

Gorham Times

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

Luminarias in Gorham



Photo Credit: Lisa Curley



Photo Credit: Phil Arena

Pictured left, Jason Howe and son Ben get ready to place their luminarias. Pictured right, a home in Village Woods is alight for the holidays.

SEE FULL ARTICLE ON PAGE 9

Gorham Country Club Closes



Photo Credit: Christie Paul

The Gorham Country Club has announced its closure and the retirement of owners Harold and Kathy Hawkes. Look for the full article in the Jan. 20 edition of The Gorham Times.

Wards 1-1 and 1-2 Vote 1/11

Kathy Corbett, Staff Writer

Voters will cast ballots at Gorham Middle School and Great Falls Elementary School on January 11. They will elect a state representative to fill an unexpired term. The three candidates, Jim Boyle (D), Suzanne Phillips (U), and Timothy Thorsen (R), are running to replace Kyle Bailey who resigned the position.

The deadline for requesting absentee ballots or for voting early at the Municipal Center is today, Thursday, January 6, at 6:30 p.m. Voters with absentee ballots may take them to the Municipal Center until 8 p.m. on January 11. The polls will be open from 7 a.m. to 8 p.m. on Election Day.

Changes to COVID-19 Standard Operating Procedures in Schools

Heather Perry, Superintendent of Gorham Schools

The Maine CDC and the Maine Department of Education (MDOE) announced these changes on 12/30/21 in large part as a response and in alignment to recent changes made by the National CDC regarding isolation and quarantine changes recently made at those levels.

Changes have been made to the quarantine, outbreak status, universal masking exemption, vaccination status and exposure guidelines in response to COVID-19. The changes are intended to help keep more students in classrooms while protecting the overall health and safety of our schools' students and staff.

You may view the full revised SOP by visiting <http://track.spe.schoolmessenger.com>. These changes became operational in Gorham schools beginning on Monday, Jan. 3, 2021.

Quarantine/Isolation Length: Maine CDC has adopted the new federal guidance for quarantine and isolation length. Quarantines for non-exempt close contacts will now be 5 days instead of 10. Isolation periods for those who test positive for COVID-19 will now be 5 days with a requirement that individuals wear masks for 5 days after while around others (assuming their symptoms have improved).

Outbreak Status: The previous definition of 3 cases over 14 days has been retired. The new definition will be measured using student

and staff absenteeism rates. An outbreak investigation will be opened when greater than 15% of a school population is absent.

Universal Masking Exemption: The universal masking exemption can now be applied to other school activities. Schools that practice

UNIVERSAL MASKING IS STILL REQUIRED BY ALL SCHOOL STAFF, STUDENTS AND VISITORS WHEN INSIDE OF OUR SCHOOLS AND/OR BUSES. This has not changed.

universal masking can apply the exemption to the school bus and other school activities. Children who are exempted through this provision will be

able to participate in school sports and activities. It will not exempt them from community quarantine.

COVID-19 Exposures: Exposures in outdoor settings, even with physical contact, will not require contact tracing or quarantine. This includes recess and outdoor sporting events.

Vaccination Status: The definition of "fully vaccinated" has changed. Students and staff will now be considered fully vaccinated and eligible for school and community quarantine exemptions if they meet one of the following conditions:

- The student/staff is boosted; or
- The student is a fully vaccinated 16- or 17-year-old who, according to the CDC, may receive a booster, but has not yet done so; or
- Is not eligible for a booster, but is 14 days beyond their final dose of COVID-19 vaccine; or

Completed their second dose of Pfizer or Moderna within the past 6 months or J&J vaccine within two months.

And The Winner Is...



Photo courtesy of Lisa Beeler, Marketing Director at Great Falls Construction

Blue Pig Diner is the overall Gorham Tree Festival Winner for 2021. See other winners and photos on page 7. Great Falls Construction would like to thank the rest of the participants of The Gorham Tree Festival: Junction Bowl, Aroma Joes, Norway Savings Bank, Atlantic Dance Arts, The Bookworm and Casco Federal Credit Union.



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**NEW BUSINESS PROFILE:
NO REPEATS GALLERY
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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.

What You Should Know About the Newly Extended Pause on Student Loan Payments

Rep. Maureen "Mo" Terry, D-Gorham

A welcome holiday surprise came to many Maine families late last month when the Biden administration announced that it would once again extend the federal student loan payment pause.

Student loan borrowers across Maine have benefited from the pause of repayment and interest accrual on federal student loans which went into effect in March 2020. The pause, intended as COVID-19 emergency relief, was set to end on January 31, 2022 but has now been extended by the Biden administration until May 1, 2022. This announcement came just in time for the holidays, giving many students and families another few months before interest begins accruing again and the U.S. Department of Education resumes collections on defaulted student loans.

This extension is welcome news for Mainers still suffering from the economic hardships brought on by the pandemic and for those newly impacted by the Omicron variant. The decision will allow folks to focus on other critical expenses like housing, heat, child care and food during these colder winter months. It's also an opportunity to create a plan for when payments resume.

Most loans have not accrued interest since March of 2020 when the initial pause was implemented. This will remain the case until payments resume. However, it may be useful to keep a record of your balance before the beginning of the payment pause to

ensure that nothing has changed once billing resumes. Unfortunately, if you've received a private student loan, this pause does not apply to you and interest will continue to accumulate.

Another key provision of the payment pause was that the federal government suspended its enforcement of previously defaulted student loan borrowers. That means that folks who have defaulted on federal student loans have until May before their wages, tax refunds and Social Security checks may be impacted.

If you are able to continue making payments, particularly while interest is suspended, you should evaluate whether or not that is the right financial decision for you. In some instances, such as for those pursuing public service loan forgiveness or using an income-driven repayment plan, the months of payment pause actually count towards your eventual debt forgiveness. This means it may be better to hold off on making payments until May.

After so many months without navigating the complex system of student loan payments, it will be critical to make sure we know to whom, how much and by what mechanism we need to be making our payments. That's why my family and I intend to get reacquainted with our student loan service provider and online portal over the coming months.

Federal student loans are collected by loan servicers that are hired by Federal

Student Aid. Since these servicers differ, it's important that your current loan servicer and Federal Student Aid have your most up-to-date contact information. If you aren't sure who your loan servicer is or if they've recently changed, you should log in to the StudentAid.gov portal and look for "My Loan Servicers" to make sure you know who to contact. Reconnecting with your loan servicer to update contact information is also a great time to make sure you know how much your upcoming payments will be, what those interest rates will look like and especially when the due dates are for payment.

