hands-Free Phone Law Goes Into Effect Soon

GORHAM TIMES STAFF

Texting while driving has been prohibited since 2011 but police often expressed difficulty in enforcing it. Governor Mills recently passed LD 165 which bans the use of handheld devices for both phone calls and texting while driving. The measure prohibits talking, texting or using a handheld device even at a stoplight or in stopped traffic.

The new law which is outlined below strengthens current Maine State rules and will go into effect September 1.

- Drivers may answer phone calls as long as they use a hands-free option such as a remote headset or Bluetooth. Texting is ONLY permitted if the vehicle is pulled off the public way into a safe location where the driver can remain while texting or using a hands free device to text. Drivers can use speak-to-text without handling phone as long as driver can maintain control of the vehicle.
- If driver is using a GPS and needs to change the destination, driver must pull over, put vehicle in park and then enter data.
- If driver receives a social media

notification, driver cannot touch the notification banner unless pulled off the road. Siri can read driver new messages.

- If listening to music or a podcast via phone or device, driver can touch screen to skip to the next track as long as driver is not under 18 or driving with a learner's permit.
- Drivers can have a phone conversation if the phone is on speaker mode and driver is not holding the phone. Drivers can activate or deactivate a feature of a device that is in hands-free mode and mounted or affixed to the vehicle if it requires only a single swipe, tap or push.
- Drivers can text or make phone calls as long as car is pulled over and in a safe location.
- Drivers can only make calls while driving via Bluetooth (as you don't need to dial with Bluetooth). To text, drivers MUST pull over.
- If there is an emergency, drivers are permitted to call law enforcement or other emergency services personnel.
- Violators will be subject to a \$50 minimum fine for the first offense and a \$250 fine for the second offense within three years.

Police Welcome New Officer

Christian Stickney joined the Gorham Police Department on July 24. Stickney was born in Massachusetts but made Maine his home after graduating from USM in 1989. He served two years with the Waterville Police before joining the Portland Police Department, where he worked for almost 23 years. Stickney is very involved in training canines for police departments and veterans and has expertise in the area of tactical dog training. Stickney, who is pictured with Police Chief Dan Jones, thinks "very highly" of the Gorham Police Department and is looking forward to working here.



Photo courtesy of Gorham Police Department

Arrests MARCH 2019

- Lyman woman, 27, was arrested for OUI.
- Gray Road man, 43, was arrested for failure to pay a fine.
- Transient, 57, was arrested for failure to pay a fine.
- Old Orchard man, 20, was arrested for failure to appear.
- Windham man, 30, was arrested for OUI.
- Scarborough man, 23, was arrested for violating a protective order and domestic violence terrorizing.
- Standish woman, 33, was held for another agency.
- Sanford man, 32, was held for probation, unlawful possession of scheduled drugs and criminal threatening.
- Mosher Road woman, 26, was arrested for failure to appear after bail.
- Narragansett St. man, 53, was arrested for violating conditions of release, refusing to sign a civil violation, and operating while license was suspended/revoked.
- Yarmouth man, 20, was arrested for operating a vehicle beyond license conditions/restrictions.
- Gray man, 28, was arrested for criminal mischief and aggravated assault.
- Patrick Drive man, 30, was arrested for hindering apprehension/prosecution.
- Old Orchard Beach man, 47, was arrested for OUI.
- Patrick Drive woman, 28, was arrested for failure to appear for judgment/commitment.
- Buxton man, 21, was arrested for obstructing the report of a crime, domestic violence assault, criminal threatening with a dangerous weapon and aggravated assault.
- South Portland man, 35, was arrested for domestic violence assault, criminal mischief and violating conditions of release.

With all the road construction going on, anyone living in Gorham is well aware that August is National Traffic Awareness Month.

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.

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- Strong organizational skills • Event management • Self motivated
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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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Kids Take on Camp 911



Photos courtesy of Gorham Police

Arrests APRIL 2019

Ossipee Trail woman, age unknown, was arrested for OUI.

Weeks Road man, 37, was held for probation.

Flaggy Meadow Road man, 25, was arrested for aggravated forgery.

Transient man, 39, was arrested for criminal threatening.

Portland man, 22, was charged with refusing to submit to arrest, assault and disorderly conduct.

Gray man, 28, was arrested for violating a protective order and violating conditions of release.

Longfellow Road man, 59, was arrested for terrorizing and violating conditions of release.

Tink Drive woman, 47, was arrested for violating a protection from abuse order and making a false public alarm or report.

Maple Drive woman, 46, was arrested for OUI (1 prior) and endangering the welfare of a child.

Gray Road man, 50, was arrested for domestic violence terrorizing and violating a protective order.

Sanborn St. woman, 28, was arrested on two counts of failure to appear, violating conditions of release and possession of scheduled drugs.

