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

Photo credit Cara Rentschler

COVID in Gorham

KATHY CORBETT
Staff Writer

The latest information from Maine's Center for Disease Control and Prevention (CDC) shows that 99 people in Gorham have contracted COVID-19 since March. Although Ephrem Paraschak, the town manager, declined to comment on the status of COVID, he said, "We watch it very closely, but we don't monitor daily cases."

The Gorham School Department and two assisted living facilities shared their experiences in detecting and containing the virus.

One person in the school district tested positive in early October, which led to three GHS teachers and 25 students being quarantined for 14 days. According to the Assistant Superintendent Chris Record, these teachers held virtual classes from home while ed techs covered their classrooms. Since the district adopted the hybrid model nearly two months ago, students have been in classrooms two days a week. Record said there have been no issues with students wearing masks in the schools or on athletic fields. Although teachers like the small classes, parents are eager to have students at school all week. Right now, however, Record said, "Our goal is to stay out of the red designation, which would require all classes to be virtual." He is hoping the Thanksgiving holiday does not produce more cases.

Gorham House has had just one case of COVID-19. After a kitchen worker tested positive, the facility began three cycles of tests for its 170 residents and 240 staff members, all of which were negative. The kitchen staff was isolated from the rest of building, even using a separate door. Other staff members brought their supplies and delivered food to the residents. Gorham House had started allowing outside family visits, but closed that down too. "We will be permitting some inside visits soon," said Director Michelle Belhumeur. "We are installing plastic shields between residents and visitors." In November they will be testing staff monthly as required by the CDC.

Sara Forgione, director of The Inn at Village Square, reported there have been no cases of COVID at the assisted-living facility.

Gorham restaurants and stores also have followed CDC guidelines and adhered to Governor Mills' executive orders; local organizations, churches, and libraries have maintained approved attendants numbers; and Gorham residents wear masks in public places. All this will keep Gorham from experiencing COVID outbreaks, defined by the CDC as three or more cases at a single location.

Election Update

LAURIE NORDFORS
Town Clerk

The town has received over 6,200 absentee ballot requests as of October 16 — an increase of 688 ballots over last week's count. Returned absentee ballots totaled 3,600 and the Town Clerk's Office has registered 350 new voters since October 1.

Absentee voting in-person can be done in the Council Chambers at the Gorham Municipal Center, 75 South

Street, on Thursday, October 29 from 8 a.m. to 7 p.m. and on Friday, October 30 from 8 a.m. to 5 p.m.

Gorham voters can find more information regarding absentee voting, view sample ballots, access FAQ's and instructions for Ranked Choice Voting, and view assigned polling places by street address on the Upcoming Election Information page on the town website at <https://www.gorham-me.org/town-clerk/pages/state-presidential-election-and-annual-local-election>.

Absentee Ballot: How Does it Work?

Photo credits Katharine Corbett



To cast a ballot in person before Election Day, voters can go to the Municipal Building and vote absentee as this voter is doing. Pat Clay, an election worker, is checking to see if he is registered in Gorham. If he wishes to vote now, she checks off "voted in the presence of the clerk" and gives him a ballot. If he needs to register, he can. After voting, he seals his ballot in an envelope, signs the back, and gives it to the clerk who puts it in the daily box of ballots. If he wants to take it home, he must fill out an application.



Election worker Linda MacClean is stapling completed applications to ballots that were returned by mail or from the drop box in front of the building. She checks the signatures and puts them alphabetically in the daily plastic box of ballots along with the ballots that were voted in person.



At the end of the day, Town Clerk Laurie Nordfors runs a report of the ballots and matches the names to the ballots. On Election Day, workers at the polls will see that these voters have cast absentee ballots. She puts the report in the box. Beginning on October 27, two clerks check to see that all ballots on the daily lists are in their boxes. They take the ballots out of the envelopes and file the envelopes alphabetically in another box. The folded ballots are now separated from the envelopes. Once there is a good pile of anonymous ballots, another worker puts them through the machine, but no results are tabulated until Election Day.

Scarecrow Contest

Gorham Recreation Department recently held a Scarecrow Contest. Entries were judged on originality, detail, theme, and appearance. The Family Division winners, the Karcanes (pictured on the middle right), received a trophy and a \$100 voucher to spend at the Gorham Farmers Market and Homes With H (pictured on the top right) in the Business Division won \$250 in advertising in the Gorham Times.



Pictured on top row: photos courtesy of the Gorham Recreation Department
Pictured middle row left and bottom: photo credit Roger Marchand
Pictured middle row right: photo credit Amy Silva

inside theTimes **GOCAM**

2 Augusta	6 Municipal	11 Sports	15 Blotter
4 Living	8 School	13 Community	15 Calendar

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

BRINGING THE NEWS TO ALL OF GORHAM
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Ad deadline is the Wednesday of the week prior to issue date. Go to www.gorhamtimes.com and click on the advertising link for schedule.

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

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Getting Funding to Our Local Businesses

REP. MO TERRY

Throughout the pandemic, I've heard most from folks struggling to keep their businesses afloat as they've had to shut their doors or severely limit service capacity. This has been hard on everyone. I've also felt the strain with my own small business. When many of us are already worried about a million things including our own health or a loved one's, or are struggling to figure out how to ensure our kids get everything they need in terms of schooling and recreation, facing the potential of losing your business can feel like an insurmountable burden. In an effort to help soften the blow, Governor Mills has decided to use a portion of the federal CARES Act funding to provide grants to small businesses and nonprofits that have fallen through the cracks or were not able to access other forms of financial support.

The program is backed by \$200 million from the CARES Act. However, only \$105 million was awarded in the first phase of the program. This announcement came on October 15 and provided awards to businesses and nonprofits across the state impacted by the COVID-19 pandemic. Award winners should begin to see those funds distributed in the coming weeks. Here in Gorham, more than 20 small businesses and nonprofits were

awarded funds from the first round of the economic recovery program.

This money won't replace lost profits due to businesses closing or experiencing a decline in customer traffic, but it will provide some much needed assistance to keep businesses running during these difficult times. The funds can be used for several things including: payroll costs and expenses, rent or mortgage payments for business facilities, utilities payments, operating expenses, expenses incurred to replenish inventory or other necessary re-opening expenses, purchase of personal protective equipment required by the business or business related equipment.

The Mills Administration, through the Department of Economic and Community Development, decided to offer an expanded second round of the economic recovery grant program. The deadline to apply for this second round is today, October 29.

In this round, businesses and nonprofits that employ up to 250 people are eligible for the grant award. This differs from the first round, which only accepted applications from organizations that had up to 50 full time employees. Further, licensed child care and behavioral health organizations are eligible in this round, along with businesses and nonprofits that are less than one year old. I was happy to see this expanded eligibility,

and know it will have a meaningful impact on businesses in Gorham that didn't quite fit the mold in the first round.

Here in Gorham, we are fortunate to have grown substantially from a predominantly agriculture-based small town to a community with a diverse and bustling economy. We benefit from having access to a range of riverfront recreational activities, a top-rated public school system, a college campus, the urban "Village" and an active industrial park. It is through this diverse economic structure and a deep sense of community, unique to our town, that I believe we can weather this storm together. Having support from the Mills administration by way of this grant program is crucial for keeping our businesses and nonprofits open as we navigate these challenging times together.

As always, please reach out to me if you have any questions.



Rep. Maureen "Mo" Terry, D-Gorham, 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. Contact her at (207) 712-9735, (800) 423-2900, or maureen.terry@legislature.maine.gov

Letter to the Editor

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

Dear Editor,

Almost all of my life I have voted for Democratic candidates with one or two Independents in the mix. This year, I am casting my vote for the Republican candidate, Sara Rivard, to be our next state Senator. As a longtime resident of Gorham, I feel that Sara is exceptionally qualified to represent Gorham in Augusta. Ms. Rivard's experience as a chiropractor, small business owner, and an involved Gorham parent to two teenagers give her a breadth of experience that is needed to successfully represent our district.

I have observed Sara's hard work in her campaign and her efforts to reach as many voters as possible in this time when many people are struggling. I know she will work across the aisle when she gets to Augusta because she is dedicated to all the folks in our district, not just her party. I am confident that she will give thoughtful consideration to all issues presented to her, including supporting our children and families, small businesses, and lowering our tax burden.

I believe Sara will be a fierce advocate and positive voice in Augusta for all Gorham residents. I urge all of my liberal, conservative, and independent friends to join me in voting

for Sara Rivard on November 3.
Natasha Suleiman

Dear Editor,

Maine Youth for Climate Justice is a statewide coalition of youth activists with a mission of fighting for an equitable and livable future, and we have formally endorsed Stacy Brenner for State Senate, District 30. We believe that Stacy Brenner is the best candidate to represent Scarborough and the rest of the district because she upholds our values and will advocate for our mission. Stacy already supports her local community by providing fresh flowers, vegetables, and eggs to shops through her family business, Broadturn Farm. Between her work on the farm and as a healthcare professional, Stacy knows we need to keep our communities healthy and invest in renewable energy. To have Stacy Brenner in the Maine State Legislature would be a win for the people, civil integrity, and the efforts to mitigate climate change in our state.

Riley Stevenson

Dear Editor,

To my fellow Gorham voters of District 30. I am endorsing Sara Rivard, DC as our state senator in Augusta.

