

# Gorham Times

Your Community Paper

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A Free, Not-for-Profit Newspaper Serving Gorham Since 1995

Amanda Landry Photography

## No Quick Fix for Traffic Issues in Gorham

KATHY CORBETT  
Staff Writer

“As Gorham grows this becomes more and more frustrating. We love living here and have been here for 20 years, but the daily commute is horrible,” said Stacey Haskell in a recent email to the Gorham Times.

Gorham drivers creeping up Route 114 during rush hour will be waiting at least five years for a turnpike connector to reduce traffic on the popular commuting route. “The Gorham Connector is in the very early stages of planning,” said Andrew McLean, the Gorham state representative who chairs the House Transportation Committee. “Since the Maine Turnpike Authority is the agency charged with its construction, one other significant project remains scheduled in front of the connector.”

“That project,” McLean explained, “is widening the turnpike from exit 44 to exit 52.” This stretch of Interstate 95 runs from the turnpike connection with 295 in Scarborough to the Falmouth con-



Photo credit Leslie Dupuis



Photo credit Kathy Corbett

Traffic typically inches along between Route 114 and Route 22 during the morning commute and at the intersection of Route 202 and Route 25 in the late afternoon.

connector, a total of 7.30 miles.

“The widening will be done in such a way,” he said, “that will make construction of the Gorham Connector easier, aligning the bridges and on-ramps for the eventual connector. That project also includes replacing bridges at the Payne Road exit. McLean empha-

sized that “even though there is no shovel in the ground, planning is taking place.”

Meanwhile, traffic is tied up every weekday in the morning and late afternoon on the major routes leading in and out of Portland. Residents who used to see a big drop-off after the summer tourist

season, now fight traffic all year, particularly on Routes 22, 25, as well as 114.

Population growth in Gorham and traditionally rural towns such as Buxton and Standish has created a situation where as many as 50 additional cars are on the

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## Continued Recycling Issues Cause Concern and Added Fees



Photo credit Leslie Dupuis

Despite clearly marked signs about the items that are accepted at the Town’s receptacles, residents are leaving behind materials that can not be recycled.

JOHN ERSEK  
Staff Writer

Representatives of the Gorham Public Works Department and ecomaine recently expressed concerns about residents’ improper disposal of many types of inappropriate items in the town’s large “silver bullet” recycling receptacles which are located at the Public Works facility on Huston Road. Residents are also leaving non-

allowable items on the ground near the larger containers. Additionally, there is a smaller, but still significant, problem of residents placing these types of items in their curbside recycling containers.

Both the town and ecomaine state that these ongoing problems of waste-stream contamination are similar to what other towns and cities in southern Maine are experiencing, and it is negatively affecting the overall success of the regional recycling program.

Although problems with recycling and trash disposal are often out of the public’s view, the cost of improper disposal is billed to the respective towns. A ticket, or penalty, of \$73 is given if any receptacle is found to have 25% or more of contaminant materials. To give some idea of the extent of the problem, the town’s total “silver bullet” contamination charges for the fiscal year that ended on June 30, 2019 were \$8248.50. This represents 117 tickets.

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## BackPack Program is a Winner!



Photo courtesy of Gorham Backpack

Thanks to the Gorham community and its network of family and friends for its support, the Gorham Backpack Program and Gorham Middle School Garden will receive \$25,000 from the State Farm Neighborhood Assist. See the October 17, 2019 issue for a more detailed article on this grant and what it means for the Gorham school community.

ECOCLUB SPREADING ENVIRONMENTAL AWARENESS PAGE 9

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TOWN COUNCIL CANDIDATES PAGE 4-5



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

# Moving Forward on Transportation Funding

REP. ANDREW McLEAN

The temperature has begun to drop and pumpkins are making their appearances on front steps and porches across town. It feels like fall has finally arrived, which reminds me that Election Day is approaching.

On November 5, voters in Gorham and across the state will have the opportunity to vote on the transportation bond, which will be listed as Question 1 on the ballot. The transportation bond, if approved, would invest \$105 million towards updates and repairs to our critical infrastructure, with an estimated \$137 million in matching federal funds and other sources.

This funding would go towards projects such as rebuilding our highways, making bridge improvements and updating culverts where municipal roads cross over our streams. As House chair of the Transportation Committee, I know that there is nothing more fundamental than the work government does to provide for the safe and efficient movement of people and goods and the Maine Department of Transportation works hard to stretch each dollar as far as possible.

If you aren't sure you'll be able to make it to the polls on November 5, absentee ballots are now available. You can request one in person or by phone with the town office or electronically on the Secretary of State's website. The deadline to request an absentee ballot is Thursday, Oct. 31.

As we know from our Main Street project, construction can be frustrating; however, we know the importance of fixing our infrastructure. With each term I have served in Augusta, policy discussions surrounding transportation funding continue to grow. We have not been able to find the funding to meet our state's basic transportation needs, as evidence by bonding for repair and maintenance projects. The Maine Department of Transportation has estimated that we need \$110 million each year to keep up with our basic maintenance needs.

My previous legislative efforts to raise revenue from a variety of sources, including the gas tax, sales tax and motor vehicle and green vehicle registrations, failed to gain support. However, these efforts and others from stakeholders led to the creation of a Blue Ribbon Commission to study our funding sources and recommend solutions to better our transportation system.

The Blue Ribbon Commission is an attempt to break the logjam around the funding transportation funding conversation. The Commission, which I co-chair, is comprised of stakeholders from across Maine, including town officials, state lawmakers from parties, transportation experts and transportation advocates. Our goal is to identify how big the funding gap is and to development bipartisan solutions we can implement in the next legislative session.

Our first meeting was September 17, where we spent much of the day get-

ting all members up to speed on where transportation funds come from and how they are spent. We are scheduled to meet again in October, and our focus will be on what transportation funding looks like across other states and what solutions those 49 other states are implementing to come up with necessary funding.

Transportation funding is not a partisan issue. It doesn't matter if we come from Gorham or Palermo or Fort Kent. We don't drive on Democratic roads or Republican roads - we drive on Maine roads. Finding a solution to our transportation funding gap is too important to let partisanship or narrow interests get in the way. Now more than ever, we need an honest and productive conversation on how to fund our transportation infrastructure.

As one of the co-chairs of the commission, I hope you will reach out to me with your thoughts on what we do to fix our roads and bridges. And, as always, please feel free to contact me with your questions or if you are having trouble navigating state agencies. It is an honor to continue to serve as your state representative.



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](mailto:andrew.mclean@legislature.maine.gov)

## Letters to the Editor

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

Dear Editor,

I've been watching the progress that the Plowman company has been making on the Grady Farms project. I've noticed that the Grady house was not kept as the company said they would. At several meetings and during the site walk that I attended, we were told that the farmhouse would be preserved and moved on the property to the north. It would then be converted to become one of the 16 "House-a-miniums" that would be built.

I don't know why the farmhouse was demolished, but it was. Why? Did the Plowman group underestimate the process of saving and moving an old farmhouse? If that is the case, what else have they underestimated? They've told us that they can gravity feed sewage uphill, by building the site up so the sewerage will flow "down" to South Street. Really? They also told us that the "Association" will be responsible and able to maintain the infrastructure of the development through their association's fees. Will they?

Let's face it. The Grady Farms project has been approved and is now under construction. There is no way the project will not be completed. I hope that these questions and others that I

haven't considered, don't have answers that the town fathers and taxpayers may regret.

Steve Pomelow

Dear Editor,

As President of the USM Alumni Association, I was delighted that the University of Maine System Board of Trustees voted unanimously to give preliminary approval for the University to change its name to the University of Maine at Portland. The Gorham and Lewiston campuses will continue to be an integral part of the university, but like the other public universities in Maine, the school would take the name of the largest city in our region.

I understand that there are some who suggest that southern Maine residents are concerned about losing Southern Maine in the school's name. As a Lewiston native and someone who does not live in Portland, I disagree with that notion.

What is important is having a vibrant and growing university to educate tomorrow's workforce and leaders. And this is the primary reason USM is seeking a name change.

Let me explain.

In Maine, there has been a precipi-

tous decline in 18-year olds and that trend will continue for the several years. With fewer students, that means less revenue for financial aid, scholarships and programs.

The solution is for USM to attract more out-of-state students. A market research study shows that changing our name would be a game changer in attracting out-of-state students.

It might seem unusual that adding Portland to its name would entice students to come here. While a name change won't do it alone, the market research showed putting "Portland" in our name attracted the attention of out-of-staters, allowing the school to make its powerful case regarding our academic excellence, affordability and outstanding career preparation. This will also be critical to sustaining and growing the Maine economy, as 70% of USM graduates live within 70 miles of Portland.

This is why our Alumni Association Board voted 10-1 in support of the name change.

Jeffrey Jordan

## Around Town

Stryve College Consulting is now open in the Old Richardson Place at 510 Main Street.

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

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**School News** [SchoolnewsGT@gmail.com](mailto:SchoolnewsGT@gmail.com)

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Ad deadline is the Wednesday of the week prior to issue date. Go to [www.gorhamtimes.com](http://www.gorhamtimes.com) and click on the advertising link for schedule.

### EDITORIAL POLICY

The Gorham Times takes all reasonable care to prevent errors and disclaims all legal responsibility for any such errors, omissions, or typographical errors. The Gorham Times will print corrections if notified within 48 hours. We reserve the right to refuse publication of unsolicited materials. All submissions are subject to editing. Opinions expressed in the Gorham Times do not necessarily reflect those of the staff or publishers.

