

Volume 26 Number 5 | March 6, 2020 A Free, Not-for-Profit Newspaper Serving Gorbam Since 1995

Election Results

GORHAM TIMES STAFF

Voters went to the polls earlier this week to cast votes for the Presidential Primary and a State referendum, a people's veto referendum seeking to reject a law passed by the Maine Legislature which eliminated most exemptions from state child vaccination requirements.

For election results, visit the Gorham Times Facebook page (www.facebook. com/GorhamTimes) or the Gorham town website (www.gorham-me.org).

Gorham House Fire Injures One

SHERI FABER Staff Writer

Firefighters from several fire departments worked to put out a fire at Gorham House, 50 New Portland Road, on February 28. One resident suffered serious burns. The Gorham Fire Department said the fire was reported in a room on the second floor around 10:30 p.m.

The fire was caused when a lamp landed on the bed of a resident who was taken to Maine Medical Center after suffering burns over 30 percent of her body.

CONTINUED ON PAGE 5

Gorham On Display at GBE Marketplace

Leslie Dupuis Editor

It's that time of the year again for Marketplace at Costello Sports Complex on the USM Campus in Gorham. This free, family-friendly

Demolition of Buildings in Historic District Under Review



7 College Ave.

DIANE ABRAMSON Staff Writer

The University of Southern Maine has plans to demolish five properties located on the Gorham Campus within the next two years, three of which are located in Gorham's Historic District. Those three properties are located at 7 College Avenue, 19 College Avenue, and 62 School Street.

The house at 7 College Avenue, a Greek revival frame dwelling known as the Johnson family home, was erected in 1856 by Robert Johnson and remained in the Johnson family until the early twentieth century. A number of families have owned the house since then and it currently serves as an office for the TRIO programs at USM, a 92% federally funded student services program.

According to the National Archives,



19 College Ave.

19 College Avenue "was originally a vestry built in 1830. It was apparently moved to the present location and converted to a parsonage about 1845 when the Methodist Episcopal Church acquired the property. This use was retained until 1881 when the Methodists sold the house" and in 1938 it was acquired by the University of Southern Maine.

It has been used by the USM Applied Energy Program as a lab. The historic home built in the late 19th century "is the ideal structure in which to conduct research and teach students and community members about residential energy use and how to implement effective weatherization programs and other low-cost energy conservation measures on a typical Maine home," said Daniel Martinez, assistant research professor in the USM Department of Environmental Science.

Photos courtesy of Gorham Historic Preservation Commission



62 School St.

Although 62 School Street is currently listed as being vacant and slated for demolition this year, it is still listed on the USM Gorham Campus Map as the location for Education Psychology and Exceptionally SMART.

As all three properties are located within the Gorham Historic District and hold significance to the town, approval would be needed prior to any demolition by USM.

According to Noah Miner, chairman of the Gorham Historic Preservation Commission, in a letter to USM, the three structures "are located in the locally designated Gorham Historic District. This designation requires that any structure within the district needs a 'Certificate of Appropriateness' from the Gorham Historic Preservation Commission prior to any demolition, moving, or construction."

CONTINUED ON PAGE 3

Girls' Track Athletes Are State Champs







event will be held on March 21 from 10 a.m. to 2 p.m.

The event is sponsored by the Gorham Business Exchange, a nonprofit organization whose mission is to be an advocate for local businesses

CONTINUED ON PAGE 5







Courtesv of PPH

Photo credit John Caterina

Several members of the Gorham High School girls' track team took first place at the State Championship on February 15. Kate Tugman (middle) won both the 1 mile and 2 mile; Emma Green (right) won the High Jump; and and the relay team of Alyvia Caruso, Nevaeh Moore, Emma Green and Sydney Connolly, (shown left to right) placed first in the 4x200. For more details, see page 12.

inside the Times 🖪 🞯 GOCAM You Tube				
2 Augusta	3 Living	11 Sports	15 Calendar	
4 Municipal	7 School	13 Community	15 Blotter	



NEWS FROM AUGUSTA

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.

Better, More Affordable Health Care

SEN. LINDA SANBORN

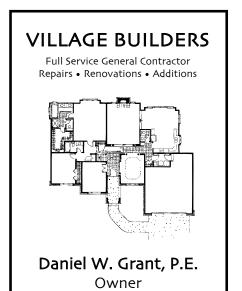
As a former family physician, I know our health care system is deeply flawed. Patients struggle to afford needed treatments and medicine, and navigate the complex bureaucracy. At the same time, despite high overall spending, health care outcomes in the United States lag behind the rest of the developed world.

We need a better, more affordable health care system: One that prioritizes safe, effective care and treatment; puts the needs of patients first; and, importantly, is affordable and accessible for everyone who needs it.

This is easier said than done. The system is complex, with broad and complicated challenges, and we are somewhat limited by federal law in what we can do on the state level. But there are some real and noncontroversial steps we can take to build a better health care system in Maine.

One of these steps is to increase access to care provided by physician assistants.

Physician assistants have been providing medical care to patients in their professional role for the past 50 years. They must fulfill strict licensing requirements, in the same way as other medical professionals, and in Maine, physician assistants are licensed under the same medical boards as medical doctors or doctors of osteopathy. They receive rigorous training, and provide a high quality of care to their patients with similar clinical outcomes and patient experiences to physicians.



That's why, last year I introduced LD 1660, "An Act To Improve Access to Physician Assistant Care." This bill makes it easier for hospitals and large practice groups to hire physician assistants and brings the laws that govern them into line with current medical practice. It cuts red tape to allow more physician assistants to practice in Maine, thereby increasing access to the high-quality care they provide.

I'm proud to report that in February, the Legislature's Health Coverage, Insurance and Financial Services committee voted unanimously to support LD 1660, which will soon head to the full Legislature for votes.

We are also considering a number of other steps to improve Maine's health care system. Last year, Senate Democrats passed a suite of laws aimed at lowering the cost of prescription drugs, and this year we are building on that success with the Patients First reform package, which includes four new bills. The first, LD 2110, "An Act To Lower Health Care Costs," introduced by Senate President Troy Jackson, D-Allagash, seeks to establish the Maine Commission on Affordable Healthcare to monitor and investigate high medical costs and develop datadriven policy recommendations to lower those costs.

The next bill, LD 2096, "An Act To Save Lives by Capping the Out-of-pocket Cost of Certain Medications," introduced by Speaker Sara Gideon, D-Freeport, caps

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,

I am writing to express dismay at the decision to seat a council member with a conflict of interest. I ask that the decision be considered again after considering the following thoughts. Given the recent decision, has the council given endorsement to all town employees to run for a position on the council? Further, how does the council function when three or four members have a conflict of interest? What is next? Perhaps the council should ask the citizens to absolve the council from any obligation to respect conflict of interest. Brian C. Jones

the monthly out-of-pocket expenses for insulin at \$100 for individuals covered by a plan regulated by the state. Speaker Gideon has another bill in the package as well, LD 2105, "An Act To Protect Consumers from Surprise Emergency Medical Bills," which seeks to extend the law restricting surprise medical bills to cover emergency medical services. The final bill in the package is LD 2111, "An Act To Establish Patient Protections in Billing for Health Care," from Sen. Ned Claxton, D-Auburn, which ends abusive billing practices.

These are concrete, actionable steps that we can, and hopefully will, take to improve the health care system in Maine so that more people can enjoy happy, healthy and productive lives.

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.



ing 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

Linda Sanborn is serv-

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.

Around Town

The Town is closing on the Rines property for the new industrial park on March 28. A steering committee comprised of members from the GEC, the Town Council and the subdivision abutting the property has been formed, and Milone & Macbroom has been hired to work with the Town Council on an engineering plan. Town Manager Ephrem Paraschak expects a proposal to go to the Planning Board later this year.

Courage House has received a Level III residence rating, the highest level, from the Maine Association of Recovery Residences.

Centerpoint Church has moved to 53 County Road, the previous location of South Gorham Baptist Church.

Borham Times

BRINGING THE NEWS TO ALL OF GORHAM PO Box 401 Gorham, Maine 04038 Phone and Fax: (207) 839-8390 gorhamtimes@gmail.com www.gorhamtimes.com

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

News Sports Features Of Interest Advertising Balancian Sports Galendar item Advertising Balancian Sports Sports Balancian Sports Sports Balancian Sports Balanc

School News SchoolnewsGT@gmail.com

SUBSCRIPTIONS

\$20/year in Gorham; \$25/year elsewhere \$15/year for college subscription Snowbird subscriptions available upon request Subscriptions and renewals are available online on our website.

General Manager: Bruce Hepler Editor: Leslie Dupuis Business Manager: Stacy Sallinen Advertiser Coordinator: Stacy Sallinen Design/Production: Shirley Douglas Staff Writers: Diane Abramson, Jacob Adams, Kathy Corbett, John Ersek, Sheri Faber, Edmund Ricker, Cathy Walter Features: Chris Crawford Photographers: Amanda Landry, Roger Marchand Public Service: Lori Arsenault Sports: Destiny Cook School News: Andrea Morrell Social Media Coordinator: Lydia Valentine Digital Content Manager: Bailey O'Brien Webmaster: Judi Jones Distribution Coordinator: Russ Frank **Distribution:** Jim Boyko, Janice Boyko, Scott Burnheimer, Chris Crawford, Janie Farr, Dan Fenton, Russ Frank, Ashley Genovese, Joe Hachey, Chris Kimball, Kris Miller, Chuck Miller, John Richard

Interns: Emily Crepeau, Grace Flynn, Lydia Valentine

BOARD OF DIRECTORS:

Michael Smith (President), Shannon Phinney Dowdle (Secretary), Alan Bell, Tom Biegel, Katherine Corbett, Carol Jones, George Sotiropoulos, Mike Richman, Sara Nelson

FOUNDER:

Maynard Charron

Advertising and Copy Deadlines

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.

Printing services by Masthead Maine Press, 295 Gannett Drive, South Portland, ME 04106

21 New Portland Rd. Gorham, ME 04038 **PH 207-839-6072** sales@villagebuildersmaine.com

Paving on Main Street is expected to begin soon.

NEXT GORHAM TIMES DEADLINE: MAR. 11



TOWN OF GORHAM BOARD OF APPEALS NOTICE OF MEETING MARCH 19, 2020

The Gorham Zoning Board of Appeals will hold a regular meeting on Thursday, March 19, 2020 at 6:30 pm in the Burleigh Loveitt Council Chambers at the Gorham Municipal Center, 75 South Street, Gorham to consider the following: Acceptance of the September 19, 2019 meeting minutes as printed and distributed.

Appeal #20 - 01 Administrative Appeal. Susan Duchaine, petitioner is seeking an Administrative Appeal of the Code Enforcement Officer's determination of Accessory Use in the Commercial Office Zone. Properties are located at 21, 23, 29, and 35 Vista Drive, Gorham. (Map 32, Lot 24, 102, 103, 104, 105).

Appeal #20 – 02 Single-Family Dwelling Set-Back Variance. Mike Richman of Custom Concepts Inc., petitioners for Joceila Hartwell, owner is seeking a single-family side-yard setback variance for the property located at 10 Great Falls Road (Portion of Map 89, Lot 65). The subject property is located in the Suburban Residential (SR) zoning district.

