

Gorham Times

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

That's a Wrap- Sports Editor, Destiny Cook Passes the Torch

Destiny Cook

It was a little under 4 years ago, I couldn't have imagined I would be reaching out to the Gorham Times inquiring about the Sports Editor position. I had never written anything other than papers in school (and just being honest, I wasn't that great at that). I didn't think of myself as a writer, but what I did have was an undeniable love for sports. I hesitantly reached out after seeing it posted multiple times, and the rest as they say, is history.

Leslie Dupuis reached out to me and was so motivating despite my lack of experience, I'm so thankful for that. With her encouragement, as well as my husband Dan's, I accepted the position and dove in to develop my writing chops.

Nervously, I wrote my first few articles and thought to myself "I can do this!" My very first article was about Special Olympians participating in a basketball tournament at USM. Not really knowing what I was doing, I strolled into the gym with my notepad and camera. It was such a neat experience to interview the athletes and their coaches with the hope I could write something that would resemble an article. I actually loved it.

Over the last 3 1/2 years I have had the privilege to write about Gorham

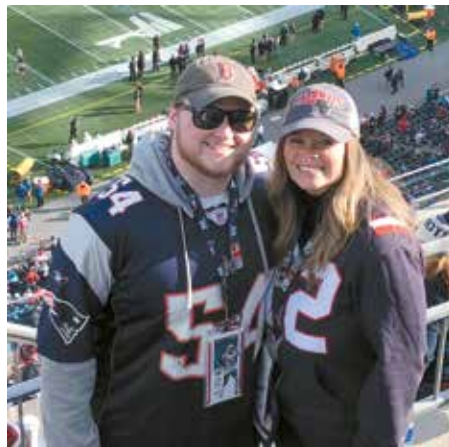


Photo courtesy of Destiny Cook

Destiny Cook with her son Seth at a New England Patriots game.

residents, athletes of all ages and their accomplishments, as well as the many sporting activities that happen in our community. I have written about people who were devoted to their sport and worked hard to get where they are. I've interviewed young athletes who have overcome injuries or obstacles and never gave up. I was incredibly inspired by the brutal honesty when sharing their fight back to health.

Over the years it has been special to interview my friend Katie Ward about the Stephen Ward 9/11 Memorial 5K

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New Sports Editor, Katie Brown Joins the Gorham Times

Katie Brown

Katie Brown, a Gorham High School alumnus, has always had a passion for sports. She has been an active member of the Gorham community for over 17 years, especially involved in youth sports and the Gorham Boosters.

Brown attended the University of Maine at Farmington and New Mexico State University, playing Division I and III soccer. Her enthusiasm for sports is extensive and has never wavered.

She and her husband, David, raised their two boys in Gorham, Gerek ('16) and Nolan ('18) who were both outstanding student-athletes.

Brown has not only been a coach but also an educator for many years in Farmington, Portland, and Gorham. She began her journey teaching fitness classes, coaching soccer, and working as a sports camp counselor at the Woodlands Country Club in Falmouth.

She and her family enjoy fishing at the lake or ocean and enjoy skiing or hiking in the winter months. Skiing has always been a part of her life, and Brown taught her kids and many of her friends' kids to ski. She enjoys all of the seasons Maine and New England have to offer and especially gathering on Sundays for football and baseball games.

Brown is interested in connecting with the community of Gorham as



Photo credit Beth Orlando

sports get fully active again this fall and would love to have families of athletes of non-traditional sports reach out to her with updates and photographs of all of the diverse sporting events in this area.

She looks forward to bringing the sporting news of the area to the Gorham Times and highlighting our tremendous athletes and their achievements.

For any sports-related questions, comments, or ideas please contact Katie Brown at sports@gorhamtimes.com.

Eight Electric Vehicles for Town Staff



Electric Vehicles charging at Shaw Gym/Municipal Center.

Sheri Faber, Staff Writer

For over a hundred years, drivers have largely relied on gasoline-powered vehicles for both local and long distance travel.

According to Doug Carter of Carter's Auto Service, "car manufacturers are beginning to convert to all electric drivetrains. Motors and batteries on their own do not emit any pollutants. There are over 2000 moving parts on the average gasoline-powered vehicle

drivetrain, and there are fewer than 20 moving parts in an electric motor power train. The simplicity of an electric car will change the auto industry in unprecedented ways. The general public needs to understand the fact that gasoline-powered vehicles will not be around forever."

The Town of Gorham has acquired eight Chevy Bolts and Hyundai Konas. Funds for these vehicles came from



Photo credit Roger Marchand

a combination of municipal funding, Efficiency Maine grants and free leases.

The electric cars have a 250-300 mile range and take about eight hours to fully charge. "Most trips taken by municipal employees are for short distances, so it is not uncommon for cars to only need charging every week or two," said Town Manager Ephrem Paraschak.

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MEET YOUR NEIGHBOR

Through the Lens: Maine Images

Chris Crawford, Staff Writer



Photo credit Cameron Tiedje

Gorham resident, John Tiedje, will be showing a number of his photographs at the Stier Gallery in the Thomas Memorial Library (TML) in Cape Elizabeth during the month of September.

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CAUTIOUS TRANSITION
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**GORHAM SCHOOLS
WELCOME NEW STAFF
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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.

Ending Foreign Influence in Maine Elections

Rep. Kyle Bailey

Last week, I was proud to join a bipartisan group of Maine lawmakers and citizens that included Republican State Senator Rick Bennett, former Republican House Leader Ken Ferdette, former independent State Senator Dick Woodbury, and others to establish a ballot initiative that seeks to eliminate foreign influence and corruption in our elections.

Earlier this year, Sen. Bennett, the lead petition signer on our initiative, sponsored a bill to prohibit foreign government-owned entities from influencing our elections which serves as the model for our ballot initiative. The bill, LD 194, was approved by strong bipartisan majorities in the Legislature but was vetoed by Governor Mills.