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# USM Unveils Renovated Dining Hall in Gorham



Photo credit Roger Marchand

On September 13, Glenn Cummings, USM President (third from left) and Phil Harty, Sodexo Regional Vice President, cut the ribbon to the newly renovated Brooks Dining Hall on the Gorham campus. They were accompanied by the architect and other members of the USM administration. The Brooks Dining Hall underwent a \$2.5 million renovation over the summer which not only made the surroundings more pleasant and efficient but also made new options available for students with food allergies and/or food preferences.

# Taste Walk Winner Honored



Photo credit Roger Marchand

Gorham Town Councilor Suzie Phillips presented the Golden Spoon Award to the winner of the Gorham Taste Walk, USM Executive Chef Virginia Jordan, for her Caribbean Shrimp and Pineapple Skewers. The award was given during the opening of the new Brooks Dining Hall at USM.

# GHS Grad News: Katie (Smith) Exchange (GHS '10)

COMPILED BY CHRIS CRAWFORD  
Staff Writer

## Education

Katie Exchange has a BS from Maine Business School/University of Maine, Orono in 2013. Earned a Major in Business Management with a focus in Entrepreneurship and a Minor in Innovation Engineering.

## Employment

Exchange was recently promoted and is currently an Associate Wealth Manager at Boston Financial Management (BMF) in Portland. She passed the CFP exam this summer, an achievement that represented two years of studying after work and every weekend. "I have never worked so hard for anything in my life," she said.

Exchange likes her work because, "The clients that we work with all have unique needs and circumstances that require individualized planning and problem solving. I love that I get to work closely with our clients and really get know them and understand their goals, needs and concerns and then work with the BFM team to design a tailored plan to meet their individual needs." Exchange has been fortunate in finding an excellent mentor in Abby Psychogeos. "Since the day I started working with Abby she has pushed me to do better than what I thought was my best, forced me outside my comfort zone, given me responsibility and autonomy, all while believing in me and helping build my own self-confidence," said Exchange.

Speaking about her company, Exchange said, "Boston Financial Management is set apart from other wealth management companies by our centralized investment process that allows the research team to focus solely on investments and which frees up the Wealth Managers to focus on all the other components of wealth management. We have an Estate and Financial Planning team with three Estate Attorneys who act as a second set of eyes to review all our clients' estate documents, ensur-



Photo courtesy of Kelley Skillin-Smith

ing that our clients' intentions will be fulfilled properly and efficiently. We are employee-owned, so succession planning and longevity of our firm is not something that our clients need to worry about."

## Gorham Memories

Exchange said, "I have wonderful memories of Gorham. It was a great place to grow up. Mr. Caulfield had a positive influence on my high school years. I was a four year member of the student council, and he was our advisor so I got to know him as a freshman. He was my teacher for AP Modern European history. I went on the class trip to Italy with him my junior year and even got to introduce him as the speaker at our graduation. He was another person in my life who really helped build up my self-confidence and pushed me outside my comfort zone."

"Lacrosse was my favorite sport. The work ethic and skills set that I developed while playing on the team have definitely helped me in my career."

Exchange lives in Gray with her husband, Kyle. She loves boating, road trips and spending time with friends, family and her two dogs. She can be reached at KatieE@BFMinvest.com. She is the daughter of Rusty Smith & Kelley Skillin-Smith and has two sisters: Lindsey Smith (GHS '12) and Emma Smith (GHS '17).

You're in the Know.

Gorham Times

**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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## 2 MILES OF TERROR - ZOMBIE RUN

**When:** Saturday, October 19th  
Registration 6pm, Race 7pm

**Where:** Behind Narragansett Elementary School, Gorham

**Cost:** Entry Fee - \$10  
T-shirts for sale at Race

**What:** An intense, heart beating 2-mile trail run where competitors try to avoid getting tagged by Zombies

Register in person at the race or at:  
[www.runsignup.com/Race/ME/Gorham/2MilesOfTerrorZombieRun](http://www.runsignup.com/Race/ME/Gorham/2MilesOfTerrorZombieRun) or call 207-572-6619

Benefiting the University of Southern Maine Women's Cross Country Team



# Town Council Candidates



**Name:** Richard A. Davis Jr.  
**Address:** 135 Spiller Road  
**Education:** Associates Degree – Diesel Mechanic  
**Personal Info:** Married for 37

years, three children, four grandchildren  
**Employment:** Maine DOT Field Mechanic

**Political and community experience:** For the past four years I have been Commander of the Sons of the American Legion Post #197 in Westbrook and have been a member for 15 years. I was also very involved in the Shawn Moody for Governor campaign as well as Amy Volk's Maine Senate campaign. At present I am a member of the Gorham Republican Committee and also attend the Maine State Republican Committee meetings.

**Why are you running for office and how will your experience benefit the Town Council?**

I am running for Town Council because after going out and talking to voters, they have expressed concern over rising taxes especially those that are of retirement age. They are afraid they will no longer be able to stay in Gorham. I am getting close to retirement age and I share their concerns. I believe that the job of the Town Council is to listen to the residents and

CONTINUED ON PAGE 6



**Name:** Tyler J. Gowen  
**Address:** Unpublished  
**Education:** GHS '05, University of New England – BA English '09  
**Personal Info:**

Recycling Advocate, Aries, avid reader of The Blotter in the Gorham Times

**Employment:** Currently the Consumer Content Manager for a tech company called 'Plansource'. Previously employed by Unum as a Content Strategist in Marketing.

**Political and community experience:** After helping start the newspaper at my university, I quickly became better educated and more interested in local politics as I covered planning meetings, town council sessions, and conducted Op-Ed interviews. Since that time, I've kept current on campaigns both locally and nationally, following the effect our leadership has at home, and learning that world change happens at the foundation. Quiet towns like Gorham can impact the world, so instead of simply following politics, I want to get involved. That means making an impact in the community I grew up in and moved back to because I love it.

**Why are you running for office and how will your experience benefit the Town Council?**

I'm truly running because I appreciate

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**Name:** James J. Hager Jr.  
**Address:** 13 Newton Drive  
**Education:** Don Bosco Technical High School, Boston - '74 Mechanical

Drafting; Northeastern University, Boston - Mechanical engineering courses; Wake Technical College, Raleigh - Business and marketing courses.

**Personal Info:** Married to Michelle, sons Andrew (GHS '06, Wagner College, BA '10, USM Muskie School, MPPM '16) and Daniel (GHS '07, Springfield College, BS '11)

**Employment:** Project manager for a consulting engineering firm

**Political and community experience:** Gorham Town Council 2016-2019, Serve on the Finance and Appointments Sub-Committees, Served on the Gorham School Committee 2000-2012 (Chairman for four terms), Chairman of Gorham Middle School and Great Falls Elementary Building Committees, Previous volunteer coach for Gorham Rec Department

**Why are you running for office and how will your experience benefit the Town Council?**

Gorham has been a great town to raise a family, and I find it very rewarding to give back to the community

CONTINUED ON PAGE 6



**Name:** Ben Hartwell  
**Address:** 443 Sebago Lake Road  
**Education:** GHS '98, BS Cornell University '02, JD University of Maine School of Law '19

**Personal Info:** Wife, Kattie, lived in Gorham most of my life

**Employment:** Owner of Sebago Lake Ranch where I raise grass-fed beef animals, Law Clerk Associate at Law Offices of Bruce W. Hepler in Portland, Former Legal Extern at Maine Farmland Trust, Former Student Attorney at Sagadahoc Co. District Attorney's Office, Former Law Clerk at Office of Gov. Paul LePage, Owner Ben Fencin', Sergeant US Army, Infantry - One tour in Iraq, Lab Technician at Capricorn Products in Portland, Technical Consultant at Agricultural Consulting Services, Rochester, NY, Crop Scout at Glades Crop Care, Jupiter, FL

**Political and community experience:** Six years on the Gorham Town Council (two as Chairman, one as chair of Ordinance Committee), A/V Team Leader at Life Church, Trustee Veterans of Foreign Wars Post 10879 (Gorham), Former President Federalist Society-Maine Law Chapter, Former State Director Maine Farm Bureau, Former President Cumberland County

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## It's time to finish your taxes.

**Extension deadline: Oct. 15, 2019**

Whether we filed your extension or not, bring your tax information to H&R Block and let our tax professionals ensure you get every deduction and credit you deserve. The tax filing deadline is Oct. 15 and our offices are open by appointment to assist you.

Don't wait to file your tax return and risk penalties for missing the deadline!

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# Town Council Candidates



**Name:** Janet Howe Kuech  
**Address:** 115 Narragansett Street  
**Education:** BA English: Central Connecticut State; AD General

Studies: Castleton Vermont State  
**Personal Info:** Oldest of 4 siblings, aunt to 15, great-aunt to five, niece of eight, daughter of two. I have lived in six different states and on an island in the Dutch West Indies. My husband of 40 years teaches at USM and our two sons and one daughter graduated from there. They are also alumni of GHS, having excelled in academics, athletics, music, and theater.

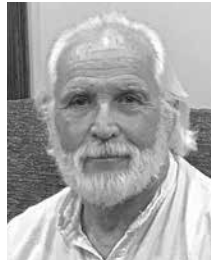
**Employment:** My past jobs include: insurance sales and service representative, babysitter, house cleaner, scooper of ice cream and seller of books, auditor of a summer youth employment program, substitute librarian, and assistant manager of a movie theater. For the last 18 years, I have been a Special Ed Ed Tech at White Rock and Narragansett Elementary Schools.

**Political and community experience:** I have volunteered on several local and statewide political campaigns, writing postcards, making signs, participating in phone banks, and entering data. I belong to a church, serve as Station Leader at Vacation Bible School and support a few missions. Two separate non-profits elected me treasurer. I was on the local All Day K Committee & K-5 Configuration Committee, as well as participated in the Village Alliance visioning exercises. I represent District L on the Maine Education Association Board. These experiences have opened my eyes to many different ways people live.

