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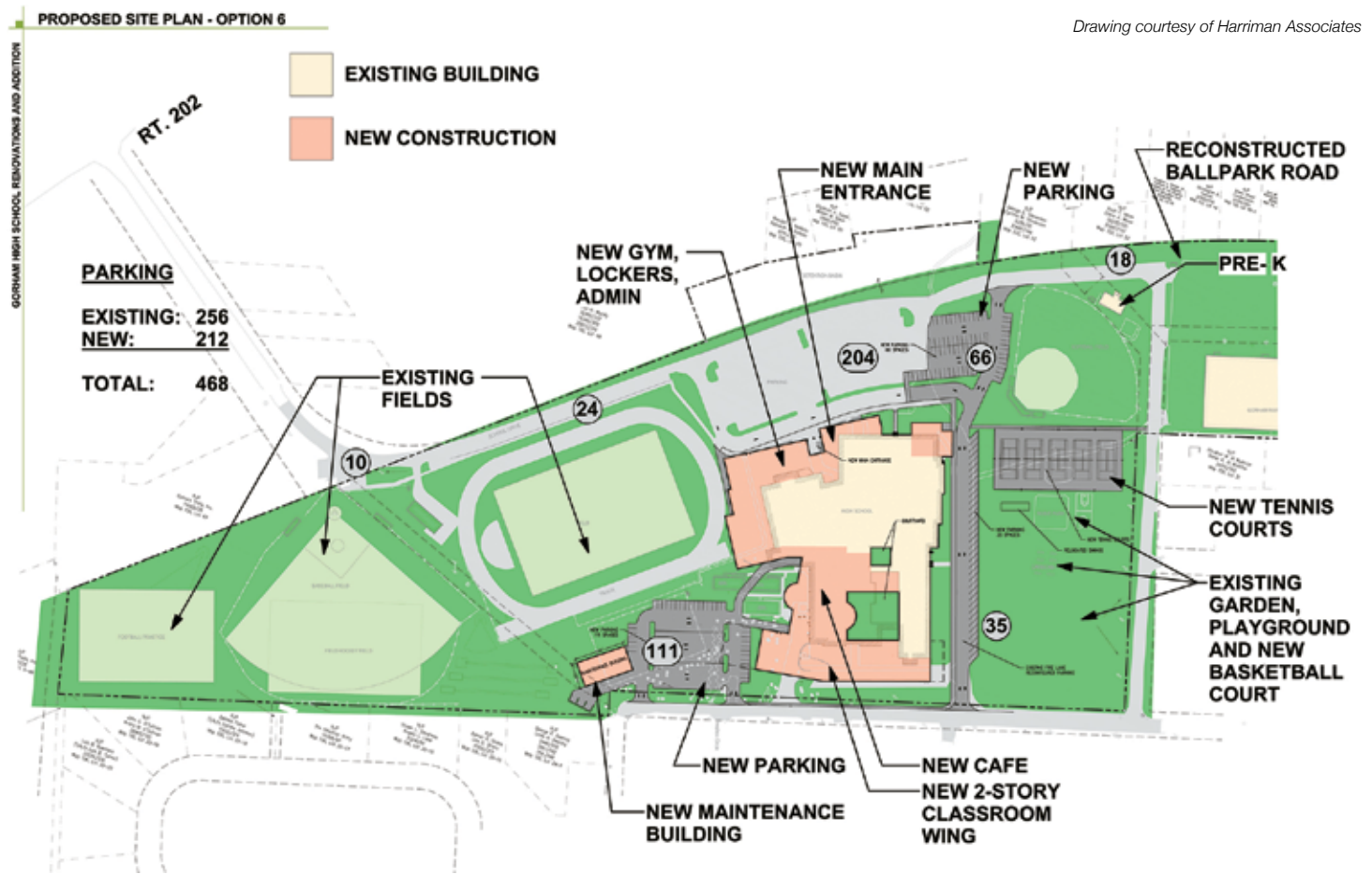
New Options Proposed for GHS Expansion Project

KATHY CORBETT
Staff Writer

After extensive meetings with representatives from the Gorham schools and town government, Harriman Associates met with the Gorham High School (GHS) Building Committee on August 13 to present two new proposals for the high school expansion and renovation project. Both proposals have less square footage and would be at least \$20 million less costly than Option 5, the original plan presented to the committee last spring. Both new options include a total of 35 classrooms instead of the 42 in Option 5.

According to Daniel Cecil, principal architect, both options meet GHS educational requirements. They provide core spaces, such as a cafeteria, library and athletic facilities for 1,100 students. Regular classroom space would be built for 950 students to save costs for now, but could be expanded as needed. Both options eliminate the lecture hall, a new district facilities building, space for adult education classes, some athletic spaces, and tighten up internal circulation. Although these changes reduce

CONTINUED ON PAGE 5



While the new proposals for the high school expansion both reduce costs, Option 6 above adds a classroom wing on Morrill Ave and only utilizes a portion of Robie Park for additional tennis courts. To view both proposals, visit the "GHS Project" tab on the district website.

It's Back to School Time

HEATHER PERRY
Gorham Schools Superintendent

It's hard to believe that another summer has already passed by so quickly. As with any new school year, there is a lot to share and talk about in order to ensure everyone is on the same page and the school year gets off to a strong start.

The first day back for students in grades K, 6, and 9 will be Wednesday, August 28. All other students begin on Thursday, August 29.

This year we have changed our start and end times. For Great Falls, Narragansett, and Village Elementary Schools, the times are 8:50 a.m. and 3:10 p.m.; for the Middle School it is 8:00 a.m. and 2:20 p.m.; and for the High School it is 7:50 a.m. and 2:10 p.m.

Last year's new transportation policy will continue once again this year. This policy was revised last year and is essentially the same in that K-12 students are permitted to have up to two pick-up locations and up to two drop-off locations that follow a consistent daily

schedule. More information on this policy can be found on the district website.

See pages 8-9 for the 2019-20 bus route schedules. They are also on the district website. Please call the transportation office at 893-2547 with any questions.

For parents who would like to better understand the K-12 learning system in Gorham, check out the resources that have been posted on the district website. Once you are on the district site, go to "About Us" on the left side of the main page and click on "Gorham's Learning System" to navigate through information on the right side of the page.

As a school system, we need parents/guardians to help make school attendance a priority to help your child get better grades, develop healthy life habits, and have a better chance of graduating from high school ready to successfully meet all the challenges life may have in store for them.

See the article on page 10 about Gorham Schools' new emergency response protocol ALICE, which stands for "Alert, Lockdown, Inform, Counter,

and Evacuate." There will be an informational meeting to learn more about it on Tuesday, August 27, at 6 p.m. at Gorham Middle School.

The Gorham Schools will be launching its first full year of Aspire Gorham this year, which is focused on creating a community-wide, birth-to-adult, conversation about aspirations (our future stories). We have begun to create strong partnerships with our early learning community, have established goals for all our schools (K-12), and have strengthened relations with Adult Education programs and neighboring postsecondary schools (like University of Southern Maine). We have some exciting things in store for our students and families this year so stay tuned to hear more.

The Gorham Schools have been growing over the past few years. In just the past four years we have added almost 180 students to K-5 classrooms alone. As a result, we have had to add positions and fill up classroom spaces at all three K-5 Schools. We are now full and we need to figure out a way

CONTINUED ON PAGE 7

Back to School Pics: You Take, We Publish



Send us your back to school photos for a chance to be published in the next issue. Please include: first and last name of children in the photo (left to right); grade, school, and photo credit. Submissions requested via facebook.com/GorhamTimes or email: schoolnews@gt@gmail.com by Thursday, August 29.

Disclaimer: *We attempt to include all photos that we receive but if space doesn't allow us to print all of the submissions then we will publish them in the order they are received.

**GORHAM
BUS ROUTES
PAGES 8-9**

inside theTimes f i GOCAM YouTube
2 Augusta 11 Community 13 Sports 15 Classified
6 Municipal 7 School 15 Calendar 15 Blotter

**ERIN FLETT OPENS
RETAIL STORE IN
GORHAM PAGE 3**

Policy on News from Augusta: The Gorham Times asked our three state legislators from Senate District 30, House District 26 and House District 27 to provide us with "News from Augusta." We publish their articles on a rotating basis. The submissions are devoted to updates of legislative and administrative news, proposed and passed bills and laws, and developments and events that are of interest and have an impact to Gorham residents. The Gorham Times reserves the right to edit the submissions and it further reserves the right to reject any submission, in its sole discretion.

