

Gorham Times

Your Community Paper

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

Election Results

SHERI FABER
Staff Writer

Benjamin Hartwell, James Hager Jr., and Janet Kuech were elected to the three seats on the Town Council. Hartwell and Hager were incumbents who successfully ran for re-election.

Under the Town Charter, Sec. 202, the existing Town Council will meet November 12 to make a determination as to whether or not Janet Kuech, an employee of the Gorham School Department, meets the criteria to be a councilor. If the Council chooses not to seat Kuech, she could resign her position with the School Department and then be seated. This section of the charter is meant to prevent the potential for a conflict of interest between a person who works for the Town and is also on the council.

Philip Gagnon Jr. and Stewart McAllister, an incumbent, were elected to the School Committee. Robert Burns ran unopposed for the Portland Water District.

A proposal for the Town to borrow \$5.9 million to purchase 141 acres of land off Main Street to be developed into an Industrial Park passed 1378 to 1016. To offset the cost to taxpayers, the Town anticipates that the revenue from the sale of lots and TIFs (tax increment funding) from new businesses would recoup the initial costs.

Question 1 on the State ballot passed 2857 to 649. \$105,000,000 will be used to build and / or improve roads, bridges and other transportation infrastructure. Matching funds of \$137,000,000 would come from federal and other funds.

Question 2 provides alternative methods of signing people's initiative petitions and people's veto petitions for people with disabilities. This constitutional amendment passed 1793 to 688.

Town Council Votes:

Davis, Richard Jr.	719
Gowen, Tyler	834
Hager, James Jr.	897
Hartwell, Benjamin	1379
Kuech, Janet	847
Smith, Paul	789

School Committee Votes:

Brockman, James	1097
Gagnon, Philip, Jr.	1273
McAllister, Stuart	1160

A Salute to Veterans in Gorham



Photo credit Roger Marchand



Photo credit GPD



Photo credit Roger Marchand

The Gorham Girl Scouts led the Pledge of Allegiance at the eighth annual Veteran's Day Ceremony. The posting of the colors was led by members of the Gorham Police Department.

Gorham Schools' Staff Continues to Receive High Honors

Parvanta Wins "Oscar" for Teaching



A clearly surprised Parvanta, right, reacts to the news of his Milken Educator Award. He is shown above (l to r) with Maine Commissioner of Education Pender Makin, Principal Brian Jandreau, Superintendent Heather Perry and Dr. Jane Foley, Milken Educator Awards Senior Vice President.

Photo credit Leslie Dupuis

LESLIE DUPUIS
Editor

In an all-school surprise assembly at Gorham High School on October 30, the Milken Educator Award, touted as the "Oscars for Teachers" by

Teacher magazine, was given to technology integration specialist Adam Parvanta. The award, which comes with a cash prize of \$25,000, was presented by Milken Educator Awards Senior Vice President, Dr. Jane Foley.

CONTINUED ON PAGE 6

Record Named Maine's Assistant Superintendent of the Year



Photo credit Roger Marchand

Maine School Superintendents Association President Scott Porter, left, presented Chris Record with a plaque after he was named Maine's 2020 Assistant Superintendent of the Year.

MARTY MILLER
Contributing Writer

Dr. Chris Record, Assistant Superintendent for Gorham Schools, has been recognized as Maine's 2020 Assistant Superintendent of the Year. This honor was not Record's first statewide award. In 2008, while working at Oxford Hills, he was selected as Maine's Assistant Principal of the

CONTINUED ON PAGE 6

**SMALL BUSINESS
SATURDAY: BUY LOCAL
PAGE 3**

inside theTimes	f	@	GOCAM	You Tube
2 Augusta	14 Community	10 Sports	15 Classified	
5 Municipal	7 School	15 Calendar	15 Blotter	

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

BRINGING THE NEWS TO ALL OF GORHAM
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The Gorham Times 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

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Ad deadline is the Wednesday of the week prior to issue date. Go to 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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Home Heating and Weatherization

REP. ANDREW MCLEAN

The holiday season is nearing, and the cold temperatures we know so well here in Maine have arrived. While many of us are thinking about upcoming family gatherings and holiday shopping lists, we're also thinking about the cost to keep our homes warm this winter.

This can be a critical need for members of our community, so I want to take this opportunity to share some of the resources available for those who need assistance with heating costs.

One resource available to community members is the Low-Income Home Energy Assistance Program, or LIHEAP, which is open to homeowners and renters. Households with an income lower than 150% of the poverty level are eligible to apply. For example, a family of four whose income is \$51,176 or less would qualify. For Gorham residents, you can find out if you qualify by calling the Opportunity Alliance at 553-5900 or by emailing them at heatingassistance@opportunityalliance.org.

Besides emergency heating assistance, LIHEAP can also assist with energy-efficiency improvements in your home for better weatherization. Maine has an older housing stock, and improving energy-efficiency can significantly reduce the cost to keep

a house warm. These improvements may include insulation, caulking or weather-stripping. When you apply for LIHEAP, you are automatically considered for weatherization assistance.

For people with older or inefficient heating systems, Efficiency Maine is a great resource to keep in mind. They can help you calculate your home's energy efficiency, compare home heating options and offer significant rebates on things like furnaces, boilers, heat pumps and wood or pellet stoves. More information is available at efficiencymaine.com or by calling 866-376-2463.

You can also reach out to Neighbors Helping Neighbors, the Windham community group headed by Sen. Bill Diamond. They oversee fuel assistance for Gorham residents, as well, and you connect with them by calling 892-8941.

Here in Gorham, there's a true spirit of community and looking out for one another. If you're aware of anyone who needs assistance keeping warm this winter, make sure to let them know about these options. And if you are so inclined, the Town of Gorham has the "Gorham Heating Assistance Fund," which is supported by Gorham citizens and businesses who want to help keep our neighbors warm. Donations can be made at the Gorham Town Clerk's office

or mailed to Gorham Fuel Fund, Gorham Town Office, Suite 1, 75 South Street, Gorham ME 04038. If you have any questions, you can call the Clerk's office for more information at 222-1670.

This is also a great time to check that your car is ready for winter weather. The Maine Emergency Management Agency recommends checking your battery, coolant and tire treads and pressure. You should also be prepared for any situation by keeping an emergency supply kit in your car. This could include flashlights, batteries, blankets, a first-aid kit, non-perishable food, a shovel, jumper cables and cat litter or sand for traction. Consider who typically rides in your car as you plan your emergency supply kit.

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. Stay warm!



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

Around Town

The Vintage Heart, 16 South Street, has closed.

The Blue Pig Diner has closed at 29 School Street and will reopen at 19 State Street soon.

Grand Central Wine Bar and Junction Bowl in Station Square will be opening on November 21.

IT'S TIME!
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If you use RoKu or other streaming devices, you can use a free application to view Town meetings live or on demand.

GoCAM
GORHAM COMMUNITY ACCESS MEDIA

Include **Livestream** in your channel list just like Hulu or Netflix.

Once you have the application set up, search in Livestream for:
Gorham Community Access Media

You can receive notifications about events through two methods: following the account hosting the event on Livestream, or by adding it to your calendar of choice.

Easiest way is to follow GoCAM is to create your own account on **Livestream**. On the Gorham Community Access Media page and click **follow**.

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A Woman of Many Words

CHRIS CRAWFORD
Staff Writer

Susan M. Stevens (GHS '81) is a professional writer and author of several books for young adults. Her first adult novel, titled "Horseshoes and Hand Grenades," was released this September. Inspired by the #metoo movement, it tells the story of two young women beginning their careers in 1980's Boston while "struggling with past and present demons." Stevens said, "The novel examines parallels between workplace sexual harassment and childhood incest, specifically how society asks many of the same questions of both types of victim: Was it partly your fault? Why didn't you say something sooner? How severe was it really?"

After earning a BA in English from Cornell University in 1985, Stevens spent her early career in Public Relations and Marketing at Fortune 500 companies and small businesses, as well as with nonprofit organizations. She said, "On the corporate side, I helped list a company on the New York Stock Exchange and managed communications for multiple mergers." On the nonprofit side, she said, "I have worked on amazingly fun projects like the grand opening of a rainforest exhibit that took Franklin Park Zoo in Boston from the doldrums to world-class attraction. She was also involved with the first "dry-docking" repair of the USS Constitution ("Old Ironsides") in 20 years. She has had articles published in the Boston Sunday Globe, Bay State Parent, Bay State Realtor, Strategic Communications Magazine and Guitar & Bass Magazine.

Stevens began writing fiction as a result of two serious health issues: a broken pelvis from a horseback riding accident, followed a year later by a diagnosis of ovarian cancer. After the riding accident, she said, "On crutches for three months and unable to commute to work, cook, clean or shuttle kids to activities, I turned to writing to stay sane." The result was "Shannon's Odyssey," a novel for adolescents, written for her animal-loving younger daughter.

A year later, facing a diagnosis of ovarian cancer, surgery and months of chemotherapy, Stevens again turned to writing. She said, "I made good use of eight-hour chemo sessions, captive in my padded hospital lounge chair, with a warm laptop on my knees."

"Bit Players, Has-Been Actors and Other Posers" was a novel she wrote for her older daughter and all musi-

cal theatre-loving teens. Returning to work after her battle with cancer, she managed to write two additional Bit Players novels.