Maine elections belong to Mainers, and not to wealthy foreign interests. That is why I believe this fight is so important and why I have signed on to manage the campaign. Earlier this year I sponsored a bill tackling these same issues, LD 479. The new initiative shares many of its key provisions.

The ballot initiative, "An Act to Prohibit Foreign Influence in Maine Elections and Promote an Anti-Corruption Amendment to the U.S. Constitution," has several components:

Prohibit donations and disbursements by foreign governments, foreign government-owned entities, and foreign government-influenced entities in ballot measure and candidate campaigns.

Require disclaimers on ads spending by these foreign entities that seek to influence public policy so Mainers

know which communications are paid for by foreign entities.

Mandate that traditional and new media outlets regulate advertisements to avoid violations of this law and require that they remove prohibited communications when identified and notify the Maine Ethics Commission of such violations of law.

Our initiative seeks to end these games and close loopholes that allow foreign governments to invade our elections and seek to manipulate outcomes.

Reaffirm Maine's support for an anti-corruption amendment to the U.S. Constitution and call on Maine's federal delegation to support the amendment so states like Maine have the power to fully regulate and fight corruption in campaign finance laws.

We are all tired of foreign governments and wealthy interests abroad playing games with our elections. Our initiative seeks to end these games and close loopholes that allow foreign governments to invade our elections and seek to manipulate outcomes.

Proponents must now collect the signatures of over 63,000 registered Maine voters to place this citizens' initiative on the ballot. The signatures must be collected by January to place the question

on the 2022 ballot or by early 2023 to place the question on the November 2023 ballot.

As my colleague Sen. Bennett told reporters when we filed this initiative, "This is a fight we must win to preserve the integrity of our democracy for future generations."

I couldn't agree more. Regardless of your position on any other issue, this is one where we can come together as Republicans, Democrats and independents to put Maine first.

The lead signers on the initiative include two Republicans, two Democrats and two independents, demonstrating the broad cross-partisan support that exists among the Maine people for upholding election integrity.

As always, you are welcome to email me with questions or to learn how you can make a difference in this important fight at kyl robertbailey@gmail.com.

My work on behalf of the citizens of Gorham does not end when the Legislature convenes. There is far too much work to be done to make our democracy safe and secure for future elections. I hope that you will keep in the fight with me for a better future. I know that Maine's best days are still ahead of us if we are willing to think differently and act boldly.



Rep. Kyle Bailey, D-Gorham, is serving his first term in the Maine House of Representatives. You can reach him by emailing kyle.bailey@legislature.maine.gov or calling (207) 939-8600.

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Ad deadline is the Wednesday of the week prior to issue date. Go to gorhamtimes.com and click on the advertising link for schedule.

EDITORIAL POLICY

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

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Advertising

Deadlines

September 8

September 22

October 6

Go see:
Images of Maine in Black and White
Black and white photographs by John Tiedje at the Stier Gallery in the Thomas Memorial Library in Cape Elizabeth during the month of September.
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Fatal Accident

Gorham Times Staff

On August 26 at 3:38 p.m. in front of 245 Sebago Lake Road, Alex Ishimwe, 21, of Portland hit Stephen Palmer, 72, of Gorham who was on a bicycle. Palmer was transported to Maine Medical Center where he died at 4:30 p.m. The driver has not been charged but the investigation into the crash is continuing.

Stephen Palmer was a valued member of the transportation staff for Gorham Schools. He was loved by many and will be truly missed.

Electric Vehicles CONTINUED FROM PAGE 1

The Town currently has municipal charging stations at the Municipal Center, the Fire Department and Public Works for Town staff.

For residents of Gorham, the Town has installed a public charger next to Robie Gym. Future chargers are planned at Hannaford and at the First Parish Church on School Street.

Town Notes

The Appointments Committee is accepting applications to fill a vacancy on the Conservation Commission. If you would like to apply, please complete an online Committee Volunteer Application, available on the Town website. Applications will be accepted until September 6, 2021.

Due to reports of high and substantial levels of community transmission of COVID-19 within Cumberland County, all individuals entering Gorham municipal buildings are asked to wear a face covering. Masks are available to visitors upon request.

Gorham residents are reminded to be aware and stop for school buses. Please remember cars must stop a safe distance away and not start again until a school bus's red lights stop flashing, the stop sign has been folded back, and the bus begins to move.

University Begins Cautious Transition to More Normal Campus Life

John Ersek, Staff Writer

As students return to campus dorms, and the University of Southern Maine begins fall classes the week of August 30, university administrators are making efforts to prevent the spread of COVID-19 in consultation with public health experts. At the same time, they are trying to maintain balance between the desire to return to a more normal campus life, while implementing necessary public health measures.

The University of Maine system put in place several enhanced COVID-19 safeguards during the summer break. University administrators made significant changes to previous mask guidance when they announced that all persons on university campuses would need to wear masks indoors, effective immediately. Previously, vaccinated persons did not have to wear masks indoors, but administrators said the change was in response to rising COVID-19 infection rates and the emergence of the Delta variant.

Chancellor Dannell Malloy clarified that this rule would be in effect at least until the end of September, at which time it will be reviewed for possible modification. Masks are not currently mandated in outdoor campus settings but are strongly encouraged in locations where large groups of people are present and social distancing is not possible.

In August, the university announced a new requirement that students who wish to be present on a university campus at any point during the semester would need to provide proof of being vaccinated against COVID-19, while still allowing for certain exemptions due to significant medical or religious factors.

Students who do not comply with the vaccination rule will be required to participate in weekly COVID-19 testing if they want to be allowed on campus. Students who take all online classes will be exempted from this rule, as long as they have no plans to be on campus. At the same time, the university is negotiating with unions for faculty members and support staff, so that their union contracts can be amended to allow for COVID-19 vaccination requirements.

Further public health measures include a requirement that all students and staff who have been exposed to an infected person will be required to get tested.

