Gorhan Times

Volume 28 Number 4 | February 17, 2022

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

Heart of Baking, Fundraiser | All Winter Teams Prepare for Special Olympics Maine



Sullivan House Bakery held a Heart of Baking "dough raising" event to raise funds for the Special Olympics Maine. Athletes and Gorham Police Department members decorated Valentine's Day cookies available for purchase to support the team. Thanks to the tremendous turnout and support of those who made a purchase or donation, the items sold out by 10:30 a.m. and they raised over \$1400.

Civil Rights Team Organizes **BIPOC Educational Series**

Lucia Holloway, USM Intern

February is Black History Month and Gorham High School's (GHS) Civil Rights Team is reminding students weekly of its importance.

According to Trisha Cherry, Civil Rights Team co-advisor, each week the team highlights historic African Americans and their key accomplish-

One of the team members presents one of these individuals during morning announcements. This offers students knowledge and insight of African Americans who may not have been highlighted in history. This

information is also posted in daily written announcements.

This year, the Civil Rights Team has partnered with ASPIRE Gorham to create a speaker series to highlight BIPOC (Black, Indigenous, and People of Color) professionals and their journey in all areas.

"Working on the Black History Month speaker series with the GHS Civil Rights Team has been educational and fun. We get to learn and highlight Black educators," says Civil Rights Team member, Klarha

Valentine Bandit Strikes Again



for Playoffs Despite Setbacks

Katie Brown, Sports Editor



Regardless of team records, all teams are in the playoffs. With COVID setbacks still affecting the outcome of games throughout the regular season, this playoff landscape is good news for coaches and student-athletes. This is a chance for one more guaranteed coachable game and gives athletes a chance to get a playoff experience.

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Plans for Next Segment of the Mountain Division Trail **Move Forward**

Chris Crawford, Staff Writer

There's great news for Gorham folks who enjoy walking, biking and jogging on the Mountain Division Trail, the paved segment of the Sebago to the Sea Trail. Plans to pave the next 5-mile section, from Route 202 in South Windham all the way to East Bridge Street in Westbrook, have taken a big step forward.

Maine DOT recently announced that Federal money plus a local match totaling \$450,000 will fund the necessary feasibility study and engineering toward a paved trail alongside the existing rail-bed. This will grow the paved section to 10

This is one of the most widely used trails in the area. It travels through beautiful forests with scenic views of the Presumpscot River, Otter Pond and Sebago Lake, as well as access to historic sites like the Gunpowder Mills at Gambo Falls and remnants of the Cumberland Oxford Canal.

When completed, the 28-mile Sebago to the Sea Trail will run from the shores of Sebago Lake all the way to Portland.



Photo Credit: Rachelle Curran-Apse

The Mountain Division Trail is fun for walkers, bikers and joggers of all ages all year long.

Future plans include expanding the Mountain Division trail to 50 miles, beginning in Fryeburg on the New Hampshire border. Patience will

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LOCAL ANNOUNCED MRS. GORHAM MAINE PAGE 3

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RETHINK RESOLUTIONS AND SET A GOAL INSTEAD PAGE 4

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.

Working to Make Prescription Medications More Accessible

Sen. Stacy Brenner

Many of you know that in the Legislature, I serve as chair of the Environment and Natural Resources Committee. As a farmer and lifelong outdoor enthusiast, it has been a privilege to serve in this role since I was first elected.

In addition, I'm also a member of the Health Coverage, Insurance and Financial Services (HCIFS) Committee, where I have the opportunity to work on issues I have seen firsthand as a nurse-midwife. I've seen patients struggle to afford their medications, and I've seen them worry about how much a visit to the doctor or a procedure will cost.

It's not controversial to say that no one should ever have to choose between paying for a prescription or filling their fridge with food. In this committee, we largely focus our efforts on these high costs and lack of access to care that far too many Mainers struggle with on a daily basis.

This session, the HCIFS Committee has already passed three new pieces of legislation that build on our efforts to help folks get their medications and access care. The first bill is sponsored by my colleague Sen. Heather Sanborn, and goes after "copay accumulator programs," which are implemented by some health insurers and essentially double-bill patients for their medication.

For folks who are dealing with chronic diseases, the medications they need to survive can be extremely costly and take a toll on their budget. Sometimes, these patients can find some limited financial help to afford the prescription. However, health insurers that have implemented copay accumulator programs don't count that financial assistance toward the patient's deductible or out-of-pocket maximum. This effectively nullifies any benefit a patient might've received from the financial assistance, saddling them with costs they weren't planning for. This practice is wrong and provides no benefit to a patient - we're well on our way to ending it.

Another bill sponsored by Rep. Amy Roeder will allow a pharmacist to dispense an emergency supply of a medication even if the person doesn't have a current prescription. This will be allowed so long as there's a history of a patient getting that same medicine in the past, and it's not a controlled substance or opioid.

This bill is very important; Rep. Roeder cited her asthma and need for an emergency inhaler as an example. If you're having an asthma attack and don't have a working inhaler, the emergency supply from a pharmacy could literally save your life. Currently, however, a pharmacist may not be allowed to provide that. This bill will make a real difference in times of crisis.