For many folks in our community and across the state, adding an additional payment each month isn't an option. Fortunately, there are income-driven plans that can help you find a more manageable payment, tailored to your unique income situation. You can visit StudentAid.gov's Loan Simulator to find a plan that's best suited to your goals and financial situation. As always, if you have any questions or need assistance, don't hesitate to reach out.



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. Contact her at maureen.terry@legislature.maine.gov.

Letter to the Editor

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

Dear Gorham Voter,

On January 11 many residents are being asked to go to the polls again to vote in a special election for the House District Seat 27 that is being vacated before the end of the term. First and foremost, I want people to get out and go vote!

Secondly, I want to write a letter in support of Suzanne (Suzie) Phillips who is running as an unenrolled candidate in that election. I do not publicly support many candidates for any position, but I felt this was the time to stand up and say something. I think Suzie would be a great person to vote for to fill the seat, because she truly knows, understands and appreciates what Gorham is all about. She has served three terms on the Town Council and has been helping to shape the town's future and she has also been a school committee member (1 term). She understands the needs we have within our growing town and

our school systems and can get up to Augusta and give us some help. I don't think there is a better, more well-rounded candidate out there.

She has been a part of the following committees around town: Gorham Business Exchange board member, Gorham Founders Festival Committee, Gorham Historical Society President (4 years to current), Gorham Taste Walk Coordinator and a Gorham Snogors Club member.

Suzie has given many years to this town and she understands the impact that uneducated decisions coming out of Augusta can have on a town like Gorham. I know that when she is in Augusta, she is going to vote for what is right for us, our children, our futures and not on political pressure. I urge you to vote for Phillips on Tuesday January 11 and help get a true voice for Gorham in Augusta!

Shonn Moulton

Secretary of State Warns of Scam Text

Courtesy of the Secretary of State's Office

Secretary of State Shenna Bellows is warning Mainers to be suspicious of text messages they may have received from an entity claiming to be the "Maine DMV" which asks the recipient to click a link to get a refund check.

If you receive one of these texts, don't click the link! These scammers are up to no good, said Secretary Bellows. They could be phishing for your financial data, trying to install malware on your phone, or something else nefarious. Protect yourself and help warn others.

Mainers with questions about suspicious texts or calls can reach the Secretary of State's main office at 207-626-8400 and the Maine Bureau of Motor Vehicles at 207-624-9000.

Phishing campaigns via text, known as SMS phishing or smishing, are becoming increasingly common. Mainers should be wary of unexpected emails or texts asking for personal information, or instructions to click on links. The Maine Attorney General's office has a helpful list of red flags to watch for in order to identify potential scams: <https://www.maine.gov/ag/consumer/scams.shtml>.

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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Advertising gorhamtimesadvertising@gmail.com or 839-8390
School News schoolnews.gorhamtimes@gmail.com

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Snowbird subscriptions available upon request
Subscriptions and renewals are available online on our website.

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Advertising and Copy Deadlines

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

January 12
January 26
February 9
February 23

Around Town

The Gorham Community Chorus has postponed its season until March 2022.

Gorham Schools React to Social Media Threat

Michael Lortie, School News Editor

On Friday, December 17, Gorham School Superintendent Heather Perry, after consulting with administration and the Gorham Police Department, made the decision to dismiss students from Gorham High School and Gorham Middle School at approximately 9:30 a.m.

The decision to dismiss was actually made at 8:15 a.m, but due to elementary bus runs, the school was unable to get students safely on buses until 9:30. Between those two times, the schools were in "soft lockdown" in which school buildings are closed to all outsiders. No one came in and no one left but movement could occur naturally within the building.

Nation-wide there had been a non-specific threat about school violence for this date on a social media site. On Thursday night, Perry sent a message to parents and community members expressing the school's awareness of the social media concern, and after consulting with the police department that there was no direct threat to the Gorham schools so schools would go on as usual.

By early Friday morning, a threat had been received which appeared to more closely target Gorham Schools. After reviewing this threat, school leaders made the decision to close the middle and high schools early.

It is now known that these messages and threats originated outside the state of Maine and that our students were never in danger, but that could not be verified at the time.

Although an unscheduled disruption to the school schedule is never a welcome idea, it is reassuring to all that Gorham administration and community leaders always regard student and school community safety as the highest priority.

Protocols and procedures are put into place so that our schools are safe places for our students and staff.

In the Superintendent's Blog from December 22, Perry states, "As I have said many times now, the events of Friday, Dec. 17 are not ones any of us

wish to repeat anytime soon. However, these events also remind us that our schools are fully prepared to meet the varying challenges that come to us in today's complex world. Whether it be TikTok threats, or gas leaks, or bomb threats, and most anything in between — it is important to know that our schools 'have a plan for that' because we do."

She also offered a link to the emergency plans which outline the procedures and responses to emergency situations.

Whether it be TikTok threats, or gas leaks, or bomb threats, and most anything in between — it is important to know that our schools 'have a plan for that' because we do."

HEATHER PERRY
Superintendent

Otto's Ribbon Cutting



Photo Credit: Roger Marchand

On December 17, 2021 Otto's Pizza in Gorham had its official ribbon cutting. Before the ceremony, owner Greg Ingrao (center) stated how happy he was to be in Gorham and that he looked forward to meeting the Gorham community. He was welcomed to Gorham by Ethan Johnson (far right) from the Gorham Business Exchange, Kevin Jensen, Gorham Economic Development Director holding the ribbon (on the left), and Ginny Cross Wilder, Town Council (second on the right). Other members of the business community were there to also welcome the new business and its owner to Gorham.

Town Notes

Learn more about the special election candidates via Meet the Candidates courtesy of Gorham Community Access Media (GoCAM). Meet the Candidates: <https://vimeo.com/661007183>

The Recreation Department would like to recognize employee, Jim Karcanes, for plowing off the rink at Little Falls Recreation and Gorham Public Works for bringing the water. Thank you to Gorham Public Works for plowing the rink at Narragansett on December 29. The Recreation Department is hoping to open these areas in early January.

Deputy Clerk Paula Nystrom recently received her recertification status as a Certified Clerk of Maine, and Town Clerk Laurie Nordfors received a Lifetime Certification status as a Certified Clerk of Maine. These certification statuses required many hours of dedication to achieve. The certifica-

tion process requires that the applicants receive training in a number of courses that relate to their field of expertise and will continue with this education in an effort to retain certification status. The ladies will be recognized with a certificate and plaque at the MTCCA's annual meeting and Networking Day in September. Congratulations, Laurie and Paula.