All students, vaccinated or not, who test positive will be required to isolate for ten days in specialized housing provided by USM. Faculty and staff who test positive will be required to remain off campus throughout a ten day isolation period. The university has contingency plans to increase the number of isolation beds, if increased COVID-19 case numbers require that.

Many aspects of campus life will be more like normal this semester. For instance, approximately 70% of USM classes will be in-person, compared to about half of the classes being in-person last spring.

Additionally, there will be no social distancing requirements in most locations on USM's three campuses, at

least to begin the semester, allowing higher student enrollment and classrooms to feel fuller. There will be higher capacity limits in the dining hall, student center, and student dorm lounges, which should permit students to have more normal interactions with each other.

As the semester opens, university facilities such as the Corthell Concert Hall will be open to the general public for scheduled concerts. The USM School of Music has a nearly full schedule of instrumental and vocal performances planned for the fall.

The USM Art Gallery will be hosting an exhibition by two local painters, opening in October.

Similarly, USM Huskies team competitions have been scheduled at a fairly normal level, and the public will be allowed to be present as spectators.

The campus library will be open to the public by appointment only. Members of the public will be required to follow the same masking requirements as those required of members of the university community.

As the semester proceeds, the University will monitor the number of COVID-19 cases on its campuses, and may modify these policies as the situation dictates.

"We want the pandemic behind us, but we also want to be together safely this fall," said University of Maine Chancellor Dannell Malloy.



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Fight or Flight

Robert LaVoie

We have all heard the phrase “Fight or Flight” but do you really know what that phrase means in terms of our health and well-being?

Most people imagine a harrowing situation where a quick decision is needed to avoid danger or, in the extreme, to prevent death. This is true in the primal sense of the phrase. Humans, just like all living creatures, are designed to survive and avoid danger at all cost. A great documentary showcasing primal fight or flight is “My Octopus Teacher.” Well worth the watch for the entire family.

While many species share similarities in how they have survived and evolved, this article is about humans. What makes us different from the gazelle crossing the Zambezi River or the abundant red squirrel crossing Fort Hill Road is that humans have evolved to a point where immediate survival is not a constant in our minds on a daily basis.

In 1800, the life expectancy for humans was 29 years, globally. In 1950, it was 46 years, and in 2015 it was 71 years (source: ourworldindata.org). It’s fair to say that humans have done quite well over the years. But have we? Sure, we are living longer, but what about our quality of life? We are alive but are also reporting record numbers of long term illnesses and chron-

ic conditions such as Diabetes, Hypertension, High Cholesterol, Obesity, Anxiety, and Depression.

Let’s dive into the world of “Fight or Flight” as our body sees it. Our bodies have this wonderful Nervous System that includes the last frontier of research: the brain and the ever so important spinal cord which acts like the super highway for communication (think Interstate 95). Anything outside of this network is considered the Peripheral Nervous System (PNS), which is all the nerves branching from your spine to every single part of your body. The PNS is the messenger for the body/brain connection. The PNS tells the brain, “Hey ... I just touched a hot pan with my bare hand, what should I do?” Then the Brain processes this information and tells the body what to do via the PNS.

Within the PNS is a set of specialized nerves that control all of the body functions that we are simply not aware of on a conscious level. These nerves control the vital functions that keep us alive. They are further divided into the Sympathetic (aka Fight or Flight) and the Parasympathetic Nervous Systems. The Sympathetic System says, “just keep me alive at this moment, I do not care what the long term repercussions are for my body.” Conversely, the

Parasympathetic System says, “Let’s keep all my body’s vital organs in good working order because I will need them for a long time.”

When we go about our days in a state of constant stress, we are living in a fight or flight mode. Though immediate survival is not at the top of our conscious thinking, we do experience a sympathetic response to some extent. These stressors come in many forms like fear, worry, anxiety, and fatigue. In today’s world, especially with the pandemic, this is even more apparent. Over time these stressors can affect our health and well being in a negative way.

There are countless ways we can inhibit our fight or flight response. One of my favorites is unplugging devices, turning off screens, and going outside to enjoy nature. What is the best method for you? Ask yourself, what makes you slow down? What makes your muscle tension melt? What makes your breathing slow and your brain calm? Start there and repeat the process often.



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

Arrests JULY

Hollis woman, 29, was arrested for OUI (alcohol), operating with a suspended/revoked license, and violating conditions of release.

Mosher Rd. man, 40, was arrested for domestic violence (priors).

Springvale woman, 40, was arrested for domestic violence aggravated assault and criminal mischief.

Portland man, 50, was arrested for violating conditions of release.

Portland woman, 41, was arrested for unlawful possession of scheduled drugs, possession of hypodermic apparatus, failure to appear, OUI (drugs or combo), unlawful possession of methamphetamine, unlawful trafficking in scheduled drugs and unlawful possession of scheduled drugs (two counts).

Jackie’s Way woman, 23, was arrested for domestic violence assault.

Main St. man, 21 was arrested for OUI.

Sebago Lake Rd. woman, 34, was arrested for violating conditions of release and was held for another agency.

Main St. woman, 30, was arrested for OUI (alcohol).

Narragansett St. man, 28, was arrested for OUI and arrested for OUI a second time, two and a half hours later.

Gray Rd. man, 45, was arrested for stalking, violating a protective order, OUI (alcohol) and failing to stop for a police officer.

Mosher Rd. man, 38, was arrested for failure to stop for an officer, unauthorized taking, and violating conditions of release.



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When: Saturday, September 11th
Time: 9am – 1pm
Where: 33 Cressey Rd, Gorham, Harmony Masonic Lodge

You are also welcome to join us at our Thursday, September 9th meeting where our speaker & club member, Brenda Caldwell will inform us on Cemeteries in Gorham.
Time: 12:30pm social time; Program to start at 1pm
Where: Fellowship Hall, First Parish Congressional Church, 1 Church St, Gorham.

Your support is always welcomed, come meet our members!