School Bus Safety Reminder

REP. ANDREW MCLEAN

Our summer days are winding down, and it's almost time for our family, friends and neighbors to return to school. Seeing kids with backpacks walking our sidewalks and the yellow buses driving through Gorham in the morning is a great reminder to use extra caution as our students travel to and from school.

Making sure kids get to and from school safely is of paramount importance in Maine. It is illegal to pass a stopped school bus in our state, and violating the law is a Class E crime, which comes with a \$250 minimum fine. Despite the law, some drivers continue to put school children at risk by illegally passing school buses. For this reason, the Legislature took steps to address school bus safety, and I'm pleased with the work we accomplished.

LD 166, An Act To Protect Schoolchildren by Providing Additional Enforcement and Prevention Options for Unlawful

Passing of a School Bus, was signed into law by the governor and will go into effect September 19. This new law allows for school buses to use extended stop arms. These stop arms extend three to six feet from the left side of the school bus, making it difficult for oncoming traffic to illegally pass a school bus.

This new law also allows for a traffic surveillance camera to be mounted on a school bus to prove, enforce or open an investigation into someone illegally passing a school bus. Any information retained by the camera is confidential, cannot be saved for more than 30 days and can only be used to prove, enforce or open an investigation into illegally passing a school bus.

These changes are a good first step, but there is still work to be done. I recently traveled to Washington, D.C. to testify before a Congressional subcommittee on the topic, "Examining the Federal Role in Improving School Bus Safety." It was an incredible opportunity to meet with policy experts and discuss

what work is being done at the state level and what the federal government can do to help. It is worth exploring what other states are doing to protect school children, and the Transportation Committee in Augusta is prepared to do this work.

Though the legislative session has ended, I want to remind residents that our legislative office remains active year-round. If you are having difficulty navigating state agencies, have questions about policymaking or just want to voice your concerns, please be in touch. I also send out periodic e-mail updates throughout the year. If you would like to receive these updates, let me know by e-mailing me.



Rep. Andrew McLean, D-Gorham, is serving his fourth term in the Maine House. He is House Chair of the Transportation Committee and represents parts of both Gorham and Scarborough. (207)

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

Gorham Sightings



Photo credit Roger Marchand

Do you know where in Gorham this photo was taken? Join our visual trivia discussion by entering your best guess on our Facebook page at www.facebook.com/gorhamtimes or email us at gorhamtimes@gmail.com. The photo in the August 8 issue is an old water district shed that was moved to the corner of Phinney St and Fort Hill.

Letter to the Editor

Letters to the Editor must be fewer than 300 words, signed with a first and last name, typed or e-mailed and include a phone number. The Gorham Times reserves the right not to publish letters that include personal attacks or inflammatory language. Letters are solely the opinion of the writer and not that of the Gorham Times. They are published at the discretion of the Gorham Times and are subject to editing.

Dear Editor,

Representative Maureen Terry wrote "Before You Sign, Know What You're Signing" in the Gorham Times discouraging people from signing petitions that your fellow Gorham residents and Mainers have been circulating.

How disappointing.

A People's Veto provides a final check to our legislature. When a large change is made to a law, Mainers have the opportunity to let citizens decide with their vote, only if enough signatures are collected to get it on the ballot.

Almost all of the people collecting signatures are local volunteers. They're parents and grandparents. They're your neighbors and friends giving up countless hours to allow your voice to be heard. Signing these petitions doesn't mean you are for or against the referendum. It means that you're willing to put these issues to a public vote. It means that you support your right to exercise your voice as an American.

When you see someone taking their time to collect signatures, remember that getting an issue on the ballot requires more than 60,000 hard earned signatures, collected one by one. Remember that the canvasser standing there is representing you, even if you don't share the same opinions or beliefs. They're standing up for your rights -- as a Mainer and an American -- to vote on extremely important issues that matter to all of us.

We encourage you to sign these petitions.

In fact, sign each and every one.

Show your respect for the voting process, whether you're for or against the referendum.

You'll have months to research these complex issues leading up to voting day. And when you see these issues on the ballot, make your voice heard by coming out to vote. Think of the people who got it there for you to vote on.

And then think of the people who tried to dissuade you.

Sara Rivard

Around Town

Absentee ballots are now available at the Town Clerk's Office for the November 5 Election. If you would like to avoid the lines at the polls on Election Day or if you will be out of Town, you may vote absentee by requesting a ballot and one will be mailed to you when they become available in early October. Absentee ballots must be returned by 8:00 p.m. on Election Day.

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Service Runs in the Family

CHRIS CRAWFORD
Staff Writer

Army Captain Charles “Devin” Pearson (GHS ’06) grew up in a military family and knew he wanted to follow in the footsteps of his father, who served 27 years and his mother who served 22 years before they retired from the Air Force. Until he was 10 years old, Pearson lived the nomadic life of a military family. The appeal of travel is still with him.

While Pearson clearly knew his path, an unexpected obstacle put a kink in his plan to pursue a career in the Air Force. When recommended for a scholarship at the University of New Hampshire’s Air Force ROTC program, he failed the required military physical, due to a minor physical ailment he has had since a child. Pearson refused to quit. Pearson said, “At the time, we were at the height two wars in the Middle East, with surging troop levels.” While the Air force was not growing, the Army was. They offered him an Army ROTC scholarship and a medical waiver.

In May 2011, his mother administered the oath of office as Pearson was commissioned a 2nd Lieutenant in the U.S. Army. Over the ensuing years, Pearson has also relied on his father’s good advice as a mentor. “Whenever I have needed help, I turn to my father’s 27 years of experience. While he served in a different branch, officership is officership, and military life doesn’t really change all that much between branches.”

Pearson began active duty in November 2011. Officer Basic course at Fort Lee, Virginia was followed by specialized training in Explosive Ordnance Disposal, a rigorous program with a 20% success rate. Pearson was one of



Photo courtesy of Charles Pearson

Army Captain Charles (Devin) Pearson, shown with his wife Alison and daughter Eleanor, is currently serving his country while stationed in Germany.

many who did not pass, but in Army Strong fashion, again persevered. After a 12-month hazardous duty just a few miles from the Demilitarized Zone in South Korea, he returned stateside at Fort Gordon, Georgia, serving as the Executive Officer for a training Company.

A promotion to Captain in 2015, followed by further training, led to work in a new field at Fort Carson, Colorado where he served as operations planner in a Sustainment Brigade for the 4th Infantry Division. He said, “I planned and executed the deployment of the Brigade Headquarters to Texas and Puerto Rico as part of the Federal relief efforts for Hurricanes Harvey and Maria.” He then commanded an Ammunition Supply Company at Fort Carson, Colorado which is the only U.S. Soldier operated Ammunition Supply Point in the Continental United States.

This spring Pearson spent

CONTINUED ON PAGE 5

Textile Designer Brings Her Bold Brand to Gorham

DIANE ABRAMSON
Staff Writer

Erin Flett’s flagship retail store is now open in the heart of Gorham at 2 Main Street. The first floor houses her store and showroom, full of hand-printed linen pillows, decorative home goods, and textiles, while the second floor acts as her workshop.

For Flett, a Gorham resident, the space on Main Street spoke to her. “I knew I wanted to be in Gorham, be part of the community. The building has always spoken to me and as soon as I saw the space become available, I jumped on the opportunity.”

Flett’s brand is “bold, imperfect and organic” and she wanted her retail space and workshop to represent her eclectic style. “I was passionate about recapturing the soul of the building, which meant painting and refinishing the floors throughout and restoring the original carpentry and overall aesthetic. My goal is to make customers happy and I wanted this space to bring the same joyful energy.”

Flett, a Colorado native, has been surrounded by art and inspiration from a young age. “My mother was an antiques dealer and we were constantly going to antique



Photo courtesy of Erin Flett

stores, flea markets, and estate sales. To this day, I am always collecting things and drawing inspiration from patterns, textiles, Vera Neumann scarves, vibrant colors, and Marimekko prints.”

After graduating from the University of Kansas with a degree in graphic design, Erin and her husband, Maslen Flett, moved to Maine where her family had relocated. While honing her design, marketing, and brand skills at a local advertising firm, Flett started experimenting with textiles and ink in her basement, creating bold hand-printed pillows with unique shapes, colors, and elements. As her wholesale business grew, she moved her

CONTINUED ON PAGE 5

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Lettuce Be Healthy

BARBARA SCHNEIDER

These recipes are a lifesaver when you have company coming. Need breakfast for a houseful? You can easily swap out vegetables for what you have. The mainstay of the ingredients are eggs, cheese (lots!) and seasonings. What's not to love? Cut

the recipe in half for a smaller group, but note: no matter the size of the crowd, my experience is it will get eaten. Keeping things simple in the kitchen will allow you to enjoy more time with your company. Questions about the recipes can be e-mailed to Barbara Schneider at bts@maine.rr.com.

