

# Gorham Times

Your Community Paper

NONPROFIT  
U.S. POSTAGE  
PAID  
GORHAM, ME  
PERMIT NO. 10

Volume 26 Number 6 | March 19, 2020  
A Free, Not-for-Profit Newspaper Serving Gorham Since 1995

## Public Health Notice

### Town Issues Public Health Notice

COURTESY OF TOWN OF GORHAM

Effective Monday, March 16, 2020, all Town of Gorham Municipal Facilities will be closed to the public for a period of at least two weeks in an abundance of caution due to the Coronavirus (COVID-19) outbreak. This closure is for all municipal facilities, but includes the Baxter Memorial Library, Gorham Town Clerk's Office, Gorham Recreation Department, Robie Gym, Old Robie School, Shaw Gym, and the Little Falls Activity Center. All Gorham Recreation Programs including before-and-after care will be cancelled during this period and will be reevaluated after two weeks. Gorham School Department Offices in the Gorham Municipal Center will also be closed to the public.

Municipal staff will continue to work to support our citizens during this closure period. Many services from our Clerk's Office can be conducted online at <https://www.gorham-me.org/home/pages/online-transactions>. Other business with Town departments can be conducted via email, over the phone or through the USPS.

For more information on specific contact information for our departments, please visit <https://www.gorham-me.org/departments>.

We continue to encourage residents to obtain the latest information from the Maine CDC and U.S. Centers for Disease Control. We also recommend taking precautionary measures like a person would for a cold and the flu. Examples include staying home when you are sick, covering your cough and sneeze (into your arm), and practicing good hand-washing with soap and hot water for at least 20 seconds. Residents and visitors to Gorham can stay informed of our efforts at [www.gorham-me.org](http://www.gorham-me.org).

The Town of Gorham will continue to work closely with other agencies to provide additional updates and information as it is available and applicable.

## Schools Close for Two Weeks Closure May Extend Beyond March 30

HEATHER PERRY  
Superintendent of Gorham Schools

Due to the COVID-19 pandemic, we will be closing all of our schools for two weeks beginning on Monday, March 16, and lasting until Monday, March 30. This applies to all Gorham Schools facilities, including Gorham/Westbrook Adult Education and the Portland Arts and Westbrook Regional Vocational Center (WRVC).

Additionally, all outside facility uses will be suspended during this time. The district's Central Office along with each school's Principal's offices will operate with essential staff but will be closed to the public unless otherwise notified. Details regarding remote learning and meal programs will be shared with families via my blog with specific instruction and programming to be made avail-

able to families beginning on Thursday, March 19, 2020.

The plan is to utilize 1:1 devices and the platform of Google Classroom for continued instructional services for

---

IF WE WANT TO PREVENT THE NEED TO KEEP OUR SCHOOLS CLOSED FOR AN EXTENDED PERIOD OF TIME, IT WILL BE INCUMBENT UPON US ALL TO MAKE THE SACRIFICES REQUIRED TO CONTAIN THE SPREAD OF THE CORONAVIRUS.

---

students in grades 4-12. On March 16, information was sent out to families of students in grades 4-5 regarding how they may pick up these devices

safely from our schools. Additionally, GHS and GMS will provide details on how students who may have left their devices there can pick them up over the course of the next few days. Continued instructional services for students in grades K-3 will be conducted through "packets." More detailed information on how packets will be communicated to families and how online learning will be delivered will come out via my blog.

As you know this has been a rapidly evolving situation. While we have no cases reported in the Gorham Schools yet, there is one presumptively positive case of the virus in our region. After consulting with area medical professionals, my administrative team, the state and other school district officials, I have determined that this closure is the only responsible action to take.

CONTINUED ON PAGE 11

## GHS Students Can Earn Free College Credits With New USM Partnership



Photo credit Leslie Dupuis

KATHY CORBETT  
Staff Writer

Beginning in the fall, Gorham High School (GHS) students can embark on a course of study leading to 30 hours of college credit that can be transferred to any institution in the University of Maine system. These University of Southern Maine (USM) credits can be earned by following one of three pathways: law and liberal arts, engineering, or nursing and medical occupations.

According to Superintendent Heather Perry, the new GHS-USM initiative folds all existing courses that offer college

credit into one pathway program. Students now take some credit courses on the USM campus. They also earn college credit by scoring high enough on Advance Placement (AP) tests; they can take College-Level Examination Program (CLEP) tests for college credit.

The new opportunity offers students college credit through dual enrollment in both USM and GHS. This means students are taught by GHS teachers with Masters degrees who have developed courses in cooperation with USM professors.

GHS guidance counselors will work with students and parents to determine

CONTINUED ON PAGE 6

## Maine Maple Sunday Postponed



Photo courtesy of Merrifield Farm

COURTESY OF MMPA

The Maine Maple Producers Association (MMPA) and its members issued a statement about Maine Maple Sunday Weekend events scheduled for March 21 and 22.

"As COVID-19 continues to spread and based on the recommendations from the CDC and local government officials, the Maine Maple Producers Association has announced that all Maine Maple Sunday Weekend events should be postponed. This was a very difficult decision and

CONTINUED ON PAGE 2

**MAINE CDC CORONAVIRUS INFORMATION PAGE:**  
<https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml>

**U.S. CDC CORONAVIRUS INFORMATION PAGE:**  
<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

**inside theTimes** f i GOCAM You Tube  
2 Augusta 4 Living 12 Sports 15 Calendar  
5 Municipal 7 School 15 Community 15 Blotter

**GORHAM MARKETPLACE  
CANCELLED  
SEE NOTICE ON PAGE 5**

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

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** gorhamtimes@gmail.com  
**Sports** gtimessports@gmail.com  
**Features** ckck5@maine.rr.com  
**Of Interest** gorhamtimes@gmail.com  
**Calendar item** gorhamtimes@gmail.com  
**Advertising** gorhamtimesadvertising@gmail.com or 839-8390  
**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](http://www.gorhamtimes.com) and click on the advertising link for schedule.

**EDITORIAL POLICY**

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

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

# Preventing and Protecting Against Coronavirus

REP. MAUREEN "MO" TERRY

As many of you may know, I have spent most of my adult life as a chef. I have been a small business owner with two restaurants, one of which is right here in Gorham. Currently I am a small food producer, and I am the house chef at Carter's Green Market here in town. In the summertime I also sell my goods at the Greater Gorham farmers market. It's no exaggeration to say that providing food for others is one of my primary passions. As a result of working so long in this field, I have come to understand a fundamental truth – those working in the food service industry come from all walks of life, political affiliations and religious beliefs, but one common practice unites us all: obsessive hand washing. I can wholeheartedly attest to the importance of cleanliness when it comes to food safety standards and transmission of germs.

The recent outbreak of the coronavirus (COVID-19) has us all thinking about hand washing and other basic healthy habits much more these days. Unfortunately, there has been considerable misinformation and fear surrounding this outbreak and best practices. Earlier this month my colleagues and I received a very informative briefing from Dr. Nirav Shah, the director of the Maine Center for Disease Control (CDC), and Peter Rogers, acting director of the Maine Emergency

Management Agency, about what Maine is doing to keep us safe in light of the coronavirus.

Dr. Shah had two requests of the public at large: stay healthy and stay informed. We can stay healthy by washing our hands with soap and running water and by avoiding touching our faces; this is a difficult habit to break, but we really have to break it. Shah further emphasized the importance of practicing other healthy behaviors during this time, including exercising and eating and sleeping well. All factors that contribute to overall health will assist in strengthening our immune systems and allow us to guard against this new virus.

Shah and Rogers also emphasized the importance of staying up to date on accurate information. One way members of the public can stay informed is by signing up for Department of Health and Human Services (DHHS) press releases at <https://www.maine.gov/dhhs/mecdc/>.

Aside from practical pieces of information about how the virus is spread and what we can do to protect ourselves and our loved ones, we also learned that we are in extremely good hands at the Maine CDC. Shah and others have been meeting since before Christmas in preparation for this outbreak and have continued to ramp up efforts to keep Mainers safe and informed.

Sometimes, government involvement can feel burdensome or inva-

sive. But at the heart of our system of government is a responsibility to the people. It is tasked with making sure our schools, roads, general infrastructure and so much more are functioning to the best degree possible. These are the services for which we pay taxes. Another important function of the government that we often overlook is its duty to ensure public safety. As this new virus sets in around the world, the role that governments play in protecting the general public is brought to the forefront. This is a perfect example of when government can really help make a difference and keep people safe. I am confident in the non-partisan experts working for the Maine CDC and DHHS.

However, at the end of the day, it appears the most useful thing we can all do is something I learned back when I was first training in food service: wash your hands! I encourage constituents to visit the US CDC website to stay abreast of this situation as it unfolds and feel free to reach out to me with any questions you may have.



Rep. Maureen "Mo" Terry is serving her second term in the Maine House of Representatives. She is a chef and small business owner with more than 25 years of experience in the food service industry. She serves on the Taxation Committee. (207) 712-9735, (800) 423-2900, [maureen.terry@legislature.maine.gov](mailto:maureen.terry@legislature.maine.gov).

## Maine Maple Sunday Postponed CONTINUED FROM PAGE 1

will significantly impact all members across the state, but as an association we feel this is the right thing to do for public health. We plan to host Maine Maple Sunday Weekend when the timing is right. In the meantime, we encourage you to support your local maple producers in other ways

during the maple season. You can find updates on a future event date and a member directory with phone numbers and websites to order products from your local Maine maple producers at [mainemapleproducers.com](http://mainemapleproducers.com)," said Scott Dunn, president of the MMPA.

## Around Town

Gorham House will not allow any visitors until further notice. The only exception is in compassionate cases when a resident is in the last stages of life and visitors have been screened.

Town Council Chair Suzie Phillips reminded residents to be more mindful and clean up after their dogs as she has been contacted by numerous people about the alarming rate of dog waste on trails and sidewalks around Town.

The Gorham Food Pantry received \$51 from February's Hannaford Helps program and an additional \$154 from donations during the campaign.

## Remember Our Neighbors

As we all take precautionary measures to stay safe and healthy during this challenging time, we want to remind everyone to reach out to neighbors, especially the elderly.

Tammy Ruda  
207.831.3164 | [truda@legacysir.com](mailto:truda@legacysir.com)

Legacy Properties | Sotheby's INTERNATIONAL REALTY

**LOOKING TO FEATURE A GORHAM PROPERTY IN THE DOWN EAST MAGAZINE?**  
Please give me a call if you would like to be the next NEW LISTING.

[legacysir.com](http://legacysir.com)

**LUNCH & DINNER DELIVERY SERVICE IN THE GREATER PORTLAND AREA**

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 hours ahead.*

**CHECK OUT OUR MENU ON FACEBOOK OR CALL 319-4260**

*Catering is also available upon request.*

WHERE ARE THEY NOW?

# fern & flair Wedding and Events Planner

CHRIS CRAWFORD  
Staff Writer

Lydia Lane (Greater Portland Christian School '15) is a self-described multitasker. Even while sitting in high school Algebra class, she was busy planning proms, fundraisers, birthday parties and other fun events for friends and family. During that time Lane was asked to help with the wedding for the daughter of Lynn Sarver, a Gorham resident and of one of her high school teachers.