Gorham Businesses Support Scholarships for Trades and Manufacturing Careers

COURTESY OF DIANNA FLETCHER

Two leading Maine organizations, Maine Blue Collar (MBC) Scholarship Foundation and Manufacturers Association of Maine (MAME) are combining efforts this year to award more than \$100,000 in student and instructor scholarships for the Maine trades and manufacturing sectors. MAME and the Foundation are expected to fund more than 100 students and instructors statewide with scholarships between \$500 to \$2500 each.

The scholarships are available to high school students throughout the state and can be used for tools, books, uniforms, tuition and/or housing. The instructor scholarships will cover the cost of working with a best-in-class Maine business, in the instructor's specific trade, for one week.

D&G Machine of Gorham hosted a kickoff event on January 15 that included students who had previously received scholarships from the Maine Blue Collar Scholarship Foundation.

"As a proud Mainer, we all have a vested interest in the growth and success of our younger generations, as well as the growth and success of Maine's economy," said Shawn Moody, founder of Maine Blue Collar Scholarship Foundation and owner of Moody's Collision Center.

"With these scholarships, it's our goal to restore the pride, dignity and legacy of working in the trades by giving young people occupational equality and opening up more career opportunities with little to no student debt," Moody added. "Maine manufacturers are in desperate need of skilled labor for high tech manufacturing positions of all levels," said Lisa Martin, Executive Director of Manufacturing Association of Maine (MAME). "We want to fill the void with future skilled workers in the trades and manufacturing. Our past scholarship program has helped to do this. But now, with the partnership of the Maine MBC Scholarship Foundation, we can double our efforts."

MBC Scholarship Foundation is funded by several leading Maine companies including D&G Machine, Risbara Bros., Gilman Electrical, Rowe Ford, Harbison Plumbing, Gorham Sand and Gravel, Scoville Foley Team, and Augusta Fuel Company.

In total, Maine BCS Foundation will award \$75,000 in student scholarships. Also, through the Foundation, MEMIC is sponsoring \$24,000 in scholarships for instructors in the trades.

The Manufacturing Association of Maine will double the amount of scholarships it will award. Companies supporting MAME's program include McCann Fabrication, Prescott Metal, Key Bank, Saunders Electronics, Kennebec Technologies, Mountain Machine Works, Constellation Energy, Nichols Portland, Montalvo Corp. and many more.

Students and instructors interested in applying for the Maine Blue Collar Scholarship Foundation awards can apply at www.mainebluecollar.com

Those students applying for scholarships specifically in manufacturing can apply at www.mainemfg.com/ students

Demolition of Buildings in Historic District CONTINUED FROM PAGE 1

"In order for the Commission to approve a certificate, USM would need to show that the three structures are either non-contributing or incompatible with the Historic District in which they are located, or that USM can demonstrate that the structures cannot be renovated or constructed so as to earn an economic return on its value in its present location as determined by a qualified real estate appraiser," said Miner.

If the Commission votes to deny a certificate of appropriateness, USM

can file an appeal to the Town Council within thirty (30) days of the receipt of the Commission's written notice.

However, according to Nancy Griffin, Chief Operations Officer, "currently, the only building on the Gorham campus that USM is working to demo is 128 School Street. USM is working to demo this building this summer and is working to coordinate this demo with Gorham Fire Department training."

The building located at 128 School Street is not in the Historic District.

Eating Right Improves Performance

STACEY COLEMAN

Fueling your body with the right nutrients before and after any workout will give you the energy and strength you need to perform better, recover quicker, and grow stronger and healthier. There is a lot of mixed and confusing information concerning this topic, so here is a simplified explanation to help you navigate through the noise.

There are three macronutrients that your body needs each and every day: carbohydrates, protein, and fat. These same macronutrients are needed before and after workouts to ensure optimal performance. Each macronutrient has a specific role.

Carbohydrates or carbs are essentially energy made up of glucose, a simple sugar which is an important energy source in living organisms. Muscles use the glucose from carbohydrates for fuel. Glycogen is the way the body processes and stores glucose, mainly in the liver and muscles. Carbohydrates are energy that we need before we work out or play a sport.

Protein is important for muscle repair. When we work out or play a sport, our muscles tear and rebuild.... this is how muscles become stronger. This tearing is repaired with the protein we consume. Other benefits of eating protein before exercise include: Better anabolic response, or muscle growth; improved muscle recovery; increased strength and lean body mass; and increased muscle performance.

Examples of Pre-Workout Meals

If Your Workout Starts Within 2–3 Hours or More

- Sandwich on whole-grain bread, lean protein and a side salad
- Egg omelet and whole-grain toast with avocado spread and a cup of fruit
- Lean protein (chicken or fish), brown rice and roasted vegetables

If Your Workout Starts Within Two Hours

- Protein smoothie made with milk, protein powder, banana and mixed berries
- Whole-grain cereal and milk
- A cup of oatmeal topped with banana and sliced almonds
- Natural almond butter and fruit preserve sandwich on whole-grain bread

If Your Workout Starts Within an Hour or Less

- Greek yogurt and fruit
- Nutrition bar with protein and wholesome ingredients
- A piece of fruit, such as a banana, orange or apple

Recovery Meal Ideas

- 4-6 oz of Chocolate milk
 Peanut butter and banana (or jelly) sandwich
- Apple with 1 tbs of peanut butter

Healthy fats essentially help protein to do its job. Our bodies utilize fat for fuel in longer and moderate-

CONTINUED ON PAGE 10





Christopher Pidhajecky DDS 347 Main Street Gorham, ME 04038 207.839.3006

www.gorhamdentistry.com

Complimentary Sonicare® Toothbrush *after your new patient appointment is completed.



erwin viropractic Tutrition



Dr. Joseph M. Kerwin 164 Main Street, Gorham jkerwin1@maine.rr.com

Offering safe, natural solutions to return vibrancy to your life!

www.kerwinchiro.com • (207) 839-8181

Since 1995 — A FREE, Biweekly Community Newspaper | March 6, 2020 | gorhamtimes@gmail.com | Gorham Times | 3

False Report of Shooting on Maple Drive

Sheri Faber Staff Writer

On February 22, Gorham police received an anonymous 911 call over the internet reporting a shooting at 32 Maple Drive in Friendly Village. Numerous police and fire vehicles responded to the scene after they were unable to reach anyone at that address by phone.

Neighbors were warned to shelter in place and the resident, Betsy Lafond, was briefly handcuffed and restrained. The entire incident lasted about an hour, and to date, police have not been able to determine who made the initial call to 911.

This type of call is known as "swatting" and it is very difficult to track down the person making the call. Lafond will be listening to the 911 tape to see if she recognizes the voice of the person making the call.

Deputy Chief Michael Nault commented that while there are ways in which technology is very helpful to police departments, anonymous calls over the internet to 911 are very difficult to trace.

Arrests ~ September 2019

Evergreen Drive man, 23, was arrested for OUI (one prior), and operating while license suspended or revoked.

Standish man, 24, was arrested for OUI.

Preble St. man, 42, was arrested for OUI.

Standish man, 63, was arrested for OUI (one prior).

Denmark man, 33, was arrested for OUI.

Massachusetts woman, 28, was arrested for refusing to submit to arrest, violating conditions of release, unlawful possession of fentanyl (priors), unlawful possession of scheduled drugs and unlawful possession of methamphetamine.

Millet Drive woman, 38, was arrested for violating conditions of release.

Rust Road man, 38, was arrested for operating while license was suspended/ revoked for OUI.

Newell St. woman, 29, was arrested for assault and refusing to submit to arrest.

Newell St. man, 29, was arrested for domestic violence assault.

Westbrook man, 38, was arrested on two counts of unlawful possession of scheduled drugs and violating conditions of release.

Buxton man, 23, was arrested for refusing to submit to arrest, assault, probation hold and held for two other agencies.

Tink Drive man, 31, was arrested for OUI on two consecutive days.

Portland man, 34, was arrested for OUI.

South St. man, 27, was arrested for domestic violence assault, stalking, obstructing report of a crime and OUI.

Finn Parker Road man, 35, was arrested for disorderly conduct.

Huston Road man, 18, was arrested for allowing minors to possess and consume alcohol.

Gray Road woman, 50, was arrested for unlawful possession of drugs and violating conditions of release.

Buxton man, 35, was arrested for operating after suspension, failure to give correct name, address and date of birth, eluding an officer, refusing to submit to arrest, violating conditions of release and failure to appear.

Buck St. man, 60, was arrested for cruelty to animals.

School St. man, 41, was arrested for violating conditions of release and forgery and held for probation.

Sebago Lake Road woman, 22, was arrested for OUI.

Windham woman, 20, was arrested for operating after suspension, OUI (drugs or combo - one prior), illegal transportation of alcohol by a minor, violating conditions of release and theft by unauthorized taking.

Millet Drive woman, 38, was arrested for violating conditions of release.

Windham man, 34, was arrested for operating while license was suspended/ revoked, failure to give correct name, violating conditions of release and failure to register vehicle.

Elliott man, 36, was arrested for OUI (drugs or combo).

Gorham Fire Department 2019 Call Stats

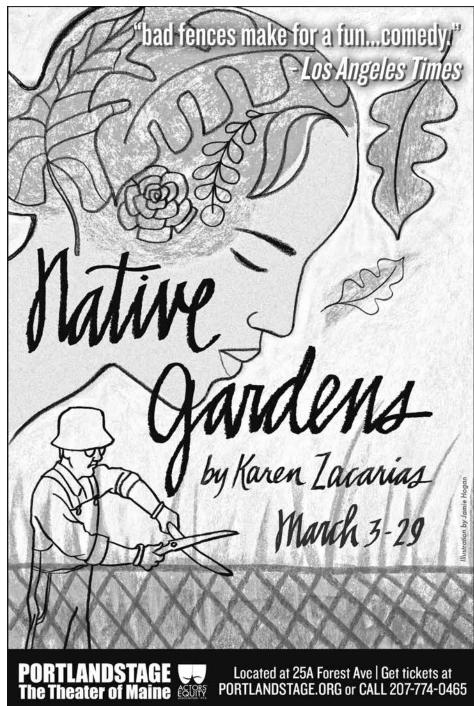
The GFD recently released figures for 2019 fire and rescue calls.

Medical Emergencies: 1709 Motor vehicle crashes with injury: 234 Fire Mutual Aid: 145 Fire Alarms: 277 Auto Fires: 7 Lines Down: 55 Smoke Investigation Outside: 13 Spills/Leaks: 10 Water Problems: 53 Structure Fires: 74 **Elevator Emergency: 6** Woods/Grass Fires: 44 Gas Problem/Outside: 16 Water Rescue: 7 Unattended/Unpermitted Burning: 53 Assist Gorham Police: 26 Misc: 28

Total Calls for the Year: 2771

March is: Women's History Month American Red Cross Month Pi Day ~ March 14





"Serving Gorham Since 1981."

We serve pizza, pasta, salads, calzones, wraps & more!

View our site online: www.ghop.me





Like us on Facebook

2 State Street • Gorham, ME 04038

Maine Trivia in honor of Maine's 200th birthday on March 15:

In Wilton there's a cannery that imports and cans only dandelion greens.

Maine is the only state in the United States whose name has one syllable.

Maine is the only state that shares its border with only one other state.

Donut holes were invented in Maine.

The snowplow, earmuffs, and an early version of the snowmobile were all invented and patented in Maine. Mainers also were the first to patent salt-dispensing trucks to keep the roads clear.