Classic Make Ahead Breakfast Casserole

12 eggs	2 medium Plum tomatoes, chopped
1 cup milk	Large handful of spinach, chopped
1 ¾ cups Asiago cheese, shredded	1 teaspoon minced garlic
½ cup Cheddar cheese, shredded	Salt and Pepper to taste
1 cup chopped mix of green peeper, red pepper & orange pepper	Shake of paprika and cayenne pepper
1 cup finely chopped broccoli or zucchini	OPTIONAL: 1 cup cooked diced ham or turkey sausage/regular sausage

Whisk eggs, seasonings, milk, and Asiago cheese in a bowl, set aside. Mix other ingredients EXCEPT CHEDDAR CHEESE in a separate bowl, spread into the baking pan; pour egg mixture over the top. Top with the Cheddar cheese. Bake in a 9 x 12 pan (sprayed with cooking spray) in a 350 degree pre-heated oven for 45-50 minutes until golden brown/knife inserted comes out clean. Let cool a bit before cutting...YUM!

Easy Cheesy Crabmeat Appetizers

6 flour tortillas medium size
6 oz container of crabmeat
12 oz Four Cheese blend (your pick!)

Lightly spray frying pan, warm up to medium temperature. Place one flour tortilla on bottom of pan, spread 1/3 of cheese, 1/3 of crabmeat and a shake of paprika/ top with another tortilla. Press gently to set. After 2-3 minutes (depending on heat) gently place large spatula under bottom tortilla and flip over, cook for another minute. Place on cutting board and quarter. Repeat. Serve warm. You can make fewer or more depending on how much cheese and crabmeat you wish to use. This recipe is super flexible.

Chicken Vegetable Rice Bake

¾ cup brown or white rice	2 cups cubed chicken (skinless, boneless thigh or breast meat), seasoned with S&P
1 can cream of broccoli soup (can substitute Cream of Asparagus or Cream of Celery soup)	½ tsp of cayenne pepper
1 can of water or broth (your choice)	½ cup shredded Cheddar cheese for topping
11 oz bag of frozen mixed vegetables (can vary choice of vegetables based on what you have)	

Mix all ingredients in a bowl, except for cheese. Layer cheese on top. Cover and bake in a preheated 375-degree oven for 45 minutes (may vary based on vegetables used). This is my variation of a Campbells Soup recipe which has been tried and true over the years.

How to Write a Winning College Essay

TINA STEELE
Contributing Writer

Well it is finally here for the class of 2020, senior year. The glorious last year of high school that so many students have been waiting for. Many parents, on the other hand, are wishing they could turn back time and are bracing themselves for all the emotions and college planning chaos that lies ahead.

While students are exploring college opportunities and scheduling college tours and thinking about this exciting next chapter of their life, it is important that they do not lose sight of how important this next year is and all that they need to be doing to ensure that they are college-ready.

Volunteer hours, activities, clubs, extracurriculars, academics, SAT/ACT scores, letters of recommendation, and especially the college essay are all important pieces of the admissions process.

A good essay can sway the admission decision in a student's favor when they are up against tough competition. Now is the time that seniors should be crafting the rough drafts of their college admission essay.

Many times, the admissions committee will make a unanimous decision to admit a student who fell just short of the academic requirements because of the essay they wrote. Also, when comparing students who have similar academic qualifications, and admission spots are limited, it is the essay that can literally make or break their acceptance.

The following are some tips for writing a winning college essay that can sway the admission decision in a student's favor.

The common application that students fill out to apply to different colleges has seven essay prompts to choose from. This allows students an opportunity to choose the one that resonates the most with them.

Some of the key things admission counselors are looking for when reading college essays are: authen-

ticity, self-awareness, the ability to think critically, circumstances that have shaped values, beliefs and views of the world, dreams and ambitions, open-mindedness, commitment to hard work, and good syntax, grammar, punctuation and a well-organized essay.

Oftentimes, students are so focused on writing what they think admission counselors want to hear that they do not come across as authentic or incorporate some of the above important pieces into their writing.

It's equally as important to know what not to do when writing a college essay. Never talk about past immoral and illegal actions even if it facilitated significant growth. Do not be over-confident, cliché, or boring. Do not write about what everyone else writes about.

For example, athletes who talked about the championship game they worked so hard to get to or essays that were written about a subject that just was not that interesting. What some may consider a boring topic can be made interesting if the student uses it to describe how it changed the way they view the world and contributed to who they are today. And do not start off your essay with a famous quote.

When counselors are reading hundreds of essays, it is the unique ones that stand out, the ones that are not like all the rest. Drawing the reader in immediately is key. Students can write about sports if that is their passion but think about how to make it unique. Was there an experience on the field or with teammates or opponents that changed their perspective on something, invoked some powerful feelings, or helped shaped who they are today?

Students need to put their own spin on it that will make it different than all the others and think about how they can keep the admission counselor engaged and interested in

CONTINUED ON PAGE 10



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GHS Expansion Project CONTINUED FROM PAGE 1

the building size by 36,197 square feet, Option 5A, estimated to cost \$75,650,531, retains plans for a new classroom wing built on part of Robie Park.

A new Option 6 places the new classroom wing on Morrill Avenue and mostly eliminates the need to build in Robie Park with the exception of five new tennis courts next to the softball field. Future expansion would be at either end of the new classroom wing. It is estimated that it would cost about \$3 million to add six classrooms later. Option 6 is estimated to cost \$71,867,745 and is a 59,377 square foot reduction from the 293,530 square foot Option 5 plan presented last March.

Results of a traffic survey led Harrison to recommend some changes to the access from Route 202, but Cecil said that he thought the Maine Department

of Transportation (DOT) would not install any traffic lights. Option 6 puts the new classroom wing on Morrill Avenue and would not affect either Access Road or Ballpark Road.

There was no consensus from the Building Committee in favor of either option, although the Harriman team expressed a preference for Option 6. The School Committee will discuss both new options this fall.

Before a decision is made on any proposal, the district administration will solicit feedback on the schemes from all stakeholders, which will include gathering community opinion through a new online Thought Exchange Survey. Once they have decided on a plan, the School Committee will seek approval from the Town Council for a referendum. If approved, the referendum vote could be held in 2020.

Service Runs in the Family CONTINUED FROM PAGE 3

time in Paris while working on Logistics planning for the 75th D-Day Remembrance event held in Normandy in June. Pearson said, "Wherever soldiers go they need food, water, and a place to sleep. I helped plan and coordinate some of that to make sure our Soldiers participating in the ceremonies were fed and sheltered." While in Paris, he watched from his hotel window as fire swept through Notre Dame cathedral. He said, "I was saddened to see such a beautiful piece of architecture and history destroyed like that."

Pearson, currently stationed at Lucius D. Clay Kaserne in Wiesbaden, Germany, works in the Sustainment Operations Division G4. Its mission is to make sure the U.S. Army in Europe is prepared at all times by providing and overseeing integrated logistics policies, programs. He is currently doing site reconnaissance for a large joint exercise that will take place in 2020. He said, "As part of my current duties, I visit different sites we will be training at in order to identify and confirm that the Host Nation capabilities can support the U.S. Troops that will be training/operating there." He also participated in a NATO partnership seminar hosted by the Bundeswehr, the German Armed Forces, spending a week working with his German peers on joint US/German operations. He has travelled to Paris, Normandy, Vilnius (capitol of Lithuania), Berlin and upcoming trips will include Poland, Romania, Hungary, Greece, or anywhere U.S. forces operate in Europe.

Pearson believes that the military

is a good career option, as long as you have realistic expectations. He said, "Don't think that you are going to spend every day jumping out of planes or shooting bad guys like in the movies and video games." While there are many jobs in the military that equate to civilian careers, he advises, "Your best bet is to do the research to determine what is available and to choose something that translates well in the civilian world." Another important tip, he added, "A recruiter is going to try to get you into a job that the Army needs filled at that time. If they don't have openings for options you want, be patient and keep trying until your option opens up."