**Why are you running for office and how will your experience benefit the Town Council?**

The town I have lived in for 20 years is having growing pains. I believe I can bring a calm, curious wisdom to the Council that honors its history and helps shape its healthy future. I grew up in an agricultural family in a small Vermont town with a tradition of annual Town Meetings. I served as a Selectman, Town Auditor, and

CONTINUED ON PAGE 7



**Name:** Daniel A. Nichols  
**Address:** 33 Notta Lane  
**Education:** Bridgton Academy, University of Maine, Williams

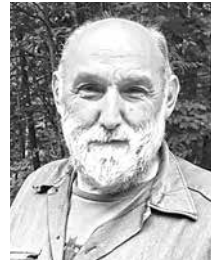
College - School of Banking  
**Employment:** 2009-2018: City of Augusta, Maine Associate Developer, Economic and Community Development; 1998-2009: TD Bank, Vice President, Small Business Development Loan Officer; 1996-1998: Vice President, Senior Credit Officer, Augusta Federal Savings Bank

**Political and community experience:** Gorham Economic and Community Development Corp. Board of Directors (Treasurer), Gorham Revolving Loan Committee (Chair), Gorham Village Alliance Board of Directors (Treasurer), Gorham Pride Athletic Capital Campaign Committee, Maine Board of Overseers of the Bar Arbitration Committee, Gorham Comprehensive Plan Review Committee, Rotary International (Past Member, Past Assistant District Governor, Paul Harris Fellow)

**Why are you running for office and how will your experience benefit the Town Council?**

I am seeking a position on the

CONTINUED ON PAGE 7



**Name:** Paul Smith  
**Address:** 68 Pinney Street  
**Education:** Gorham High School, SMVTI  
**Personal:** Married to

Paulette. Two grown children and 14 grandchildren. I have lived in Gorham all of my life.

**Employment:** I worked for the State of Maine for three years, the Gorham School Department for one and half years, and the Gorham Public Works Dept. for nine years. For the past thirty years, I have been a self-employed general contractor.

**Political and community experience:** I have been on the Town Council for three years. I am a member of the Finance Committee, Ordinance Committee and GHS Building Committee.

**Why are you running for office and how will your experience benefit the Town Council?**

I'm running because I want to continue what I've been doing and trying to do for the past three years. Sometimes you can't get it all done in three years. I just want to continue to work on the council for the people of Gorham.

**What do you see as the major issues for our community and**

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# Clerk's Corner



LAURIE NORDFORS  
 Town Clerk

I hope everyone had a wonderful summer. Fall has arrived and the days are growing shorter. With fall comes cold nights and busy days here at the Town Clerk's office.

Election Day is Tuesday, November 5. This is the Gorham Annual Municipal Election to elect three members to the Town Council and two members to the School Committee. There is also a seat on the Portland Water District available. The Town will have a referendum question as well as the State.

You may request an absentee ballot to be sent to you by calling the Town Clerk's office or visiting the State Election website at <https://www.maine.gov/sos/cec/elec/voter-info/absent.html>. Ballots will be available October 7. Absentee voting will be conducted in the Council Chambers at the Municipal Center starting Monday, October 28–Thursday, October 31 during regular Town Clerk business hours. The last day to obtain an absentee ballot is Thursday, October 31. Ballots must be returned by 8 p.m. on Election Day.

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## Meet the Candidates

GoCAT will offer a Meet the Candidate event for Town Council candidates on Tuesday, October 8, in the Municipal Chambers at 75 South Street.

There is a unique situation this year as there are seven candidates for Town Council. In an effort to keep the time manageable with such a large field of contenders, GoCAT will have two "sittings:" one with four candidates and one with three candidates.

The first session is 6:30-7:30 p.m. There will be a 15-minute break followed by a second session at 7:45-8:30 p.m.

The event is free and open to the public. FMI: 222-1641.

*Please note, the School Committee event was planned for October 16 but has been cancelled due to candidate availability. Check the next issue of the Gorham Times for profiles of the School Committee candidates.*

### Restaurant Hours

**Sun-Thurs:**  
11 am to 10 pm

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**Davis Jr.** CONTINUED FROM PAGE 4

to be their voice. I will welcome input from residents on topics that are important to them. I may not have political experience, but I see that as a plus for the residents of Gorham.

**What do you see as the major issues for our community and how might they be addressed?**

Again, I see taxes as an important issue. I think it's important to bring businesses to Gorham. Businesses don't take a toll on our school system in the same way that single family housing does. I also think we need to take a good hard look at the proposed high school expansion and I'm glad that the process has been slowed and may not appear as a referendum until March of 2020. I have attended the public forums and I encourage you all to attend any future forums.

**Gowen** CONTINUED FROM PAGE 4

ate the efforts of the current Council and how they've allowed our town to comfortably progress over the years, and this continued progression is something I want to be part of. Instead of commenting on politics from the sidelines, educating myself on topics just to share with friends, I want to lend my time and skills to the town I grew up in, and focus on local issues. For example, Gorham's population has grown by over 1,300 residents in just the past eight years, according to the 2010 and 2018 census. With this continued growth we need adaptable plans in place to assure balance between proper infrastructure and the financial benefits we reap as a progressing town.

I want to work with the Council to better understand more of the challenges that face our town and help turn them into opportunities. A positive change for the world starts with a solid foundation that radiates upward. I strive to bring that positivity along with a fresh set of eyes, as Gorham continues to grow, morph, and rise out of Portland's shadow.

**What do you see as the major issues for our community and how might they be addressed?**

Gorham seems to be caught in the push/pull paradox of maintaining the small-town charm I grew up with and being swallowed up by suburbia, as Portland's affordable housing crisis pushes Mainers further from the city. As this continues, I've already seen incredible efforts to be accommodating and efficient – like instituting the 'Husky Bus' to charter people to and from our town while limiting the amount of cars/congestion/pollution being generated. It's efforts like this that help us modernize, while still honoring our roots. Continued – as this suburban push develops further we should make plans to attract and retain our talented citizens, by considering businesses, recreation, and opportunities that will satisfy and stimulate both new and tenured residents. Uniting the growing population with those that understand the grounded charm of this town will help preserve what we all love, as we continue to build toward the future.

**Hager Jr.** CONTINUED FROM PAGE 4

that has been so important to us. As a project manager, I have a wide range of experiences dealing with difficult deci-

sions, all of which I believe can benefit our town.

**What do you see as the major issues for our community and how might they be addressed?**

A major challenge that the town is going to be faced with is the inevitable growth as land transitions from farmland to new homes and subdivisions. It will be a burden on all town services, public spaces, and its infrastructure. I understand how important it is to maintain the public's trust and I hope my efforts on the Council can balance the needs of the town and taxpayers alike.

**Hartwell** CONTINUED FROM PAGE 4

Farm Bureau, Former VP of Maine Grass Farmers Network, Former Board Member Cumberland County Cooperative Extension Executive Board, Attended Build Maine multiple times

**Why are you running for office and how will your experience benefit the Town Council?**

I have a very diverse background where I have been involved with many things. I brought my farming experience to the Council at a critical time when the Town was working on a new comprehensive plan. I worked to put language discussing the importance of agriculture to the Town of Gorham back into the plan. I have worked hard to learn all that I can about the cost of different types of development and how they relate to the cost of providing different community services, what kind of development we should push for, and what kind of development we need to attempt to slow down. By having worked with Maine Farmland Trust, I have developed a good relationship to be able to work with them in

to protect our agricultural heritage and protect our future. I have been to Build Maine at least three times where I have expanded my knowledge on building stronger communities by strengthening our downtowns, the place that is the most productive area of town on a square foot basis. I have been a member of Strong Towns, an organization similar to Build Maine but on a national level, that pushes ideas for strengthening our downtowns.













**What do you see as the major issues for our community and how might they be addressed?**

There is no hiding that growth is the biggest issue impacting our town and our tax rate. We are a natural place for people in the Greater Portland area to live due to our proximity to the city. Unfortunately, the truth is that single family homes cost the Town more in services provided than what they contribute in property tax revenue. This is why we have looked at things like changing road standards/requirements, sprinkler requirements, and impact fees. People want to live here and it's not fair to just shut off all growth, nor is it even realistic. The question is how do we grow? That's where we need to take a closer look at what types of development does pay for itself. I have been working with the Town Manager and Greater Portland Council of Governments to prepare a presentation to show this, which I was hoping would be ready for the October council meeting but will likely have to wait until November. Preserving farmland is a smart move as well. Even though farmland doesn't contribute a lot of tax revenue under current-use taxation, it still pays more in revenue than what it uses in services.



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<p><b>UNDER CONTRACT</b></p>  <p><b>GORHAM \$29,900</b> - Singlewide mobile home with 2BR/1ba in 55+ community. New flooring, freshly painted, new roof, some new windows. Covered porch and storage shed.</p>	<p><b>NEW</b></p>  <p><b>GORHAM \$29,900</b> - Excellent location is this 1970 Parkwood mobile home, some replacement windows, newer furnace in 2005, newer laminate flooring except for 2nd BR &amp; bath. Home is in original condition inside. A Must see!</p>	<p><b>SOLD</b></p>  <p><b>30 Meadowbrook \$214,900</b> - This Gorham townhouse condo offers 2BR, 1.5ba, sunlit open concept w/ 1 car garage. Excellent downtown location in this well-established association.</p>	<p><b>UNDER CONTRACT</b></p>  <p><b>GORHAM \$294,900</b> - Remarkable 1440sqft ranch on 1.38 acres. Offers 3BR, 2 baths with a sunlit open concept. Ideal for one floor living!</p>
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**Kuech** CONTINUED FROM PAGE 5

Regional Planning Commissioner. These experiences taught me how local government works and how important access to information is.

