Town Council Passes Two Anti-Racism Resolutions

KATHY CORBETT
Staff Writer

The Gorham Town Council (TC) passed two anti-racism resolutions at its September 1 regular meeting on Zoom. One, sponsored by Councilor Virginia Wilder Cross, recognized the Black Lives Matter (BLM) movement and pledged support for ending “systemic racism” and for ensuring “that law enforcement honors equal justice for all in Gorham.”

The other resolution, based on one adopted by Cape Elizabeth, was sponsored by Councilor Ben Hartwell and welcomed “all people of color, had addressed every section of the resolution that was presented during an August meeting but was tabled due to concerns surrounding the language and an affiliation with the Black Lives Matter organization.

The original resolution, which was drafted by students and residents with input from Town Manager Ephrem Paraschak and Police Chief Christopher Sanborn, was presented during an August meeting but was tabled due to concerns surrounding the language and an affiliation with the Black Lives Matter organization.

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Suicide Prevention During a Pandemic

REP. MO TERRY

Every year we recognize September as suicide prevention month in an effort to promote awareness, contribute to the dialogue and provide needed resources. This year, the COVID-19 pandemic has exacerbated existing hardships for peo-
ple of all walks of life, including those suffering from mental illness. Maine CDC Director Dr. Nirav Shah reminds us each week not only to remain diligent in our physical health safety practices, but also in taking care of our mental health as we navigate the ongoing challenges posed by the pandemic.

We have been living with the pandemic for over six months now and feel-
gings of isolation, depression, anxiety and other emotional and financial stresses are nearly impossible to avoid. These factors are also all known contributors to our rate of suicide, depression and anxiety. We must all be extra supportive of one another.

I am pleased to report that although they were exacting and rigorous in their review of what we proposed, Gorham town officials have been ulti-
mately professionally all along the way, and very clear about expectations and standards. Having been involved in many development projects through the years, I think your readers should be made aware of how well they have been served by elected officials and town staff. This project was a pleasure to complete, and in my opinion was a true model of what competent, pro-
essional collaboration is all about.

Manufacturing is alive and well in Maine, and that strong work ethic is very much in Gorham. My compliments to everyone involved.

Josh Benthien

Dear Editor,

I am writing this letter on behalf of Stacy Brennan, the Democratic candi-
date for the State Senate in district 30. The district encompasses Scarborough, Gorham and Buxton. Stacy has a long history of excellent community service both as a private business owner and in the medical field. Her two degrees in social work attest to her broad knowledge and experience, unwavering commitment to professional collaboration is all about.

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Dear Editor,
Finally, here’s some good news to share….the New Year Gorham Planning Committee is pleased to announce that New Year Gorham is on. It will be different, but it will be an exciting way to usher out this difficult year. The most notable differences are where the event will be held and its shorter length of time.

“This year we will be celebrating outdoors at the Narragansett School, and we will follow the CDC guidelines in place at the time,” said Tom Hasbrouck, New Year Gorham Coordinator. “It’s too early to reveal all the plans, but those that are confirmed promise a fabulously fun afternoon on New Year’s Eve. What we can share is the fact that we will pack a whole lot of activity and entertainment into about three hours beginning no earlier than 2 p.m. and ending with fireworks at 5 p.m.”

The preliminary plans include ice skating to live music, a variety of entertainment performed on innovative box truck performance stages, activities and food to keep folks warm, and extra special fireworks to welcome in a much needed happier new year.

The planning committee will keep everyone informed as plans are finalized, but what’s important now is for the Gorham community to save the date, December 31, 2020.

Time for a Laugh...

What do you call a boat full of dentists? A tooth ferry

Why aren’t boats equipped with artificial intelligence? Nobody wants to get on a thinking ship.