Perhaps because of his nomadic life, Gorham holds a special place in Pearson's heart. He loved growing up here and said, "It's the only place I have ever really called home, the closest I have ever had to having roots." He fondly remembers his high school Social Studies/History teacher, Mr. Caulfield. "I used to spend time after class talking with him. He was in the Marine Corps and we both loved history. We would talk about history, politics, and theory," he said.

Pearson spends his limited spare time with his wife, Alison, and their nine month old daughter, Eleanor. He loves to hike, fish, canoe, kayak, travel and explore. He said, "I love traveling and exploring wherever I am stationed, it is always someplace new."

Pearson is the son of Clinton Charles Pearson and Carol Ann Tyler. He can be reached at Charles.d.pearson.mil@mail.mil.

Textile Designer Brings Her Bold Brand to Gorham CONTINUED FROM PAGE 3

operations into a space at the Dana Warp Mill in Westbrook. There, she began expanding her product line to include bags, glassware, wall art, rugs, and paper products.

For Flett, it is important that all of her goods must be American made, from products that are eco-friendly and locally sourced.

"All of our printing is done in Maine; we get our cloth from a mill in North Carolina and utilize ink that is so clean it can be washed with water."

Since her modest start in 2009, Flett's work has been featured in over 70 magazines and she has been named one of the Top Ten Textile Designers to Watch by Apartment Therapy. She has collaborated with and designed custom textiles for several hotels, and has products in over 150 stores throughout the county. Flett is currently in talks with L.L. Bean and was invited to participate in Greenlight Maine, a "statewide collaboration of entrepreneurial catalysts and corporate leaders, designed to promote and mentor the development and growth of businesses" in Maine.

When asked about her proudest achievement to date, she reminisces about her cover spot and six-page feature in Better Homes and Gardens. "It was so cool and so terrifying," and her time at Greenlight Maine, "I was able to tell my people, in my state who I am."

However, it was her feature in O Magazine that was the turning point in her career. "Having my work in O Magazine was the moment I knew I could make it. I knew that my vision and my journey in design was possible."

Flett's product line is con-

stantly evolving and changing but her design aesthetic has remained consistent. Step foot into her retail space and you will see her vintage, funky, and functional style on display. It's undeniable that her products encompass both the traditional and the modern, as well as the bold and the joyful.

Erin Flett is located at 2 Main Street. The retail store is open Tuesday through Friday, 10:00 a.m.-2:00 p.m.; Saturday and Sunday, 12-4:00 p.m. Visit Erin Flett online at www.erinflett.com or contact by calling 839-2814.

FOR FLETT, IT IS IMPORTANT THAT ALL OF HER GOODS MUST BE AMERICAN MADE, FROM PRODUCTS THAT ARE ECO-FRIENDLY AND LOCALLY SOURCED. "ALL OF OUR PRINTING IS DONE IN MAINE; WE GET OUR CLOTH FROM A MILL IN NORTH CAROLINA AND UTILIZE INK THAT IS SO CLEAN IT CAN BE WASHED WITH WATER."



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UMaine Extension and Gorham Businesses Train Safe Farm Tractor Operators



Photo courtesy of Jason Lilley

Participants of the 2019 Tractor Safety Course at Gorham Public Works are shown with volunteer instructor, Jeff Grant (back right).

JASON LILLEY
UMaine Cooperative Extension

Farming can be a risky business, especially for youth and those new to the farming environment. To minimize the chance of injuries to those working on Maine farms, the University of Maine Cooperative Extension offers five-part tractor safety courses every spring at locations throughout the state.

In May, 15 youth and new farm workers and tractor owners successfully completed the federally certified course. Participants learned about the risks of farm work and equipment operation, and basic maintenance skills. They also gained hands-on experience in safe tractor operation, and awareness of the prevalent hazards. Youth ages 14 and 15 received certi-

fication to operate equipment on farms owned by non-relatives, opening up new job opportunities for them.

The course was made possible by the Town of Gorham, MB Tractor and Equipment of Gorham who provided a tractor for the course, and Jeff Grant of Findview Farm in Gorham who volunteered time as co-instructor for the course.

Other sponsors were Bassett Healthcare Network, Cooperstown, New York; Hall Implement Co., Windham; and the Cumberland County Chapter of the Maine Farm Bureau.

The University of Maine Cooperative Extension supports UMaine's land and sea grant public education role by conducting community-driven, research-based programs in every Maine county. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational program in Maine through 4-H.

To request a local tractor safety training, contact Jason Lilley at 207-781-6099 or jason.lilley@maine.edu.

Town Council Meeting

AUGUST 2019

JACOB ADAMS
Staff Writer

Councilor Pratt will be attending the Jetport Noise Abatement Committee meeting in October and encourages any comments or concerns to be brought to his attention.

Councilor Phillips discussed the newly formed Founders Festival Committee and reported that they are actively working on plans for events in 2020. She revealed that the Committee is currently looking for volunteers and will meet again in September. She also reported that the Capital Improvements Committee met and discussed the many capital projects going on in the Town. Councilor Phillips is concerned about the number of people who are illegally dumping trash at the Silver Bullets around Town and encourages everyone to remember that the Silver Bullets are for recycling materials only and all of the trash that is dumped there costs the Town money and contaminates the recycling that is brought to Ecomaine.

Councilor Wilder Cross announced that there is an opening on the Planning Board and encouraged citizens to apply. She also met with the Gorham Village Alliance and reports that they have many exciting things planned for the Village.

Town Manager Ephrem Paraschak reported that Absentee Ballot Applications are now available for the November election and reminded citizens that they can vote from the comfort of their homes and avoid long lines by voting absentee. He announced that the Rec Department will be hosting the Glow in the Park Event on August 23 at Shaw Park.

The Town Council designated the Municipal Development and Tax Increment Financing District #10 and the adoption of a Development Program for the District. The proposed District would include a 13.03 acre site located at 200 Narragansett Street and would capture 100% of the increased assessed value of the property for a period of 20 years. 55% of the tax revenue from the incremental value would be returned to the property owner, 49 Raceway Drive, LLC, to be applied to

costs of development of the site for the Harvey Performance Company and the remaining 45% would be retained by the Town to be used for various public improvements.

A new Liquor License and a new Special Amusement License were issued to JBN1, LLC, DBA Junction Bowl, located at 7 Railroad Avenue.

The Town Council also issued a new Liquor License to Grand Central Wine Bar, LLC, located at 7 Railroad Avenue.

The Land Use and Development Code was amended to regulate the growing of personal adult-use marijuana. The full amendment is available on the town's website at www.gorham-me.org

The Town Council approved all of the qualifying applications from the Senior Property Tax Relief Program.

Map 32, Lot 19 was sent to the Planning Board to be rezoned from the Roadside Commercial Zone to the Industrial Zone.

The Town Council instructed the Appointments Committee to draft an attendance policy for all Council appointed boards and committees for the Council's review.

\$26,460.50 was transferred from account # 903-01-5070663 to an account designated for repairs to the entrances of the Gorham Municipal Building.

The Town Council forwarded a proposal to amend the Land Use & Development Code to allow for a waiver and/or reimbursement of impact fees when no new net dwelling is created, to the Planning Board for a Public Hearing and their recommendation. The full proposal is available on the town's website at www.gorham-me.org

The Town Council instructed the Town Manager to authorize stenciled letter on curbing within roundabouts in Gorham indicating that signs are not authorized within the perimeter of the traffic control circles according to State Statute policy and for the benefit of public safety.

The Town Council entered into executive session to discuss a personnel matter and economic development.

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

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Planning Board Results

AUGUST 5, 2019

A proposed amendment to the Middle School Impact Fee and Methodology of the Land Use and Development Code was recommended to the Town Council for adoption.

A request for approval of the addition of 12 modular classrooms and a

cafeteria at Narragansett School was approved.

A request for approval of two duplex buildings consisting of four dwellings at 14 Spiller Road, Lot 5, of the Douglas Brook Subdivision, was approved.

Gorham Joins the Maine Farmland Trust

EDMUND RICKER
Staff Writer

Gorham has a long history of farming and agricultural tradition and, as such, has recently joined the Maine Farmland Trust. The Maine Farmland Trust is a statewide organization that protects farmland, supports farmers, and advances the future of farming. Its goal is not just to protect Maine farmland, but to revitalize Maine's rural landscape by keeping agricultural lands working and help-

ing farmers, and their communities, thrive.

Tom Poirier, Directory of Community Development, said, "The Maine Farmland Trust is a valuable organization to help working farms." As Portland grows outward, the Town of Gorham would like to maintain its working farms.