I also attend many Gorham Town Council and School Committee meetings to represent Jane Q. Public, a face for constituents not present. This gives me an opportunity to share what I discover with interested people. I intend to learn more about the Town Plan and Zoning effects on our tax base and the look of our rapidly growing population. I'm sure I can benefit from training offered by the Maine Municipal Association.

Years of being a part of Building Leadership Teams at school and supervising fifth grade student leaders have taught me to listen carefully and make decisions by consensus. I am familiar with Robert's Rules.

**What do you see as the major issues for our community and how might they be addressed?**

Our schools are overcrowded with a viable short-term plan (new K-5 attendance zones with phased-in modular classrooms, while renovating GHS) and long-term plan (expanded industrial park and state aid to build at Narragansett) to address this problem. Hardworking committees of a variety of stakeholders have been working on this for many months. I believe in public education and understand the tension between the local tax burden and paying for what our students need.

I realize how tax exemptions show what we value as a society. I see the effects of income inequality. I believe we each have a purpose and a story to tell. I've also witnessed the power of our collective voice. As a member of the MEA Board of Directors, I have been at committee hearings in Augusta.

One way to help Gorham is to advocate at the state and federal level for what we need: money for mandates like Special Education and our infrastructure. We need more community building opportunities like creating a vision for the downtown and school district, We Love Gorham, and Edible Main Street. My colleagues will tell you I have a unique ability to see the big picture without losing the details.

**Nichols** CONTINUED FROM PAGE 5

Gorham Town Council to serve the community that my wife and I reside in and to share the skills that I have acquired in both the private and public sectors to move Gorham forward. I will bring visionary thinking, new energy, and a spirit of collaboration to the Town Council. Because of my experience in both the public and private industry sectors, I have a deep knowledge and appreciation of the importance of transparency, follow-through, problem resolution, consensus building, and customer satisfaction. I believe that my public and private sector career experiences have prepared me well to be a new Town Councillor. I would appreciate your support dur-

ing the campaign and your vote on November 5.

**What do you see as the major issues for our community and how might they be addressed?**

Gorham is challenged with a variety of issues that include the environment, an aging population, housing growth, increasing vehicular traffic, school capacity, infrastructure, a strain on public safety and public works departments, recreation, public health, tourism, and fiscal responsibility, to name a few. I am an advocate for a strong, equitable and sustainable economic growth plan to expand Gorham's commercial and industrial base. That expansion must be managed wisely, fairly, and in concert with the Town's Comprehensive Plan. One way to achieve this is through the recruitment, expansion and development of environmentally-friendly businesses and industries that will ultimately contribute to the quality of life for all Gorham residences. I would also like to strengthen our partnership with the University of Southern Maine here in Gorham and to develop vocational training and opportunities for Gorham students.

**Smith** CONTINUED FROM PAGE 5

**how might they be addressed?**

One of the major issues is trying to get more industrial and commercial business in Gorham. The other thing is working with the school department to address the high school project and other school buildings.

**Clerk's Corner** CONTINUED FROM PAGE 5

Voter registration is conducted at the Town Clerk's Office during regular business hours, Monday through Wednesday from 8 a.m.-4 p.m., Thursday from 8 a.m.-6:30 p.m. and Friday from 8 a.m.-1 p.m. Please be sure to have photo identification and proof of your residence address when registering to vote.

Property tax bills were mailed at the end of September. The mill rate for this year has been set at \$18.95 per every thousand dollars of assessed value. The first half tax payment is due on November 15, 2019 and the second half is due on May 15, 2020.

Dog licenses expire every year on December 31. Licenses for 2020 will be available on October 15. Dogs must be licensed each year beginning at age 6 months. Please license your dog before February 1 to avoid a late fee. The current Maine rabies certificate and certificate of neutering, if applicable, is required when licensing your dog. You can license your dog online before the late fee goes into effect; visit our website for the link.

Hunting licenses are available in the Town Clerk's Office or you can get to the Inland Fisheries website through the Town Website and purchase them online.

Please do not hesitate to call the Town Clerk's Office at 222-1670 with any questions.

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# Medical Biomagnetism: Correcting pH for Optimal Health

RAMONA ALLEN

Would you be surprised to learn that more microscopic colonists reside within the human frame than human cells that form the body? A conservative report issued by the Weizmann Institute estimates between 30 to 50 trillion bacterial cells propagate within each individual. This number does not include other pathogens such as, viruses, fungi, and parasites. Collectively, non-human cells contribute about 57% of the total living cell count in your body.

Emerging science is teaching the importance of a well-balanced microbiome for good health. The presence of these critters is essential for regulating digestion, boosting immune function, and assisting in the production of vitamins. Many of these “good guys” reside within the digestive system, or gut, and play a vital role in mental health, earning the gut the title of the second brain. Unfortunately, not all pathogens play the hero. Each living cell of an organism has an energetic life of its own which impacts the function of the cells around it.

Dr. Isaac Goiz Duran has spent over 30 years pioneering a field of medicine that has identified how microscopic organisms affect the human

EMERGING SCIENCE IS TEACHING THE IMPORTANCE OF A WELL-BALANCED MICROBIOME FOR GOOD HEALTH.

host. He has identified that symbiotic relationships between pathogenic colonies exist which alter the optimal pH balance needed for healthy human cells to thrive. Bacteria, parasites, viruses, and fungi form unions with one another that alter the pH balance of the host. These unions are oppositely acidic and alkaline, each giving off a negative or positive charge which can be detected and corrected surprisingly with a simple pair of non-invasive magnets. This practice, called Medical Biomagnetism, uses pairs of magnets to neutralize disease-causing pathogens in the body.

The work of Dr. Goiz Duran is well known in Mexico, for which he has been honored with national awards. Locally this therapy is beginning to see recognition for the successful treatment of Lyme disease as well as other disease/infection that is associated with bacteria, virus, fungi, and parasites.

Dr. Duran has successfully used this therapy in a series of over 22,000

case studies by neutralizing opposing charges which form symbiotic pathogenic bonds, thus eliminating destructive pathogens. These bugs cannot survive without each other and perish within in a neutral environment. It is a low-cost treatment which usually resolves pH dysfunctions caused by pathogens within three visits.

This form of therapy does not contradict current science or allopathic treatment, but rather supports what we know well about chemistry and biology. Having no side effects, with few contraindications, Medical Biomagnetism provides a risk-free compliment to other forms of treatment for most people. If you are interested in investigating this therapy for yourself, a good place to start is a case study of 200 subjects carried out in Spain by Dr. Goiz Duran, which can be viewed at <http://medicalbiomagnetismnews.blogspot.com/>.



Ramona Allen, owner of Gorham Reflexology, is a certified Reflexologist. Her passion for sharing the art of self-care and stress reduction grew from her undergraduate studies in psychology and health and wellness coaching at Liberty University.

## Traffic Issues CONTINUED FROM PAGE 1

road every morning. This month, McLean is meeting with Maine Department of Transportation (DOT) Commissioner Bruce Van Note to discuss interim measures that could increase traffic flow and reduce delays on these busy routes.

Although turnpike projects take a long time to complete, they are funded by toll revenue, set by the Turnpike Authority Board, and are not dependent on legislative action or voter approved bonds. On the other hand, the Maine DOT, while receiving federal funds, relies largely on bond and tax monies to maintain the state’s roads and bridges. Currently there is a \$140 million annual gap between its highway budget and the needs identified by the DOT.

McLean is co-chairing a blue ribbon commission charged with recommending to the Legislature ways to increase funding. The state’s 30 cent gasoline tax, the primary source of funds, has not increased since 2011 although during the same period construction costs have skyrocketed. This past year, the Maine DOT cancelled \$59 million in road and bridge projects due to high construction cost. The 15-person commission, made up of a variety of stakeholders, will consider a number of ways to raise infrastructure money. They will hold meetings at three locations in Maine to interact with the public before submitting their report at the end this year.



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# EcoClub Spreading Environmental Awareness

LYDIA VALENTINE  
GHS Student Intern

EcoClub was started last year at Gorham High School (GHS) by then sophomore Shannon Lawrence and juniors Ursa Steiner and Chloe Russell. Their goal was to spread awareness about how individual people and the school district could change daily functions to become more environmentally-friendly.

"Gorham can do better and we would like to show people that it does not have to be hard," said Steiner.

In the past, the EcoClub has picked up trash around Gorham schools and planted sunflowers during study periods. On September 20, they held a Climate Rally as part of the international strike called for by Swedish climate student activist Greta Thunberg, to stand in solidarity for environmental protection.

"EcoClub compromised with a climate rally after school, because education is key to understanding and solving these issues," said GHS teacher Rachael Grady, who is also the advisor for the club. "We recognize the importance of youth voices and perspectives, especially since older generations have clearly not dealt with environmental problems," she added.

Students gathered during study halls and auxilium on September 20 to make signs and watch information videos on climate issues and other Climate Strikes occurring around the world. A main theme was the UN Climate Conference and putting pressure on politicians to ensure a sustainable future.

After school, students and teachers met at the gazebo adjacent to Baxter Memorial Library for the rally which



involved speeches by several teachers. After a welcome speech from GHS principal Brian Jandreau, several teachers including Darren Panagakos, Amy Smith, and Michael Wojtal, spoke on issues such as composting and fossil free transportation.

Afterwards, the microphone was passed to all 45 participants who shared their sign or their reasons for participating in the rally.

"We lined both sides of the road by the crosswalk and waved our signs at passing cars, earning a lot of smiles, thumbs up and horn honks. We succeeded in thinking globally and acting locally to help people in Gorham to see that GHS students care a lot about the future of the Earth," said Grady.