Sara understands the important work that must be accomplished in Augusta. We are faced with once-in-a-lifetime challenges and I know Sara will work long hours to resolve all difficulties she will encounter as our senator.

As a lifelong Mainer, Dr. Rivard has successfully run her own small business for over a decade, where she and her staff provide chiropractic care for the greater Portland area. Join with me and vote to send Sara to Augusta. She has the desire, ability and leadership skills to represent Gorham as our state senator. Please remember to mark Rivard on your ballots on November 3!

Ken Curtis

Dear Editor,

This is in response to John E. Lavin's Letter to the Editor in the 10/1 Gorham Times.

The question asked who paid for the police at construction sites. The costs for flaggers and police are paid by the contractor, and ultimately passed on to the taxpayer. Two flaggers and one police car cost \$1,000 per day.

Tim Duchaine

Due to space constraints we were unable to print all the letters we received. To read them in their entirety, visit www.gorhamtimes.com.

UPCOMING DEADLINES

NOVEMBER 4

NOVEMBER 18

DECEMBER 2

HOLIDAY BREAK

KLA Engraving

CHRIS CRAWFORD

Photo credit Chris Crawford

KLA Engraving is one of three businesses run by husband and wife team James and Tami Hall from their new Gorham location at 94 Main Street, Unit 3. They are housed in the same building as NorDx Labs, next door to Morgan Dental, and are located at the rear of the building.

The Halls are happy to provide engraving on a personalized gift for all kinds of special occasions. Customers can bring in their own items made from a wide variety of materials such as glass, metal, plastic and leather, to be personalized with a name or special message. One of the most unusual items they have engraved recently was the spoon of a fishing lure. They also have a large supply of tumblers and mugs which can be personalized.

Customers looking for awards, trophies or personalized marketing items to advertise a business will find exactly what they want. The Halls do business with a variety of vendors who offer a wide array of items, such as pens, canvas bags or note pads.

The Halls opened the engraving business early in 2020, just before the COVID pandemic hit. During the slow spring, they geared up to help fight the spread of COVID by making and donating almost 500 face shields and face masks to local businesses as well as to Gorham's elementary schools. That work is ongoing as they are now working on masks for the middle school. They currently employ five people, three of whom are Gorham residents.

The Halls run two additional online businesses from this location. Their very first business, pestamps.com, was started in 2015. It serves customers in the United States and around the world in the fields of engineering, architecture, surveying, geology, and landscape architecture. They carry a variety of specialized stamps and embossers as well as offering a two-hour turnaround time via email on most electronic stamps.



Tami and James Hall of KLA Engraving offer a variety of personalized speciality items at their new location

Their second business, notarystore-online.com, was started in 2018 and offers high quality seals and embossers that meet the individual regulations for notaries in all 50 states.

James is a structural engineer with a degree from UMaine Orono. He travels occasionally, most recently to Hawaii to work on a job at the military base at Pearl Harbor. Tami is a retired nurse.

They live in Gorham. The business is named for their three children, Kayden, Lucas and Alexis.

The Halls enjoy helping customers at their new location, but also do business online at www.klaengraving.com. For more information, call (207) 222-7800.

KLA Engraving, 94 Main Street, Unit 3, Gorham, ME 04038. Hours: 8:30 a.m. to 5 p.m., Monday through Friday

GHS GRAD NEWS: If you, your son, or daughter are GHS graduates, 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 ckck5@icloud.com, Kathy Corbett at ktcorbett@aol.com or Cindy O'Shea at coshea2@maine.rr.com.

Lakes Region Senior Center: The "New Normal" Way!

CHRIS CRAWFORD
Staff Writer

Lakes Region Senior Center (LRSC) members recently experienced a new kind of get together when their annual meeting/picnic was held with everyone one wearing masks and distancing the "new normal way" in the time of COVID.

"The group has not been together since March, which is very difficult for many of our senior members," said LRSC Board member Gerry Day. "We are all very concerned as to when we can return to Little Falls Activity Center, [but] as of right now we can't go in the building to meet," she added.

COVID has been especially difficult for seniors, many of whom live alone and desperately miss the companionship and the wide variety of activities offered daily at LRSC. Before the pandemic, members enjoyed bingo, art classes, Mahjong, exercising, puzzles, monthly luncheons, and excursions, as well as visiting speakers on a variety of topics from 9 a.m. to 1 p.m.

MAC's BBQ and Catering prepared and delivered a delicious lunch for 54 members, family and friends. Everyone wore masks and socially distanced for safety. The picnic menu included vegetarian baked beans, hamburgers, hot dogs, coleslaw, potato salad, tossed salad, cornbread with homemade honey butter, and a whoopie pie to top it off.

The annual meeting included a

moment of silence for deceased members. LRSC President Jeanne Rhein gave her address and Treasurer Jan Foster presented the income and expense sheet for the year. Jean Lake, the prior secretary, read the minutes from last year's annual meeting and reminded members that Lakes Region Senior Center is looking for an editor for the monthly newsletter.

If you or someone you know enjoys computer work and producing a finished product, has experience with Microsoft, Word, Excel and Publisher, and printing labels, then, Lakes Region Senior Center is

looking for you. A computer and all supplies will be available. If you are interested and would like more information, please contact Jeanne Rhein at (207) 572-4042 or (732) 425-05604.

When the meeting concluded, everyone returned to their cars and lunch was served by Jan Foster; Gerry Day, our new board member; Audrey Hawxwell; Glenda Sawyer and her daughter, Karen; and Janice Dunbar. Members and their friends/family either took their lunch home or ate it in the parking lot.

Many thanks to everyone who worked so diligently to make this event a huge success. We also thank Patrick Gilheavy who helped set up and break down as well as bringing the LRSC bags that everyone received. Lunch recipients also received a package of masks. It was wonderful to see everyone, even if only from a safe distance.

COVID HAS BEEN ESPECIALLY DIFFICULT FOR SENIORS, MANY OF WHOM LIVE ALONE AND DESPERATELY MISS THE COMPANIONSHIP AND THE WIDE VARIETY OF ACTIVITIES OFFERED DAILY AT LRSC.



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Haunt ME Season 7



Photo credit PHOTOGRAPHYBYAIMEE

Tyler Gowen (far right) and cast members Carol Cleveland and Anna Halloran are ready for a night of serious ghost hunting.

CHRIS CRAWFORD
Staff Writer

If you are looking for something fun and spooky to do this Halloween season, you just might try watching a few episodes of Haunt ME, a network quality, Indie Award winning web-based TV series by a group of GHS grads. Season seven launched in September, plus all episodes from previous seasons are available for free at www.haunt-me.com.

Some big changes were made in the series this year. All previous seasons were shot at historical and reputedly haunted locations in Maine. This time, Haunt ME hit the road and became Haunt US with season seven shot on location at several paranormal sites in the midwest. Dustin Pari and Reanna Wilson of Ghost Hunters lent their expertise during the first stop of the road trip, which was filmed at the Belvoir Winery and Inn in Liberty, Missouri.

Of special interest to Gorham viewers, the final episode of the new season was filmed at the end of their road trip and explores several haunted places right here in Gorham.

Tyler Gowen, one of the team investigators, said, "Living in Gorham all my life, I've been fortunate to have people share their haunted hometown stories with me. We split into three teams and invited our family members to explore the former Shaw Junior High School, Baxter Library, and Old Robie School."

Over the ensuing seasons, Haunt ME has garnered a growing audience who appreciate the team's scientific, paranormal rating system which is based on measurable data. They employ a variety of scientific tools and equipment, such as EMF detectors, K-II meters, and more to measure and record visual paranormal activity, while audio-based paranormal findings are picked up by digital audio recorders.

Also new this season: fans are now invited to add to the Haunt ME's database of paranormal activity by contributing their own observations from any of the Maine locations they have visited. Gowen said, "Between Haunt ME's adventures and the experiences of the public, this unique rating map will deliver an aggregate of paranormal data that peels back the mystery behind these infamous locations." The map can be found at haunt-me.com/map.

Haunt ME is a labor of love; all the GHS grads involved have day jobs.

Investigative Cast Member Gowen works at a tech company as a consumer marketing manager. Executive Director and Editor Nick Norfors is enrolled at USM in the Masters program in Public Policy, while also working on a variety of live show productions in and out of New York City. Krista Ryall, website and line producer, works in benefits at Unum, and Erin Cross, the associate producer, is a research scientist at IDEXX. All are GHS '05 grads and have remained close friends since then.

People are welcome to share their own haunted hometown stories this Halloween at hauntmeofficial@gmail.com.

LIVING

Low Back Pain: You Have Options

DR. ROB LAVOIE

Statistics show that 80 percent of us will suffer from back pain at some point in our lives. I am a statistic.

My first bout with back pain began when I was just a youth. It was a severe case with debilitating pain. I went to a specialist and he conducted a thorough exam, x-rayed my back, and then explained what was wrong. He administered treatment and gave me instructions for home care. Almost immediately I felt relief and after a few treatments I was better. It was not a surgeon's scalpel or an addictive drug that got me well. It was a treatment called spinal manipulation. Chiropractors are specifically trained in this form of healing. After my first-hand experience, I decided to become one.

Lower back pain is the single leading cause of disability worldwide. In the United States it is second only to upper respiratory infections as the reason for visits to a doctor. Over 31 million people have lower back pain at any given time in this country. These statistics are staggering and they validate the 50 billion dollars spent each year in managing back pain. Workers suffer from lost wages and companies see decreases in productivity.