The Town Council Appointments Committee is still seeking citizen volunteers for various boards and committees. If you are interested in applying to serve on any of these Towns boards and committees, or for more information, please visit the Town Clerk's office. To apply, complete and submit a Committee Volunteer Application available online [HERE](#). You may also contact the Town Clerk at 222-1670 or email her at Inordfors@gorham.me.us. Applications will be accepted until January 21, 2022.

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

FMI call 839-8390 or gorhamtimes@gmail.com

Knights of Columbus

Pre-Pay Drive Through Fish Dinner \$12

**Baked Haddock
Mashed Potatoes
Coleslaw
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Dessert**

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DR. JACOB FILLEBROWN

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Gannett Drive Dental participates with Northeast Delta Dental and we submit all dental insurance claims for our patients as a courtesy. We have the capability of taking 3D x-rays with our own Cone Beam as another aid in proper diagnosis. Our staff also utilizes a 3D digital scanner that replaces physical impressions to help us attain a very high level of dental care.

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No Repeats Gallery

Cori Shaw



Photo Credit: Chris Crawford

Fiber artist, Jo Eaton, creates one of a kind hats at No Repeats Gallery

As the industrial scene in Gorham grows, many different types of businesses are finding their place in our town, from new bars to construction companies. For the art lover, there are several little gems right in the center of town that should not be overlooked. One of which, No Repeats Gallery, held its ribbon cutting ceremony on December 1, with a Grand Opening to follow in January.

The name of the Gallery is a description of owner Jo Eaton's artwork — nothing she creates is

ever exactly the same. Located at 2 School Street, up the stairs and next door to the Dance Studio of Maine, No Repeats Gallery is home to a variety of art and fashion for viewing and wearing. From custom crochet hats and nature landscape photography, to jewelry and art made by artists from across the state, each piece is original and delightful. Her motto is: "In Life and Hats, Scarves, Pins and More — There Are No Repeats!!!!"

Whimsey and love, informed by

CONTINUED ON PAGE 8

Four Myths About Intuitive Eating that Hold You Back

Carolyn Milles

The first edition of "Intuitive Eating", written by Registered Dietitians, Elyse Resch and Evelyn Tribole, was published in 1995. The book outlines 10 principles to guide readers through building a healthier, happier, sustainable relationship with food, movement, and their bodies. Much of my work is informed by Intuitive Eating (IE) because of the positive results our clients have achieved, and also because there are currently over 100 studies that support the benefits of this anti-diet approach.

While there are several books on the topic, the concept of "eating intuitively" was not invented by any one person. It is a skill that we are all born with — the ability to self-regulate our intake and move our bodies in ways that are supportive of our health and well-being.

Many people have experienced some hang-ups or disordered relationships with food and their body. These experiences are not personal failures, but the result of the culture we live in. Fortunately, the messages that keep us from having a positive relationship with food can be unlearned and replaced with more helpful beliefs and behaviors. IE is one way to achieve this. Here are four myths about IE with the hopes that they pique your interest and provide a new direction for your personal journey.

Myth #1: Intuitive eating means eating only when you are physically hungry and stopping when you are full. Two of the guiding tenets in the book outline learning how to identify physical hunger and fullness, but those are only two of ten principles. It is also important to learn to recognize and TRUST your hunger and fullness. Too often people try to suppress or ignore hunger, which can backfire if we then eat past comfortable fullness. There are also times when one might not feel physically hungry but should or may want to eat, and there are times where we might need to eat past fullness. Learning to navigate this dilemma is fundamental to intuitive eating.

Myth #2: Intuitive eating is eating whatever you want, whenever you want. In a culture where we are told to "control" our eating, the idea that we could and should eat whatever we want can be completely terrifying. People often think "how can that be healthy?!" Unlike diets or meal plans, permission and autonomy are key to the practice of IE. As one gets further along in the process, you will feel less restricted and better able to use your body and brain knowledge to best support physical, mental, and emotional well-being.

Myth #3: Once you learn to eat intuitively, you will inevitably lose weight. Despite the presumption that weight loss automatically leads to improved health, research has shown that health behaviors (not weight) are a better predictor of health and also that weight stigma is incredibly damaging to our health, both on a personal and population level. Therefore, it is vitally important to take the focus off weight loss as an outcome when re-learning to eat intuitively. There are three possible weight-related outcomes when practicing intuitive eating: weight will go up, weight will go down, or weight will stay the same.

Myth #4: You can not manage a chronic health condition, like diabetes or IBS, and still practice intuitive eating. When working to undo disordered eating patterns, restricting food(s) you "shouldn't" eat, commonly leads to intensified cravings for that food and over-consumption. Individuals with a chronic health condition are not exempt from this cycle and it may be detrimental to their health. When we have permission to eat all foods, we can then make decisions that will best support our well-being, especially when navigating a chronic health condition.



Carolyn Milles, RDN, LD is a third-generation dietitian who believes life is for living, not restricting. She happily serves individuals in their journeys to nourish, move, create balance and be well in the Gorham area.

SUZANNE PHILLIPS

STATE HOUSE DISTRICT 27

I grew up in Gorham, class of 1994. I am serving my 3rd term on the Town Council. I have served one term on the School Committee. I am running unenrolled because I base my decisions on facts, situations, and principles. I am very invested in our town. Our state needs to be more attractive for businesses and more affordable for residents. I hope to continue to support the citizens of Gorham as your state representative.

Suzanne Phillips

DON'T FORGET TO VOTE ON OR BEFORE JANUARY 11, 2022

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Masters Ruby Winner 2019, 2020 & 2021

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Realtor Kelley's Pup of the Month

5% of my real estate commissions generated from this ad will be donated to "Helping Paws Maine."

Helping Paws Animal Rescue
www.helpingpawsme.org

(You must mention this ad prior to closing for my donation to be submitted.)

Focusing on Greater Portland to the Lakes Region and all points in between

Town Council Report 12/7/21

Jacob Adams, *Town Council Reporter*

Dan Bouchard, of Winding Brook Way voiced his opinion regarding the recent vote of street acceptance of Winding Brook Way and Cotton Drive.

Councilor Hager reported that the Finance Committee met and set up their meeting schedule for 2022. The next meeting will be January 24, 2022 and they hope to have Dick Ranaghan attend to discuss the Town's debt ratio.