According to the Maine GIS Office, there are 3,166 offshore islands here in Maine.

Geographically, Maine is larger than the five other New England states combined. Aroostook County alone is bigger than the states of Connecticut AND Rhode Island combined.

Maine's coast is more than 3,500 miles long...that's longer than the entire coastline of California.

The Olde Woolen Mill in North Berwick, Maine is the real Parrish Shoe Factory that was filmed in the movie "Jumanji," starring the late great Robin Williams.

Gorham House Fire Injures

One CONTINUED FROM PAGE 1

Firefighters contained the fire to the room but had to evacuate 35 residents to the other end of the second floor as they put the fire out. The area around the room was cleaned up and residents were able to return to their rooms.

Gorham Deputy Fire Chief Kenneth Fickett said that because the fire took place in a medical facility, state officials will investigate.

Gorham On Display at GBE

Marketplace CONTINUED FROM PAGE 1

to enhance the community in which we live. Come check out the dozens of local businesses showcasing their products and services.

This year, the following demonstrations will be held throughout the day: K-9 and officer, pickleball, air bag deployment, dance, Jukado, a wellness workout, and cheering.

Food vendors will be on hand while children can take part in a craft area and face painting. Cash and prize drawings will also be drawn. The Gorham Fire Department will have its smoke trailer there as well.

As in years past, the Gorham Food Pantry will be collecting food and monetary donations at this event to help those experiencing food insecurity in our community. For more information, visit www.gorhambusiness.org.

St. Patrick's Day Jokes

Why did the Leprechaun go outside? To sit on his Paddy O'Furniture

What do you call leprechauns who collect aluminum cans, used newspapers and plastic bottles? "Wee-cyclers!" Can February March? No, but April May

March is the month God created to show people who don't drink what a hangover is like. \sim Garrison Keillor

GORHAM, Maine – Sharon Ann (Lombard) Brooks, 77, passed peacefully on Feb.7, surrounded by the love of her family.

Born Feb. 14, 1942 in Standish, Maine, the youngest child of Bill and Peggy Lombard, she attended Gorham schools. Upon graduating, she trained as a dental assistant with Dr. Shehee. She spent her career in private practices, the Windham Correctional Facility, and the Portland school system.

Weeks before her 21st birthday she met Ed, and in that boy from Brownfield she found her heart's home. They were married shortly after and spent

the next 56 years together raising two daughters, along with becoming the cherished second parents, aunt/uncle and grandparents of their

Become a Friend of the Gorham Times

GORHAM TIMES STAFF

The Gorham Times will celebrate its 25 year anniversary in August 2020. Our very first paper, dated August 25, 1995, was supported by generous donations from many Gorham residents, business people and advertisers.

Over the years, we have had hundreds of volunteers donate their time and talents to help us with our mission of bringing the news to all of Gorham. We have covered countless town events, local news, celebratory milestones, school news, sporting events, Gorham High School graduations, and more.

For the past several years, we have faced increased mailing, web hosting and general production costs but have maintained our quality and reasonable advertising rates. In 2018, our printer increased our printing charges by 5% across the board. After much consideration, the Board of Directors approved an increase to display and classified advertising rates, color process rates, and subscription rates effective January 2020.

While the Gorham Times remains a free newspaper, our costs to produce the paper are not. We recently rolled out the Friends of the Gorham Times Campaign to help offset our costs of doing business. We have set a goal of \$4,000. Please consider making a donation to Gorham's only non-profit, volunteer-run, independent newspaper. Each and every contribution is appreciated.

We are proud of the paper we produce and the service we provide to the Gorham community. As volunteers, we remain committed to our mission of bringing the news to Gorham. We are dedicated to supporting our local businesses, showcasing the good work in our schools, and keeping community members informed about important local town issues.

There's an enormous sense of accomplishment when we see our ideas turn into a printed reality. We love seeing our articles clipped and posted on the walls in Gorham schools, organizations and businesses. We appreciate the likes, shares and shout outs on social media. Most importantly, we love seeing the paper picked up by our loyal readers – THANK YOU!

With gratitude from the production staff:

Chris Crawford - 25 years of service Founding Member, Features Editor, Distribution

Sheri Faber - 25 years of service Founding Member, Staff Writer

Scott Burnheimer - 25 years of service

Russ Frank - 11 years of service *Distribution Manager*

Andrea Morrell - 11 years of service School News Editor, former Editor

Roger Marchand - 11 years of service *Photographer*

Judi Jones - 10 years of service *Webmaster*

Bruce Hepler - 9 years of service General Manager

Jane Farr - 9 years of service *Distribution*

Shirley Douglas - 8 years of service Design & Production

Jacob Adams - 7 years of service Town Council Staff Writer

Carol Jones - 6 years of service *Board of Directors*

Shannon Phinney Dowdle - 6 years of service - *Board of Directors*

Kathy Corbett - 5 years of service School Committee Staff Writer, Board of Directors

Amanda Landry - 5 years of service *Photographer*

George Sotiropoulos - 5 years of service *Board of Directors*

Alan Bell - 5 years of service Board of Directors

Bailey O'Brien - 5 years of service *Digital Content Manager*

Mike Smith - 4 years of service *Board of Directors, President*

Dan Fenton - 4 years of service *Distribution*

Joe Hachey - 4 years of service *Distribution*

Tom Biegel - 4 years of service *Board of Directors*

John Ersek - 3 years of service *Staff Writer*

Ed Ricker - 3 years of service *Staff Writer*

Tom Corbett - 3 years of service *Contributor*

Kris & Chuck Miller - 3 years of service *Distribution*

Mike Richman - 3 years of service *Board of Directors*

Sara Nelson - 2 years of service *Board of Directors*

Destiny Cook - 2 years of service *Sports Editor*

Diane Abramson - 2 years of service



daughters' friends, and the neighborhood children.

When not at her beloved camp or traveling, Sharon spent more than 25 years as an EMT with Gorham Fire & Rescue, earning the nickname "Mommy Rescue." A natural designer and artist, she sewed, quilted, crocheted and painted - and her apple pies were legendary.

She is survived by her husband Ed; favorite daughters Stephanie and husband Byron Manchester of Casco, Maine, Juli and husband Todd Settlemire of China, Maine; sister Sandra Moses of Southington, Connecticut, sisters-in-law Patricia Lombard of Porter, Maine, and Barbara Lombard of Gorham, Maine.

Arrangements are under the direction of, Dolby, Blais & Segee. In honor of her wishes, there will be no service.

In lieu of flowers, donations may be sent to be sent to: Brownfield Historical Society: brownfieldhistoricalsociety.com; Give Kids A Smile: adafoundation.org/en/give-kids-a-smile; German Shepard Rescue: gsrne. org; Gosnell House: hospiceofsouthernmaine.org/gosnell-memorialhospice-house Distribution

Chris Kimball - 25 years of service *Distribution, Proofreader*

John Richard - 18 years of service *Distribution*

Jim & Janice Boyko - 15 years of service *Distribution*

Stacy Sallinen - 12 years of service Business Manager, Advertising Coordinator, former School News/ School Committee Writer

Karen Didonato – 12 years of service *Social Media, former Editor*

Leslie Dupuis - 11 years of service Editor, former School News Editor, Distribution Staff Writer

Wilma Gould Johnson - 2 years of service - *Contributor*

Greg Cuffey - 2 years of service *Contributor*

Cathy Walter - 1 year of service Staff Writer

Lori Arsenault - 1 year of service Public Service Coordinator

Ashley Genovese - 1 year of service *Distribution*

Emily Crepeau, Grace Flynn, Lydia Valentine Gorbam High School Intern

Numerous Feature Writers

Famous Gorham Raceway Not Forgotten

WILMA GOULD JOHNSON Contributing Writer

The life of a town never stands still. Just outside of Gorham Village, at the corner of Narragansett and Cressey Roads, there was once a famous fairground called Narragansett Park. This park hosted the Cumberland County Agricultural and Horticultural Society Fair as early as 1839. These fairs ended in the 1940's but harness racing continued to flourish there until the late 60's.

Those long ago summer months were filled with nighttime harness racing, and people traveled from near and far to attend. Depending on your location in town, you could easily hear the voice of the announcer as he energetically relayed the details of each and every race. In 1943, J. R. Cianchette took over this half mile track and constructed what was considered to be one of the best racing surfaces in New England.

The actual competitive harness racing was done with sulkies, a lightweight, two-wheeled vehicle which carried the driver, while most of the training and exercise was done with jogging carts. Before each race, the horses would be led past the gate by a marshal on horseback, often a teenager or young woman. The drivers each wore their own color combination of jackets and a soft cap. This attire was referred to as 'silks.' Later, a type of helmet was worn for more protection.

Before the race began, the horses were paraded to the post in a single line

with numbers on their saddlecloth and a round disk clipped at their head. At the starting post, a car with two extensions would open. The extensions were numbered 1-8 and the horses would line up accordingly. The driver would gradually pick up speed until the horses were at a good pace and then he would close the arm extensions and the man standing from the back of the car facing the racers would shout "and they're off."

For many years, the grandstand was open air, and then was later rebuilt with covered seating. Many racegoers liked to stand at the fence near the finish line and others would sit within the grandstand. The pari-mutuels, along with the food and restrooms were located underneath on the ground floor. It was not unusual to see parked cars along the outside of the fence with families watching the race sitting atop their automobile. At the end of the evening when the races were completed, the traffic jams at most of the Gorham exits were bumper to bumper and would remind you of the rush hour traffic that flows through Gorham today.

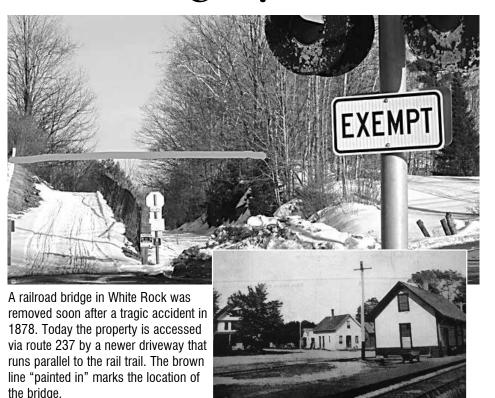
Time marches on as Gorham grows and changes. The old Narragansett Racetrack, which sat idle for many years and was once considered as a site for a Gorham Hannaford grocery store, will become the new headquarters of Harvey Performance Company. This is the first project under construction at the 62 acre site which has been zoned as the Narragansett Mixed Use Development zone and is owned by Shawn Moody.





Roy Gartley getting ready to race.

Postcards From the Past: Train Tragedy



GREGORY CUFFEY Contributing Writer

Gorham is made up of many smaller communities. One such community is White Rock, named after the large white quartz boulder that once graced the front yard of the White Rock Inn (next to the White Rock Free Baptist Church) It was a prosperous farming community with its own post office, train station, Farmer's Union, grist mill, grange hall, stores, school and church. Hundreds of gallons of milk were shipped via train to Portland each day. Driving north on route 237 (Sebago Lake Road), passing Orchard Ridge Farm on your left, look to the right before the "Sebago to the Sea Trail" rail trail and you will notice the natural curve of a hill, running parallel to the rail line cut. The hill top looks "built up" because this was the entrance to a bridge that crossed over the railroad tracks to access the former Nugent residence/property.