The organization has four program areas: Farmland Protection, Farmland Access, Farm Viability and Public Outreach. To learn more, visit www.maineFarmlandtrust.org.

Grand Jury Indictments

AUGUST 2019

Mark Champagne, 58, of Gorham was indicted for possession of cocaine, OUI, and refusing to submit to arrest on charges brought by the Westbrook PD.

Delphine Swormstedt, 41, of Gorham was indicted for domestic violence assault and violating conditions of release on charges brought by Gorham PD.



Taking In the View

Two young Gorham Recreation campers enjoy a break on a recent beach trip.

Photo courtesy of Gorham Rec

SCHOOL

It's Back to School Time CONTINUED FROM PAGE 1

to continue to grow while keeping the best educational interests of our K-5 students in mind over both the short and long term.

As a means to this end, the Gorham School Committee has developed a long-range facility plan for K-5 that involves a "two-step" process. The first step was approved by voters in June 2019 which will result in a modular expansion at Narragansett Elementary School.

The plan is to reduce enrollments at Great Falls and Village (to give them room to grow over the next 10-15 years) while pointing as much of the "new growth" toward Narragansett School. This plan will result in the creation of three K-5 schools

that will eventually have very similar enrollments and will set us up for the "second step;" a state approved capital construction project to add onto Narragansett more permanently.

In order to make this plan a reality, a component of this work will be to shift our existing attendance zones. We know no one likes to have attendance zones change. However, that doesn't mean that we still don't have to do it in order to ensure the best educational experiences for our children over the longer term.

As we go through this process this year in preparation for the 2020-21 school year, we will do so in a manner that keeps our focus where it should be – on our children and the positive relationships we need to build with them and with you in order to make sure our schools continue to meet their needs now and well into the future.

Here's how the timeline for this work will roughly play out:

Summer - September 2019: Administration will work to re-draw the lines for our newly proposed

attendance zones. Again, the goal is to reduce enrollments at Great Falls and Village School and point growth towards Narragansett School.

October 2019: Administration will bring draft attendance zone shifts to the School Committee for approval. Once approved, the new zones will be announced to families.

October - December 2019: Administration will work to identify which staff members would be moving to which locations in the district and

identify which specific families will be attending which schools for the 2020-21 school year.

December 2019: Staffing changes will be announced to families.

January - June 2020: Specific transition activities

will be hosted by the school aimed at making sure students and families are familiar with new schools and new staff. Individual students may not yet be assigned to individual classrooms (which typically isn't announced each year until June's step-up day), but families and students will know which schools they will be attending and which teams (grade levels) of teachers they will be working with at each of those schools. The focus will be on building up those new strong relationships so that transitions will be as smooth as possible once they occur.

Again, there is just so much going on in our schools. You can find the district Facebook and Twitter accounts as well as individual school Facebook and Twitter account links on the district webpage. Please call or email any questions you may have. We want to make sure you are informed as to what is going on because we know that together (parents, schools, and community) we make an awesome team focused on meeting the needs of all of our unique learners.

YOU CAN FIND THE DISTRICT FACEBOOK AND TWITTER ACCOUNTS AS WELL AS INDIVIDUAL SCHOOL FACEBOOK AND TWITTER ACCOUNT LINKS ON THE DISTRICT WEBPAGE. PLEASE CALL OR EMAIL ANY QUESTIONS YOU MAY HAVE.

Real Estate Transfers April 2019

ADDRESS	BUYER	SELLER	PRICE
10 LONGVIEW DRIVE	VALERO, ELIZABRITH & MCKENNEY	TODD, SHIRLEY	\$345,000
21 MOUNTVIEW DRIVE	MENDEZ, JACQUELINE & ANDY	RISBARA BROS. CONSTRUCTION CO. LTD.	\$520,000
79 JOHNSON ROAD	DUMONT, JENNIFER	ESTATE OF HELEN LORRAINE WILLIAMS	\$233,500
22 GROVE STREET	LESTAGE, JEREMY & LIZA	BRAMBLEWOOD, LLC.	\$365,000
253 NARRAGANSETT STREET	YOUNG, ERIC	LESTAGE, JEREMY & LIZA	\$198,000
41 BURTON DRIVE	ABRAMS, ROBERT & KELLY	GRAVIER HOMES, INC.	\$405,000
29 LINE ROAD	RAWSON, REBECCA & KATHY	WALKER, BRADLEY	\$362,000
16 JOSEPH DRIVE UNIT 3	SCOTT, KATHLEEN & THOMAS	KRAUS, HELEN	\$239,900
38 NORTH STREET	CWH CONSULTING LLC	SULLIVAN, Nanci	\$225,000
141 SOUTH STREET	THERIAULT, JAMIE & SCHULTE, JON	BARTLETT, PHILLIP	\$314,976
15 FILES ROAD	SCHIFFS, LLC	MUNSON, SHANE & DAY NICHOLE	\$239,500
104 QUINCY DRIVE	BAI, ARTEM & OLGA	WHITTEMORE, LAWRENCE & MICHELLE	\$405,000
12 NORWAY ROAD	WHITTEMORE, MICHELLE & LAWRENCE	ROY, GREGORY	\$427,500
72 MAPLEWOOD DRIVE	PRM MANAGEMENT, LLC	BANK OF AMERICA, NA	\$185,000
37 GRAY ROAD	MONACO, HANNAH	VAN JOOLEN, CHARLOTTE	\$229,900
44 CUMBERLAND LANE UNIT 11	ALDEN, KELLY	COLLINS, MARY	\$235,000
23 HIGHLAND AVENUE	MEYERS, CHRISTIAN	WALLACE, ANNE	\$258,000
7 ETHEL'S WAY	PAJER, PETER	ALDEN, KELLY & BRADY	\$365,000
20 WOODSIDE DRIVE	BUBAR, KEVIN	PERRY, SANDRA	\$252,000
12 OLD DYNAMITE WAY	VONDERHAAR, JOSHUA & LEA	THE CROSSING AT TANNERY BROOK	\$15,000
101 BROOKWOOD DRIVE	HERMAN, DANIEL	US BANK TRUST NA	\$183,500
17 SHIERS MEADOW DRIVE	DUQUETTE, JONATHAN & MEGHAN	L'HEUREUX, JENNIFER & LUKE	\$423,000
107 BUCK STREET	WING, LILLIAN & YOUNG, BRIANNA	MCMENAMY, JOHN	\$250,000
WINSLOW ROAD	COREY, DAREN & LISA	BERRY, DANNY & MARTHINA	\$95,000
54 CUMBERLAND LANE	HULBERT, SARAH & KAGISO, CAITLIN	MCILLWAIN, REGINA	\$228,000
15 PAIGE DRIVE	GEP INVESTMENTS, INC.	RURAL HOUSING SERVICE	\$133,500
11F GORHAM INDUSTRIAL PKWY	JEJC, LLC	GOFFS, LLC	\$227,500
435 OSSIPPEE TRAIL	NGLP HOLDINGS, LLC	NOURIA ENERGY OSSIPPEE TRAIL, LLC	\$200,500
19 BENJAMIN WAY	WILLIAMSON, BRIAN & MARIBETH	JOHN PETERS, LLC	\$384,500
433 OSSIPPEE TRAIL	STONE ROAD ENERGY, LLC	NGLP HOLDINGS, LLC	\$675,000
267 NORTH GORHAM ROAD	THOMPSON, ARLENE & JOHN JR.	PENNEY, NATALIE	\$349,900
40 SEBAGO LAKE ROAD	WAN, NATHAN & KIMBERLY	STENGER, THOMAS & MAXINE	\$259,900
26 LOMBARD STREET	TOWLE, CORY	NADEAU, RANDALL & REBEKAH	\$245,000