What do you call a boat full of polite football players? A good sportsman ship
Epigenetics studies how our day-to-day environments affect our health. The science of epigenetics can reveal how our immune and metabolic age are determined, not by our genetic makeup, but by our choices and habits. It is estimated that only 12% of Americans are metabolically healthy. This is a time to reflect upon the state of our health. As the pandemic unfolds, it has become clear that our health status can make us more susceptible to virus infection. Metabolic health is achieved when a person has ideal levels of blood sugar, triglycerides, HDL cholesterol, blood pressure, and waist circumference. As we move through these uncertain times, the science of epigenetics provides a way to prevent disease and stay healthy. Are you one of the 12%? Or are you one of the 70% of Americans who are obese or overweight? Is your blood sugar well controlled without medication? What about aging? It is not your biological age that matters, but your metabolic age that is most important. We now know that it is actually much more nuanced, the expression of these genes is greatly influenced by the health of our lifestyle. For example, even marginal deficiencies of certain vitamins and minerals such as vitamin C, D, selenium, and zinc can cause a significant decline in our immune function genes. If we can influence our genes, then we have so much more control over our health than most of us have been led to believe.

As Americans, we live in a drive thru world of big gulps and inexpensive, processed food engineered to satisfy the pleasure centers of our brain. We sit for eight hours a day at work, watch four hours of TV, and then maybe slog on the treadmill. This lifestyle robs us of our sense of autonomy and control. Epigenetics gives us back that control, and in order to move toward optimism for the future, we must capitalize on that. Every choice we make in our day to day activities determines the expression of our genes. So which expression of yourself will you choose?

Even when the pandemic is over, seasonal flu and other challenges will occur. It is up to each of us to make lifestyle choices that will strengthen our genetic expression and lead us away from disease and illness and toward longevity, wellness, and vitality.

As we think about the future, the pandemic has reminded us of the effects of not just COVID-19, but any virus. The pandemic has reminded us of one simple truth: the metabolic health of an individual has a significant impact on how they respond to infection. Metabolic health is achieved when a person has ideal levels of blood sugar, triglycerides, HDL cholesterol, blood pressure, and waist circumference without the use of medications. It is estimated that only 12% of Americans are metabolically healthy.

As we move through these uncertain times, the science of epigenetics can reveal how our immune and metabolic age are determined, not by our genetic makeup, but by our choices and habits. It is estimated that only 12% of Americans are metabolically healthy. This is a time to reflect upon the state of our health. As the pandemic unfolds, it has become clear that our health status can make us more susceptible to virus infection. Metabolic health is achieved when a person has ideal levels of blood sugar, triglycerides, HDL cholesterol, blood pressure, and waist circumference. As we move through these uncertain times, the science of epigenetics provides a way to prevent disease and stay healthy. Are you one of the 12%? Or are you one of the 70% of Americans who are obese or overweight? Is your blood sugar well controlled without medication? What about aging? It is not your biological age that matters, but your metabolic age that is most important. We now know that it is actually much more nuanced, the expression of these genes is greatly influenced by the health of our lifestyle. For example, even marginal deficiencies of certain vitamins and minerals such as vitamin C, D, selenium, and zinc can cause a significant decline in our immune function genes. If we can influence our genes, then we have so much more control over our health than most of us have been led to believe.

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Town Council Meeting
SEPTEMBER 1, 2020

Leslie Dupuis
Editor

During the time for public comments, Kathy Garrard asked the Council to consider reinstating the Board of Health.

Councilor Pratt thanked Shaw Brothers for representing the Town of Gorham with a generous pledge to Maine Medical Center. He also congratulated Harvey Performance for their recent move into their new building and encouraged people to tour their new facility.

Councilor Wilder Cross reported that she attended two more webinars related to racial injustice.

Councilor Kuech reported that she has relocated to the first floor of the Community Development Department.

Councilor Hartwell suggested returning to in-person meetings soon.

Councilor Hague mentioned the trash bag fee structure that would be further discussed.

The School Committee Chairman Stewart McCallister thanked municipal and Gorham Rec employees for working collaboratively with the School Department to address the space needs of GHS. As part of the shared space agreement, the schools will be working with the Recreation Department to utilize an off-site facility at the South Gorham Baptist Church.

The Town Council approved a resolution welcoming all people into our community.

The Town Council approved a resolution to end systemic racism, the oppression/misrepresentation of minority groups, and to continue to assure that law enforcement honors equal justice for all in Gorham.

The Town Council approved the contract zoning agreement between the Town of Gorham and Gorham Savings Bank.

The Town Council approved a resolution for criminal mischief and domestic violence assault.

The Town Council approved a resolution for OUI, and unlawful possession of methamphetamine (priors) and OUI.