Springvale man, 26, was arrested for OUI.

Connecticut man, 57, was arrested for criminal threatening and possession of burglar tools.

Buck St. man, 27, was arrested for failure to appear after bail.

Portland woman, 22, was arrested for OUI.

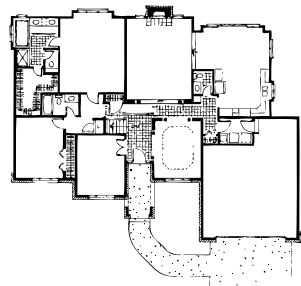
Freeport man, 50, was arrested for OUI (1 prior), refusing to submit to arrest and obstructing governmental administration.

Gray Road man, 33, was arrested for domestic violence assault, aggravated assault, domestic violence criminal threatening, violating conditions of release, aggravated assault and failure to appear.

Gray Road man, 69, was arrested for reckless conduct.

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Participants of this year's Kids Camp 911 (grades 3-5) posed on top of Gorham Ladder 1 fire truck and a newly marked cruiser before learning about the significance of the Public Safety Memorial area. Camp 911 gives kids an opportunity to learn what police officers, firefighters, Maine wardens, and even Gorham Police Department's K-9 dog, Sitka, do to keep them safe. Firefighter Dale Leighton and Officer Michael Coffin are gearing up for the next camp "Cadet" Camp 911 for grades 6-8 which begins August 12.

ON THIS DAY, AUGUST 8:

1786 US Congress unanimously chooses the dollar as the money unit for the United States.

1898 Will Kellogg invents Corn Flakes.

1945 USSR establishes a communist government in North Korea.

1960 "Itsy Bitsy Teenie Weenie Yellow Polkadot Bikini" hits #1.

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GHS Returns to 0-100 Grading Scale

KATHY CORBETT
Staff Writer

Beginning this school year, Gorham High School (GHS) students will receive their grades in numerical form and not by the 1-4 system which was part of the blended system used last school year. Other changes to the district grading system are explained in the revised Learning System Handbook available on the district's website. The 42-page handbook is on the Learning System page under "About Us."

Superintendent Heather Perry briefly explained these changes and other aspects of the Gorham Learning System in response to the following questions. She welcomes additional questions about the grading system and can be contacted at heather.perry@gorhamschools.org.

What is the difference between Proficiency Based Learning and the Gorham Learning System? Is the district still committed to PBL?

Yes, the Gorham Schools will continue to utilize a system where students must demonstrate proficiency in specific standards. The essential components of a proficiency based system have been utilized in our schools since the early 2000s and will continue to be in our current learning system.

How will changes in grading practices affect GHS students other than going from the 1-4 system to the numerical one? Can you express that in a few bullet points?

Assessment scores will reflect a student's score in relation to their demonstration of specific skills as defined by our standards and not on a simple % of items correct.

Content area scores will still be kept separately from Skills for Life (SFL) scores. But the two WILL interact so students who do not do their homework will have their grades impacted by that choice.

SFL scores will also be used to determine eligibility for extracurricular activities as well as eligibility for Honor Roll and High Honor Roll.

Parents are concerned that there is too much discrepancy between how two teachers determine proficiency, particularly in the same subject area. Can you respond to that?

The determination of how a student does on any assignment has always had a subjective component. In our current learning system, we are asking teachers to do two things with scoring criteria. One is to align their instruction and assessments to their specific standards. By doing so, they actually "tighten up" on how scores on assessments are

determined across content areas and classes. Also, we are making it more clear to students and teachers what skills or knowledge need to be demonstrated to be successful in a summative assessment.

Is it true that a student's final grade will go back to being an average of all four quarters? Why did the administration make this change?

Yes. The administration made this change based upon student and staff requests and feedback.

There seems to be a lot of concern about Skills for Life grades. An example is that if a student puts her cell phone in a "tower," she gets only a 3 (or 87), not a 4. She did everything asked of her, so shouldn't she get the highest grade?

Some skills are either there, or they are not. You either do them or you don't. For example, a student shows up for basketball practice or they don't show up. You can't get a 4 for showing up. For some very basic skills, there is no 4. If the expectation is that every student puts their phone in the tower for a 3, then everyone who does that gets a 3. But with the skills that count there are always graduations of levels where students can go above and beyond what is basic and earn a 4.

This is no different from what it has always been in a classroom. When we arrived with a book and pencil, we did not expect to get a 100. We expected to get work learning some skills for which we might earn a 100.

We have heard and fully agree that students need to be able to excel, therefore it is a rule that for every SUMMATIVE assessment of student skills, a student must have the opportunity to earn a 4.

Do other districts report Skills for Life "GPA" on transcripts for college admissions? If not, is it unfair to GHS students to include this information which may affect their admission?

