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Proposal Rejected for GHS Expansion and Renovation

KATHY CORBETT
Staff Writer

At a joint workshop on January 14, all members of the Town Council (TC) rejected the proposal presented by the School Committee (SC) for renovation and expansion of Gorham High School. Although most did not object to the plan itself, they were unanimous in saying that the estimated \$72 million cost was too expensive. The TC and SC agreed to consider alternative options that address acknowledged capital needs and that would not place an unacceptable burden on taxpayers.

THE TC AND SC AGREED TO CONSIDER ALTERNATIVE OPTIONS THAT ADDRESS ACKNOWLEDGED CAPITAL NEEDS AND THAT WOULD NOT PLACE AN UNACCEPTABLE BURDEN ON TAXPAYERS.

At the close of the meeting, Superintendent Heather Perry summarized the agreed upon next steps. The new joint Facilities Committee, co-chaired by Lee Pratt and Bill Benson, will be investigating a possible smaller bond issue to fund the district's current capital improvement needs, although no referendum vote is expected before the November election. The Town will consider hiring a third party to help develop a comprehensive facilities plan for Gorham. Everyone will investigate creative funding sources for capital improvements.

In presenting the Option 6 proposal, School Committee members emphasized the benefits of the plan in meeting educational needs for a growing population. Core spaces would accommodate 1,100 students and provide initial classroom space for 950. It eliminated small classrooms, updated all mechanical systems, added parking, saved Robie Park, and increased security. They agreed, however, that there would be no possibility of state funding and that over the next decade nearly \$14 million would be needed for capital improvements to major systems in all five district schools.

Town Council Chairperson Suzanne Phillips said, "We can't get to \$50 million with this plan." The architects agreed there was no way to make this plan less expensive. Pratt, who had served on the Building Committee, said that although this was the best option

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GHS Theater Presents "Big Fish"



Photo credit Amanda Landry Photography

Forty Gorham High School students are cast in this year's musical, "Big Fish." The cast and crew have been busy rehearsing for next week-end's opening performance. "Big Fish" will run January 31 through February 9. Performances will be Friday and Saturday nights at 7:30 p.m. and Sundays at 2:30 p.m. Tickets are \$12 for adults and \$10 for students and seniors 65 and over. Tickets will be available at the door but may also be reserved by calling 839-5754.

Hannaford Helps Gorham Food Pantry

COURTESY OF
GORHAM FOOD PANTRY

The Gorham Food Pantry has been selected as a beneficiary of the Hannaford Helps Reusable Bag Program for the month of February.

The Hannaford Helps Reusable Bag Program, which launched in April 2014, is a reusable bag program that facilitates community support with the goal to make a difference in the communities where shoppers live and

work. The Gorham Food Pantry was selected as the February beneficiary of the program by store leadership at the Gorham Hannaford. The Pantry will receive a \$1 donation every time the \$2.50 reusable Fight Hunger Bag is purchased at this location during the month of February.

"We are honored and excited to be chosen as the recipient for this great program," said Diane O'Neill, Executive Director of the Gorham Food Pantry. "Donations like this go straight toward

our mission of feeding our neighbors in Gorham."

The Gorham Food Pantry is a non-profit based in Gorham, Maine. Founded in 1997, the Pantry has provided meals to thousands of individuals in the community. Learn more about the Gorham Food Pantry by visiting <http://www.gorhamfoodpantry.org/>.

For more information on the Hannaford Helps Reusable Bag Program, visit www.hannaford.bags4mycause.com.

The Weight of Winter



Photo credit Karen DiDonato



Photo credit Roger Marchand



Photo credit Leslie Dupuis

From record breaking temps to bitter cold, and three snowstorms in between, Gorham is in the grips of winter. Residents appreciate the beauty it brings while still counting down the days until spring.

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**JUNCTION BOWL OPEN FOR
BUSINESS - PAGE 3**

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

BRINGING THE NEWS TO ALL OF GORHAM
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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.

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

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Vaccines are Safe, Effective and Necessary to Save Lives

SEN. LINDA SANBORN

Before serving in the Legislature, I had the privilege of practicing family medicine in Gorham for 25 years. My favorite part of practice was delivering babies, and I worked closely with many young families as they navigated the new and exciting world of parenthood.

All of my patients cared deeply about the health and safety of their children, and it was my job to make sure that they received the best possible care. As such, I spent many, many hours over my career talking in great detail with new and expecting parents about the importance of vaccinations. I educated them about the relative risks and benefits to their children and the people they come in contact with, and emphasized that vaccines are safe, effective and necessary to prevent the spread of dangerous, infectious diseases. On this, there is scientific consensus.

However, in recent years, more and more parents have chosen not to vaccinate their children, and as a result, more and more children are getting sick. The World Health Organization has determined vaccine hesitancy as one of the top 10 health threats.

The US Centers for Disease Control and Prevention reports that in 2019

there were 1,282 individual reported cases of measles across the country, the majority of which were in people who were not vaccinated. This is a 342 percent increase over the previous year, and constitutes the greatest number of measles cases reported since 1992. Measles is a serious disease that can result in brain swelling and even death in some cases. The cost, not just financial, to individuals and families is great, and outbreaks require expensive public health campaigns to mitigate.

Experts estimate that no more than five percent of school children can be opted out of receiving their vaccinations without putting children who can't be vaccinated for medical reasons at risk. In Maine, the number of parents choosing to opt their children out of receiving their childhood vaccinations is climbing well above that figure in many communities, putting infants, cancer patients and elders at risk.

That is why last year, after hearing many, many hours of emotional and thoughtful testimony from experts and citizens, and weeks of vigorous discussion and debate in both chambers, the Legislature passed Public Law 154, "An Act To Protect Maine Children and Students from Preventable Diseases by Repealing Certain Exemptions from the Laws Governing Immunization Requirements." This new law strengthens the existing requirement that all children receive their vaccinations before enrolling in school, unless they have a medical reason why they cannot

be vaccinated. It also gave health care providers more leeway to grant medical exemptions for vaccination, a change that was prompted by concerns raised during public testimony.

Opponents of this law have petitioned to have it voted on in a "people's veto" referendum election on March 3. The language of the ballot measure is a bit confusing, so make sure you read it closely: Those who oppose the law should vote "yes" to overturn it, while those who support the law should vote "no" to prevent it from being rolled back. To learn more about the ballot measure, you may visit the Secretary of State's website at www.maine.gov/sos/cec/elec/upcoming/, or pick up a copy of the Maine Citizen's Guide to the Referendum Election at the Town Office.

As always, if you have any questions, comments or concerns please feel free to contact my office or send me an email. It's an honor to serve as your state senator.



Linda Sanborn is serving her first term in the Maine Senate, representing Senate District 30, which includes Gorham, part of Buxton, and part of Scarborough. She previously served four terms in the Maine House, and practiced family medicine in Gorham for 25 years. Senator Sanborn lives in Gorham with her husband, Jeff, a Gorham native. They have three adult sons and one granddaughter. (207) 287-1515, Linda.Sanborn@Legislature.Maine.gov.

Letter to the Editor

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

Dear Editor,

Just spotted an early campaign sign being planted in a snowbank next to Town Hall. I trust our four Council candidates will refrain from that unnecessary practice; their names are already familiar to voters.

