

Gorham Times

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

New Bike Repair Shop in Gorham



Photo credit Chris Crawford



Photo credit Brendan Hill

Aaron Hill's bike repair shop, HereThere Bike Repair is now open for business at 17 Water Street.



Photo credit Brendan Hill

Aaron Hill, owner of HereThere Bike Repair takes his mom, Gail, for a test ride in the new, electric Trishaw that you will soon see wheeling around Gorham as part of the Cycling Without Age program.



Photo credit Chris Crawford

Trishaw can be equipped with winter studded tires and a warm blanket to keep passengers warm in the winter.

SEE ARTICLE ON PAGE 3

Phinney Lumber Sold to Ware-Butler

Kathy Corbett, Staff Writer

In 1736 John Phinney's 13-year-old son, Edmund, felled the first tree for the settlement in what was to become Gorham. The Phinney family has been felling trees, sawing lumber, and participating in the town's civic life ever since.

This past spring Rose Phinney sold Phinney Lumber on Fort Hill Road (114) to Ware-Butler, a building supply company owned by Pleasant River of northern Maine.

Phinney Lumber has been at that location since 1928 when Raymond Phinney took over the sawmill from his brother Samuel. His son, John ran it from 1970 until the 1980s. John and Rose's son, Mike, has been general manager for the last 25 years. He is still in that position now that the business is part of the Ware-Butler chain of Maine building suppliers.

According to Mike Phinney, "It had become increasingly hard for a small company to compete with the large Maine building supply firms,



Photo credit Kathy Corbett

"It had become increasingly hard for a small company to compete with the large Maine building supply firms, as well as with Lowe's and Home Depot."

Mike Phinney, General Manager

as well as with Lowe's and Home Depot."

Under new ownership the store and lumber yard has the same staff, but has added more salesmen and service personnel. Mike's brothers Dana and Scot are still there and his mother comes to work every day.

Ware-Butler's owner, Pleasant River, is the largest spruce and pine lumber company in the Northeast. When Pleasant River decided to go into the building supply business, they bought Ware-Butler, a retail lumber company based in Waterville. "With the addition of Phinney Lumber, Ware-Butler now has nine facilities from Grover to Gorham," Mike Phinney said.

"Ownership has changed, but the sawmill here is still sawing," Rose Phinney said. "We still have our woodlots and cut our lumber, in addition to spruce and pine from Pleasant River."

Ware-Butler will cut cedar here for Moosehead Cedar Homes, which is also owned by Pleasant River.

Landing Gear Landed at Gorham Country Club



Courtesy of Gorham Police Department

Gorham Police received a call from the Gorham Country Club reporting that a piece of landing gear had landed on the seventh fairway at the golf course. The pilot of a Piper Navajo twin-engined aircraft was planning to land in Portland but flew back to New York after he learned the landing gear had fallen off. The pilot wanted to burn off as much fuel as possible as he was expecting to make a crash landing. The pilot safely managed to make a belly landing in Islip, New York. Sgt. Ted Hatch recovered the wheel which weighed about 100 pounds.

Send us photos of your summer activities or celebrations!

Summer Fun Photos



Photo credit Chris Crawford

Mystery Photo: Can anyone guess what this is a picture of? Email your guess to gorhamtimes@gmail.com

Around Town

Community Nutrition has opened on 8 Main Street. Open 7 a.m. - 4 p.m. Monday - Friday and 9 a.m. - 2 p.m. Saturday - Sunday.

Sullivan House Bakery is coming to 102 Main Street. When it is fully opened, hours of operation will be 7 a.m. - 4 p.m. daily.

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REGISTRATION OPEN FOR THE STEPHEN WARD 9/11 MEMORIAL 5K- PAGE 6

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.

Recovering from the Pandemic and Investing in Our Future

Rep. Mo Terry

Last month, the Maine Legislature approved a bill, LD 1733, to authorize spending more than \$1 billion of federal American Rescue Plan Funds that passed through Congress earlier this year. Through this legislation, we were able to invest in child care, education, and workforce training. We provided support to Maine small businesses, workers and families. We've lifted up our heritage industries and allocated resources to expand health care access and to rebuild our communities.

The many families that make up our town will benefit from the expanded access to child care and public preschool included in this bill. \$10 million in grant funding will be available to support child care providers as they renovate, expand or build new facilities. The measure additionally creates a \$10 million grant program to expand the number of public pre-Kindergarten programs throughout the state.

LD 1733 makes significant investments in career exploration programs, career and technical education, apprenticeships, workforce training programs and higher education to help young Mainers identify pathways to good-paying jobs and a successful future here in Maine. Maine's University and Community College Systems, notably, will receive \$45 million to train workers to improve education experiences for students. The University of Southern Maine Gorham campus will see some of this money.

Many of the programs offering support to workers and small businesses will be available to those operating in Gorham. The bill creates \$20 million in additional economic recovery grants for businesses and organizations that did not qualify for initial economic recovery grants. The measure also establishes a new program within the Maine Bureau of Insurance to help small business owners afford small group health insurance. This will help fill in the

gaps for smaller businesses that are still unable to offer their employees health insurance.

Other efforts in this bill to improve access to health care include creating a stackable credential program for health care workers to professionalize the field. This will make a big difference for our older Gorham residents and for those who work in this field by reducing staff shortages for long-term and direct care work. The bill additionally invests \$2.5 million in attracting workers to needed positions within Maine's health care system.

We made another important investment in our health care workforce by establishing the Maine Health Care Provider Loan Repayment Program. This program provides an opportunity for allied health care workers who agree to live and work in Maine for at least three years and who meet certain criteria to receive student loan relief from the Finance Authority of Maine. For a state with an aging population and growing health care needs, this is a smart investment in long-term workforce development.

We were also able to target Maine's affordable housing crisis. In total, the bill allocated \$82 million specifically for affordable housing. This is a substantial amount of money that will benefit those in need of housing and that will act as an economic stimulus for our construction workers.

In an effort to encourage more collaborative worker-employer relationships, a small portion of the total \$82 million will have a requirement that companies and workers enter into project labor agreements (PLA's). A PLA helps ensure quality labor standards, consistent worker availability and other specific hiring goals. Companies here in Gorham have a long history of establishing safe and fair working conditions, and for that we are all grateful. For other companies around the state where that is not the case, this

language helps foster more mutually beneficial relationships between workers and their employees.