While she still consults and provides marketing and public relations services to causes "near and dear to her heart," much of her time is now taken up with writing.

Stevens gave the following advice for anyone considering a career in writing. "If you don't consider yourself a strong writer, take some classes before trying your hand at a book. If you can develop your skills through on-the-job training in a position that entails writing, that's a great education too," she said.

Stevens loved growing up in Gorham, on Pine Street, across the "ditch" from the high school. "I got wet more than once on my way to school, when my foot slipped on stones trying to cross the brook," she said. When the snow was too deep to get there on foot, her mother, a teacher in South Portland, gave her a ride. She said, "When I went to GHS, the school didn't have enough money or kids for a football team."

Even though she was eager to leave small-town Gorham after graduation, she said, "I treasure my small town upbringing. In fact, I looked for a similar small town to raise my kids in." She still returns home a few times a year to visit her mother, father, sister and brother who still live in Maine. She added, "Our family has a cramped, outdated camp (sorry, Mom!) on Sebago Lake that remains one of my favorite places in the world."

She is the daughter of Cynthia Stevenson of Gorham and Emery Stevens of Scarborough. Her siblings are Doug (GHS '73), Jeff (GHS '74), Craig (GHS '77) and Nancy (GHS '79).

Smith lives in Clinton, Massachusetts and has two daughters. In her spare time, she listens to music, practices yoga, travels, and even occasionally rides a horse. She can be contacted through her website www.authorsmstevens.com.

She will also be at a book launch, "New Book, New Bar" party, at the Grand Central Wine Bar in Gorham on Wednesday, November 27, at 7:00 p.m.



Photo courtesy of Susan Stevens

Small Business Saturday: Buy Locally

CATHY WALTER
Staff Writer

Gorham joined 659 other communities across the country last month when the Town Council voted to proclaim the Saturday after Thanksgiving as "Small Business Saturday," a day dedicated to supporting our local businesses which in turn helps to create jobs, boost the economy, and keep communities thriving.

This event, which was initiated in 2010, is directed by a coalition comprised of national, state and local associations. It has successfully promoted shopping in the smaller, independently owned businesses over super stores, and educated consumers on all of the benefits of doing so. For every \$100 spent at locally owned businesses, \$68 stays in the community; when you spend that same \$100 at a national chain, only \$43 stays in the community.

"Black Friday and Cyber Monday are the days that most people are familiar with, but I hope that Small Business Saturday can eventually

become as well recognized and people realize the economic impact they can have on the businesses in their own community and the economic impact those businesses have on the community," said Ben Hartwell, Gorham Town Council Chairman.

The day appears to be taking hold. In November of last year, the U.S. Senate unanimously passed a resolution recognizing Small Business Saturday, which this year is November 30. The presence on social media is growing rapidly with over 22 million posts on Facebook, Instagram, and Twitter using #ShopSmall and/or #SmallBizSat.

To support the Town Council in this initiative, help keep our local businesses vital, and maintain our small town environment, this year start a new tradition on the Saturday after Thanksgiving. Bundle up the family and head into Gorham rather than out of it to do a little shopping and grab a bite to eat at a local restaurant you've been meaning to try. The whole community benefits from buying locally.

GHS GRAD NEWS: If you, or your son or daughter is a GHS graduate, we would like to share your achievements in the Gorham Times Of Interest section or in a Where Are They Now feature. Of Interest submissions should include the year of GHS graduation and should be no longer than 75 words. Contact Chris Crawford at ckck5@maine.rr.com, Kathy Corbett at ktcorbett@aol.com or Cindy O'Shea at coshea2@maine.rr.com.



SAVE THESE DATES FOR MARKET TASTINGS AND OTHER EVENTS!

NOVEMBER 23rd 2-4 PM

Wine & Food Tasting with our friends from *Pine State Beverage*. Get that special bottle of wine for Thanksgiving and some great tasting charcuteries.

NOVEMBER 26th 10-6 PM

Pick up your dessert pie from Two Fat Cats Bakery. **Deadline for ordering pies is November 18th** Sign-up sheet is at the market.

NOVEMBER 30th 10-4 PM SHOP LOCAL SATURDAY...

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Photo From the Past: Gone Fishin'



Photo credit Mary Jane LeCours

CHRIS CRAWFORD
Staff Writer

This old photo on Main Street in Gorham was taken by Mary Jane (Donovan) LeCours in 1952. It shows that the more things change, the more they stay the same. On a nice summer day, three boys in a convertible try to attract a young girl by showing off their catch, likely caught in Brandy Brook, a popular fishing spot at the bottom of the hill heading out of town on Rt. 25 toward Standish.

Gorham was a popular place for young people because of the fishing, the college, and several places to congregate such as Barden's Drug Store (where LeCours worked occasionally) and Graffam's Restaurant and

Ice Cream. LeCours does not know the identity of the girl, but the young men (left to right) are Viggo Jensen, Bill Goulet and Don Adams, who was in the service at the time of the photo. Jensen and Adams were visiting Goulet, who lived in Gorham and later worked for Channel 13 TV station.

The buildings in the photo show First National Stores, which was a grocery store, Gorham Radio, and another storefront which perhaps sold stationery. LeCours believes these buildings were located across the street from our current Ace hardware store.

Got an old photo of Gorham to share? Contact Chris Crawford at ckck5@maine.rr.com.

SENIOR CARE

Eight Things You Should Know About Your Loved Ones

BILL JENKS

After 19 years in the home care business, I have seen too much unnecessary heartache and discord when it becomes apparent that our clients' family members are either unaware of what their parent's/grandparent's/spouse's wishes and priorities are, or they disagree on what they assume those wishes and priorities to be.

It is vital to talk openly with aging adults in your family about what they want as they age – what is most important to them – while they can still communicate effectively with you. What people do not realize is that this kind of talk should also be had with each family member who is over the age of 18 and unmarried. You never know when an accident or other unforeseen event could put you in the position of either making informed decisions on behalf of an incapacitated family member or watching from the sidelines as decisions are made by medical professionals and/or the State.

Having intentional, detailed "what if?" conversations with family members can give everyone peace of mind and can make a huge difference when the "what if?" happens. These conversations can go in all sorts of directions but here are a few key issues you should be sure to cover:

1. How Things Are Now – Is the person you care about already facing challenges that you may not be aware of? Do you have a clear and realistic view of their current daily lives? Do they have any health problems? Are there things that can be done now to make life easier, more meaningful, happier? In the case of aging relatives, you may not get the true picture from a conversation. You may need to spend some time (several days, not hours) observing them in their home to get an accurate assessment.

2. Option A and Option B – If there is a crisis, how will this person get help? Who will call you to alert you, and who will you call? Do you have contact information for relatives, neighbors, friends, doctors, lawyers, financial advisors, insurance com-

panies, and local service providers? Consider creating a telephone checklist in case you need to make calls on anyone's behalf.

3. Legal Issues – Nearly every adult should have:

- An up-to-date will
- A durable power of attorney (giving someone the authority to make financial and legal decisions on their behalf when needed)
- A living will (outlining wishes for end-of-life care), and a legal power of attorney for health care (which is geared specifically toward medical decisions). Be sure all your loved ones over 18 have these documents, and make sure you know where they are kept. Better yet, have copies of them yourself.

4. No Place Like Home – Most people want to stay in their own homes as they age, but that is not always an option. If necessary, can the house be made more accessible with a first-floor bedroom/bathroom, grab bars, ramps, etc. Where would your parent want to live if they could not stay at home or could not live with other family members? What options are available? What matters most to them? The answers may surprise you.

5. The Cost of Care – Long-term care (at home, in an assisted-living facility, or in a nursing home) can run from \$50,000 to well over \$100,000 a year. Some options to consider are long term care insurance, hybrid life/long term care insurance, and family and retirement planning and protection. It is also wise to be informed about what Medicare and Medicaid (MaineCare) will and will not cover and what the financial and other parameters are to qualify for MaineCare.

CONTINUED ON PAGE 13



Bill Jenks owns Home Instead Senior Care, which provides non-medical home care throughout Cumberland County. He is also Chairman of the Board of Directors for the Alzheimer's Association, Maine Chapter.

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INVITING ALL GORHAM BUSINESSES ON MAIN STREET AND BEYOND TO

GORHAM'S ANNUAL TREE FESTIVAL 2019

You are invited to participate in Gorham's Tree Festival. If your business would like to participate in being festive and lighting up Main Street and beyond this holiday season here is how to get involved:

- Place a Holiday Tree outside of your business and decorate it for the season by December 1st at 4pm. It can be traditional or themed.
- Our goal is to have all trees lit on the evening of the Light Parade December 1st at 4pm and throughout the season. This year the members of the Gorham Village Alliance will view each tree and choose the winning tree of the festival!
- On the evening of New Year's Gorham the winner selected by the Gorham Village Alliance will be announced and presented with a traveling plaque to hold on to and have on display for the year!
- If you would like to participate or have any questions please email Cindy Smith at cindy@greatfallsinc.com. Please be sure to let us know if you will be participating by Wednesday, November 27th to ensure your tree will be judged and on the list of trees that will be published for the community to visit.