Photo credit Roger Marchand

Future plans for the EcoClub include creating action plans to make GHS an eco-friendlier environment, including switching from single-use plastic in the cafeteria. The club meets most Fridays to spread the message of environmental change.

GHS students participated in a climate rally on September 20 to raise awareness about thinking globally and acting locally.

"Recycle a little more, walk a little more, vote as if the world depends on it," said Grady.

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# Back in Motion Hits 25 Years

LESLIE DUPUIS  
Editor

Michel Brunet and Mary Kroth-Brunet, owners of Back in Motion Physical Therapy, recently celebrated the company's 25th anniversary. Initially opening in September 1994 in the Old Richardson Place at 510 Main Street, Back in Motion is now at 94 Main Street. The company has grown from three employees, which included the Brunets, to over 50 employees with three clinics in the Greater Portland area and two clinics in Northern Maine.

When choosing a location 25 years ago, Kroth-Brunet shared, "Gorham checked off all our boxes for both a business location and place to live and raise a family. It was a small family oriented community with a university campus with definite growth potential."

Kroth-Brunet is most proud of relationships they have built within the Gorham community, believing that their patients are "truly part of the Back in Motion family."

The company prides itself on giving back to the community by supporting local activities and organizations. Back in Motion is a long-time sponsor of Gorham Recreation teams and the Burn Off The Turkey 5K; helped to build the playground at Village Elementary School; and since 2007, they have participated in a "Giving Back Program" which involves collecting items for six different charities



Photo credit Mary Kroth-Brunet

Physical therapists (left to right) Branden George, Tristan Hayes, and Ryan Martin, wound up to throw a pie at physical therapy assistant Marla Grovo (in the goggles) during the company's recent anniversary celebration. Back in Motion raised \$100 for the Gorham Backpack Program with its pie throwing event.

in the local clinic communities. The most recent recipient was the Gorham Backpack program which benefited from a "Cream the BIM Team" event during the 25th celebration.

"Michel and I feel honored that so many people have supported us in our purpose of helping as many people as possible. The Gorham community has been a great place to raise our children and continues to be a great place to live and work," said Kroth-Brunet.

# Words of Wisdom



Photo credit Inn at Village Square

The residents of Inn at Village Square were feeling a little left out with all the back to school posts so they did some of their own recently to share advice with today's students.

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# Gorham Youth Football Program Thriving

DESTINY COOK  
Sports Editor

In Maine, many football programs are feeling the pinch as participation is down in the sport across the state. Many schools are looking to combine in order to compete and 10 varsity teams have transitioned to eight players on the field versus the traditional 11. In Gorham, however, the football program seems to be thriving as the number of participants in the program continues to rise.

The Gorham Youth Football program is run by the Gorham Football Boosters, Inc., a non-profit organization. The group is a member of SMYFL (Southern Maine Youth Football League) and its program includes players from first grade through eighth grade. There are four teams in the youth program: the Grizzlies (7-8), Jr. Grizzlies (5-6), Cubs (3-4), and Jr. Cubs (1-2).

According to Jen Corkum, a member of the Gorham Football Boosters Board of Directors, the 2018 the program had 83 players and grew to 100 players in 2019. Thirty-six of those players are new to the program this year, and while most of the players are boys, Corkum shared, "Our Grizzlies team has two female players and we would love to see more playing the game."



Photo credit Jen Corkum

The Mighty Jr Cubs team, consisting of first and second graders, has 17 players this season.

Like all teams, Corkum shared that football is like a family, saying, "that is the energy you see and feel within this program." The Jr. Cubs and Cubs teams recently combined at the Old Robie School for a team dinner. In attendance for the team bonding event were 42 players, their parents and siblings.

"The focus of our program is safety, respect, discipline, teamwork, pride, sportsmanship and fun. These kids are taught and show incredible focus, effort and determination," Corkum said.

Corkum said the youth football program is made possible because of the time and effort from the Board of Directors, coaches and parent volunteers. "None of it would be possible without everyone coming together to support our kids," she said.

Collaboration with the Gorham High School Football program is also key to the success of Gorham Football as a whole. "It's awesome to see the high school players get involved with the youth program. The younger kids really enjoy look-

ing up to and connecting with the big kids," Corkum shared.

The youth football players were at the GHS homecoming game where they formed a tunnel for the team's entry onto the field, giving the young players a look into their future as they rise through the Gorham Football Program. Additional information about the program can be found at gorhamyouthfootball.com and on the Gorham Youth Football Boosters Facebook page.

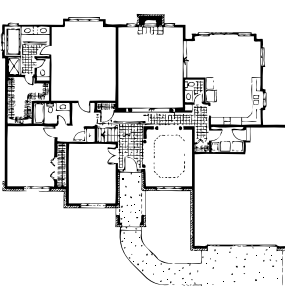
## Gorham Sightings



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](http://www.facebook.com/gorhamtimes) or email us at [gorhamtimes@gmail.com](mailto:gorhamtimes@gmail.com). The photo in the September 19 issue is the side of Station Square facing Railroad Ave.

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**The Gorham Youth Travel Basketball Association (GYTBA), will be holding player assessments for the 2019-2020 season for the Girls 5th & 6th and Boys 5th & 6th grade travel teams. Player assessments will occur at the Gorham Middle School as follows:**

Monday	October 7	6:30-7:30 pm	5th grade BOYS
		8:00-9:00 pm	6th grade BOYS
Tuesday	October 8	6:30-7:30 pm	5th grade GIRLS
		8:00-9:00 pm	6th grade GIRLS
Wednesday	October 9	6:30-7:30 pm	5th grade BOYS
		8:00-9:00 pm	6th grade BOYS
Thursday	October 10	6:30-7:30 pm	5th grade GIRLS
		8:00-9:00 pm	6th grade GIRLS

**Please arrive ½ hour prior to listed start times for registration. Please plan to attend both sessions.** Any player not attending at least one of their grade level assessment dates will be deemed ineligible for placement on a travel team. The GYTBA is also soliciting parents or other adults who may have interest in participation as a coach at the travel level or to be a member of the GYTBA Board. For more information, please contact: Jay Foster at 207-671-0554 or email [jefoster72@yahoo.com](mailto:jefoster72@yahoo.com).



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# When You're Married to the Coach

DESTINY COOK  
Sports Editor

It's an incredible commitment to be a coach, and for most people, it's not their full-time day job. These individuals give up their personal time to work with athletes; to help them become better at their sport, become better teammates, and more importantly, make sure they have fun. A coach has a special gift, and that is seeing what their athletes can become, to motivate their players and lead them by example.

Coaches, in most cases, serve as an extended family member. When we see our coaches on the sidelines with our children, we forget that they are someone's husband or wife, or a little one's mom or dad. We don't think about what the coach is giving up. What do the families really feel about their loved one coaching and the time commitment it involves?

Jason Tanguay, a math teacher at Gorham High School, has been coaching in some capacity since he began teaching at GHS in 2004. In the beginning, Tanguay helped out with the boys soccer team but is now the coach of the cross country and indoor/outdoor track & field teams. Tanguay started coaching long before he had a family, and his wife Deb shared, "Coaching has just been a part of Jason's life for so long; we accept it as a part of all of our lives, three (or even four) seasons each year."

When you hear three or four seasons a year, it seems as though it must be

difficult to balance family life with a coaching schedule. Deb said, "There are long days and often commitments on the weekends that take him away from the family. When he comes through the door, everyone wants his attention." Jason shared that he and his wife have numerous conversations about the family schedule, sharing, "It is definitely an amazing juggling act!"

Jason believes he's one of the luckiest people he knows. "My wife and two kids are a valuable part of the cross country and track & field program here in Gorham. If you attend our events, you will often see my family integrated amongst the athletes and coaches," he said.

Deb feels the same. "Watching Jason interact with his athletes is wonderful. He helps his athletes, especially those who have struggled, set and accomplish goals. He gets to know them and their families, often over the course of four years." She said her husband "thinks outside of the box"; sharing that he organizes workouts such as a scavenger hunt involving superhero capes, a practice with water balloons, a meet with a dance off, or a team dinner with karaoke and quirky games, just because.

Deb and the kids, along with their noisemakers, try to attend a few meets each season. She connects with the feelings of the distance runners as they cheer them on. Their children also enjoy occasional team dinners, especially happy when meatballs and chocolate milk are served.

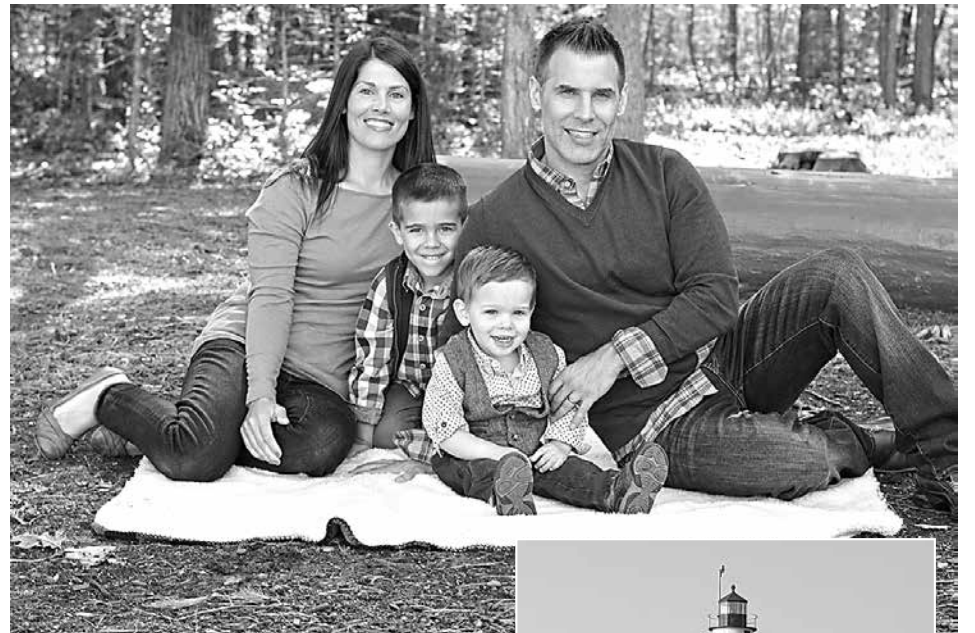


Photo credit Amanda Landry Photography

Aside from attending meets, the athletes and their accomplishments are topics of conversation at the Tanguay dinner table. Then there are times when Deb says they try to "give Dad space" on the weekend when he needs to do computer entries or analyze meet results.