Further supporting community and economic development, one of the measures I introduced this session, LD 542, received funding. This bill supports the transition of military families to civilian life in Maine. After hearing from Boots2Roots about the need for personalized and proactive support for active-duty military members who are transitioning to civilian life in Maine, I began to advocate for this funding. I am so pleased that this bill allocated \$200,000 to support those transitioning veterans and their families.

Lastly, this bill also provides \$20 million for immediate investments in Maine's farms and food processors. This funding will help bolster and reinforce our state's food system by increasing capacity in a manner that allows for more Maine-grown products to be processed and sold locally, decreasing our reliance on food imported from other states, while also expanding Maine's export economy.

As a state, we haven't been able to make an investment in our future like this in years. We need to fund health care. We need to invest in affordable housing. Education and workforce development must be priorities for our state. People are not willing to work for low wages, subpar benefits and in unsafe conditions any longer. Our accomplishments this session will make a real difference for Mainers today and for generations to come.



Rep. Maureen "Mo" Terry, D-Gorham, is serving her third term in the Maine House of Representatives. She serves as House Chair of the Taxation Committee. She is a chef and small business owner with more than 25 years of experience in the food service industry. Contact her at maureen.terry@legislature.maine.gov.

BRINGING THE NEWS TO ALL OF GORHAM
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The Gorham Times is a free volunteer-run community newspaper distributed every other Thursday to more than 100 pick-up sites throughout Gorham.

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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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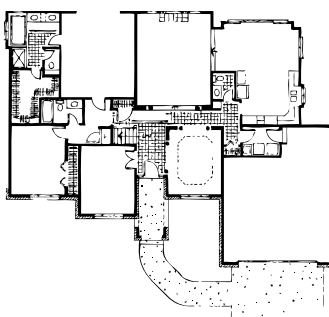
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Here There - Bike Repair with Flair

Chris Crawford, Staff Writer

Aaron Hill (GHS '92) has recently opened a bike repair shop at 17 Water Street, in a home he lived in briefly as a child. Hours are W-F 10 a.m. - 6 p.m. and weekends 8 a.m. - 3 p.m. (closed Mon & Tues). Hill is a new member of the Gorham Business Exchange and can be reached at (207) 310-8661 or at aaron.hill@cyclingwithoutage.com

This is no ordinary bike shop—there is a twist. Along with the opportunity to get their bikes fixed locally, customers will also be contributing to a new and exciting program that gives back to the community.

“One hundred percent of the profits from the shop will go toward supporting the Gorham Chapter of an international, nonprofit organization called Cycling Without Age (CWA),” said Hill.

As Founder and President of the Gorham CWA Chapter, Hill will be offering free bike rides to Gorham’s growing population of seniors and people with disabilities in a specially designed electric-assisted, three-wheeled “trishaw” (eBike), piloted by volunteer bike enthusiasts from the community. This is a win-win for the volunteers and for the seniors or disabled.

The trishaw has the stability of three wheels, meaning almost anyone can pilot it without the fear of lacking adequate leg strength or tipping over. “I believe the social dynamic created by CWA will promote greater community, empathy and cohesion, leading to a

happier and healthier community overall,” Hill said.

Raised by a single mom who worked three, sometimes four jobs, Hill said “go out and play” was a common parental request. This usually meant going bike riding with neighborhood kids. With his older brother to keep an eye on him, they had significant freedom to explore the various nooks and crannies Gorham had to offer.

Hill believes there is a need for a local bike repair shop. He said, “We are a fully-insured, full-service repair shop offering everything from flat-tire repairs and tune-ups, to machining services and suspension repair.” He added that they also service eBikes and are a Bosch-certified repair shop. They are guided by the Barnett Bicycle Institute, the gold standard in bicycle-repair education, and are investing in all of the tooling that Barnett recommends for a bike repair shop.

Hill is committed to doing quality work. “We stand behind all of our work, and we offer discounts on bikes primarily used by kids under 18, seniors, and those with adaptive needs,” he said.

They also have accounts with several major wholesalers, which provides access to a broad range of brands. The website <https://heretherebike.org> clearly explains more about his business and the pricing structure.

Hill also feels that the timing is right in his own life to start a new venture

that is close to his heart. Hill is happy to be working from home in Gorham and to be involved in a more fulfilling endeavor. His most recent work in construction management in the energy sector, required a lot of travel and very long hours at a computer, which left him with an overuse injury. In a sense, opening a bike repair shop where he can work with his hands, brings him back to his roots.

Hill describes himself as thoroughly over-educated. He briefly attended Northeastern University, but financial circumstances brought him back to Maine where he attended Southern Maine Community College, earning an A.S. in Architectural & Engineering Design 2003, another A.S. in Automotive 2004, and also completed ¾ of Machine Tool program.

He then attended USM and graduated Summa Cum Laude with a B.S. in Industrial Technology with a concentration in Construction Management, while also completing significant coursework in Sociology and Accounting.


Unfortunately, his graduation coincided with the housing/construction market collapse in 2008, so he applied and was accepted at Maine Law, earning a J.D. in 2012. Hill said, “I found the study of law truly fascinating and had hoped to pursue a career supporting social or environmental justice but found it difficult to find a local career path with such ideals.” In fact, he said

that he found the actual practice of law to be unappealing.


Now, in his spare time, Hill hits the trails on his bike nearly every day, sometimes a couple of times a day, along with his dog (who needs lots of exercise). He enjoys hiking, camping, fishing, canoeing, and spending time with friends and family. He likes woodworking and metalworking, as well.

Hill’s mother, Gail, lives in Gorham. His dad, Bruce, lives in Florida. Brother, Brenden, GHS '90, resides with his wife and daughter in Standish where he is the owner of Crossroad Games.

Cycling Without Age (CWA) is a Nonprofit organization founded in Copenhagen, Denmark in 2012. Currently, there are 2500 chapters in 50 countries, serving over 1.5 million people around the world. CWA is based on generosity and kindness with a volunteer pilot, taking one or two elderly or less-abled people out on a bike ride. It’s a simple act that everyone can do, allowing the elderly to get out of their nursing homes, out on the trishaw to enjoy the fresh air and the community around them. CWA fosters building strong community and intergenerational relationships. Volunteers can sign up as often or as infrequently as they want. Check out www.cyclingwithoutage.org for general information on the organization or www.heretherebike.org for more information about CWA Gorham.