The Town Council voted to amend the contract zoning agreement between the Town of Gorham and Gorham Savings Bank.

The Town Council approved an amendment for submitting the contract for hiring a new Fire Chief.

The Councilors with their comments.

Kathy Garrard asked the Council to consider reinstating the Board of Health.

The Town Council approved a resolution for OUI (alcohol).

Portland man, 22, was arrested for OUI (alcohol).

Buxton man, 43, was arrested for violation of a protective order.

Windham man, 18, was arrested for failure to stop for an officer, speeding 30-35 mph over limit, and unlawful possession of scheduled drugs.

Saco man, 34, was arrested for OUI (alcohol).

Buxton man, 22, was arrested for OUI (alcohol).

Buxton man, 43, was arrested for violation of a protective order.

Buxton man, 43, was arrested for violation of a protective order.

Buxton Street man, 29, was arrested for possession of scheduled drugs.

Buxton man, 35, was arrested for violating a protective order, failure to register a motor vehicle for more than 150 days and was held for another agency.

Westbrook man, 38, was arrested for unlawful possession of scheduled drugs and unlawful possession of fentanyl powder.

Arrests ~ June/July 2020

Tow Path Road man, 42, was held for another agency.

Standish man, 26, was arrested for OUI (alcohol) with one prior, and speeding 30-35 mph over limit.

Day Road man, 35, was arrested for domestic violence assault and had prior domestic violence assault charges.

Yarmouth man, 22, was arrested for imprudent speed and OUI (alcohol).

Windham man, 18, was arrested for failure to stop for an officer, speeding 30-35 mph over limit, and unlawful possession of scheduled drugs.

Saco man, 34, was arrested for OUI (alcohol).

Portland man, 22, was arrested for OUI (alcohol).

Buxton man, 43, was arrested for violation of a protective order.

Windham man, 18, was arrested for violation of conditions of release and two counts of possession of a scheduled drug.

Massachusetts man, 20, was arrested for OUI (alcohol).

Buxton man, 43, was arrested for violating a protection order.

Mallison Street man, 40, was arrested for criminal mischief and domestic violence assault.

Gray Road man, 31, was arrested for kidnapping, refusing to submit to arrest, criminal mischief, obstructing report of a crime and domestic violence assault.

Standish man, 40, was arrested for operating after habitual offender revocation, speeding 30-35 mph over limit, violating conditions of release, refusing to submit to arrest and eluding an officer.

So Portland man, 30, was arrested for OUI, and possession of a scheduled drug. Later that night he was again arrested for unlawful possession of scheduled drugs, unlawful possession of methamphetamine (priors) and OUI.

Scarborough man, 56, was arrested for OUI.

Buck Street man, 29, was arrested for possession of scheduled drugs.

Buxton man, 35, was arrested for OUI.

Arundel man, 32, was arrested for violating a protective order, failure to register a motor vehicle for more than 150 days and was held for another agency.

The Gorham Times is seeking a volunteer to distribute papers along Route 25 East from St. Anne’s Church (299 Main Street) to Sebago Brewing (616 Main Street), approx. 12 stops.

Time commitment is about one hour every other week.

Contact: gorhamtimes@gmail.com

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Police reports are based on available information provided by the Gorham Police Department.

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Gardens Galore

While many residents have been busy keeping their gardens in tip-top shape, sometimes the unexpected visitor can make that job a little harder. A big thank you to those who shared their gardening photos with the Gorham Times. The winner of our random drawing is Rachel Bell.

Founders Festival Fun

The Founders Festival was celebrated on September 12-13 and included a farmer’s market, craft fair, a virtual 9/11 Memorial 5K, fireworks, and a parade in celebration of Maine’s bicentennial. The Gorham Lions won the float contest for their Old Elmwood School float.