Councilor Kuech attended the latest Little Rams Early Childhood Project meeting — the group focuses on opportunities for early learning, nurturing care and healthy development for Gorham children from birth to age five. They have administered parent surveys, a discussion of Municipal and State data, and a presentation on State licensing rules. For more information contact Superintendent Perry.

Councilor Wilder Cross thanked everyone involved in the Thanksgiving events of the Town — she competed in the Turkey Trot and attended the light parade and tree lighting.

Councilor Phillips attended the latest meeting with the Turnpike Authority on the turnpike connector plan. She also attended the last joint Town Council Capital Improvement Projects Committee & School Facilities Committee meeting where they discussed the on-going facilities study. Councilor Phillips thanked the Gorham Village Alliance for the wonderful job they did with the Christmas lights in the Village.

Councilor Shepard reported that the Ordinance Committee met November 16 and discussed when to refund zoning Board of Appeals application fees, performance standards for multifamily housing and amending the LUDC South Gorham Crossroads District. Their next meeting will be January 18, 2022. He also attended the ribbon cutting of No Repeats Fiberworks, a new gallery celebrating color and fiber works by Jo Eaton.

Chairman Pratt attended the latest GEDC meeting where they discussed the upcoming conference on key real estate that towns have available. He also attended the ribbon cutting of No Repeats Fiberworks at 2 School Street.

Town Manager Paraschak thanked the Recreation Department, Public

Works and the Gorham Village Alliance for the beautiful light displays throughout the Village. He reminded citizens of the winter parking ban in effect from midnight to 6 a.m. through spring. He pointed out that sand is available at Public Works on Huston Road. Paraschak also noted that there will be a special election on January 11, 2022 for voters in Ward 1-1 and 1-2 to fill a seat in House District 27.

Town Council approved a renewal Special Amusement License for JBN1, LLC, DBA Junction Bowl, located at 7 Railroad Avenue. (6 years)

513 feet of Grove Street was accepted as an urban access road; and the associated easements for recreation access were also accepted. (6 years)

Town Council accepted 609 feet of Dogwood Lane as an urban access road as well as all associated easements for recreation access. (6 years)

113 feet of Water Street was also accepted as an urban access road along with the associated easements for recreation access. (6 years)

Town Council set a Town Council workshop on Recreation Impact Fees, and a discussion on the Turnpike Resolution for January 18, 2022 at 6:30 p.m. (6 years)

A Memorandum of Agreement with the Maine Turnpike Authority in support of the Gorham Connector was tabled until a later meeting. (6 years)

Staff was instructed to propose revisions to the Town's voting ward district map in order to address outlier voter issues on Wescott Road. They will also look for travel distance inequities. Town Council will approve the revisions before submission to the state of Maine. (6 years)

Town Council instructed the Town Manager to appoint a staff member and/or department to be the point of contact for information relating to PFAS contamination in the Town of Gorham. (6 years)

The Town Manager was authorized to enter into a contract with Pillar Design Studios for the Gorham Skate Park if the funding sources and in-kind matches are fully established and available. (6 years)

The full minutes can be found at www.gorham-me.org/node/49/minutes

Public Works Wishes a Happy Retirement to Larry Irish



Photo courtesy of Gorham Public Works

Gorham Public Works said "Farewell and Happy Retirement" to Larry Irish who has been with the Department for 28 years, starting back in 1991. His experience and talent are unmatched. He will be missed, but the Town wishes him the best in all he plans to do in his well-deserved retirement.

Sassy, Safe and Sound



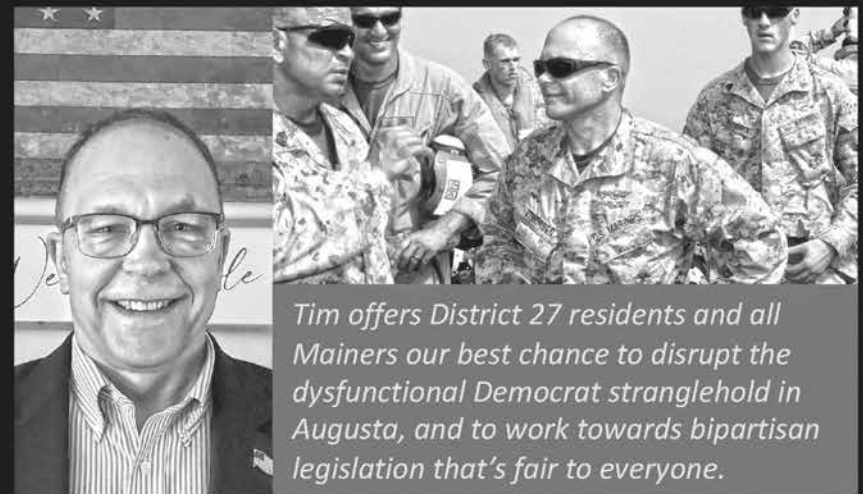
Photo Credit: Pawz Unlimited LLC

After 18 days outdoors, Sassy was recovered by Erica and Seamus from Pawz Unlimited Search and Rescue. Sassy's rescue was a community effort, with help from local residents, USM Public Safety, and other animal rescue resources.



Photo Credit: Pawz Unlimited LLC

Rescue tracker, Seamus assisted the rescue by tracking to the area where Sassy was found.



Tim offers District 27 residents and all Mainers our best chance to disrupt the dysfunctional Democrat stranglehold in Augusta, and to work towards bipartisan legislation that's fair to everyone.

Special Election Alert Gorham House District 27 January 11, 2022

TIMOTHY THORSEN

- Restore Maine's **economy**, putting the kitchen table concerns of citizens over special interest groups.
- Reduce the high costs of **energy** currently harming citizens and preventing businesses from coming to our great state.
- Quality **education** for all through school curriculum transparency, school committee accountability and a renewed emphasis on the value of vocational education.

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paid for by the Gorham Republican Committee



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New Year Gorham Rings in 2022 with Fireworks



Photos Credit: Amanda Landry

Despite the decision to cancel most of the in-person events, the New Year Gorham Fireworks Display brought joy to the hearts of many and exciting anticipation of 2022. Gorham residents enjoy this tradition to bring forth the new year and share smiles and fun as we say "goodbye" to 2021.