Too busy, but would like to participate? Let us know and we can help. Looking forward to a festive Main Street and beyond. Thank you for your time. Happy Holidays!!

GORHAM VILLAGE - TWO UNIT



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Motor Vehicle Burglaries Reported

GORHAM TIMES STAFF

Vehicle break-ins continue in Gateway Commons, Wagner Farms and on Tink Drive. All vehicles were parked in residential areas and unlocked at the time of the thefts.

Items taken were mainly cash and electronic devices. Gorham Police have video of a suspect and have asked the public to contact them with any information and to report suspicious people and/or vehicles.

Gorham Police also recommend that residents lock their vehicles and suggest valuable items be secured elsewhere, not left inside parked vehicles.

Planning Board Results

NOVEMBER 4, 2019

A proposed amendment to the Land Use and Development Code to allow application for a refund of an impact fee was moved to the next available planning board meeting for a public hearing.

A proposed amendment to the zoning map in the area of Harding Bridge Road to match the Future Use Map in the Comprehensive Plan currently zoned as Rural to Suburban Residential was discussed and moved to the Board's comprehensive plan implementation committee for review and recommendations.

A pre-application by Design Dwellings for approval of 22 condominium units and a commercial unit on an approximate 5.32 acre parcel on Main Street with associated parking at 146 and 156 Main Street was discussed.

Grand Jury Indictments

SEPTEMBER 2019

Sarah Brinkerhoff, 42, of Gorham was indicted for theft by unauthorized taking on charges brought by Westbrook PD.

Michael Gough, 57, of Waterville was indicted for home repair fraud on charges brought by Gorham PD.

Timothy Hansen, 37, of Portland was indicted for domestic violence terrorizing, violating conditions of release, violating a protective order and domestic violence assault on charges brought by Gorham PD.

Andrew McDonald, 38, of Gorham was indicted on two counts of burglary, receiving stolen property, criminal trespassing and theft by unauthorized taking on charges brought by South Portland PD.

Tiffany Petronsky, 31, of Hollis was indicted for negotiating a worthless instrument on charges brought by Gorham PD.

Gorham Community Well Served by Mutual Aid Agreements

PATRICK O'SHEA
Contributing Writer

Gorham and Scarborough have had a mutual aid agreement at the North Scarborough Fire Station on Saco Street for 30 years. Through mutual aid, communities share resources when responding to fires or emergencies so as not to duplicate services. The town of Gorham also has mutual aid agreements with the towns of Standish and Windham.

There has been some recent concern that Gorham is not putting the necessary resources into its agreement with Scarborough, and coverage and relationships between the towns is not what it should be. In a meeting with Gorham Fire Chief Bob Lefebvre and Scarborough Fire Chief Mike Thurlow, however, they both stated that there is no crisis in coverage at the North Scarborough Station and that the relationship between the two towns is as solid now as it was when their predecessors started it 30 years ago.

Thurlow stated, "We have the utmost respect for each other." Lefebvre added, "If I called Scarborough for assistance I'd have every piece of equipment I needed."

They also said what has kept this longstanding relationship going is compromise. Both departments compromise and do what is best for the communities and the staff.

The problem the two fire chiefs are facing, however, involves staffing at the North Scarborough Station in particular. In the 70's and 80's, the two departments had waiting lists of people willing to be on call as firefighters. Gorham had 230 caller members and Scarborough had 330.

Over time, society has changed and the number of calls has increased, making it more difficult for those "on call" to leave their home or business to assist. To make sure there was someone available to get a truck out to respond to a fire, Thurlow hired a per diem firefighter at the station nine years ago. Four years later, Gorham added a per diem staffer to the station. Both of these staff members covered the daytime hours at the station.

Because North Scarborough is the second busiest station based on number of calls, Thurlow added a per diem firefighter to the night shift as well. Lefebvre has added this position into his budget for the past several years, but it has been cut during the budget process. Last year, two rescue personnel positions were given priority.

Both chiefs stated that their respective town managers are aware of the situation and are working to ease the situation, but they made it clear that the citizens are well served by this mutual aid agreement.

Real Estate Transfers July 2019

ADDRESS	BUYER	SELLER	PRICE
96 QUEEN STREET	TIBBALS, GEOFFREY, & JENNIFER	VESTPROPR, INC.	\$278,000
22 BLUE FLAG LANE	TODORICH, PAIGE & BATCHELDER, SCOTT	LARRABEE, PAUL & MARJORIE	\$330,000
9 CONNOR DRIVE	SANTOS, JANICE	SUSAN DUCHAINE, LLC	\$311,000
10 POLLIWOG LANE	POULIN, JONATHAN & MONICA	ALLEN, TIFFANY	\$378,500
3 COTTON DRIVE	POULIET, MATTHEW & TRACY	NORMAND BERUBE BUILDERS, INC.	\$350,000
17 LOMBARD STREET	ENCORE PROPERTIES, LLC	HAMILTON, BROOKS & ERIC	\$152,000
16 CUMBERLAND LANE	DUBE, RONALD	RAYMOND, ELENA & JASON	\$375,000
262 MAIN STREET	LITTLEFIELD, JACOB & NICHOLSON, EMILY	DOMBROWSKI, THELMA	\$233,800
166 NARRAGANSETT STREET	CCLD, LLC	SUSAN DUCHAINE, LLC	\$625,000
10 CAROLYN DRIVE	PARRAS, JAREN	DUONG, TONY	\$268,000
356 SEBAGO LAKE ROAD	TRACY, LEONARD III & MASON, SCOTT	TRACY, LEONARD III	\$238,200
7 BEVERLY LANE	BRADLEY, CARMINIA & DWAYNE	WRIGHT, JEFFREY & RENEE	\$396,000
91 CUMBERLAND LANE	POMERLEAU, GARY	GILE, JAN	\$250,000
24 SPILLER ROAD	POPOV, FEDOR & OKSANA	RUEL CONSTRUCTION, LLC	\$365,000
7 CAITLIN DRIVE	LANCASTER, TYLER & VASALOFSKY,	PARSONS, JASON & CATHERINE	\$364,900
40 NORTH GORHAM ROAD	SMITHE, MATTHEW & JENNIFER	A2H PROPERTIES, LLC	\$294,000
72 MAPLEWOOD DRIVE	RUDOLPH, BRUCE & ANNA	PRM MANAGEMENT, LLC	\$325,000
25 SCROGGIE WAY	SCHULTZ, MARY	SCHWARTZ, STEVEN & DONNA	\$450,000
1 LEDGEHILL ROAD	FRANCES, BENJAMIN & GRIFFITH, KATHERINE	BRANIFF, MICHAEL & ELIZABETH	\$447,000
409 MAIN STREET	KARDASH, LORRAINE & LAWRENCE	IACONETA, CHRISTIEN	\$365,000
69 CRESSEY ROAD	ROBERTS, JESSICA & BETHANY, ALICIA	BINEAU, CEVILE & ROKOWSKI, SUZANNE	\$300,000
133 QUINCY DRIVE	OTIS, CHRISTOPHER & SARA	CLARK, LEIGHTON & WENDY	\$415,000
246 DINGLEY SPRING ROAD	BOWMAN, RICHARD & CAROLE	W.W. WOOD PROPETIES, LLC	\$325,000
20 GARDEN AVENUE	HOWE, PETER & BOULOS, MARY	ESTATE OF MARLEAN STRAW	\$225,000
7 PINECONE LANE	MARLIN, JULIA & SARA	VERNES, ALLAN & JENNIFER	\$270,000
682 GRAY ROAD	KROWSE, JOHN & KRISTIE	BILLINGS, SCOTT	\$218,400
10 HURRICANE ROAD	SMITH, SHARON & KELLY	MCKAGUE, HELEN & KEVIN	\$260,000
16 HESSIAN DRIVE	LANE, RYAN & AMANDA	GILBERT HOMES, INC.	\$470,000
32 JENNIFER LANE	REIDY, SARAH	MURRAY, BEVERLY	\$280,000
1 ESCALANTE WAY	WILLIAMS, KATHERINE & SOMES, JEREMY	BOLA, WILLIAM & PATRICIA	\$349,000
4 LIBERTY LANE	SANTA MARGARITAHOLDINGS, LLC	AUGER, GARY & TAMI	\$590,000
43 RUNNING SPRINGS ROAD	SAMLE, PAUL & SHAMRA	MORNEAULT, STEPHEN & SUSAN	\$382,000
102 GORDON FARMS ROAD	COLLINS, SHAYNA & DROWN, ZACHARY	REIDY, SARAH & JOHN	\$400,000
11 COTTON DRIVE	BERNIER, RYAN	MCGRANE, ETHAN & SARAH	\$370,000
113 LIBBY AVENUE	ALSAADY, THOALFAKAR	KNUDSEN, KAREN & TODD	\$358,500
5 MUSKET DRIVE	LAPLACA, ANDREW & CASEY	BNO, LLC	\$377,500
95 COUNTY ROAD	NOBLES, LAURA	FRICK JOINT TRUST	\$340,000
24 SANBORN STREET	DEROCHER, NATHAN & REBECCA	ROBINSON, MATTHEW & MELISSA	\$354,900
9 BAXTER LANE UNIT 1	HAWXWELL, AUDREY	CHASE CUSTOM HOMES & FINANCE, INC.	\$339,900
16 PARKER HILL ROAD	CROWLEY, CHRISTOPHER	TD BANK, NA	\$200,000
40 SETTLERS WAY	MURRAY, RENEE	TARBOX, ERIC & ANNE	\$408,000
165 FLAGGY MEADOW ROAD	MOER, CODY & SARA	ROBBINS, MARLESE	\$335,000
31 MOSHER ROAD	COBB, TYLER	WILLIAMS, THELMA	\$190,000
18 STEPHEN WARD DRIVE	ROSSIGNOL, ROBERT	SUSAN DUCHAINE, LLC	\$305,500
777 FORT HILL ROAD	TARDIF, CRYSTAL	CHAPMAN, RUSSELL	\$232,500
27 STEPHEN WARD DRIVE	LORANGER, ROBERT & DEB LIVING TRUST	SUSAN DUCHAINE, LLC	\$235,000
60 SPILLER ROAD	GAUDREAU, JORDAN & DISTASIO, HANNAH	TRADEMASTERS, INC	\$255,000