"It was an exciting opportunity," she said. After the wedding she quickly realized that she wanted to make wedding planning her career. Lane is owner of fern & flair Weddings and Events, a wedding planning company she started during her first year of college.

After graduation from Greater Portland Christian School in 2015, Lane went into the business program at Palm Beach Atlantic University. After a year, she realized the program was not right for her. She returned to Maine and graduated from Southern Maine Community College with Hospitality Management and Business Administration degrees, earning an award for most outstanding Hospitality Management student.

Lane takes enormous pride in making sure that each wedding day is stress free for her clients. She enjoys the design work associated with her job. From beautiful table settings to unique, personal touches, she loves helping to facilitate special memories. "I go above and beyond in adding surprises and special details for each of my couples," she said.

She enjoys the challenge of running her own company. "I love that my job description is ever changing. I am in different venues all the time, working with new people and coming up with fresh creative designs. I never get bored," she said. Lane has plenty of role models in her family who are also entrepreneurs: her father Tim is the owner of Chick Forest Products and her aunt Bonnie Harrison ran a successful wedding photography business in Gorham. Lane said, "They inspire me in so many ways specifically with their entrepreneurial spirits and encouragement to start my own business."

Building a new business is not for the faint of heart. "It takes a lot of devotion to start your own company and not to get discouraged when things don't take off immediately,"



Photo courtesy of Lydia Lane

Lane said. Deciding to take an alternate path rather than pursuing a bachelors degree is not for everyone. She said, "Early on, I was determined to follow my passion to be my own employer despite the doubts of many and now the decision has proved to pay off."

Lane is proud that she followed an alternative route, via SMCC, to a career as an entrepreneur. Her husband took welding classes at SMCC and he also went right to the work force. She said, "As an honors student and someone who loves to learn, I never saw myself attending community college and not completing a bachelors degree. The path I chose allowed me to avoid debt and step right into what I love to do." If she decides in the future to go back to school, that option is always open.

Lane is a multi-generational Mainer. She is very happy to be based in Gorham with its convenient location and its small town feel. While admiring the view from the top of the new wine bar at Station Square recently, she said it was fun to think about her life coming full circle. "Gorham has changed so much but it is also the same sweet town where I grew up," she said.

Lane and her husband, Parker (GHS '14), a metal fabricator, live in Gorham in his childhood home which they are having fun renovating. They have a house-trained rabbit named Lemon, and also enjoy spending time in the Maine outdoors.

Lane can be reached at [www.fernandflair.com](http://www.fernandflair.com) or at [lydia@fernandflair.com](mailto:lydia@fernandflair.com) or 207-808-9328.

Lane is the daughter of Tim and Kate Chick. Her brother Ethan attended Greater Portland Christian School.

# Spire 29 Unveils New Look



Photo credit Kim Chapman Photography

Karen Nason (center) is joined by partners Fausto Pifferrer and Laurie Andrews. Spire 29 was transformed for an open house on March 4.

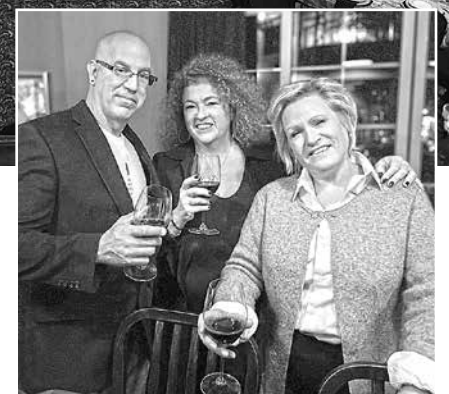


Photo credit Frank De Grim

LESLIE DUPUIS  
Editor

In January, Spire 29 announced that it had formed a new partnership with LA Blue consisting of Karen Nason (Grand Central Wine Bar), Laurie Andrews (Laurie Andrews Design), and Fausto Pifferrer (Blue Elephant Events & Catering). Andrews and Pifferrer are also the owners of BASH, a new showroom at the Maine Mall that specializes in event planning.

The trio hosted an open house on March 4 and unveiled one design idea for the space with an "Old Hollywood" theme. Upscale drinks and hors d'oeuvres were served to the crowd. Hoping to bring a new vision and some excitement to the space, their partnership brings years of experience to this new venture.

While the group is excited to utilize Spire 29 as a wedding venue, Nason said that the space is available for any event as it can be transformed to meet any needs. The group thrives on custom designing each event. Nason also spoke about the advantage of partnering with Andrews and Pifferrer. The partnership enables them to each bring their expertise to each event while working together around their busy schedules.

Laurie Andrews Design specializes in coordinating all visual aspects of an event. Blue Elephant Events & Catering is a full-service event planning and catering company. Nason will be responsible for providing full bar service for the events.

With Gorham's recent growth, Nason believes it's the perfect venture as she's encountering more and more people at her wine bar who have moved from away, and the possibilities are endless. She said, "Gorham is already showing that it's drawing people in and this is no different."

While the space can be styled for any need, parking in the Village has been an ongoing issue. Nason said she has been brainstorming ideas with other business owners in Gorham to address the concerns. Some initial ideas center around a private bus or limo service that can bring guests from event to event.

If you are interested in learning more about the event opportunities at Spire 29, 29 School Street, contact Karen Nason at [grandcentralwinebar@gmail.com](mailto:grandcentralwinebar@gmail.com), [labluevenuebrokers@gmail.com](mailto:labluevenuebrokers@gmail.com) or call 222-2068.

SEE MORE PHOTOS ON PG 16

## The Spring Market Has Arrived and It's An Amazing Time To Sell!



**SOLD**  
10 Lincoln Street  
Gorham \$262,500



**UNDER CONTRACT**  
61 Valley View Drive  
Gorham \$530,000



**SOLD**  
4 Primrose Lane  
Gorham \$242,000



**WILLIS REAL ESTATE**

Call the Willis Team  
**839-3390**  
[willisteam@willisrealestate.com](mailto:willisteam@willisrealestate.com)  
[www.willisrealestate.com](http://www.willisrealestate.com)



**LIBBY STARNES Team**  
Signature Homes Real Estate Group

**Signature HOMES**  
Real Estate Group

**Pamela Dolby Starnes:** 207-838-8051  
**Tiffany Libby:** 207-712-2424  
**Samantha Provencal:** 207-313-6039

[Info@libbystarnesteam.com](mailto:Info@libbystarnesteam.com)  
[Facebook.com/LibbyStarnesTeam](https://www.facebook.com/LibbyStarnesTeam)

383 US Rte 1, Suite 2D,  
Scarborough, ME 04074

# Women May Need Extra Steps to Reach Financial Security

ED DOYLE

International Women's Day 2020 was observed on March 8. This special day celebrates the social, economic, cultural and political achievements of women. Yet, women still face gender barriers as they seek to achieve their financial goals. How can these challenges be addressed?

You need to be aware of what you're up against. The wage gap between men and women has closed somewhat, but it hasn't disappeared. Full-time female employees earn about 82 percent of what men earn, according to the Census Bureau. Over a 40-year career, a woman who worked full time would lose, on average, more than \$400,000 because of this wage gap, according to the National Women's Law Center.

Furthermore, a woman turning age 65 today can expect to live, on average, until age 86.5; for a 65-year-old man, the comparable figure is 84. Those two and a half years can amount to a lot more living expenses.

Plus, by taking time off from the workplace to raise children and care for elderly family members, women often end up with lower balances in their 401(k)s and IRAs than men. Here are a few suggestions to help even the playing field, in terms of building adequate resources for retirement.

Contribute as much as possible to your retirement plans. During your working years, put in as much as you can afford to your 401(k) or similar employer-sponsored retirement plan. Most people don't come anywhere near the 401(k) contribution limit, which, in 2020, is \$19,500, or \$26,000 if you're

50 or older. That goal might be out of reach, but strive to do the best you can. Every time your salary increases, bump up your annual contribution. If you are able to "max out" on your 401(k), you may still be able to contribute to an IRA. If your income exceeds certain limits, you can't contribute to a Roth IRA, which offers tax-free withdrawals of earnings if you meet certain conditions, but you may still be able to fund a traditional IRA, although the tax deductibility may be reduced or eliminated.

Use Social Security wisely. You can start taking Social Security as early as 62, but your checks can be larger if you wait until your full retirement age, which will likely be between 66 and 67. And if you're married, you may be able to choose between claiming your own benefits or receiving 50% of your spouse's benefits, which could help you if your spouse has considerably higher earnings. Your spouse does not lose any benefits if you choose this route.

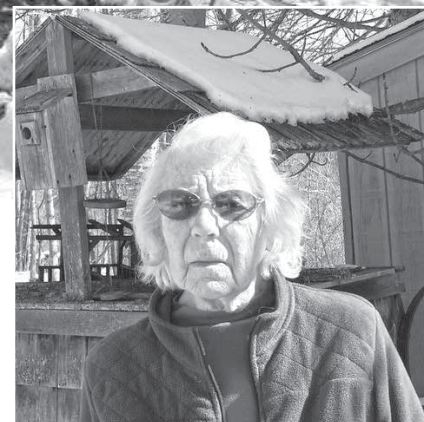
Look for every opportunity to save and invest. Women often lose out on some retirement savings when they take time away from the workforce to raise families and to potentially become caregivers for elderly parents. But even if you aren't working full time, you still have a chance to boost your retirement savings. If you can do any paid work, whether it's part time or as a consultant, you can contribute to an IRA – and you should.

It's not easy to overcome the structural disadvantages women face when seeking to reach financial security. Taking advantage of the savings and investment possibilities available can help you make progress toward your goals.

# Large Tract of Land Is Poised to be Protected



Florence Pride has donated her large parcel of land to the Presumpscot Regional Land Trust which will remain forever free. The large tract includes a variety of streams, ponds and other wetlands where a wide variety of wildlife can be seen.



Photos courtesy of PRLT

CHRIS CRAWFORD  
Staff Writer

Presumpscot Regional Land Trust is working hard to preserve two large, adjacent parcels of land in the Pride's Corner area of Westbrook. Totalling 175 acres, once it is protected, the Pride Preserve will become the largest forever conserved forestland in Westbrook, Portland, South Portland, and Gorham, making this a vital project for the region.

Already, 85% of the funding for this half-million-dollar conservation project has been pledged by generous supporters, with a balance of \$80,000 remaining to make the Pride Preserve a reality.

When the project is completed, trails will be built and the Pride Preserve will be open to the public for outdoor recreation. Its diverse wildlife habitat, clean water, and forests will be protected for people of all ages to experience nature for generations to come.

Rachelle Curran Apse, Presumpscot Regional Land Trust Executive Director, said, "The large size of this forested sanctuary within an urban area provides important habitat for mammals like deer and fox. Minnow Brook, which meanders through the property, contributes clean water to the Presumpscot River and provides valuable habitat for other species such as muskrat, otter, great blue heron, songbirds, wild brook trout, and American eels." In addition, she said, "Ponds and wetlands on the land provide habi-

tat for species such as spring peepers, spotted salamanders and leopard frogs – amphibians that are declining quickly, due to habitat loss."