Gorham VFW Announces Contest Winners



Photo Credit: Gorham Memorial Post 10879

Gorham Memorial Post 10879 is pleased to announce this year's Patriot's Pen and Voice of Democracy winners Haley Vickery of Gorham Middle School and Morgan Walton of Gorham High School. Each winner has received a George O. Gerrish Memorial Scholarship in the amount of \$250 and has advanced to District 10 for the next level of competition. Walton has also won first place at the district level and has advanced to the department (state) competition which will announce the winners on January 15.

Gorham Tree Festival Winners CONTINUED FROM PAGE 1



Photos courtesy of Lisa Beeler, Marketing Director at Great Falls Construction

Pictured top left: Best Theme – Chalmers Insurance (did donation tags on their tree).
 Pictured top right: Most Creative – Chiropractic Clinic of Gorham.
 Pictured bottom: Best Theme Resident – Donna at 65 New Portland Rd.

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SPORTS

Every Record is Meant to Be Broken

Katie Brown, Sports Editor

In November 2021, the University of Maine-Farmington Men's basketball team traveled to Gorham to play the University of Southern Maine Men's Huskies in a non-conference game. The game was well attended by many local fans. Sports fans are eager to continue being in person, cheering and sharing time with their friends and family, watching basketball.

Gorham resident, Daren Meader was in attendance with his family to cheer on his alma mater, the University of Maine-Farmington (UMF) Beavers, and friend of the family, Terion Moss.

Meader's father, Dick Meader, was also the UMF team coach for 27 seasons before retiring in 2020. Prior to UMF, Dick was the head coach for 17 years at Thomas College. Daren, a UMF alumnus (and transfer from Brandeis University), had an impressive career at UMF, scoring 1,819 career points. Daren Meader also held another record until this year.

On November 20, during this game, his 21-year, one-game UMF scoring record of 44 points was broken by Terion Moss, and Daren was in person to see it.

Moss was a transfer student from the University of Maine at Orono before joining Coach Meader's team in 2019. "Every record is meant to be broken. I nearly watched it happen five years ago when Billy Ruby (GHS '16) was nearing 40 points at Husson. I watched that game live from home with nerves, but hoping he would break it," Meader explained.



Photo Credit: Jennifer Banks Meader

UMF player, Terion Moss (left), breaks record formerly held by Daren Meader (right).

He also shared, two years ago Moss had a huge 1st half-game with 25 points, but with such a big lead his minutes were limited in the 2nd half. After that game, he knew it was a matter of time with two more years of eligibility. "I believe he will score 50 points before his career is over, leaving a record that may take many years to break."

Basketball runs deep in the Meader family; their hearts are all in for hoops, whether they are cheering for a family member or rooting for a young athlete who may be chasing their own personal record.

Meader's youngest son, Bode Meader (GHS '21), now plays college hoops for the Southern Maine Community College Seawolves. Coach Meader was in attendance to watch his grandson play on December 4 v. Mass Bay Bucs. Meader dropped 10 points in that game.

Highlights in the New Year

Katie Brown, Sports Editor

Thomas College announced the induction of Joseph "Jay" Fogg into the Thomas College Athletic Hall of Fame.

Fogg (GHS '91) attended Brandeis University in 1991 where he played soccer and baseball and was selected as Rookie of the Year by the conference in soccer. He transferred to Thomas in 1992 where he was a member of the men's soccer team in '92, '93, and '95. He was a two-time NAIA All-American and three-time

All-Conference and All-Regional team selection. He was also inducted into the Gorham High School Athletic Hall of Fame in 2004.

Ryan Farr (GHS '20) was named team captain for the Saint Joseph's College of Maine indoor track team and won the 400 in his first collegiate indoor track meet of the season.

Hallie Shiers (GHS '19) earned MVP soccer honors for Merrimack College Women's Soccer.



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SCHOOL

GHS Bee Club Make Products From Beeswax

Grace Johnson, GHS Student Intern



Photo Credit: Grace Johnson

Ali Landry, Aedan Macdougall, Shannon Randall, and Abby Rosingana making lip balm and hand salve.

On December 9, members of the Gorham High School (GHS) Bee Club gathered after school to create homemade lip balm and hand salve from local, organic beeswax. Everyone had a lot of fun learning how to make the products and experimenting with different scents and ingredients.

Students were split into groups of four. First, each group combined about two ounces of beeswax, four ounces

of coconut oil, and two teaspoons of almond oil, then melted them in a double boiler over a stove. They poured the hot mixture into empty lip balm or hand salve containers and waited for it to solidify.

"The wax hardens enough so that it's not like a rock in your pocket," said Catherine Paul, teacher at GHS and the Bee Club advisor, "but the oil softens it

CONTINUED ON PAGE 8

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School Committee Meeting

12/8/21

Kathy Corbett, Staff Writer

At the December 8 regular School Committee (SC) meeting, Superintendent Heather Perry announced that the Maine Department of Education (MDOE) has not made any specific recommendations about required staff vaccinations, but that there is a 97% vaccination rate among all staff district-wide.

The first substitute training class is filled up with 25 enrollees. They are already taking information for people who want to enroll in the class beginning January 15. There will be another in March, Perry said.

There are new federal guidelines for training bus drivers that will require new rules and will go into effect in February. Perry also said that MDOE is changing teacher certification ranges, but that this will not have immediate impact because existing certifications will be grandfathered.

Perry also announced the first "Learning Facilitators" class to be held in cooperation with Southern Maine Community College (SMCC) in January. Enrollees will be able to earn college credit while working in the Gorham

schools and will be certified educational techs after completing the program.

The public guidelines for winter sports are available on the district website, she said.

Great Falls School assistant principal, Deanna Etienne, introduced three students participating in the Student Ambassador Program who serve as positive role models, give back to the school, and perform community service. The School Spirit Team and the Diversity Leadership Team are planning activities for January and February that includes a school-wide diversity event. The Civil Rights team organized a Day of Welcome and produced a welcoming video. They are now researching celebrations around the world. Each student in the program gives five hours of community service and one member is volunteering at a nursing home.

Superintendent Perry gave an overview of her goals, which are available on the district website. They include efforts to promote diversity, unity and inclusion. A consultant is helping to

CONTINUED ON PAGE 11

Additions to GHS First Quarter Honor Roll

Gorham Times Staff

The following students were inadvertently omitted from the first quarter honor roll:

HIGH HONORS

12th Kaitlyn Cushing
12th Anna Nelson
12th Alexandra Waterman
9th Abigail Capponi
9th Aryana Flett
9th Payson Plummer

HONOR ROLL

12th Ian Luciano
12th Nicole Walker
9th Ethan Verrill

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GHS Bee Club Make Products From Beeswax

CONTINUED FROM PAGE 7

enough so that you can put it on your lips."