Lower back pain is a reflection of the complexity of the lower back and its structures which are composed of five lumbar vertebrae (bones in the spine) with intervertebral discs, or "spacers" in between each bone. Next is a series of five bones below the lumbar that fuse as you grow to become the sacrum. Through the lumbar and sacral region you have very important spinal nerves that exit on each side of the column, supplying the lower half of your body. Some of the nerves braid into the well-known sciatica nerve.

About thumb sized, it is the largest nerve of the body. The sacrum and the ilia, a large ear-shaped bone to each side, makes up your pelvis. Your pelvis connects to your upper legs to make the hip joints.

All of these structures can cause lower back pain which makes diagnosing more difficult. To add to the complexity, there are a slew of organic forms of lower back pain. Organic pain in the lower back, which does not come from all of the bony structures listed above, can be caused by infection, cancer, or referred pain from organs like the kidneys or the reproductive system.

Chiropractors are specifically aligned in this realm of healthcare with the knowledge of the complexity of the lumbopelvic spine and of the pathology of surrounding structures that refer pain to the back. They are highly trained in spinal manipulation, which current research describes as a safe and effective, non-drug form of initial professional treatment for acute low back problems.

If you become a statistic, which 80 percent of you will, think chiropractic. Also keep in mind that the chiropractic profession has expanded just like the medical doctors into the world of sub-specialities. When vetting a chiropractor, find out what they specialize in. Also be sure to ask if they specialize in manipulation for the treatment of musculoskeletal disorders of the lower back.



Robert Lavoie, D.C., CCSP® is the owner of Chiropractic Clinic of Gorham.

Happy Halloween Jokes

What do you call a witch's garage? *A broom closet.*

What do you call a cleaning skeleton? *The grim sweeper.*

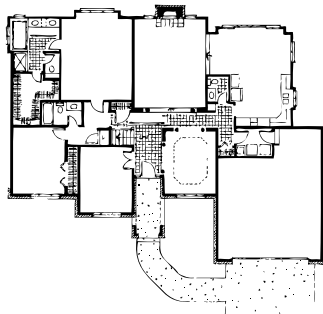
What kind of music do mummies love? *Wrap music.*

What do you call two witches living together? *Broommates.*

When is it bad luck to be followed by a black cat? *When you are a mouse.*

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TOWN OF GORHAM ANNUAL MUNICIPAL ELECTION November 3, 2020

Pursuant to MRSA, Title 21A, Sec 101, you are hereby notified that the Registrar for the Town of Gorham, Maine will hold the following office hours for the purpose of registering voters and making corrections to the voter list:

Tuesday and Wednesday, October 27th and 28th, 8:00 a.m. - 4:00 p.m., Thursday, October 29th, 8:00 a.m.-6:30 p.m., Friday, October 30th, 8:00 a.m.-1:00 p.m., and Monday, November 2nd 8:00 a.m.-4:00 p.m.

Laurie Nordfors
Town Clerk

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839-6751 or admin@firstparishgorham.org



Food Insecurity in Your Neighborhood

CATHY WALTER

The Good Shepherd Food Bank, whose goal is to eliminate hunger, asserts that Maine is the most food insecure state in New England with one in five children and 16 percent of our seniors at risk of going hungry. The national average of food insecurity in September 2019 was 11.7 percent but in Maine the number was quite a bit higher at 13.6 percent.

Food insecurity is “the state of being without reliable access to a sufficient quantity of affordable, nutritious food.” There have always been food insecure people in Maine, but the pandemic, and resulting loss of jobs, reduced pay and children’s new school schedules have

resulted in more people wondering where their next meal is coming from, and your neighbor may be suffering in silence.

Thankfully Gorham Schools promptly recognized this concern and took action by offering curbside pickup of meals in the spring and free breakfast and lunch for all students until the end of the year. But that is not the only safety net in place.

There is the free Backpack Program initiated four years ago by Heather Whitaker, Middle School alternative education teacher, and Jennifer Baker, social worker at Village Elementary School. The program’s \$25,000 cost is funded by donations from Gorham residents, businesses, and non-profits. Eighty to 125 students take several meals and snacks home over the weekend in a sensi-

tive, low visibility way by picking up a backpack on their way out.

The Food Closet at GHS open to any student. They can grab a jar of peanut butter or other nonperishables like a toothbrush or some laundry detergent to get them through some rough times.

The Gorham Middle School garden. In its fifteenth growing season, it supplies food to the programs above donating 800 to 1,000 pounds to the Gorham Food Pantry and is also used for cooking experiences.

Wayside, a Maine organization created to battle food insecurity, partnered with several organizations to rescue food headed for the trash due to rapidly approaching sell by dates by funneling it to local food pantries.

This year they rapidly changed their methods of operation due to the pandemic.

“When food pantries started closing down, we partnered with local charities and case workers to create emergency food baskets which we delivered directly to those most at risk; servicing 900 people per week at its peak back in May,” said Don Morrison, Operations Manager.

One of Wayside’s clients is the Orchard Community Church on Route 114 in Gorham. This small volunteer group has run an effective food pantry and clothes closet for years, assisting hundreds of Gorham residents. They have also implemented curbside pickup for everyone’s safety.

“THERE ARE MANY RESOURCES AVAILABLE AT SCHOOL FOR ANYONE IN NEED, AND WE ALL NEED HELP SOMETIME, SO I HOPE PARENTS AND STUDENTS FEEL SAFE TO REACH OUT TO THE TEACHERS, COUNSELORS, OR THE OFFICE FOR MORE INFORMATION ON HOW TO PARTICIPATE,” SAID HEATHER WHITAKER.

GOOD SHEPHERD FOOD BANK:
www.gsfb.org

GORHAM BACKPACK PROGRAM:
www.facebook.com/
GorhamBackPackProgram

WAYSIDE FOOD PROGRAMS:
www.waysidemaine.org

ORCHARD FOOD PANTRY:
theorchardcommunitychurch.com

GORHAM FOOD PANTRY:
gorhamfoodpantry.org

The Gorham Food Pantry (GFP) located in the St. Anne’s parking lot on Route 25 has assisted hundreds of residents and has shown their flexibility by rapidly transitioning to outdoor drive-thru pick up. Board members Wendy and Bill Couch designed new standards for family boxes to be created in advance and pick up streamlined. They also partnered with the Gorham Recreation Department’s Cindy Hazleton to deliver the boxes to elderly shut ins and people without transportation. GFP was servicing 80 households on average before the pandemic but reached a peak of 150 in April and May. Though the numbers have tapered back to near normal, winter is coming and government subsidies are running out. If you need assistance, their Facebook site makes it quick and easy, and they are eager to help.

If you are worried about where your next meal is coming from, contact any of these organizations; they will help find food fast with no documentation required. If you are lucky enough to have a little something extra to share, consider donating or volunteering for them.

Take A Hike

CHRIS CRAWFORD
Staff Writer

Pride Preserve, a 188-acre parcel in Westbrook, is officially open to the public. The newest Presumpscot Regional Land Trust preserve features family-friendly shorter trails as well as mountain biking, more active hiking, and snowmobiling in the winter.

The Pride Preserve is scenic with glacial rock ledges, streams, wetlands, ponds and abundant wildlife. It also connects to a large parcel of public land in Falmouth.

Parking is available on Duck Pond Road. Remember that hunting season is here, so blaze orange is recommended on all PRLT’s trails.


A map of the property can be found at www.prlt.org/pridepreserve.

Gorham Sightings





Photo credit Roger Marchand

Do you know where in Gorham this photo was taken? Join our visual trivia discussion by entering your best guess on our Facebook page at www.facebook.com/gorhamtimes or email us at gorhamtimes@gmail.com. The photo in the October 15 issue was of the front door at 13 Highland Avenue.




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Town Council Report OCTOBER 6, 2020

JACOB ADAMS
Staff Writer

Marla Stelk of Johnson Road addressed a lack of communication between town staff, the town manager, Town Council and citizens regarding a gas line being installed in her neighborhood.

Councilor Pratt reported that the Industrial Park Steering committee met on October 1 and discussed progress with Department of Transportation (DOT) and Portland Water District. He also attended the Gorham Economic Development Corporation (GEDC) meeting on September 16 and reported they discussed signage in the village as well as DOT signs and the Revolving Loan Program. The GEDC is continuing to meet with local business to hear their needs during the pandemic. Councilor Pratt also gave his sincere condolences to the families of Jacob Dupuis and Henry O'Neill, two 2019 graduates of Gorham High School who passed away in September.

Councilor Hartwell stated the Comprehensive Plan Committee has a meeting scheduled for later this month. He also reported that Life Church will be holding a Trunk or Treat on Halloween at the Municipal Center Parking lot.

Councilor Wilder Cross attended

the Greater Portland Council of Governments Metro Regional goal setting meeting and touched upon the goals that they have set, including the on-going issues with COVID, transportation issues as well as economic development issues to align with the State and Federal post-pandemic guidelines. She also met with the Gorham Village Alliance Committee and encouraged everyone to support small businesses in town as they continue to struggle during the pandemic. And finally she announced there is a contest, sponsored by the Gorham Recreational Department, to create the best scarecrow in town.