Photos courtesy of Greg Cuffey

Commission state that on November 10, 1878, brakeman C. Stevens who was up on top of a "Portland and Ogdensburg" freight train, was struck by the overhead bridge at White Rock. He was so badly injured, he died within hours at Maine General Hospital in Portland. Another report adds that it was a dark night and the brakeman was unaware of the bridge.

A poster from the 1960's advertising harness racing.

Portland Daily Press newspaper and an Annual Report of the Railroad The bridge was removed soon after the tragic accident. Today the property is accessed via route 237, the newer driveway runs parallel to the rail trail.

The White Rock depot was located a stones throw away from the low bridge on the northwest side of route 237. It and many surrounding businesses burned to the ground in 1916.

Greg Cuffey is an avid history detective who lives in Gorham. He is a past president of the Gorham & Newfield Historical Society's and the current president of Skyline Farm in N. Yarmouth and the New England Region Carriage Assoc. of America. For questions, contact Greg at sphomaine@hotmail.com.

SCHOOL

How to Support Families after a Suicide

ANDREA MORRELL School News Editor

When a suicide happens in a community, the shock and grief can make everyone feel less safe, said Greg Marley, LCSW, clinical director of the National Alliance of Mental Illness (NAMI) Maine.

Marley spoke recently at Gorham High School (GHS) sharing his 30 plus years of experience and expertise in prevention awareness after a traumatic loss with his Maine Suicide Prevention Program titled "Supporting our Families and Protecting our Children after a Suicide," to a fairly full auditorium.

According to Marley, support for a community after a suicide loss involves allowing the time and opportunity to grieve and actively supporting the needs of those people most affected by the loss.

"Suicide prevention is up to us all and now, more than ever, we need to know what we can do to support our children," said Marley.

Marley shared some statistics. The biggest increase of suicides in youth is 10- to 15-year-olds. Every 36 hours in Maine someone is lost to suicide. Suicide is the second leading cause of death for 15- to 34-year-olds. Every other week a young person dies by suicide (10- to 24-years-old). Firearms are the most prevalent way of death (53%).

He said that as a society, suicide is not easily and openly talked about. Most people feel that it is shameful so they don't talk about it, but he said, "most of the time suicide is preventable if we are able to step into those conversations."

After a suicide, Marley said grief lasts three to five times longer than any other death. "It's always there. For a parent, there's no loss like the loss of a child. Loved ones are left with questions, torment, guilt, and regret," he shared.

The reaction after a suicide is shock, hurt, anger, and trying to make sense

of it. A common response is that "the community feels less safe all of a sudden," said Marley.

Grief is a normal reaction to loss and with youth this may be their first experience with death. An adolescent suicide can bring up a youth's own sense of mortality. It is important to remember that every teen's grieving experience is unique.

"The strong emotions can be scary as they feel out of control. They may feel anger. And males and females often grieve differently," said Marley. Teens may hide or mask their feelings to protect a parent or feel like they are not supposed to show emotions.

Red flags in grief reactions, according to Marley, are: isolation, rumination, depression; explosions; internalization of grief; alcohol, drugs risk reactions; taking responsibility or blame; and changes that are out of character for them.

So how can we support our youth? Marley says we need to start by acknowledging the elephant in the room. Talk about the person who died and the death. Be clear about what is known. Be open to a range of questions and be comfortable asking hard questions. Create a safe time and location to open up the conversation.

Marley suggested not to force the conversation, but be gently persistent. If youth can't talk to a parent, then encourage them to talk to someone else and make a plan as to whom that may be.

Marley said parents should be aware of how the loss affects them and their family. Model self-care: eat well, sleep, exercise, give yourself distractions, talk to someone you trust, and give yourself time. He also recommends grief counseling. "I call them consultants," he said as they have the skill set and knowledge base to help.

When discussing suicide prevention, Marley said there are a lot of myths out there. One myth is that if someone decides that they want to

CONTINUED ON PAGE 10

Real Estate Transfers December 2019

ADDRESS 227 HUSTON ROAD

BUYER 22 MEADOWBROOK DRIVE UNIT 6 SCHLOTTMAN, JAMES & HEATHER HEATH DEANNA 23 VILLAGE WOODS CIRCLE O'SULLIVAN, PADRAIG & GODFREY, SARAH

SELLER HEATH, LINDA FISHER DEIDRE

PRICE \$232.500 MARY BROWN LIVING TRUST \$250,000 \$360.000

School Committee Approves Kitchen Move at Narragansett

KATHY CORBETT Staff Writer

At a special meeting on February 27, the School Committee (SC) voted (6-1, Gagnon) to move the kitchen at Narragansett Elementary School from the original building and add it on to the cafeteria in the new modular wing.

Students now eat in the gymnasium adjacent to the kitchen, but needing to use that space for programming, the previous plan that involved bringing food from the kitchen to the new cafeteria proved to be unworkable. Next school year, all 398 Narragansett students will eat in the new cafeteria. The increase of 105 students over this year is mainly due to the attendance zone change. The new kitchen, located on the side of the modular cafeteria, will form a new wing of the school off the existing gymnasium.

The committee had considered a proposal that would permit food to be transported through the gym when it was in use for allied arts programming, but the disruption plus food safety requirements would have been both expensive and temporary. This convinced SC members to approve moving the kitchen.

The cost of building the addition and moving the kitchen is budgeted at \$750,000. Funds will come from bond monies approved by voters for the

modular project in the fall and from the F20 Capital Improvements (CIPS) budget approved last spring. In addition to funds for the modulars, that project budget included money for the connector, mechanical and electrical, building finishes and contingency totaling \$1,940,000. Of that, \$478,000 has been saved and will be used for building the kitchen addition. Money from the CIPS budget, \$249,000, will cover the cost of moving equipment from the old kitchen and for costs related to that transfer. Based on an opinion by an attorney, the SC did not believe a referendum vote on this expenditure was required.

SC member Phil Gagnon voted not to approve the move because he believed the administration should have anticipated this problem. Superintendent Heather Perry explained that before the instructional schedule was determined they had not realized that there would be this conflict for space.

In additional business the SC voted to approve stipends for spring sports coaches, discussed a draft of the Portrait of a Graduate criteria to be voted on later, and heard a report from the SC and Town Council Facilities Committee which will be meeting to discuss upcoming capital improvements priorities, the town's bond rating, and the hiring of a consultant.

Spectrum is Hiring!

We are looking for *Customer Service Representatives* for our billing department!

> **Start Date:** Tuesday, April 7th 2020

JOIN US FOR OUR HIRING EVENT THURSDAY, MARCH 12TH AT 901 WASHINGTON AVE. FROM 10:00AM-6:00PM!

Paid Training: 6 weeks, Tuesday-Saturday 11:00 AM-7:30 PM

Starting Pay:

127 DOW ROAD	CROSBY, ARTHUR III & SARA	ESTATE OF MICHAEL SENECHAL	\$249,000
315 FORT HILL ROAD	KIMBLE, PAUL	SMITH, MARY	\$592,500
19 BRADFORD DRIVE	WHITEHOUSE, SPENCER & DOYON	EDWARDS, JAMES & JAMIE	\$375,900
43 COTTAGE COURT	WALKER, JOSEPH & ELIZABETH	BRAMBLEWOOD, LLC.	\$329,900
76 WESTCOTT ROAD	HARMONIOUS HOLDINGS, LLC	ANDERSON, CARL	\$160,000
52 ANNIES WAY	HOOPER, DARYL & REBECCA	GRANT, JARED	\$378,931
179 OSSIPEE TRAIL	BARNES, JOSHUA & HARRISON, MORGAN	VOLPE, TANYA	\$306,000
35 HAYFIELD DRIVE	CZUBEK, MICHAEL & KAREN	HOYT, BRYAN & SARAH	\$400,000
13 CHRISTOPHER ROAD	MORRISON, SAMUEL, & TROTTIER	BERTHIAUME, TYLER	\$249,000
43 RIDGEFIELD DRIVE #39	DAVIS, JANE	KASPRZAK, KERRI	\$344,900
34 PATRICK DRIVE	ROWE, AMY & CURTIS	HODGKINS, JANE	\$242,000
12 DARIN DRIVE	BANISTER, RACHEL & JAMES	DAHLBORG, THOMAS & DARLENE	\$355,000
26 LILY LANE	LODGEK, RHONDA & MATTHEW	HESS, ANDREW	\$324,900
42 BROOKWOOD DRIVE	ROY, JILL	FORTIER, EDWARD JR.	\$263,000
10 WOODSIDE DRIVE #2	SOUCIER, CHRISTIAN	VANDEKROL, ANDREW	\$251,000
49 TOW PATH ROAD	FUNKHOUSER, S. & VANDEWATER	MANCHESTER, & ELSTON, LESLIE	\$177,500
84 OLDE CANAL WAY LOT 4	84 OLDE CANAL WAY, LLC	GRONDIN PROPERTIES, LLC	\$190,000
18 TINK DRIVE	W.W. WOOD PROPERTIES	USA RURAL HOUSING SERVICE	\$187,100
17 SANBORN STREET	POWERS, COURTNEY & JENNA	TODD, CHRISTOPHER & KIMBERLEY	\$289,000
26 JOSEPH DRIVE	OHLSEN, WENDY	LYONS, AMELIA & HABIB	\$243,000
13 LAWN AVENUE	MILLIGAN, JOSHUA & ROBYN	LODGEK, MATTHEW & RHONDA	\$228,500
325 GRAY ROAD	PERRIN, DERRICK & PHILLIPS, MICHAELA	ANTON, RUTH	\$191,000
4 SPILLER ROAD	FLAGG, NICHOLAS	WEBSTER, LORI & JOSEPH	\$240,000

\$15.00 per hour, plus .75 shift differential for shifts that start at or after 11:00 AM

Benefits:

Medical, Dental, Vision, 401 K w/ 6% company match, Retirement plan, Free and discounted employee cable, internet & phone package (must live in service footprint), Accrued paid vacation, annual personal days, annual paid holidays, accrued paid sick time, and annual tuition reimbursement of \$5,250.

Please apply and complete the mobile-friendly assessment at jobs.spectrum.com today!

Since 1995 — A FREE, Biweekly Community Newspaper | March 6, 2020 | gorhamtimes@gmail.com | Gorbam Times | 7

Birthday Bags Make Birthdays Special to Those in Need

LYDIA VALENTINE GHS Student Intern

Roxy Rovin, a seventh-grader at Gorham Middle School (GMS), is working with the Gorham BackPack Program and Maine Teacher of the Year, Heather Whitaker, to create Birthday Bags.

These bags will be given out throughout the year, in addition to the normal BackPack Program, on a student's birthday. Rovin decided to do this project as part of her Bat Mitzvah studies and wants to make sure that "all kids who are part of the BackPack Program not only have food throughout the year but can have a special treat to celebrate their birthday, knowing that this may be a hardship for some families."

Rovin's initial goal is to fill 100 bags, however, this is not possible without donations. Suggested items include: blank birthday cards, cake mix, boxes of birthday candles, sprinkles, frosting/icing, disposable cake pans, tissue paper, birthday banners or streamers, packs of birthday hats, medium-sized gift bags, and small gifts (such as col-



Photo credit Amv Star

oring books with crayons, slime or putty, \$5 gift cards to Target or Five Below).