There are bound to be more snow storms and those flimsy signs will be covered until Easter.

Sincerely, David Alexander

Around Town

School Street Pub is now closed.


Spire 29 has formed a partnership with LA Blue which consists of Blue Elephant Catering, Laurie Andrews Design and Grand Central Wine Bar to continue hosting local events as well as developing destination packages.

LED lights have been installed in lamp posts in Gorham. They are not being

installed in decorative lamp posts in various subdivisions due to expense.

The Town will be doing a re-evaluation of all property as required by the State of Maine.

NEXT GORHAM TIMES DEADLINE: JAN. 29



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Junction Bowl Rolls Into Town

JOHN ERSEK
Staff Writer

One of the most entertaining businesses in Gorham Village in some time recently opened on the first floor of the new Station Square building on Railroad Ave. Owned and operated by Ben Smith, Junction Bowl boasts a twelve-lane bowling alley, a fully staffed contemporary casual restaurant offering American pub-style food, and a video arcade.

So far, Junction Bowl staff is finding that patronage levels at all three aspects of the business are exceeding expectations at all times of the week. Bowling patronage has been especially high on Thursday, Friday, and Saturday evenings, as well as on Saturday and Sunday afternoons.

The arcade features 21 games including a virtual reality game. Smith plans to add a traditional pinball machine in the near future. Already, the arcade is quickly becoming a popular location for children's birthday parties.

Since opening, Smith said business has been steady at the restaurant to the extent that waits of 30-45 minutes have not been uncommon despite a seating capacity of 128. An additional 20 seats are available at the bar and bowlers can also enjoy food and drinks near the bowling lanes. Patrick Lindsay is the Chef/Kitchen Manager, and Alvah Johnson is the sous chef.

From the time Station Square owners Jon and Cindy Smith first began planning their revitalization project in 2014, they envisioned a bowling alley as a key part of it, as they strongly wanted to make this type of family-friendly entertainment available to residents of Gorham and neighboring towns.

Ben Smith, Jon's brother, became involved in the project two years ago after working in the banking and financial services industries for a number of years. He worked full-time on the development of the bowling alley project for the past year.

The complexities involved in building a new state of the art bowling alley delayed the completion of the project



Photo credit John Ersek

Ben Smith opened Junction Bowl mid-November.

by a number of months, but Ben, Jon, and Cindy all believe that the public's positive response over the past two months has made all the difficulties worthwhile. Going forward they hope to contribute to the community by employing as many as sixty full- and part-time workers, with nearly half of them being local high school students.

Regarding future plans, league bowling will begin during second half of January. Ben Smith said he is often asked about the possibility of changing a few lanes to candlepins, but the difficulties of obtaining and maintaining the pin-setting equipment make that prohibitive.

Junction Bowl is located on the first floor of Station Square at 7 Railroad Ave. Hours are Sunday through Wednesday from 11 a.m.-9 p.m. and Thursday through Saturday from 11 a.m.-11 p.m. For more information, call (207) 222-7600, check out jctbowl.com or visit www.facebook.com/JctBowl/.

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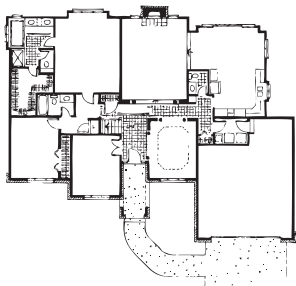
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Local Business Has a New Home in Gorham



Photo courtesy of Gorham Village Alliance

Business owner Stephanie Sands was joined by representatives from the Town of Gorham, the Gorham Village Alliance, and the Gorham Business Exchange on January 10 for the grand opening of Upcycle Maine Home Furnishings at its new location, 18 South Street.

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

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Did You Know?

Google was originally named BackRub.

In Japan, letting a sumo wrestler make your baby cry is considered good luck.

The actor who was inside R2-D2 hated the guy who played C-3PO, calling him "the rudest man I've ever met."

Sea otters hold hands when they sleep so they don't drift apart.

A baby can cost new parents 750 hours of sleep in the first year.

Real Estate Transfers August 2019

ADDRESS	BUYER	SELLER	PRICE
13 STEPHEN WARD DRIVE	ORNSTEIN, STEPHEN & ANNE	SUSAN DUCHAINE, LLC	\$303,500
25 SCROGGIE WAY	SCHULTZ, MARY	SCHWARZ, STEVEN & DONNA	\$450,000
23 HODGDON ROAD	BEVERIDGE, MICHAEL	TALBOTT, THOMAS & DEBORAH	\$250,000
27 LAUREL PINES DRIVE	FATES, CORY	JEYARAJ, MELVIN	\$329,900
219 FORT HILL ROAD	ZORETIC, JORDAN	ESTATE OF ELEANOR GREEN	\$167,500
51 GATEWAY COMMONS DRIVE	BUTLER, DAVID & JESSICA	LORELLO, RICHARD & BRIGHT	\$369,900
282 NORTH GORHAM ROAD	BUTGGIERO, ANTHONY & SPAULDING	DUPLISEA, MATTHEW	\$277,000
10 VALLEY VIEW DRIVE	DUPLISEA, MATTHEW	SEXTON, JANE	\$432,000
50 WAGNER FARM ROAD	GARRITY, BRYAN & EMMA	DAVIS, NATHANIEL & JENNIFER	\$350,000
11 STEPHEN WARD DRIVE	DUMOND, DEBRA	SUSAN DUCHAINE, LLC	\$289,500
27 COOPER'S WAY	FLYNN, ABIGAIL & WALKER, KEVIN	PEMBERTON, DEREK & SUSAN	\$492,500
208 NARRAGANSETT STREET	LABONTE, GREGORY	SHOYKHET, MICHAEL	\$155,000
17 RIDGEWAY AVENUE	RICHARDS, BRIAN	GTM HOLDINGS	\$90,000
94 DOW ROAD	ORISK, DALE & ANN-CHRISTINE	WARNER, WILLIAM & DIANE	\$334,500
ACCESS ROAD	MAKEHOUSE, LLC	BUYZE, DONNA	\$83,000
12 MERCIER WAY	MACVANE, JAMES & STEPHANIE	MERCIER, DONALD & DIANE	\$425,000
22 OLD ORCHARD ROAD	MERCIER, JASON & JOY	MCGOULDRIK, MARY-ANN	\$267,700
20 SETTLER'S WAY	ALLEN, COLBY & FRENCH, MAEGHAN	WILLIS, PAUL	\$440,000
39 RUNNING SPRINGS ROAD	BYMERS REVOCABLE TRUST	POMERLEAU, GERALDINE	\$325,000
11 ROGERS WAY	GRANNELL, PETER & WENDY	COLE, BEVERLY & RALPH	\$461,000
60 COUNTY ROAD	MCDUGAL, RORY	OSENTON, SARA	\$242,000
72 GREAT FALLS ROAD	SOUICIE, TERESA	HARMONIOUS HOLDINGS, LLC	\$293,000
30 BOLDER DRIVE	JACKSON, CHESTER & CLAUDETTE	MITCHELL, ROBERT & JUDY	\$272,000
70 SPILLER ROAD	RIVARD, JASON & BRAMER, ALLISON	WHITTY, RYAN	\$252,500
HURRICANE ROAD	SEIFERTH, KURT	PAGE, STEVEN & LISA	\$325,500
7 LAWN AVENUE	DURAN, JOANNE	CLIFFORD, ELIZABETH	\$222,000
100 BARSTOW ROAD	ROGERS, MEGAN & WALLACE, MICHAEL	CHERRYFIELD ENTERPRISES, LLC	\$260,000
10 HAWKES WAY	BAUDER, JACOB & CHANTAL	DIBIASE, DAWN	\$404,900
47 RUNNING SPRINGS	HURD, COLIN & TOMS, JENNIFER	POOLER, CHRISTINE	\$365,700
36 SAMANTHA DRIVE	ROSSETTI, PHILLIP & KATHERINE	FRANK, BRENT & FITZ, KRISTEN	\$297,000
42 CARSON DRIVE	CARON, JESSICA	RAMSAY, SHARON	\$256,000
286 NEW PORTLAND ROAD	PRIME STORAGE GORHAM LLC	GORHAM SELF STORAGE LLC	\$1,843,500
75 CUMBERLAND LANE UNIT 2	JONES, TERRI	BUTLER, MICHAEL	\$240,000
16 BEATRICE DRIVE	AIKENS, KOREY & KELLY	CHELSEY, SANFORD & JEANINE	\$384,000
45 STATE STREET	ALBANY, WILLIAM & LEASHA	ZMOOS, JESSE & CHELSEA	\$318,000
28 CHURCH STREET	FOSTER, EMILY & KEITH	BUTLER, DAVID & MAUREEN	\$300,000
30 FARRINGTON ROAD	MERRITT, EVEN & LINDSEY	MULLIN, JEFFREY & MELISSA	\$375,000
91 CUMBERLAND LANE	POMERLEAU, GERRY	GILE, JAN	\$250,000
24 SPILLER ROAD	POPOV, FODOR & OKSANA	RUEL CONSTRUCTION, LLC	\$365,000
12 RIDGEFIELD DRIVE	BRELAND, DONNA & IRELAND, WAYNE	GRANNELL, PETER & WENDY	\$349,900
4 GRANT ROAD	TJJR LLC	BIRCH POINT STORAGE, LLC	\$234,000
DAY ROAD	BENDER-SMITH, KIMBERLY & SMITH	ESTATE OF DAVID AUSTIN	\$105,000