This project is possible because of the generosity of Florence Pride Hawkes and her family who decided to generously donate the forested land she deeply loves to the Land Trust. Florence is a member of the Pride family who settled in Westbrook nearly 300 years ago, lending their name to an area known as Pride's Corner. Her gift to the community will provide public access to this ecologically and historically important land forever.

The Land Trust is still looking for donations from individuals, businesses, and foundations in order to fulfill the remaining \$80,000 project budget to make Pride Preserve a reality in 2020.

PRLT is a community based non-profit serving Gorham, Gray, Standish, Westbrook, and Windham which holds conserved lands with free public access preserves that include trails and water access. They are the water stewards of the Presumpscot River watershed and they coordinate the Sebago to the Sea Trail, a 28-mile bike and hike trail stretching from Standish to Portland.

Donations can be sent to Presumpscot Regional Land Trust, P.O. Box 33, Gorham, Maine 04038 or donate online at [www.prlt.org](http://www.prlt.org), designating the gift to the Pride Preserve.

**Make your financial future a priority.**

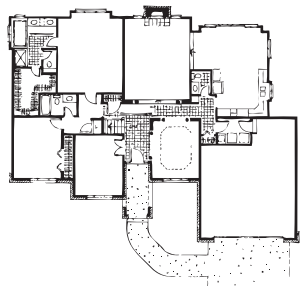


Ed Doyle operates the Gorham branch office of Edward Jones. He is experienced in all aspects of financial planning, retirement income planning, tax-advantaged education savings plans. This article was written by Edward Jones

for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

## VILLAGE BUILDERS

Full Service General Contractor  
Repairs • Renovations • Additions



**Daniel W. Grant, P.E.**  
Owner

21 New Portland Rd.  
Gorham, ME 04038  
PH 207-839-6072  
[sales@villagebuildersmaine.com](mailto:sales@villagebuildersmaine.com)

**Edward J Doyle, AAMS®**  
Financial Advisor  
28 State Street  
Gorham, ME 04038  
207-839-8150  
[edwardjones.com](http://edwardjones.com)

**Edward Jones**  
MAKING SENSE OF INVESTING

## Delightfully Simple Vegetable Roast

- 1 head of purple cauliflower, chopped
- 1 bags of fresh English Peas (or 1 large bag frozen)
- 1 lg head of fennel, chopped
- 1 pack of assorted wild mushrooms
- 1 pack of sliced button mushrooms
- 1 lg onion, chopped

- 1 bag of crinkle sliced carrots
- 3 cloves of garlic, chopped
- 1 zucchini, sliced
- 1 bag of broccoli flowerets (bite size)
- 1 bag of red radishes, ends cut off, halved if large

Preheat oven to 400. Prep all vegetables, toss together in a large bowl. Spray with extra virgin olive oil. Shake mildly or generously (your choice) with Chinese five spice powder. Spread out on an olive oil sprayed baking sheet (lined with aluminum foil for less mess, if you like). Spray veggies again with cooking spray. Roast for one hour or more to desired doneness. Toss and chow down! Yum!!

# Gorham House Resident Dies from Injuries

SHERI FABER  
Staff Writer

Lynda Muccino, 84, died on March 4 from injuries sustained in a fire in her room at Gorham House on February 28. The fire started after a table lamp fell on her bed and ignited her bedding. Muccino had been treated for smoke inhalation and burns on approximately 35% of her body. She was believed to have been either under the covers or near her bed when the lamp fell.

The State Fire Marshal's Office has determined the fire was accidental. There was a working smoke detector in her room and the building has fire suppression sprinklers. The fire was confined to her room but as a precaution, 170 residents and staff were evacuated to safe areas within Gorham House.

The Fire Marshall's office conducted a life safety code and emergency preparedness survey in April 2019 and the facility was found to be in substantial compliance with federal requirements for nursing facilities that participate in Medicare or Medicaid programs.

SEE ANNOUNCEMENT FROM GORHAM HOUSE- PAGE 9

# Town Council Meeting MARCH 10, 2020

JACOB ADAMS  
Staff Writer

Town Clerk, Laurie Nordfors, administered the Oath of Office to the newly elected Councilor Janet Kuech.

Susan Duchaine, Design Dwellings, expressed her concerns over the South Street re-zoning project and was happy to see a Comprehensive Plan Committee has been formed to deal with the issues. She is also concerned about the Building Inspector being able to inspect underground power lines. She also voiced her concerns about the bidding process for the new Industrial Park.

Paul Smith, Phinney Street, discussed the difference in the valuation of property and encouraged Staff to be fair evaluating property on private ways.

David Alexander, of Wilson Road, had many questions about the decision to fill the 7th seat on the Council over the last four months.

Councilor Pratt reported that the Joint Facility Committee met on February 27 and discussed a plan for a town-wide facilities study. The next steps will be for the Town Manager and the Superintendent to create a proposal which will be discussed at the April meeting.

Councilor Shepard reported that the Ordinance Committee met on February 18 and discussed developing an amendment to the Land Use & Development Code to allow varied density in the Village and Urban districts. They also discussed a marijuana cultivation or manu-

facturing-licensing ordinance. The next Ordinance Committee meeting will be on March 24.

Councilor Hartwell clarified that the State Statute says if a Town or Municipality wants to require electrical inspections on single family homes, there needs to be an ordinance or resolution that authorizes the Town to do so.

Councilor Wilder Cross reported that as of April 1, Metro Bus rates will increase and paper tickets will no longer be accepted. Cash is still accepted, but she urged people to purchase the new Smart card or use the Mobile App to take advantage of reduced rates. More information can be found at [www.GPMETRO.org](http://www.GPMETRO.org).

Councilor Kuech thanked the people who supported her in her candidacy and looked forward to working together as a team.

Councilor Hager reported that EcoMaine met February 6 for an executive committee meeting. He also announced the Maine Eco-Excellence awards were presented to two Gorham individuals, David Chidsey and Chris Petitpierre. He reported that the next Finance Committee meeting will be on March 23.

Chairperson Phillips announced that the Gorham Founders Festival Committee will roll out a new website next week where you can find all the latest information about the festival. The website is [www.Gorham2020.com](http://www.Gorham2020.com).

Chairperson Phillips presented a

plaque to former Town Councilor Paul Smith and thanked him for his service to the Town.

Town Manager Paraschak reported that Town staff is working diligently behind the scenes to assure the citizens of Gorham are safe and educated about the current COVID-19 pandemic. He asked everyone to take common sense precautions and stay tuned as events unfold. The Council's budget hearing will be on April 4 in Conference Room A. The Council is looking at companies to do a town-wide property assessment revaluation to assure that all tax assessments are fair and equitable.

The Town Council designated the Town of Gorham Downtown Tax Increment Financing District #11 ("Gorham Village District") and adopted the Development Program for the District. The full development program and order can be read at <https://www.gorham-me.org>.

A renewal liquor license was issued to Blue Pig, LLC, located at 19 State Street.

Town Council issued renewal Massage Licenses to the following masseuses: Natalie Poulin, Skin and Body of Gorham; Walter Selens, Gorham Muscular Therapy; Christina McGuire, The 510 Group LLC; Heather Theriault, Theriault Chiropractic & Massage; Elizabeth Berks, Liz Berks Massage Therapist; and Chelsea Jackson, Theriault Chiropractic & Massage. A new Massage License

CONTINUED ON PAGE 6



## CANCELLATION NOTICE OF GBE Marketplace

The Gorham Business Exchange's Marketplace event that is scheduled for next Saturday, March 21, 2020, at USM's Gorham Fieldhouse has been cancelled due to the current understanding of how COVID-19 (Coronavirus) is progressing in the United States and the Centers for Disease Control (CDC) recommendation to "avoid crowds as much as possible". The safety of our community will always come first. Thank you for your continued support of the Gorham Business Exchange.

We sincerely apologize for any inconvenience this may cause and look forward to the Marketplace next year. Please feel free to contact us if you have any questions.

**Town Council** CONTINUED FROM PAGE 5

was issued to Adam Schoff, Theriault Chiropractic & Massage.

Kari Beaulieu's resignation from the Board of Appeals was accepted and the Town Council expressed their appreciation for her service on the board and to the Gorham community.

A full listing of Gorham residents appointed to Town boards and committees can be found on the Town website.

The Town Council asked the Planning Board to offer their recommendations for adopting a Marijuana Cultivation or Manufacturing Licensing Ordinance and on amending the Land Use & Development Code to allow for adult use manufacturing and cultivation of marijuana. The full Marijuana Cultivation or Manufacturing Licensing Ordinance can be read on the town's website.

The Town Council authorized the transfer of \$150,000 from the Next Generation Foundation endowment fund to the Maine Community Foundation for future management and benefit of the Baxter Memorial Library.

The transfer of \$1,565.70 to the Town of Gorham was approved. The money was seized in a criminal case and the Town Manager is authorized to sign the approval form on behalf of the Town of Gorham.

The Town Council went into Executive for the annual performance evaluation of the Town Manager and to discuss labor negotiations.

The Town Manager was authorized to enter into a Collective Bargaining Agreement with the Maine Association of Police through June 30, 2023. (6 years, 1 day; Hartwell)

The full minutes can be read at <https://www.gorham-me.org>

# Planning Board Results

**MARCH 2, 2020**

Northeast Contracting Services' request for approval for the construction of a warehouse and storage building, parking, gravel lay down area and loading docks at 84 Olde Canal Way was approved with findings of fact and conditions of approval as amended by the Planning Board.

Tom Dore's request for approval to construct a 970 foot private way

to the 2-6 lot private way standard, located off Longfellow Road, was tabled for further review pending responses to remaining issues.

A proposed amendment to the contract zone for Stargazer Subdivision, owned by Hans C. Hansen, Inc., was discussed and moved to a future full planning board workshop for review and recommendations.

# GHS Students Can Earn Free College Credits With New USM Partnership

CONTINUED FROM PAGE 1

what path and to what extent a student wants to participate in the college credit program. Students with dual enrollment would not pay USM tuition and would be responsible only for purchasing books and perhaps an activity fee.

There is no criteria for enrollment beyond normal prerequisites. Students may chose a pathway as freshmen but do not need to follow a pathway through to GHS graduation. Students who do, however, can earn a full 30 hours of credit and will be accepted into the appropriate USM program.

Some national and state ratings criteria are based on the number of students taking AP courses. Perry responded to a concern that GHS ratings might be affected because dual enrollment courses might cause GHS to offer fewer AP courses.

"These ratings will not be affected because GHS teachers will continue to offer the same number of AP courses as they do now," Perry said.

This new initiative is a response to both the high cost of college which can leave graduates with thousands of dollars of debt and to a commitment to post-secondary education. As USM charges \$330 a credit hour, students who earn 30 hours through this program could potentially save \$8,500, GHS principal Brian Jandreau explained to parents of students entering high school in the fall.

The school district encourages GHS graduates to earn "certificates of value," whether it is through college courses, the military, or other vocational programs.

# Grand Jury Indictments

**JANUARY 2020**

Susan Brett, 52, of Lewiston was indicted for theft by unauthorized taking, violating conditions of release, failure to give correct name, and two counts of unlawful possession of scheduled drugs on charges brought by Gorham PD.