Each group also added six drops of an essential oil into their mixture. The oils are what give the lip balms their scents, but are very strong, hence the need for so few drops. The scents to choose from included peppermint, lemongrass, lavender, orange, tea tree, and rosemary.

"I am going to give my lip balm and hand salve as gifts for friends and family for the holidays," said Abby Rosingana, a junior at GHS and secretary of the Bee Club.

Aside from making beeswax products, the Bee Club has been busy with many other activities this year. In the Fall, they installed hives in Robie Park and have been maintaining them ever since.

Right now, not every member of the club is able to handle the bees. Only students who have completed a certification process can feed and inspect them up close. "Once certified, we can enter the enclosure and interact with the bees, with permission," said Ali Landry, a junior in Bee Club. "The next group certification for the club will happen this Spring."

The Bee Club also worked to run a stand at the Gorham Farmers Market a few times this year. Everything they sold was made by students, including "bee hotels", stickers, jewelry, and artwork.

The club's mission is to become informed, confident beekeepers, and to educate the community about the importance of honey bees. Later this year, the Bee Club is planning to do just that.

"In the Spring we are hoping to show a documentary in the MPAC about bees to raise awareness for our club and inform the community," said Aedan Maccougall, a junior and president of the Bee Club.

The Bee Club has already done a lot this year, and making lip balm and hand salve was a really fun opportunity for club members to learn about some other uses of beeswax. While the club is just getting started, it will continue to work with bees and the greater community for the rest of the year.

No Repeats Gallery

CONTINUED FROM PAGE 4

a serious artistic eye, is evident in every piece created by Eaton. She spins some of the wool yarn herself and each piece tells a story. There is something special for everyone to buy and wear.

Her landscape hats are works of art, inspired by the colors and feelings evoked by photographs and paintings she has made at real locations throughout Maine. Eaton has also won awards and has showcased her art around the country. In addition to being an artist, Eaton is also a registered Maine Guide who loves the outdoors.


Eaton sold her first hat in 1972. She has been making her signature sunflower hats for many years, and her hats have been sold in selective boutiques in Maine. "The biggest thing is getting people to smile," Eaton says about her artwork. "I'm working on coloring winter."

Her gallery space is warm and cheerful with bright balls of yarn, bowls of buttons and other knick-knacks used to create her art. The gallery feels homey, like visiting a family member or a friend's house. The appealing gallery space and her generous smile provide a warm welcome to the art displayed on the brick walls of her studio/gallery.


Like other artists in town, Eaton makes a statement that she is here to stay because her workshop and gallery are in the same space. She enjoys waving at Erin Flett who is at work across the street in her own upstairs studio. When you visit, you can find Eaton working on new hats and other winter outerwear in the gallery as you browse.


The gallery plans to host weekly gatherings to bring the town together and spread love through art. Thursdays from 4:30-6 p.m. there will be open studio art making events. Each month will be a different craft. This January will be creating folk art style felt hearts. One is free, kits of three for \$9. Eaton also encourages people to stop in during open hours for crochet or knitting activities.

The Gallery is open on Thursdays from 1 to 6 p.m. or when the open sign is up, or by appointment at 838-0421. Email at norepeatsfiberworks@gmail.com or visit the website at www.norepeatsfiberworks.com.



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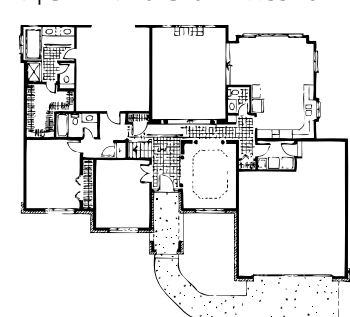
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Luminarias Burn Bright Thanks to Phil Arena and Team

Chris Crawford, Staff Writer

The annual Holiday Luminaria display was a stunning success again this year, thanks to the hard work of chief organizer, Phil Arena, and a band of hard-working, merry elves who prepared and placed about 4000 bags with candles to create a spectacular and moving display enjoyed by many folks from Gorham and beyond.

Phil said, "There is always a steady stream of people who drive through to see the luminarias. Our neighborhoods have no street lights, so other than the moon, the light from the luminaria against the snow is just spectacular."

According to Phil, the tradition in Gorham dates back to Lombard Estates in the 1980s. "Rumor has it that someone in the Lombard neighborhood brought the Luminaria tradition from their previous neighborhood," he said. Over the years, the tradition has grown to encompass South Woods, Village Woods and the Heartwood neighborhood as well.

Phil and his family moved to South Woods in 1996. He loves Gorham because it is central to everything: the mountains, the ocean, the lake and the airport. "Gorham is one of the only bedroom communities that has a center of town that I can walk to. There are many great restaurants, grocery stores, pubs and shops within a 20 minute walk," he said.

Phil fell in love with the luminaria tradition and became the chief organizer in 2006. In all that time, they have only had to cancel twice due to rain.

Pulling this Holiday celebration together is quite a process that requires many hands and good teamwork. Phil explained it begins in early November when he orders cases of candles and 6 lb. white paper bags from a restaurant supply store. Hannaford provides brown paper bags to hold the kits and plastic bags for the sand. John Pompeo makes a pile of sand available. Individual families pitch in to cover the cost of supplies.

When the supplies come in, they are distributed to the neighborhood captains: HeartWood are the Chris Chapin and Katie Rosingana; Phil covers South Woods; Lombard Estates is Mayna Pease; Village Woods Circle captain, Chuck Nadeau, wife Victoria Reynolds and kids Grant, Adele and Wyatt, are passing the torch to Brett and Nicky Hudson and their children, Jack and Maddy.

Each neighborhood also has a number of elves who help assemble the kits and distribute them to the individual houses. The South Woods elves are the Curley and the Speed families. Father and son, Fred and Luc LaMontaigne, Cindy Campbell, and Jim Paurk and his wife Stephania are elves for Lombard Estates.

In early December, the captains and their elves go to the sand pit and fill plastic bags with sand. Then the sand, 12 candles and 12 white bags are placed in a brown bag to make a kit. "Each house receives one or more kits, with corner lots getting up to three kits," Phil said.



Photo Credit: Phil Arena

Each house assembles and spaces their luminarias along the road and lights them about 5 p.m. The candles burn until about midnight.