Real Estate Transfers September 2019

ADDRESS	BUYER	SELLER	PRICE
4 BONNIE HILL ROAD	BRAGDON, DARRYL, JR. & TAN, LUCY	HUSSEY, WESLEY & EVANGELINE	\$410,000
91 ICHABOD LANE	GRIFFITHS, RYAN & LINDSEY	GILBERT HOMES, INC.	\$337,560
11 DEWAYNS WAY	SYMANSKI, SARAH & PETER JR.	WALSH, JAMES & SHANNON	\$405,000
426 SOUTH STREET	ROBINSON-CONTENTE, SARA	ROBINSON, DAVID & ROXANNE	\$140,000
663 FORT HILL ROAD	ADAMS, NICOLE & JOSHUA	SOUZA, PAMELA	\$245,500
7 CONNOR DRIVE	CLOUGH, LYNNE	SUSAN DUCHAINE, LLC	\$309,950
288 COUNTY ROAD	GOUZIE, LINDA	MATTINGLY, MEREDITH	\$190,000
21 WHITE ROCK DRIVE	FORTIER, LANA	DUNN, DAVID & TANYA	\$285,500
28 WOODSIDE DRIVE UNIT 8	CARLE, EMILY	JONES, DANIEL	\$260,000
23 BURTON DRIVE	KNIGHT, DYLAN & KREBS, KIMBERLY	GRAVIER HOMES, INC.	\$451,045
49 MADISON WAY	SHINAY, CHRISTOPHER & SHARONNE	DIVERSIFIED PROPERTIES, INC.	\$407,500
83 HUSTON ROAD	DONOGHUE, JAMES	SHINAY, CHRISTOPHER & SHARONNE	\$382,500
139 STATE STREET	WILCOX, SHELLAY	DUBUQUE, THOMAS	\$439,900
15 LAUREL PINES DRIVE	KRYSINSKI, MICHAEL	DEMPESEY, LAWRENCE & SHIRLEY	\$276,450
99 ICHABOD LANE	STEVENSON, DEENA	SAM STRUMPH BUILDERS, LLC	\$357,000
DAY ROAD	BENDER-SMITH, KIM & SMITH, MATT	ESTATE OF DAVID AUSTIN	\$105,000
69 BRACKETT ROAD	GLIDDEN, EARLE & LISA	ESTATE OF DAVID AUSTIN	\$268,000
LOT 8 STATE STREET	DUCHAINE, JOSEPH	DAVIS, STANFORD, JR.	\$65,000
LOT 7 STATE STREET	SOUTHERN MAINE PROPERTIES, LLC	DAVIS, STANFORD, JR.	\$65,000
60 DAY ROAD	ZANIENELLI, MITCHELL & GILES-WEIL	GAUDREAU, JASON & HEATHER	\$544,900
300 MEADOWBROOK DR UNIT 3	WARD-SEARLE, SUSAN & SEARLE	DOWLES, LEISHA	\$211,000
256 HUSTON ROAD	BARRY, ANDREW	HARBOR HEIGHTS PROP. GROUP, LLC	\$351,100
8 HIDDEN BROOK DRIVE	MAJORINO, BRIAN & JILLIAN	WALVICK, JEFFREY & CLAIRE	\$495,000
75 SHAW'S MILL ROAD	STONE, SOPHIA & WHITEHEAD, EDWARD	WAR EAGLE, LLC	\$209,000
29 TINK DRIVE	CAIYA, BRYNN & ARNOLD, GARRETT	CAHILL, MAUREEN	\$275,000
15 PAIGE DRIVE	CHASSE, DEBRA	GEP INVESTMENTS, INC.	\$250,000
11 LEAVITT DRIVE	MORESE, RANDY & KEYSER, JESSICA	GOWEN, EDWARD & ELLEN	\$375,000
14 WILLOWDALE DRIVE	LEVY, KIERSTYN & BERRY, SHAWN	CHADWICK, DANIEL	\$225,000
12 DISTANT PINES DRIVE	MADDEN, PETER & MARY	RORER, AMY & KEITH	\$473,000
385 MOSHER ROAD	VANCE, MITCHELL & KENDRA	PRITCHARD, JASON & KRISTEN	\$467,000
55 BRIARWOOD LANE	KENNIE, JOHN	FATES, COREY	\$245,000
7 PARK LANE	CRAWFORD, NANCY	NORTON, DONNA	\$293,000
4 HESSIAN DRIVE	SAM STRUMPH BUILDERS, LLC	GILBERT HOMES, INC.	\$110,000
15 GLORIA STREET	SCHNEIDER, CONNOR	MCEACHERN, COURTNEY	\$311,000
11 ICHABOD LANE	MALLORY, THOMAS & KAREN	MCKINNEY, KATHLEEN	\$369,900
STATE ST	TVR ENTERPRISES	BROOKS, RUTH	\$67,500
QUEEN STREET	HAMBLIN, CHARLES & DEIDRE	CRUMPTON, JOHN, JR.	\$29,000
42 SAMANTHA DRIVE UNIT 14	CARD, RICHARD & SUSAN	IRELAND, WAYNE & DONNA	\$335,000
28 CLEARVIEW DRIVE	CHAU, KIN & STEPHANIE	HANSELMAN, JOHANNA	\$365,000
17 TINK DRIVE	PINNACLE PROPERTY SERVICES, LLC	LAMONTAGNE, MATTHEW	\$194,150
47 SNOWBERRY DRIVE	CARDNER, WAYNE & GAIL	LANGLOIS INVE. HOLDINGS	\$365,000

LIVING

Why Your Grandma Should Deadlift Too

TARYN EVERETT

It is common knowledge that our bodies change as we age. Some of us experience a loss of strength in our muscles or falls and injuries, leading to a decline in function. It becomes difficult to enjoy physical and social activities we love to do every day. Armed with the knowledge that our "parts" start to wear out as we get older, what can we do to combat the aging process, put off the nursing home, and regain our ability to live life to its fullest?