Gabriel Dibacco, 19, of Gorham was indicted for criminal threatening with a dangerous weapon on charges brought by Scarborough PD.

Colin Frick, 35, of Portland was indicted for unauthorized use of property, violation of a protective order, two counts of unlawful possession of scheduled drugs (fentanyl and cocaine), and three counts of violating conditions of release on charges brought by Gorham PD.

Deann Higgins, 30, of Gorham was indicted for operating without a license, violating conditions of release,

and unlawful possession of scheduled drugs (methamphetamine) on charges brought by Portland PD.

Rebecca Warren, 36, of Gorham was indicted on charges of operating after license revocation (three priors) and failure to give correct name on charges brought by Yarmouth PD.

**MARCH  
19<sup>TH</sup>  
HAPPY  
SPRING!**

## Real Estate Transfers January 2020

ADDRESS	BUYER	SELLER	PRICE
53 WINSLOW ROAD	MCRAY, MIRANDA & THOMPSON, JEFFREY	HINES, DONALD, JR. & BARBARA	\$290,000
113 DOW ROAD	WEXTON, ETHAN & ANDREA	MCHENRY, EDWARD & COURTNEY	\$364,900
247 HUSTON ROAD	BURNELL, FRANKLIN, JR. & APRIL	LERAYN, J.	\$118,000
27 MEADOWBROOK DRIVE UNIT 5	MULLEN, ERICA	BREWSTER, CAROL	\$239,000
412 SEBAGO LAKE ROAD	TODERICO ST. JOHN, Z. & EATON, KATHLEEN	POWERS, JAYNE & JOSEPH	\$258,000
46 HUSTON ROAD	CULLENS, MATTHEW	JOHN PETERS, LLC	\$366,000
43 JOHNSON ROAD	HUTTON, MORGAN & CURRIER, POLLY	PLUMMER, PAUL	\$292,000
765 FORT HILL ROAD	YORK, RICKY & VICKY	CHRISTENSEN, KURT	\$188,000
133 NARRAGANSETT STREET	DYKE, CHRISTINE	LAMARCA, JOHN	\$225,000
10 MIDDLE JAM ROAD	HENDRICKS, JUSTIN & RACHEL	FANNIE MAE	\$244,000
140 BRACKETT ROAD	MACKIE, MICHAEL	JOYCE, DIAN	\$250,000
834 GRAY ROAD	ANI, O MAR	SPRINGER, JANET & ROBERT	\$369,000
105 MIGHTY STREET	OLD WORLD ENTERPRISES, LLC.	FED. NATIONAL ASSOCIATION	\$185,000
17 CHRISTOPHER ROAD	SWAN, RHIANON	ELDER, ROBERT & KAREN	\$247,000
17 LOMBARD STREET	AREY, BRIDGET	ENCORE PROPERTIES, LLC	\$227,000
9 PIONEER CIRCLE	MORGAN, ELISHA & JOHN	PUBLICICKER, MARK & STEPHANIE	\$457,500
233 DINGLEY SPRINGS ROAD	PUBLICICKER, MARK & STEPHANIE	HUBBARD, DOUGLAS & SHEILA	\$436,400
51 FLAGGY MEADOW ROAD	L'HEUREUX, JESSIE	HASENFUS, ADAM	\$349,900
18 HILLVIEW ROAD	MELEGA, KEVIN & AMANDA	SCHLICHER, CHARLES	\$275,000
245 GRAY ROAD	PARKS, DANIEL & ERIN	ADAMS, RANDALL II & JULIE	\$282,000

**Put our expertise to work for you.**

Make your appointment today by visiting [hrblock.com](http://hrblock.com), or by calling us at:

**207-839-3317**

**14 MAIN ST  
GORHAM ME  
04038**



**Make your Appointment Today.**

**MONDAY**

9 a.m. - 8 p.m.

**TUESDAY**

9 a.m. - 8 p.m.

**WEDNESDAY**

9 a.m. - 8 p.m.

**THURSDAY**

9 a.m. - 8 p.m.

**FRIDAY**

9 a.m. - 8 p.m.

**SATURDAY**

9 a.m. - 5 p.m.

**SUNDAY**

OBTP#B13696 ©2016 HRB Tax Group, Inc.

## New Construction Gorham Ranch

123 FLAGGY MEADOW ROAD \$389,900



**REAL ESTATE  
DONE NICELY**



beangroup



207.650.2832 | 352 Main Street | Gorham  
Team@KeithNicely.com | RealEstateDoneNicely.com

## School Notes

Superintendent Heather Perry announced that the Gorham Middle School drama performance of "Willy Wonka Jr!" was cancelled last weekend in order to meet Governor Mills' recommendations for canceling all "non-essential events involving 250 or more people."

The National Art Education Association has named Amy Cousins, art teacher at Gorham Middle School, to receive the 2020 Maine Art Educator Award. Article to follow.

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 runners-up 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.

**The  
Gorham Times  
Wants Your  
Photos and  
Videos!**

While schools, businesses and municipal offices are closed...

how are you spending your time? Send us your fun, creative photos and videos.

Gorhamtimes@gmail.com  
or via Facebook

## School Committee Meeting

MARCH 11, 2020

KATHY CORBETT  
Staff Writer

At the last regular meeting of the School Committee (SC), Superintendent Heather Perry reported on the School Department's preparedness and planning for COVID-19 in Gorham. Working with community partners, school nurses, and the district's leadership team, she has updated the pandemic flu plan developed in 2009. She has arranged with the custodial services to increase classroom cleaning and instructed teachers to insist that students practice good hygiene and regular hand washing. Nurses have adequate supplies, and plans are being made for isolating anyone at school who is found to be ill.

Although Perry hopes she will not need to close schools, the district is finalizing plans to continue educational programming and some food service for 6-8 weeks if necessary. There is no steadfast rule for closing schools; in Maine, that decision lies with the superintendent.

Perry has been in communication with superintendents from neighboring school districts and has posted a detailed report on these precautions, plans, and continuing preparations on her blog at gorhamsuperintendent.blogspot.com. She is also communicating with Maine CDC and will be updating her blog frequently.

The SC heard an update on the Adult Education Program. Although there are many popular enrichment offerings, Director Shelli Pride focused on educational and work-related

programs for adults. Currently nine students are enrolled in HiSet, previously the GRE. Seventeen volunteers are working with 20 students enrolled in English Language Learning (ELL) classes. Westbrook/Gorham Career and Technical Education (CTE) is a joint program that offers students training for jobs in technology, automotive inspection, and nursing. Certified Nursing Assistant (CNA) students can participate in an "earn while you learn" program with Gorham House and Genesis. Future plans include classes for restaurants jobs geared to new Mainers.

Bill Benson thanked people for communicating with him about the Narragansett modular project. Jennifer Whitehead suggested that people who want more information about SC issues should call or email SC members with their questions and concerns. Perry also reviewed steps for accessing information about committees and meetings through the District website.

Phil Gagnon reported that the joint facilities committee with Town Council (TC) members had met and is working on plans for a building survey to be funded 50/50 by the TC and SC.

In other business, the SC voted on stipends for spring sport coaches, most of whom are returning. They approved the revised Student Survey's Policy that includes provisions against the use of data for marketing.

## Kitchen Moves Forward Without Referendum

KATHY CORBETT  
Staff Writer

At the the regular March meeting, the Gorham Town Council declined to consider placing a referendum question on the June ballot on funding for a new kitchen space at Narragansett Elementary School. Councilor Ben Hartwell's motion to consider the agenda item did not receive a second motion. This ended the possibility that voters would be asked if already approved money for the modular classroom project, together with funds from School District's FY20 capital improvement budget, could be reallocated to pay for moving the school's kitchen.

Last month the School Committee voted to construct kitchen space adjacent to the new cafeteria in the school's modular addition to avoid transferring food from the existing kitchen to the cafeteria during physical education classes. Superintendent Heather Perry admitted she might have anticipated this problem before presenting the project design last fall, but it became obvious during planning for increased enrollment that the gym would be used for classes throughout the school day. Therefore, all Narragansett students will eat in the new cafeteria and, since there will not be a referendum vote, the kitchen will be ready in its new location by the beginning of the 2020-21 school year.

**TRUCK DRIVERS WANTED**  
CHASE EX IS HIRING TRUCK DRIVERS

- NO NIGHT WORK
- BRAND NEW TRI AXLES
- FULL TIME + YEAR ROUND
- WEEKEND WORK OPTIONAL
- AVERAGE 50 HOURS PER WEEK
- MUST HAVE: CLASS B OR A LICENSE
- HEALTH, DENTAL, VISION INSURANCE
- 401K WITH PROFIT SHARING
- PERFORMANCE BONUS

APPLY ON OUR WEBSITE  
CHASEEX.COM  
office@chaseex.com  
207-797-9093 ext.1  
ChaseEX.com

**Local expertise you can trust.**

As your local Allstate Agent, I understand the unique coverage needed for the homes and cars in our community, and which coverage you may not need. You could say I'm an expert at getting you the protection you want with the savings you deserve. Call, email or stop by my office for a free quote today.

  
Jane Bell  
207-839-6600  
36 Main Street  
Gorham

**Allstate**  
You're in good hands.

Call or stop by to see how much you can save.

Subject to terms, conditions and availability. Savings vary. Allstate Fire and Casualty Insurance Co. © 2018 Allstate Insurance Co.

**Moody's**  
CO-WORKER OWNED

Gorham Scarborough Biddeford  
Portland Sanford Lewiston  
So. Portland Windham Augusta

www.moodycollision.com

"Like us" on 

# Wish Upon a Star



Gorham Middle School (GMS) students were greeted with a mural upon their return from February break. Each individual star is a wish written by a student or a staff member. GMS thanks FLS Ed Tech LuAnne Amell for her work helping to create this powerful mural.

Photos courtesy of Gorham School Department

# Try It Day Offers Fun, Hands-On Learning for Students



Photos courtesy of Gorham School Department

Gorham Middle School hosted the inaugural Try It Day recently in collaboration with Aspire Gorham. Pictured is the Gorham Police Department showing seventh graders how to lift fingerprints.

**MAUREEN O'BRIEN**  
*Aspire Gorham*

It's not every day that students get to compete against their classmates to see who can change a tire the fastest or conduct a chemistry experiment in the kitchen. Students at Gorham Middle School (GMS) had the chance to do that and much more during the first-ever Aspire Gorham seventh grade Try It Day.

The day brought professionals to GMS to share their career stories with

students and lead them through a hands-on activity related to their chosen field.

In some cases, like Moody's Collision Centers' Pit Crew Challenge, students raced to complete tasks. In others, like Carter's Landscapes Design Challenge, they worked collaboratively and creatively to complete the task.

Improv actor Bob LeBlanc hosted the opening assembly and set the stage for the day by telling students, "Try It Day is just like improv. It's all about saying yes."

LeBlanc also led a set of sessions, introducing about 50 students to the joys of improvisation. Feedback from students was overwhelmingly positive.

"Probably the experiment in the kitchen was the best experience," one anonymous student wrote as feedback. "It consisted of teamwork, thinking, and fun. It was fun to make and try, and it honestly was the most fun in school I've had for a while."