Councilor Hager stated the Finance Committee met on September 21 and reported the town has a budget surplus of \$390,000 representing about 2.3 percent of the annual budget. Non-property tax revenue was up significantly and property tax revenue was slightly behind but reported that we had collected 96 percent which he cited was remarkable amount in spite of the pandemic. The next Finance Committee meeting will be determined after the next Council is seated after the election.

Chairperson Phillips reported that the Founders Festival went well and thanked Shawn Moody, Life Church, and the Fire and Police Departments

for their help. She announced the winners of the parade float contest. First place went to the Lions Club, second place to Fort Hill Community Church, third place to New Year Gorham, and fourth place to On Purpose Well Being Center.

Town Manager Paraschak reminded the public that Baxter Memorial Library and the Town Clerk's office are open to the public for walk in service normal hours with all other Municipal Building departments by appointment only. He reported that absentee ballots are available. He encouraged citizens to vote absentee and use the drop box at the entrance to the Municipal Building. He mentioned that road construction in the village is near completion and reminded everyone that the traffic lights are still not 100 percent functional but will be soon. He also reminded residents that as of January 1, the town will discontinue the use of Town trash bags and transition to Town trash tags.

Town Council issued a renewal liquor license to M and G X-Mac II, LLC, DBA Ocean Gardens Restaurant and Tavern, located at 390 Main Street. (7 years)

Renewal applications for the following Automobile Graveyard/Junkyard Permits were approved (7 years) for 2020:

Steve Luce, LKQ Corp/Gorham

Auto, 192 Narragansett Street

Jim Stone, Casco Federal Credit Union, 375 Main Street

Gary Nelson, Chet's Auto Sales, 475 Ossipee Trail

Gordon Reichert, Reichert's Auto Body, 112 Shaws Mill Road

Shawn Moody, Moodys/Insurance Auto Auction, 200 Narragansett Street

John Dumbrocyo, Dumbo Enterprises, 86 Longfellow Road

The full minutes can be found at www.gorham-me.org/town-council.

The Town's General Assistance Ordinance was amended to incorporate the updated maximum levels of assistance as required by the State. (7 years)

Gorham's Marijuana Cultivation Manufacturing Facility Licensing Ordinance was amended to exclude previous language and requirements on the application to establish a facility. (7 years)

Town Council accepted the recommendation of staff and selected Citizens Enterprises Corporation for a solar facility at the town's closed landfill at 80 Huston Road. The town manager is authorized to enter into a lease agreement for a period not to exceed twenty years. (7 years)

CONTINUED ON PAGE 14



Commercial Properties Available

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Come join us at 109 Main Street in Gorham. This 1500 sq. ft. commercial space has an ideal location on Main Street and offers prime drive by visibility for your business. The space is available immediately and offers shared parking with neighboring retailers.

20 Mechanic Street, Gorham Maine

Located in downtown Gorham Village, this move in ready first floor, 630 sq.ft. commercial space is available for lease in a shared office building. This first floor suite is located directly off the main entrance and has great natural light, ample common space, and plenty of on-site parking available. Well equipped for versatile use, this is a great opportunity to join Gorham's professional community.

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Grand Jury Indictments AUGUST

August

Zackery Conway, 28, of Gorham was indicted on charges brought by Gorham PD for violating a protective order (priors).

Edmund Ebert IV, 37, of Standish was indicted on charges brought by Gorham PD for reckless conduct with a dangerous weapon, criminal OUI (drugs), operating without a license, and having improper plates.

Adam Frederick, 30, of Gorham was indicted on charges brought by Gorham PD for unlawful possession of scheduled drugs (fentanyl). He was also indicted on charges brought by Cumberland County Sheriff's Office for aggravated trafficking in scheduled drugs (fentanyl), criminal speed, refusing to submit to arrest, possession of scheduled drugs (cocaine and methamphetamine), and unlawful possession of scheduled drugs.

Jacob Gurney, 38, of Norway was indicted for burglary, criminal trespass, receiving stolen property and violating conditions of release on charges brought by Gorham PD.

Theresa Hutchins, 55, of Standish was indicted for aggravated forgery and forgery on charges brought by Gorham PD.

Nathaniel Lord, 37, of Gorham was indicted for reckless conduct with a dangerous weapon, eluding an officer, assault on an officer, criminal mischief, refusing to submit to arrest and criminal speed on charges brought by Gorham PD.

Adam Phillip, 40, of Charleston was indicted for eluding an officer, criminal speed, refusing to submit to arrest, aggravated operation after habitual offender revocation and violating conditions of release on charges brought by Gorham PD.

Dustin Richardson, 26, of Gorham was indicted for operating after license revocation (two priors) on charges brought by Westbrook PD.

Gregory Weideman, 35, of Gorham was indicted for dissemination of sexually explicit materials, possession of sexually explicit materials (2 counts) on charges brought by Gorham PD.

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— Emilia Dahlin, Gorham



"I know from experience the importance of having legislators with a healthcare background in Augusta. Whether it is the demand for affordable care, addressing current epidemics or mental health services, Stacy will understand how to help those in need."
— State Senator Linda Sanborn, Gorham



"Stacy's characteristics as a farmer, her ability to make long term investments while staying grounded in the daily reality, will serve us well in Augusta."
— John Snell, Buxton



"In early spring, Stacy was responding to economic pressures – and the increased demand for her medical skills – by simultaneously shifting her business model to succeed in a COVID-economy and dusting off her scrubs to return work at a hospital. In other words, multitasking like a mother!"
— Erin Rowan, Scarborough



"Stacy is humble and sincere, as well as passionate and articulate in presenting her beliefs. She has the energy, commitment, and collaborative personality that are essential to being a great legislator."
— Linda Webb, Gorham



"As an elected official, I've seen that people who are willing to listen and work together get the most done in Augusta. Stacy will be an extremely effective voice for our towns in the State Senate."
— State Rep. Chris Caiazzo, Scarborough

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Chief Sanborn Reports

Gorham Police and Fire Departments as well as the Warden's Service responded to a hunting accident on October 19. A member of a group of bird hunters was shot in the face with a pellet gun. He was not seriously injured. The initial report came in as a gunshot wound, which led to the extensive response.

Gorham Police applied for an OUI enforcement grant in the amount

of \$10,500 as well as a distracted driver grant in the amount of \$5,300.

Calls for services have declined during the pandemic but officers have kept busy with routine responsibilities and proactive enforcement. With the warmer weather, disturbance related calls have increased. There has been an overall increase in domestic violence during the pandemic.

SCHOOL

School Committee, Public Hear Draft of Anti-Racism Policy

GRACE FLYNN
GHS Student Intern

At the regular meeting on October 14, the Gorham School Committee (SC) held a first reading and heard public comments on the draft of the new Anti-Racism Policy.

The Policy Committee, a subcommittee of the SC, began drafting the Anti-Racism Policy with feedback from stakeholders in August. Feedback from community members regarding the policy and its implementation was provided during the public comment section of the SC meeting. Parents, members of the community, and Gorham High School (GHS) alumni raised concerns about and provided support for the draft policy.

Alumnus and founding member of Gorham's Anti-Racism Development (GARD) group, Mariam Beshir, spoke on personal experience and provided support: "When schools create an equitable, diverse, inclusive, celebratory environment for students these students will grow to understand and appreciate themselves and others. But when students are only taught about the contributions of white men to the world throughout history then students of color will feel underrepresented, unmotivated, and as if they're not capable of achieving great things."

A parent of students in Gorham schools, Melissa Spicer, provided a statement of opposition: "I'm having a hard time understanding, when people are being attacked and feeling discriminated against because of the color of their skin, why that type of behavior doesn't fall under existing policies of anti-bullying and the Code of Conduct."

Community member Elijah Whitehead provided his statement of support for the draft Anti-Racism Policy: "If you have a business model that is only designated for a particular group of people or segment of society, you could attain success doing that. Now imagine the level of success you could attain if you were able to diversify, and not only just incorporate one group but others...strictly sticking to a homogenous way of looking at things is not going to help our students be successful."

Statements of support for the policy were also provided by the parents of Gorham students Rayanne Joselyn and GHS alumnus Fatima Beshir. They both discussed racial harassment they or their friends and family members have faced.

Member of the SC Jennifer Whitehead also spoke on the importance of the Anti-Racism Policy, and highlighted

CONTINUED ON PAGE 11

Arrests AUGUST 2020

Simona Shores woman, 25, was arrested for assault, refusing to submit to arrest/detention, domestic violence assault and violating conditions of release.

Portland man, 30, was arrested for unlawful possession of fentanyl powder and violating conditions of release.

Westbrook man, 39, was arrested for OUI.

Parsonfield woman, 30, was arrested for operating without a license and domestic violence assault.

Oak Circle woman, 28, was arrested for domestic violence assault and assault.

Van Vliet Drive woman, 42, was arrested for domestic violence assault and disorderly conduct.

Hollis man, 26, was arrested for theft by unauthorized taking.

Biddeford woman, 26, was arrested for theft by unauthorized taking, mis-

use of credit information, violating conditions of release and held for probation.

Standish woman, 29, was arrested for violating conditions of release.

Westbrook man, 30, was arrested for domestic violence assault and refusing to submit to arrest.

Main Street man, 37, was arrested for three counts of unlawful possession of scheduled drugs, carrying a concealed weapon, violating conditions of release and held for another agency.