According to one Mayo Clinic resource, there are several physical, mental, and emotional changes that start to happen when the birthdays start to stack up. For instance:

Cardiovascular System: The most common change in what happens in the cardiovascular system is a stiffening of the blood vessels and arteries, causing your heart to work harder to pump blood through them. This can lead to high blood pressure and heart rate over time.

Bones, Joint, and Muscles: With age, bones and muscles tend to shrink in size and density, weakening them and making them more susceptible to injury and fracture. This can affect your strength and balance in daily activities.

Cognition: Our brain also undergoes structural age-related changes that can make it difficult to remember names and organize information.

It has been widely stated that exercise is a quintessential component of a healthy lifestyle. There is an enormous amount of research to support the fact that exercise is beneficial – not only for our physical health, but for our emotional and mental wellbeing also. But what about the quality of the exercise you are performing? Are you practicing specific movements that will allow you to pick up your grandchild-

dren easily or load your luggage into an overhead bin on the plane? While exercise can come in many forms, it is important to find something that you are passionate about but will also keep you strong and functional over time.

There is great value in working specifically on functional movements and patterns which are defined as positions that our body naturally uses in order to perform the tasks required by daily life. For example, every time we sit down in a chair or on the toilet, we are performing a squat. Every time we pick up the laundry basket or our child's toy from the floor, we are performing a deadlift. Every time we lift an object to a shelf up above our head, we are performing a press.

There is sometimes fear and anxiety in the medical community when older individuals use implements such as barbells and dumbbells to train in these functional positions because it appears unsafe or potentially harmful. But, in fact, it has been shown that older and elderly adults (>60 years) who strength train experience increased muscle mass and improved, more efficient muscular contractions than those who do not strength train. When our muscles are strong and work better, there is a direct correlation to less falls and injuries.

So the next time your Grandma says she wants to start deadlifting for exercise, encourage her. It could profoundly improve her health and wellness.



Taryn Everett, PT, DPT, CLT, CF-L1 Taryn is a physical therapist and CrossFit Level 1 Trainer at both Mercy Hospital and Grit and Grace CrossFit. She focuses on functional training, body-work services, oncology and conditioning.

Get Outdoors...It's Good For You

CHRIS CRAWFORD
Staff Writer

When snow flies, temperatures drop, days are short, and it's way too easy to give in and just stay inside. Parents may be tempted to dial back outdoor activities when cold temperatures arrive, but getting outside is good for people of all ages, even in the wintertime.

Even our weak, Maine winter sunshine can make kids of all ages happy. Sunlight boosts vitamin D, which helps regulate emotional and mental moods by increasing serotonin in the brain causing a boost of joy.

Weather that adults consider to be "messy" can be a huge canvas for children and their imaginations. Snowball fights, building snow forts or sledding offer a wealth of opportunities for parents to play with their children, get great exercise and to explore and experiment in our winter landscapes.

Trying a new activity like cross-country skiing, igloo-building, winter hiking, ice fishing, ice skating (see article on Gorham's ice rinks on page 9), snow sculpting, snowshoeing, snowmobiling or following animal tracks can give your children a chance to learn new skills and also experience an appreciation of the winter outdoor season.

When kids come in from a winter outing, they will often be wet, muddy and messy. Be prepared for wet, cold kids. Warm everyone up with a nutritious snack when they return from playing outside.

Presumpscot Regional Land Trust offers tons of trails to explore in the winter. Maps of public preserves are available at prlt.org. The Loop at Shaw Park is beautiful, as are the trails at Shaw's Cherry Hill Park.

So get up, get out, get going. One thing we know for certain in Maine is that it is going to be a long winter.

Town Council Meeting

JANUARY 7, 2020

JACOB ADAMS
Staff Writer

Councilor Pratt issued a warning to citizens about the recent mail thefts in the Industrial Park area. He encouraged citizens to get their mail on a timely basis and not leave it in the mailbox while out of town.

Councilor Hartwell announced that he had met with Susan Duchaine and acknowledged her concerns with the Town. He appreciates her going on record to bring light to the ongoing problems.

Councilor Wilder Cross reported that New Year Gorham was a success. She thanked the people who made it possible. She also stated that she will be attending a meeting of the Greater Portland Council of Governments where they will discuss the challenges of welcoming Asylum Seekers.

Councilor Hager reported that the Finance Committee will meet on January 27.

Chairperson Phillips announced that the Gorham Business Exchange is planning the Gorham Marketplace on March 21. She also announced that the Gorham Founders Festival will be held September 19-20, 2020. The festival will include a float contest, parade, historical tours, fireworks, music and much more and will be a Town wide event. Any businesses or groups that would like to participate are encouraged to contact her.

Town Manager Paraschak announced that "Gorham Night" at USM will be on January 29. He

reported that many of the town's street lights have been converted to LED and asked if anyone notices lights malfunctioning, to please let him know.

Paraschak also announced that a joint School Committee/Town Council meeting was scheduled for January 14 to discuss the High School Renovation Project and also an Ordinance Committee meeting will be held on January 21.

The Town Council issued a new Liquor License to Azul Tequila LLC, located at 29 School Street.

A renewal Liquor License and Special Amusement License was issued to Sebago Brewing Company, located at 616 Main Street.

The Town Council amended the Impact Fee Ordinance section of the Land Use and Development Code.

The Town Council instructed staff to work with the Portland West Rail & Trail Alliance to further explore the development of the Mountain Division Railroad for commuter access into Portland.

Rob Lavoie's and Stefania Strzalkowska's resignations from the Conservation Commission were accepted and the Town Council expressed appreciation for their service on the Commission and to the Gorham Community.

The Pump Track on Weeks Road has been officially named the "Lavoie Bike Park" in recognition of Rob Lavoie's outstanding dedication to the project, the Gorham Conservation Commission and the citizens of the Town of Gorham.

The Town Council decided not to forward a proposal to amend the contract zone of Hans Hansen in South Gorham to allow for senior housing units to the ordinance committee. (3 years, 3 nays: Wilder Cross, Hager, Shepard) ITEM FAILS

The Town Council instructed staff to prepare general updates to the Employee Personnel Policy for Ordinance Committee review and recommendation.

The Finance Committee was instructed to review sewer rates for the Portland Water District in the Town of Gorham and provide their recommendation to the Town Council.