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Parvanta Wins "Oscar" for Teaching CONTINUED FROM PAGE 1

Parvanta is the only Milken Educator Award winner from Maine this year, and among only 40 honorees in the United States. The award was given to Parvanta in recognition of his "non-traditional approach that truly connects with students, and his understated passion for video editing and storytelling that prompts students to spend extra time on their schoolwork as they learn skills that will translate well in an evolving future of rapidly advancing technology," according to a press release by the Milken Family Foundation.

Makin, who was named a Milken educator in 2001, shared, "Mr. Parvanta exemplifies the power of individual teachers to inspire students and to transform school culture. Described by colleagues as a quiet leader, he consistently finds opportunities to apply his content and instructional practice in authentic and meaningful ways that connect and celebrate students, staff, and community."

Foley spoke about the importance of teachers before she shared the real reason for her visit. "The single most important thing for students is the quality of the educators," she said. "Adam Parvanta knows that technology is an essential foundation for education just as it is throughout life," added Foley. "By integrating tech narrative skills into the classroom, Parvanta is helping students become authors of their own life

stories. We're proud to welcome this innovative and visionary Milken Educator."

Parvanta, who was clearly shocked to realize the assembly was organized in his honor, spoke to the cheering crowd and shared, "This is wild. I don't do praise. I don't take praise. I like to help people and make people happy. I'm happy when I see other people happy, especially students. It's incredible to be on this end and to know that you appreciate what I do so much."

In speaking about Parvanta, Principal Brian Jandreau, said, "One of the things he does is puts others in the spotlight to celebrate who we are as a school, as a culture, and I personally am grateful for that work that you do."

Parvanta earned a bachelor's degree in Education from the University of Maine in 2003. His recent highlights include the production of a moving video about Gorham's unified basketball program, in which GHS students play and compete with special needs students, and he helped Gorham secure an Adopt-A-Classroom grant from the Maine Educational Loan Marketing Corporation to connect high school and elementary students.

He will travel to Indianapolis in March 2020 to network with other Milken Award recipients and exchange ideas on the future of education.

Record Named Assist. Superintendent of the Year CONTINUED FROM PAGE 1

Year. The following school year, he began his eight-year run as principal of Gorham High School.

Reacting to this latest achievement, Record shared his success with others. "I continue to be very proud to serve the students, staff, and community of Gorham. I consider this a team win because I am surrounded by so much professional talent who work tirelessly to help all students succeed every day."

A graduate of Mount Blue High School, Record began his teaching career armed with a history degree from Bates College. He accepted a position as a teacher/counselor at an alternative wilderness school in North Carolina where he would be spending 24 hours a day with challenging students. He explained his choice by stating, "I wanted to serve."

Record vividly described his first teaching opportunity. "The kids were given the choice to go to jail or come to this school." Spending much of their time outdoors, he and his students ambitiously hiked the Appalachian Trail for three weeks in Maine.

That early wilderness experience continues to shape Record's educational beliefs with his stress on the importance of getting kids outdoors to experience nature. "My ideal educational focus would be to encourage outdoor educational opportunities for all children. They have too much screen time and not enough time outdoors. Put the screens away!"

Record's work in an alternative education program comes through in his efforts to provide meaningful professional development built around support for students who are struggling with social and emotional health issues. He credits a training series titled, "Creating Trauma-Sensitive Schools" for increasing his under-

standing in this important educational area.

After receiving his Master's Degree in Educational Leadership from University of Southern Maine, Record later earned his PHD from the Muskie School at USM. He admitted the move from principal to assistant superintendent was a significant change. He loved being the "face of the school" as a principal but sees advantages in the new role, "As an assistant superintendent, you are allowed to be a part of large scale change."

Collaborating with Superintendent Perry and the School Committee, Record believes being a part of the leadership team allows him to support achievement of district goals while he can still continue to build closer relationships with the K-12 staff.

Record explained that administrative work is often behind the scenes and not always apparent to the public. He referenced his interaction with the school community in the areas of emergency management, policy committee work, professional development and supervision of other administrative positions. Two projects cited in his recent award were the completion of a Comprehensive Needs Assessment and implementation of the ALICE active-shooter protocol. He considers the ALICE (alert, lockdown, inform, counter, evacuate) protocol, with its goal to ensure the safety of all students and staff, as one of his most important accomplishments as assistant superintendent.

Record lives in Scarborough with his wife Mary, a health teacher at Scarborough High School, and their two children, Ashton, a high school junior, and Kylie, an eighth grader. He labels his family as "very outdoorsy" with plenty of skiing, ocean adventures, and trips to Kezar Lake.

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Sense and Sensibility Comes to Gorham High School



Photo credit Emily Crepeau

The cast of Gorham High School's fall play "Sense and Sensibility."

EMILY CREPEAU
GHS Student Intern

This fall, Gorham High School will present "Sense and Sensibility," a play by Kate Hamill, based on a novel by Jane Austen. The play, directed by Josie Tierney-Fife, is focused around the Dashwood family, love triangles, and many conflicts.

The Dashwood family consists of Mrs. Dashwood, Elinor, Marianne, Margaret, and John Willoughby, who is the half-brother of the Dashwood daughters.

The main characters are sisters Elinor and Marianne Dashwood. Elinor is played by sophomore Julia Ordway and Marianne is played by freshman Madeline Downey.

"The title 'Sense and Sensibility' comes from the two sisters. Elinor represents the sense portion of it. She is very reserved and keeps her emotions inside," said junior Emily Paruk, who plays Ms. Dashwood in the play.

"Marianne represents the sensibility portion of the title because she is not afraid to show how she feels," said Paruk.

Audience members should expect to be entertained. It showcases a lot of love and all the drama that comes with that love.

"There is something in here for everyone. You get the Rom-com feeling, humor, and action," said sophomore Annikka Mocchiola, who plays Margaret Dashwood in the play.

"Also, Jane Austen threw in different Easter eggs of other characters from previous Jane Austen novels. If you listen hard enough, you get little snippets of Elizabeth Bennet from 'Pride and Prejudice.'"

All of the characters in the play are unique in their own way. "Margaret Dashwood, the youngest sister, is very enthusiastic. Fanny Dashwood, the Dashwood sister's sister-in law, is very stuck-up. There are also the fun neighbors Mrs. Jennings and Sir John, who love to gossip," said Mocchiola.

The production takes place at GHS' McCormick Performing Arts Center on Friday, Nov. 15, at 7:30 p.m.; Saturday, Nov. 16, at 2 p.m. and 7:30 p.m.; and Sunday, Nov. 17, at 2 p.m.

Tickets are \$5 for students and \$10 for adults.