In that session, food scientist Chris Astruckas, of sauce and marinade manufacturer Schlotterbeck & Foss helped students make "fruit juice caviar." Students performed a simple chemical reaction between calcium chloride and sodium alginate, result-

CONTINUED ON PAGE 9

**SITE WORKERS WANTED**

CHASE EX IS HIRING SITE WORKERS

- NO NIGHT WORK
- FULL TIME + YEAR ROUND
- WEEKEND WORK OPTIONAL
- AVERAGE 50 HOURS PER WEEK
- HEALTH, DENTAL, VISION INSURANCE
- 401K WITH PROFIT SHARING
- PERFORMANCE BONUS

**APPLY ON OUR WEBSITE**  
**CHASEEX.COM**

office@chaseex.com  
207-797-9093 ext.1  
ChaseEX.com

**The Highest Quality CBD Products on the Market!**

Water Soluble  
Topical Cream  
Body Lotion  
Candy  
Pet Products  
Capsules

CBD Omega 3  
Face Cream  
Lip Revitalizer  
Under-Eye Serum  
VG Cloud Tinctures  
Bath Bombs

Clearomizers  
Canine Treats  
Gummies  
Massage Lotion  
Hemp Soap with CBD  
....And More!

**207-222-0067**

**CBD American Shaman**

18 Elm Street  
Gorham ME 04038  
www.cbdsouthernmaine.com

**Dan Quinlan**  
Employee Benefits Specialist

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

**Chalmers**  
**INSURANCE GROUP**

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



# GHS One Act Finishes First

LYDIA VALENTINE  
GHS Student Intern

Gorham High School (GHS)'s One Act cast performed "Macbeth" at the Regional Competition on March 7 in Windham. The day ended with a win for Gorham, placing first for the third year in a row.

Their production shaved down the original three-plus hour production into a mere 40 minutes, all performed under close watch from a panel of judges. The cast was slated to compete at the State competition at Falmouth High School March 20 and 21. However, both Class A and Class B competitions have been cancelled due to COVID-19.

Emily Paruk, who stars as Lady Macbeth, expressed how proud she is of the cast. "Pulling off a Shakespeare show in 40 minutes and doing it well is no easy feat. The first time you get the script it's like reading another language. But we spent a lot of time working with the lines and working with the meaning and characterizing each person and diving into their character."

"I have this overwhelming amount of joy and pride in our cast in what we've put in," said Paruk.

When the news of the cancella-



Photo courtesy of GHS Theatre

Gorham High School's cast of "Macbeth" received first place at the regional One Act Festival at Windham High School.

tion came through, it was evident all people included were disappointed. "It is something we have worked so hard for and it is really disappointing," she said.

Although the journey for GHS' One Act cast and crew ended earlier than expected, their effort and first-place finish at the regional festival is something to be proud of.

# For the Love of Science

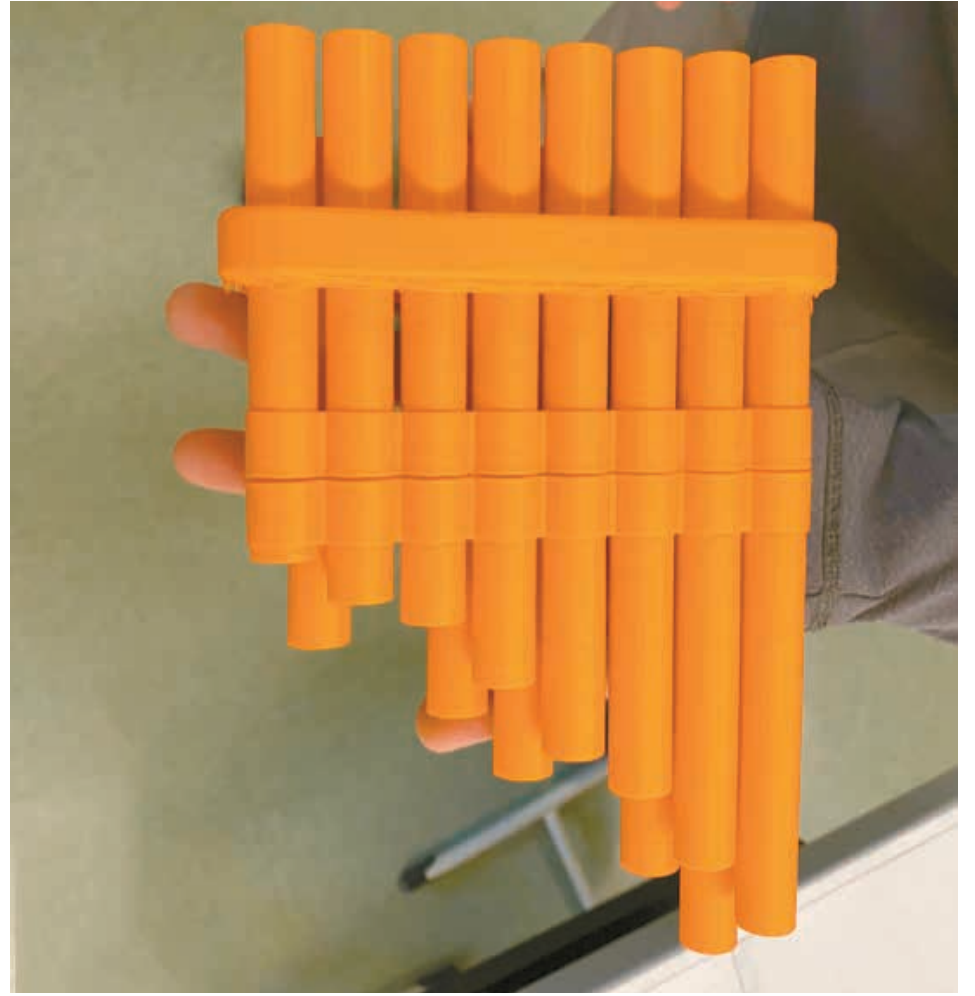


Photo courtesy of Gorham School Department

Colby Wheaton, an eighth grade student at Gorham Middle School, recently studied oscillations and sound-waves in science so he created a Pan Pipe Flute that actually works. Technology integrator Terri Dawson said it took over 40 hours of 3D printing parts to create the flute. It was Dawson's first 12-hour overnight print.

## Try It Day Offers Fun, Hands-On Learning CONTINUED FROM PAGE 8

ing in edible small spheres of juice.

An advisory committee of seventh graders helped design the day's activities, which they determined needed to be 100% hands-on. And, of course, fun. Session leaders worked with Aspire Gorham staff to develop activities that encourage problem solving, creativity, and teamwork.

Other activities included Mystery Story Mad Libs with best-selling author and retired homicide detective

Bruce Robert Coffin; a Pipeline Puzzle with Gene Fadrigon of Gorham Sand and Gravel; Sideline Splints with athletic trainer Natalie Hunt; CSI Gorham Fingerprinting with Sgt. Dan Young of the Gorham Police Department; and Screen Printing with artist Megan Holden.

Teams are currently planning Try It Days for eighth graders at GMS and fifth graders at Village Elementary School.

Send us a picture of your science experiments at [gorhamtimes@gmail.com](mailto:gorhamtimes@gmail.com)

**Our deepest condolences go out to the family of the resident who passed away due to the fire on February 28<sup>th</sup>.**

**A special thank you to all our Staff and First Responders who helped keep our Residents safe. We are so proud of our team of employees who helped throughout the night. During this tragic event the staff bonded as a team and we are proud of your big hearts and always making Residents your first priority! You are a special group and we will never forget February 28, 2020.**



**GORHAM HOUSE**

*A Comprehensive Living Center*

50 New Portland Road., Gorham • 207-839-5757 • [www.gorhamhouse.com](http://www.gorhamhouse.com)



**1 & 2 bedroom apartments & 2 bedroom duplexes**

**For rental information:**

**Call  
207-883-3753  
or Email  
[rentals@  
mepropllc.com](mailto:rentals@mepropllc.com)**

**[www.cresseyapartments.com](http://www.cresseyapartments.com)**



**SUPPORT LOCALLY OWNED BUSINESSES**



Mike Smith, MSPT, ATC

**Feel  
The  
Difference**



Jennifer Field, DPT

### *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**

### **Restaurant Hours**

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

**Fri & Sat:  
11 am to 11 pm**



**GORHAM HOUSE OF PIZZA  
839-2504**

*"Serving Gorham Since 1981."*

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

View our site online: [www.ghop.me](http://www.ghop.me)

Follow us on Twitter: [ghopme](https://twitter.com/ghopme)

Like us on Facebook

**2 State Street • Gorham, ME 04038**

## GHS Interact Club Raising Money for American Cancer Society

NEILE NELSON  
GHS Math Teacher/Interact Club Advisor

The Gorham High School (GHS) Interact Club is holding a satellite Relay for Life event on Sunday, May 3, at the GHS track, under the umbrella of the Relay for Life of Greater Portland.

The Club currently has approximately 155 members and is hoping to have 100% participation throughout the day. Club members will be walking/running the track from 7 a.m. until 7 p.m.

Participating members are actively trying to solicit donations on behalf of the GHS Interact Club team to meet a goal of over \$10,000. The donations help raise money and awareness for the American Cancer Society.

The Club is also inviting family, friends, neighbors and members of the Gorham community to watch the "Survivor" lap to support and honor those who have been directly affected by this disease. Club members will be decorating luminary bags which will be lit for the "Survivor" lap around 6 p.m.

If anyone is a cancer survivor and would like to take part in the survivor lap, or if you would like details about making a donation, please email [neile.nelson@gorhamschools.org](mailto:neile.nelson@gorhamschools.org).

With one in three people expected to experience cancer in their lifetime, it's likely everyone knows someone who's been affected by the disease. Please donate to see fewer people diagnosed, and more people surviving cancer. Give what you can. Every gift, large and small, makes a big difference.

## Serving Breakfast with Love



Photo credit Diana Blanchard

On Valentine's Day, the Village Elementary School Dining Services hosted a Loved One's Breakfast. It was a huge success, with over 50 Loved Ones joining their Village student(s) for breakfast. A highlight was the Valentine-themed fresh fruit cup, topped with a watermelon heart. Pictured is Jade Tibbetts. She and her mom, Lexie Caddell, volunteered to help with prep.

**Century 21**  
First Choice Realty

Multi Million Dollar Top Producer  
Masters Emerald Winner 2018  
Masters Ruby Winner 2019



**Kelley Skillin-Smith, Assoc. Broker**  
380 Main Street, Gorham ME  
207-632-0813  
[kelly@kellsells207.com](mailto:kelly@kellsells207.com)  
#KelSells207

Meet Randy



Rescue 🐾 Rehab 🐾  
Re-home 🐾

**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  
[www.helpingpawsme.org](http://www.helpingpawsme.org)

*(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**

## Gorham Schools Close for Two Weeks CONTINUED FROM PAGE 1

This decision has been made with careful consideration of the options. We are aware of the fact that closing schools will be a hardship for all families. For our most disadvantaged community members, it will represent an even greater hardship. While our team has been working diligently to prepare for school closings, we will not yet be prepared to provide alternate forms of education and nutrition on March 16, 17, or 18. We intend to be ready to do that by Thursday, March 19. We will be sharing information on the educational and nutritional options that will be available for our students.