The Town Council accepted Benjamin Way and Burton Drive as public ways. (For both items: 4 years, 2 nays: Hartwell, Wilder Cross)

Councilors Phillips, Wilder Cross and Hartwell were appointed to the Comprehensive Plan Amendment Committee.

The Town Council instructed staff to review and recommend traffic calming measures in and around the approaches to the Gorham Village for state collector roadways. These measures may include the use of reactive speed signs, bump outs, crosswalk signs and speed tables.

An amendment to the Land Use & Development Code to allow for Self-Service Storage Facilities was forwarded to the Planning Board for their recommendation. (5 years, 1 nay: Phillips)

The full amendments and meeting minutes can be found on the town's website at <https://www.gorham-me.org>.

Planning Board Results

JANUARY 6, 2020

Avesta Housing Development Corporation's request for approval to construct a four-story, 22,520 square foot building to include 22 one-bedroom and five two-bedroom apartment units, to be located in the footprint of Building 3 which will be demolished, was approved.

A proposed amendment to the Zoning Map to expand the Transfer Development Overlay District to include the area in the vicinity of Mosher's Corner was discussed and moved to the Board's Comprehensive Plan Implementation Committee for review and recommendation.

Julie and Randall Adams' request to split the existing lot at 245 Gray Road into two lots, one lot being 72,431+ square feet, the other being 65,383+ square feet, was approved with findings of fact and conditions of approval.

Arrests AUG. 2019

Cotton Drive woman, 50, was arrested for OUI.

Standish man, 42, was arrested for operating while license was suspended/revoked and for imprudent speed.

Gray Road man, 48, was arrested for operating after suspension.

Cornish man, 34, was arrested for OUI (one prior) and unlawful possession of a scheduled drug.

Joseph Drive man, 23, was arrested for aggravated assault.

CONTINUED ON PAGE 8



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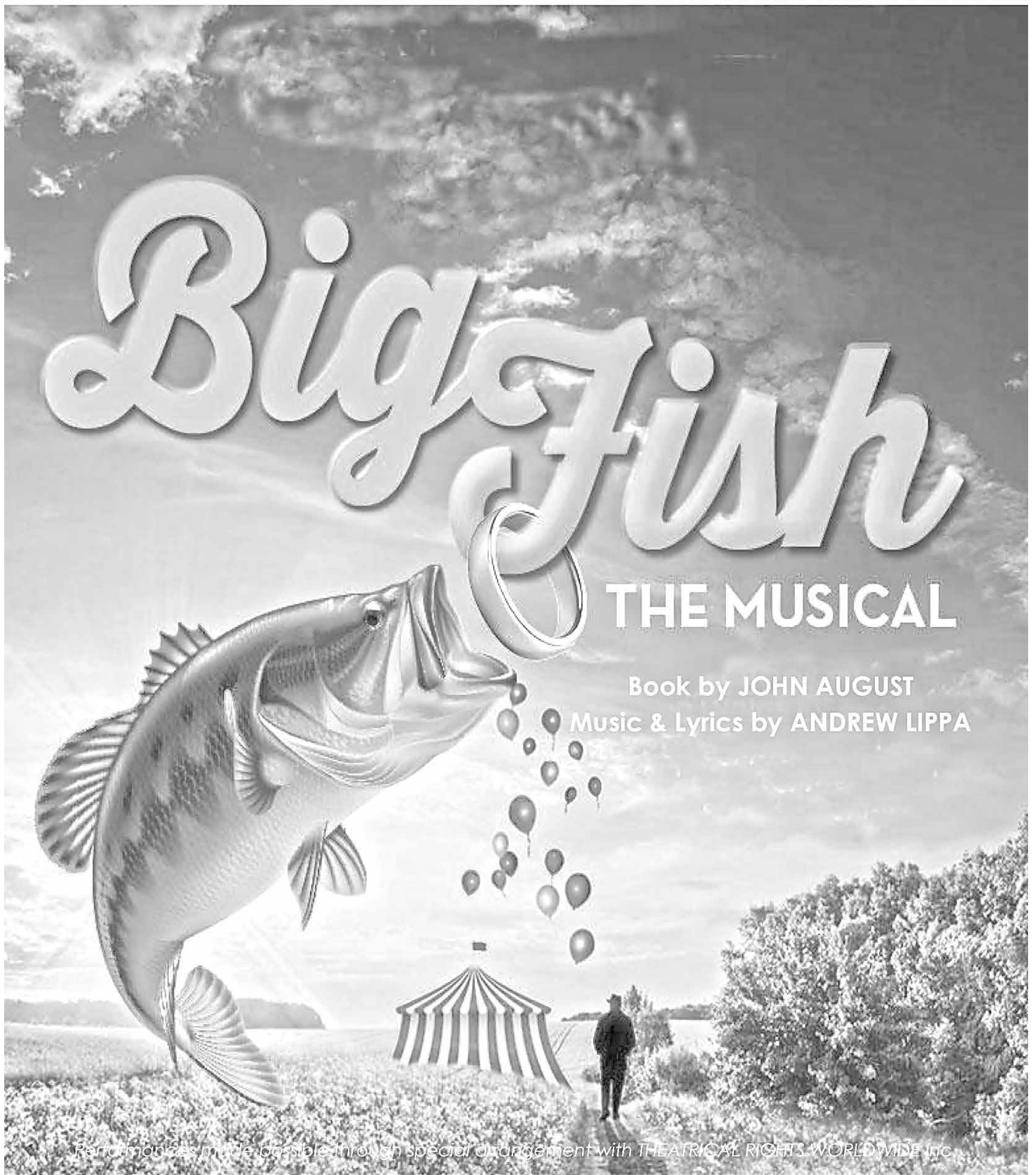
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Proposal Rejected for GHS Expansion and Renovation

CONTINUED FROM PAGE 1

they considered, it was not a solution; the cost would drive people out of Gorham.

Councilor Virginia Wilder Cross agreed that the tax increase would put an unacceptable burden on seniors. "We need a new plan," she said, "because this will not pass taxpayers."

Councilor Ben Hartwell wants to put more pressure on legislators as Gorham is one of the fastest growing towns in the state. He was also concerned about the town's bond rating and the effect new bonds would have on the mil rate.

Town Manager Ephrem Paraschak said that the town's AA2 bond rating is good and the town could borrow for the GHS renovation and expansion, but it is too expensive. "What about the next projects down the road?" he questioned, adding that if seniors left, their houses would be filled with new families needing educational and municipal services.

SC Chairman Stewart McCallister concluded, "It is clear that the Town Council wants to move away from this option." But all agreed that construction costs will continue to rise.

"It is not easy to spend \$40 to \$100 million, but what about the kids? Everyone needs to have input on this," said Darryl Wright, a member of both the SC and the GHS Building Committee. "What is best for the kids that the town can handle?"

School Committee Meeting JANUARY 8, 2020

LESLIE DUPUIS
Editor

At the January regular meeting of the School Committee (SC), Zak Lembarra, Gorham High School (GHS) representative, reported on upcoming events including Poetry Out Loud, the band/chorus concert, midterms, and the District I Music Festival.