Real Estate Transfers March 2019

ADDRESS	BUYER	SELLER	PRICE
144 ICHABOD LANE EXT.	MACDOUGALL, STEPHEN	GILBERT HOMES, INC.	\$430,000
281 SOUTH STREET	DOLLOFF, KRISTAL & LEE, LANA	LOSCIUTO, CHRISTINE	\$238,140
60 MOSHER ROAD	PERKINS, ALEXANDER & CARVILLE	PARKER, MATTHEW & RIOUX, KELSEY	\$223,000
26 PAMS WAY	SPRAGUE, JUSTIN & COTA, KAREN	VERILL, JEFFREY & LYNN	\$245,000
240 MOSHER ROAD	RENNEKER, CHARLES	KIDWELL, PATRICIA	\$550,000
3 DEERING STREET	MACK-GERTIG, REBEKAH & JONATHAN	B & C, LLC	\$385,000
MADISON WAY SUBDIV.	ST. JEAN, LEAH & STEVE	DIVERSIFIED PROPERTIES, INC	\$336,500
10 RIVERBEND ROAD	FOWLER, MICHAEL & LACEY	SANDRA J. WILSON LIVING TRUST	\$425,000
16 GREAT FALLS ROAD	LETELLIER, JESSICA	WEST SHORE ENTERPRISES, LLC	\$375,000
99 ICHABOD LANE EXT.	SAM STRUMPH BUILDERS, LLC	GILBERT HOMES, INC.	\$95,000
2 CHRISTOPHER ROAD	FRANKLIN, LEVI	CHADBOURNE, DENNIS	\$251,000
36 HARDING ROAD	STANBURY, VIRFIL & STEFANY	SAWYER, ROBERT	\$167,000
352 MAIN STREET	TRASK, BILL	O'LEARY, LYNN & TIMOTHY III	\$310,000
140 NARRAGANSETT STREET	FOREMAN, WENDY	ROWAN, THOMAS & DARLENE	\$188,000
10 SHIRLEY LANE	EARLE ENTERPRISES, LLC	WILMINGTON SAVINGS FUND SOC.	\$141,200
41 MADISON WAY LOT 5	HAMBLETT, GRAHAM & ANNE	DIVERSIFIED PROPERTIES, INC.	\$389,500
24 SCHOOL STREET	24 SCHOOL ST. LLC	CHAMPION PROPERTIES, LLC	\$440,000
266 DINGLEY SPRING ROAD	ROBERTS, ALISON & MORNEALUT, KYLE	W.W.WOOD PROPERTIES, LLC	\$299,900
28 SPILLER ROAD	GILE, AARON & JENNIFER	TRADEMASTER, INC.	\$369,500
63 GARDEN AVENUE	PISCOPO, RACHEL & THOMAS	STAR HOMES, INC.	\$309,000
386 FORT HILL ROAD	FLYNN, JOSHUA & JENNIFER	OAKES, DANIEL	\$308,000
57 STATE STREET	KEILEY, CHRISTOPHER & NICOLE	KYLEY, JOSHUA & JENNIFER	\$204,000
168 HARDING BRIDGE ROAD	SHAUGHNESSY, BRENDAN & KATIE	SMITH, BENJAMIN	\$539,150
14 STEPHEN WARD DRIVE	BRETT PARK REVOCABLE TRUST	SUSAN DUCHAINE, LLC	\$288,500
10 RAINBOW LANE	FRIEDLUND, CHRISTOPHER	BOYCE, DOUGLAS	\$110,000
494 OSSIPPEE TRAIL	EVANS, MICHAEL & MELISSA	REED, MATTHEW & LAURA	\$195,000
MOSHER RD. WESTERLY SIDE	DIVERSIFIED PROPERTIES, INC.	CURTIS, LAURA	\$54,000
54 FARRINGTON ROAD	MACDONALD, BRIGITTE & MICHAEL	TIFFANY, MICHELE	\$195,000

School Notes

Gorham Middle School's (GMS) grant application to benefit Gorham's BackPack Program and the GMS Garden has been selected as a Top 200 State Farm Neighborhood Assist® cause. This was the only cause from Maine selected. Now through August 23, the community can vote for GMS to win a \$25,000 grant from State Farm. Vote at <https://www.neighborhoodassist.com/entry/2023987>. You can vote up to 10 times every day. The BackPack Program provides students who are suffering from the effects of hunger with nutritious, easy-to-prepare food to eat during the weekends and school vacations. The GMS Garden grows and donates 800-1000 lbs. of produce to the Gorham Food Pantry every year. Grant money will help sustain the BackPack Program and allow them to add fresh fruit to their weekly packings. The grant would also be used to purchase a greenhouse for the garden at GMS to expand the growing season; thus, increasing their donation to the pantry.

Superintendent Heather Perry recently posted her opening blog for the 2019-20 school year. Visit <https://gorhamsuperintendent.blogspot.com/>.

Special School Committee Meeting **AUGUST 14, 2019**

KATHY CORBETT
Staff Writer

At a special meeting last week, the Gorham School Committee awarded the Narragansett School modular classroom addition site and connector project to DiMatteo Construction Management of South Portland for the amount of \$782,000. DiMatteo's bid was the lowest of the four companies that submitted competitive bids.

"Even with the added roadway and move to the west side of the school,

the bids were under the budget estimate," said Norman Justice, Facilities and Transportation Manager. The amount budgeted for the site and connector in the referendum approved by voters last spring was \$1,089,081.

Superintendent Heather Perry and Justice met with Town Council members and Town Manager Ephrem Paraschak before the bid was approved to resolve issues related to changes in the site location and the modular foundation.

If you have news or an event you would like to share, email gorhamtimes@gmail.com

Gorham Adopts ALICE Model as New Safety Procedure

CHRIS RECORD, PH.D.
Assistant Superintendent

Gorham School District (GSD) will implement a change to the lockdown protocols beginning this fall. Tragically, this is a time in our country when everyone needs to be better prepared to respond to an active shooter no matter where they are.

While the GSD feels Gorham schools are very safe, we also feel it is our duty to stay abreast of best practices in these areas and to reach out to collaborate with the Gorham Police Department (GPD) in examining their approach to lockdown situations.

For years, Gorham staff and students have been trained in standard "lockdown" procedures, which required all adults and children to stay put in a locked classroom and huddle away from doors and windows. Sadly, nationwide research has shown that this passive huddling and waiting lockdown practice has often proven ineffective at saving lives.

Knowing this, in conjunction with the Gorham Police, the GSD selected the ALICE model because it is a research-based, proactive, options-based, empowering program for responding to a violent incident. It stands for the following and does not follow in a predetermined order.

Alert is your first notification of danger. It is recognizing the signs of danger and receiving information about the danger from others.

Lockdown occurs if evacuation is

not a safe option. Any doorway is locked and barricaded.

Inform is communicating information in real time regarding the shooter's location.

Counter is a last resort by creating noise, movement, distance, and distraction to reduce the shooter's ability to shoot accurately.

Evacuate when safe to do so by running from danger to predetermined rally points.

During the summer of 2018, multiple Gorham school administrators and GPD officers attended a two-day intensive ALICE workshop to become certified ALICE instructors. Throughout the 18-19 school year, all GSD staff members were trained by certified instructors in the ALICE model. This training included "live" simulations during which staff members had to utilize their training to respond in real-time using the ALICE components.

Starting this September, the district will begin training students in the ALICE model with a three-step process that is age appropriate and places the most emphasis on following the adult's direction in the moment.

Anyone who has questions and/or just wants to learn more about the implementation of ALICE, is invited to attend an information session at Gorham Middle School on August 27 at 6 p.m. in the auditorium. If unable to make this event, please reach out to school principals with any questions.

How to Write a Winning College Essay CONTINUED FROM PAGE 4

reading it rather than just skimming it.

Lastly, do not rant about political or religious topics or write a one-sided essay about anything in the news. When students write about these topics, they need to be able to reflect on both sides of the issue. Remember, one of the things admissions counselors are looking for is open-mindedness.

Here is the bottom line. The most obvious things make the best topics. Colleges want to learn about who the student is, what they value, and how they will contribute to their com-

munity. Do not overthink it or focus on trying to impress. Be yourself, be humble, and don't forget to proof-read.

Tina Steele has her master's degree in Higher Education and almost 30 years of experience in the field. She is the founder of The FAFSA Guru and works as an Educational Consultant helping families across the United States navigate the overwhelming college planning and financial aid process. She lives in Gorham with her husband and two school-age daughters and is also mom to two other college-age daughters and stepmom to two college-age boys. She is passionate about helping families successfully prepare and plan for college.

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COMMUNITY

DEAN'S LIST

Meaghan Higgins, Syracuse University, Syracuse, New York
Garrett Higgins, University of Vermont, Burlington, Vermont
Jamie Juskiewicz, Regis College, Weston, Massachusetts

OF INTEREST

Gorham Recreation's Glow in the Park Family Fun Run will be held on Friday, August 23rd (rain date August 24th), at Shaw Park beginning at 7:30 pm. The event will feature a pre and post-run dance party, an untimed 5K or 1.5-mile fun run/walk and special prizes for Glow runners who are the brightest, most flashy and most reflective. Open to all ages. Register online at http://www.gorhamrec.com/info/activities/program_details.aspx?ProgramID=29000#0_142177 or on site at the event from 6-7 p.m. Proceeds from registration fees benefit recreation programs and Shaw Park improvements.