Monetary donations are also welcomed, with checks being made out to: Gorham School Department, 75 South Street, Gorham, Maine 04038 and "Birthday Bags for Backpack Program" in the memo line. Donations can be brought to the middle school through March 31.

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.



GMS to Present "Willy Wonka Jr!" Musical



The cast of Gorham Middle School's upcoming spring production of "Willy Wonka Jr!"

GORHAM MIDDLE SCHOOL DRAMA CLUB

Take a trip through "pure imagination" during Gorham Middle School's (GMS) production of "Willy Wonka Jr!"

Over 50 students have been rehearsing since November, and 15 tech crew members have recently joined the production to help make the magic come alive.

"Willy Wonka Jr!" is a musical comedy that dramatizes Roald Dahl's timeless story of Willy Wonka, the world-famous candy man, and his quest to find an heir to run his chocolate factory.

Wonka stages a contest by hiding golden tickets in five of his scrumptious candy bars. Four of the five winning children are insufferable brats, but the fifth is a likable young lad named Charlie Bucket, who takes the tour in the company of his equally

amiable grandfather. The children must learn to follow Wonka's rules in the factory - or suffer the consequences.

Greg Walton and Tana Krohn codirect this year's show, continuing to bring quality musical theater to middle school students here in Gorham. Walton has once again outdone himself in building amazing sets and props that bring Wonka's extraordinary and imaginative Chocolate Factory to life on stage.

His creative stage direction is also sure to entertain, as is the collaborative choreography of Gorham High School student Abby Miller and Krohn.

Audiences young and old are sure to be delighted by the adventure through Wonka's fantastical Chocolate Factory.

Performances of "Willy Wonka Jr!" will be held at the GMS auditorium on Friday, March 13, and Saturday, March 14, at 7 p.m. and Sunday, March 15, at 2 p.m. Tickets are \$5 at the door.



A warm welcome to Dan Quinlan, Chalmers Employee Benefits Specialist!



Serving Maine and New Hampshire | 800-360-3000 ChalmersInsuranceGroup.com

OLD WINTER

NIGHT OUT

Whether it's bowling, gaming, or dining, Junction Bowl has something for everyone. Don't let cabin fever stop you from having fun. Come meet us at the Junction.



A 7 Railroad Ave, Ste 102 Gorham, ME 04038

www.jctbowl.com

Winter Fun for Gorham 5th Graders



oto credit Cheryl Fotte

Regina Butenko, Alexis Alfred, Fatima Almukhtar, and Kimarah Cajuste



Mateiah Asali, Madison Rogers, Charlotte Wallace, and Kaitlyn Wallack



Photo credit Cheryl Fotter

Ms. Thibeault, Addy Rush, Cael O'Sullivan, Hailey Racine, and Michael Contente

You're in the Know. **Gorham Times**



Photo credit Cheryl Fotter

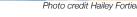
Village 5th Graders taking a lunch break during the All School 5th Grade Annual Snow Tubing Field Trip.



Photo credit Stacv Salliner

Zachary Bourgoin, Harrison Crider, Harvey Crider, Sawyer Smith, Noah Lewellen, and **Ryan Bachner**







Nick Sallinen and Will Andreasen

School Notes

Gorham High and Middle School Music Departments are hosting the eighth annual Mattress Fundraiser on Sunday, March 15, from 10 a.m. to 4 p.m. at Gorham High School. All sizes available, with more than 25 styles on display. Brand new with full factory warranties and delivery options. Financing is available. All proceeds benefits GHS/GMS music. FMI, text GHSMUSIC to 797979.

Dr. Mark Publicker will be speaking about the effects of marijuana on the adolescent brain at a Cannabis and the Adolescent Brain event on Tuesday, March 17, at 6 p.m. at Gorham High School. The presentation is supported by the Gorham Action Team for Youth and the Gorham School District.

Students in grades 6-8 who live in Gorham have the opportunity to submit an entry form for the 7th annual Madison Prize for Written Excellence, along with an essay on this year's question: Is the United States a Republic or a Democracy? Explain why our form of government is better. Essays must be between 300 and 400 words. All entries must be received by April 2, 2020. The winner will receive \$250 with two runnersup each receiving \$100. Essays will be judged on the following criteria: knowledge demonstrated; clarity of ideas; and persuasiveness/presentation. FMI or to obtain an entry form, contact James Means at 839-8399.

Gorham High School is collecting formal attire (prom wear) for students who might have a difficult time purchasing or renting formal wear for the 2020 Prom. If you have a dress, a suit, a tux, dress shoes, etc that you could donate please drop them off at GHS front office. In addition to clothing GHS is looking for volunteers to assist students with hair, makeup, nails, and photos on the day of the big event on May 9. If you are interested in helping, please email tatianaj626@ gmail.com.





Max Lodgek

Did You Know?

- We are the only 100% locally owned and operated PT clinic in Gorham
- We provide one on one care in a small, comfortable and friendly atmosphere
- We get you better in fewer visits because of our skilled hands on approach
- Your out of pocket expenses may be less with us than treating at a hospital based clinic

839-9090 | 381 Main St., Suite 1, Gorham

Eating Right Improves Performance CONTINUED FROM PAGE 3

to-low-intensity exercise. Working all together, carbs help maximize glycogen stores for high-intensity exercise, while fat helps fuel your body for longer, less intense workouts. Meanwhile, protein improves muscle protein synthesis and aids recovery.

Timing a pre-workout meal by eating 1-3 hours prior to a workout will minimize belly aches during exercise. If you are eating within this timeframe then you can eat a normal meal. Depending on your own individual needs, that might look like a ratio breakdown of about 40-50% carbs, 25% protein and 25% fat.

Hydration is also crucial. Good daily hydration can sustain and even enhance performance, while dehydration has been linked to significant decreases in performance. It is recommended to consume both water and sodium to help retain fluids before exercise. Products like Gatorade and coconut water have a perfect balance of this. The American College of Sports Medicine (ACSM) recommends drinking 16–20 ounces of water at least four hours before exercise and 8–12 ounces of water 10–15 minutes before exercise.

BUSINESS DIRECTORY

After a workout or practice/game, it is important to replenish the lost nutrients. A post-workout meal with a 2:1 ratio of carbohydrates to protein is recommended.

A post workout meal containing slow releasing carbs consumed within 90 mins after workout will steadily replenish your glycogen stores over a 24-hour period and help improve performance by providing your body with important vitamins and minerals. A proper ratio of nutrients consumed within this window of time can help your body obtain a 300% gain from consumption.

Pre and post workout meals along with proper hydration will definitely help to improve the quality of your workouts and performance on the field, as well as aid in recovery for activity.



Stacey Coleman has a B.S. in Health & Fitness, and is a Certified Personal Trainer. Owner of My-FIT-24, she is a Cardio Performance Specialist and a Behavioral Change Specialist. She is the Co-Creator/Author of 'The Coleman Method,' a fitness based behavioral change program.

How to Support Families After a Suicide CONTINUED FROM PAGE 7

take their life there's nothing anyone can do to stop them. Marley said 9 out of 10 people has told at least one person before they attempt suicide. There are warning signs most of the time.

Adolescent warning signs for youth up to age 24 include: cutting (25% high school girls, 14% high school boys); talking about or making plans for suicide; expressing hopelessness about the future; displaying severe/ overwhelming emotional pain or distress; and showing worrisome behavior or changes particularly in the presence of the other warning signs.

Specifically, these changes include: withdrawal from or changes in social connections; recent increased agitation or irritability; anger or hostility that seems out of character or context; and changes in sleep (increased or decreased).

Direct clues would be if they say "I wish I was dead" or "I'm going to end it all or kill myself." Less direct clues would be comments such as "Life is just too hard."

What is helpful for adolescents struggling with these emotions? Marley says to show that you are listening carefully. Be genuine. Ask the questions – be direct, caring, and nonconfrontational. Get help – do not leave them alone.

"Be comfortable in acknowledg-

ing and talking about suicide," said Marley.

When responding to someone in a suicidal state, Marley said to listen and encourage sharing by asking: "How can I help?" Act decidedly to keep the person safe. Actively connect the person with help. Follow up with the person after crisis. Avoid over-reacting, reassuring or redirecting, dismissing or minimizing, or keeping secrets when safety is concerned.

There are many resources that can help someone in crisis or someone suffering the loss after a suicide. The Maine Crisis Hotline is 1-888-568-1112. The National Suicide Prevention Lifeline is 1-800-273-8255.

The Center for Grieving Children has a suicide loss support group. More information can be found at www.cgcmaine.org. Grief support centers in Maine can be found at www.maine. gov/suicide/survivors/index.htm.

Trained staff at NAMI Maine can provide information on referrals, resource materials, and supports. Call 1-800-464-5767 or visit www.namimaine.org.

In Maine, dial 211 to connect to resources on basic needs, like transportation, cleaning services, grief counseling, and other emotional services, legal assistance, financial assistance, child care, and more.



Gorham, ME 04038		Small Credit Union. Big Heart. Find out why banking local is banking better. WWW.cascofcu.com 375 Main Street, Gorham 393 Ossipee Trail, Gorham Wisa Rewards Credit Cards		Master Plumber, Master Oil Heat & Solid Fuel Tech, Gas/Propane Tech	
20 Years Of Practice	653-8148	207.839.5588	@ Low Rate Loans	Fully licensed and insured. Quality s	ervice at reasonable prices.
LaFerriere Electrical Services, Inc. Residential • Commercial • Industrial		Run an ad in the Business Directory for as low		SHAW EARTHWORKS	
Gorham, ME Service Upgrades • Lighting Upgrades Emergency Repairs • Generator Installations Knob & Tube Removal			5 per ad.		Screened Loam & Reclaim
		Contact 839-8390 or gorhamtimes@gmail.com		Delivered or Loaded 839-7955	
Leon LaFerriere Master Electrician lafen	207-831-9349 iere@maine.rr.com	-	ore info.	www.shawearth	works.com

A Repeat Honor

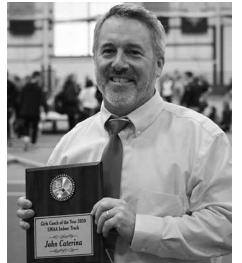


Photo credit Janice Drew

Congratulations to GHS Coach John Caterina who was recently named 2020 SMAA Indoor Track and Field Girls' Coach of the Year for the second year in a row. Caterina has been coaching for 32 years; 19 of those with the girls' track team.

In the Zone



With his first basket against the Thomas College Terriers, Billy Ruby (GHS '16) scored his 1000th career point as a Farmington Beaver. Ruby and the Beavers entered the North Atlantic Conference

Photo credit Jeff Lamb

playoffs in the number one spot but lost in the Championship game against SUNY Canton, 72-71.

GHS Winter Sports Wrap-Up

DESTINY COOK Sports Editor

The 2019/2020 GHS Winter Sports teams have wrapped up their seasons with playoff showings and many record breaking performances by some incred-ible athletes.

Boys' Basketball: Coach Mark Karter shared that the boys' team had a successful season. The team finished with a record of 10-8 in a very difficult Southern Maine AA division. The Rams advanced to the Regional quarterfinals where they won an exciting game against Sanford High School, 48-45. Gorham moved on to the Southern Maine AA semifinal game but unfortunately their season came to an end against the undefeated #1 ranked South Portland team.