Students, staff, and our parents have clearly and consistently requested that we ensure that Skills For Life (SFL) are seen as IMPORTANT to students, and therefore are given significant weight. This is the reason we report this score on college transcripts. It is a measure of ensuring that students take these very important skills seriously, even if they think they might not impact their content area grades as much as they have in the past.

We made the decision to include the Skills For Life GPA on transcripts in response to lots of feedback from all stakeholders who asked us to make sure students know these skills are important.

People are hung up on the terms used by educators, particularly "formative" and "summative" even though they are in the glossary. Can you state each of these concepts, with an example, in one or two sentences?

To use an analogy from sports, "formative" work is practice work that prepares you to succeed in the game. Any assessments made during practice are to provide feedback so you will be prepared for the game. "Summative" work is what you do in the actual game.

Like coaches, teachers want their students to work hard in practice so they will do well on the summative assessment, the graded assessment.

CONTINUED ON PAGE 9



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Students are Flying High with their Tetrahedron KITES



Photo credit Tracy Burns

Seventh-grade teams, Stroudwater and Little River, at Gorham Middle School (GMS), worked on an enjoyable, but also challenging project at the end of the school year. Led by GMS teachers Sheila McAtee and Sherry Coyne, the project involved using only straws and string to make tetrahedral kites. Upon completion of the challenge, students went out to fly their kites. They had the perfect fly day. Surprisingly, most kids were successful in making and flying their kites. The kids were responsible for leaving the field cleaner than when they arrived so a lot of clean-up was involved as well. What a fun day applying math concepts.

Calendar Worthy



Photo credit Sheila McAtee

Third-grader Stephen Connolly, a student in Tracy Burns' classroom, won the Casella calendar contest at the end of the school year. The contest asks students to draw a picture related to recycling. Connolly's entry was one of 230 and only 13 were chosen to be in the Casella 2020 calendar.

GHS Returns to 0-100 Grading Scale CONTINUED FROM PAGE 8

Does a student need to demonstrate proficiency in all 22 credit-bearing classes to graduate?

No, but they must pass all these classes and earn the credit. In order to pass a class, a student must earn a 73 or above on each standard contained in that class. For example, Algebra 1 contains four standards which are (1) Mathematical Practices, (2) Numbers & Quantity, (3) Algebra, and (4) Mathematical Modeling. When a student passes a class, a credit is then issued.

Do you believe you have addressed all, or most of, parents' concerns about GHS grading and assessment policies, either here or in the revised guide?

Yes, I believe we have listened to parents and students and have addressed their concerns with these changes. Of course, we will continue to do so and collect additional feedback. We will make additional changes as we move forward, but at this time I believe we have worked hard to show that we are listening to all stakeholders and are improving our learning system to make the mission/vision of our school district a reality for our students.

For more information visit:
<https://ghs.gorhamschools.org>





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Husky Bus Line CONTINUED FROM PAGE 1

Several upcoming enhancements to the METRO system are causing METRO officials to predict that there will be even more ridership gains during the upcoming August 2019 to August 2020 operating period. These include: a new stop which will serve the Westbrook Crossing and Rock Row commercial areas; a new combined transit pass program in conjunction with Maine Medical Center; and a long-planned electronic fare payment system. METRO management is also looking at the possibility of making a few minor changes to the Husky line's route, schedule, and bus stop locations around the start of the fall semester. However, no definite route or scheduling changes have been announced yet.

METRO is planning to conduct a system-wide ridership survey this fall which it hopes will provide significant, detailed information about all of METRO's routes (including the Husky Line), regarding the percentage of riders who use the bus to go to school; to go to work; for shopping and recreation; for medical appointments; for appointments with various other types of service providers; and for other purposes, such as visiting with family and friends.

Among other stakeholders, University of Southern Maine staff are pleased with the new Husky Line bus service due to the increased range of scheduling options that it offers to commuting students.

"We (the USM administration) are very pleased with performance, ridership and overall service. Students have adjusted well and there have been very few concerns brought to our attention. METRO has been very responsive in addressing all issues and/or concerns raised by students and the administration," said David E. Roussel, USM's Interim Vice President for Student Affairs.

In addition, Gorham Town Council chairperson Ben Hartwell stated that he sees a larger picture in which more and more people will see Gorham Village as an attractive walkable place, not just to reside in, but also a place for working, shopping, and recreation. Hartwell believes that the new Station Square and some other possible projects will be part of this larger picture. He said he is aware of people who plan to move into Station Square without cars as they intend to commute to Portland or Westbrook by riding the Husky Bus.