Superintendent Heather Perry introduced GHS Principal Brian Jandreau and members of the GHS EcoClub which now has nearly 170 members. Rachael Grady, advisor, and students Nica Steiner, Madisen Sweatt, Lembarra, Olivia Duong, and Jake Lesser all spoke about their passion for the environment and upcoming events to raise awareness about climate change.

The group is sponsoring the SEA Summit (Save the Earth and Animals) on May 12 at USM. The club is also planning to add a pollinator garden at GHS, and making the GHS cafeteria more eco-friendly by adding composting bins and eliminating wasteful practices. The group continues to offer outreach to the youth and the community.

Perry provided an update on the state assessments, and confirmed that while there were errors with the charts on the reports, the scores/data were accurate. Corrected reports will not be re-sent to parents but can

be printed by request through the Superintendent's office.

Narragansett School modular leases have been finalized. Perry clarified that a lease option was chosen over bonding because the district had the ability to access Maine Dept. of Education funds that will reimburse at \$8/sq. ft. for five years (totaling \$500,000) which were not available through a bonding process.

She confirmed that February 29 will be a full-day budget workshop. Perry said GSEA (Greater Sebago Education Alliance), which Gorham is a part of, is working on a draft budget and the annual substitute job fair, but the major goal of the group is to work on professional development.

Kate Livingston encouraged people to read the Asst. Superintendent's Report by Dr. Chris Record which details the action plan that was created for dealing with opioid misuse in our community.

Stewart McCallister thanked Gorham Middle School (GMS) and Technology Integrator Terri Dawson for facilitating a tour of the school so he could learn more about the ways teachers are using technology in their classrooms.

Record presented an annual review of assessment and title grant information. Gorham's assessment data is available but comparison data with other schools will not be made public

until late January. Information is used to help assess what students know so teachers can adapt their instruction accordingly. Title funds help fund teachers in K-5 literacy and math labs, help with professional development, and help improve students' academic achievement by increasing capacity of schools and providing access. Record also spoke about the district's goals.

Darryl Wright asked if there was a way to determine if a correlation exists between extra support and improved scores/performance. Bill Benson asked if the data would be analyzed so that the teaching approach might be altered to influence scores. Benson also asked about the reduction in AP tests taken as well as the reduction in those who passed the tests with scores over 3. Record confirmed that discussions on all of the mentioned issues would continue.

Benson commended the district on "exposing students to alternative pathways" by participating in events such as the Portland Chamber of Commerce breakfast which highlighted workforce development and community colleges.

A motion was passed to approve three policies (Homework Policy, Non Discrimination and Affirmative Action, Student Discrimination and Harassment). Several new policies were reviewed before the meeting was adjourned.

School Notes

The Gorham School Department will offer a showing of LIKE, a documentary that explores the impact of social media on our lives and the effects of technology on the brain, at Gorham High School on Monday, Feb. 10 from 6-8 p.m.

Cultural Homestay International (CHI) will join Gorham as its exclusive educational exchange program for Gorham High School. Host families volunteer to provide room, board, and a supportive family environment. Exchange students come with spending money and health insurance. Ongoing support is provided to the student and his/her host family. If interested in hosting an exchange student, please contact Blayne Matty at chiblayne@chinet.org or Eliza Jacobs at elizagraceyjacobs@gmail.com. The GHS Guidance Dept. can also answer questions.

Superintendent Heather Perry recently published a new blog updating the public on the results of the Jan. 14 joint meeting with the Town Council on the proposed Gorham High School building project. To read her blogpost, visit: <https://gorhamsuperintendent.blogspot.com>.

Building Collaboration Across Grades



Photo credit DaraLyn McColl

Alison Penley, fifth grade teacher and Village Elementary School's student wellness coordinator, organizes school-wide activities to build communication, teamwork, and community among multiple grades. In December, Penley offered a STEM challenge activity for grades 1, 3, and 5. The challenge was centered around building and creating asymmetrical snowflakes from a variety of supplies offered. Pictured is fifth-grader Anna Nichols helping first-grader Kaylan Lynch with her snowflake.

Empty Bowls to Fight Hunger



Photo credit Stacey Sawyer

Proud family members, Timothy, Mary Jane, and Don Millett look on as Superintendent Heather Perry helps Kindergartner Sofia Millett find her amazing pottery at Great Falls Elementary School's Empty Bowl Family Night. Along with helping to restock shelves, Great Falls was able to donate \$2,461.26 to the Gorham Food Pantry with this fundraising project.

Hands-On Alternative Learning at Village Elementary School



Photo credit DaraLyn McColl

In November, Moody's Collision Center's Ben Moody towed a car to Village Elementary School, engaging Alternative Education Reverse Engineering and Hands On/Minds On student groups with a hands-on experience. The career-inspiring event was organized through Maureen O'Brien, Aspire Gorham, and DaraLyn McColl, Village's alternative education educator. Students learned how to operate the tow truck to unload and load the car on the flatbed truck, how to check the oil, and used tools to remove the bumper.

You're in the Know. Gorham Times

Arrests CONTINUED FROM PAGE 5

Sebago man, 23, was arrested for OUI (one prior).

Portland woman, 31, was arrested for OUI.

Scarborough man, 27, was arrested for violating conditions of release.

Portland man, 19, was arrested for operating without a license (two counts).

Standish man, 23, was arrested for violating conditions of release, operating while license suspended/revoked and attaching false plates.

Connor Drive woman, 27, was arrested for endangering the welfare of a child, domestic violence assault, and arrested again two days later for violating conditions of release.

Mosher Road man, 26, was arrested for aggravated assault and reckless conduct.

South Portland woman, 21, was arrested for OUI (two priors).

Windham man, 21, was arrested for OUI (two priors).

Naples man, 46, was arrested for unlawful possession of scheduled drugs and operating a vehicle while license was suspended.

Minot man, 33, was arrested for two counts of violating a protection from abuse order.

County Road woman, 40, was arrested for OUI.

Autumn Brook Way man, 67, was arrested for making a false public alarm or report.

Buxton man, 39, was arrested for OUI.

Narragansett St. man, 46, was arrested for OUI.

SPORTS

Changes in Playoff Format Will Not Affect GHS Unified Team



Photo credit Amanda Landry Photography

Returning members of the GHS Unified team include (left to right) Andrea Thibeault, Brian Edwards, Niko Gagne and River Cummings.

DESTINY COOK
Sports Editor

The Gorham High School (GHS) Unified basketball team is set to begin its 2020 season on January 28 at South Portland. Coached by Eric Lelansky, the team has 10 returning players: Seniors Brian Edwards, Kate Tugman, Iris Kitchen and Noah Jalbert; Juniors River Cummings, Andrea Thibeault, Michaela Taiani and Alison Walker; and Sophomores Niko Gagne and Brice Lyon. The team welcomes newcomers Cole Nadeau, Ivan Jonk, Sophia Minchev, Brett Barney, Prodigie Lohomboli, Bradley Parker, Sophia Kaufman, Zachary Paradis, Tatiana Jonk and Josh Martin. Joining Lelansky on the bench as student coaches this season are Jordan Bretton, Jacqui Hamilton and Abe Tabachnick.

A Unified team allows student athletes with developmental disabilities to experience what it is like to play alongside non-varsity partners without developmental disabilities. It impacts all students and helps promote physical activity, teamwork, sportsmanship, and social inclusion. GHS is going into its third season with a Unified team.