The boys had an incredible season where they played in numerous close games against some of the best teams in the state. A couple of highlight games include a come-from-behind overtime win at Sanford High School as well as a one-point home win against a very tough Thornton Academy team that was ranked #2 in the state.

"The members of the boys basketball team displayed great effort and outstanding sportsmanship throughout the season, and produced a team their community can be proud of," Karter said.

Girls' Basketball: "Girls basketball finished the season 12-8 and we finished fourth in the heal point standings in a very close race," Coach Laughn Berthiaume said. The girls were four points away from the #2 seed. "Four of our losses were to the #1 seeds in AA and two more were to #2 seeds," Berthiaume said.

The roster consisted of five sophomores, four juniors, and one senior which means the future is looking bright for the Lady Rams. Berthiaume said the team was very balanced this year with seven different players starting games. Additionally, during the season the girls had seven different players who were the leading scorers for individual games. Many games involved multiple players reaching double figures.

"Our strength this year was our team balance. We earned a spot in the AA final four for the sixth consecutive season and the girls got the chance to represent us at the Cross Insurance Arena in Portland. I am very proud of the accomplishments of the team this year," Berthiaume added.

The girls fell to the #1 seeded South Portland team in the semifinals, 45-30. Post season honors include: Adele Nadeau - SMAA 3rd Team All-Star; Anna Nelson - SMAA All Rookie Team; and Jacqui Hamilton - SMAA Senior All-Star

Boys' Hockey: Despite recent losses, the Rams pulled of a win against Brunswick in the Class B South quarterfinal at the University of Southern Maine recently. Gorham found their stride scoring two second-period goals to beat Brunswick 2-1.

Coach Jon Portwine said of the playoff game, "I'm extremely happy we played well and came away with the victory." Jonah Bird and Nolan Gava scored the two goals for Gorham in the second period. Fourth-seeded Gorham (10-7-2) advanced to the semifinal game against top-seeded and defending state champion Greely (14-3-1) but lost 7-1.

Boys' Track: Coach Jason Tanguay said the boys' Indoor Track and Field team finished the regular season with a record of 22 wins and six losses. In the league championship, the Rams finished second out of 16 teams. "This was an outstanding accomplishment for our team! A shout out to conference champion, Ryan Gendron, in the boys senior high jump," Tanguay shared.

The following were the scorers in the league championship: Landon Bickford: 5th in Junior 400; Jacob Lehmann: 6th in junior 55 hurdles, 4th in junior long jump, 4th in junior triple jump; Keagan Lindsay: 7th in junior high jump; Will Stein: 7th in junior shot put; Andrew Farr: 3rd in senior 55, 2nd in senior 400, 7th in senior 200; Josh Lehmann: 4th in senior 800, 4th in 600; Ryan Gendron: 1st in senior high jump, 5th in senior hurdles; Calvin Cummings: 2nd in one mile, 3rd in two mile; Evan Russo: 6th in pole vault.

The 4x200 junior relay made up of Christian Butler, Quentin Riiska, Landon Bickford and Jacob Lehmann placed 2nd; the 4x800 relay with Lucien Beardsley, Reed Henderson, Calvin

CONTINUED ON PAGE 12

GMS Basketball Teams Winter Season Wrap-Up

DESTINY COOK Sports Editor

GMS basketball teams wrapped up their seasons, with seventh graders gaining valuable experience and eighth graders looking forward to bringing their skills to the high school next year.

7th Grade Girls' Basketball: The 7th grade girls, coached by Lisa Curley, had a fast and furious season of basketball ending with a record of 10-2. This group of girls has been coached by Dean Walker in their travel league and they play an aggressive but patient style of ball.

Curley said, "We had a great run with Scarborough as we played them

The only other loss this season was to Westbrook when four players were out sick.

"The girls were top notch in treating all of the players on this team with respect and compassion. On and off the court they worked hard," Curley said. Offensive players to keep an eye on are Vanessa Walker, Piper Forgues, Julia Reed, Hadley Foster and Payton Thibodeau. There also was a strong cast of defensive players led by Kat LaPierre and Lily Tukey.

8th Grade Girls' Basketball: The 8th grade team included Julia Wareham, Makayla Quintal, Caroline Morrell, Andi Cloutier, Summer Gammon, Amber Bretton, Kalin Curtis, Marrissa Reno, Sophia DiPhillipo, Ellie Gay, Grace Desmond, Claire Boudreau, and Brooke Farquhar. "The future for this group looks very bright because all of the girls contributed to the success of the team," Coach Bob Gould shared. He went on to say there was a good balance of scoring, rebounding, ball handling, and defense within the group that led to a very satisfying year.

Gould is proud of his team, and while he doesn't like to "point out individuals because it is all about the team," he feels they will be exciting to watch at the high school level.

Finally, Gould added, "Let me also say that this group of girls are keeping up the tradition here in Gorham of not only being good athletes, but also great kids."

7th Grade Boys' Basketball: "The 2019-2020 seventh grade basketball season got off to a slow start as the team battled injuries to a couple top players, Wyatt Nadeau and Owen Spera. Jack Karlonas and Mason Finck did a great job of stepping up in their absence shouldering more offensive responsibilities while Griffin Gammon and Andre Dube anchored the defense," Coach David Willis said. With the return of Spera and Nadeau, the boys began to gel, finishing the season with a six game winning streak, and ending the year on a high note. Willis said throughout the season Lucas Legage and Jack Adams provided a strong back court with a scoring punch. Jeff Legere and Reichen Albert made countless big plays that helped determine the outcome of games.

"Casey Skolfield was the perfect glue guy willing to play any role to help the team succeed and always quick to provide the boys with a laugh," Willis added.

8th Grade Boys' Basketball: Coach Eric Lelansky said, "The 8th grade boys started their season with five straight wins capped by a narrow three point win at Lyman Moore that led them into the holiday break on a high."

The team participated in the Scarborough Holiday Hoops tournament and was able to win all five of the games played. The boys were crowned champions after a hard fought victory in the championship game against Bonny Eagle. Lelansky said the team continued its success in the second half of the season, finishing with an impressive 13-4 record. "Gorham 8th grade boys were a very hard working and wellrounded team from top to bottom," Lelansky said.

three times this season. Our first game was snowed out twice, so the first time we saw them was in their holiday tournament." The girls beat Scarborough by one point 33-32, taking second place in the tournament. When the Scarborough team came to GMS, they got redemption in an exciting OT game beating the Lady Rams 38-34. In the final meeting at Scarborough, the Gorham girls came away with the 34-27 win.

The team finished the regular season with 10 wins and two losses.

Players to watch in high school include Ashton Leclerc, Caden Smith and Gabe Michaud.

Subscriptions Make Great Gifts! www.GorhamTimes.com

Since 1995 — A FREE, Biweekly Community Newspaper | March 6, 2020 | gorhamtimes@gmail.com | Gorham Times | 11

GHS Winter Sports Wrap-Up CONTINUED FROM PAGE 11

Cummings and Josh Lehmann placed 3rd; and the 4x400 relay with Ryan Farr, Tommy Sallinen, Josh Lehmann and Andrew Farr placed 2nd.

In the state championship, the Rams finished 7th out of 23 teams. In what Tanguay said were incredibly exciting races to watch, Andrew Farr in the 400 and Gendron in the high jump were state runners-up.

The following are the scorers in the state championship: Andrew Farr: 3rd in 55, 2nd in 400; Calvin Cummings: 7th in one mile. 7th in two mile; and Rvan Gendron: 2nd in high jump.

Both Andrew Farr and Ryan Gendron competed at the New England Championship on February 29. Gendron placed sixth in the high jump.

Girls' Track: SMAA Coach of the Year John Caterina said the girls' Indoor Track & Field team recently completed an incredibly successful season. Led by tri-captains Iris Kitchen, Abby O'Brien and Kate Tugman, the team finished the regular season with the league-best record of 26-2. The girls went on to win the SMAA League Championship Meet (aka the "Southwesterns") by a convincing score over the other 16 teams in the league.

During the Class A State Championship on February 17 at USM, Gorham entered the meet seeded 15 points behind northern Maine champion Bangor. Caterina said the meet came down to the final relay which was won convincingly by Gorham, in school record time. Bangor finished the relay in third place to just barely hold onto first place by one point. The Lady Rams were State Runner-up as well as being

3BR GAMBREL

the recipient of the Sportsmanship Award by the MPA.

Some season highlights for Gorham included a 4th place finish out of over 50 teams from the Northeast and Canada at the Dartmouth Relays in January, several school records, some individual awards and three state championship performances in the Class A State meet.

Caterina said school records were set by sophomores Emma Green (HJ and 55), Sydney Connolly (200), Alyvia Caruso (55H and 400) and Kate Tugman (600, 800, 1000, and 1 mile). Relay records were also set in the Southern Maine Regionals (S. Connolly, N. Moore, A. Caruso, K. Tugman), 4x200 (A. Caruso, N. Moore, E. Green, S. Connolly) and 4x400 (A. Caruso, E. Loranger, S. Fox, K. Tugman). Tugman was awarded the Outstanding Distance Runner for the SMAA regular season and the Outstanding Performer in the SMAA championship meet.

State championships were won by Tugman in the 1 mile and 2 mile; Green in the HJ; and the 4x200 relay team of Alyvia Caruso, Nevaeh Moore, Emma Green and Sydney Connolly.

The following athletes competed in the New England Championship: Caruso in the LJ, Green in the HJ, Kitchen in the 1000, Connolly in the 300, Tugman in both the 1 mile and 2 mile, the 4x800 relay team of Sydney Fox, Iris Kitchen, Elisabeth Loranger and Rachel Cummings, and the 4x200 Relay team of Alyvia Caruso, Nevaeh Moore, Emma Green and Sydney Connolly. Kate Tugman placed fifth in the 1 mile and was the runner up in the 2 mile, beating her own school record with a time of 10:51.

Caterina confirmed that Tugman and the relay team of Connolly, Green, Caruso and Tugman will also be competing in the New Balance National Indoor Championship at New York's famous Armory in mid-March.

Wrestling: Henri Kuntz (170 lb) got his 100th varsity win and took first place at Regionals. He went on to place third at States and the team is heading to Noble soon for New England qualifiers. If Kuntz places in the top three, he will go on to New Englands which is held for two days in Massachusetts.

Mathew Reno had a good year as well taking third at Regionals as a sophomore. Coach Peter Grant said Reno shows great potential. Asa Wareham and Beck Carrier are also two young wrestlers who are proving themselves on the team.

Grant said the biggest surprise was when Romain Salvi, a 195 lb foreign exchange student from Italy, joined the team with no wrestling experience, and nearly placed at Regionals. Grant said he is a strong, hardworking young man with a good attitude.

Cheering: The Gorham cheerleaders ended their season competing at Class A States at the Augusta Civic Center. The girls left it all on the floor and came away in 11th place. It was the last competition for seniors co-captains Rebecca Brunner and Caralin Mills.

Swimming: "Swim season ended spectacularly," stated Coach Adam Cyr. At SMAA South Championships (Southwesterns), the girls' team succeeded in achieving goals they set at the start of the season.

"Defending our second place finish last season with another second place finish this year," Cyr said, the girls finished in the top four in every single event including a Southwesterns championship by Laura Bolduc in the 100 yard Freestyle.