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Mike Smith, MSPT, ATC

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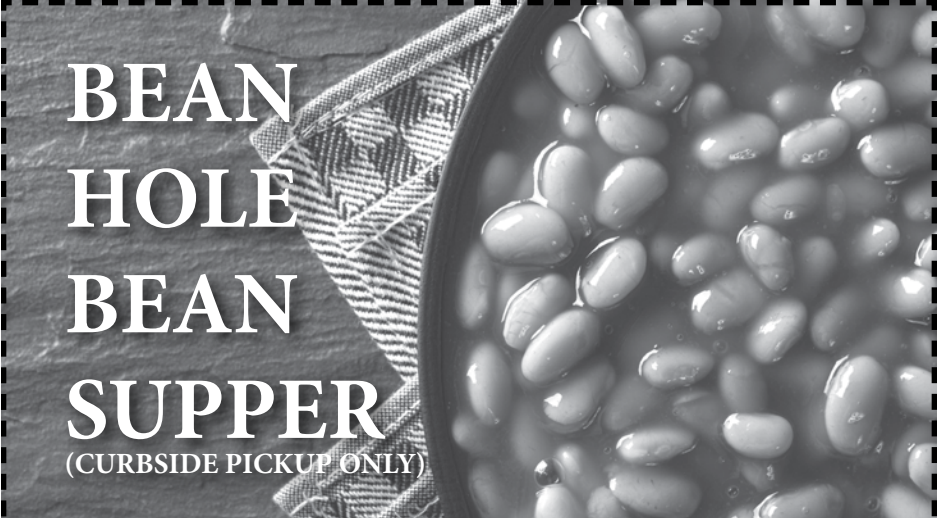


Jennifer Danley, DPT

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If you wish to pre order, please call Wendy Landry at 207-894-5020 the Wednesday or Thursday before each supper.

Choosing the Right Surgeon

Mike Smith

In the course of a year, I have many patients who stop by or call to discuss their decision to have a surgery. In the world of orthopedics and neurospine, many surgeries are considered “elective,” meaning the surgery does not have to be performed immediately or is not an emergency. Examples are a total knee replacement, rotator cuff repairs, or spinal fusions needed because of an injury or the wear and tear of life.

Most of us do not want to have surgery, so we seek the best results in the shortest amount of recovery time. There are several variables that go into making a decision like this, these include a person’s schedule in preparing for some downtime, as well as finding assistance at home and time for rehabilitation.

In rural parts of Maine, a person may not have many options for who does the surgery. For decades general orthopedists were the norm for fixing whoever walked through the door, but in the last 20-25 years, orthopedic and spinal surgeons have become more specialized. Surgeons are often focused on a particular body part or surgical technique.

In the Portland area, we are fortunate to have several very good orthopedic and spinal surgeons who specialize in a particular area of expertise. I have worked in the area for 20 years and have been able to see the post-ops of most of the surgeons in the area.

The “Old Guard” of very talented surgeons is getting ready to retire, and there are newer surgeons in the area to take their places, who have highly specialized training. This is a good thing.

I advise patients to choose the surgeon who works on a particular area or does a certain technique. This may produce a list of two to three surgeons. The old adage

that it is best to see someone who does 200 specialized surgeries a year versus 20 rings true. The reason from my perspective is the outcome. The surgeon who only does hip replacements will usually have the same surgical team of PAs and nurses, and they work like a well-oiled machine. Their technique is just better overall.

Most patients recover a little quicker with less time in rehab following surgery performed by a specialist. I certainly like working with my patients, but I don’t want them to have to come to PT longer than necessary, which is one of my main criteria for choosing particular surgeons.

If you give me the issue and the body part, I will give a list of the doctors I think will give the best outcome based solely on my experience dealing with patients. Again, it is not based on science but rather on the experience of outcomes of care and recovery.

While many aspects of healthcare and insurance coverage are being dictated by numbers and metrics, the goal is to have a good recovery. Everyone recovers differently, but by choosing a specific surgeon, a patient will mitigate some of the issues that can occur, like discomfort, swelling and lack of mobility.

And don’t be afraid to find a second opinion. Some people are reluctant to do so, but this is a big decision, and you want to make the right choice. You will not hurt the surgeon’s feelings. They expect you to choose carefully.



Mike Smith is a physical therapist and athletic trainer and owner of Village Physical Therapy on Main Street here in Gorham.

First Annual St. Anthony Festival

Barb LaFond, Guest Writer

Last summer, a committee of parishioners from St. Anne’s in Gorham, St. Anthony’s in Westbrook, and Our Lady of Perpetual Help in Windham met via Zoom to plan merging the three churches into one parish.

Pastor Fr. Lou Phillips stated the committee was determined to make the merger not simply a canonical, bookkeeping, and administrative matter, but to celebrate the reality that the definition and experience of “parish” be expanded as a result of this merger.

One year later, the merger was able to be celebrated in person. The effective date of the merger as the St. Anthony Parish was July 1, 2021. The celebration, the First Annual St. Anthony Festival, took place July 16-17 on the grounds of Our Lady of Perpetual Help Church in Windham.

The festival began Friday evening, July 16, with a Mass of Dedication of the new parish to our patron, St. Anthony. The Mass concluded with a procession of the statue of St. Anthony to the outdoor shrine that was maintained throughout the weekend. An evening outdoor reception followed in the church courtyard.

On Saturday, July 17, the St. Anthony Festival continued with an outdoor fair featuring food, crafts, jewelry, used



Photo courtesy of Barb LaFond

The Mass of Dedication honoring the merger of three churches into one parish.

book and baked goods booths, games for children, yard sale, and live music.

Mass at 4:00 p.m. was followed with a barbecue chicken dinner prepared by the Knights of Columbus.

The festival will take place in following years to celebrate the St. Anthony’s parish.

Northern Light Mercy Hospital Expands COVID-19 Testing Sites

Courtesy of Ed Gilman

Beginning in August, Northern Light Mercy Hospital will expand COVID-19 testing to six area locations. Additional details on testing services, locations, and contact information can be found online and below:

Testing for those with COVID-19 symptoms:

Gorham - Northern Light Mercy Walk-In Care (Daily, 8 a.m.-8 p.m.)