The Husky Bus Line is a year-round public transit system serving Gorham, Westbrook, and Portland. It links up with all the other METRO bus lines at the Elm Street Pulse transit hub in downtown Portland. The Husky bus line is continuing to run seven days per week throughout USM's summer vacation break, using virtually the same schedule as during USM's regular academic year.

Gorham Grads Recognized for their Message to 'Arrive Alive'



Photo credit Chris Trafford

Isabella Jones (left), Caroline Gross (center), and Grace Terry (right) were recently honored for their winning essays depicting the dangers of drinking and driving and/or distracted driving in the annual Arrive Alive Creative Contest.

GORHAM TIMES STAFF

Three Gorham High School (GHS) graduates were named winners in the 15th annual Arrive Alive Creative Contest, sponsored by the Law Offices of Joe Bornstein. The contest asks students to come up with a creative message about the dangers of drinking and driving and/or distracted driving.

Isabella Jones won second-place, while Caroline Gross and Grace Terry were third-place winners for their essays that depict how the decisions drivers make can both positively and negatively impact their lives as well as the lives of their family and friends.

The three were honored among the top 20 winners statewide at an award ceremony on June 13.

The Arrive Alive Creative Contest is open to graduating high school seniors in Maine who wish to enter a creative project of their choice.

First-place winners receive a new laptop, second and third-place winners receive a new iPad, and every student who enters receives fun prizes from the law firm. Since 2005, over 900 graduating seniors have entered the contest from 125 Maine high schools.

In the past 15 years, the Law Offices of Joe Bornstein has given away over \$140,000 in prizes to help educate teenagers on the risks of dangerous driving. The firm's dedication to the Arrive Alive Creative Contest made it a finalist for the American Association for Justice Trial Lawyers Care Award in 2014.



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Kris Allen sold all 22 condos in the Abby Commons 55 plus community in Windham in exactly 2 years! Well Done Kris.



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Esposito Finds New Passion at Boston University

DESTINY COOK
Sports Editor

Emily Esposito (GHS '17) is heading to the Boston University Terriers as a new member of the 2019/2020 team. Esposito capped off her senior year at GHS as part of the GHS Lady Rams championship team in 2017. There were many suitors vying for the Maine Gatorade Player of the Year and Miss Maine Basketball recipient, but Esposito ultimately chose Villanova as her landing spot.

While she was successful on the court after being a red-shirt freshman, playing in all 32 games for the Wildcats her sophomore year, Esposito felt it was a struggle. "In terms of basketball there were many adjustments I needed to make to my game to prove that I could play at that level," she said. With the help of a couple of teammates she said she was able to contribute in her first year of eligibility. "I saw about 20 minutes of playing time a game and several times I thought that it was more time than I deserved."

"Toward the end of the season I even started a couple of games," she said. The first game she started was against ODU (Old Dominion) in the WNIT. "My mom and some of my best friends were there but I didn't feel any nerves, and to be honest, I think a major part was because by this time I knew in my heart that I was for sure transferring. Therefore, I decided for the first time in my college career that I was going to just play carefree like I did in high school."

Esposito never thought that she would have had a career high of 27 points in her first year. "However, the best part of that game was that I got to share it with my mom and my best friend," she said.

Esposito's high school coach, Laughn Berthiaume, shared, "Emily was very successful at Villanova. She made the Big East All Freshmen Team and in the first round of the WNIT, she played 42 minutes and scored a career high 27 points, including seven three pointers. She certainly solidified her standing with the team and had proven she can play with anyone." Ultimately, there was something missing. "She wasn't feeling the same joy for the game that she had grown up



Photo courtesy of BU

Emily Esposito, #21, is shown with Boston University's head coach Marisa Moseley.

with and she was considering another major that she wanted to pursue," Berthiaume said.

Esposito wants to be clear that she isn't "bashing" Villanova. "When I made my decision to go to Villanova I was an immature 17 year old," she said. In her first recruiting process she said she never took into consideration a life without basketball. "After two years at Villanova, I simply wasn't enjoying what I was studying or basketball and that's when I knew that I needed to make a change."

After confiding in her three biggest role models, Allie Clement, Jannah Tucker, and of course her mom, Esposito made the final decision to put her name in the transfer portal. "The decision needed to be mine and mine alone," she said. It was a decision that she said almost ended with quitting the sport she grew up loving. "From there I reevaluated what was important to me and so for the first time in my life I made a decision for Emily the person instead of just Emily the athlete."

When looking for a place to transfer, Esposito wanted a school that had more science based majors that she could choose from. She was also looking a program that had good team chemistry and a passionate coach. "When I came for my visit (at Boston University) I felt like the girls genuinely cared for one another and as for Coach (Marisa) Moseley I knew right away that she was going to be

a coach that would push me to be a better player, leader, and person." Esposito said it's also a bonus that BU is so close to home.