Tamarack Circle man, 42, was arrested for domestic violence assault.

Mosca Nero Drive man, 34, was arrested for domestic violence criminal threatening and obstructing report of a crime.

Brunswick man, 48, was arrested for OUI and endangering the welfare of a child.

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Gorham's Remote-Only Students Take on Learning at Home



Courtesy of Gorham School Department

A Gorham elementary student works remotely in a space dedicated to learning fully at home.

MIKAELA PELLERIN
GHS Student Intern

This year in the Gorham School District, some students elected to attend school by participating in the remote-only option. Virtual teachers from kindergarten through twelfth grade explained the benefits and hardships of teaching remote learning.

The three Gorham Elementary Schools are using a program called Edmentum Exact Path as their core

curriculum. Students work at their own pace and can progress through lessons that vary in level depending on age. The three elementary school virtual coordinators are Valerie Carpentier from Village, Darren Choate from Great Falls, and Katie Paine from Narragansett.

Another resource the elementary schools are using is Seesaw. Teachers post weekly schedules and students

CONTINUED ON PAGE 12

School Notes

Fall Play

Gorham High School (GHS) will present "It's a Wonderful Life: A Live Radio Play", by Joe Landry, based on the classic Frank Capra film. The cast and crew are getting creative to present a high-quality, feel good show in this pandemic era. The production will be live-streamed using Zoom webinar on Friday, November 13 and Saturday, November 14 at 7:30 p.m. and Sunday, November 15 at 2 p.m. Access to the performance link is \$5 for students and \$10 for adults. To reserve, email ghstheater@gorhamschools.org.

National Merit

The year 2020 may have caused delays and cancellations everywhere, but not for the National Merit Scholarship Program. Riley A. Johnson, a senior at GHS, is the only semi-finalist from Gorham for this award. The primary idea for the program is to recognize and honor those who are academically talented in the United States. On average, 1.6 million students enter each year, with around 50,000 scoring high enough on their PSAT's to qualify for recognition in the program.

Blog

In the superintendent's latest blog, Heather Perry answers some COVID-related questions about school, shares a link to the first anti-racism policy draft, and provides some information about the Cares Relief Fund. Visit: gorhamsuperintendent.blogspot.com.

Outdoor Classroom Donations

Gorham Schools would like to thank the following for helping make outdoor classrooms possible through material donations and labor.

Great Falls: Cliff and Aidan Foley from Maine Sign Company, lumber and assembly; Richard Wing-N-Sons Logging Company, logs.

Narragansett: Linda Townsend, logs; Peter Dean and Blake Dean from PD Plumbing & Heating, materials and labor.

Village: Mike Phinney from Phinney Lumber Co. and Nick Flagg from Flagship Landscaping, lumber; Linda Townsend, logs; Kara William, nails and assembly; Boy Scout Brodie Berlinger and Mr. Berlinger, assembly; Staff volunteers: Meghan O'Neil, Jen Baker, Cheryl Fotter, Alison and Brian Penley, organization and assembly; GHS student volunteers, assembly.

Gorham Middle School: Mike Phinney from Phinney Lumber Co. and Nick Flagg from Flagship Landscaping, lumber; Linda Townsend, logs; Heather Whitaker, Kristin Wentworth, and Boy Scout Troop #73, assembly; Heather Whitaker, organized and set-up; Gorham community members donated Adirondack chairs, towels, clipboards, shade structures, and funds to purchase other items needed to support outdoor teaching and learning.

Gorham High School: Mike Phinney from Phinney Lumber Co. and Nick Flagg from Flagship Landscaping, lumber; Boy Scout Troop #73, assembly; Linda Townsend, logs.



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School Meals Now Available for Home Delivery

GORHAM SCHOOL NUTRITION

Beginning Monday, November 2, school meals will be available for home delivery on days when a student is remote learning from home. Remote sites will no longer be available for pick-up.

A Google Form can be found on the Gorham School District website to request home delivery. Meals are available to all students and siblings (under 18). Only one form per household needs to be completed. Forms can be completed at any time between

now and the end of the school year.

Additionally, in the case of an anticipated snow day, families that have signed up for home delivery of school meals will get an extra meal delivered the day prior. Meals must be ordered in advance so they can be delivered in advance. Please fill out the Google Pre-Snow Day Lunch Request Form on the District website.

Meals are free to all families through the end of the school year.

For more information, contact Raina Lee Cooper: rainalee.cooper@gorhamschools.org or (207) 222-1375.

School Committee, Public Hear Draft of Anti-Racism Policy

CONTINUED FROM PAGE 10

experiences with racism that she, her Black husband, and biracial children have faced in Gorham and the Gorham School District.

"When I hear my neighbors, and friends, and fellow church members say something to the effect that racism and white supremacy don't exist in Gorham it floors me," said Whitehead. "Because you don't see it, because you don't feel the consequences, doesn't mean it doesn't exist."

Whitehead mentioned the student accounts of racism presented at the Anti-Racism Teach-In hosted by GARD this past summer. She also discussed

the aim of the policy, stating its goal is not to teach children about police but rather about "helping children grow to become decent human beings."

A revised draft based on the public comment provided at the October 14 meeting will be presented to the full SC at the regular meeting on December 9 at the GHS MPAC. In the meantime, the Policy Committee is continuing to accept public feedback through email to Assistant Superintendent Chris Record: chris.record@gorhamschools.org or Anne Schools, Chair of the Policy Committee: anne.schools@gorhamschools.org.

School Committee Report

OCTOBER 14, 2020

KATHY CORBETT
Staff Writer

At the start of the October 14 regular School Committee (SC) meeting, several people used the public comment option to speak about the proposed anti-racism policy which had its first reading at the meeting.

Gorham High School junior Andrea Mitchell will join Zac Lembarra as the new student representative to the SC. Lembarra reported students are happy with the hybrid plan and the fact that every sport is doing something, even those with no competitive events. Class officers were elected virtually. Ken Aldrich from Lion's Club spoke briefly about the organization's work with the schools. They provided \$16,000 in scholarships this year and worked with Girls on the Run on a float for the Founder's Day parade.

Superintendent Heather Perry said that a Department of Health and Human Services program for quick COVID-19 testing may still happen, but there are still questions about validity so there are no plans at this time. The budget process is underway. The district has applied for a Care Relief 2 grant where the state awards federal money for expenses related to the pandemic that must be spent in 2020. The district sent flowers to the schools in recognition of the work of essential workers.

During time for communication from SC members, Darryl Wright said there

had been lots of conversation by email and on Facebook about the anti-racism policy. He urged people to be kind, saying, "Kindness starts at home. We can disagree, but do it respectfully." Anne Schools agreed that this is not a political issue.

Jennifer Whitehead spoke about the anti-racism policy and said she understood what the students who proposed it faced. She said she loves Gorham, but she, her Black husband and biracial children have experienced racism firsthand from Gorham children and adults. She said, "People say it doesn't exist here but it does," and she gave an example of verbal attacks and racist harassment they have all experienced. She said the policy is not a criticism of the Gorham police. Whitehead, whose term expires next month and who is not running for re-election, urged the SC to adopt the anti-racist policy "because Black and white students need it."

Kate Livingston, who also is not running for re-election, expressed her appreciation to all the district staff. Phil Gagnon encouraged people to vote for the referendum for funding capital improvements. Bill Benson, the other retiring SC member, reminded people that "the best public schools are in communities that involve everyone."

SC Chair Stewart McCallister reported that the recent heat pump failure was one example of the need for the

CONTINUED ON PAGE 12

Weird Autumn Facts

Making a Century

Babies born during the autumn months are more likely to live to 100 than those born in the rest of the year.

Children born in the fall are also statistically better students.

Weight Gain

Weight gain around this time of year may not be just from eating more food. Researchers have found that lack of vitamin D reduces fat breakdown and triggers fat storage. The lack of sunlight has more to do with the extra gain than all the pumpkin spice lattes. Well, at least some of it.

Get Organized

In autumn, the black-capped chickadee collects seeds and hides them in hundreds of different spots. This causes the bird's tiny hippocampus (the part of the brain that deals with spatial awareness and memory) to increase by 30 percent.

Take Heart

Heart attacks decrease after the autumnal equinox; researchers at the University of Michigan believe it is because we get an extra hour of sleep and are therefore less stressed.



GORHAM'S ANNUAL TREE FESTIVAL 2020

Let's make Gorham extra festive this holiday season! Any business or resident can participate. Here's how...

- Come up with a theme, color scheme or any creative idea to decorate your Holiday Tree. All trees will be judged on creativity and theme.
- Place a Holiday Tree outside of your residence or business by November 29th at 4pm the date of the Light Parade through Gorham Village.
- Send an email if you want your Holiday Tree judged to: gorhamstreefestival@gmail.com to let us know you are participating and want your tree judged.
- The Gorham Village Alliance will be judging trees in early December. Two winners will be announced in each division (business and residential) Most Creative and Best Theme
- The winners will be announced and/or published. TBD
- Look for an event page on Facebook and be sure to share.
- If you have any questions please feel free to call Cindy 207-839-2744 or email cindy@greatfallsinc.com
- Too busy, but would like to participate? Let us know and we can help. We are looking forward to a great Tree Festival!

Happy Holidays!

Fall Sports Mid-Season Review

DESTINY COOK
Sports Editor

Fall sports are underway, and while it looks different this year with the shortened season, the coaches, parents and athletes are making the best of their situation.