Jason was named the SMAA cross country Coach of the Year in 2017, but Deb said they didn't need a plaque to tell them that. She said, "Honestly, one of the best things is when a parent, fellow coach, or former athlete comes to me and praises Jason for all that he does and how he has chosen to coach. He is passionate about his sports but, more importantly, he is compassionate toward his athletes." She proudly went on, "He knows, firsthand, the power of being on a team and how this can strongly affect one's path in life. He will pull for the underprivileged kid to join his team, buying shoes or other gear if necessary. He is never afraid to put in the extra amount of work."

And as far as bring a coach's spouse, Deb shared, "It's busy, but the pros definitely outweigh any cons. Having our kids run across a field and find Dad for a high five or hug at a meet – there's nothing like it! Little by little they are learning what true character is."

Becky Manson-Rioux, a Physical Education and Health Teacher at GHS, is in her 17th season as coach of the GHS varsity field hockey team. She has also coached softball at GHS and Bonny Eagle over the years. Manson-Rioux started coaching right out of college, working her way into a teaching position.

Becky's husband Kelly and their two boys are on board with her coaching,



Photo courtesy of Tanguay Family

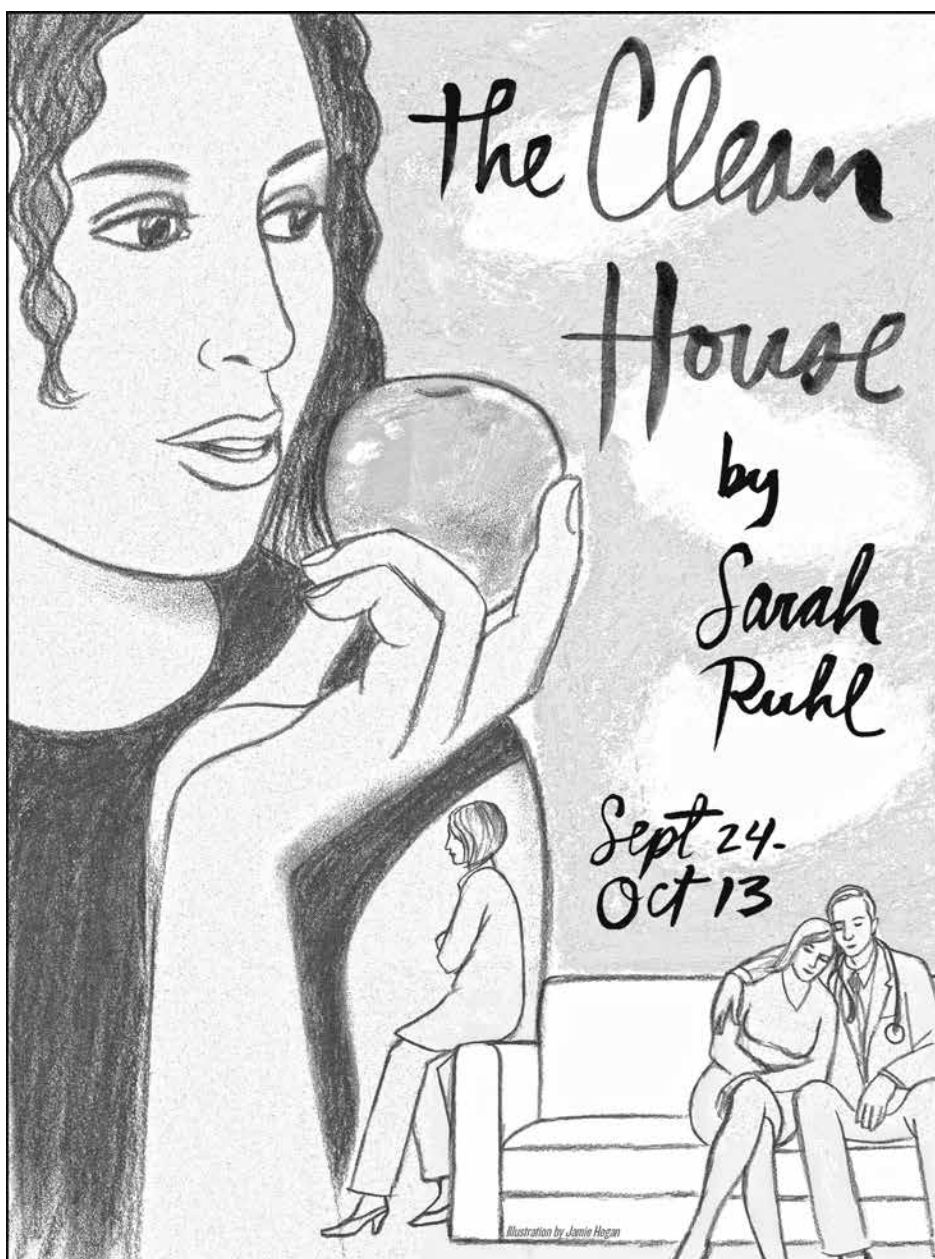
saying, "It has become simply something that we do." While he revealed that the biggest sacrifice of being a coach's spouse is missing out on family time, Kelly loves seeing Becky's hard work pay off. With his wife working the extra hours, Kelly also shared that he enjoys the time he spends with his boys. "It's time consuming but it's worth it."

Becky said her children and husband always show an interest in every new team and how they are doing. They attend a few games over each season, and also attend weekly team dinners and Saturday field hockey sessions.

Connections between coaches' families and players are formed and can become that of an extended family. Kelly shared that Charlotte Smith (GHS '15) and Isis Adams (GHS '19), both field hockey alum, babysat for their boys. "It has been very special to our family to have someone we know and trust in our home," he said.

Coaches' impacts on athletes are so much more than just the game, they can influence personal lives and goals. Manson-Rioux has a strong desire to

CONTINUED ON PAGE 15



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# GHS Sports Mid-Season Review

COMPILED BY DESTINY COOK  
*Sports Editor*

As the GHS varsity teams reach the mid-season point, all teams are looking to position themselves for a spot in their respective playoff scenarios. With just a few weeks left in the regular season, the standings for each team is as follows (as of September 30):

**Football:** 2-2 Currently 8th place in Class B South

**Field Hockey:** 5-3 Currently 3rd in heal points

**Boys' Soccer:** 5-1-1 Currently 4th in heal points

**Girls' Soccer:** 4-3 Currently 7th in heal points

**Volleyball:** 5-1 Currently 3rd in heal points

**Cross Country:** Girls - 6 wins and 3 losses. Boys - 7 wins and 2 losses

**Golf:** 8-3 The team competed on September 30 and qualified for States, which is being held at Natanis Golf Course in Vassalboro on Oct 5.

# Continued Recycling Issues Cause Concern CONTINUED FROM PAGE 1

Some of the contaminant items cited by Public Works staff include large items such as sheetrock and other types of construction debris; household furniture; lawn furniture/beach chairs; as well as large pieces of wood and metal. Other items on the contaminant list include batteries (both rechargeable and non-rechargeable); shrink-wrap and plastic wrapping; paint cans; styrofoam pieces; pillows; pieces of fabric and textile materials; and bags of mixed household trash.

Plastic bags filled with returnable bottles, as well as bags filled with mixed recyclables and non-recyclables are also problems as they are unacceptable for recycling. In fact, if residents put recyclable materials in any type of plastic or paper bag and place the bag in a "silver bullet" or other recycling container, ecomaine's rules require them to move the entire bag to the trash stream because ecomaine only accepts recyclables that are easily visible on a conveyor belt.

Items such as CFL light bulbs, fluorescent tubes, and rechargeable batteries are not allowed in either the trash or in recycling, but can be returned to authorized stores such as Lowes. Because they contain small amounts

of radioactive material, smoke detectors and carbon monoxide detectors must be taken to Riverside Recycling or another authorized location.

Non-rechargeable alkaline batteries, such as AA, AAA, and C can be placed in the trash. Car batteries can not be placed in either the trash or in recycling. For a fee, they can be brought to an auto repair shop or a auto parts store for proper disposal.

Public Works staff has noticed an increase in the amount of inappropriate items being left in or near the silver bullets on weekends. Department staff are often required to devote significant time to removing these items when they arrive at work each Monday morning.

Some of the options other towns have considered to alleviate the problem are: moving the "silver bullets" to a different location (including restricting access to them to certain times); having paid or unpaid monitors/recycling educators present when the "silver bullets" are accessible; and video monitoring.

To learn more about the subject of recycling and trash disposal, the proper ways to dispose of non-recyclable items, and many other related questions, visit [ecomaine.org](http://ecomaine.org).

# Heating Safety

CHARLES JARRETT  
*Gorham Fire Department*

With the return of the morning chill, it is time to think about heating safety:

Have you had your heating system(s) serviced? Fires related to heating appliances are second only to cooking.

Chimney and vents should be cleaned and examined now while there is still time to make repairs before the heating demand increases.