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Back to School Amid a Pandemic

Compiled by Andrea Morrell
School News Editor

1. Will Preis (Grade 9), Gorham High School
   Photo Credit Randi Preis

2. Stella McGuire (Grade 2), Great Falls
   Photo Credit Abigail McGuire

3. Jayne Rowles (Grade 3), Narragansett
   Photo Credit Leisha Rowles

4. Lauren and Taylor Chadburn (Grade 4), Narragansett
   Photo Credit Andrea Chadburn

5. Bush kids: Bria (Grade 7), Gorham Middle School; Myka (Grade 5), Great Falls; and Ezra (Kindergarten), Great Falls with little sister Vera (age 3)
   Photo Credit Kristin Bush

6. Braeden (Grade 2) and Quinn (Grade 3), Great Falls
   Photo Credit Haley McAdams

7. Hennessy Brewer who has Down Syndrome and is beyond happy to be back with her amazing teachers and friends (Grade 3), Narragansett
   Photo Credit Krystal Brewer

8. Nichols kids (Remote only): Rose (Grade 5), Narragansett; Patrick (Grade 6), Gorham Middle School; and Andy joined by Bitsy the cat (Grade 2), Narragansett
   Photo Credit Carlie Marsters

NYA Second Semester Honor Rolls 2019-20
Grade 5 – Honors: Elliana Miers
Grade 6 – Highest Honors: Jackson Bartick
Grade 6 – Honors: Sam Grady
Grade 8 – Highest Honors: Tyler Bartick
Madison Miers
Grade 9 – Honors: Wyatt Thomas
Grade 12 – Highest Honors: Eleanor Grady

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Schools Welcome New Hires

Deanna Etienne is an assistant principal at Great Falls, replacing Stacey Sawyer who moved to a teaching counselor position at Narragansett. She has a B.S. in early childhood education from Northern Arizona University and a M.Ed. in educational leadership, both degrees from USM.

Lindsay Ely is a seventh-grade social studies and science teacher at GMS, replacing Beth Kellogg, who resigned to take a principal position in NH. He has a B.A. in political science and a M.S. in education (ETEP program), both degrees from USM.

Erin Eppler is an assistant principal at Narragansett in a new position. She has a B.S. in elementary education and a M.Ed. in educational leadership, both degrees from Northern Arizona University.

Sawyer who moved to a teaching counselor position at Narragansett. She has a B.A. in psychology and a M.S. in education, both degrees from USM.

Keli Ruby is a one-year math teacher at GHS, replacing Scott Becker, who is taking a one-year unpaid leave. He has a B.A. in psychology from Stonehill College, MA and a M.S. in education (ETEP program) from USM.

Kathleen Miller is a speech pathologist at Narragansett in a new position due to increased caseloads. She has a B.S. in child development from University of Maine at Orono (UMO).

Peter Krabe is a one-year math teacher at GHS, replacing Denny Albert, who moved to the full-time health position left by Martha LaViolette’s retirement. She has a B.S. in sports management from UNE and a M.S. in education from Old Dominion University, VA.

Amy Hughes is a resource room teacher at Narragansett in a new position for the 2020/21 school year due to increasing enrollments and identify caseloads. She has a B.S. in child development from University of Maine at Orono (UMO).

Erin Eppler is an assistant principal at Narragansett in a new position. She has a B.S. in elementary education and a M.Ed. in educational leadership, both degrees from USM.

Kathy Cobett

On September 9, the masked School Committee (SC) held its regular meeting in person at Gorham High School (GHS). Covid-19 has created a unique start to the school year. In the time for public comment, Peter Shaw asked the SC for assurance that parents would be notified any time a case of Covid in the school occurred. Student representative Zak Lembazara reported that GHS students were glad to be back. Although they may be socially distancing, they will be working creatively together. We are “separated but not divided,” he said.

Superintendent Heather Perry reported that so far reductions in the state budget have not affected the state education subsidies. She also said they have applied for a grant for the Recreation Department’s child care program, but Gorham may not qualify because funding is based on the percent of students eligible for free lunch. Most district positions are filled, although there is still a need for several more ed techs and playground duty monitors. She also gave assurance that Covid numbers will be updated daily.