Cross Country

Coach Jason Tanguay said the GHS Cross Country teams have been having a great deal of success over the short fall season they have had thus far. He said, "A great deal of summer running by many of the members of our team in conjunction with guidance from our coaches in this abbreviated season has put our team in a good position."

The boys' team has recently been ranked seventh in the state team rankings. Individually, the boys have been led by junior Calvin Cummings and seniors Reed Henderson and Josh Lehmann. Tanguay said proudly, "These young men have been a strong one, two, three punch in each of our meets this year!" Following closely behind this trio is sophomore Lucien Beardsley, and rounding out their top five is sophomore Kieran Wilkins who has stepped up this season to be their last team scorer.

The girls' team has also seen some great accomplishments and are currently ranked third in the state team

rankings. The top individuals have been the duo of junior Elisabeth Loranger and sophomore Rachel Cummings. Not far behind is senior MacKenna Homa. Coach Tanguay said, "Our number four and five runners have jostled a bit over the season. Senior Emily Paruk and freshman Rita Cummings have pushed each other every race thus far."

With regard to the season Tanguay said, "As I have told our team at each practice and meet, we are grateful for the opportunities we have before us. This team has capitalized on these moments each and every day and that has been exciting to watch!"

Field Hockey

Gorham Field Hockey is currently four to zero with Senior Captain Lydia Gaudreau leading the team with two goals and four assists. Junior Alyvia Caruso has four goals and Senior Captain Molly Murray and Junior Sydney Connolly each have one goal and two assists on the year.

Coach Becky Manson-Rioux said, "We have five games scheduled to play in the season. The team has done a tremendous job adjusting to the adversity of this season which I attribute to their overall success. Their teamwork is what stands out the most on the field and has been another key factor in the four to zero record."

Golf

Coach Scott Nevers said, "The 2020 golf season was a short, hectic, but fun season. Both Varsity and JV were able to play eight matches." Varsity finished eight to zero led by Aidan Enck, Bryce Lumbert, Quinn Dillon, Lucas Castles, Sam Farr and Jacob Graham. The team finished first in the SMAA Qualifier on October 2, but unfortunately came up short in the State Championship.

According to Coach Nevers, they had their best season in the scoring department, averaging under 200 as a team per match. "We had four golfers who averaged 40 or better in matches during the season. Quinn Dillon finished tenth overall at the State Championship, while Nicole Walker finished fourth for the Girls' Division. Dylan Morrell, Taylor Farr, and Patrick Cyr led all JV players and will look to compete on Varsity next year." The Varsity Golf season ended on October 9.

Boys Soccer

Boys varsity soccer team is undefeated through all competitions and are currently 6-0-2 with wins against Freeport, Deering, Bonny Eagle, Windham, Bonny Eagle, Scarborough. The boys ended with two ties against Scarborough, and Cape Elizabeth. The rest of the schedule includes home against Cheverus on October 22, away at Windham on October 30, away at Falmouth on November 6, and finally

a final game with opponents to be determined on November 10.

Coach Nick Viola shared the key offensive players this season are Andrew Farr and Josiah Irish, both with five goals and Matt Phinney with four goals. Key Defensive players (only four goals allowed in eight games) are Garrett Smith, goalkeeper; Grant Nadeau, central defender and Mike Darasz, central defender.

Coach Viola said, "This team has overcome significant adversity throughout this season (pandemic expectations, injuries, scheduling shifts, etc.). They give 100 percent effort every minute of every match regardless of the outcome. They are coachable and are open to constructive criticism, all for the betterment of the team. They've earned every positive result they've gotten so far. We hope to end the season with all positive results by playing to a standard of excellence, all the time."

Girls Soccer

Girls varsity soccer is currently 3-1-1 after their win against Bonny Eagle. "We have had three OT games, one win, one tie and a loss, so the team has shown its grit in all games," Coach Jeanne Zarrilli said. The girls have five seniors and all start and are key to the teams success: Katie Kutzer, Gracie

CONTINUED ON PAGE 14



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Jennifer Field, DPT

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Unfortunately, due to the challenging circumstances surrounding COVID-19 the GYTBA will not be offering any type of basketball program in 2020. We are sorry for any inconvenience this may cause.

Non-affiliated, private programs however continue to operate. Any families interested in investigating those options are welcome to contact board member Andy Morrell at amorrell@yahoo.com.

We wish everyone a safe and healthy winter.

GHS SPIRIT WEEK THEMES

MONDAY

Mask Day - Mask it up this Monday with the funniest, funkiest, coolest mask you've got!



TUESDAY

Tee Shirt Tuesday (Class colors) Turn up Tuesday in your class colors.



WEDNESDAY

"Wicked" Wednesday Walk in with your Mainer on. Flannel, L.L Bean, you name it.



THURSDAY

Throwback Thursday Throw it way back this Thursday for Throwback Thursday.



FRIDAY

Freaky Friday From Lindsay Lohan to Frankenstein and anything in between, dress up for Freaky Friday and Halloween.

Homecoming Mid-Pandemic

AISLYN McLEAN
GHS Student Intern

For the majority of people, COVID-19 has canceled numerous activities, events, and opportunities. It is no surprise that this year's homecoming dance and football game will not be happening. With social distancing restrictions, there is really no way for these affairs to go on.

Even though Gorham High School can't have a traditional homecoming, the GHS Student Council is finding a way to keep spirit alive. Ellie Perry, GHS secretary, explains that "From October 26 through the 30th, students are being encouraged to show their class pride by making a poster for any club, sport, and/or activity they are involved in or want to support at GHS." It has also been suggested that students dress up for each specially themed day.

The class with the most poster submissions and dress-up day entries will be named the winner and will receive the spirit award.

Gorham's Remote Only Students Take on Learning at Home

CONTINUED FROM PAGE 9

then use the platform to create and submit their work.

"Many parents are enjoying the direct support role they have in their child's learning," said Carpentier. "Parents have also indicated they love seeing their student's progress from day to day in accountability and time management."

Gorham Middle School (GMS) and Gorham High School (GHS) remote students are using a program called Edmentum Courseware that provides all lessons (text, audio, video, and practice), instructions, pre-tests, quizzes, and tests for students to complete individually. Remote teachers also meet with students for check-ins offering one-on-one support and group support using Google Meet or Zoom.

One of the biggest challenges noticed so far amongst middle and high schoolers is how students have to adjust to learning independently. Students are required to work on their own to understand new content, which is a big transition from traditional instruction.

"Mr. Palmer [GMS virtual learning coordinator] and Mr. Cheung [GMS virtual ed tech] have both worked tirelessly to see that all of the virtual learners are completing their classwork and doing well," said GMS principal

Quinton Donahue.

Currently, GHS has 69 virtual students enrolled in 70 online courses directed by GHS Virtual Learning Coordinator Jeff Burnap. Students can complete their required core and elective classes, but Edmentum also offers additional elective classes not available at GHS in person. These courses include photography, game development, archaeology, and criminology to name a few.

Remote teachers spend their days communicating with students and families, preparing non-virtual materials, and meeting with students on Zoom or Google Meet individually or in groups. One of the struggles expressed throughout all remote grade levels was how students and teachers do not have the same amount of face-to-face time together. It is tricky to help from a distance but the teachers are making the best of this unique situation.

Overall, Gorham is doing well under the circumstances and remote teachers are going above and beyond to assist their students to the best of their abilities. With hard work, passion, and dedication, virtual teachers are working to make sure all Gorham students are thriving.

School Committee Report

CONTINUED FROM PAGE 10

capital improvement funding vote. The Narragansett kitchen should be completed about Thanksgiving; equipment and supplies had been late. Perry said that Child Development Services (CDS), a separate program administered by the state, is scheduled to go to local schools, but there has been no action on that yet. Michael Sanborn, director of Dining Services, reported that instead of the National School Nutrition program with guidelines for providing free meals to qualifying families, the district will have funding to continue the Summer Feeding Program. That program waves eligibility and mandates free meals to everyone ages two through 18. Federal funding allocates \$4.15 for lunch and \$2.28 for breakfast. This program will continue through the school year. There will be home delivery for those who need it.

He said 85 percent of the revenue

the nutrition program generates has been through catering, vending, and a la carte items. Funds from these sources have been greatly reduced, but labor costs for preparing so many "grab and go" meals are higher. He is hoping to be able to offer more a la carte items soon. He announced that the 2010 Gorham High School gave \$1,625 to the nutrition program.

In unfinished business the SC voted unanimously to approve stipends for Schedule B and C personnel, approved the 2020-2021 School Committee Goals, and approved the revised Therapy Dogs Policy.

New business included approving the Gorham School District "Metrics for Success." Data will be collected on six key metrics enabling the district to evaluate successes in relation to stated goals. They also clarified responsibilities of the SC chair and sub-chairs.

Restaurant Hours

Sun-Thurs:
11 am to 10 pm

Fri & Sat:
11 am to 11 pm



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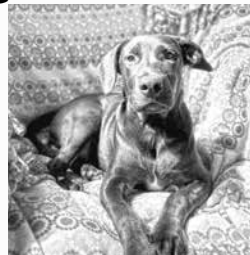
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ENROLLED

Laura Bolduc, St. Lawrence University, Canton, New York

DEAN'S LIST

Keltan Tanguay, SUNY Morrisville, Morrisville, New York

CONGRATULATIONS!