Marisa Moseley (who is entering her second year as coach) said, "When we saw that Emily had entered the portal, some of my assistants were familiar with her from her initial recruiting process the first go round and knew she was a very talented player. Coming from a program like Villanova, I knew that she had been taught how to play, so I was intrigued to learn more about Emily as a person."

According to NCAA transfer rules, Esposito must sit out a season. Though she is appealing that decision, she said, "No matter if I can or cannot play I am just looking forward to being a part of an up and coming program. I want to be able to contribute in whatever way they need me to. Whether that means having tons of energy on the bench and encouraging my teammates or being a scorer if that's what they need."

Esposito looks forward to enjoying her college experience and the game again. "It is incredibly difficult to play a Division I sport when you've lost the passion you once had. With that being said, I know it will be helpful to have friends and family close and able to attend many games."

Berthiaume added, "I am extremely happy for her. It is very difficult to make such a big decision, but it is about her pursuing what is going to make her happy. I am very excited to get an opportunity to see her play in Boston."

According to Moseley, if Esposito is to sit out for the upcoming season, she would still have two years remaining as a Terrier. She would be allowed to practice with the team and attend all home games sitting on the bench. "Emily has been a great addition to our team. She immediately ingratiated herself into the group and it feels as if she has been here for years. I am excited for her future as a Terrier," Moseley said.

"I have been down here for almost a full summer session now and can't thank the Boston University coaching staff and team enough for taking me in and allowing me to be part of their program."

Anderson Becomes GHS' First Alum to Play D1 Lacrosse

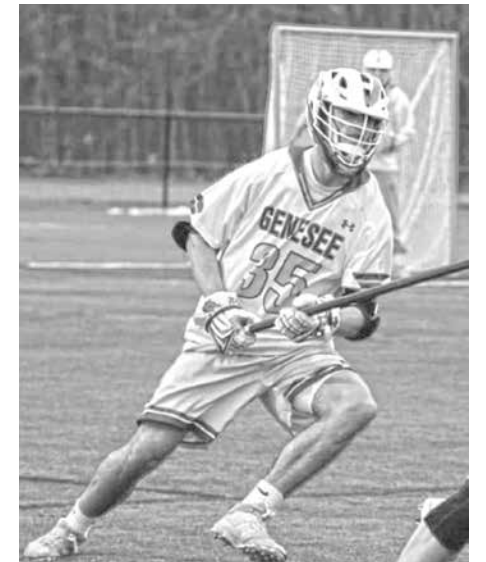


Photo credit Lauren Hull

Mat Anderson played lacrosse at Genesee Community College in hopes of preparing for a spot at the Division I level.

DESTINY COOK
Sports Editor

After playing at Genesee Community College in New York for two years, Mat Anderson (GHS '17) has accepted a scholarship to play for the Scarlet Knights of Rutgers University, becoming the first Gorham High School graduate to play D1 lacrosse in college.

Playing lacrosse wasn't one of Anderson's original sports. In his younger years he was really excited about soccer and as he got older he played hockey. It wasn't until his family was preparing for a move from Wisconsin to Gorham, prior to his freshman year, that Mat decided to pick up a lacrosse stick.

"My mom and I went to the local sports store and picked up a cheap \$30 stick just so I could mess around with it. I would play wall ball with a tennis ball up against our barn in Wisconsin," he shared. It was the move to Maine and the fact that Gorham had a lacrosse team that led him to the sport. "It was the first time I had the opportunity to play it, and once

CONTINUED ON PAGE 12



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I started playing, I never wanted to stop."

Anderson has some incredible memories of playing at GHS, but being with his team everyday ranks among the highest. "They become a second family," he said. "We succeeded together and we struggled together, as one, through our ups and downs. I made a few of my best friends and life long friends playing lacrosse at GHS." Beating Scarborough for the first time and making it to the Western Maine finals rank among his proudest moments with the team.

When Anderson was trying to decide on colleges, he didn't feel he was getting the looks he was hoping for and ultimately decided a junior college would be his best opportunity for exposure.

"I emailed three junior colleges with my highlight reel. All three responded, but Genesee was the first to offer a scholarship. I went out for a visit then committed shortly after." Genesee had won the National Championship the year prior which played into Anderson's decision.

During his time at Genesee, Anderson "met some incredible people," and though they didn't win, he helped his team get to its eighth NJCAA Region III championship. Most of all, he said it was a stepping stone to get him where he wanted to be, academically and athletically. Both were areas that Anderson worked very hard at.

It took a lot of work on and off the field. "Mentally and physically I had to

push myself to reach my goal of going D1. Academics were the main focus. You can be the most talented kid, but if you can't pass your classes, a lot of schools won't even bother with you," he shared. "I knew from the start of college that my grades mattered in the long run, so I made sure I did well."