The boys' team had a surprising third place finish at Southwesterns, the first time ever in the top three at the Southwesterns South Championship. Cyr shared, "It is the best finish by the Gorham boys in team history, with top five finishes in 10 out of 12 events. All 10 boys who swam earned points for GHS." Contributions included a Southwesterns Championship in the 200 Medley Relay by Cody Smith, Luke Adams, Sam Pritchard, and Patrick Bishop.

At the State Class A Championships at the University of Maine Orono on February 15, the boys placed 12th overall of 28 competing teams, the best finish for the team at the state level. The 200 Medley Relay had its best finish coming in 7th.

Their best individual finish was Nevin Libby in 8th place in 1m Diving. "We scored in every event we swam nearly doubling the number of points we earned at last year's state meet," Cyr said.

Two days later, the girls finished in 5th place at the State Championship, also the best finish in team history. The team had top eight finishes (medaled) in seven of the 12 events, highlighted by Laura Bolduc finishing 3rd in the 200 Freestyle.

"We are graduating a class of 10 between girls and boys. This year's graduating class is the winningest swim class in school history," Cyr added.





All meals are freshly cooked daily and dinner is served with salad, homemade bread, rolls, and dessert.

Meals delivered to each client by 6:00 p.m. *Please note: Order 24 bours abead.

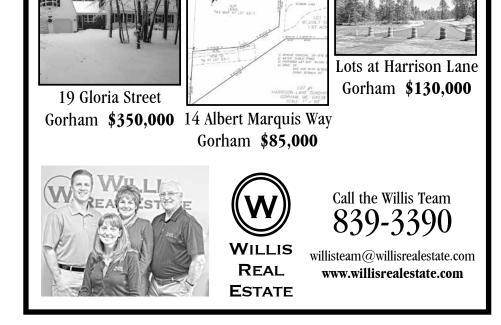
PRICE REDUCTION







Masters Emerald Wi Masters Ruby Winner 2019



PRIVATE LOT



Kelley Skillin-Smith, Assoc. Broker 380 Main Street, Gorham ME 207-632-0813 kelley@kelsells207.com #KelSells207

Realtor Kelley's Pup of the Month 5% of my real estate commissions generated from this ad will be donated to "Helping Paws Maine."

Helping Paws Animal Rescue

(You must mention this ad prior to closing for my donation to be submitted.)

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

COMMUNITY

PRESIDENT'S LIST

Cameron Clement, Husson University, Bangor, Maine Travis Emerson, Thomas College, Waterville, Maine Emily Murray, Southern New Hampshire University, Manchester, NH Kayla Stickney, Southern New Hampshire University, Manchester, NH Melanie Wright, Husson University, Bangor, Maine

DEAN'S LIST

Asal Bahmani, University of Southern Maine, Gorham, Maine Caitlyn Beaulieu, University of Maine, Orono, Maine Connor Bell, University of Maine, Orono, Maine Christopher Beland, University of Southern Maine, Gorham, Maine William Beland, University of Southern Maine, Gorham, Maine David Blattstein, University of Maine, Farmington, Maine Lindsey Boylen, University of Maine, Farmington, Maine Abby Biegel, University of Maine, Orono, Maine Nolan Brown, Husson University, Bangor, Maine Delaney Burns, University of Maine, Orono, Maine Ian Butler, University of Southern Maine, Gorham, Maine Emily Chapin, University of Maine, Orono, Maine Sean Conover, University of Southern Maine, Gorham, Maine Jackson Crockett, University of Maine, Farmington, Maine Rachel Curtis, University of Southern Maine, Gorham, Maine Courtney Cushing, Curry College, Milton, Massachusetts Haylee Dahlborg, University of Southern Maine, Gorham, Maine Angel Darling, University of Maine, Orono, Maine Annmarie Dellasala, University of Southern Maine, Gorham, Maine Brandon Desjardin, Bryant University, Smithfield, Rhode Island Brittany Desjardin, University of Southern Maine, Gorham, Maine Jennifer Devine, Stonehill College, Easton, Massachusetts Madeleine DeWitt, University of Maine, Farmington, Maine Kara Doane, University of Maine, Farmington, Maine Alyssa Dolley, University of Maine, Farmington, Maine Riley Ferrigan, University of Maine, Farmington, Maine Yaya Gadsden-Dunn, University of Southern Maine, Gorham, Maine Avery Germond, University of Maine, Orono, Maine Connor Goodall, University of Southern Maine, Gorham, Maine Dustin Gregoire, University of Southern Maine, Gorham, Maine Sophie Hendrix, University of Maine, Farmington, Maine Kaitlyn Jodoin, University of Maine, Orono, Maine Isabella Jones, University of Southern Maine, Gorham, Maine Heather Jordan, University of Maine, Farmington, Maine Ashley Joyner, University of Southern Maine, Gorham, Maine Diana Kolb, Stonehill College, Easton, Massachusetts Branden Kuusela, University of Maine, Orono, Maine Noah Lambert, University of Maine, Orono, Maine Carli Labrecqueq, University of Southern Maine, Gorham, Maine Kate Larkin, Endicott College, Beverly, Massachusetts Thomas Light, University of Maine, Orono, Maine Maia Loeb, University of Southern Maine, Gorham, Maine Griffin Lord, University of Maine, Orono, Maine Erica Mallory, University of Southern Maine, Gorham, Maine Devin McCaffrey, University of Southern Maine, Gorham, Maine Matilda McColl, University of Southern Maine, Gorham, Maine Hannah Meserve, University of Southern Maine, Gorham, Maine Hailey Morrill, University of Maine, Orono, Maine Ethan Orach, University of Maine, Orono, Maine Kyle Peoples, University of Maine, Orono, Maine Taylor Perkins, University of Maine, Farmington, Maine Jaeda Perriman, University of Southern Maine, Gorham, Maine Sara Perry, University of Southern Maine, Gorham, Maine Emma Pierce, University of Maine, Farmington, Maine Megan Polchies, University of Maine, Orono, Maine Lauren Pusey, University of Southern Maine, Gorham, Maine Mary Margaret Raymond, University of Southern Maine, Gorham, Maine Brady Rioux, University of Maine, Orono, Maine Samantha Robichaud, University of Southern Maine, Gorham, Maine Samantha Rockwell, University of Maine, Farmington, Maine Simon Roussel, University of Maine, Orono, Maine Michelle Rowe, University of Southern Maine, Gorham, Maine Alyssa Sands, University of Southern Maine, Gorham, Maine Nicholas Schleh, University of Southern Maine, Gorham, Maine Masashi Sekioka, University of Southern Maine, Gorham, Maine Anna Slager, Tufts University, Medford, Massachusetts Karen Stemm, Husson University, Bangor, Maine Cameron Stevens, Bentley University, Waltham, Massachusetts Sophia Street, University of Southern Maine, Gorham, Maine Sydney Stultz, University of Southern Maine, Gorham, Maine Colby Sturgis, Bryant University, Smithfield, Rhode Island Lia Suleiman, University of Maine, Orono, Maine Angela Surran, University of Southern Maine, Gorham, Maine Logan Swift, University of Maine, Orono, Maine Haley Thompson, University of Maine, Orono, Maine Christopher Tucker, Bryant University, Smithfield, Rhode Island Simeon Willey, University of Southern Maine, Gorham, Maine Jamahl Williams, University of Southern Maine, Gorham, Maine Bruce Wyatt, University of Maine, Orono, Maine

OF INTEREST

Virginia Thompson Williams, a longtime resident of Gorham, became a Centenarian on Valentine's Day, February 14, 2020. Williams was honored at a party catered by At Your Table at the Cressey Road Methodist Church. She is a retired teacher from SAD #6. Her two children also reside in Gorham, Gerry Day and Larry Thompson and his wife, Claire. She has seven grandchildren and nine great grandchildren. Williams is a member of the Cressey Road Methodist Church and Lakes Region Senior Center as well as the Gorham Health Council. Mo Terry, State Representative, Terri Dawson, her granddaughter, and Rick Hawkes, Methodist Church representative presented her with accolades. She is the sole survivor of her family of 13 children. She attributes her longevity to routines, activities and good healthy living.

The West Gorham Union Church made a surprise gift of sweets to the Gorham Police Department, a Survival Kit consisting of Lifesavers, for being one; Smarties, for wisdom and split-second decisions; Hershey Kisses, to show love for the officers; Gum, to help them stick together; Tootsie Roll, to roll with the punches, Peppermint Patties, helping them keep their cool; Mounds, for the mounds of courage they show; and Laffy Taffy, as a reminder that laughter is a great stress reliever.







Members of the Gorham community including First Parish Church and the Women's Guild of North Gorham UCC, as well as residents from surrounding towns, recently made 76 dresses for the Dress A Girl program. The program, supported by Hope 4 Women International, brings dignity to women and girls by giving them a labeled dress so they appear protected by an organization, and will less likely be picked up for human trafficking. The Maine and New Hampshire chapters have sent 10,000 dresses around the world over the past four years.

The Veterans of Foreign Wars, Gorham Memorial Post 10879, will meet in the Fire Department Training Room at 270 Main St. on March 10 at 5:30 pm. Any interested veterans are encouraged to contact the post at vfwpost10879@gmail.com.

The Gorham Lions will meet Tuesday, March 10, at the Department of Public Works on Huston Road at 6:30 p.m. Regular dinner meetings are the second and fourth Tuesday of each month. New members always welcome. FMI, 929-9182.

The Gorham/Windham/Westbrook TRIAD will meet on Friday, March 13, at 9 a.m. at the Gorham Police Department for a presentation by Pete Herring, Maine State Game Warden. Every month, TRIAD hosts an informational meeting on matters that affect our lives and our towns, especially issues impacting seniors. The presentations typically last 20-30 minutes. The meetings are open to everyone and refreshments are provided. FMI, email buffyhoup@yahoo.com or call 229-9050.

The North Gorham United Church of Christ will host a free community concert by The Pond Lilies at 2 p.m. on Sunday, March 15. The Pond Lilies are a local band whose members live in North Gorham and Standish near North Gorham Pond. The band plays traditional-style music from Ireland, Scotland, Québec, Acadia, U.S. and beyond, and encourages audience participation. Members include Leanne Daniels Cooper, flutes and whistle; Polly Lawson, guitar; Kristin Goodall, accordion and bodhrán; Jodee Davidson, double bass; and Jeanne DiSciullo, fiddle and bodhrán. The church is located at the intersection of North Gorham and Standish Neck Roads. Refreshments will be served following the concert.

Gorham Churches United will meet on Thursday, March 19, at 5:30 p.m. at First Parish Church, 1 Church St. New members are welcome.

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.

CONTINUED ON PAGE 14

Community CONTINUED FROM PAGE 13

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.

PUBLIC SUPPERS

A Bean Supper will be held at Saturday, March 7, from 4:30-6 p.m. at the White Rock Community Clubhouse, 34 Wilson Road. Homemade kidney and pea beans, hot dogs, cole slaw, potato salad, macaroni and cheese, homemade biscuits, as well as homemade pies for dessert. Adults: \$8, children under 12: \$4, always the first Saturday of the month, October through May.

First Parish Church, 1 Church Street, will hold a Chicken Pie Supper on Saturday, March 7, from 5-6:30 p.m. \$10 adults/\$5 children under 12. FMI 839-6751.

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.