Congratulations, newlyweds! **Chris Nystrom and Sarah Robinson**, both 2010 Gorham High School graduates, happily tied the knot October 3 in the presence of their parents and Gorham residents, Paula and Scott Nystrom and Deb and Dave Robinson, along with close family and friends.



birth of Dr. Jonas Salk in October 1914 and is recognized on October 24 each year. As covered by the book, Dr. Salk is one of the most celebrated doctors and medical researchers of the twentieth century.

The Westbrook Gorham Community Chamber of Commerce (WGCCC) invites businesses to participate in the Local Business Halloween Decoration Contest. In light of the global pandemic, the WGCCC has pivoted their traditional Halloween on Main Street event to be a Halloween-themed decoration contest. To participate, a business should submit photo of decoration displays by Friday, October 30 to suzanne.joyce@hubinternational.com and shangrawd@emeraldmanagement.biz. Judging will be based on photos submitted. "People's Choice" votes will be based on Facebook likes on the WGCCC Facebook page: Halloween Decoration Contest Photo Album. View a complete list of details and rules at <https://bit.ly/30BTUMj>.

A Haddock Supper Buffet will be held on Saturday, October 31 at 5 p.m. at Living Waters Church, Parker Farm Road, Buxton. Suggested donations: \$8 adult, \$4 child, \$20 family. Takeout containers will be available in lieu of inside seating. Social distancing guidelines are in effect including wearing face masks and using hand sanitizer.

The West Gorham Union Church will have a bake sale on Tuesday, November 3 at the Gorham High School Gym during voting. The bake sale tables will be near the exit door. Stop in for cookies, sweet breads, pies, jams, etc. Everyone is welcome.

The White Rock Community Club at 34 Wilson Road will hold a drive-through Bean Supper on Saturday, November 7 from 4:30 to 5:30 p.m. Pre-order drive-thru dinner, \$20 for double or \$10 for single orders. Meal includes kidney & pea beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs, and a dessert bar. Call (207) 892-9521 by November 4 to reserve your order. Limited. Learn more at www.facebook.com/whiterock-communityclub.

Gorham Memorial VFW Post 10879 welcomes new members from South Portland Post 832 and any interested veterans to the next monthly meeting at 5:30 p.m. on November 11 in the Fire Department Training Room, 270, Main St., Gorham. FMI, vfwpost10879@gmail.com.

Gorham Memorial Post 10879, Veterans of Foreign Wars is now accepting entries for Patriot's Pen and Voice of Democracy scholarship competitions. All public, private, and homeschool students in grades six through 12 are eligible. Nominees for Teacher of the Year awards are also being accepted. The deadline for each is October 31. Entries and questions can be directed to vfwpost10879@gmail.com.

CONTINUED ON PAGE 15

Congratulations to GHS student Andrew Brent '21 and alumnus Thomas Brent '16 who both accomplished their first solo flights as aircraft pilots in September and October, pictured here with a Cessna C-172 flown out of Sanford Airport.



OF INTEREST

In recognition of World Polio Day, the Westbrook-Gorham Rotary Club recently presented copies of the new children's book "The Polio Pioneer" by Linda Elovitz Marshall to the Walker Memorial Library in Westbrook and the Baxter Memorial Library in Gorham. World Polio Day was established over a decade ago by Rotary International to commemorate the



Chris Burton



Julie Chandler



Jane Mason



Mike Griffin



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GORHAM \$425,000 - Gorgeous sunlit open concept. Features granite kitchen w/pantry closet, luxury laminate flooring, 1/2 bath w/shiplap accent wall, 2nd flr laundry & sizeable bonus rm over 2 car garage.

SOLD



54 Harbor Rd \$555,000 - Year-round cottage with 75 feet of owned water frontage on Sebago Cove in Naples. Boat right from your own private dock.



SOLD



17 Green Trees Dr \$502,000 - Brand new kitchen, bathrooms, flooring & more. This sunlit open floor plan features dramatic cathedral ceilings, HW floors, two-sided gas fireplace & 1st floor laundry.

UNDER CONTRACT



WINDHAM \$95,000 - Approved short sale on this 3BR/1.5 bath home w/ 1541sf & .46ac lot. Convenient location & ready for a new owner.

UNDER CONTRACT



BUXTON \$89,900 - Building lots ready to go w/survey & driveway permits in place. Convenient location near the Gorham/Buxton line. Power at the street. 200'+/- on a paved public road.



GORHAM \$259,900 - Townhouse style condo w/newer gas fireplace, new private deck & garage. Large living room windows with cathedral ceiling & skylights to the loft.

UNDER CONTRACT



GORHAM \$169,000 - Newer kitchen with granite counters, stainless steel appliances, in unit washer and dryer hookups and full basement for storage. Brand new siding & newer roof.

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Town Council Report CONTINUED FROM PAGE 6

The Ordinance Committee was asked to review Article VI, Building Additions, in the Fire Suppression Ordinance, and bring back recommendations to the Council for review and approval. (7 years)

Town Council instructed the Ordinance Committee to review the Noise Abatement subsection of the Land Use & Development Code, in order to provide for an exemption for well drillers during a time of Severe Drought and requested that the Ordinance Committee forward their recommendations to the Council for review and approval. (7 years)

The Appointments Committee was instructed to bring to the Town Council recommendations of appointment to fill vacancies on the Gorham Board of Health. (7 years)

The Ordinance Committee was instructed to review provisions in the Land Use and Development Code that would require surveyors to identify setbacks to ensure structures are within the required

setback zone defined in the code. (7 years)

Town Council accepted the recommendation of the Historic Preservation Commission and designated 43 Mighty Street as a historic structure/site under the town's Historic Preservation Ordinance. (6 years, 1 nay: Hager)

Deferring payments were approved on new approved Revolving Loan Fund applications under the terms detailed by the Economic Development director in his September 25, 2020 memo to the Town Council. (7 years)

Town Council accepted the ranking criteria for pedestrian safety improvements and traffic calming measures in the Gorham Village to be constructed as funding permits. (7 years)

Taxes in the amount of \$5,555.94 were abated on a mobile home located at 12 Tamarack Circle. The home will be demolished. (7 years)

The full amendment can be found at www.gorham-me.org/town-council.

Fall Sports Mid-Season Review CONTINUED FROM PAGE 11

Forgues, Lauren Fother, Sydney Fox, and Olivia Michaud. They are joined by junior starters Erin Castonguay and Lexi Waterman in the back and Maddie Michaud in the mid. Junior Leah Woodbury and Sophomore Faith Connolly are also making big contributions to the team.

Rachel Gross, junior goalie, has an incredible three shut-outs in five games and has been solid in the net. Two sophomores and the other 12 juniors who round out the team have all contributed key minutes and talents. According to Coach Zarrilli, Kylie Green and Brylee Bishop, both juniors, have come back to the team after COVID-19 exposure and are expected to be key contributors for the remainder of the season which includes games against Cheverus, Portland and Windham. Zarrilli expects her team to be competitive in all of the games.

Football

Coach Andy Hager said his team has been practicing four to five times a week working on football skills and growing their culture with Beck Carrier and Nick Williams being their key players. Hager said "We played Portland on Saturday and had a good

day competing against someone else in a passing type joint practice."

Upcoming 7v7 "games" are against Falmouth on November 13 at home, then the team plays Windham and Deering later in the month. "We also have a couple Lineman/Big Man skills and strongman competitions coming up with Windham." Coach Hager shared.

Beck Carrier competed and participated in the Maine Football Coaches Association Senior Combine this Past weekend, posting some great times and all around having a good workout.

Volleyball

Coach Emma Tirrell said the team was able to attain two outdoor nets and have been practicing outdoors since September 16. "We are able to practice until lights, so starting Monday we will have those turned on and continue to practice until it gets too cold! Pretty cool stuff," she shared.

Tirrell said a scrimmage with another school and a celebration of seniors are two things that are still up in the air, and most importantly, they are still hoping for a spring season.

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Presumpscot Regional Land Trust's new, interactive online map called Paddling the Presumpscot River map is available at www.prlt.org/water-trail. This online map will be constantly updated and improved. The public is invited to send feedback and paddling photos.

LIBRARY NEWS

North Gorham Public Library is open to the public. Library hours are Mondays, 3 p.m. - 5:30 p.m.; Wednesdays, 6 p.m. - 8 p.m.; and Saturdays, 10 a.m. - 1 p.m. Home delivery and parking lot pickup is also available.

Baxter Memorial Library hours are Monday and Friday, 9 a.m. - 4 p.m.; Tuesday, Wednesday, Thursday, 9 a.m. - 7 p.m. Virtual Preschool and Toddler Discovery Times are held on Facebook, and listed in the community calendar. On Thursday, October 29 a Zoom Book Club will discuss "Olive, Again" by Elizabeth Strout. Email nflanagan@gorham.me.us for the meeting link. On Tuesday, November 10 at 9:30 a.m. there will be a special reading on Facebook with picture book author/illustrator Alexandra Thompson, followed by a Q&A at the end. The book, "A Family for Louie" is a heartwarming story of a little foodie French bulldog searching for his forever family. Send in your questions ahead of time to hwhelan@gorham.me.us so Alexandra can answer them live. Geared towards ages three through seven. FMI, baxterlibrary.org or (207) 222-1190.