All of Baxter Memorial Library's Discovery Story times are designed to introduce children to books and libraries in a positive and enjoyable way, using stories, music, and movement to present and enhance early literacy skills and foster a love of reading. Three different age-specific programs and one all-ages program are offered each week (except during Gorham school vacations, holidays, and inclement weather closures) Find the Library's daily schedule in the Calendar section of each issue of the Gorham Times.

Both Cumberland Farms in Gorham (137 Main Street and 5 Blue Ledge Road) are donating a portion of their proceeds from Chill Zone purchases to the Barbara Bush Children's Hospital at Maine Medical Center through the end of August with the Cups for Kids fundraiser.

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.

Join the Presumpscot Regional Land Trust for a celebration of conservation at its Annual Meeting on Sunday, September 15, from 5-7:00 p.m. at Randall Orchards in Standish. Arrive early and enjoy apple picking. A trail walk for the Randall Orchards (Phase 2) trail opening will begin at 5 p.m. Social hour will begin at 6 p.m. with appetizers and fresh cider followed by a slideshow presentation of highlights from the year along with annual meeting elections. Randall Orchards is owned by the Randall family and the Presumpscot Regional Land Trust holds a 500-acre conservation and agricultural easement on the orchard and surrounding forest. This event is free, but registration is required at <https://www.prlt.org/event-sign-up-annualmtg> due to limited space.

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; 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.

SENIOR NEWS

The Lecky Brown Center's 'ARTrageous Seniors' will offer one last Open Studio art with opportunities to try different subjects and media on August 30. Bring your own projects to share and work on or jump into a new project with our 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.

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 10 a.m. and Friday Art Workshops at 9 a.m. FMI 892-0299.

USM NOTES

Move-in day for students for the Fall semester is Sunday, September 1. Classes begin on September 3. With many events offered to the public throughout the year, find out what's happening at USM at usm.maine.edu/events.

The School of Music (usm.maine.edu/music) welcomes students of any major, students from other institutions and community members to audition to join one of the School's performing ensembles for the 2019/20 academic year (/music/ensembles). The online event calendar is up to date for the fall semester (/music/events). FMI 780-5265.

The Department of Theatre celebrates women playwrights and directors this season. View a sneak preview at usm.maine.edu/theatre.

Not far from Gorham, the Southworth Planetarium offers interesting hour-long shows nearly every day. Find the complete schedule and information at usm.maine.edu/planet. The USM Libraries have two ongoing photographic exhibitions at the Glickman Library, "Faces of the Camino" and "The Barbara Morris Goodbody Collection" FMI, usm.maine.edu/library.



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24 Spiller Road \$365,000 - 3BR, 2.5ba Gorham Colonial nicely finished w/ HW floors on 1st & 2nd floors. Sizeable granite kitchen & private master suite. 2car garage w/ bonus room above. 1.65acre lot.



51 Gateway Commons Dr \$369,900 - 4BR/2 bath w/ large deck, mature landscaping in Gorham. FR over garage w/ FP & balcony. Daylight bsmt w/ parlor stove. Lg tiled mudroom.



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Local Athletes' Dedication Begins with Conditioning

DESTINY COOK
Sports Editor

When we think about professional athletes, we understand there is conditioning and preparation that goes into becoming elite and competing at the highest level. Conditioning is not only for the elite, however. It is also a part of many local athletes' regimens as they prepare for their seasons.

Conditioning can improve an athlete's performance including power, strength, speed, balance, agility, coordination, and endurance. Some athletes train for just one sport while many participate in multiple athletic activities. Some use a specific program to condition while others participate in school-sanctioned team activities such as lifting at the Gorham High School weight room during the summer, or follow a coach's advice about which areas to focus on.

Stan Skolfield, owner of Skolfield Speed Performance, said, "Off-season strength and conditioning programs can have a number of essential benefits for youth athletes. The single most important benefit is injury prevention as well as the time it takes them to recover from an injury." He also shared that a well-constructed program works to provide a solid athletic foundation.

Molly Murray, a junior at GHS, plays field hockey, participates on the indoor track and field team, and is also a member of the varsity softball team.

Murray trains year-round for softball. "During the winter I have weight lifting every Sunday. In April I start high school softball, and this year during every practice we did circuits that included sprints, core and arm workouts," she said.

Murray's conditioning for field hockey began in June. Those workouts included strengthening and speed training. While she doesn't necessarily condition specifically for track, the preparation for her other sports helps her get ready for the season. She said off-season conditioning helps because she can focus on the fundamentals of each sport during the season.

Both Bode Coleman, who is heading into his freshman year (lacrosse), and Caleb Hendrix (baseball), a rising sophomore at GHS, condition for their sports. In order to prepare for his lacrosse season Coleman said he practices with his

stick everyday. "I have a specific progressive strength training program that I complete twice a week. I also attend a group speed and

agility workout twice per week."

In addition, Coleman usually tries to get at least one long slow endurance workout (running, biking, swimming or rowing) each week. He trains with the next season in mind.

"When I train, I feel stronger, faster, and overall, more fit. I want to be in the best condition possible each season, and I think about that with each training session."

When looking at the results of his extra training ahead of baseball season, Hendrix said, "I feel that I am faster this year. I had more endurance on the mound when I started the season." With the season seven months away, Hendrix said he has a lot of time to continue to work for the results he hopes to continue to achieve.

Stacey Coleman, Bode's mother and owner of My-Fit-24, said, "Each individual athlete could benefit from having a highly specific con-

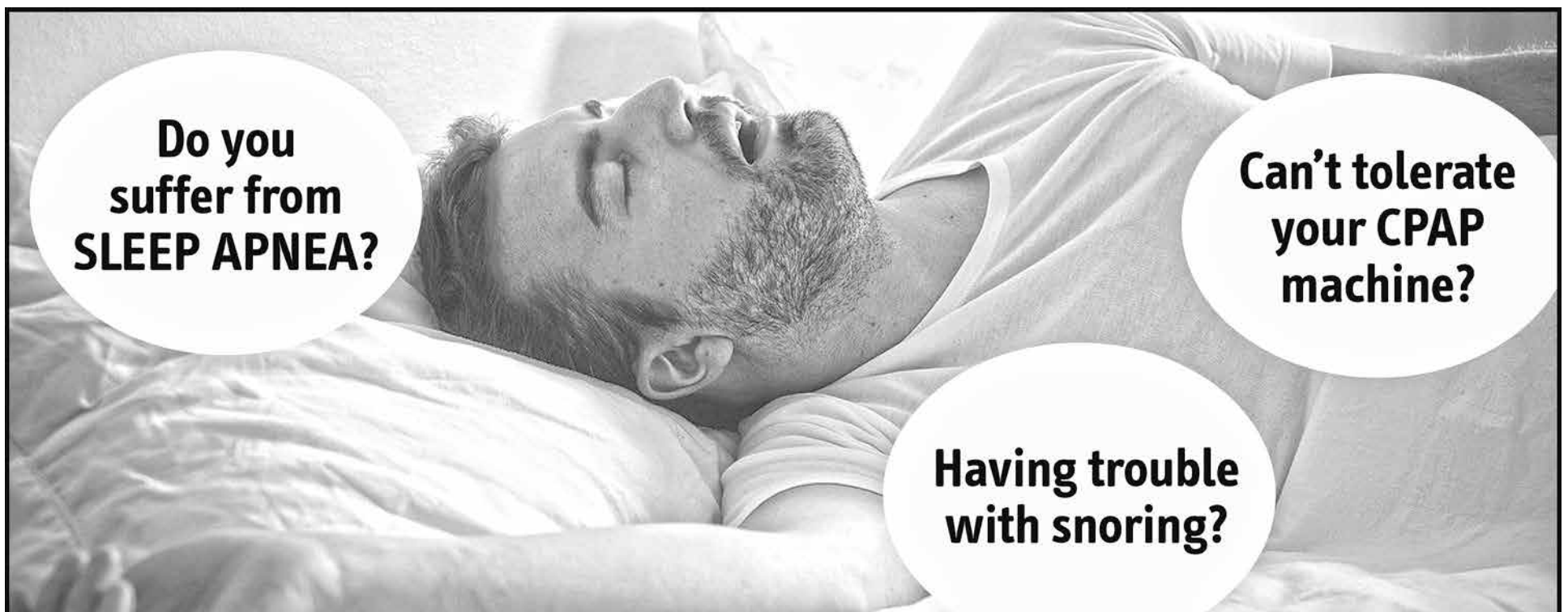
ditioning program prescribed for their specific starting point, goals, and needs." She also shared that athletes can benefit from less specific programs that focus more on overall generic athleticism including speed, agility, cardiovascular endurance, and power.