All SC members thanked employees of the School Department and the Town of Gorham for all they did to make a successful school opening possible. They also thanked the community for contributions of supplies and for helping prepare space for outside classrooms. Phil Gagnon encouraged people to attend the Maine High School Principals Association and the other regional governing bodies, which would be approved for inter-school competition. Spear outlined the categories of risk for each sport, with football and volleyball judged to have the highest risk. This school year, 277 GHS students have signed up for athletic programs and Spear summarized the precautions that are in place to keep them and their coaches safe. This includes daily screening and mask wearing except when engaging in vigorous activity. He emphasized that students will be expected to be personally responsible for good hygiene and safe distancing off the field. Due to Governor Mills’ regulations that limit gatherings to 50 inside and 100 outside, there will be no spectators at games, but a media company will offer live streaming by subscription.

The School Committee voted (“4”) to approve nominations for coaching positions and for two teaching positions. They unanimously approved the Superintendent’s 2020-21 Goals, the FY22 Budget Timeline, and the 2020-21 SC Meeting Schedule. They approved changes in the the policy for Life-Saving Medical Devices and Treatment and for the Management of Concussions.

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. Submissions should include the year of GHS graduation and should be no longer than 75 words. Contact Chris Crawford at cckc@maine.rr.com, Kathy Cobett at ktcobett@aol.com or Cindy O’Shea at cosshe2@maine.rr.com.
teachers in the classroom and to contribute her skills and experience to what she feels is an already welcoming and warm school community. Great Falls and Gorham are lucky to have ‘Mrs. E’ on board.” Both are highly experienced educators who clearly care tremendously about staff and students and who are willing to do whatever it takes to help lead our schools in a positive and relationship focused way,” said Superintendent Heather Perry.

Town Council Meeting

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7 a.m. until 8 p.m., and the following persons be designated for each district: District 1-1 – Susan Emerson, Warden and Laurel Smith, Ward Clerk District 1-2 – Katherine Corben, Warden and Cornelia Loughran, Ward Clerk District 2 – Martha Trowe, Warden and Nancy Kenty, Ward Clerk Central – Paula Nystrom, Warden and Nanette Belanger, Ward Clerk. The Town Council approved all qualifying applications from the Senior Property Tax Relief Program as reviewed and recommended by staff. The Town Council approved a resolution to officially name the Gorham Fire Department Emergency Operations Center and Training Facility the “Robert Telefere Emergency Operations Center and Public Safety Training Facility.” The Town Council authorized a bond referendum question for the November 3, 2020 election amending the Town’s Charter to clarify the qualifications of office for a Town Council member. A motion to authorize a referendum question for the November 3, 2020 election asking voters if they approve establishing a Charter Commission for the purpose of revising the Gorham Town Charter failed. The Town Council asked the Ordinance Committee to review recommend an amendment to the Narragansett Mixed-Use District to allow for personal services and to addresses side and rear setbacks. The Town Council approved a new fee schedule for trash bags and waste collection tags starting January 1, 2021. The Town Council authorized a reso lution joining the new MMA WCSIP program. The full minutes and amendments can be read at https://www.gorham-me.org.

Town Council Passes Two Anti-Racism Resolutions

continued from Page 1

had raised concerns. In response to the objection to the use of the term Black Lives Matter, she explained the group felt the term was important because the resolution is “aimed at systemic racism. It does not ‘advocate support for the the Black Lives Matter organization,’” she said. “But rather it addresses the fact that Black lives matter.” During the time for public comment, 22 people spoke in favor of the resolution and seven spoke against it. Those objecting felt the resolution was divisive, inflammatory, and highly politicized. Many associated the BLM movement with the BLM organization, which they characterized as a hate group and associated with calls to defund police departments. Some said that racism was not a problem in Gorham. Supporters said that the young people behind the resolution need to be heard and that their experiences are real. A few gave examples of racism they had experienced or encountered. Others said that discussing racism is a human issue, not a political one. A member of the group involved with the resolution reported that Gorham Police Chief Chris Sanborn had no issue with the references relating to the police, and another gave assurances that the local group had no ties to the BLM organization. The Town Council also received 17 letters prior to the meeting, 10 in opposition to the revised resolution. Many were sent by people who also spoke at the meeting and expressed the same sentiments. They were not read, but were included in the meeting minutes. In a letter of support, University of Southern Maine (USM) President Glenn Cummings wrote that “almost 20% of our student population identify as people of color” and many live on the Gorham campus. He enclosed the USM anti-racism statement that supported the BLM movement and urged passage of the resolution proposed by Wilder Cross.