Attention Harry Potter Fans! The librarians of Baxter Memorial Library are hiding Horcruxes around Gorham Village. Read the clues on the library website to guess each Horcrux and the location where they have been stashed. Go to that location anytime from 5 p.m. October 30 through 5 p.m. November 1 and find the Horcrux painted on a small flag to confirm your guess. Fill out the Google Form on the website www.baxterlibrary.org after you find as many as you can. Winners will be chosen from entries that found all 7 Horcruxes. Good luck witches and wizards!

SENIOR NEWS

Lakes Region Senior Center needs a volunteer editor for the monthly newsletter. A computer and all supplies will be available. Must have knowledge of navigating Microsoft Word, Excel and Publisher, as well as printing labels and communicating by email. FMI, Jeanne Rhein, president, (207) 572-4042 or (732) 425-0604.

USM NOTES

The USM School of Music based on the Gorham campus continues to provide virtual performances during the pandemic. This year's fall musical directed by Ed Reichert is "The Musical of Musicals (the Musical)" from October 30 to November 1. Gary Wittner and the Faculty Jazz Ensemble perform in the next Faculty Concert Series concert on Friday, November 6 through 8. For tickets, the complete calendar and more information, visit usm.maine.edu/music.

Experience USM is a series of 60-minute online information sessions with USM faculty, staff, and current students in an informational Zoom webinar. Participants get a firsthand impression of USM's community and culture, learning about academic programs, experiential learning philosophy, and the admission process. Learn more and register for a session at usm.maine.edu/experience-usm.

UPCOMING EVENTS

White Rock Friendship Club Christmas Craft Fair, 33 & 34 Wilson Road, Gorham, Saturday, November 21. Over 30 crafters, jewelry, sewn & knitted items, goat soap, soy candles, home decor and much more!



Officer located a vehicle blocking the entrance to a trail on Dundee Road. A tree had been uprooted and had fallen onto the vehicle. Owner advised he had put vehicle on the trail to block access to the trail which was on his own property.

Family on Barstow Road would not allow daughter to drop off her sentimental vehicle until she was ready to scrap it. Officers helped her get it towed.

Caller reported doors were wide open at Pine Street house and dogs could get out. Doors must have been left open after resident had been arrested earlier that morning. Officer went to the house and closed doors.

Connor Drive man was advised he was not allowed to shoot off fireworks in that neighborhood and that he needed a permit as neighbors were less than 100 feet away.

Westbrook caller reported he had been spit at by a male who left in a car with a female

passenger. Officer made contact and both were cooperative. They were not intoxicated and did not appear to have been drinking at all as they had just gotten out of work.

Libby Avenue caller requested a check on the status of her husband's license. She was referred to the Department of Motor Vehicles.

Officer responded to William Henry Drive for a report of a lizard in the yard. Officer put it in cat carrier and took it to the Animal Refuge League. They identified it as a Bearded Dragon.

Lombard Street caller reported having issues with someone and person was now harassing her. She told officer she would try and watch what she posted on Facebook.

Two bulls were loose on Finn Parker Road near Dwayne's Way. Officer spoke to man about bulls and he said son was home and was coming out to secure them.

CALENDAR

THURSDAY, OCTOBER 29

Baxter Memorial Library, Toddler Discovery Time (18-36mos), 9:30 – 9:50 a.m. on Facebook with Ms. Dani
Baxter Memorial Library, Zoom Book Group, 10 a.m., "Olive, Again" by Elizabeth Strout, email nflanagan@gorham.me.us for link

FRIDAY, OCTOBER 30

Baxter Memorial Library, Harry Potter Horcrux Hunt, Gorham Village, 5 p.m. Friday to 5 p.m., Sunday
WGCCC Local Business Halloween Decoration Contest photo submission deadline

SATURDAY, OCTOBER 31

Halloween
Baxter Memorial Library, Harry Potter Horcrux Hunt, Gorham Village, 5 p.m. Friday to 5 p.m., Sunday
Living Waters Church, Haddock Supper Buffet, 5 p.m., Parker Farm Road, Buxton
Gorham Memorial Post 10879 scholarships competitions entry deadlines

SUNDAY, NOVEMBER 1

Daylight Saving Time Ends
Baxter Memorial Library, Harry Potter Horcrux Hunt, Gorham Village, 5 p.m. Friday to 5 p.m., Sunday

TUESDAY, NOVEMBER 3

Election Day
Baxter Memorial Library, Preschool Discovery Time (3-5yrs), 9:30 – 10 a.m. on Facebook with Ms. Heidi
West Gorham Union Church Bake Sale, Gorham High School during voting, near the exit door

THURSDAY, NOVEMBER 5

Baxter Memorial Library, Toddler Discovery Time (18-36mos), 9:30 – 9:50 a.m. on Facebook with Ms. Dani

SATURDAY, NOVEMBER 7

White Rock Community Club Drive-thru Bean Supper, 4:30 p.m., 34 Wilson Road. Pre-order only

TUESDAY, NOVEMBER 10

Baxter Memorial Library, 9:30 a.m. Special reading with picture book author/illustrator Alexandra Thompson on Facebook Live, (3-7yrs)

WEDNESDAY, NOVEMBER 11

Gorham Memorial VFW Post 10879 annual meeting, 5:30 p.m, Fire Dept. Training Room

More information about these events, see Of Interest.

CLASSIFIEDS

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IBM CHRISTMAS WREATH SALE: happywildandwoollymammoth2016.blogspot.com thru blogspot. Check out and buy my IBM WREATHS. Not just for the holy days Maverick Ashley Lenartson, 198 Sherwood St 3, Portland, ME. 207-809-9461. Have a holly jolly Christmas this year!

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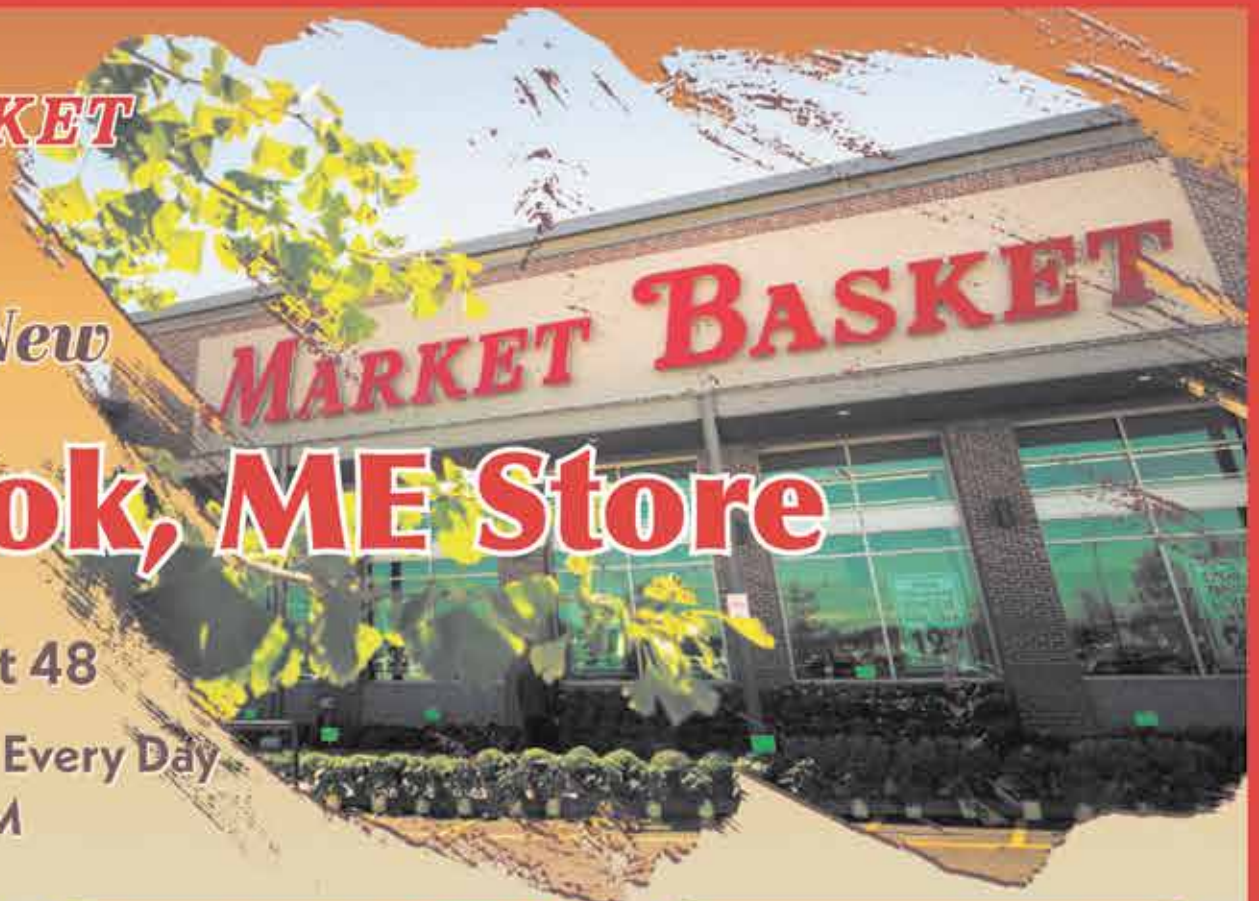
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