Freshman Wins Scholarship to Berklee College of Music

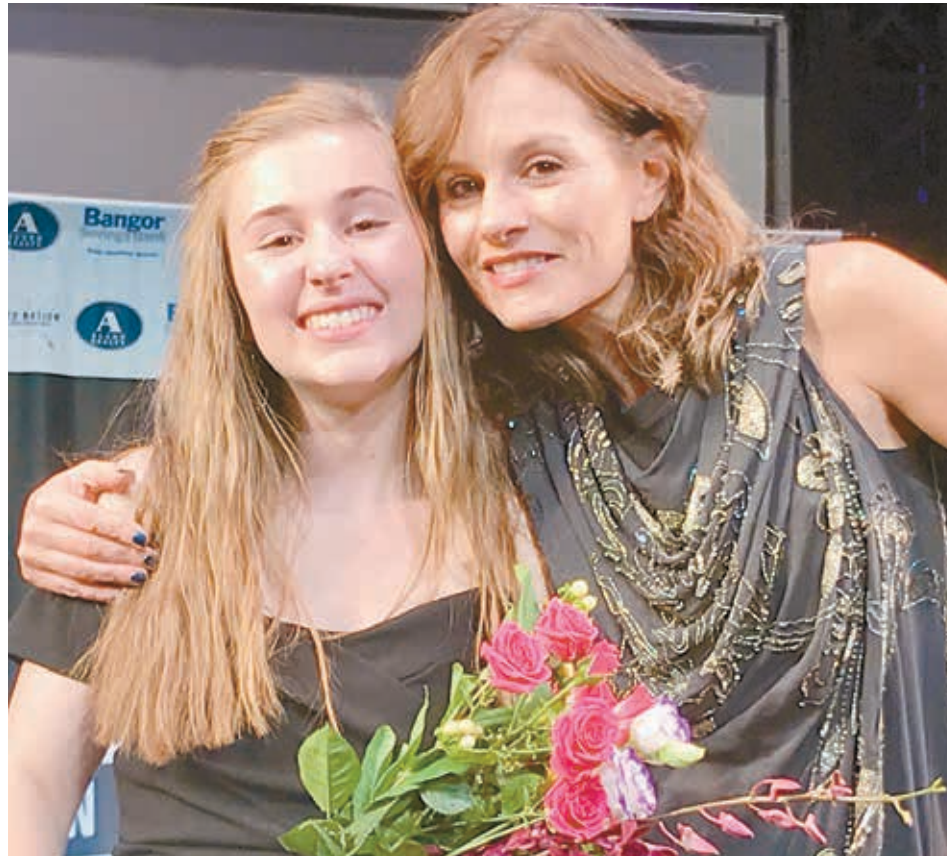


Photo credit Milaine Plante

Emelia Bailey, a freshman at Gorham High School, won second place at the New England Sings competition held on October 15 at The Ogunquit Playhouse. Bailey was selected to participate from a large pool of video entries from all over New England. Ten finalists performed various genres of music for three judges including: a Berklee College of Music songwriting professor; the director of the Ogunquit Playhouse; and a Nashville music producer/songwriter. Bailey performed "Time to Say Goodbye," written by Francesco Sartori and Lucio Quarantotto, and was awarded a summer scholarship at Berklee College of Music and a cash prize. The event was sponsored and hosted by Kara DioGuardi, a former American Idol judge, and director of Inspired Nation (an organization that seeks to promote young people in the arts). Bailey (left) is pictured with DioGuardi.

School Note

Superintendent Heather Perry has published two new blog posts updating the public on the new draft K-5 Attendance Zone Adjustments to be implemented for the 2020-21 School Year and on the GHS Building Project. Visit: <https://gorhamsuperintendent.blogspot.com/>.

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Attendance Zone Changes Will Balance Elementary School Enrollment

KATHY CORBETT
Staff Writer

Beginning in the 2020-21 school year, the Gorham School Department will shift K-5 attendance zones to reduce enrollment at Great Falls and Village Elementary Schools and channel additional growth towards Narragansett Elementary School. Modular expansion now under construction at that school will have added six new classrooms and a new cafeteria space by the time students return from summer vacation.

"These changes are being made to address the very real issues associated with our growing student population," Superintendent Heather Perry said, "and if left unchecked would result in large class sizes and too little space for necessary support programs."

Over the past five years the district has added nearly 300 more K-5 students. Planned modular expansion at Narragansett School will allow for additional growth until a state-approved new elementary school could be built on that site. According to Perry, this 10- to 15-year plan

should prevent the need for another shift in attendance zones.

The largest impact will be on families living to the east of Gray Road. Eighty-four students will be moved from Great Falls School and nine will move from Village School. Parents received a letter from the superintendent explaining the move and outlining plans for the transition.

"I want you to know that the entire K-5 staff and administrative team of all three schools have established a goal to make this transition as smooth as possible," Perry wrote.

Elementary principals have called each family affected by the change to answer any questions. Narragansett School principal Cynthia Remick reached out to share information, welcome the students to their new school, and begin the transition process. In addition, P.I.E. meetings were planned at each of the three schools so that Perry could meet with parents to explain the reasons for changing the attendance zones and answer questions. More detailed information is available on Perry's blog at gorhamsuperintendent.blogspot.com.

Maine Supreme Judicial Court Holds Court at GHS



Photo credit Grace Flynn

The Maine Supreme Judicial Court Justices recently held a trial in the Gorham High School auditorium with students getting a first-hand look at the justice system.

GRACE FLYNN
GHS Student Intern

On the morning of October 8, Gorham High School (GHS) students quietly shuffled into the school's auditorium. The room had an air of seriousness unfamiliar to a large group of teenagers. Students had left backpacks and cell phones in classrooms, yet few opted to talk despite having no other distraction. Two desks sat below the stage, and lawyers sat reviewing notes. The students, all seated, scanned the seven empty seats on the stage.

A bailiff banged his gavel and declared, "All rise." Students promptly rose in unison as the Maine Supreme Judicial Court filed onto the GHS stage to hear their first of three cases at GHS that day.

The Court has been scheduling visits to Maine high schools via invitation from local legislators since 2005. Gorham's Jobs for Maine Graduates coordinator, Eliza Kenigsburg, began the planning process for the visit.

Kenigsburg stated that she has seen "a ton of interest in law" among GHS students. Whether it is law enforcement, social justice work, or practicing law, it is clear that a large portion of the student body is curious about various aspects of the law.

In the spring of 2019, Kenigsburg reached out to Gorham's State Representative Maureen Terry and Senator Linda Sanborn to coordinate a Court visit to GHS for the coming fall. They in turn extended an invitation which was accepted.

High school visit coordinator for the Court, Julia Finn, conducted meetings with GHS' administration

and social studies department to begin organizing the fall visit. The department was given outlines of each case to share and discuss with students prior to the visit.

Brian Jandreau, GHS principal, stated that when Finn contacted the school to accept the invitation, it was a "no-brainer" to secure the visit.

"Any time students, or really any-

body, can sit in on a court case and see democracy in action is a meaningful and powerful experience," he said.

The Gorham School District as a whole has been encouraging career exploration for the past few years through events such as Future Story Day (see photo page

9), field trips, and visiting career-professionals.

Kenigsburg has been at the helm of coordinating many of these events, and believes that the Court visit was an especially valuable experience for students.

"It isn't people reporting on their experience in roles; it's them actually performing those roles and us getting to witness it," said Kenigsburg.

After each session, students were given the chance to ask the lawyers questions. Junior Leah James was one of several students who had an opportunity to have lunch with the Justices.

"I feel very lucky to have been chosen. It felt equal, and they genuinely cared about our opinions and futures," said James.

Social Studies teacher Darren Panagakos, who facilitated the communications with the social studies department, believes the visit had a great impact on students.

"Experience can be like velcro. Now, new classroom material has something to stick to," said Panagakos.



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GHS Eco-Club Helping Our Earth Stay Green

BROOKE PHILLIPS
GHS EcoClub Student Leader

In April, students and faculty at Gorham High School (GHS) banded together to increase environmental sustainability at GHS and in the Gorham community by creating a new organization called the Eco-Club. With faculty advisor Rachael Grady, a history teacher at GHS, the club was originated with three members: Chloe Russell, Shannon Lawrence, and Ursula Steiner. The group, however, quickly grew in numbers.

The club has gained nearly 200 student members since spring. There are various committees working within the club: Recycling, Cafeteria Work, Campus Work, Youth Outreach, Online Presence, Grant Writing & Fund-raising, Community Outreach, Field Trip Coordinator, Newsletter, SEA Summit, and Volunteering.

Each committee has strong student leaders, all working to fulfill the mission statement to increase awareness about the changing climate and to work to make the school and community more environmentally sustainable. Raising awareness of the climate crisis and promoting eco-friendly habits are two of the major goals of Eco-Club.

One way Eco-Club plans to make GHS greener is to transition the GHS cafeteria from single-use plastic to reusable dining materials and to purchase composting and recycling containers. To this end, junior Sophia Kaufman has led the application effort for a \$5,000 grant from EcoMaine.

Another Eco-Club plan is to create

a pollinator garden in the currently unused and overgrown GHS courtyard, led by junior Katy Morin, who is leading the Campus Committee's efforts to improve the grounds. Eco-Club is fortunate to have Master Gardener Sharon Blakeslee oversee this effort.

A third Eco-Club plan to make Gorham greener is to reach out to young people about the need to be more environmentally-conscious. Leaders Zach Beaumont, Haley Lowell, and Jonah Bird, all seniors, helped teach preschoolers about caring for the Earth during story time at Baxter Memorial Library.

Recently, members led an Eco-Club presentation about climate change to Anton Gulovsen's science class at Gorham Middle School. Education and awareness will build sustainable practices.

Aroma Joe's Gorham manager, Amber Rocray, reached out as an ally to Eco-Club and donated 50 metal straws to sell and two reusable cups and a reusable cloth bag to raffle. Each time someone fills a reusable cup or mug at Aroma Joe's in Gorham, Eco-Club receives a small portion of the savings.

The Eco-Club has organized an upcoming bottle drive fund-raiser on November 23 and community support is welcome. Members of the club will be knocking on doors to collect bottles and donations for the club. The funds will go toward a school garden at GHS, composting and recycling materials, and events like the SEA Summit.

Follow EcoClub on Instagram @EcoClub_GHS to learn more and be a part of plans to make eco-friendly advancements throughout the town.

What's Your Future Story?