It is possible that this closure will extend beyond the current projected timeline. It is important that all families practice and enforce strict social distancing during this time. If we want to prevent the need to keep our schools closed for an extended period of time, it will be incumbent upon us all to make the sacrifices required to contain the spread of the coronavirus.

My blog posts to families will con-

tinue to share updated information regularly so please keep up to date with these. Additionally, both the national CDC site and the state of Maine CDC have a wealth of information to assist families in staying up to date and continuing to learn more about the virus.

It is important to know that during a pandemic, the primary mode of communication with internal audiences (staff and students) will be via email while the primary mode of communication with external audiences (parents/guardians/community) will be via the School Messenger System and Gorham's school website (to include continued blog posts). The school system may supplement communications using social media platforms, but the primary methods will be through School Messenger and the website.

If you ever have any questions, please reach out directly to me at [heather.perry@gorhamschools.org](mailto:heather.perry@gorhamschools.org). Please be safe. I will continue to communicate regularly with our families during this closure.

*I asked our school district doctor (Dr. Tin) to write a letter that outlines some key pieces of information you should know and understand. Dr. Tin's letter is below.*

Dear Gorham Public Schools families,

As COVID-19 spreads throughout our country and in our community, I would like to share with you some thoughts as the school physician for Gorham schools. COVID-19, while causing mild respiratory symptoms for most, can be a serious and even fatal disease for many, particularly the elderly and the immune compromised. It will continue to spread for the coming weeks and months, potentially overwhelming our hospitals and health system. As a community, it is imperative that we do everything we can to help limit and slow down this spread.

One important measure we can all take is to practice social distancing, or consciously reducing close contact between one another. There is a large window of time in which someone can feel and look well but still carry and transmit the disease, as the incubation period is 2-14 days. As schools close and many public events are canceled to help contain the pandemic, we will be craving social interactions.

I encourage you to avoid large gatherings such as sleepovers, parties, large group sporting activities, etc., outside of school and to keep a distance of at least six feet from others when out in public. There is varying guidance on what defines a large gathering. Some health experts recommend limiting the group size to 25; others suggest no more than 10 people. The "right" number isn't known, but the more we can reduce the size of gatherings and maintain our distance, the better chance we have of cutting off the virus' pathways to spreading.

Another important and proven way to decrease the spread of contagious diseases is to practice good hygiene. I encourage you use this opportunity to review the following guidelines with your children:

- Wash your hands frequently with soap and warm water for at least 20 seconds
- Avoid touching eyes, nose and mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home when you are sick
- Cover your cough or sneeze with a tissue, then discard it in the trash
- Clean and disinfect frequently-touched objects/surfaces

Many of us are grappling with how to manage social isolation and increased anxiety. Some ways to reduce social isolation include going outside for exercise (while maintaining social distance) and connecting virtually (FaceTime, etc.). Many are also wondering how to speak with our children about COVID-19 and the associated lifestyle changes. I think the two articles below have nice answers to many common parenting questions. As parents, we must be calm, provide reassurance, and share information in an age-appropriate manner.

<https://www.npr.org/2020/03/13/814615866/coronavirus-and-parenting-what-you-need-to-know-now>

<http://theconversation.com/how-to-talk-to-your-kids-about-covid-19-133576>

Finally, if you do develop any symptoms of COVID-19 (fever, cough, shortness of breath, fatigue, etc.), isolate yourself and contact your primary care provider for guidance before going into the clinic.

These are difficult and anxiety-provoking times, and many of these changes in our lifestyles are burdensome for individuals, families and communities. Know that your teachers, school administrators and other local officials are working hard to lessen the impact, particularly for the most vulnerable. By implementing social distancing and proper hygiene as much as possible, we can all make a real difference in the spread of this disease in our community.

Sincerely,

Tin Ha-Ngoc, MD

# Gorham Times

**DON'T MISS AN ISSUE —  
YOU CAN SUBSCRIBE ONLINE AND HAVE IT  
MAILED RIGHT TO YOUR HOME!**

## Kerwin Chiropractic & Nutrition



Dr. Joseph M. Kerwin  
164 Main Street, Gorham  
[jkerwin1@maine.rr.com](mailto:jkerwin1@maine.rr.com)

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

**[www.kerwinchiro.com](http://www.kerwinchiro.com) • (207) 839-8181**

**Live Music Thursday, Friday and Saturday nights from 7-10 PM**



**GRAND CENTRAL  
WINE BAR**  
Hours 4-10PM except Tuesdays



**7 RAILROAD AVE. • GORHAM, MAINE • 207-222-2946**

## GORHAM COUNTRY CLUB — ANNOUNCES NEW HEAD PRO —



General Manager, Kathy Hawkes would like to announce the appointment of PGA Professional Jim Knowles as the new Head Pro at Gorham Country Club for the 2020 season. Jim was born and raised in Livermore Falls, Maine. He attended Livermore Fall High School and earned a BS Degree from the University of Maine at Farmington.

Jim has been a PGA Professional for over 30 years working as Head Professional and Director of Instruction at five golf clubs from Maine to Massachusetts. Jim was Head Professional at Wilson Lake Country Club Wilton ME for 10 years, Head Professional and Director of the Golf Schools at Sugarloaf Golf Club for three years. Director of Golf at Cranberry Valley Golf Course in Harwich MA for six years, Golf Course Manager at Highland Links Golf Course in Truro MA for 13 years and Head Professional at Chequessett Golf Club in Wellfleet MA for 3 years.

Jim can teach and coach students at any level of ability from beginner to advanced. One of Jim's students, Sally Quinlan, played on the LPGA Tour with several wins. Jim is not only an instructor but a coach. He coached the Mount Blue High School Golf Team when working at Wilson Lake Country Club and lead the team to an 18 & 0 record capturing the Maine State Championship in 1982 and Runner-Up in 1983. Jim has helped 1000's of players enjoy the game of a lifetime and looks forward to helping many more.

**93 McLellan Road, Gorham 839-3490 [www.gorhamcountryclub.com](http://www.gorhamcountryclub.com)**

# GHS Winter Sports Awards

The following student-athletes were honored at the annual GHS Winter Sports Banquet on March 4:

**ALL-ACADEMIC SENIORS (93.0 or better)**

**Girls' Indoor Track:** Stefanie Meacham, Peyton Morton, Abigail O'Brien, and Katrina Tugman

**Boys' Indoor Track:** Andrew Tinkham

**Boys' Basketball:** Ryan Reno

**Girls' Ice Hockey:** Faith Dillon, Carson Battaglia, and Lauren Green

**Boys' Ice Hockey:** Camden Sawyer

**Girls' Swimming:** Laura Bolduc, Elyssa Johnson, Ava Pitman, Madisen Sweatt and Lydia Valentine

**Boys' Alpine Skiing:** Nolan McCullough

**Wrestling:** Henri Kuntz

**SMAA ALL CONFERENCE ALL-STARS**

**Girls' Basketball:** Adele Nadeau-3rd Team; Anna Nelson-All Rookie Team

**Boys' Basketball:** Grant Nadeau-2nd Team; Jordan Bretton-3rd Team

**Girls' Indoor Track:** Kate Tugman-SMAA Champion 1 Mile & 2 Mile, Sr. 800 Outstanding Distance Runner, Outstanding performer Southwestern Meet; Emma Green-High Jump, Jr. 4X200 relay; Sydney Connolly-55, 200, Jr. 4X200 Relay; Alyvia Caruso-55 Hurdles, 200, Jr. 4X200 Relay; Jillian Morrill-Jr. 4X200 Relay; John Caterina-SMAA Coach of the Year

**Boys' Indoor Track:** Ryan Gendron-SMAA Champion High Jump; Andrew Farr-400 Meter

**Cheerleading:** Caralin Mills and Rebecca Brunner-All Conference; Cassidy Rioux and Morgan Cole-Honorable Mention

**Alpine Skiing:** Estelle Ballard and Claire Munkacsi-AllConference

**Boys' Ice Hockey:** Cole Perreault, Aiden Owens and Aidan Enck-All Conference

**Wrestling:** Henri Kuntz-1st Team

**RAM AWARDS**

**Girls' Ice Hockey:** Coach's Award-Anna Nault and Carson Battaglia; Most Improved Player-Sadie Dyer

**Alpine Ski Team:** Leadership Award-Claire Munkacsi; Ram Award-Griffin Loranger

**Girls' Basketball:** Wayne "Pooch" Drown Award-Jacqui Hamilton; Most Valuable Player-Adele Nadeau and Olivia Michaud

**Boys' Basketball:** Most Valuable Player-Grant Nadeau; Most Improved Player-Garrett Smith; Best Defensive Player-Jordan Bretton; Rookie Award-Mason Laskey; Ram Pride Award-Ryan Reno and Jordan Bretton; Coach's Award-Alex Burghardt and Nick Strout; Senior Award-Nick Strout, Jordan Bretton, Ryan Reno, Alex Burghardt and Josh Ball

**Boys' Indoor Track:** Top Newcomer Award-Jacob Lehmann;

Top Field Event Athlete-Ryan Gendron; Most Improved Athlete-Josh Lehmann

**Girls' Indoor Track:** Most Valuable Performer-Kate Tugman; Most Improved Performer-Emma Green; Coach's Award-Abby O'Brien

**Boys' Swimming:** Most Valuable Swimmer-Patrick Bishop; Dedication Award-Nevin Libby; Ram Award-Sam Pritchard

**Girls' Swimming:** Most Valuable Swimmer-Laura Bolduc; Most Dedicated Award-Ava Pitman; Ram Award-Lindsey Nygren

**Cheerleading:** Coach's Award-Caralin Mills; Outstanding Rookie-Kyla Piacitelli; Most Improved Award-Veronica Hasenflu

**Boys' Ice Hockey:** Coach's Award-Cole Perreault; Dedication Award-Peter Richards; Most Improved Player-Aidan Enck

**Wrestling:** 100 WINS-Henri Kuntz; Most Valuable Wrestler-Henri Kuntz; RAM Award-Asa Wareham

**Unified Basketball:** RAM Senior Award-Brian Edwards

## Gorham Sports Update

Stefanie Meacham, GHS '20, qualified for Nationals for indoor track in the 1 mile Racewalk. She was mistakenly omitted from the original list of qualifiers.

The MPA Board of Directors and Interscholastic Manag Com voted today to delay the start of the 2020 Spring sports pre-season practice until April 27, 2020 due to COVID-19 concerns.

## Sports Etc.

**More honors for former Gorham varsity basketball player and freshman standout Mackenzie Holmes (GHS '19):** Holmes, during her rookie year as a member of the Indiana Hoosiers Women's Basketball team, recently earned All-Big honors. On the year, Holmes was averaging 10.9 points and 5.3 rebounds per game while shooting 63 percent from the field. She scored in double figures 17 times and has one double-double while making two starts in non-conference play. Holmes recorded a season-high 22 points on two different occasions this season and has made 27 total blocks. In the Hoosiers 66-51 loss to Maryland in Big 10 play, she added 10 points.