For more information:
 Gorham Woman’s Club
 PO Box 4, Gorham ME 04038
 Nancy 839-7093
 GorhamWomansClub@gmail.com



Gorham Schools Welcome New Staff

Andrea Morrell, School News Editor

The Gorham School Department has approved the following new staff for the upcoming 2021/2022 school year. Please welcome them when you see them around the schools.

Penelope (Penny) Coward is a behavior program teacher at Village Elementary School, replacing Karen Richards, who is retiring. She has a B.A. in Elementary Education from Franklin College, graduated from the SPARC program from The University of Maine at Farmington (UMF), and has a M.Ed. in Special Education from The University of Southern Maine (USM).

Meghan Cushing is a math teacher at Gorham High School (GHS), replacing Scott Becker, who resigned. She has a B.A. in Secondary Education in Mathematics and a M.Ed. in Special Education, both from Assumption College.

Alicia Davis is a third-grade teacher at Great Falls Elementary School, replacing Darren Choate, who resigned this summer. She has a B.S. in Elementary Education from UMF and is currently working on her Masters from the University of New England (UNE) (anticipated 2022).

Alyssa Dolley is a third-grade teacher at Great Falls, in a new position funded by federal funds for 2021-22. She has a B.S. in Elementary Education from UMF.

Meaghan Dupuis is a FLS/Autism teacher at Gorham Middle School (GMS), in a new position. She has a B.A. in Elementary and Special Education and

a B.S. in Interdisciplinary Studies from Southern Connecticut State University and a M.Ed. in Teacher Leadership from USM.

Josh Galvin is a Kindergarten teacher at Narragansett Elementary School, in a new position funded by federal funds for 2021-22. He has a B.A. in English from Bates College and a M.Ed. in the ETEP program from USM.

John Haley is a science teacher at Gorham High School (GHS), replacing Brigid Franey, who resigned at the end of the 2020-21 school year. He has a B.A. in Outdoor Education from Northland College and a M.Ed. in Environmental Studies from Antioch University.

Sophia Hendrix is a second-grade teacher in a one-year position at Great Falls, in a new position. She has a B.A. in Elementary Education from UMF.

Natasha Jordan is a Kindergarten teacher at Great Falls, replacing Brent Stevens, who resigned at the end of the 2020-21 school year. She has an A.S. in Early Childhood Education from Southern Maine Community College and a B.A. in Early Childhood Education from The University of Maine at Augusta.

Lucy Knowlton is a cross country coach. She has a B.A. in History from Bowdoin College.

Mason Karter is assistant football coach.

Jennifer Macaluso is a fifth-grade teacher at Narragansett, in a one-year position paid via federal funds to reduce class sizes. She has an A.S. in General Studies at Massasoit Community



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College, a B.A. in Psychology from Bridgewater State University, and an anticipated M.Ed. in Education (2022) from USM.

Cara Maloney is a FLS teacher at GHS, replacing Eric Lelansky, who will be on a one-year sabbatical. She has a B.A. in Science from James Madison University.

Miranda MacDonald is a K-5 music teacher, replacing Amy Steward, who resigned at the end of 2020-21 school year. She has a B.A. in Music Education from Rhode Island College.

Jodi Mezzanotte is principal at Village, replacing Dr. Brian Porter, who is taking on the Assistant Superintendent role. She has a B.A. in Communications and a M.Ed. in Educational Leadership, both from USM.

Vanessa Nickerson is an instructional strategist at GHS, replacing Maura O'Connor, who is retiring. She has a B.A. in English from USM, a M.Ed. in Gifted and Talented Education from St. Joseph's College, and a C.A.S. in

Educational Leadership (Special Education) also from USM.

Jill Ouellette is an English teacher at GMS, replacing Sheila McAtee, who is retiring. She has a B.S. and M.Ed. in Elementary Education, both from The University of Maine at Orono (UMO).

Emily Pineault is an autism teacher at Great Falls, in a new position. She has a B.A. in Psychology from The University of New Hampshire and a M.Ed. in Special Education from Southern New Hampshire University.

Marc Sawyer is assistant principal at GHS, replacing Ryan Watts, who resigned this summer. He has a B.S. from UMO, a M.Ed. from Southern Illinois University, and a C.A.S. from UNE.

Brittany Taylor as instructional strategist at Narragansett, replacing Jesse Forest, who resigned this summer. She has a B.A. in Sociology and a M.Ed. in Education, both from USM.

Marissa Thiele is a Spanish teacher at GHS, replacing Sally Reynolds, who is retiring. She has a B.A. in Hispanic Studies from USM.

Jenna Willey is a special education FLS teacher at Narragansett, replacing Amy Hague, who resigned this summer. She has a B.A. in Communications and Business Administration from USM and a M.S. in Special Education from UMF.

Erica Woods is a K-5 ELL teacher, in a new position. She has a B.S. in Elementary Education from UMO and a M.Ed. in Teaching English Learners from American College of Education.

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Gorham School Volunteer Programs Resume

Kathy Corbett, Staff Writer

Gorham Schools will resume the volunteer program that was suspended due to Covid-19 in March 2020. "We will be allowing volunteers back in the classrooms shortly after school begins," Superintendent Heather Perry said. Those interested should register on-line at the Gorham School website.

Some opportunities include classroom volunteering, chaperoning field trips and GMS dances, helping with clubs and athletics, volunteering in libraries, and helping with vision and hearing screening.

All volunteers will follow the same Covid-19 policies as staff and students.

Registration and a background check are required every year for all



volunteers. New volunteers accepted for the program should contact Kelly Reed, volunteer coordinator, to receive access to the on-line volunteer orientation. Former volunteers who have already attended an orientation do not need to complete the new 15-20 minute on-line version.

For more information and to register choose the Human Resources tab on the Gorham Schools website and click on Volunteer Program.

Great Falls Celebrates Ten Years

Kathy Corbett, Staff Writer

Ten years ago, Principal Jane Esty and Assistant Principal Becky Fortier welcomed the first students to the new Great Falls Elementary School.