Photo credit Lydia Valentine

Future Story Day 2019 was recently held at Gorham High School (GHS). According to principal Brian Jandreau, the goal of the day was to prepare students for life after high school, whether that is going to college or directly into a career. The day was split between students listening to a panel of professionals and a half day of sessions where students could choose to learn more about a number of careers. These included: Seeds of Peace and non-profits; landscaping and construction with local businesses; sports journalism broadcasting with Chris Sedenka of Atlantic Coast Radio; and a talk of surgery and women's health with Gorham resident Dr. Barbara Slager. Pictured are the members of the panel (left to right): Kathryn Caiazza, from the medical field; Paul Dubay, police and military; R. Jameson Smith, filmmaker; Jon Smith, business owner and construction; and David Willis, real estate and sales. Students asked the panel questions about their careers and which aspects of high school did or did not prepare them for those careers.

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GMS Students Plant Yellow Tulips in the Hope Garden



Photo credit Sarah Rubin

Students from the Gorham Middle School (GMS) Civil Rights Team planted yellow tulip bulbs on October 10 in commemoration of World Mental Health Day. The GMS Hope Garden is a part of the Yellow Tulip Project, which “focuses on smashing the stigma that surrounds mental illness and building a community where people realize there is help and hope out there,” according to its website. The thought is that after a long winter, tulips are a reminder of perseverance and the renewal of Spring. The organization was started by a Waynflete student who had struggled with mental health issues and experienced the suicides of her two best friends in 2015. FMI about the Project, visit: <https://theyellowtulipproject.org/our-story>. Pictured (L to R), Front row: Jack Mazaris-Atkinson, Gavin Hakizimana, Olivia Cherry, Nicholas Tinkham, Caira Nobert, Eliot Verry-Gardella, John Copperberg, Katelyn Cyr, and Kai Whitehead. Back row: Civil Rights Team Advisor Sarah Rubin and Asher Bissonnette.

SPORTS

Rathbun Medals in Obstacle Course Racing in England

DESTINY COOK
Sports Editor

If you’ve seen your friends post pictures of themselves at races where they are covered in mud and sweat, most likely they’ve just competed in an Obstacle Course Race (OCR). When you hear “obstacle course race,” you may be reminded of field days in grade school where, as kids, we hopped in sacks, jumped rope, and whipped hula hoops around. This is very different.

Obstacle Course Races require athletes to participate in a number of physical challenges that have been constructed just for the event. They usually take place over distances of a 5K, 10 miles, or more. Baxter Memorial Library Director, James Rathbun, who has been competing in OCRs for many years, said it’s normally a combination of obstacles that include running and body weight exercises like climbing ropes, walls or monkey bars.

The running often takes place through wooded terrain, usually off-trail, and frequently at ski resorts so going up and down the mountain is part of the course.

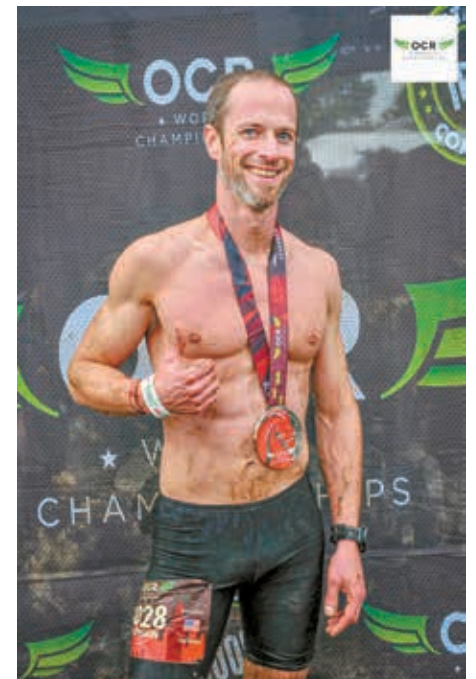


Photo credit North American OCR Championships

Baxter Memorial Library Director James Rathbun competed at this year’s OCR World Championships in Kelvedon Hatch, UK.

Rathbun said sometimes there will be a short swim section or a lot of mud. “I’ve always loved clambering over things and playing in the woods, climbing trees, stuff like that. It was a new sport back then

CONTINUED ON PAGE 13

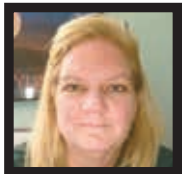
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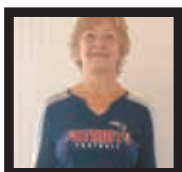
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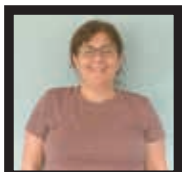
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GHS Fall Sports Wrap-Up

COMPILED BY DESTINY COOK
Sports Editor

Football: Coach Andy Hager said the football team finished the year with a 3-5 record, beating Noble, Deering and Westbrook. Gorham had a 1,200 yard rusher in Tyler Rollins, who along with senior OL/LB Kyle Ouillette, is exploring opportunities to play football at the next level. Senior LB Henri Kuntz finished the season with 99 tackles, second most in a single season. The Rams graduate 17 seniors, leaving 18 sophomores including Landon Bickford and Elijah Wyatt who can step into key varsity positions next year.

Volleyball: "We had a great second half of the season, playing good strong games at home and also performing well on the road," Coach Emma Tirrell said. Though the girls lost a couple of hard fought five-set matches to Scarborough and Cape, they remained tough. Players of all classes contributed to wins, from sophomores to seniors, with the upperclassmen stepping up as leaders. "Our quarterfinal at home against Deering was a memorable game because lots of players were able to contribute to our win, proving the depth down our bench," Tirrell shared. The team ended the season at 12-4, losing in the semifinals to Scarborough on the road. Senior captain Meg Perry had 197 kills and 182 digs on the season, Ursa Steiner finished the season with 447 assists, and Haley Burns with 131 digs

and 34 service aces. There were other significant stats on the season: senior Caralin Mills with 90 kills, sophomore Ellie Perry with 120 digs, and Talia Catoggio with 214 serve receive passes and 231 digs.

Boys' Soccer: The boys ended the regular season with six straight wins, out scoring opponents 20-1 and finishing first in Heal Point standings. They defeated Westbrook 5-0 in the quarterfinals (avenging an earlier 4-2 defeat during the regular season). Travis Matheson had two goals and an assist and Brady King contributed with one goal and three assists. In the semifinals, the team defeated Portland in a rematch of the last three Regional finals with goals from Travis Matheson and Javin Stickney. In a hard fought game, the team lost to Falmouth 2-1 in the Regional final, the lone goal scored by Nolan Gava.

Coach Tim King said the team showed tremendous growth during the season and played with 100% effort right to the final whistle. "I am proud of the accomplishments of this group, including playing in four straight regional finals," King said.

Several players were recognized for outstanding play. Captains Travis Matheson, Brady King, and Kyle Hamblen were all voted as 1st team SMAA All Stars. Ryan Farr and Romain Salvi were 2nd Team SMAA selections, and Andrew Farr received Honorable Mention. Andrew Rent was also recognized with an Honorary 1st Team

SMAA selection after being voted 1st team SMAA for his first three HS seasons before losing his senior year to injury. Brady King and Travis Matheson were also voted to the Maine State Southern Maine Regional All-Star team and will attend the all-state banquet on December 8 in Bangor.

Girls' Soccer: Girls' soccer went on an 11-game unbeaten streak after losing to Cheverus on Sept. 19. Coach Jeanne Zarrilli said the girls finished fourth in Heal Point standings. The team went on to beat Windham 2-1 in the quarterfinal. In the semifinal game against Cheverus, the girls played a physically and emotionally draining 110 minutes. After a double overtime, the teams went to penalty kicks; the Rams went 0-3 and the Stags went 3-1 ending their strong season.

Golf: The GHS varsity golf team finished its season with a record of 7-3, and finished in 8th place at the State Championship at Natanis. Coach Scott Nevers said, "We improved in almost every category; each athlete improved their scoring average, and improved our team scoring average by seven strokes versus last year."

The Rams had two athletes qualify for the individual championship; Nicole Walker who finished 10th, and Bryce Lumbert who finished 12th. The JV team finished 3rd in the JV Jamboree tournament that was held at the end of the year as well. "We have a large program that will continue to be exciting

for the years to come." Nevers said.

Cross Country: Coach Jason Tanguay said the girls' cross country team showed they were contenders finishing 3rd out of 17 teams in the league at the Class A Regional Championship. Individually, the Rams had top performances from Kate Tugman in 2nd, Iris Kitchen in 12th, Rachel Cummings in 24th, and Elisabeth Loranger in 25th. The boys' cross country team had a strong showing finishing in 5th place out of 17 teams. Individually, the team had top performances from Calvin Cummings in 6th place, Reed Henderson in 9th, and Josh Lehmann in 22nd.

In the Class A State Championship, the girls' team battled over the 5K course until the bitter end. They finished in 3rd place closing ground on the teams that beat them the previous week. Individual top performers that day were Kate Tugman in 3rd, Iris Kitchen in 17th, Elisabeth Loranger in 36th, Rachel Cummings in 37th, and Bailey Wentworth in 44th. The boys' team finished in 8th place. Individually, top performers were Calvin Cummings in 10th, Reed Henderson in 11th, and Josh Lehmann in 27th. "Our runners definitely showed their grit again in the post season," Tanguay said.

The season continues as the girls' team qualified to compete in the New England Championship in Manchester,

CONTINUED ON PAGE 12

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Buy a holiday wreath and help support **Gorham Ice Hockey**

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Nov. 29th, 30th, Dec. 1st

Saturday, Sunday
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Season's Greetings!