Windham - Northern Light Mercy Walk-In Care (Daily, 10 a.m.-3 p.m.)

Westbrook - Respiratory Assessment Clinic (Daily, 8 a.m.-8 p.m.)

Testing for those with no COVID-19 symptoms:

Gorham - Northern Light Mercy Walk-In Care (Daily, 8 a.m.-8 p.m.)

Windham - Northern Light Mercy Walk-In Care (Daily, 10 a.m.-3 p.m.)

Westbrook - Respiratory Assessment

Clinic (Daily, 8 a.m.-8 p.m.)

Portland (Forest Avenue) - Northern Light Laboratory (Monday-Friday, 7 a.m.-5 p.m.)

Portland (State Street) - Northern Light Mercy Laboratory (Saturday and Sunday, 10 a.m.-3 p.m. for testing prior to scheduled medical procedures)

Portland (Fore River Parkway) - Northern Light Pharmacy (Monday-Friday, 8 a.m.-5:30 p.m. for testing under the State of Maine’s Standing Order)

The success of getting Mainers vaccinated against COVID-19 has led to an overall decrease in demand for testing and has made it possible to move testing services to medical offices and other settings. As a result, the swab and go drive through testing site located on Mercy Hospital’s Fore River Parkway campus closed at the end of July.

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Planning Board Meeting Results 7/12/21

Earle Enterprises request for preliminary and final subdivision and site plan approval for 8 College Avenue to convert an existing single family residence into an 8 unit apartment building was approved with findings of fact and conditions of approval.

Chase Custom Homes and Finance, Bramblewood Estates request for approval to amend the existing Bramblewood Estates subdivision and site plan, to allow eight single family units to replace 4 previously approved duplex buildings, located at Baxter Lane was moved to the consent agenda.

Dillan Heseltine—Summit Community Church's request for approval of a new 28,000 square foot community church, day care and function center on property owned by Moody's Co-Workers and located at Narragansett Street was tabled.

Megan and Gary Jordan request for approval of a 3 lot subdivision and private way off Old Orchard Road was tabled.

A proposed amendment to the Land Use and Development Code's Home Occupation ordinance, regarding allowed uses and standards was moved to send to the ordinance committee.

Grand Jury JULY

Hunter Lee Elliott, 19, of Saco was indicted for burglary and theft by unauthorized taking on charges brought by Gorham PD.

Damien Howard, 24, of Gorham was indicted for operating after license revocation, unlawful possession of scheduled drugs (fentanyl), failure to give correct name and unlawful use of license on charges brought by Westbrook PD.

Alfred Iannaco, 54, of Massachusetts was indicted for operating after license was revoked, failure to stop for an officer and reckless conduct with a dangerous weapon on charges brought by Gorham PD.

Craig Redding, 46, of Gorham was indicted for theft by unauthorized taking (priors) on charges brought by Scarborough PD.

Nomination Papers Available for Town Council & School Committee

The Municipal election will be held on Tuesday, November 3, 2021 for the purpose of electing:

Two (2) persons for Town Council to serve a 3-year term

Two (2) persons for School Committee to serve a 3-year term

Nomination papers are available from the Town Clerk's Office beginning Friday, July 23, 2021. Completed nomination papers must be submitted to the Town Clerk's

office no later than 1:00 p.m. on Friday, September 3, 2021.

Any registered voter of the Town of Gorham who is interested in running for any of these positions must submit nomination papers with no less than 35 or more than 50 signatures of persons who are registered voters of the Town of Gorham.

Please contact the Town Clerk's Office at 222-1670 if you have any questions.

CHIEF SANBORN REPORTS

Scam Warnings

Internet, phone and text scams are continuing to target everyone, but seniors are seen as particularly vulnerable. The FBI reported that over 100,000 seniors lost almost \$1 billion to scammers in 2020.

One of the most common scams tells victims that they have won a big lottery or sweepstakes. But first they must pay taxes/fees in gift cards which are difficult to trace. Another common scam is to tell the target that a loved one needs help and they need to send money.

No legitimate caller will ask for your Social Security number, nor for payment in gift cards. You should never have to pay anything to receive a prize. If the caller offers to send you a big check which you can allegedly cash after you have sent them money, it is a scam. Take time to think about what is being offered and whether or not it is legitimate.

Scammers will press you to make a quick decision, but that is so you don't have time to think through what is being offered. Never provide personal or financial information.

If anyone has any questions regarding scams or calls they have received to please contact the Gorham Police Department. We are always happy to assist in any way we can.



FUN THINGS TO DO

Perseid Meteor Shower, one of the brightest, most numerous and long lasting of all the meteor showers, will peak between August 9-14. Find a dark location, bring a blanket and enjoy some 60 to 100 meteors per hour. Best viewing is after midnight until before dawn, but anytime after full dark is fine.

Enjoy free entry to all National Parks on Aug. 25th in celebration of National Park Service Day.

Maine Farmland Trust is doing a summer scavenger hunt. Look for details on their website, <https://www.maine-farmland-trust.org/explore-maine-farms-scavenger-hunt/>

Celebrate...

- Aug 5 - National Underwear Day
- Aug 6 - Wiggle Your Toes Day
- Aug 7 - National Lighthouse Day
- Aug 8 - Sneak Some Zucchini onto Your Neighbor's Porch Day
- Aug 9 - Book Lover's Day
- Aug 10 - Lazy Day

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GHS Grads Send Message to 'Arrive Alive'

Mikaela Pellerin, GHS Student Intern

Gorham High School (GHS) graduate Emily Duncan (GHS '21) won first place in the 17th annual Arrive Alive Creative Contest, sponsored by the Law Offices of Joe Bornstein. The contest encourages students from all over Maine to produce a creative project that implements the message about the dangers of distracted driving.

Duncan's video focused on how the choices drivers make not only affect themselves but also the lives of their families and friends. She was notified of her first-place award virtually on June 17.

Duncan's advice to students hoping to participate next year is this: "Look at the past entries and do what you can to not be them. They get thousands of essays that are virtually the same each year. Either make your message stand out and have it heard, or let it drown amongst those who never risk stepping outside the box."

Six other Gorham graduates placed in the Top 20: Haley Crosby and Amelia Yahwak in second place, and MacKenna Homa, Evan Koenig, Zakary Lembarra, and Jake Lesser in third place.