Iris Kitchen became a partner last season after being approached by Thomas Nelson (GHS '19), who helped bring Unified basketball to Gorham. Kitchen said she is looking forward to creating tight bonds with the new members this year, and furthering her relationships with the veterans of the program.

"My favorite part of Unified is seeing the happiness and sheer accomplishment on the athletes' faces after they shoot or complete a good pass. And selfishly it creates a feeling of warmth

and satisfaction because you know that you helped create that feeling of joy," she said.

As the 2020 season gets started, a recent decision was made by the Maine Principals Association (MPA) to suspend playoffs in the Unified basketball program for the next two years. That decision came after receiving feedback that the playoffs were becoming more competitive than the league was intended to be. Coaches, athletic directors and the MPA were in agreement with the decision.

Lelansky is also on board saying, "My personal opinion is that it is a good thing that they did away with the playoffs as I feel that competitive nature of some of the games was taking away from the enjoyment and true purpose of Unified sports. Our team has chosen the non-competitive route during our first two years and that has worked very well for us."

Lelansky was not surprised by the move after hearing the negative feedback from fans and coaches. He hopes the playoff format will be reviewed during the two-year break so improvements can be made.

The GHS Unified team encourages fans to come out and cheer them on. There is no charge for the games and crowd participation is always appreciated.

CONTINUED ON NEXT PAGE

Chris Burton
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Plenty of Ice Skating...When the Weather Cooperates

DESTINY COOK
Sports Editor

There's a saying we Mainers use a lot throughout the year, "If you don't like the weather, wait a minute." In the winter, most outside activities depend on typical frigid temperatures, however, with the recent 50-60 degree days we've had, it is putting a damper on some of these activities, including skating on Gorham's ice rinks across town.

Gorham has two rinks that it maintains each year. One at Narragansett School and one at Little Falls Recreation area. This year, there is the potential for a third rink at the Shaw Cherry Hill Farm on Route 25 next to the new Sebago Brewery headquarters. The lowland has filled with rainwater and snowmelt at that location and it has

turned into what could potentially be quite a big rink. According to Gorham Recreation Director Cindy Hazelton, with the support of the Rec Department and Public Works, the Town is hoping to make that area usable for skating.

While the ground may be close to freezing, the erratic temperatures makes the process complicated and more difficult to keep all of the rinks smooth when it finally does freeze.

Hazelton said, "We are hoping that we could get a good solid freeze followed by a snow storm. We could go there, snowblow off what would be defined as the 'rink' and make some snowbanks for perimeters."

Mother Nature is being uncooperative and the situation seems to change daily. Due to weather and snowmobile traffic, what could be a rink continues to be

slushy and cracked.

Regarding the Little Falls and Narragansett rinks, Hazelton stated that after one of the last heavy and wet snowfalls, they couldn't get onto the two rinks because the wet snow was insulating the ice, making it soft and slushy and not able to support the weight of the snow removal equipment. They were recently able to plow the rinks smooth, however, the freezing rain made them bumpy. "It is a constant battle this winter!" Hazelton added.

As we head into the colder months, know that there are folks putting in the time, trying to keep ahead of the strange Maine weather we are experiencing so that we can enjoy some of the cold winter days outside. Once the rinks are available for open skate, the hours will be daylight until 10 p.m.

Sports Etc.

Jasper Crane, a GHS freshman goaltender, was named Rookie of the Month for December. Crane got his high school goaltending career off to an impressive start in the month of December, playing big minutes in net for the Rams and helping the team build a solid 3-1-1 record to put them at or near the top of the standings. The freshman posted a 3-1-1 record in 5 games played, with a 2.12 goals against average and a .859 save percentage. Crane's strong play in net helped Gorham register wins over Brunswick (27 saves), Camden Hills (13 saves) and York (10 saves) and a tie vs. Mt. Ararat/Lisbon/Morse. He also was in net in the Rams' 4-1 loss to Class A Scarborough, the team's only loss so far in the young season.

Current and former Gorham track stars were recently honored by Maine Milesplit with All-Decade recognition based on their performances in their best individual events/relays. Kate Tugman (GHS '20) is recognized for her top times in the 1 mile and 2 mile and her 4X800 relay. Alyvia Caruso (GHS '22) is recognized for her career best 17-2.5 long jump. Evelyn Kitchen (GHS '19) is recognized for her triple jump and high jump performances. Anna Slager (GHS '18) is recognized for her 1 mile and 2 mile performances and the 4X800 relay. Iris Kitchen (GHS '20) and Meadow Fortier (GHS '18) are both recognized for being a part of the state record 4X800 relay.

Changes in Playoff Format Will Not Affect GHS Unified Team CONTINUED FROM PAGE 8

ated. Andrea Thibeault, a junior on the team said, "I'm looking forward to making some shots and helping some of the new players get some shots in. Also, I'm excited to travel and play at some of the other schools!"

Kitchen said she will miss the athletes when she leaves for college but hopes that on her breaks she will catch a few games and cheer on all the athletes and future mentors. "I am excited to see what happens with the program and

how it will evolve into something hopefully larger than basketball and possibly branch out to other sports or activities. The union of athletes and mentors is a truly symbiotic relationship," she said.

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OF INTEREST

The Gorham Garden Club presents "Creating Containers," a presentation by Kristina Teneyck of The Constant Gardener, Tuesday, January 28, at 7 p.m. First Parish Church. All programs are free to the public.



The Maine Beta chapter of Alpha Delta Kappa, an honorary international organization for teachers and retired teachers, initiated three new members at its January meeting. Shown (l to r) is Maine Beta President Jackie Leeper, and new members Diane Knott, Sandy Jones, and Luci Bowers.

The Gorham Lions will meet from January through April at the Department of Public Works on Huston Road. Regular dinner meetings are the 2nd and 4th Tuesday of each month at 6:30 p.m. New members are always welcome. The next meeting is Tuesday, January 28. FMI, 929-9182.

A winter farmers market is held on the first and third Saturday of each month through April. Market hours are 9 a.m.-1 p.m. at the Gorham Recreation Department.

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.

The Gorham Medical Closet located at the Municipal Center 75 South St is free and available to Gorham residents in need of wheelchairs, shower seats, commodes, walkers, canes, crutches and more. FMI 839-3859; 839-2484; 839-3228; 329-4976; 839-3494; 839-6450. Hours are by appointment only with one of the volunteers. If you don't reach a volunteer, leave a message and they will return your call.

SENIOR NEWS

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 9:30 a.m. and Friday Art Workshops at 9 a.m. FMI 892-0299.

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 Cribbage Club at 10 a.m., Hand Chime Ringers at 2 p.m.; Wednesdays Originals at 10 a.m. Coffee, Conversation and a speaker every week; Fridays ARTrageous Seniors at 10 a.m. We will be exploring acrylic

painting by painting on canvas, paper and fabric. Participants are welcome/encouraged to bring their own painting ideas to class. **ONGOING: sign up for the Yellow Dot program. FMI: Lisa Becker at 835-9379 or leckybrowncenter@gmail.com.

PUBLIC SUPPERS

Bean Supper at White Rock Community Clubhouse, 34 Wilson Road, Saturday, February 1, 4:30-6 p.m. Beans, hot dogs, coleslaw, potato salad, macaroni and cheese, homemade biscuits, and homemade pies. Adults: \$8, Children under 12: \$4. Always the first Saturday of the month from October-May.