During the discussion, Councilor Janet Kuech commented that “a resolution is not a law” and spoke in favor of it. Hartwell said he could not support it, and that he was “against Black Lives Matter, but for an anti-racism resolution.” Although he also did not like using the term BLM, Councilor Ronald Shepard supported the resolution. He went on to state that Gorham Police were already following the procedures advocated for in the resolution. Councilor Lee Pratt said he did not like resolutions, however, he would support this one because “the lives of Black people matter.” The Town Council passed the resolution (6-1, Hartwell) and also the one supported by Hartwell (6-1, Wilder Cross). Both resolutions can be read in full and the recorded meeting can be viewed on the Town’s website: www.gorham-me.org.

Great Falls principal Becky Fortier is “a perfect fit for the Great Falls School Community. Becky Fortier. She has already gone above and beyond to develop positive relationships with staff and outreach to families. Great Falls and Gorham are grateful for her partnership,” said Councilor Ronald Shepard. “She has already gone above and beyond to develop positive relationships with staff and outreach to families. Great Falls and Gorham are grateful for her partnership,” said Councilor Ronald Shepard.

Gorham Welcomes New Assistant Principals

continued from Page 1

Mike Smith, MSPT, ATC Jennifer Field, DPT

VILLAGE PHYSICAL THERAPY

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SPORTS

A Decision on Fall Sports

Compiled by Destiny Cook
Sports Editor

The Maine Principals’ Association (MPA) met on September 9 to finalize the fall sports season. As football is classified as a high-risk activity, and volleyball is the only indoor fall sport, neither will be offered this fall. The MPA is hoping to provide a season for both sports in the late winter/early spring. All other fall high school sports (including golf, cross-country, field hockey and soccer) have the green light to participate.

There are new guidelines in place for schools, coaches, and athletes participating in fall sports: before starting any athletic activities, each school must receive approval from its local governing board, no indoor practices can be held, crowd size is relegated to 100 people for outdoor events; and field hockey and volleyball is the only indoor fall sport. Although football and volleyball is not being offered, the MPA provided alternatives and Spear said Gorham is working to offer in-house options.

Football is allowed to play 7 v 7 flag (we are exploring ways to do this). Football is working to offer in-house options. “Volleyball must be outside, so we are exploring ways to do this. Football is allowed to play 7 v 7 flag football amongst ourselves, so we plan to implement that as well for our football players,” he said. The MPA also suggested a Punt/Pass/Kick Competition as an alternative for involvement.

Spear said GHS coaches were now able to meet with athletes and official practices began on September 14.

While the state guidelines speak to the governor’s orders of 100 people for outside gatherings, both Gorham Schools and the SMAA (Southern Maine Athletics Association) have mandated that there will be no spectators at any of our school or SMAA events. “

The MPA also stated that for schools in any counties that have a yellow or red designation on the Department of Education’s color-coded system there should be no practices or games held until they are once again designated green.

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Spear said GHS coaches were now able to meet with athletes and official practices began on September 14.

DEAN’S LIST — UNIVERSITY OF SOUTHERN MAINE, GORHAM, ME

Annie Acker-Wolffghan, Chris Beland, Will Beland, Shawonah Bell, Kristin Benson, Emily Bragg, Justin Broy, Bella Collins, Kristen Curley, Rachel Curtis, Haylee Dahlborg, Kristina Damiano, Mel D’Anci, Taylor Day, Annamarie Delisalata, Britanny Desjardin, Maria Escobar, Dustin Gregoire, Jeremy Howe, Carli Labrecque, Chris Lazaros, Christie Lohommbli Boeta, Erica Mallory, Cody Mason, Devin McCaffrey, Tilly McColl, Colby Parker, Sara Perry, Sam Philinney, Lauren Fuzzy, Meg Raymond, Dylan Rogers, Michelle Rowe, Ayessa Sandz, Masashi Sekioka, Anna Smith, Caroline Smith, McKellen Spiller, Sophia Street, Sydney Stultz, Connor Swett, Annelise Tom, Nathaniel Tomblies, Simeon Willey

DEAN’S LIST
Madison R. Hincher, Clark University, Worcester, MA
Cameron Smith, Clark University, Worcester, MA

ACADEMIC AWARDS
Lisa Casher, Award of Excellence, Western Governors University College of Health Professions, Salt Lake City, UT

FOOD PANTRY NEWS
Gorham neighbors have generously shared their garden bounty with the Gorham Food Pantry all summer long, providing clients with fresh additions to their grocery selections during drive-through pantry. During the 2020 growing season, the Pantry has received 786 pounds of fresh produce. In addition to that, Gorham Middle School gave 571 pounds of fresh fruits and vegetables.