First-place winners received a new laptop, second and third-place winners received a new iPad, and every student that entered received prizes from the law firm.

Gorham High School teachers Catherine Paul and Lucinda Stein have made the Arrive Alive contest part of their curriculum and inspire students to think proactively about the dangers of distracted driving. Since incorporating the contest into



Photo courtesy of Emily Duncan

Recent Gorham High School graduate Emily Duncan placed first in this year's Arrive Alive Creative Contest.

their classrooms, GHS has had a total of 234 students enter the contest.

"Every year, young adults have been affected by distracted driving, and I think, in my small way, if participating in the contest can help students to think before they make the choices to drive distracted, then taking the time to do this is important," said Stein.

In the past 17 years, the Law Offices of Joe Bornstein has given away over \$160,000 in prizes to help educate teenagers on the risks of dangerous driving. The firm's dedication to the Arrive Alive Creative Contest made them a finalist for the American Association for Justice Trial Lawyers Care Award in 2014.

Sports Etc.



Photo credit Justin Loranger

At the "Tough Mountain Challenge" sponsored annually by Sunday River Ski Resort, Elisabeth Loranger (GHS '22) and Rachel Cummings (GHS '23) competed. Both came in with a time of 44:04, finishing 1st and 2nd for the women's division (854 women competed), and placing 30th overall out of 1,797 men and women competing. Congratulations ladies! Rachel Cummings is on the left and Elisabeth Loranger is on the right.

Registration Open for the Stephen Ward 9/11 Memorial 5K

The Stephen Ward 9/11 Memorial 5K is excited to partner with Gorham Recreation Department once again for an in-person event on the 20th anniversary of 9/11. The race is in memory of Stephen Ward who lost his life in the 9/11 attacks on the World Trade Center. The fund contributes to the post secondary education of a Gorham High School student.

To register for the 5K Run~Walk & Kids' Fun Run on Saturday, September 11th, 2021 you can visit their Facebook Page or find the sign up at www.running4free.com.

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Grade 7 - Highest Honors
Jackson Bartick

Grade 7 - High Honors
Gavin Thomas

Grade 7 - Honors
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Local Football Player, Coach, and President of Maine Mayhem Reflects on Trip to Canton for the Women's Football Alliance National Championship

Destiny Cook, Sports Editor

Alicia Jeffords has barely had time to reflect on her recent trip to Canton, OH where she was part of the National Championship Planning Committee for the Women's Football Alliance (WFA). Jeffords is President of the Maine Mayhem women's football team, and at their last owners meeting applied and was selected with five other people to pull together this weekend of women and football at the Tom Benson Hall of Fame Stadium.

The weekend was filled with championship games, an All-American game and several events; while Jeffords shared there were many challenges and highlights, she reveled in the fact that the committee's hard work was broadcast on ESPN. One of the main events was the Championship game with Jeffords' sister team, the Boston Renegades, who were vying for a three-peat against the Minnesota Vixens.

The Boston Renegades were surprised by Patriots owner, Robert Kraft, with the use of his jet to get them to Canton. They went on to beat the Minnesota Vixens 42-26.

While she loved the games, Jeffords said one of her favorite

highlights was watching over 100 girls participate in the Cleveland Browns girls football clinic where the athletes showcased their talents and were coached by the WFA All-Americans. "One of our very own Mayhem Girls of Fall athletes, Savannah Austin of Bonny Eagle, made the trip from Maine to participate and wow she turned heads," Jefford said.

She went on to say these athletes are the future of women in football, and her "heart smiled" seeing each and every one of them on the field. "Having the chance to provide this opportunity to such an elite group of athletes is an amazing feeling, and I cannot wait to see what is in store for the future of women's football," she said.

Another big event was the All-American game. The WFA has 65 professional teams, including the Maine Mayhem. Jeffords said the All-Americans are chosen and ranked by their coaches and selected by league stats from each of the 65 teams. "Watching two All-American teams full of the best athletes from the American Conference versus the best from the National Conference is always one of my favorites," she said.



Photo courtesy of Alicia Jeffords

Alicia Jeffords with Savannah Austin, Bonny Eagle 7th grader and football player for BE. Both attended events at Tom Benson Hall of Fame Stadium in Canton, OH.

(Jeffords is a 12 time All-American in her own right)

Football tends to be a male dominated sport but Jeffords is a big part of changing that narrative. She said, "Empowerment is the biggest thing I would like to elaborate on. I volunteered alongside several other men and women to bring our game to this stage. We are being seen by the world. My goal is to be seen

as a female football player, female football official, female football coach, and a female football team owner so that all those little girls like Savannah know that they can be it."

If you are a woman with interest in playing football, please visit the Maine Mayhem's website <https://www.mainemayhemfootball.com/> as they are currently recruiting for 2022.

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Jordan Currier, Emmanuel College, Boston, Massachusetts
Faith Dillon, Adelphi University, Garden City, New York
Connor Donnelly, Emmanuel College, Boston, Massachusetts
Kyle King, Emmanuel College, Boston, Massachusetts

OF INTEREST

The American Red Cross continues to experience a severe blood shortage. There is an emergency need for donors to give now to ensure blood is on hospital shelves when patients need it. Cressey Road United Methodist Church at 81 Cressey Road is hosting a blood drive on Thursday, August 5 from 1 – 6 p.m. The Red Cross is also depending on us to help spread awareness of the importance of blood and platelet donations. Thanks to all who answer this call.

The Mother Seton House non-profit in Fryeburg provides education, counseling, and other support services for pregnant women and new mothers, depending on volunteers and donations for its ministry. In addition to a baby items giveaway held recently at St. Elizabeth Ann Seton Church in Fryeburg, a Baby Bottle Drive was held from Father's Day to the end of June by the Knights of Columbus Council 10221 at St. Anne in Gorham, raising \$2,500. An additional \$500 is coming from the Knight's Council 2219 from Westbrook. The House's safe, secure environment provides women with a chance to build confidence and acquire skills like cooking, nutrition, baby care, child development, budgeting, housekeeping, and more. For information on future baby item giveaways or ways in which you can help the cause, visit the Mother Seton House Facebook Page www.facebook.com/mothersetonhouse.

The Gorham Recreation Department offers a variety of recreation opportunities for all ages, all seasons. Check the website often to see what programs, events and activities are being offered. If you have questions, or need assistance with our online registration contact the office at 222-1630. Subscribe for a variety of Gorham Town Alerts by email at Gorham-me.org/subscribe.