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Gorham High School Swim Team 



Connecticut on November 9. Calvin Cummings and Reed Henderson will also participate. Tanguay said, "They did this through their outstanding performances at the state championship."

Field Hockey: This year's team was the first to go to the semifinals since 2009, finishing with a record of 10-6. The Lady Rams went on a five-game winning streak to make it all the way to semifinals. Coach Becky Manson-Rioux said the team was much improved over the course of the season to finish 3rd in their conference.

Gorham hosted a quarterfinal game and beat Falmouth 3-1. Some of the incredible accomplishments on the season are as follows: Faith Dillon had three goals and 13 assists, Molly Rathbun had 12 goals and one assist, Molly Murray had 12 goals and three assists, Lydia Gaudreau had one goal and seven assists, and Sydney Connolly had five goals and two assists.

Sports Etc.

Gorham Recreation will hold its Burn off the Turkey 5K on November 30 at Shaw gym beginning at 9 a.m. A free Kids Fun Run will be held at 8:15 a.m. FMI, visit www.gorhamrec.com.

Correction

The caption for the 6th/7th Field Hockey team photo mistakenly omitted Sherry Garnett's name. She was pictured far right, middle row. Alana Worden was also misspelled.

Take a Hike: Mill Brook Preserve South

CHRIS CRAWFORD
Staff Writer

Presumpscot Regional Land Trust officially opened its newest trail, Mill Brook Preserve South, located on East Bridge Street in Westbrook, just a short distance from Gorham. This family-friendly, 1.5 mile loop trail is free and open to the public for walking, skiing or snow shoeing. While the location is urban, the scenery is anything but. The trail meanders through 32 acres of beautiful forests and wetlands and offers a great view of Mill Brook, a prime stream for the largest annual Spring alewife run, as well as other abundant wildlife.

Parking is at Millbrook Estates housing on East Bridge Street. Go to Land, Water, and Trails page at www.prlt.org to find a map of the new Mill Brook Preserve South as well as all the other unique Land Trust preserves that offer great hiking opportunities. Presumpscot Regional Land Trust (PRLT) engages with communities to conserve, steward, and provide access to local lands and clean water for current and future generations to enjoy.

While there is no hunting on Land Trust preserves, remember that November is hunting season, so wearing blaze orange or other bright colors is a good idea. Please carry in carry out so you leave no trace.



Photo credit PRLT

People of all ages enjoyed hiking on the new family-friendly Mill Brook South Preserve.



Chris Burton



Julie Chandler



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Mike Griffin



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GORHAM \$347,500 - Remarkable 3BR, 2.5ba condo offers 1st floor living. This end unit has much to offer with a front porch, 4 season room, private rear patio, full basement, & garage.



UNDER CONTRACT

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SOLD

60 Patio Park Lane \$35,000 - Well kept mobile home w/ newer addition a master BR, sunny kitchen, spacious LR, remodeled bath & 2 other BRs. Very desirable Gorham 55+ older park.



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Rathbun Medals in Obstacle Course Racing in England CONTINUED FROM PAGE 10

but sounded like fun so I gave it a try.”

Rathbun originally started out as a runner, participating in mostly half or full marathons, though he didn't fare particularly well in them. He began competing in OCR after reading about them in the New York Times as he thought it might be a better fit for his strengths as he enjoyed the training and general fitness. And while he didn't do well in his first race, it only made him want to try again.

His training for OCR consists of running several times a week, both on trails and roads, though nothing more than a 10K. He also works out at a Cross-Fit gym, participating in workouts or using equipment such as ropes, free weights and rowing machine where he focuses on skills that will help him compete in the elaborate obstacles (much like you would see on American Ninja Warrior).

“In the winter when I don't have any races, I'll be there as often as five times a week but during the summer and fall, I only go two or three times a week,” he shared.

Rathbun has competed in 10 states, Canada (Montreal, Quebec City, Toronto, and Ottawa), as well as a multi-day event in Mexico a few years ago. He has competed in all the North American and World Championships over the last few years. Some regular season races require a top-five finish in a competitive category, others are as easy as a top 20 in your age group in an open heat. Because of that, he said getting to the Championships can be relatively simple.

While getting into the Championship may not be difficult, Rathbun said the level of competition is very high and world-class athletes are always there. “I've only competed in the Pro heat at a Championships once and was outclassed, but I can hold my own in my age group,” he said. The World Championships has had over 70 countries represented the last couple years so it's truly a global event. “You get to meet people and make friends from all over the world, while racing against the best athletes in the sport,” he said.

Over the last couple of years

Rathbun has been able to stay in the top 5-10 in his age group at the regular season events he's competed in. He has either won or at the very least been on the podium in his age group at small events. Having just turned 40, Rathbun is now in a new age group and hopes to capitalize on being at the young end of the group. This year was his best for championship level events.

“In my age group, I was 11th (of 153) on the 3km course at the North American Championships. I took 8th (of 56) on the 100m at the World Championships and was 33rd (of 191) there on the 3km,” he shared. During the 15km race course at the World Championships, which is what most of his regular season events are, Rathbun had to quit mid-race and ended up in the medical tent due to hypothermia.

Rathbun has come a long way since reading the NYT article. It took some time to become skilled with Obstacle Course Racing, and while he shared that he's only truly competitive in his age group, he will continue to compete and have fun.

Senior Care CONTINUED FROM PAGE 4

6. The Medical Maze – Make sure one doctor oversees and coordinates all care, especially as your loved one ages. As care becomes more complex, multiple doctors may inadvertently prescribe conflicting treatments. Get to know your parent's physician and stay in touch. Have your parents and adult children sign forms giving their physicians permission to communicate with you about their medical information. Know what health insurance policies are in place and how to access them.

7. Life's Closing Scene – Many people end up confused and afraid, largely because they were not prepared to make tough choices. The best way to avoid this is to talk in advance, specifically and in real depth, about your loved one's fears and hopes, and how they want decisions handled. Then brace yourself to follow those wishes.

8. Continue the Conversation – Understand that once all these things are in place, it is important to review them periodically with your loved ones. People's perspectives change with circumstances and as they age. What they told you with real conviction five years ago may not represent their current thoughts. The more you talk about these issues, the easier it gets.

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COMMUNITY

BIRTHS

Leia Linden Tolman was welcomed on October 19 at Maine Medical Center by overjoyed parents Kenneth and Alyssa Tolman, big-brother James and big-sister Lachlan of Gorham. Grandparents are Louise McKinnon of Windham, N.H.; Thomas and Valerie Maciejczyk of Melbourne, Fla.; and Mary Tolman of Marshfield, Mass.



OF INTEREST

Over 70 people dropped off their carved pumpkins at Courage House for all to enjoy on Halloween. Program Director, Al Garcia, hopes to make the pumpkin display an annual event.



Several Gorham youth will perform in the USM Youth Ensembles concert on November 21 at 7 p.m. at Merrill Auditorium, 20 Myrtle Street in Portland. Suggested donation is \$8/adults, \$5/students, seniors, USM employees and alumni. Gorham musicians performing with the Portland Youth Wind Ensemble are Gabriel Badeau, Lizzie Blanchard, Patrick Cyr, Nathan Goff, Anya Mazaris-Atkinson, Emma Mullin, and Emily Paruk. Performing with the Portland Young Peoples String Consort are Raiyah Babinsky and Abby Mercier; performing with the Portland Youth Junior Orchestra are Erin Lawrence and Tristan Smith, and performing with the Portland Youth Symphony Orchestra is Ethan Ho.

St. Anne's Church at 299 Main Street will hold a pulled pork and baked bean supper on Saturday, November 16 from 5-6:30 p.m. Dinner will include oven-roasted pulled pork, baked beans, potato salad, coleslaw, bread and pies. \$8 per person.

The Gorham Lions Club will meet on Tuesday, November 26, 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.

A free meal is being offered at Mr. Bagel in Gorham at noon on Thanksgiving Day, November 28 to those who either find themselves alone on the holiday or are unable to prepare a meal. Donations will be accepted for the Gorham Food Pantry. Delivery is available

within a 15-mile radius of Gorham for those who are housebound. FMI, Roxanne Hanscom Moody, 839-4516 or trmoody75.rm@gmail.com. Please be prepared to leave a message with your name and phone number.

On Purpose WellBeing Center will offer a free Thanksgiving Buffet on November 28 at 1 p.m. followed by a "Walk off your Turkey" at 3:30 p.m., a safe casual walk in the surrounding neighborhood. 381 Main Street, Suite 4. RSVP at onpurposewbc@gmail.com.

Gorham resident and Southern Maine Community College freshman Arie Eiten makes his debut in the coveted role of Nutcracker Prince in Maine State Ballet's "The Nutcracker" later this month. Other Gorham participants are Estelle Ballard, Macey Brenner, Angela Dellasala, Arie Eiten, Ashley Meacham, Emma Samuelson, and Hailee Willey. Performances run from Nov. 29-Dec. 8 at Merrill Auditorium. FMI visit www.mainestateballet.org.



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.