The spacious building was constructed for \$15 million dollars on 20 acres of former farmland and replaced the much smaller White Rock School in North Gorham. The state paid 90% of the construction costs for the school on route 237, which was built to serve K-5 students in northeast Gorham.

Although Great Falls was built for 500 students, there were 620 before 100 were transferred to Narragansett in 2019. Enrollment this year is 510.

To celebrate the 10-year anniversary, Fortier, now Great Falls principal, is planning monthly events and activities with a committee of current and former parents, students, and staff, culminating in a "spring birthday blast."

After the restrictions and changes of the past year, Fortier is looking forward to "celebration and renewal."



In past years, she said, as many as 300 families would attend events, giving the school a feeling of family and community. "We want to see our families again."

The school will hold an open house at the end of September with an outdoor picnic and music. Families will attend staggered alphabetically.

Fortier was quick to say, "All three elementary schools will have welcoming events and meetings. The principals all work together; we have the same goals."

SPORTS

Lessons Learned at Gillette

Aislyn McLean, GHS Student Intern

As a lifelong Patriots fan, I felt extremely lucky sitting in Gillette Stadium for the first time this past August. I was lucky enough to receive tickets from the previous Gorham Times Sports Editor, Destiny Cook. I was joined by my parents and a close friend, and although we were met with a couple challenges, the experience was incredible.

The excitement began the minute we walked through the doors of our hotel, as we found ourselves face-to-face with several Patriots players waiting to board their bus. We were starstruck to say the least. I laughed at myself, as all of my clothes were in a trash bag and my skin was slick with sweat. It was nearly 100 degrees in Foxborough that day.

Before we could ask for a picture or get a chance to talk with them, they were out the door and we were on our way

to our room. We had a couple hours to spare, so once we got all dressed up in our football fan gear, we grabbed dinner at the hotel. Then things went slightly downhill.

Kickoff was at 7:30 p.m. It was about 6:00 when my parents called our first Uber, which quickly canceled. "Too much traffic," the driver told us. We hurried to call for a second ride, with which we were supposed to arrive at Gillette around 6:45. The previous driver didn't lie, though. There was indeed "too much traffic."

At 7:15, we were still sitting bumper-to-bumper with the stadium on the horizon. With 2 miles to go, we decided to ditch the Uber and walk the rest of the way. Clearly, other people had similar thoughts. The sidewalks were just as

CONTINUED ON PAGE 8

Sports Editor, Cook Passes the Torch CONTINUED FROM PAGE 1

and to learn about her brother who meant so much to GHS sports.

As I developed my writing, I was also excited to step outside the box and write personal articles. Sharing what being a sports fan really means to me through memories with my grandfather, who meant the world to me (he was a huge Red Sox fan). And also sharing memories of my children in their youth sports and friends I've made along the way.

When COVID-19 hit, writing about sports became difficult. Fortunately people got creative with their athletic endeavors, from running 24 hour marathons to socially distant workouts, Gorham athletes showed their resilience through it all.

As for the Gorham Times staff, they are an incredibly supportive group. From generating ideas to editing help and positive reinforcement, I'm very grateful to have worked with this team.

I would really like to thank Leslie, my former Editor. Her support and patience as I began my time with the Times was unwavering. I'm not sure I could have done this without her!

I also want to acknowledge my intern this past year, Aislyn McLean. What an incredible gift she has as a freshman in high school, her work ethic was nothing short of amazing. I can't wait to see what she accomplishes in the next 3 years!

Finally, thank you to the Gorham community for reading my articles and for the words of encouragement. I am humbled.

I want to finish by saying if you find yourself looking to volunteer, I highly recommend the Gorham Times. There are many ways to volunteer, whether it's as a writer, selling ads, or making deliveries. Being a part of our community paper is so rewarding.

I'm proof that you don't have to have experience. Just go for it! And while I'm signing off as the Sports Editor, it's not goodbye. I hope to continue to contribute occasionally, and I look forward to seeing where the new Sports Editor, Katie Brown, takes her new role.

If you have a sports idea, her email is sports@gorhamtimes.com. You'll be hearing from her soon!

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What's Been Happening in Gorham this Summer...



Photo credit Chris Crawford

Photo credit Catherine Paul

A Thank You Celebration to our dedicated Gorham Times Volunteers. Thank you for all of your tireless work. Gorham Times Volunteers Rock!

Gretchen (12) and Jude (8) Paul have been keeping bees with their mom for about 5 years. This year they were able to harvest 75 lbs of honey from their backyard hives.

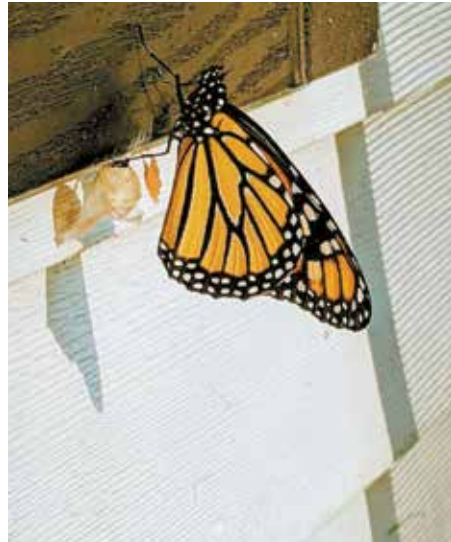


Photo credit Cathy Walter

Photo credit Christie Paul

Gorham Times own Cathy Walter displays a beautiful harvest from her food forest.

A Monarch Butterfly emerges from its chrysalis and rests nearby to dry its wings.

As we enter the fall, please send in your Back to School Photos and any Fall Fun activities to editor@gorhamtimes.com



Photo credit Baxter Memorial Library

Author Mary Cerullo shares her books and wisdom about sharks at Baxter Memorial Library.

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COMMUNITY

GRADUATION

Olivia Puopolo, BS in Neuroscience and Behavior, magna cum laude, Simmons University, Boston, Massachusetts.