In a bittersweet footnote, while Phil has coordinated the Holiday luminarias for many years, this is his last holiday as the coordinator. He is actively reaching out to friends and neighbors to recruit someone to take over. "I would like to hand off the tradition to a young family so that they can carry on the tradition and make their own memories. I foresee me traveling and spending Christmas in a warmer place from time to time," he said.

Many people feel it would be a shame to see this end. Philip can be reached via cell: 207-939-9877; or email: philiparena@gmail.com.

Luminaria or "farolito" is Spanish for "little bonfires."

Its roots go back to the 16th century when they were set along the roads in Mexico to light the way to church on Christmas Eve.

The earliest luminaria in the U.S. were made from Pinion boughs stacked criss-cross in 3-foot squares.

Today, luminaria add a festive touch to celebrate a wide variety of occasions.

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COMMUNITY

OF INTEREST

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 a very supportive community, hope is provided to our neighbors in need. There are many ways to give. Learn more at sites.google.com/view/gorhamfoodpantry. Pantry hours are Thursday mornings from 10 a.m. to noon.

Gorham Lions President, Ken Aldrich, presents their proclamation to Jim Rines, store manager at Gorham Plummer's Hardware, thanking the store owners for allowing the Lions to sell Christmas trees from the store's parking lot. The Lions had their most successful tree sale yet with enough revenue to fund five Gorham High School scholarships for college-bound students. For more information, contact Ken Aldrich, 207-929-9182.



The Gorham Lions meet at the Moody's Community Room on the second and fourth Tuesdays at 6:30 p.m. for the months of January, February, and March.

Veterans of Foreign Wars, Gorham Memorial Post 10879 meets next on Tuesday, January 11 at 5:30 p.m. in the Gorham Fire Department Training Room, 270 Main Street. For more information, please contact vfwp10879@gmail.com.

The Presumpscot Regional Land Trust is holding a Full Moon Walk at Randall Orchards on Saturday, January 15 from 4:30 to 6:30 p.m. Two groups will head out to explore the 500-acres of conserved orchard and forest while walking or snowshoeing in the moonlight. Hot cider, pressed from apples grown on-site will be served in the barn after the walk. This program is free, but space is limited. Registration required, prlt.org and click on events.

SENIOR NOTES

The Gorham Medical Closet, operating at the Municipal Center, 75 South Street, 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.

PUBLIC SUPPERS

Pre-Order Bean Supper to Go at White Rock Community Clubhouse, 34 Wilson Road, Gorham on Saturday, January 8, 4:30-5:30 p.m. \$20 for double or \$10 for single orders. Meal includes kidney & pea beans, cole slaw, potato salad, macaroni & cheese, biscuits, hot dogs and a dessert bar. Please call 892-9521 no later than noon on January 7 to reserve your order.

LIBRARY NEWS

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 are also available. Visit north-gorham.lib.me.us, and facebook.com/northgorhampubliclibrary/.

Baxter Memorial Library has a full line-up of events in January. The Book Club meets in the Schneider Room on Thursdays at 10 a.m., January 6 to discuss "The Immortal Life of Henrietta Lacks" by Rebecca Skloot, and January 20 to discuss "The Bone Fire" by SD Sykes. On Tuesdays, January 11, 18, and 25 for Snow Pant Story Time from 10-10:30 a.m., children ages 2-5 should grab their snow pants and join Ms. Heidi and Mr. Jeff for a brilliant outdoor story time that features stories, singing, dancing, and playing! Dress in layers for our wintery weather with hats, gloves/mittens, scarfs and maybe even a blanket. The library will be closed on Monday, January 17 in observance of Martin Luther King Jr. Day. FMI, baxterlibrary.org, or 222-1190.

USM NOTES

Join the University of Southern Maine Huskies' men's and women's ice hockey teams on Monday, January 17 from 10:45-11:45 a.m. for the 2022 Skate with the Huskies event at the USM Ice Arena located on the Gorham Campus at USM. Free and open to the public, this hour-long skate is for fans of all ages. The Gorham Recreation Department will provide free skate rentals on-site (sticks and pucks are not allowed for this event). Masks are required and an attendance limit of 150 patrons has been set. This family friendly event gives Husky fans an opportunity to enjoy the Huskies' Olympic sized ice rink, practice their skating skills and interact with members of both the Southern Maine men's and women's hockey teams. FMI: contact Associate Athletic Director/Senior Woman Administrator Kim Turner at (207) 780-5997 or kmtturner@maine.edu.



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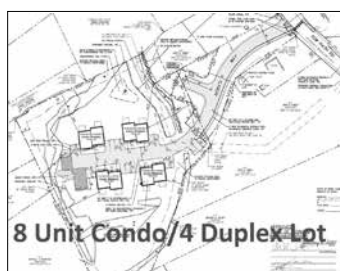
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GORHAM \$619,900 - Includes the approvals and infrastructure for this 8-unit condo development, Little Falls Condominiums. Gorham Sand & Gravel will complete the project with excavating the foundations, base pavement, loam and seed.



SOLD

6 Samantha Dr \$395,000 - This lovely standalone condo offers easy one floor living. Worry free living but with the privacy & yard space of a single-family home. This home features a 2-car garage, sunny breakfast nook, tray ceilings, master suite with private bath.



GORHAM \$565,000 - 1.38acre lot at the end of a private road. Features 2022sf w/ open concept 1st floor plan, kitchen is open to the living & dining rooms. The 2nd floor offers a spacious master suite above the 2-car garage with private bath & walk-in closet.



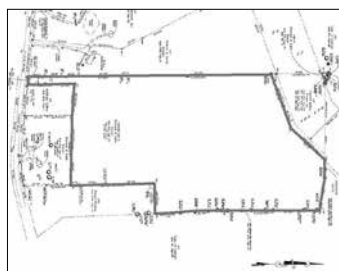
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98 Mechanic St \$540,000 - This Westbrook 2-unit has been completely rehabbed from top to bottom. New doors, windows, siding, roof, wiring, kitchens, appliances, baths, flooring and all new systems incl efficient heat pumps w/AC.



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A pig was reported loose on Lovers Lane. Officer checked the area and had negative contact with the pig.

Postal inspector turned in a backpack to the Gorham Police Department. Backpack had been sent through the mail to the Police by an unknown person who had found the backpack in the White Rock area.

Caller wanted to know his options for a ticket that he got in another state. He was referred to that state.