Donations can be dropped off at the pantry during regular pantry hours: Thursday mornings from 10-12 (drop off from 8-10 a.m. for distribution that morning) or the 2nd and 4th Thursday evenings of each month from 6-7 (drop off from 5-6 p.m. for distribution that evening). Please message Gorham Food Pantry Friends on Facebook to arrange a drop-off time that works best for you.
The updated list of Pantry needs for the month of September is: baked beans, kids' snacks (granola bars, juice boxes, small bags of cookies, etc.). Ensure, as well as men’s and women’s personal care items (shampoo, deodorant, toothpaste, razors). Backpacks for our students are also appreciated.

The Gorham Food Pantry is available to any Gorham resident; you need only visit during pantry hours with proof of residency (a utility bill with your name and your Gorham address on it – not a driver’s license).

LIBRARY NEWS
North Gorham Public Library is open on Mondays from 3-5:30 p.m., Wednesdays from 6-8 p.m. and Saturdays from 10 a.m.-1 p.m. Home delivery and parking lot pickup is also available.

Join the Baxter Memorial Library community for the ribbon cutting ceremony of the Maine Birthday Book StoryWalk on September 26 at 10 a.m. This event celebrates the Maine Bicentennial and is a collaboration between Baxter Memorial Library, Gorham Parks and Recreation, Gorham Schools, and Shaw Brothers Construction. There will be a book sale and signing from 10 a.m.-noon with the author of The Maine Birthday Book, Tonya Shevanel. Join the group as they walk, read, and follow the StoryWalk signs* at beautiful Cherry Hill Farm Trail in Gorham. This is an outdoor only event. Please maintain social distancing between family groups and masks are recommended when social distancing is difficult to maintain. Rain date will be Sept 27 at 10 a.m. *Partially funded by a grant from the Maine Bicentennial Committee. Current programs include: Virtual Preschool Discovery, Time for ages 3-5 years, Virtual Toddler Discovery Time for ages 18-36 months, and Babies en Plein Air.

USM NEWS
The USM Office of Graduate Studies has announced virtual office hours. A representative will be available to chat via Zoom, Monday/Wednesday, 10 a.m.-12 p.m. and Tuesday/Thursday, 3 p.m.-4:30 p.m. Sign up at https://usm.maine.edu/grad/virtual-office-hours-appointment, or make an in-person appointment at usmgradstudies@maine.edu, or 780-4812.

Detailed information regarding the re-opening of USM is available on a dedicated section of the University website, Healthy Huskies, that is updated regularly. Find answers to frequently asked questions — from new and returning students to faculty and staff to community members — that cover all facets of the institution. Visit usm.maine.edu/healthy-huskies.

CLOSE TO HOME
Haddock Supper Buffet - Saturday, September 26, 2020 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: $8 Adult, $4 Child, $20 Family. Takeout option available. Social distancing guidelines are in effect including wearing of face masks and use of hand sanitizer.

CALENDAR
THURSDAY, SEPTEMBER 17
- Gorham Farmer’s Market, Municipal Parking Lot, 8:30 a.m.-12:30 p.m.
- Baxter Memorial Library, 9:30-9:50 a.m., Virtual Toddler Discovery Time

SATURDAY, SEPTEMBER 19
- Gorham Farmer’s Market, Municipal Parking Lot, 8:30 a.m.-12:30 p.m.