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

If you have news or a sport event you would like to share, email [gorhamtimes@gmail.com](mailto:gorhamtimes@gmail.com)



Chris Burton



Julie Chandler



Jane Mason



Mike Griffin



Peter Mason



Benjamin Taylor

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



**COMING SOON**

**WATERBORO** - 115 Old Alfred Rd 3BR, 1bath Ranch w/ finished space in the daylight basement. Lrg shed, private lot & great location. Needs major renovations.



**UNDER CONTRACT**

**BUXTON \$75,000** - Being sold as is, this short sale is in a great location. 3BR Ranch on 1/2 acre lot. Nice setting & ready for renovations.



**RAYMOND \$349,900** - Over 2000sf on Raymond Pond. Apt over 2-car garage, 3BR/2bath home w/ large deck overlooking the 100' of water frontage. Auction @ Xome.com



**NEW LISTING**

**BROWNFIELD \$18,900** - Nice Level building lot w/ shared beach rights on Pequawket Pond. Septic design done & power at the street. Come build your home here!



**SOLD**

**5 Samuels Way \$410,000** - Fully renovated Gorham home in a convenient location. Walk to schools + privacy in your own backyard. A 4BR home w/ master suite.



**SOLD**

**17 Addison Way \$329,900** - Brand new 1824sqft Hollis colonial w/ a 24x24 garage. Open concept w/ HW & tile throughout. Features 3BR & 2.5 baths.



**COMING SOON**

**GORHAM** - 2BR, 1bath home w/ lower level that could be easily finished w/ add'l living space. Granite counters hardwood/tile floors, 1 car garage & rear deck.



**BUXTON \$84,900** - Two acre building lot located near the Buxton/Gorham line. Level country setting for your new home, great location to commute in all directions.



**COMING SOON**

**WINDHAM** - 57 Provost Dr 3BR, 2bath condo w/ finished space in the basement. Deck, porch & 1-car. Needs repairs to the heating system/plumbing.



**WATERBORO \$199,000** - Has very narrow access off Cross Rd. Large parcel has been cut over recently. Plenty of space for snowmobiling, hunting, etc. Build on your own private acreage and relax.

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

# Making a Decision to Put Yourself First

DESTINY COOK  
Sports Editor

I hope you all have a best friend like mine. Lori Tanguay and I have been friends for over 35 years, and she is probably one of the kindest and most giving people I know. By day she is a pre-school teacher who takes great pride in her career. At home she has a wonderful husband Mike (Grizz) and she is the mother of two adult children, Jonathan and Ally. Like many women, over the years she inadvertently put others above herself and her health, and in turn, her health and weight got the best of her.

As a child, Tanguay said she was a picky eater; the only vegetable she would eat was corn (and corn may not even technically be a vegetable.) As a teen, she was a runner so despite her diet, because she was active, she remained fit. While she did develop tastes for other vegetables as an adult, she has always loved sweets, diet (fountain) soda and any carbohydrate she "could get her hands on." It really wasn't until she got married and had her first child in 1996 that she began to gain weight.

"I kept very busy, but it was more for everyone else in my family. The baby weight from my first child hung on, along with that of my second," she said. With work and family, before she knew it, it was 30 years later and she was 50 pounds overweight.

Over the years Tanguay's weight fluctuated. She could lose weight but proclaimed she was "even better at gaining it." She shared, "I never really learned how to maintain a good, healthy weight. It was always for the next event or stage in my life. A wedding was coming up, a graduation, or just that it was going to be summer. I could drop 50 pounds, but as soon as that event happened, before I knew it, I was looking at the daunting task of doing it all over again."

"As it was approaching 2019, I was feeling tired, stressed and really unhealthy AGAIN. Many of my clothes didn't fit AGAIN."

As many of us do when the new year comes, we talk about going to the gym or starting a diet. Tanguay said, "Even after the first of the year, I wasn't ready mentally. It took me a few weeks and a weekend trip away to get my head in the game." This was her first step in what has turned into her year-long (and really life-long) journey.

There was mental processing that had to go into the beginning of her new healthy journey. "It means putting my needs to the top of the list. You have to get mentally ready to shop and cook differently," she said. And while it is good to eat healthy, she said it always seemed like a diet and not a lifestyle change.



Photo credit Tanguay Family

Lori Tanguay shown in January 2019 (left) and January 2020 (right). Over the last year, Tanguay has spent time focusing on her health and incorporating more activity into her daily routine like a recent hike at Sugarloaf.

After the first few months of 2019, the weight wasn't "falling off" for her like it had in the past. Tanguay made an appointment with a nutritionist to review what she was eating and make recommendations. Her first reaction... tears.

"I felt like I was already giving up so much. However, waking up the next day, I knew she was right. I kept going forward; one hour, one day, one week at a time." Instead of looking what you are giving up, Tanguay optimistically said, "look what you are gaining."

She joined Weight Watchers (WW) many years ago. She found the program to be an asset in her weight loss journey. Tanguay appreciates the accountability of WW as it becomes a place for her to talk about weight loss, get healthy recipes and hear/support others in their journey.

Exercise has also become an important piece of her new lifestyle. First, Tanguay found a Zumba class at Studio Fit that she loves. Tanguay said, "Like the website says, it's 'exercise in disguise.'" She loves the dancing and movement of Zumba and she attends classes 3-4 times a week, even feeling disappointment when she has to miss a class. She uses her Apple watch to track her steps, exercise and activity as well; and having her children as "friends" helps them all motivate each other to reach goals.

On her days off from Zumba, Tanguay has enjoyed a "new normal" with her husband Grizz. As empty nesters, they are spending more time together outdoors. "Thanks to the new Sebago trails in Gorham it makes it very convenient to grab our sneakers (hiking boots in the winter) and head over for a 3-4 mile walk," she said. They have also started a new routine each Sunday during the summer by heading to Baxter Boulevard for the 3 1/2 mile trek. "It is two hours out of our day to drive in, walk and drive home. It is movement as

well as spending time with my husband. In my book it is a win/win!"

Tanguay pointed out, "In the world we live in there are temptations all the time, our society centers around food. Whether it is a birthday party, showers, the holidays or even just the break-room at work; food is all around us." One of the most difficult things when undertaking a healthier lifestyle, she said, is when people say things like, "Oh, you are being good today" or "What are you going to eat, salad?" She knows they mean well, but it can tend to make her feel bad for making a healthy choice.

Tanguay's hard work over the past year has resulted in a weight loss of more than 70 pounds. She said this

is the last weight loss journey for her; moving forward it is her lifestyle change. When people ask her how she did it she shared, "Eating less sugar and carbohydrates, while eating more fruits and veggies; as well as making time for some kind of activity."

Finding time for this type of life change can seem like a mountain, and Tanguay shared a few things that helped her as she began. The first is just getting steps in, whether it is taking the stairs when you can, parking farther away, or going for a quick walk around the neighborhood. Thirty minutes of movement is better than nothing at all. "Next time you want to catch up with a friend, instead of meeting for lunch or a drink, consider taking a walk. It might be just what both of you need!" she exclaimed.

Finally, she stated, "You are worth it! Take the time for you! The older I get the harder it is to lose weight, but the hardest part is always starting." When you are starting out, take it one day at a time, and while you may feel discouraged at times, "Nothing tastes as good as healthy feels!" Tanguay said.

As her best friend, I am completely inspired by her, and I'm not the only one. When she started bringing salads for her lunch at work, one of her students said, "I want to pack a salad just like Miss Lori." It's not just adults paying attention, children are watching our healthy habits, too.

## Cross Country Continues for Iris Kitchen



Photo credit Amanda Landry Photography

GHS Senior, Iris Kitchen, was surrounded by family for her recent signing to run cross country at Assumption College in Worcester, Massachusetts this fall. Shown from left to right is Steve, Ella, Iris, Melanie, and her older sister, Evelyn (GHS '19), who also competes for Assumption.

**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](mailto:ckck5@maine.rr.com), Kathy Corbett at [ktcorbett@aol.com](mailto:ktcorbett@aol.com) or Cindy O'Shea at [coshea2@maine.rr.com](mailto:coshea2@maine.rr.com).

**Wyman's** | We Work with All  
AUTO BODY Insurance Companies

Joe Wyman has been doing auto body and collision work for over 50 years and at the same Gorham location for over 35 years.

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**


201 New Portland Rd, Gorham, ME • Ph: 839-6401 Fax: 839-2418 Email: [wymanautoinc@yahoo.com](mailto:wymanautoinc@yahoo.com)  
Mon-Fri 8-5, Sat 9-12, Sun Closed • [www.wymansauto.com](http://www.wymansauto.com)

# BUSINESS DIRECTORY

**TimberNook**  
of Greater Portland, ME  
Located in Gorham

Classic play experiences that are:  
100% outdoors  
Designed and led by a licensed OT  
Children are given plenty of time and space  
for creative, self-directed play, building  
skills for a lifetime!

Weekly programs and summer camps  
for kids ages 18m - 12 yrs old.  
[www.timbernook.com](http://www.timbernook.com)



Fully Insured Veteran Owned

**White Rock**  
**STUMP GRINDING**

Free Estimates  
207-730-0642



**KM Landscaping**  
239 Fort Hill Rd Gorham  
20 Years Experience Fully Insured  
Lawn Care Mulching Pruning  
Flower Beds Spring & Fall Clean up  
Call for a free Estimate  
207-671-5188



**SHAW**  
EARTHWORKS!

**Now Hiring Laborers with CDL**  
Screened Loam & Reclaim  
Delivered or Loaded  
**839-7955**  
[www.shawearthworks.com](http://www.shawearthworks.com)



**BARBER SHOP**

230 Main St. Gorham, ME  
Hours: Monday-Friday 9-5  
Saturday 8:30-4  
Phone 839-4759



**LaFerriere Electrical Services, Inc.**  
Residential • Commercial • Industrial  
Gorham, ME

Service Upgrades • Lighting Upgrades  
Emergency Repairs • Generator Installations  
Knob & Tube Removal


**Leon LaFerriere** 207-831-9349  
Master Electrician laferriere@maine.rr.com

REDUCE STRESS - FEEL BETTER

**Gorham Reflexology**  
31 Main Street | Gorham, ME 04038  
Call or Text 207-671-0740  
Book Your Session

Tired Feet?  
Give Them a Treat!

[WWW.GORHAMREFLEXOLOGY.COM](http://WWW.GORHAMREFLEXOLOGY.COM)



Are your savings earning what they should?