DEAN'S LIST

Madison R. Hincer, First Honors Clark University, Worcester, Massachusetts
Eleanor M. Grady, Second Honors, Clark University, Worcester, Massachusetts
Abigail O'Brien, (Fall and Spring) St. Joseph's College of Maine, Standish, Maine
Olivia Puopolo, Simmons University, Boston, Massachusetts

OF INTEREST



The Gorham Community Chorus has regrettably canceled their fall season but the director John Rimkunis shown far to the right stated: "It is with hopeful hearts and realistic minds that the GCC Board has set the first rehearsal for our 2022 Spring season for January 10, at 7 p.m. at Village School. We do hope the virus situation will have improved by then, but you should be prepared to be masked and vaccinated. I am still looking forward to us all singing together again!"

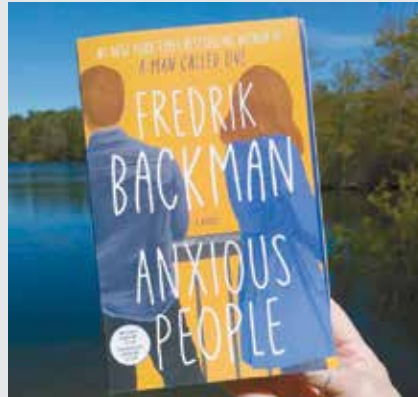
Congratulations! The Maine Arts Commissions has selected the Gorham Arts Alliance for a 2022 Creative Aging grant for their program "EcoArts for Seniors." Learn more about the Gorham Arts Alliance at gorhamarts.org/.

The UMaine Extension's website contains interesting events for everyone, such as the recurring online 4-H Aquarium Club for youth ages 5-18 on September 2 and 9 at 5:30 p.m., with Dr. Scarlett Tudor; the 4-H At-Home Aquaponics Project on September 7 at 10 a.m. where youth

CONTINUED ON PAGE 10

BOOK REVIEWS

Anxious People
by Fredrik Backman



One day there's a bank robbery, and a hostage situation. This is the story of how the bank robbery turns INTO the hostage situation, and what the bank robber is thinking through it all. This is the story of two police officers, their different approaches to policing, and what they are thinking as events unfold. This is the story of the hostages, what's happening to them, and what they're thinking as they're being held. And this is me, crying as I read, laughing as I read, nodding and gasping as I connect the dots and realize that this is, actually, a sad yet hopeful story of cause and effect, of people with anxieties, and of compassion.

Fredrik Backman has written a thoughtful, intentional, deeply moving story of human frailty, relationships, love, and grace - woven throughout with the kind of humor that evokes both laughter and tears. With memorable characters and gentle, illuminating narration, *Anxious People* is a brilliant work of literary fiction.

Dell Gray is a book reviewer for several publishers on Instagram. Her handle is @abookorafewandjavatoo.

Lessons at Gillette CONTINUED FROM PAGE 6

crowded as the road.

Even better, a short squall rolled in. Bolts of lightning struck over the stadium as steady rain started to pour. Rumbles of thunder mixed with the roar of the crowd already inside the stadium. It was like a movie scene.

Kickoff had just started as we reached security. My parents walked through the metal detectors first, with my friend and me following. We set our purses aside at the same time. Once I was through the scanner, I headed back for my purse. A female security guard gave me a disapproving look. She told me the bag was 1 cm over the length limit. I could've easily given her a hard time, but I saw the hundreds of people behind us. They were just as eager, and stressed, to get in. I grabbed my wallet and rushed back to my parents, who were already halfway up the stairs.

It was about 4 minutes into the first quarter when we reached our seats. The view of the field was great, and although there was still some rain coming down, we were finally able to relax. My friend and I found time to buy sweatshirts and explore the stadium a bit more. Unfortunately, we weren't able to use our Hall of Fame tickets, as the museum closed at kickoff. The energy of the crowd and the great game made up for it, though.

New England won with a score of 22-13. Rookie quarterback Mac Jones played great, as well as returning quarterback Cam Newton. This was my first professional game, as I had never been to a Red Sox or Celtics game before! The cheers from fellow fans and competitors alike were unreal, and the stadium itself was beautiful. It was so cool seeing all the players as well. We certainly learned some lessons that I'd share with others. Plan on getting to the stadium even earlier than you first think, and don't bring a bag if you don't have to. And maybe most importantly, take a picture with the players if you see them in a hotel!

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"By all these lovely tokens September days are here, With summer's best of weather And autumn's best of cheer."
 - Helen Hunt Jackson, September

Meet Your Neighbor - Through the Lens: Maine Images CONTINUED FROM PAGE 1

Gorham resident, John Tiedje (pronounced Tee Gee), will be showing a number of his photographs at the Stier Gallery in the Thomas Memorial Library (TML) in Cape Elizabeth during the month of September. The Gallery will be open during library hours, Monday through Saturday. Check TML's schedule online, as their daily hours vary.

Tiedje's photographs have been featured in various shows and recognized with notable awards including Photographer's Forum Best of Photography Award of Excellence in 2016. He is a member of the Photographic Society of America and Creatives Group of Portland, Maine.

For Tiedje, who has worked some 40 years in the field of Graphic Arts, his black and white photographs are a continuation of his sense of design. He said, "Black and white photography has a more graphic representation of an image. It is a step back from the realism that color photography has."

He looks for images that are straight forward in design or texture. For that reason, he loves the Maine landscape and actually enjoys the stark winters. Tiedje said, "Snow is beautiful ... it offers a photographer who likes to shoot in black and white, some stunning graphic images."

It's possible that Tiedje's Danish roots also inform his minimalistic style. His Danish ancestors settled on a farm in Iowa in the 1800's.

Tiedje comes by his talent naturally. He is from a family of artists. "My grandmother and mother painted. My sister also has a graphic design degree," he said.

As a child, he enjoyed drawing superheroes and sports cars and then

decided to become a graphic designer in High School in Charlotte, N.C. He earned BFA in Advertising and Graphic Design from East Carolina University School of Art and Design.