Anderson also knew he would need to get stronger and become a more sound player. "There is always room for improvement on the field and in the weight room," he said.

Anderson's coach at Genesee sent an email to the Rutgers coaching staff and the head coach (Brian Brecht) was able to attend a few of his games. Anderson's hard work and determination paid off as Brecht offered him a scholarship to play at Rutgers.

Anderson is looking forward to competing at a very high level. "Getting the BIG 10 experience whether it's athletically, academically, or socially is a dream come true. I also feel this will put me in a position to succeed to the best of my ability," he said.

Anderson credits his family, friends, and coaches for all of the help and support they have given him and thanks Brecht and his coaching staff at Rutgers for giving him the opportunity to play for the school.

Currently Anderson is working a summer job, working out and playing wall ball when he has the chance. Fall ball will start soon and there will be some scrimmages as well, but his dream of playing D1 ball is now within his grasp.

LIFE IN MOTION

Say Goodbye to Headaches

ANDY BROOMHALL

Do you spend a lot of time sitting in front of a computer hunched over squinting at the screen? Do you spend a lot of time commuting in your truck or car? Do you ever find yourself suffering from headaches that make your forehead and eyes hurt? You may be suffering from a condition known as Cervicogenic Headache.

Cervicogenic headaches are caused by excess tension in your neck muscles caused by whiplash from an accident, a concussion or from having prolonged forward head posture. When your head is in a forward position, it creates unnatural tension on the muscles that support the neck. That tension can lead to stress on the muscles, compression on the nerves within the cervical

spine causing pain. Try these exercises.

Chin Tucks

- Gently pull your chin in while keeping your eyes fixed on something in front of you.

- Hold for 5 seconds and perform 10-20 repetitions

Upper Trapezius Stretch

- Keeping your shoulders relaxed, gently tilt your head to one side trying to touch your ear to your shoulder.

- Hold for 30 seconds and perform 2-3 repetitions



Andy Broomhall, PTA
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If the Heat is Getting you Down, Try a Little Humor to Cool Things Off:

Why did the dolphin cross the beach? To get to the other tide!

Why should you never blame a dolphin for doing anything wrong? Because they never do it on porpoise!

What is a shark's favorite sandwich? Peanut butter and jellyfish!

How do teddy bears keep their

den cool in summer? They use bear conditioning!

Where do cows go on their summer vacation? Moo York.

What do sheep do on nice summer days? Go to a baa-baa-cue.

What do you call a French man who wears beach sandals? Phillipe Phloppe.

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| <p>UNDER CONTRACT</p>  <p>BUCKFIELD \$230,000 - Beautiful cedar log cabin w/ dramatic cathedral ceiling. 2BR w/ 2 full baths and room to expand in the full walkout basement. Private location on 13.5 acres.</p> | <p>SOLD</p>  <p>95 County Road \$379,000 - Spacious house in Gorham w/ a separate office! Perfect opportunity to take your business to the next level.</p> | <p>NEW</p>  <p>BUXTON \$109,900 - Looking for a project? This ranch on 2.64 acres is ready for your ideas and rehabbing. Convenient location Buxton location. Offers 3BR, 1 bath and 1256sqft.</p> | <p>SOLD</p>  <p>777 Fort Hill Road \$229,500 - Offers 1436 sqft of living space w/ 3BR, 1 bath, HW flrs, living room FP, gorgeous 4season room & walkout bsmt. You'll love the inground pool area. All this on 1.38 Gorham acres.</p> |
| <p>UNDER CONTRACT</p>  <p>STANDISH \$419,900 - Custom built contemporary ranch w/ 10' ceilings, FP & decks overlooking a private 7.31 acre lot. Wood & tile flrs, granite counters, ss appliances. Bonus suite over garage.</p> | <p>UNDER CONTRACT</p>  <p>SEBAGO \$130,000 - Offers a 75+/- acre parcel with a framed building shell and 3BR septic in place. This project was started in 2015 but never completed.</p> | <p>NEW</p>  <p>GORHAM \$9,900 - Singlewide mobile home with 2BR/1ba in 55+ community in need of updating or can be removed and replaced with newer mobile.</p> | <p>SOLD</p>  <p>24 Sanborn St \$354,900 - Remarkable 3BR, 2.5 bath Gorham home. Spacious granite kitchen, master suite w/ bath & walk-in closet, finished bsmt, 2 car garage plus detached 2 car gar/shop.</p> |

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COMMUNITY

GRADUATIONS

Krista A. Boylen, University of Rhode Island, Kingston, Rhode Island
Charlotte Smith, with honors, Adelphi University, Garden City, New York

DEAN'S LIST

Andrew Harjula, Florida Southern College, Lakeland, Florida
Charlotte Smith, Adelphi University, Garden City, New York