Baxter Museum, 71 South Street, Gorham, boyhood home of James Phinney Baxter, is open in July and August on Tuesdays and Thursdays from 10 a.m. to 1 p.m. Admission is free but donations are welcome. FMI, contact 839-3878.

Nomination papers are now available for two positions on the Town Council and two on the School Committee, each for 3-year terms. FMI, Town Clerk's Office, 222-1670.

Veterans of Foreign Wars, Gorham Memorial Post 10879 will have a BBQ and meeting on August 10 at 5:30 p.m. E-mail vfwpost10879@gmail.com if you are interested in attending.

The Presumpscot Regional Land Trust invites you to spend a warm summer afternoon in a canoe or kayak learning to paddle and exploring the nature of the Presumpscot River from the water. Boats will be available for rent. The event takes place at Shaw Park in Gorham on Saturday, August 21 from 1 – 3 p.m., co-hosted by the Town of Gorham Recreation Department. The program is free, but space is limited. Register at prlt.org, click on "events."

The Gorham Lions Club will begin meeting again on Tuesday, September 14 at 6 p.m. at the Lion's Den. New members always welcome. FMI 929-9182.

For over 25 years, the Gorham Food Pantry has served the needs of the hungry in Gorham. The Pantry was founded and is sustained by the efforts of many local churches, schools, businesses, generous donors and hundreds of active volunteers. Thanks to all who help to support the Pantry. Located at 299-B Main Street next to St. Anne's Church, the Pantry's hours are Thursday mornings from 10 a.m. to 12 p.m.

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

Visit the University of Maine Cooperative Extension online at <https://extension.umaine.edu/> for information and events about food and health, garden and yard, home, family, youth and 4-H, natural resources, and insect pests, plant diseases and pesticide safety. A wealth of summer information for all of Maine.

LIBRARY NOTES

The North Gorham Public Library, serving Gorham and Standish since 1897, is located next to the fire barn at the corner of Standish Neck Road and North Gorham Road. The library serves the surrounding community with a focus on fiction for adults and children, although most any book is available through inter-library loan. The library has WiFi service and computers for patron use. The library is open on Wednesday evenings and Saturday mornings. Home Delivery and contact less parking lot pickup is also available. Visit on the web at north-gorham.lib.me.us.

Baxter Memorial Library's summer programs continue with Art in the Park on August 5, an opportunity for all ages to paint outside on the lawn, all supplies provided. Just bring your imagination and a lunch. Then get ready to Learn Tai Chi on the lawn on later that day. On Saturday, August 7, Ecomaine is coming to the library lawn to teach a multigenerational program of papermaking. Babies on the Lawn with Ms. Dani on Monday, August 9 uses stories, music, and movement to present and enhance early literacy skills, followed by Toddlers on the Lawn with similar goals. Celebrate Shark Week on Tuesday, August 10 with Mary Cerullo, and find out what important work that sharks do for the ocean ecosystem. West African Dance with Marita Kennedy-Castro is the topic of Learn on the Lawn on Thursday, August 12, focuses on the dance and drumming culture and community of Guinea. Later that day, join Irene Drago, author of "The Maine Point," discussing the idea that Maine's history is naturally romantic! On Friday, August 13, build fairy homes with Mr. Jeff at Shaw Cherry Hill Farm. Find all of these events in this issue's Calendar, and on the Library website, baxterlibrary.org.

USM NOTES

2021 Media Studies graduate Connor Blake '21 documented the beauty of the USM Gorham Campus at first light. View the story and the video at: usm.maine.edu/publicaffairs/video-connor-blake-21-captures-gorham-campus-first-light.

Do you have a local event that you would like to share? Email your information to gorhamtimes@gmail.com.

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GMS Teacher Publishes Novel for Teens

Kathy Corbett, Staff Writer

For Jason Lambert's students at Gorham Middle School (GMS), his novel *Sophomore Summer* set in 1987 is historical fiction, but Lambert knows that teenage boys still spend summer vacation hanging out with friends, listening to music, bussing tables, and trying to understand girls.

Lambert, an English language arts teacher who grew up in Portland, said he drew on his own experiences to write fiction "everyone could enjoy and that I could share with students."

In only 124 pages, Lambert tells a story of "adolescents trying to understand the adult world and their place in it." Adult readers will recognize Portland in the 1980s, the music and the frustrating Red Sox. Lambert's Deering High School classmates even recognize some of the main character's experiences as reminiscent of their own.

As a middle-school teacher, Lambert has an ear for how teenagers talk to each other. He believes his students will identify with Sam and his friends who don't have cell phones or social media. Like those boys in 1987, they seek out new music, explore new places and new emotions, confide in their friends, and learn from caring adults.

In addition to fourteen years teaching at GMS, Lambert has written short stories and articles for a neighborhood newspaper. He has a B.A. from the



Photo courtesy of Emily Duncan

Jason Lambert with "Sophomore Summer," his self-published young adult novel.

University of Maine at Orono and a M.A. from the University of Southern Maine.

"Music has been a huge part of my life," he said. There are references to music throughout *Sophomore Summer*. Like Sam, Lambert is "always looking for new songs and artists to discover." He writes songs and has self-released albums of guitar and synthesizer-based music.

Sophomore Summer is a self-published novel. It is available locally and from the author.

Presumpscot Project Restores River- Addresses Historic Wrongs

John Ersek, Staff Writer



Photo credit John Ersek

Mallison Falls where the annual Alewives migration was seen for the first time in almost 300 years.

This summer, advocates for the restoration of the Presumpscot River are cheering the return of ocean-run alewives to the section that flows between Mallison Falls and Saccarappa Falls in downtown Westbrook. The annual fish migration is reaching the Mallison Falls area for the first time in almost 300 years.