In 2019, Tiedje retired as a Designer and Art Director at an advertising agency, located in the greater Portland area, where he created ad campaigns, graphic identity programs and TV commercials. He is now able to spend more time launching his next career, in photography, by entering contests and looking for a variety of places to show his work.

Tiedje and his wife, Cameron, moved to Gorham from Atlanta in 2000 after coming to Bangor for her sister's wedding. "August in Maine vs August in Atlanta sold us on moving here," Tiedje said. He added that Gorham was a good choice for them because it is close to Portland, the airport and the interstate.

Tiedje will be teaching the Adobe Creative Suite: inDesign, illustrator and Photoshop classes with the Gorham Adult Education program this winter. More information can be found at <https://gorham.maineadulted.org>

Cameron and John live in the Bridle Path neighborhood. She has been working at WEX in the Global Fraud Department for about 16 years. In their leisure time, they enjoy camping, hiking, gardening and sampling the excellent cuisine in the area. One of their favorite things to do is take a book to Two Lights State Park and listen to the waves as they read.

Tiedje's work can be viewed on his website at johndesignx.com. You can order a print with a frame at [222.vsu.co/shop/johndesignx](https://www.vsu.co/shop/johndesignx). John can be reached at johndesignx@gmail.com.



Portland Pilings

Photo credit John Tiedje



Rock Snow Sable

Photo credit John Tiedje

Tiedje's work can be viewed on his website at johndesignx.com.



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will design, construct and maintain their own at-home aquaponics system under the direction of program leaders and adults at home. For adults, join the food preservation staff for a lively discussion and demonstration on how to preserve Maine foods with a pressure canning, on September 14 at 12 p.m. Learn more about these events at the Extension's Calendar, calendar.umaine.edu/events/category/cooperative-extension/

The Presumpscot Regional Land Trust will hold its Annual Meeting virtually on Tuesday, September 14 at 6:30 p.m. During the annual meeting, using either a computer, tablet or smart phone will allow you to watch the slideshow highlights and new projects, see the presenters speak, fill out the online polls, and see answers to group questions. The event is free, but registration is required at prft.org.

The Gorham Lions Club will begin meeting again on Tuesday, September 14 at 6 p.m. at the Old Elmwood School House at 414 South Street. Regular dinner meetings are the 2nd and 4th Tuesday of each month. New members are always welcome. FMI 929-9182.

Veterans of Foreign Wars, Gorham Memorial Post 10879 is now accepting entries for Patriot's Pen and Voice of Democracy Essay Contests. Please email your entry to vfwpost10879@gmail.com. Our next meeting is on Sep 14 at 5:30 p.m. in the Gorham Fire Department Training Room, 270 Main Street. For information, please contact the post at vfwpost10879@gmail.com.



The Bridges of Friendship Exhibit is made of sixty photos from Archangel, Russia, and thirty from Maine. A reception is planned for Thursday, September 16 from 4 – 7 p.m. at the Baxter Memorial Library where you can see the exhibit and learn about Russia. Access the exhibit online at portlandcameraclub.org/Portland-archangel-exhibit.html. More information about the Archangel Committee can be found at archangelportland.org. Thanks to Baxter Memorial Library for hosting the exhibit in September and October. FMI, Dan Glover, Archangel Committee, 854-1466.

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.

The Gorham Food Pantry has served the needs of the hungry in Gorham for over 25 years. The Pantry was founded and is sustained by the efforts of many local churches, schools, businesses, generous donors and hundreds of active volunteers. Will you join with these other heroes to help 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.

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 Mondays from 3 – 5:30 p.m., Wednesdays from 6 – 8 p.m., and Saturdays from 10 a.m. to 1 p.m. Home Delivery and contact less parking lot pickup is also available. Visit on the web at north-gorham.lib.me.us, and on Facebook at facebook.com/northgorhampubliclibrary/.

The Baxter Memorial Library's Discovery programs have resumed for September, with Ms. Dani and Mr. Jeff in socially distanced musical story adventures on the Lawn each Tuesday at 10 a.m. for ages 3 – 5 years old. On Wednesdays from 9:30 to 10 a.m. Ms. Dani will present books, fingerplays, movement activities and songs. Bring a blanket to sit on in case the lawn is damp. Masks are recommended when social distancing isn't possible. In the event of inclement weather, the day's program will be cancelled. Library hours are 9 a.m. to 4 p.m. on Mondays and Fridays, 9 a.m. to 7 p.m. on Wednesdays and Thursdays, and 9 a.m. to 1 p.m. on Saturdays. FMI, call 222-1190.

REGIONAL INTERESTS

32nd Annual Rockhounds Gem and Mineral Show sponsored by the Kennebec Rocks and Mineral Club will be held on September 4 and 5 at the National Guard Amory on Western Ave. in Augusta. Door prizes, daily grand door prize, demonstrations in cabbing and lapidary, mineral displays, dealers in minerals, jewelry, gems and fossils, geode slicing, mineral mine and other games for the kids. Children can win a mineral starter kit and get a free stone just for coming in. Information will be provided on rockhounding and how to join a mineral club. Hours; Saturday, 10 a.m. to 4 p.m. and Sunday, 10 a.m. to 4 p.m. Dealers and info: 207-873-6270.

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An unknown person sprayed green paint on a vacant property on Tow Path Rd. The residence is vacant, but the property owner checks the house.

Caller reported an owl sitting on the edge of North Gorham and Hurricane Roads. It appeared to be in distress but flew away when the officer walked up to it. Officer thought it might have been struck by a passing vehicle and was stunned.

Flaggy Meadow Rd. caller reported a suspicious person. Officer checked but did not see anything out of the ordinary or anyone with a laser pointer.

Gordon Farms Rd. caller reported receiving verbally abusive calls via text and phone. She was advised of the process to obtain a protection from abuse order and to call if the male showed up at her home.