Lecky Brown Senior Center, 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., Wednesdays Originals Social Group @ 10 a.m. Coffee, Conversation and a speaker every week; Fridays ARTrageous Seniors at 10 a.m. (March = Paper Arts), Hand Chime Ringers at 2 p.m.; ONGOING: sign up for the Yellow Dot program. FMI: Lisa Becker at 835-9379 or leckybrowncenter@gmail.com.

Lakes Region Senior Center, located at the Little Falls Activity Center, 40 Acorn St. is open Monday through Friday from 9 a.m. to 1 p.m. Join them daily for coffee, tea, and socializing. Ongoing daily activities include Mahjong on Mondays - beginners welcome. FMI, Sue Chesler-Doherty, 272-3095; Tuesday crafts and card games. FMI, Avis 892-0298; The Memoir Writing Group meets the last Wednesday of the month. FMI, David 892-9604; Thursday Table games at 9:30 a.m. and Friday Art Workshops at 9 a.m. FMI 892-0299.

USM NOTES

"Dear Edwina" is the annual spring musical theatre collaboration of the USM Department of Theatre and School of Music, with several more performances through March 8. Thirteen-year-old Edwina Spoonapple would do just about anything to be a part of the Kalamazoo Advice-a-Palooza Festival. When a talent scout from the festival visits her hometown, she trots out her musical advice, presenting shows live from the family garage in hopes of finding her place in the spotlight. Assisted by her older siblings, quirky friends and friendly neighbors, Edwina sets out to tackle the world's problems in number after hysterical number. This heartwarming musical for all ages celebrates the joys of growing up and singing your own song. This is a colorful and entertaining Musical Theatre show for all ages, with a theme of acceptance.

The USM Art Galleries' current exhibit is a sound and video installation, "Lusus Naturae." The public is invited to a free dress rehearsal and videotaping with musicians on Wednesday, March 11, 6:30-7:30 p.m. The exhibit closing reception will be on Thursday, March 12, from 6-8 p.m. with a live performance by USM School of Music students at 6:15 p.m. followed by a brief Q&A with Artist-in-Residence Ólöf Nordal. More about the exhibit and gallery hours at usm.maine.edu/gallery.

Find more University of Southern Maine, Gorham campus activities and events at usm. maine.edu/events.

Gorham Sightings



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 January 23 issue is the North Street cemetery.



ulie Chan



Chris Burto



lane Maso





HOLLIS \$369,900 - Classic Cape Cod center chimney post and beam on 7.65 acres with a 32x36 barn. Over 2000sqft with 3 bedrooms & 2 full bathrooms. Exposed beams and wood floors throughout.



GORHAM \$359,900 - Gorgeous 2 bedroom, 2 bathroom condo offering 1254sqft of living space all on one level. I car garage, full basement & worry free



BUXTON \$75,000 - Being sold as is, this short sale is going to move fast. 3BR Ranch on 1/2 acre lot. Nice setting & ready for renovations



HOLLIS \$120.900 - Bank owned property being offered for sale. 5 acres of wooded privacy. Freeze damage-being sold as-is.

UNDER CONTRACI



BUXTON \$ 219,900 - Move right in to this 3BR, I bath home offering 1040sqft w/ a 1 car garage. Brand new interior w/ new doors, kitchen, counter tops, painting, luxury laminate flooring & lights

NEW LISTING



BALDWIN \$34,900 - Rural wooded lot offers road frontage on both Saddleback Road and Mountain Road. Ideal for a year round privacy or a weekend

NEW LISTING



SOUTH PORTLAND \$160.000 Affordable end unit townhouse offers a comfortable layout w/ 2 ample sized bedrooms, in unit laundry, two parking spots at your front door & a small rear deck area



15 First County \$119,900 - Bank offered home in Porter, well kept & cleaned out. Small lot just outside the quaint Village, near the river. Fenced in



Benjamin Taylor

Realtors® Helping You Buy or Sell **Real Estate!**



water/sewer.

retreat!

yard w/above ground pool & shed



LYMAN \$135.900 - Bank owned property, in need of repairs. Freeze damage. Rural views from this .92 ac lot. on dead end street. 3BR, Ibath, 960sf.

GORHAM \$239,900 - Over 1700 feet of water frontage on the Presumpscot River plus 540 feet of frontage on a paved public road. Enough land & road frontage to break off a lot.



64 Bonny Eagle \$239,900 - Remarkable full dormered cape offering 1809sqft of living space in Standish. Offers 3BR, 1.5 ba, HW floors throughout plus an oversized I car garage



LIMINGTON \$259,900 - Brand new colonial features 1560sqft 3BR, 1.5 bath open concept floor plan with luxury laminate flooring, master suite with walkin closet & full basement for storage.

pogorealty.com (207) 839-3300 39 Main Street, Gorham



PROOF IS IN THE BAG

In response to a call about dog poop, woman told officer she had been picking it up and she had the bags to prove it.

Caller reported a vehicle swerving all over Country Road with driver appearing to be giving the finger to vehicles that weren't there. Officer stopped vehicle and driver was confused as to why he was pulled over. He thought he had been driving fine. He was allowed to leave after he spoke with the caller.

Caller reported an injured and sick raccoon in his yard on Cressey Road. Raccoon was mangy, bleeding from the face and limping. Officer moved it to a safe place and put it down and disposed of it.

Officer checked on a report of a suspicious vehicle on Main Street. It was locked, cold and unoccupied.

Maple Drive caller reported receiving calls stating they were going to pull her social security benefits unless she called them back. When her daughter called for her, they hung up on her. Officer advised her not to worry, it was definitely a fraudulent call. Officer called number and they hung up on officer as well.

Suspicious person on South St. told officer she was getting ready to text her mother. She moved along.

Officer went to Gray Road about a fraud complaint. After talking with parties, officer assumed one person had received the \$20 in change and used it to pay for gas, not knowing it was counterfeit.

Woman came to police station wanting help

in filling out protection from harm paperwork. Officer advised her to contact Through These Doors. She had made past reports of harassment by an ex-boyfriend.

Donna Street woman reported a loose chicken. Officer advised her to scare it away.

Suspicious persons on Fort Hill Road were a young couple exchanging lunch items.

Caller reported a silver vehicle speeding on Hodgdon Road, passing cars and driving recklessly. Registered owner of vehicle said she was allowing a friend to borrow the vehicle. Officer spoke with driver who denied driving recklessly or passing anyone. When asked if she had been speeding, woman told officer "not to my knowledge." Officer advised driver that calls were coming in about her driving and to be more careful.

Female driver missed right turn onto Longfellow and used a driveway on Brackett Street to turn around. It appeared that her driving skills were less than average and she had used part of the front lawn to complete the turn. There was no damage to the property nor to her vehicle.

A juvenile walking down South Street in rainy 34 degree weather called the Police Department for a ride home. She got a ride before officer arrived.

Man came to police station to find out if his driver's license was suspended. Officer checked and it was suspended.



The *Gorham Times*, since 1995, has been a valuable resource within our community by:

- Providing in-depth coverage of local news events and activities
- Showcasing Gorham businesses, students, and athletes
- Giving annual scholarships to Gorham students
- Offering quality local advertising to new and established businesses
- Providing working internships to local student writers
- And above all, featuring the many good deeds in our town.

CLASSIFIEDS

SERVICES

Satan's Little Helper. Who's Satan, why do you believe, not believe in Satan, does Satan have anything useful to say, why was Satan thrown out of Heaven, where does Satan come from. Tinyurl.com/emotionalhealinghotline: 1-808-231-1236 ext. 94567. \$1.99/minute.

TEACHER AS TUTOR. 22 years of experience helping students succeed in Grades 4-6. Math, computation, fractions, decimals, geometry, etc. \$25/Hr @ Baxter Memorial Library. Tuesday, Wednesday, Thursdays, 4-7 pm. Contact Sean at scurran@sad15.org.

CALENDAR

THURSDAY, MARCH 5

- Baxter Memorial Library
- Toddler Discovery Time (18mos-3yrs), 9:30-10 a.m.
- Book Club, discussing "What We Talk About When We Talk About Books: The History and Future of Reading" by Leah Price, 10 a.m.
- Sewing Club, 2:30-4:30 p.m.

SATURDAY, MARCH 7

Bean Supper, White Rock Community Clubhouse, 34 Wilson Road, 4:30-6 p.m. Chicken Pie Supper, First Parish Church, 1 Church St, 5-6:30 p.m.

TUESDAY, MARCH 10

Baxter Memorial Library

• Preschool Discovery Time (3-5yrs), 9:30-10:15 a.m. Veterans of Foreign Wars meeting, Fire Dept Training Room, 5:30 p.m. Gorham Lions meeting, Dept. of Public Works, Huston Road, 6:30 p.m.

WEDNESDAY, MARCH 11

- 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, MARCH 12

- Baxter Memorial Library
- Toddler Discovery Time (18mos-3yrs), 9:30-10 a.m.
- Sewing Club, 2:30-4:30 p.m.

FRIDAY, MARCH 13

TRIAD meeting, Gorham Police Dept., 9 a.m.

SUNDAY, MARCH 15

The Pond Lilies in concert, North Gorham United Church of Christ, 2 p.m., Free.

TUESDAY, MARCH 17

- Baxter Memorial Library
- Preschool Discovery Time (3-5yrs), 9:30-10:15 a.m.
- Baxter Digs Reading, Call 222-1190 to schedule a time to read to Baxter!

WEDNESDAY, MARCH 18

- 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.



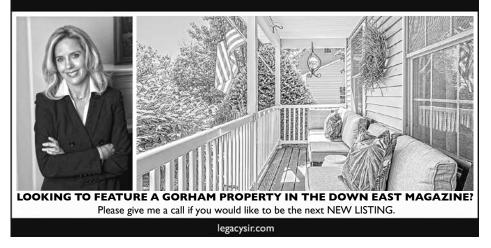
I-Car Certified • ASE Certified • Major Collision • All vehicle types • Sandblasting Free Pick-up and Deliveries within a 15-mile Radius. Free loaner cars. ALL WORK WARRANTIED

Every other week, the *Gorham Times* is produced by countless volunteers who contribute articles and photos, design ads and format the paper, distribute the paper throughout town, mail subscriptions, serve on the board, and so much more.

The *Gorham Times* needs your support to continue offering this quality, non-profit community service. Your tax-deductible donation will help defer the many costs of publishing our community paper.

Join our list of celebrated *Gorham Times Friends* today by donating \$50, \$75 or \$100 or any other amount. Please send your contribution to: The Gorham Times, PO Box 401, Gorham, ME 04038 or donate online at www.gorhamtimes.com, and click on the *Friends of the Gorham Times* button. Tammy Ruda 207.831.3164 | truda@legacysir.com





Since 1995 — A FREE, Biweekly Community Newspaper | March 6, 2020 | gorhamtimes@gmail.com | Gorham Times | 15

Wizards Galore



On Wednesday February 12, over 240 people attended the Fourth Annual Harry Potter Night: The Triwizard Tournament at Baxter Memorial Library. Visitors were able to visit an underwater cave to retrieve a gift from a mermaid, enter the Hungarian Horntail's den and try their luck at stealing a dragon's egg from its nest, or navigate the hedge maze without getting lost forever! Hogwart's classrooms were open downstairs for crafting wands and making dragon necklaces. There was also a Harry Potter trivia quiz with magical prizes for the winners. Refreshments included a four-foot-long snake cake, gillyweed, and butterbeer.