Do you have working smoke detectors? Nearly 60% of home fire deaths nationwide did not have operational smoke detectors present. Working residential sprinkler systems and interconnected smoke with CO alarms provide the best protection.

Do you have a working Carbon Monoxide detector? CO is a colorless and odorless gas that in low to moderate concentrations has symptoms similar to the flu but can lead to death when higher concentrations are reached.

Have you cleaned the lint out of the dryer and vent? Most home clothes dryer fires occur in the fall and winter.


Please visit [USFA.FEMA.GOV](http://USFA.FEMA.GOV), [CPSC.GOV](http://CPSC.GOV), [NFPA.ORG](http://NFPA.ORG) and/or contact the Gorham Fire Department at 222-1660 for more information.

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## COMMUNITY

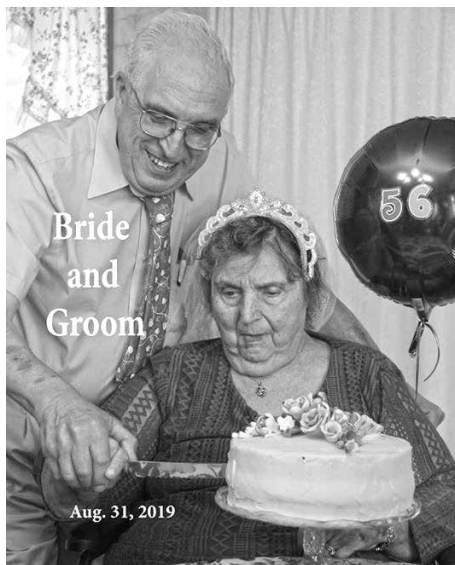
### OF INTEREST

**Timothy O'Neill (GHS '15) has been hired as a staff assistant by U.S. Senator Susan Collins** in her Washington, D.C., office. O'Neill is the son of Tim and Diane O'Neill of Standish and is a 2019 graduate of American University in Washington, D.C., where he attended the School of Public Affairs.



**The Gorham Food Pantry**, located at 299-B Main St (parking lot of St. Anne's Catholic Church) is open every Thursday morning from 10 a.m. to 12 p.m. and the second and fourth Wednesday of every month from 6-7 p.m. Free for Gorham residents in need. FMI, 222-4351 or visit [www.gorhamfoodpantry.org](http://www.gorhamfoodpantry.org).

**Sandi and Skip Sendzik celebrated their 56th Wedding Anniversary** on August 31, 2019 at their home in Gorham, three days prior to Sandi's death. Through friendship, courtship, marriage, children and grandchildren, the couple knew each other for over 72 years.



**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.

**Interested in helping your community? Join the Gorham Health Council, the group that manages the Gorham Medical Closet.** Meetings are twice a year with the next one on Tuesday, October 8, at 11:30 a.m. at the Gorham Rec. Community Room. A speaker from the Partners for World Health Organization will be talking to the group and a potluck luncheon will be served. No obligation. FMI, call Gerry Day at 839-3859.

**The Veterans of Foreign Wars, Gorham Memorial Post 10879, will meet on Tuesday, Oct. 8,** at 5:30 p.m. in the Fire Department Training Room at 270 Main St. Any interested veterans may contact the post at [vfwpost10879@gmail.com](mailto:vfwpost10879@gmail.com).

**The Gorham Lions Club will meet on Tuesday, October 8, at 6:30 p.m.** at the Old Elmwood School House on South Street (Rte. 114). Regular dinner meetings are the 2nd and 4th Tuesday of each month. New members always welcome. FMI, 929-9182.

**Parson's Farm will hold an Antique Tractor Plow Day on Saturday, October 12,** beginning at 8 a.m. Breakfast and lunch will be available. 322 Buck Street.

**A Two-Day Fall Rummage Sale will be held at Cressey Road United Methodist Church,** just off Route 25 in Gorham, ME. on Friday, Oct. 11, from 9 a.m.-2 p.m., and on Saturday, Oct. 12, from 9 a.m.-1 p.m. Clothes, dishes, books, furniture, toys, puzzles, small appliances, perennials, jewelry, etc. Mark downs on Sat and "fill a grocery bag for a dollar" from 11 a.m.-1 p.m. that day. Refreshments for sale on Friday.

**White Rock Grange's annual business meeting and potluck dinner will be on Monday, October 14, at 5:30 p.m.** Memberships due. Please bring a dish or dessert to share. Drinks will be provided.

**There will be a public forum on the topic of addressing addiction and opioid misuse in our community on October 15 from 6-8 p.m.** at the Old Robie School, 668 Gray Rd. The forum will serve to deepen your understanding of addiction and opioid misuse by hearing from local people who are working to address the problem and learning about opportunities to be involved with Gorham's Action Plan.

**The grand opening of The Presumpscot Regional Land Trust's new 1.5-mile family-friendly trail at Mill Brook Preserve South, will be held on Sunday, October 20,** from 1-3 p.m. in Westbrook. Choose from two guided programs: 1) Family friendly guided walk that will include a nature scavenger hunt and last about one hour; or 2) Guided one and a half mile walk with scenic vistas and a focus on natural history and wildlife in the area and will

last about two hours. This new family friendly trail is made possible thanks to Westbrook Housing, Casco Bay Estuary Partnership, and the Cornelia Warren Community Foundation. This program is free, but space is limited. Registration is required, Register at <https://www.prit.org/event-sign-up-mbs>.

**Gorham Memorial Post 10879, Veterans of Foreign Wars is now accepting entries for Patriot's Pen and Voice of Democracy scholarship competitions.** All public, private, and homeschool students in grades 6-12 are eligible. Nominees for Teacher of the Year awards are also being accepted. The deadline for each is Oct 31, 2019. Entries and questions can be directed to [vfwpost10879@gmail.com](mailto:vfwpost10879@gmail.com).

### SENIOR NEWS

**Lakes Region Senior Center** located at the Little Falls Activity Center, 40 Acorn Street is open Monday through Friday from 9 a.m. to 1 p.m..call Gerry Day, VP for information, 839-3859. Weekly activities are: Mondays: 9 a.m.: Jig Saw Puzzles and socialization; Luncheon and speaker a month, 9:30 Mah Jong (Call Sue 272-3095 for further information); Tuesdays: 9 a.m.: Jig Saw Puzzles and socialization; 10 a.m. and 12 p.m. Card Games; Wednesdays: 9 a.m. Jig Saw Puzzles and socialization; 10:00 a.m.--Semi Monthly Board Meetings. Last Wednesday of Month at 10:00 a.m., Memoir Group; Thursdays: 9 a.m. Jig Saw Puzzles and socialization, 9:30 a.m. Bingo; Fridays: 9 a.m.: Sewing, crafts, jig saw puzzles and socialization. Other Activities available as announced such as trips, other crafts, presentations, etc. On October 7 at 11:30 a.m., the Eco Lady will speak about what we can and cannot recycle. Bring something you are unsure of and she will tell you if it is or is not recyclable. \$5 members, \$8 non-members.

### PUBLIC SUPPERS

**West Gorham Union Church is having a public supper on Saturday October 5,** from 5-6 p.m. Beans, hot dogs, clam casserole, chicken pie, chop suey, cole slaw, salads, homemade pies, coffee and punch. Ticket sales start at 4 p.m. \$8 adults, \$3 under 12. 190 Ossipee Trail (Rt. 25).

**White Rock Community Clubhouse's first Monthly Bean Supper for the season will be on Saturday, October 5** from 4:30 to 6 p.m., serving homemade kidney and pea beans, hot dogs, cole slaw, potato salad, macaroni and cheese, homemade biscuits, as well as homemade pies for dessert. \$8 adults, \$4 under 12.

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

**North Gorham UCC Church at 2 Standish Neck Road will hold a Bean-Hole-Bean Supper on Saturday, October 19,** from 4:30-6 p.m. Adults \$9/Children \$4.

### USM NEWS

**On October 3, tour the Department of Environmental Science aquaponics lab** and sit in on a Fundamentals of Environmental Science course. FMI, call 780-5670.

**The USM Department of Theatre presents "The Women Who Mapped the Stars"** with eight performances from Friday, October 4, through Sunday, October 13. FMI, call the Theatre Box Office at 780-5151.

**USM hosts an All-State Instrumental Boot Camp on October 5** from 9 a.m.-1 p.m. \$20 includes BBQ Lunch. Register at [usm.maine.edu/music/allstatebootcamp](http://usm.maine.edu/music/allstatebootcamp).

**The USM School of Music invites the Gorham community to the 17th Annual Old-Fashioned Band Concert** on the green in front of Corthell Hall on Saturday, October 5, at 1 p.m. The concert is free, and a cash-only BBQ will begin at noon. Bring lawn chairs or blankets and the whole family.

**USM School of Music and Confucius Institute welcome performers trained by The National Academy of Chinese Theatre Arts,** China's foremost institution on Chinese opera art as well as the partner institution of the Confucius Institute of Chinese Opera at Binghamton University, State University of New York on October 5 at 8 p.m. at the Westbrook Performing Arts Center. On Sunday, October 6, from 10 a.m.-12 p.m. they will present three free workshops at Corthell Hall, and Opera Workshop, and Chinese Bamboo Flute Workshop, and a Guzheng (Chinese Zither) Workshop.

**On October 10 and 11, visiting artist Dr. André Thomas will lead workshops focused on choral music education for professional educators** (Oct 10, Windham) and for collegiate members of the National Association for Music Education, National Association of Teachers of Singing, and the American Choral Directors Association. (Oct 11, Gorham). FMI, call 780-5555 or visit [usm.maine.edu/music/boxoffice](http://usm.maine.edu/music/boxoffice).