TUESDAY, SEPTEMBER 22
- Baxter Memorial Library, 9:30-10 a.m., Virtual Preschool Discovery Time
- Gorham Lions dinner meeting, 6:30 p.m. Elmwood School
- Veterans of Foreign Wars meeting for Post 10879 and former members of Post 832, 5:30 p.m. wptpost10879@gmail.com for location details

THURSDAY, SEPTEMBER 24
- Baxter Memorial Library, 9:30-9:50 a.m., Virtual Toddler Discovery Time

SATURDAY, SEPTEMBER 26
- Gorham Farmer’s Market, Municipal Parking Lot, 8:30 a.m.-12:30 p.m.
- Baxter Memorial Library, 10 a.m.-12 p.m. StoryWalk Ribbon Cutting Ceremony, Maine Birthday Book StoryWalk, Cherry Hill Farm Trail

TUESDAY, SEPTEMBER 29
- Baxter Memorial Library, 9:30-9:50 a.m., Virtual Toddler Discovery Time

WEDNESDAY, SEPTEMBER 30
- Baxter Memorial Library, 9:30-9:50 a.m., Babies en Plein Air

CLASSIFIEDS
SERVICES
CONSULTANT AVAILABLE. 30+ years experience. $25/hour. Maverick Lenarton, 198 Sherwood St Portland, ME. 207-809-9461, astleylenarton@gmail.com, fineopartnameraica.blogspot.com thru blogspot, CALL/TXT TODAY FOR AN APPOINTMENT. Hours Noon-5pm “Together We Can Make It”

Advertise your home business or yard sale with a classified ad. Only $5 per ad. EMAIL: gorhamtimes@gmail.com or call (207) 839-8390

SOLD
- 36 Varney Mill Rd $399,900 - This full dormer Windsor Cape offers 3BR, 1.5ba & a 1 car garage w/ water frontage & dock on cherry Brook. In flr features exposed beams & open floor plan. 30+ years experience. $20/hour. Maverick Lenartson, pogorealty.com   (207) 839-3300   39 Main Street, Gorham

NEW
- BUXTON $449,000 - Gorgeous contemporary ranch on 2.75 acre. Features sunlit open concept with 3BR & 2.5 bath rms. 1 floor living in addition plus an accessory apartment on the lower level.
- S. PORTLAND $260,500 - Gorgeous ranch w/ a sunlit floor plan offering 1.89 sqft of living space w/ 2BR, 1ba and huge granite kitchen.

UNDER CONTRACT
- GORHAM $475,000 - Gorgeous contemporary ranch offering 3BR, 3 bathrooms, newly renovated with a huge finished basement on 2.81 acres just 1.1 miles to Gorham Village.

SOLD
- 55 South St $399,900 - Beautiful Federal style home located in downtown Gorham. 3BR, 1.5ba with over 3300 sqft. Character & charm throughout. Fenced in backyard.

UNDER CONTRACT
- OLD ORCHARD BEACH $399,900 - Meticulously maintained 2BR/2ba condos in Cider Hill. This condo offers an open floor plan with gas FP in the main LR.
- 21 Acorn St $224,900 - Charming Gorham 2BR, 1.5 ba Cape offers front and back living room w/ wood stove, kitchen open to dining area, great closet space & new deck.
Market Basket
“MORE FOR YOUR DOLLAR”
Come Visit
Your Newest Store in
WESTBROOK, MAINE
90 Rock Row • I-95 exit 48
Larrabee Road to Main Street

Store Hours: 7 AM - 8 PM EVERY DAY  Senior Hours: 6 AM - 7 AM

Rib Roast or Steak Bone-In
8.99 lb.  Save $4.00 lb.
Fresh Boneless Chicken Breast
2.49 lb.  Save $1.00 lb.
Roast Beef
7.99 lb.
Fresh Ocean Raised Atlantic Salmon Fillets
9.99 lb.
Ocean Fresh Wild, All Natural Pollock Fillets
3.99 lb.  Save $1.00 lb.
Butter Quarters
2 for $5

21 oz.
Save $3.76
6 PACK

Bread & Buns
2 for $5

17-24 oz.
Save $2.99

Bagels
2 for $6

MapleBrook Mozzarella
3.99 lb.  Save $2.00

Starbucks’ Coffee
5.99 12 Varieties

Prince Pasta
89¢ 16 oz.

Cape Cod Chips
3.99 12.5 - 14 oz.

Sale Starts Sunday Sept 20th - Saturday Sept 26th
Quantity rights reserved. Not responsible for typographic or illustration errors. Bottle deposit & tax where applicable (2020).