Officer came upon an unattended vehicle parked on the pole line at Day Rd. Officer saw an empty shotgun case in the vehicle. A sign identifying the area as a game preserve had been pushed together so that the

wording was not visible. Officer could hear turkeys in the distance. Officer was able to get the man to come out of the woods with his shotgun unloaded. He admitted to hunting and said he had not seen the sign on the pole. He was given a verbal warning for hunting on a game preserve and was advised not to return. Officer straightened out the sign.

Caller reported a domestic violence argument on Main St. Argument was verbal and couple had gone to bed as call came in two hours after the argument. Officers did not wake them.

Narragansett St. caller claimed someone had taken the keys to his truck. He was advised he had no proof of that, it was possible he had misplaced them and it was not a police matter.

Running Springs Rd. caller was in her front yard, doing some gardening. An unknown male drove up and started a conversation but became vulgar. She told him to leave. She was not able to describe the vehicle and requested extra patrols.

AUGUST 5, 2021 EDITION REDACTION

Town Council Report 8/3/21

In the August 5, 2021 issue of The Gorham Times, last names of those giving public comment at the Town Council meeting were presented only as initials. The following is a reiteration of the information with individuals' last names in full.

Tina Ruel, Joseph Drive, shared her concern for the amount of litter

around Gorham. She is hoping that the Town will continue to sponsor clean up days and that more people will participate.

Phil Gagnon, Gordon Farms Road, thanked everyone who attended the ribbon cutting ceremony for Sullivan Bakery.

CALENDAR

THURSDAY, SEPTEMBER 2

UMaine Extension Service 4-H Aquarium Club, ages 5-18, 5:30 p.m., calendar.umaine.edu/events

SATURDAY, SEPTEMBER 4

32nd Annual Rockhounds Gem and Mineral Show, Augusta, 10 a.m.-5 p.m., 873-6270.

SUNDAY, SEPTEMBER 5

32nd Annual Rockhounds Gem and Mineral Show, Augusta, 10 a.m.-4 p.m., 873-6270.

TUESDAY, SEPTEMBER 7

Baxter Memorial Library, "September Story Adventures" for 3-5yrs, lawn, 10-10:30 a.m. UMaine Extension Service 4-H At-Home Youth Aquaponics Project, 10 a.m., calendar.umaine.edu/events

WEDNESDAY, SEPTEMBER 8

Baxter Memorial Library, "September Story Adventures" for birth-3yrs, lawn, 9:30-10 a.m.

THURSDAY, SEPTEMBER 9

UMaine Extension Service 4-H Aquarium Club, ages 5-18, 5:30 p.m. calendar.umaine.edu/events

TUESDAY, SEPTEMBER 14

Baxter Memorial Library, "September Story Adventures" for 3-5yrs, lawn, 10-10:30 a.m. UMaine Extension Service, Preserving Maine Foods with Pressure Canning, 12 p.m., calendar.umaine.edu/events
 Presumpscot Regional Land Trust Virtual Annual Meeting, 6:30 p.m., register at prlt.org. Gorham Lions Club regular dinner meeting, 6 p.m. Old Elmwood School House, FMI 929-9182. VFW Memorial Post 10879 meeting, 5:30 p.m. Gorham Fire Department Training Room

WEDNESDAY, SEPTEMBER 15

Baxter Memorial Library, "September Story Adventures" for birth-3yrs, lawn, 9:30-10 a.m.

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 207-839-8150
edwardjones.com

Edward Jones®
 MAKING SENSE OF INVESTING

MARKET BASKET

"MORE FOR YOUR DOLLAR"

Find Great Deals At Your
Westbrook Store

Where You Always Get
More For Your Dollar!

90 Rock Row • I-95 exit 48

Store Hours: Mon-Sat 7AM - 9 PM • Sun 7AM - 8 PM

Pick Your Own...
Apples

- Gala • Fuji
- Granny Smith
- Red Delicious
- Golden Delicious
- Paula Red

99¢
lb.

Boneless Sirloin Steak Tips

6⁹⁹
lb. **Save \$3.00lb.**

CERTIFIED ANGUS BEEF U.S. CHOICE Fresh Cut Daily

Fresh **MARKET BASKET**
Chicken Tenders

2⁹⁹
lb. **Save 90¢lb.**

Antibiotic Free Any Size Pkg.

Boneless Pork Tenderloin

3⁹⁹
lb. **Save \$1.20lb.**

The Cover White Meat Cryovac

Ocean Fresh Wild, All Natural
Icelandic Cod Loins

9⁹⁹
lb. **Save \$1.00lb.**

Thin & Trim
Honey Maple Turkey Breast

5⁴⁹
lb. **Save \$1.00lb.**

DELI

Niji Sushi Available in Most Stores
Spicy Seafood Roll

5⁹⁹
PKG. **Save 50¢**

Fresh Romaine Lettuce

99¢
bch. **Save 70¢**

A Good Source Of Iron!

Value Pack
Cherubs Tomatoes
Nature Sweet 18 oz.

3⁹⁹
Save 70¢

Honey Crisp Apples

1⁹⁹
lb. **Save \$1.00lb.**

Freschetta Pizza 11 oz. • Rising Crust • Brick Oven 20-28 oz.

3⁹⁹
Save \$1.00 **FROZEN**

Greco Greek Feta 14.1 oz. • Imported from Greece

3⁹⁹
Save \$2.00

New England Coffee 10-12 oz. • 13 Varieties

3⁹⁹
Save \$2.00

Honey Nut Cheerios 10.8 oz. • Lower Cholesterol

2\$5
for **5** **Save \$1.00**

Light + Fit 4 PACK • Oikos • Activia
Greek Yogurt 21.2 oz.

2\$6
for **6** **Save \$1.18**

Pepperidge Farm
Swirl Breads 14-16 oz. • 9 Varieties

2\$5
for **5** **Save \$3.58**

Sale Starts Sunday Sept. 5th - Saturday Sept. 11th

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