**FIND THESE AND MORE USM GORHAM EVENTS AT [USM.MAINE.EDU/EVENTS](http://USM.MAINE.EDU/EVENTS).**



**STOP BY MARTIN-PLACE FARM TO CELEBRATE FALL! Saturday, October 12<sup>th</sup> 11:00am-3:00pm**

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# blotter

## YOU'RE NOT IN MASSACHUSETTS ANYMORE

**Caller reported a vehicle with Massachusetts plates was operating in an aggressive manner, speeding, passing, and running a four-way intersection. Officer contacted driver who acknowledged having been in Maine and operating in a manner to keep traffic flowing as she would in Boston. She was advised she needed to operate in a safe manner in Maine.**

Newell St. caller reported a beat up silver car had stopped and dumped trash in their dumpster. They found paperwork from a woman on Newell St. Officer spoke with the woman who said she thought it was a community dump. She said she would return the following day to get her trash.

Officer called rescue who came and checked out a woman laying in the grass on the side of the road. She was all set.

Caller reported someone opening hydrants. Worker advised they were painting the hydrants and would be in the area for another week or so.

Ichabod Lane Extension caller reported an arrow sticking out of his truck's frame. Neighbor said arrow had "gotten away from him" and he had been unable to find it. He was visibly upset and said he would pay for damage to the truck. He was advised to find someplace else for target practice.

Officer went to Cumberland Lane for a report of brothers fighting. Officer issued a summons and advised one person to leave for the evening.

Officer went to Bradbury Lane, Buxton, and separated parties who were fighting. Officer

had responded to the same location for the same reason a week earlier. Parties were fighting over a dog. Officer drove the female to her home on State St.

Male subject sitting on a porch, smoking, told officer he was waiting for his ride. He agreed to wait on State St. and was picked up.

Couple were reported going in and out of Cumberland Farms and had been making threatening statements. Male was in the midst of a divorce and was sleeping in his truck. Officer let him go back to sleep as there was no request to move him along.

Verbal warning was given to bicyclist cruising down School St. without using his hands to steer.

Dragonfly Lane caller reported criminal mischief to his fence.

Following a report of a domestic verbal argument on Leah Lane, man told officer things would be fine and he would remain calm for the night.

Three people standing outside a business on County Road were talking and fixing a chain on a bike.

## When You're Married to the Coach CONTINUED FROM PAGE 12

make a difference in the lives of the young women she coaches.

"Balancing my teaching and coaching career along with family time is not always easy. It takes planning and teamwork from everyone involved," she said. "Each season I find myself missing my family as I pursue my passion and dreams. So I hope in the future my children understand it is okay to put themselves first when it comes to their passion and dreams as long as there is a balance."

Being a coach isn't a job, it's a calling. And while it's not without obstacles for families, the pros overwhelmingly seem to outweigh the cons. When you're at the next game or meet cheering on your child and their team, take a look on the sidelines and remember what the coach may be sacrificing to be there. Whether it's time with their family or their own children's sporting event; something has to give and it takes the support of their entire family to commit to being a coach.



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## CLASSIFIEDS

### 5K RACE

Maine Youth Rising is hosting the Call(ed) to Action 5K Fun Run and Mile Walk on the Weeks Road Trails in Gorham on 10/12. A prize will be offered for first place and every participant will be entered in a raffle drawing! FMI or to register visit [www.maineouthrising.org/events](http://www.maineouthrising.org/events).

### BAND WANTED

ROCK & ROLL BAND MEMBERS WANTED! I played drums in a band in 60's/70's. I would like to find a guitar, bass and keyboard player to get together 2-4 times/month. I have amps, sound system and microphone. Call Patrick at 303-345-3715.

### FOR RENT

FLORIDA CONDO RENTAL. 2 BR Condo plus loft on Manasota Key in Englewood, Florida (West Coast). Beautiful Gulf and Bay complex, with pool. Non-Smoking & no pets. Selective weeks available Oct thru January. Call/Text 207-807-1441.

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<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.

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STOP SMOKING! Using hypnotic techniques you CAN change your unwanted habits. Call or text Laura Szafranski, CH; 207-391-1201. [Livinghealthywithhypnosis.com](http://Livinghealthywithhypnosis.com), 510 Main St. Gorham.

## CALENDAR

### THURSDAY, OCTOBER 3

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

### FRIDAY, OCTOBER 4

USM Department of Theatre: The Woman Who Mapped the Stars, Opening Night, 7:30 p.m., Russell Hall (runs through Oct. 13)

### SATURDAY, OCTOBER 5

USM School of Music: 17th Annual Old-Fashioned Outdoor Band Concert, 1 p.m., Corthell Hall

### SUNDAY, OCTOBER 6

USM School of Music, workshops on Chinese Opera, Bambo Flute and Chinese Zither, 10 a.m. – noon, Corthell Hall.

### MONDAY, OCTOBER 7

Lakes Region Senior Center presentation from The Eco Lady, 11:30 a.m.

### TUESDAY OCTOBER 8

Baxter Memorial Library  
 • Preschool Discovery Time (3-5 yrs), 9:30-10:15 a.m.  
 • Author Event - Athlete's Guide to CBD, 6:00-7:30 p.m.  
 Gorham Health Council, Fall Meeting and Potluck, 11:30 a.m.  
 Veterans of Foreign Wars Meeting, 5:30 p.m., Fire Department Training Room  
 Gorham Lions Club Meeting, 6:30 p.m., Old Elmwood School House

### WEDNESDAY, OCTOBER 9

Baxter Memorial Library  
 • Baby Discovery Time (Birth-18mos), 9:30-9:50 a.m.  
 • Family Discovery Time (All Ages), 6-6:45 p.m.

### THURSDAY, OCTOBER 10

Baxter Memorial Library  
 • Toddler Discovery Time (18mos-3 yrs), 9:30-10 a.m.  
 • Book Club, Discussion of November Road by Lou Berney, 10 a.m.

### FRIDAY, OCTOBER 11

Cressey Road United Methodist Church, Rummage Sale, 9 a.m.- 2 p.m.

### SATURDAY, OCTOBER 12

Antique Tractor Plow Day at Parsons Farm, 8 a.m., 322 Buck Street, Gorham  
 Cressey Road United Methodist Church, Rummage Sale, 9 a.m.-1 p.m.

### MONDAY, OCTOBER 14

White Rock Grange Annual Business Meeting, 5:30 p.m.

### TUESDAY, OCTOBER 15

Public Forum on Addiction and Opioid Misuse, 6-8 p.m., Old Robie School

### WEDNESDAY, OCTOBER 16

Baxter Memorial Library  
 • Baby Discovery Time (Birth-18mos), 9:30-9:50 a.m.  
 • Family Discovery Time (All Ages), 6-6:45 p.m.

### THURSDAY, OCTOBER 17

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

FIND MORE INFORMATION ABOUT THESE EVENTS IN THE "OF INTEREST" SECTION OF THIS ISSUE.





# Nappi Distributors

YOUR MAINE SOURCE FOR BEER & WINE



**Are you a student\* and want to earn some extra \$\$\$?**

**Join the Nappi team for a full or part-time position that works with your school schedule!**

Our **Warehouse Selectors** work early afternoons into the evening based on customer product needs. In most cases, we can tailor a work schedule that can fit with your class/study needs!

**Qualifications for Warehouse Selectors include:**

- Strong attention to detail
- A safety conscious 'heads-up' attitude at all times
- Ability to work effectively in a fast paced team environment
- Ability to work reliably from written and verbal directions/ instructions
- Adherence to safety guidelines/requirements, including proper body mechanics.
- Physical requirements include: physical ability to lift, push, pull, reach for, and move product of varying weights of up to 55 lbs. at multiple levels, including above shoulder and at floor level, frequent bending and reaching.
- Experience with pallet jacks and other material handling equipment is a plus!
- \*Must be 18+ years old due to Federal requirements



Interested applicants may apply by email ([human.resources@nappidistributors.com](mailto:human.resources@nappidistributors.com)), in person, or fax (207) 887-8222. For an Application form, visit us at [www.nappidistributors.com](http://www.nappidistributors.com) or at our facility located just south of Gorham Village (before the Westbrook line) at:



**615 Main Street, Gorham, ME**

*Nappi Distributors is an EEO employer*



# DEMETRIA'S TEAM IS HERE TO STAY!!!

Put our *EXPERIENCED* Team to work for you today!



**Steve Libby**  
Buyer Specialist



**Carol Petersen**  
Client Care Manager



**Dennis Chadbourne**  
Marketing Director



**Aaron Chadbourne** serves as Designated Broker & Listing Specialist.

Our Team is proudly continuing Demetria's legacy of helping clients buy and sell homes in Greater Portland, Maine!

**Demetria's Team Sells Gorham!**



**27 Scotts Dr., Buxton**

**BUXTON. 4 bed, 3 bath, 2 car** Well-engineered. Approved as in-home Day Care Center. 4,000+ sq. ft., convenient to Gorham, Sebago Lake, and the surrounding area. Spectacular windows, open floorplan. Many in-law or in-home occupation opportunities!!!



**27 Meadowbrook #5**

**GORHAM CONDO. 2 bed, 1 car** Situated in desirable Meadowbrook West condo assoc., this condo is meticulous. Hardwood floors, fireplace, granite counter tops, 1.5 bath, balcony, deck. Natural gas. Water and sewer included in association fees.



**13 Fairlawn Ave**

**DOWNTOWN WESTBROOK** Immaculate 3 bed, 1.5 bath home. Hardwood floors, granite counter tops, stainless appliances, rear deck, manageable yard, pedestal sink downstairs, double sink upstairs, spacious basement and natural gas.

**Demetria's Team - The Real Estate Group**  
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