Great Falls Elementary teacher, Anna Sedenka, started the "One School, One Book Project" five years ago to get all the students excited about reading. To be able to fund the program without using local tax dollars, Sedenka has sought donations from Gorham area businesses and organizations to continue this extremely popular program that reaches all ages and grades of students at the Great Falls School. The Gorham Lions Club members unanimously elected to donate \$500 to this exciting and helpful program. Shown (l to r) Principal Becky Fortier, Lions Jim Burnham, Gary Olsen, Tom Bahun, and Anna Sedenka.



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.

HOLIDAY FAIRS

Saint Anne's Church at 299 Main Street will host its annual "Home for the Holidays" Christmas Fair on Saturday, November 16, from 9 a.m.-3 p.m. The fair will feature crafts, raffles, jewelry, knitted items, wreaths, Gramma's attic room, baked goods, light breakfast, lunch and much more. FMI 839-4857.

The Gorham Tri-Town Extension Group will host a Holiday Craft Fair on Saturday, November 23, from 9 a.m.-2 p.m. at the Harmony Masonic Hall on Cressey Road in Gorham. Crafts, baked goods, knitted items, greens, Tupperware, doll clothes, basket raffles, cards, light lunch and Santa. FMI 892-4249.

West Gorham Union Church will hold an Old-Fashion Christmas Fair on Saturday, November 23, from 9 a.m.-3 p.m. at 190 Ossipee Trail. Craft tables, baked goods and candy, slightly used Christmas decorations and jewelry, handmade items, quilted items and much more. Food will be available.

SENIOR NEWS

Senior Meal Site is held on Wednesdays at 12 p.m., St. Anne's Church, 299 Main St. Social time begins at 11:30 a.m. Suggested donation is \$4. Meal site is closed if school is closed or delayed due to weather. Volunteers are needed to assist in meal prep and clean up. FMI call 839-4857 or 222-1630.

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.

CONTINUED ON NEXT PAGE




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Focusing on Greater Portland to the Lakes Region and all points in between

the *Courtesy of the Gorham Police Department*
blotter

ALWAYS LET SOMEONE KNOW YOUR PLANS

**Woman was texting police to explain an upcoming trip.
 She was advised that texting police should only be used for emergencies.**

Officer responded to Gray Road for a report of several juveniles fighting in the roadway. Officer made contact with a juvenile who said he was having a loud verbal argument with another kid in the neighborhood. There was no evidence of a crime.

Oakwood Drive caller reported seeing a large black bear in her backyard. Bear was headed towards the middle school. Several officers checked the area but did not sight any bears.

Suspicious persons on Huston Road were setting up their game cameras for deer hunting.

Suspicious persons on Main St. were a male and a female in a vehicle who were told to move along as their activity was not wanted around a business.

Subject wanted to report a truck had been scratched at either Hannaford or Rite-Aid the previous Monday. Officer noted complaint but told subject police do not generate reports a week after an incident has taken place.

Police issued a trespass notice to a person who came to a store on Ossipee Trail and caused a scene with an employee.

Gray Road caller reported a group of young kids were barking at her dog when they walked by and had been throwing apples

at her house. Officer located the kids and spoke to two of them about their behavior.

Caller found a white bulldog on Garden Ave. Officer found a man on Lawn Avenue with a retractable leash with no dog attached. He acknowledged that his dog was missing and was reunited with the dog and driven home to Stephen Ward Drive.

Suspicious person sitting on the side of Cressey Road was a private investigator.

Caller wanted to find out about his own driving record. Officer could not tell him anything.

Suspicious persons near Amato's were flaggers who advised officers they would be there most of the night.

Subjects were walking on Ossipee Trail at 2:20 a.m. Officer contacted their parents who came and picked them up.

Officer met with So. Portland PD to pick up an intoxicated woman and give her a ride home.

Officer responded to a disturbance at Main and South St. It turned out to be a disagreement between workers on a road job.

Caller was concerned about the number of scam calls coming in on his cell phone. He was advised not to answer phone and to block those numbers.

Community CONTINUED FROM PAGE 14

The Lecky Brown Center for Seniors, located on the 3rd floor at First Parish Church, 1 Church St., is offering weekly events as follows: Mondays Hand Chime Ringers @ 2 pm; Wednesdays Originals @ 10 a.m. Coffee, Conversation & Speaker every week; Fridays ARTrageous Seniors @ 10 a.m. November will feature Fabric Dying with various projects (bring cotton, washed fabric). Open Studio is last Friday each month - bring your own projects to share and work on. ONGOING: sign up for the Yellow Dot program. FMI: Lisa Becker at 835-9379 or leckybrowncenter@gmail.com.

Do you like to play cribbage? Looking for some fun people to play with? Join the Lecky Brown Center starting Monday, November 18, at 10 a.m. for the 3rd floor Cribbage Club! FMI: Lisa Becker at 835-9379 or leckybrowncenter@gmail.com.

USM NEWS

Experience USM: Environmental Science & Policy - Attend an information session with faculty and current students to learn about the program, including academic, research, and fieldwork opportunities for students. Afterward, receive a tour of the aquaponics lab and sit in on a Fundamentals of Environmental Science course. Lunch tokens will be available for those interested in visiting the newly-renovated Brooks Dining Hall following the experience. Thursday, November 14. FMI, 780-5670.

Advising Students on the Autism Spectrum, a presentation of the Center

for Collaboration and Development on November 14 from 5-6 p.m. Discuss how to define and identify characteristics of Autism Spectrum Disorders, understand the factors that impact college success, identify practical tools ways to implement them, and strategies for improving advising practice. Room 150, Bailey Library, USM Gorham campus.

Contemporary Responses to Modernism: A New England Perspective, USM Art Gallery, Gorham. FMI, 780-5008, usm.maine.edu/gallery.

The USM School of Music performance season is now in full swing with jazz, classical and musical theatre performances, many in and around Gorham. Ticket prices for faculty and guest artist performances are \$15 adults, \$10 seniors, USM employees and alums, and \$5 students; for faculty led ensembles tickets are \$8 adults and \$5 students, seniors and USM; student and studio recitals, and master classes are free and open to the public. Check the community calendar for the dates and times, or visit usm.maine.edu/music/events for the complete calendar and information.

The USM Department of Theatre presents "The Love of The Nightingale" by Timerlake Wertenbaker, directed by Rachel Price Cooper, with eight performances from November 15-24, tickets are \$16 general public, \$12 seniors, USM employees and alumni, and \$8 students. FMI, 780-5151, usm.maine.edu/theatre.

NEXT GORHAM TIMES DEADLINE: NOV. 20

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CALENDAR

THURSDAY, NOVEMBER 14

Baxter Memorial Library
 • Toddler Discovery Time (18mos-3 yrs), 9:30-10 a.m.
 • Sewing Club, 2:30-4:30 p.m.
 USM School of Music, Eric Yim Senior Percussion Recital, 7:30 p.m., Corthell Hall, Free
 Experience USM: Environmental Science and Policy, FMI, 780-5670.

FRIDAY, NOVEMBER 15

USM School of Music, Faculty Jazz Ensemble, 8 p.m., Corthell Hall, \$15/\$8/\$5
 USM Department of Theatre, Opening night of The Love of the Nightingale, 7:30 p.m., Russell Hall, \$16/\$12/\$8

SATURDAY, NOVEMBER 16

USM School of Music
 • Musical Theatre Studio Recital, 2 p.m., Corthell Hall, Free
 • Composers Showcase Concert, 8 p.m., Corthell Hall, Free

SUNDAY, NOVEMBER 17

USM School of Music, Kristi-Ann Stamatelos Senior Clarinet Recital, 2 p.m., Corthell Hall, Free

MONDAY, NOVEMBER 18

USM School of Music, Vocal Jazz Studio Recital, Corthell Hall, 7:30 p.m., Free.

TUESDAY, NOVEMBER 19

Baxter Memorial Library
 • Preschool Discovery Time (3-5 yrs), 9:30-10:15 a.m.
 • Baxter Digs Reading, 3:30-4:30 p.m.
 • DNA and Genealogy, 6-7:30 p.m.
 USM School of Music, Vocal Chamber Music Recital, 7:30 p.m., Corthell Hall, Free

WEDNESDAY, NOVEMBER 20

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, NOVEMBER 21

Baxter Memorial Library
 • Toddler Discovery Time (18mos-3 yrs), 9:30-10 a.m.
 • Book Club Discussion of Finding Dorothy by Elizabeth Letts, 10 a.m.
 • Sewing Club, 2:30-4:30 p.m.
 USM Youth Ensembles at Merrill Auditorium, 7 p.m., suggested donation \$5/\$8

SATURDAY, NOVEMBER 23

Holiday Craft Fair, MEHC (Maine Extension Homemakers Club), 9 a.m.-2 p.m., 33 Cressy Road.
 USM School of Music
 • Christina Zahn Graduate Voice Recital, 5 p.m., Free.
 • Bailey Giles Junior Saxophone Recital, 8 p.m., Free.

SUNDAY, NOVEMBER 24

USM School of Music, Hunter Lefebvre Senior Guitar Recital (jazz and classical), 2 p.m., Corthell Hall, Free

MONDAY, NOVEMBER 25

USM School of Music, Vocal Jazz Ensemble Concert, Corthell Hall, \$8/\$5

TUESDAY, NOVEMBER 26

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

THURSDAY, NOVEMBER 28

Baxter Memorial Library is CLOSED for the Thanksgiving holiday

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