LIBRARY NEWS

Baxter Memorial Library Events: Runners! Baxter Memorial Library's 2019 First Edition Print Run 5K, Saturday, August 17, at 9 a.m. Register online at tinyurl.com/BMLPrintRun2019 for \$10. Race day fee is \$15. Free kids 0.5K fun run at 8:30 a.m. The run is the culmination of the Adult Summer Reading challenge, "Go the Distance." Reading checklists are due by Friday, August 16. There is also a "Go the Distance" book discussion series on Wednesdays from 5:30 – 6:30 p.m. On August 14, there will be a cookbook discussion and potluck, title TBD. Visit baxterlibrary.org for the full events calendar with activities for all ages. The library is located at 71 South Street, open Mondays and Fridays, 9 a.m.-4 p.m., Tuesday through Thursday, 9 a.m. to 7 p.m., and Saturdays from 9 a.m. to 1 p.m. FMI 222-1190.

OF INTEREST



Rep. Andrew McLean, D-Gorham, testified on state legislative actions concerning school bus safety at a hearing before the House Subcommittee on Highways and Transit in Washington, D.C. on July 25. McLean's testimony focused on steps that states are taking to address school bus safety, including seatbelts on school buses, updating requirements for bus drivers and authorizing cameras mounted on stop-arms. McLean is serving his fourth term in the Maine House and is House chair of the Transportation Committee and represents parts of both Gorham and Scarborough.

Maine Music and Health has won \$10,000 for being the runner-up in a national business competition. Founder and CEO, Kate Beever, is a 2003 graduate of GHS and 2007 graduate of the USM School of Music. She competed in Los Angeles against two other businesses in front of a live audience, judged by "Shark Tank" TV host Robert Herjavec. MM&H was formed in 2011, offering music therapy, and working primarily with patients with cancer, brain injuries and developmental disabilities. Beever plans to use the prize money to develop a training program for health care professionals and a scholarship fund.

Who inspires you? The Maine Commission for Community Service announces the call for nominations for the 2019 Governor's Awards for Service and Volunteerism. The awards in several categories will be presented during the 2109 Maine Volunteer Leadership

Conference on Tuesday, October 15, at UMaine in Orono. Who will be the recipients? Will it be someone you nominate from Gorham? Nominations close September 6. FMI, visit volunteermaine.org to see the available categories and make your nomination.

The Gorham Lions meet on the 2nd and 4th Tuesday of each month at 6:30 p.m. at Old Elmwood School House on South Street (Rte. 114). New members always welcome. FMI, 929-9182.

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; 839-3228; 329-4976; 839-3494; 839-6450. 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.

The Gorham Food Pantry has extended hours from June 20—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.

SENIOR PROGRAMS

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, Sue Chesler-Doherty, 272-3095; 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 9:30 a.m. and Friday TBA at 9 a.m. FMI 892-0299

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

PUBLIC SUPPER

North Gorham UCC Church at 2 Standish Neck Road will hold a Bean-Hole-Bean Supper on August 17 and each third Saturday of the month through October from 4:30-6 p.m. Adults \$9/Children \$4.

USM NOTES

Not far from Gorham, the Southworth Planetarium continues daily showings, including: The Little Star That Could, Moons: Worlds of Mystery, IBEX Full Dome Show, Molecularium, Hubble Vision, Rusty Rocket's Last Blast, Life: a Cosmic Story, Space Park 360 Infinity, Dinosaurs at Dusk, Sojourn Saturday-Cosmic Dance, Moles: What is Out There?, Earth's Wild Ride/Great Planet Adventures, Into the Deep and more. FMI: usm.maine.edu/planet/events, edward.gleason@maine.edu, or 780-4249.

The Osher Map Library, located in the Glickman Family Library on the Portland campus presents "OML Summer Family Day." Check out the current exhibit, "All Aboard: Riding the Rails in New England and Beyond, 1830s-1950s," and learn more about the history of trains in Maine and New England. Enjoy snacks and refreshments, complete a gallery scavenger hunt, and explore Portland's past! FMI 780-4850, or oml-usm@maine.edu.

Graduate Programs Information Sessions are available on the Portland, Gorham and Lewiston campuses on a rotating basis from August 12—December 4. Each session provides an overview of USM's graduate programs and general guidelines for applying. There is also time for individual questions. Other offerings from the Office of Admissions is Transfer Tuesdays, and Gorham campus tours. FMI 780-5646, or admitusm@maine.edu.

Lions Club Car Show



Photo credit Roger Marchand

The Gorham Lions Club held its 12th Annual Classic Car Show in the Gorham High School parking lot on July 28. Over 100 cars of all makes, models, and ages participated.

the *Courtesy of the Gorham Police Department*
blotter

ANIMAL HOUSE

Dingley Spring Road caller said neighbor's chickens, ducks and dogs come into her yard. Neighbor said he had installed a fence to address the issue and thought that it was working. He told officer he would only let the chickens and ducks out for an hour in the morning before he went to work and would watch the dogs as well.