During 2019 and 2020, a major

overhaul to the Saccarappa Dam complex in Westbrook added a state of the art fishway. At the same time, the dam owner, Sappi Paper, removed several concrete dam structures which had blocked fish from swimming upstream from Casco Bay toward Sebago Lake since the early 1900's. Prior to that era,

CONTINUED ON PAGE 10





Julie Chandler



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<p>NEW</p>  <p>BUXTON \$399,000 - 36x80 commercial building w/5 acres on Rt22. Plenty of paved onsite parking with two parking lots, a front lot for customers, a rear service lot for employees and deliveries. Well designed and conveniently located.</p>	<p>NEW</p>  <p>GORHAM \$399,900 - Brand new 28x40 home. Features a desirable open floor plan with cathedral ceilings over the kitchen, dining and living rooms. Luxury laminate flooring in the main living areas & bathroom.</p>	<p>NEW</p>  <p>SCARBOROUGH \$225,000 - This hipped roof bungalow is located on a .5 acre lot in No Scarborough. A solid home with needed updating throughout. This compact floor plan offers an eat-in kitchen, living room, full bathroom & an enclosed rear entryway.</p>	<p>NEW</p>  <p>GORHAM \$315,000 - 27.38 acres conveniently located off Huston Road. The boundary survey is already completed. This acreage would be ideal for your next development or private homestead.</p>



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various wooden dam structures had been in place since the 1730's.

The dam removal by Sappi was a project involving input from the state and federal governments, as well as the city of Westbrook. Part of the purpose of the project was to allow ocean run fish to return upstream as far as Mallison Falls, which is located on the town line between Gorham and Windham.

Friends of the Presumpscot River hopes that the renewed upstream access will allow fish to spawn in many streams they had not been able to reach since the 1730's, including the entire Little River drainage. In addition to alewife and blueback herring, other species that may possibly return include shad, lamprey, and salmon.

The new Saccarappa fishways were first opened in May. Since then, more fish than expected have been seen, moving upstream. Initial fish count numbers will be released later this year.

Completion of the two year project marks a historic advance in the decades-long efforts by the Friends of the Presumpscot River to return the river to a more natural, free-flowing state, while also improving environmental quality and recreational opportunities along the entire length of the river.

It is anticipated that eagles and many other kinds of wildlife will benefit from positive changes to their habitat, due to the river having a direct connection with the ocean. Shaughnessy stated that the abundance of fish below Mallison Falls this summer is a good sign, since it is the overall number and the variety of fish species that activate the requirements for creating additional fish passages.

Shaughnessy stated that the river enhancement and cleanup efforts are also intended to make partial amends for the historical injustices which occurred during the 1600's and 1700's especially during the 1730's, 1740's, and 1750's.

During that era, dam-building, overfishing, logging, and other issues led to conflicts between colonists from Massachusetts and the native Wabanaki people, who had called this area home for thousands of years. Amid decades of struggles with colonizers, some Wabanaki people were killed in skirmishes, while many more starved or died of exposure due to settler-caused disruptions to their food supply and dwellings.

"The river flow is now more natural than it has been in hundreds of years," said Michael Shaughnessy, president of the Friends of the Presumpscot River.

Regarding the Saccarappa Falls area, Shaughnessy said, "Befitting of the First People, it should be a shared resource where people can intimately engage with the river, enjoy it recreationally, immerse themselves in its beauty, and learn of the deeper history of the people who lived here. It can be a place where the obscurity that covered their cultures and customs can be peeled away and inform generations moving forward."

Shaughnessy added that his organization has goals of extending fish passage upriver past Mallison Falls to Little Falls, Gambo Falls, and Great Falls, eventually reaching Sebago Lake, through more dam removals and fishway installations. However, this process is likely to take decades to be completed.

2019-2020 Police Stats

Sheri Faber, Staff Writer

Calls for Service	2019	2020
Total Calls for Service	13,796	12,014
Traffic Stops	3,119	1,982
Arrests	212	149
Summons (Criminal & Civil)	258	279
VSACS & Warnings	2,773	753
Parking Tickets	24	22
Disturbance Complaints	163	131
Domestic Complaints	66	54
Mental Health Related Complaints	65	76
Drug Related Complaints	44	45
Drug Overdoses	12	5
Drug Overdose Deaths	0	0
Total Deaths	11	13
Thefts	120	64
Traffic Crashes	509	426
Fatal Traffic Crashes	1	1

The Gorham Police Department was impacted by the pandemic and the accompanying restrictions as everyone was. While there were some substantial changes, the overall total number of calls for service dropped from 13,796 to 12,014, a decrease of about 13%. Traffic stops decreased about 37%, arrests decreased about 30%, VSACS and warnings decreased about 73%.

Chief Sanborn noted that there were fewer traffic stops, and fewer summons issued as a means of reducing contact and potential exposure between officers and members of the public.

During the course of the pandemic, there were a number of officers who left the Gorham Police Department, including several officers hired during that time to replace officers who had retired or moved on to other positions. Several of the new hires also moved on, but Chief Sanborn believes that the four newest officers with the Gorham Police Department are strong officers

who appear to be settling in and likely to stay on a long term basis.

Sanborn pointed out that before the pandemic, the GPD would receive up to a hundred applications for any opening, but this was not the case during much of the pandemic.

Sanborn believes Covid-19 has been an opportunity to rethink how the Town, Police and Fire can better prepare for major events and are looking at having an emergency operation center with dispatch at the Fire Department.

Sanborn is developing plans to have food and bedding available for future emergencies which might be weather related, a mass casualty or a hazardous spill. The Town has earmarked funds to get this process underway. The Town also struggled to obtain PPE and other needed Covid supplies during the early days of the pandemic, so funds are being set aside for future crises.

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Two people were given summons for operating an unregistered ATV on Line Rd. at high rates of speed. They were also given summons for operating an unregistered ATV and warned for operating on a public way.

Officer advised an intoxicated person at Wassamki Campground that he was no longer welcome there and needed to leave.

Officer checked on two people sitting on the side of Gray Rd. They were walking because their friend had been driving erratically and they no longer wanted to ride with them. Officer gave them a ride to the bus stop so they could get back to Portland.

Officer checked on an unattended truck, running with the door ajar and parked on the woodline on the South side of Gorham Middle School. A contractor was measuring the sidewalks before bidding on an upcoming construction project.

Fort Hill Rd. caller reported someone was threatening him and his family on Facebook. Caller knew there probably wasn't anything the police could do, but he just wanted to report it.

Caller reported a vehicle all over the road. Officer saw a vehicle half in the breakdown lane and pulled the vehicle over. Driver admitted being all over the road due to being on his phone trying to use the talk to text option. He was given a ticket for operating while using an electric handheld device.