Shelby Drive caller reported a dog at his house but did not know who the owner was. Officer checked and learned the dog lived on Buck Street. Dog was licensed, and the officer asked the owner why the dog was not wearing her tag. Son told officer their other dog had eaten it.

Caller asked officers to keep the peace for the return of a vehicle from a private sale.

Officer found a vehicle with two adults in the Cherry Hill parking lot at 12:40 a.m. Adults were talking. Officer requested they leave the area.

Patio Park Lane caller wanted old ammunition removed from her residence. Officer removed 800 rounds for a 38 special.

Driver who was trying to make a U-turn on Brackett Road went off the roadway and slid about 10 feet down the embankment

and into a ditch. AAA pulled the car out. There was no observable damage.

Valley View Drive caller was concerned about the People's Alliance coming to her door at 9:15 p.m. and thought it was suspicious.

An extremely intoxicated caller from George Street told the officer that he wanted his belongings, which were in police custody, returned to him. He was advised he had to wait until a detective was working in order to do that.

Caller reported a dispute over a mess left in the yard from a party the previous night. All involved were spoken to and the area was cleared without incident.

A suspicious person on Old Dynamite Way, who lived in the Tannery Brook Apartments, told the officer he was just out for a walk.

Officer attempted to stop a vehicle on South Street for a defective exhaust. Driver fled on South Street towards the rotary. Officer discontinued pursuit as the vehicle was going 90 mph on South Street.

Following a traffic stop, driver was cited for attaching false plates.

Country Road caller reported a man came onto her property and yelled at her. Man was gone when the officer arrived.

School Committee Meeting CONTINUED FROM PAGE 8

facilitate teacher training. Auditing the social studies curriculum for grades 9-12 is also underway for presentation at the end of the school year. The Anti-racism Team is working with her to increase diversity in the hiring process.

Other highlights of her goals include hiring a facilitator to assist in learning how an early childhood program would operate for pre-K students, completion of the town-wide facilities study, and developing a program for helping K-12 teachers teach skills for life with a focus on teaching executive functioning across all grade levels.

Perry gave an historical report on the substitute fill-rate: the number of substitutes filling positions for absent teachers. The target is 80%, which the district largely achieved from 2015 to 2019 when the percentage began dropping. Since COVID it has dropped farther. There are days when as many as 30 positions are unfilled, and the fill-rate is near 60%. Perry said that her goal was to bring the fill-rate back up to 80% with the addition of newly trained substitutes.

Perry presented COVID data for November which is available on the

district website. It showed that student and staff impact, a number reflecting those staying home, quarantined, or sent home with symptoms, was high at the beginning of the month. In K-5 schools there were 328 student incidents and 4 teacher incidents; in grades 6-12 only 117 student incidents.

There was a dip in the middle of the month, but numbers began rising the week of November 28. Perry said that while she did not have figures for the student vaccination rate, 420 had been vaccinated at school clinics and probably 300 more had received vaccinations elsewhere.

In other business, the SC voted to table the 2nd reading of the Public Participation at School Committee Meetings until January because the revised wording was not available. They voted to approve three more early release days — January 12, 26 and February 2 — (5-1, Gagnon). They will review early release days at the January 22 workshop.

They voted (6-0, Perkins absent) to approve the 2021-22 School Committee Goals, election of superintendent as required by the state, and personnel stipends.

CALENDAR

THURSDAY, JANUARY 6

Baxter Memorial Library, Book Club, Schneider Room, 10 a.m.

SATURDAY, JANUARY 8

White Rock Community Clubhouse Pre-Order Bean Supper to Go, reserve at 892-9521.

TUESDAY, JANUARY 11

Baxter Memorial Library Snow Pant Stories (ages 2-5), 10-10:30 a.m., dress warm!
 VFW Gorham Memorial Post 10879 meeting, Fire Department Training Room, 5:30 p.m.
 Gorham Lions Club regular meeting, Moody's Community Room, 6:30 p.m.

SATURDAY, JANUARY 15

Presumpscott Regional Trust Full Moon Walk, Randall Orchards, 4:30-6:30 p.m.
 Register at prtt.org.

MONDAY, JANUARY 17 – MARTIN LUTHER KING JR. DAY

Baxter Memorial Library will be closed.

TUESDAY, JANUARY 18

Baxter Memorial Library Snow Pant Stories (ages 2-5), 10-10:30 a.m., dress warm!

THURSDAY, JANUARY 20

Baxter Memorial Library, Book Club, Schneider Room, 10 a.m.

CLASSIFIEDS

SERVICES

DOG CARE - We offer a safe haven for small dog breeds in our ranch home with a fenced backyard. We don't use crates and offer affection, walks, play time and socialization. Fully insured, 16 years of experience. Located in Standish. Pups must be current with vaccinations. Only 4 dogs allowed at a time. Discounts offered for pups staying longer than 10 days. Contact Lorie text or call 207-838-0132. www.petsittinginmaine.com

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Village
PHYSICAL THERAPY
 SUPPORT LOCALLY OWNED BUSINESSES



Mike Smith, MSPT, ATC

Feel
 The
 Difference



Jennifer Danley, DPT

Did You Know?

- > We have adjusted our schedule and treatments to better serve and protect our patients during this time.
- > If you have an orthopedic problem, you can come directly to PT. No referral needed.
- > Your out of pocket expenses may be less with us than treatment at a hospital based clinic.
- > We are the only 100% locally owned and operated PT clinic in Gorham.

839-9090 | 347 Main Street, Gorham

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4.99 6 PACK **Save \$1.00**

Small Skinless Haddock Fillet

6.99 lb. **Save \$1.00lb.**

Wild, All Natural
Previously Frozen

Extra Colossal Shell-On Ez-Peel Raw Shrimp

10.99 16 oz. **Save \$1.00**

FROZEN
8/12 ct. per lb.
32 oz. bag \$21.89

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9.99 PKG. **Save \$1.00**

Cafe Olympia Fat-Free Crumbled Feta

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PROUDLY CHEESE WISCONSIN

Silk Almond Milk Sweetened • Unsweetened

2\$5 for 2\$5 64 oz. **Save 98¢**

50% More Calcium than Milk

Kellogg's Special K Cereal 9.6-13.3 oz.

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Tostitos Scoops

2\$6 for 2\$6 9-13 oz. **Save \$1.00**

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Sale Starts Sunday Jan. 9th - Saturday Jan. 15th

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