Officer made contact with a woman on Sanborn St. and gave her time to make child care arrangements. When officers returned at the arranged time, woman was missing in action.

Wildlife Drive caller reported a car had been left in caller's driveway. Officer was not able to contact the owner and advised caller they could have it towed if they wished.

Caller reported two young girls riding in a parking lot on Libby Ave. They were asked to leave and gave owner a hard time. Officer located girls who told officer they had not said anything. Officer explained safety issues of riding in parking lot.

Main St. caller reported a vehicle parked at gas pumps and it appeared both occupants had passed out. Officer spoke to occupants who advised vehicle was disabled and they were waiting for a tow truck.

Newell St. caller wanted to know what his options were but did not want to get into trouble for harassment.

Officer responded to a call of suspicious persons on County Road. Operator and passenger had pulled into church parking lot to play Pokémon Go.

Caller reported a vehicle was parked at the end of Bear Run with no houses around. Woman came and said vehicle was hers. She was at a friend's house and parked here because friend asked her to. She was leaving.

Officers went to Line Road for a possible assault. Dispatch reported parties had separated. Man told officer he had been in an argument at camp and tensions were still high when they came home. He admitted being in a fight with someone else but was not injured. All parties were given warnings for disorderly conduct and they agreed to calm down and stay away from each other.

Finn Parker Road caller said she had an active order of protection against a man who was in the area. Man told officer he was working on two properties in the area and would only be working there for a week.

Dingley Spring Road caller wanted police to be aware his neighbors might be calling in about him bothering them but would not elaborate any further.

Officer checked on a suspicious vehicle parked at a car dealer after hours. They were on their way home from the movies and showed officer ticket stubs and an ad for the car.

Buxton PD requested assistance with a male who set his vehicle on fire and left on foot. Officers were not able to locate the man.

Settler's Way caller was upset that someone was hitting golf balls into the fire pond.

Running Springs Road man wanted to know about noise rules on a Sunday morning. Caller was told 9 a.m. was not an unreasonable time to use a lawnmower.

Barstow Road caller reported one of her two week old twin calves was missing. Officer was not able to locate the calf.

Main St. caller reported a suspicious vehicle near his residence. Officer called the registered owner who said he had pulled over to read and send a text message.

Bird stuck in a fence on Mallison St. was freed and released.

Suspicious activity on Gray Road was a farmer setting out beehives.

Oakwood Drive caller had learned about a current cease harassment order against her. She was advised to contact the complainant.

CLASSIFIEDS

FOR RENT

FOR RENT. Gorham village 226 sq ft newly renovated office for rent on 10/1/19. Call 329-4457 for more details.

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

HELP WANTED. First Parish Church in Gorham seeks a nursery worker to care for children ages 0-3 for 2 hours on Sunday mornings. Applicants must enjoy working with children, completion of Red Cross babysitting class preferred. If interested, please send your resume to Pastor Christine Dyke at christine@firstparishgorham.org.

STOP SMOKING

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.

CALENDAR

THURSDAY, AUGUST 8

Baxter Memorial Library, "Art in the Park," all ages. Bring a lunch. 10:30 a.m.-12 p.m.

TUESDAY, AUGUST 13

Baxter Memorial Library, Couch to 5K Run Meet-ups, 5:30 p.m., Gazebo Park.

WEDNESDAY, AUGUST 14

Baxter Memorial Library

"Go the Distance" cookbook discussion and pot luck. 5:30-6:30 p.m.

Family Story Time (all ages), 6-6:45 p.m

Hope Haitian Choir Tour Concert, Cressey Road Church, 81 Cressey Road, 7:00 PM. Free

THURSDAY, AUGUST 15

Baxter Memorial Library, book discussion of "Daughter of Moloka'i" by Alan Brennert. 10 a.m.

SATURDAY, AUGUST 17

Baxter Memorial Library's 2019 Print Run 5K, 9 a.m. Free kids 0.5K fun run at 8:30 a.m. FMI, 222-1190.

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| \$6 for 3 lines, \$2 for each additional line 35 word limit per ad Checks, Cash, Visa & Mastercard | | MAIL WITH PAYMENT TO: <i>The Gorham Times</i> P.O. Box 401, Gorham, ME 04038 | |
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- Lindsay (Sullivan) Russell, GHS '00

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SOLD
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\$219,500



UNDER CONTRACT
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11 Brydon Lane
\$175,000



SOLD
WESTBROOK
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\$220,000



Aaron Chadbourne
Broker / Team Leader

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