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

USM NOTES

The USM School of Music offers various workshops and master classes that are free and open to the public. See the Calendar section on page 11. FMI, 780-5555, usm.maine.edu/music/events.

Think summer! Registration opens on Saturday, February 1, at exactly 9 a.m. for the 2020 USM Music and Theatre Summer Camps. FMI: usm.maine.edu/music/summercamps.



Three faculty members and two students from the USM School of Music recently attended The Midwest Clinic International Band and Orchestra Conference, the largest instrumental music education conference in the world. Pictured left to right are Chris Oberholtzer, director of jazz studies; Ryan Meeks, lecturer in music education; Stellan Campbell, music education major; Jackie Townsend, director of bands; and Aya Wakita, music education major.

The USM Office of Admissions welcomes visitors on their Transfer Tuesdays, where students interested in transferring to USM can set up an appointment for an in-person admission decision. Contact admitusm@maine.edu for more information.

USM Athletics is in full swing with numerous events in Indoor Track & Field, Wrestling, Basketball, and Ice Hockey. Check the schedule at usm.maine.edu/athletics/events.

The USM Art Gallery opens a large-scale animated video and sound installation, *Lusus Naturae* by Ólöf Nordal, Gunnar Karlsson, and Þuríður Jónsdóttir from January 30-March 12 at Art Gallery, Gorham. Learn more at usm.maine.edu/gallery. And not too far from Gorham, there's always something interesting happening at the Southworth Planetarium (usm.maine.edu/planet) and the Osher Map Library (usm.maine.edu/maps) on the Portland campus.

CLOSE TO HOME

Living Water Church will host a Haddock Supper Buffet on Saturday, January 25, at 5 pm. Parker Farm Road, Buxton. Suggested donation: \$8 Adult, \$4 Child, \$20 Family.

UNIVERSITY OF SOUTHERN MAINE Summer Youth Music and Theatre Camps

Five popular summer camps offering a week of music, theatre, friends and fun on the USM Gorham campus.

- Theatre Academy, incoming 8th grade to outgoing 12th
- Youth Band Day Camp, outgoing 5th grade to outgoing 6th
- Music Academy (SoMMA!), incoming 9th grade to outgoing 12th
- Choral Music Academy, incoming 8th grade to outgoing 12th
- Junior Music Academy, incoming 7th grade to outgoing 8th

Online registration opens Saturday, February 1 at 9 a.m. Register early. Some sections fill quickly!

FMI: usm.maine.edu/music/summercamps - 207-780-5142

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IT'S ALL ABOUT TIMING

Caller complained about construction site on Ossipee Trail. The previous day caller had complained the light was too long. On this day, caller complained the light was too short. Officer checked area again. There were no problems other than the volume of traffic and the fact that people were just going to have to wait.

Caller wanted police to locate his vehicle which was being operated by someone who was ignoring his calls and texts.

Suspicious person on Dow Road was a neighbor turning his vehicle around.

Man told officer a line of cars in front of him stopped too abruptly. In order to avoid a collision, he slammed on his brakes and went off the road to the right. He went down an embankment and got stuck. Vehicle was towed out.

Gray Road man called to say he was being harassed by his ex-wife.

Suspicious persons on Access Road were Spectrum employees.

Officer checked on a male at South St. and Day Road. Man was walking on the wrong side of the road. He advised officer he was simply out for a walk to get a drink.

Suspicious person on Main St. was a male looking at a parked vehicle which was next to another vehicle which was idling with its lights on. Parties advised they were there to pick up the second vehicle but man could not find his keys.

Files Road caller wanted a suspect charged with theft for taking her dog. He had permission to take the dog but did not return it. Caller was advised this was a civil issue.

South St. caller reported a private contractor had cut his lock, opened his gate, and was trespassing on his property.

Man came to Police Department to say money had been taken from his joint account. He was advised that other person on joint account had legal access to the money. He was advised to remove the rest of the money and open an account of his own.

Caller reported being threatened on Snapchat.

Libby Ave. caller reported a dead cat under his mailbox. Officer checked and cat was no longer there.

Elwood Drive caller reported a suspicious vehicle parked on his private road. Vehicle was not in front of any houses and was unoccupied. Vehicle was towed at caller's request.

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CALENDAR

THURSDAY, JANUARY 23

- Baxter Memorial Library
- Toddler Discovery Time (18mos-3yrs), 9:30-10 a.m.
- Book Club, "The Warmth of Other Suns: The Epic Story of America's Great Migration" by Isabel Wilkerson, 10 a.m.
- Sewing Club, 2:30-4:30 p.m.

SATURDAY, JANUARY 25

USM School of Music, "Revitalizing String Instructional Repertory," 10 a.m.-1 p.m. Free.
 White Rock Community Clubhouse, Bean Supper, 4:30-6 p.m., 34 Wilson Road, \$8/\$4

MONDAY, JANUARY 27

USM School of Music, Musical Theatre Master Class, 3:30-6 p.m., Free

TUESDAY, JANUARY 28

Baxter Memorial Library, Preschool Discovery Time (3-5yrs), 9:30-10:15 a.m.
 Gorham Lions Club regular dinner meeting, 6:30 p.m., Department of Public Works, Huston Rd.
 Gorham Garden Club, "Creating Containers," 7 p.m., 1st Parish Church. Free.

WEDNESDAY, JANUARY 29

- Baxter Memorial Library
- Baby Discovery Time (Birth-18mos), 9:30-9:50 a.m.
- Music Fun w/Mr. Jeff (birth to 5yrs), 6-6:30 p.m.

THURSDAY, JANUARY 30

- Baxter Memorial Library
 - Toddler Discovery Time (18mos-3yrs), 9:30-10 a.m.
 - Sewing Club, 2:30-4:30 p.m.
- USM Art Gallery, "Lusus naturae," exhibition opens. FMI: 780-5008

SATURDAY, FEBRUARY 1

Winter Farmers Market at Gorham Recreation Department, 9 a.m.-1 p.m.
 First Parish Church, Chicken Pie Supper. 5-6:30 p.m. 1 Church St., \$10/\$5

SUNDAY, FEBRUARY 2

USM School of Music, Musical Theatre Studio Recital, 2 p.m., Free.

MONDAY, FEBRUARY 3

USM School of Music, Jazz and composition master class, 12:30-1:45 p.m., Free.

TUESDAY, FEBRUARY 4

- Baxter Memorial Library
- Preschool Discovery Time (3-5yrs), 9:30-10:15 a.m.
- Baxter Digs Reading, 3:30-4:30 p.m.

WEDNESDAY, FEBRUARY 5

- Baxter Memorial Library
- Baby Discovery Time (Birth-18mos), 9:30 -9:50 a.m.
- Music Fun w/Mr. Jeff (birth to 5yrs), 6-6:30 p.m.

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Gorham Sightings



Photo credit Roger Marchand

Do you know where in Gorham this photo was taken? Join our visual trivia discussion by entering your best guess on our Facebook page at www.facebook.com/gorhamtimes or email us at gorhamtimes@gmail.com. The photo in the December 12 issue is the bike stand just outside the front door of Robie Gym.



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