Success stories about athletes who condition for their sports can be inspiring. Brogan McDonald (GHS '18) is an example of how pre-season training can lead to successful sports seasons, even after high school. McDonald remembers when he was in fifth grade and wasn't the most athletic kid. He was bigger than his peers and his coordination was lacking.

"I remember my dad referring to the way I ran, calling me a 'plow horse.' Of course, it wasn't a serious comment but I did take offense to it and I was normally looked at as one of the slower kids when it came to things like playground games and baseball." In sixth grade, he hit his growth spurt and everything started to "click." He then added a conditioning program which taught him to run properly and use his whole body to generate speed and power.

McDonald is now a goaltender playing junior hockey; he is also

CONTINUED ON PAGE 14



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Local Athletes Begin with Conditioning CONTINUED FROM PAGE 13

currently pursuing college hockey (NCAA). While he considers his offers to play college hockey, he is training three times a week with a strength coach where his focus is keeping his body mobile but also adding strength and muscle. "I skate twice a week with my goalie coach with yoga afterward," he said.

Skolfield is also an influence on McDonald. "He hands down has helped me realize my full potential as an athlete in general. His workouts have made me into a completely different 'beast' as he would say." From the meal plan to the unique stretches he incorporates, McDonald said he feels more confident when he walks out of a session and his hard work is paying off. "I've come a long way from the pudgy little kid I was then," he said.

Conditioning prior to competing in a sport can be extremely beneficial to athletes who want to become better and stronger. If an athlete doesn't have access to a professional, they can talk to their specific coaches about what plan might work for them. It might involve adding weight training at their school gym for strength or running/sprinting for endurance and speed. Athletes have many options available to them in Gorham.

Skolfield stated, "The stopwatch doesn't lie. Before skill there is athleticism, the basis of all sports. Are you fast? Explosive? Strong? Can you move? Sport is movement. Simple."



Bode Coleman Photo credit My-Fit-24



Brogan McDonald Photo credit McDonald Family



Caleb Hendrix Photo credit My-Fit-24



Molly Murray Photo credit Murray Family

Gorham Runners Participate in the Beach to Beacon

DESTINY COOK
Sports Editor

It was a sunny Saturday morning as runners took their mark at the start of the Annual Beach to Beacon on August 3. The Beach to Beacon was created in 1984 by Maine native and Olympic Champion Joan Benoit-Samuels to realize her vision of having an International race in her home state. Each year, in addition to the winnings for top runners, a \$30,000 donation is given to a local charity by the TD Charitable Foundation.

Many Gorham runners participated in the event, with this year's beneficiary being the Telling Room. The Telling Room is a nonprofit organization that believes the power of creative expression can change communities and prepare youth for future success by building confidence, strengthening literacy skills, and providing real audiences for their students. Check out the Gorham results at: <https://www.beach2beacon.org/about/results/>.



Photo credit Kristin Tugman

Kate Tugman (GHS '19) placed second in the Beach to Beacon High School Mile with a time of 5:36:4. Maine's top high school runners raced in the competitive one-mile race at Fort Williams in Cape Elizabeth on August 2. Tugman, along with her teammate Iris Kitchen (GHS '19), who placed 7th, had the opportunity to interact with elite athletes during the event.

Sports Etc.

The 8th Annual 9/11 Memorial 5K Run/Walk and Kids Fun Run will be held Sunday September 8 from 8:30-11:30 a.m. at the Gorham Recreation Department. The race benefits the Stephen G. Ward Memorial Scholarship Fund. For more information, visit the "Stephen Ward 911 Memorial 5K" Facebook page.

Correction

In our issue dated August 8, our sports article on Mat Anderson should have stated that Anderson is the first GHS boys' lacrosse player to play at the D1 level. We regret the error.

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Caller reported a goose walking on the sidewalk on Main St. This was not an issue, a safety hazard, or an actual problem.

Suspicious person on Dingley Spring Road had a police belt on and it looked as if he had a gun in the holster but he did not.

Woman reported that while driving on Mosher Road someone videoed her as she drove by.

Caller reported a suspicious male went into a church on Elkins Road. Officer talked to a woman at the church who knew the man and was all set with him being there.

Following a 911 hang up call, officers went to Finn Parker Road to keep the peace while one partner packed some things and left the house.

Officer checked on a motorcycle on the side of the road. Owner was a flagger working on construction at the bypass. He arranged to get his bike moved out of the road.

Adult siblings on Dingley Spring Road were having an argument. Officer kept the peace.

Hillview Road caller advised that perhaps not letting cats out so they didn't cause damage would be the best cause of action.

Officer thought there might be a disturbance at a Wood Road address based on the way the male was standing over the female. It was all good with no issues.

North Gorham Road caller wanted to know how to make a gun inoperable.

Officer went to Finn Parker Road for a heated verbal argument but there was no crime.

Two dogs were running around Lombard St. neighborhood. Caller reported one showed its teeth to a male trying to catch it. Owner was warned for dog at large.

Woman reported her partner's car had been spray painted in a parking lot. He had gone to work and she did not want an officer to go see him. Officer advised male needed to report this incident as he is witness/victim. Officer checked area but did not find anyone walking around or any other issues relating to orange spray paint graffiti.

Hutcherson Drive caller reported a suspicious vehicle that has been pulling through the parking lot for the past two years. Caller's wife was talking about it and he thinks it is suspicious. Officer was to return

during the afternoon to observe it.

Suspicious person was found sleeping in his vehicle at Dunkin Donuts. He was all set and not causing any issues.

Officer made contact with man on County Road who was currently homeless and sleeping/living in his car. He did not want to talk to officer but moved along. He was offered resources but declined them.

Citizen came to the Police Department as he thought officer still had his wallet and license from the previous evening's complaint. He located his wallet inside his father's vehicle.

State Street caller wanted to report a theft. When asked to come in to the Police Station with serial numbers, the caller changed his mind.

A taxi driver dropped someone at an O'Brien Drive residence. Women went inside to get cash but never came back out. Driver wanted his money. Officer spoke with people at the residence who "didn't know who it was" but they coughed up the money for the taxi.

Officer attempted to make contact at Leah Lane residence in response to a noise complaint. No one answered the door. Officer waited for awhile but did not hear music turned back up. This has been an ongoing issue.

Flaggy Meadow Road caller believed someone was in an empty apartment. Officer checked and apartment was indeed empty.

Ossipee Trail woman had concerns about her mail not being delivered. She was referred to the Postal Service as this is not a police matter.

Two dogs were reported running loose on Highland Ave. Officer found dogs lived on Lincoln Street. The back door was wide open and no one was home. Officer put dogs in the house and secured the door. Dog owner called in and advised the door does not shut properly and thanked officer for the assist.

Deering Road caller had questions about getting back his property in West Paris. He was referred to Oxford County Sheriff's Office.

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HELP WANTED. Homeowner looking for help with yard work, cleaning garage. 10 hours/week. \$10/hr. Call Greg Dionne at 207-222-0673.

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CALENDAR

FRIDAY, AUGUST 23

Glow in the Park Family Fun Run, Shaw Park, 7:30 pm.

TUESDAY SEPTEMBER 3

Baxter Memorial Library, Preschool Discovery Time (3-5 yrs), 9:30-10:15 a.m.

WEDNESDAY SEPTEMBER 4

Baxter Memorial Library
 • Baby Discovery Time, 9:30-9:50 a.m.
 • Family Discovery Time, 6-6:45 p.m.

THURSDAY SEPTEMBER 5

Baxter Memorial Library, Toddler Discovery Time (18 mos.-3 yrs), 9:30-10 a.m.

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Photo credit Chris Crawford

Black Swallowtails can be found in gardens, meadows, forests and other habitats. Adults drink flower nectar and are attracted to fennel plants and flowering herbs like dill. Caterpillars eat the leaves of pipevines, Dutchman's pipe, and snakeroot as well as dill, carrots and parsley plants. They form a chrysalis on a stem or branch and tie it to that stem with a single strand of silk.



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