**Pete Watt**  
Financial Advisor  
14 Vista Dr Suite 309  
Gorham, ME 04038  
207-839-8233

**Edward Jones**  
MAKING SENSE OF INVESTING  
[edwardjones.com](http://edwardjones.com)



**LAFERRIERE HEATING** *Modern technology with an old-fashioned work ethic*


Annual Tune-ups  
Installations  
24 Hr. Emergency Service  
**892-5540**  
- OVER 30 YEARS EXPERIENCE -



Andrea M. Taliento, DMD    Melissa M. Carrier, DDS

**MAPLEWOOD DENTAL ARTS**  
providing a lifetime of healthy smiles

[www.dentistgorhamme.com](http://www.dentistgorhamme.com)  
(207) 839-6266  
405 Main Street Gorham ME 04038



**SNAPDRAGON**  
TICK & MOSQUITO CONTROL

[www.snapdragonofmaine.com](http://www.snapdragonofmaine.com)



**Village Hearing Care**

Audiology Services and Hearing Aids  
Shannon Phinney Dowdle, Audiologist

347 Main St., Suite 1A • Gorham, Maine 04038  
**839-8400 • [www.villagehearing.com](http://www.villagehearing.com)**



**Liz Berks**  
Massage Therapist

12 Elm Street  
Gorham, ME 04038

20 Years Of Practice                      653-8148

**Casco Federal Credit Union**

Small Credit Union. Big Heart.  
Find out why banking local is banking better.  
[www.cascofcu.com](http://www.cascofcu.com)

375 Main Street, Gorham    Rewards Checking Accounts  
393 Ossipee Trail, Gorham    Visa Rewards Credit Cards  
207.839.5588                      Low Rate Loans



**Sturgis Plumbing & Heating, LLC**  
Gorham, Maine  
207-615-1600

JEFF STURGIS - YOUR FRIENDLY  
PLUMBING & HEATING SPECIALIST

Master Plumber, Master Oil Heat &  
Solid Fuel Tech, Gas/Propane Tech

Fully licensed and insured. Quality service at reasonable prices.



**InfoHarbor LLC**  
Getting caught in the 'net?  
We can free you.  
Online Marketing & Website Development

**Judi Jones**  
(207) 839-7795  
judi@infoharbor.biz  
[www.infoharbor.biz](http://www.infoharbor.biz)




Run an ad in the  
**Business Directory for as low  
as \$25 per ad.**

Contact 839-8390 or  
[gorhamtimes@gmail.com](mailto:gorhamtimes@gmail.com)  
for more info.

*Amanda Landry Photography*  
(207)807-1487  
alandry6@maine.rr.com  
Families, Children, Seniors  
Pets, Sports, Weddings

[amandalandryphotography.smugmug.com](http://amandalandryphotography.smugmug.com)



**REACH OVER 4,000 CUSTOMERS WITH THE GORHAM TIMES!**

the *Courtesy of the Gorham Police Department*  
**blotter**

## SUBMERGED

**Woman tried to drive through Sebago Lake Road when it was flooded. Officer gave her a ride home. Vehicle, which was full of water, was towed.**

Leaha Lane caller was concerned that her ex-husband might come to her house as she had taken his phone off her account.

Caller confronted a man flying a drone on Eagle Cove Road.

Caller said an unknown subject pulled a gun and pointed it at him. No one was around and caller continued walking home to Standish.

A female walking on Main St. wearing dark clothing was given a ride to the bus in Westbrook.

Shaw's Mill Road caller ordered a wallet from Amazon. He was notified it had been delivered but never received it. It appeared to have been stolen from his mailbox. There were no other theft complaints in the neighborhood.

Officer went to White Birch Lane for a welfare check. Woman advised officer she had changed her phone number and did not want any further contact with caller.

Woman wanted to file cease harassment paperwork. Officer declined to do this and told her to keep child exchanges civil and to stick to the custody agreement.

Caller received a bill from EZPass in Massachusetts but it was not his vehicle although he had previously owned a vehicle with the same registration. EZPass canceled the bill.

Hemlock Drive man called at 1:30 a.m. to say he saw someone behind the next trailer. He had also seen someone there around 9 p.m. While talking to officer, he reported person took off into the wood line. He was advised to call back if he saw the person again.

South St. caller wanted police to be aware his dragon from outside had been taken. Dragon was subsequently returned.

Caller reported an underage drinking party on Hillview Road. Officer observed several cars at the home but no one would come to the door.

Officer met with a man who had questions about selling a vehicle and was worried about getting scammed. Officer told him to only take cash for the vehicle.

Timber Ridge caller reported people knocking on doors. People were doing a survey.

Suspicious person in a vehicle at Fort Hill park was a USM student making a phone call.

Caller reported a loose horse loose on Plummer Road. Caller had contacted horse owner who was going to try to catch it.

Property was stolen from a vehicle parked at Post Office Square.

Officer found a vehicle running with its headlights on. He spoke to a female sleeping in the car. She told officer that USM told her she needed to get her things out as soon as possible and she did but she was still waiting for her new apartment. She was sent back to USM.

Woman reported her pocketbook was stolen from her car. Pocketbook was found in Portland and suspect admitted taking it from her vehicle in South Portland.

Gray Road caller reported being harassed on Facebook. He was told that police do not handle problems like this and advised to close his account or block the person.

Officer stopped a man walking on Mosher Road. He was wearing dark clothing and walking with traffic. Officer advised man he was walking on the wrong side of the road. Man was heading home and lived on that road. Officer asked man his name and learned there was an active warrant for failure to pay fines. Man was arrested without incident and taken to Cumberland County Jail.

Caller walking on New Portland Road was swearing, yelling and waving his arms. Officer located the man who was having a verbal argument over the phone with his girlfriend. Officer gave him a ride to work.

Man brought large bag of trash that he had collected from recycling bins at Public Works. He had located five bags of non-recyclable trash. He looked through the bags and found mail for an address on Sebago Lake Road. He separated the recyclable and non-recyclable items and told officer putting trash into recycling bins was costing the town \$8,000 a year. He has been doing this in both Gorham and Windham. Officer contacted a person about throwing five bags of trash into recycling bins. Man was apologetic and said it had been a mistake as he puts his trash into a dumpster at his company. He thought his wife may have grabbed the trash along with the recycling. He was apologetic and retrieved the trash. He was warned for the violation.

Crestwood Drive caller reported a suspicious male who wanted to talk about politics. Officer spoke with male. There were a few other people in the area as well.

Gray Road caller reported a suspicious vehicle parked on the road directly in front of his house. He said vehicle had been there for 30 minutes. Officer spoke to man in vehicle. He advised he was talking to his sister.

Caller reported people on the ice under unsafe conditions. It was six ice fishermen.

A suspicious vehicle was reported parked in the middle of the travel lane on Keene Drive. Male was sleeping in the driver's seat. He told officer he works the midnight shift and was on his way home when the power steering stopped working. He was sleeping until the tow truck arrived.

Suspicious person on the side of Narragansett Street with its flashers on had pulled over to order food.

Libby Ave. caller reported their car had been burgled.

Suspicious persons on Willowdale Drive were picking their child up after school. They live on Libby Ave. and had been in an accident so they were driving a rental car.

## CLASSIFIEDS

### SERVICES

**THE DEVIL MADE ME DO IT:** "Congratulations, you've reached HELL": Satan's Little Helper, who's Satan, why do you believe in Satan, does Satan have anything to say, why was Satan thrown out of Heaven, from [tinyurl.com/emotionalhealinghotline](http://tinyurl.com/emotionalhealinghotline) 1-808-231-1236 ext. 94567

## CALENDAR

**EFFECTIVE MONDAY, MARCH 16, 2020, THE TOWN OF GORHAM CANCELLED ALL OUTSIDE ORGANIZATION ROOM RENTALS/USAGE, SENIOR CENTER PROGRAMS, AND SENIOR GROUP MEAL SITES FOR AN INITIAL 30-DAY PERIOD. BAXTER LIBRARY WILL BE CLOSED. ALL GORHAM PUBLIC SAFETY FACILITIES WILL BE CLOSED TO THE VISITING PUBLIC FOR THE HEALTH AND SAFETY OF OUR FIRST RESPONDERS IN ORDER TO CONTINUE TO BE ABLE TO PROVIDE EFFECTIVE SERVICES. A COMPLETE LIST OF CANCELLATIONS IS AVAILABLE AT [WWW.GORHAM-ME.ORG](http://WWW.GORHAM-ME.ORG).**

## COMMUNITY

### DEAN'S LIST

**Maggy Aube**, Roger Williams University, Bristol, RI  
**Ryan Desanctis**, Roger Williams University, Bristol, RI  
**Kate Gilbert**, Roger Williams University, Bristol, RI  
**Grace Perron**, Roger Williams University, Bristol, RI

### OF INTEREST

**All Gorham Public Safety Facilities will be closed to the visiting public for the health and safety of our first responders in order to continue to be able to provide effective services.** A complete list of cancellations is available at [www.gorham-me.org](http://www.gorham-me.org). For all other activities, we suggest you call ahead.

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

**The Gorham Medical Loan Closet** at the Gorham Rec Dept will be closed until the Town of Gorham reopens the building. Medical items cannot be loaned or returned until that time.

### SENIOR NEWS

**Lecky Brown Senior Center**, located on the 3rd floor at First Parish Church, 1 Church St., has no scheduled events at this time due to COVID-19 concerns. FMI: Lisa Becker at 835-9379 or [leckybrowncenter@gmail.com](mailto: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

**USM's ombudsman for COVID-19**, Chief Operating Officer Nancy Griffin, in concert with the USM Emergency Response Group led by Director of Public Safety Ron Saindon, and in cooperation with state officials, is communicating regularly with the University community, giving answers and direction to many questions regarding health protocol, classes and activities on all campuses of the University during the current virus outbreak. With certain events cancelled or postponed, and most students and many employees working from home, the University community is responding with creative ways to keep classes running and some events still happening through the end of the semester.

**The public is urged to continue to follow your interests at USM by visiting USM online at [usm.maine.edu](http://usm.maine.edu)**, and especially the events calendar at [usm.maine.edu/events](http://usm.maine.edu/events), where information about the status of individual events will be kept updated by the departments offering the events.

### CLOSE TO HOME

**The Schoolhouse Arts Center** at 16 Richville Road, Route 114 in Standish presents "The Servant of Two Masters" on April 17-26. Fridays and Saturdays at 7 p.m. and Sundays at 2 p.m. Tickets \$18 & \$16 online; \$20 and \$18 walk in. FMI [www.schoolhousearts.org](http://www.schoolhousearts.org).

**NEXT GORHAM TIMES DEADLINE:  
MAR. 25**

**Advertise your home business or yard sale with  
a classified ad. Only \$9 per ad!**

**FMI: email [gorhamtimes@gmail.com](mailto:gorhamtimes@gmail.com) or call (207) 839-8390  
Cash, check and credit card accepted.**



Photo credit Kim Chapman Photography

## Hot Off the Press



Photo credit Carlye Homan

Two-year-old Sawyer Homan picked up his copy of the last Gorham Times from our friends at Baxter Memorial Library. Send us your "Hot off the Press" pics to [gorhamtimes@gmail.com](mailto:gorhamtimes@gmail.com)!

# MAINE MADE US

*Connected*

### THE PRIMARY CARE YOU NEED IS NEVER FAR AWAY.

Northern Light Mercy Health Centers offer primary care, radiology, and lab services on site, and our Windham, Yarmouth, and Gorham locations also offer convenient walk-in care. We are a part of a statewide healthcare system dedicated to better health and better lives for the people of Maine. Visit [MaineMadeUs.com/MercyPrimaryCare](http://MaineMadeUs.com/MercyPrimaryCare) to learn more.

#### NORTHERN LIGHT MERCY HEALTH CENTERS

43 Baxter Boulevard, Portland | 74 County Road, Gorham | 75 Gray Road, Falmouth  
778 Main Street, South Portland 385 | 409 Roosevelt Trail, Windham | Route One, Yarmouth




**Northern Light**  
Mercy Hospital