Narragansett St. caller's partner told him if he went outside to smoke a cigarette, she was going to lock the door. He went outside, and she locked the door. He did

not want to stay outside. He got upset when the officer said he would not take the caller somewhere, and he hung up.

Patrick Dr. caller received a scam call from the IRS and said they would put out a warrant for her arrest. She was advised it was a scam and that the IRS would contact by mail, not a phone call.

Caller had some questions about an abandoned boat, but his inquiry was about a boat in Gorham, New Hampshire.

Brookwood Dr. caller reported receiving a letter that there could have been a fraudulent tax return filed with his information. He was advised to contact banks, credit cards and the credit bureau to let them know his identity had been compromised and to freeze his credit.

Officer responded to Dingley Spring Rd. where kids were tossing riprap rocks from the bridge on Dingley Spring Ext. Kids were advised not to take supporting rocks and throw them in the water.

Goodall Rd. caller reported his vehicle had been stolen. Caller had given permission to the woman to use it as long as she put a new tire on it. Has not been able to contact her. Cumberland Police Department located the woman and gave the caller her address so he could pick up the vehicle.

Lover's Lane caller wanted to report a vehicle parked near his driveway. The registered owner lives up the road and sometimes parks on the road. Vehicle was off to the side of the road. He had called some phone numbers and was not able to get ahold of anyone.

Line Rd. caller wanted to know if his license was still active. He was told to call the Bureau of Motor Vehicles.

Brackett Rd. caller advised there had been a demolition derby at a neighbor's house the previous night.



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CALENDAR

THURSDAY, AUGUST 5

American Red Cross Blood Drive, Cressey Road United Methodist Church, 1-6 p.m.
 Baxter Memorial Library
 Art in the Park for all ages, 10:30 a.m.-12 p.m.
 Learn on the Lawn – Tai Chi, 1-2 p.m.
 Baxter Museum, 71 South Street. Public hours 10 a.m.-1 p.m. Free/donations welcome.

SATURDAY, AUGUST 7

Baxter Memorial Library
 Papermaking with Ecomaine, multigenerational, 10-11 a.m.

MONDAY, AUGUST 9

Baxter Memorial Library
 Babies on the Lawn, 9:30-9:50 a.m.
 Toddlers on the Lawn, 10-10:30 a.m.

TUESDAY, AUGUST 10

Baxter Memorial Library, Sharks with Mary Cerullo, 10-11 a.m. (rain date August 11)
 Baxter Museum, 71 South Street. Public hours 10 a.m.-1 p.m. Free/donations welcome.
 VFW Gorham Memorial Post 10879 BBQ and meeting, 5:30 p.m. vfwpost10879@gmail.com

THURSDAY, AUGUST 12

Baxter Memorial Library,
 Learn on the Lawn, West African Dance with Marita Kennedy-Castro, 1-2 p.m.
 Maine's History is Naturally Romantic! Irene Drago, author of the Maine Point, 6-7 p.m.
 Baxter Museum, 71 South Street. Public hours 10 a.m.-1 p.m. Free/donations welcome.

FRIDAY, AUGUST 13

Baxter Memorial Library
 Shaw Cherry Hill Farm – Building Fairy Houses, 10:30-11:15 a.m. (rain date, August 20)

TUESDAY, AUGUST 17

Baxter Museum, 71 South Street. Public hours 10 a.m.-1 p.m. Free/donations welcome.

WEDNESDAY, AUGUST 18

Baxter Memorial Library will be closed for staff training and professional development.

CLASSIFIEDS

MUSIC

ROCK & ROLL BAND MEMBERS WANTED! I played drums in a band in 60's/70's. I would like to find a guitar, bass and keyboard player to get together 2-4 times/month. I have amps, sound system and microphone. Call Patrick at 303-345-3715.

SERVICES

DECK PAINTING. Time to plan spring projects. We power wash, scrape, sand, two coats of your choice. We are insured, 6 years experience, excellent references. Call/text Lori 207-838-0132.

DIGITAL PROSPERITY TRANSFORMATIVE POP MUSIC: myfamouspopmusic.blogspot.com thru blogspot. Listen Today & Buy 18 Pop Music Tracks for .99 cents for the whole album. Ashley Lenartson, 207-809-9461, ashleyleartson@gmail.com.

MONSTER POP HITS POP STAR FAN CLUB. myfamouspopmusic.blogspot.com thru blogspot Go Now: Listen Today, Buy & Comment. Testimony's Needed. You Are A Beautiful Pop Music Listener. #freeashley

RAHA Integrative Health, Professional Massage Therapy and Reflexology. For total body health and wellness. Reduce stress and feel better. 31 Main Street Gorham, www.RAHMaine.com, 207-671-0740.

SENIOR SERVICES - In home Caregiver enables your senior family member to remain safely at home. I have over 35 years experience with CNA and Alzheimer's training. My duties include personal care, cooking, shopping, light housekeeping and companionship. Call Sue 207-205-5013

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

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2.59 Made with
Sweet Berries!
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MARKET BASKET Fresh
Chicken Tenders
Antibiotic Free
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Lean Boneless Pork Tenderloin
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3.99 lb. Cryovac Save \$1.20 lb.

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Virginia or Honey Ham
3.99 lb. Save \$1.00 lb.

American Cheese LAND O LAKES
4.49 lb. Save \$1.00 lb.

Extra Jumbo Raw EZ-Peel Shell-On Shrimp
7.99 16/20 ct. per lb. 32 oz. bag \$15.89 Save \$1.00 FROZEN 16 oz.

Nature's Own Honey Wheat Bread
2 \$5 for 20 oz. Save \$2.18
NOW GMO CERTIFIED

Prince Pasta 13 Varieties 12-16 oz.
5 \$5 for Save \$1.25

Blue Cheese BELGIOIOSO Quality Nonne Cheese
3.99 lb. Cut Fresh In Store Aged 6 Months Save \$2.00 lb.

Tostitos Scoops! PARTY SIZE 14.5-17 oz.
2 \$6 for Save \$1.98

Turkey Hill Ice Cream All Natural \$3.89 35 Varieties
2 \$5 for Save 98¢ 48 oz.

Jessica's Tuscan Bread Local Company
Regular • Wheat • Oatmeal • Honey Sunflower • Marble
3.29 Save Up To 40¢ 20 oz. NON GMO

Sale Starts Sunday Aug. 8th - Saturday Aug. 14th

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