The third bill I wanted to highlight is sponsored by Rep. Richard Evans,

who is also a physician, would direct the newly established Maine Office of Affordable Health Care to analyze barriers to affordable health care and coverage here in Maine, and to make proposals to solve those issues.

The bill also requires the Office to submit a report back to the committee with these policy recommendations. Last year we passed a bill that created this office, and by now passing Rep. Evans' bill, we can give it a clear charge and mission right off the bat.

These bills are just a small sample of the work we do in the HCIFS Committee. It's my honor to work on your behalf fighting for policies that will make sure all Mainers can access the affordable, quality coverage that we all deserve.

Don't hesitate to reach out with questions, comments or ideas. You can send me an email at Stacy.Brenner@ legislature.maine.gov or call my office at 287-1515.



Stacy Brenner is serving her first term in the Maine Senate, representing Senate District 30, which includes Gorham, part of Buxton, and part of Scarborough. She is the co-owner of Broadturn Farm in Scarborough and is also a certified nursemidwife. 207-287-1515 stacy.brenner@ legislature.maine.gov

Around Town

Sebago Brewing Company Brewpub on Elm St. will close for construction March 26. This start date is one month later than was originally announced.

Gorham Youth Lacrosse

Programs for Boys and Girls K-2 and 3-6

> Registration will be open on February 1st for Spring 2022 season!

Registration closes on March 1st *Please note we can no longer accept late registrations

> Cost for K-2 is \$60 Cost for 3-6 is \$200

To register for programs or for more information visit https://www.gorhamlacrosse.org

Bringing the News to All of Gorham PO Box 401 Gorham, Maine 04038 Phone and Fax: (207) 839-8390 gorhamtimes@gmail.com www.gorhamtimes.com

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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School News

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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.

Printing services by Masthead Maine Press, 295 Gannett Drive, South Portland, ME 04106

UPCOMING ADVERTISING DEADLINES

February 23 March 9 March 23 April 6 April 20



Ashley Maguire is Mrs. Gorham Maine

Eve Lessard, USM Intern

Ashley Maguire, Gorham resident and a broker at Schrager Hampson Aviation Insurance Agency, was announced Mrs. Gorham Maine in a press release on January 19, 2022. Mother, wife, volunteer, neighbor, friend, and founder of the nonprofit organization "The Backpack Buddy", Ashley Maguire is competing for the title of Mrs. Maine at the Mrs. Maine America Pageant.

Maguire is competing for the title on April 3, 2022, at the DoubleTree Hotel in South Portland. The competition will consist of three phases; private interview, swimsuit competition, and evening gown. Maguire will be competing for a grand prize valued around \$10,000.

Maguire has been working for an inoffice large insurance brokerage for the past four and a half years. There, she has been working at home and considers herself to be thriving. Maguire got into insurance while a student at Husson University through Cross Insurance in Bangor, Maine. There, she was promoted within.

Being a Gorham local, Maguire's favorite thing about living in the university town, as she describes it, "is the people; every single one is so kind and so helpful."

Along with work, motherhood, being a wife, and running The Backpack Buddy,

Maguire also volunteers with her husband through "coaching a few sports that our first grade son is involved in."

Maguire also mentions volunteering for food pantries and at the Maine Mall to ring a bell for The Salvation Army.

organization, Maguire's Backpack Buddy, focuses on providing essentials to local first graders at Narragansett, Village & Great Falls.



Ashley Maguire, Mrs. Gorham Maine

"The focus of The Backpack Buddy is to provide a new backpack filled with

health and educational supplies to every first grader," said Maguire.

When it comes to the competition for the Mrs. Maine America title, Maguire is "certainly nervous," but also "super excited." Maguire is looking forward to showing "the state what I have

to offer in April!" The Maine pageant women were also mentioned. Maguire describes them as "each one different in their own way and each one having so much to offer."

Maguire gave this piece of advice to other women, "The best way to living a fulfilling life, is to be honest, be authentic, work hard, and know your self-worth."

Inclusivity in Music

Mary Wallace, USM Student Intern



rtesy of Osher School of Music and USM Chamber

On February 10, 2022, the University of Southern Maine (USM) Chamber Singers participated in the American Choral Directors Association (ACDA) regional conference in Boston, Massachusetts.

This ACDA conference is a first for choral director Dr. Nicolás Dosman and his students. When asked about his thoughts and feelings going into this event Dr. Dosman said, "It is intimidating —to put yourself out there — this is a conference of your peers, experts, people who know choral music very well."

To be invited to this conference is a great honor. The group had to go through a rigorous blind peer review process. This process includes the review panel going through three years of Chamber Singers' performances with, hopefully, an invitation to the conference being the result.

For their performance at the conference, Dr. Dosman has chosen to include BIPOC (Black, Indigenous, People of Color) and women composers to bring underrepresented artists to the forefront of choral music.

The theme of the conference is "resonate", which is what Dr. Dosman hopes this music will do for people.

The USM Chamber Singers performance will include compositions by Scott Joplin, an African American composer and pianist; Abbie Betinis, an American composer; Marques L. A. Garrett, a composer and educator who specializes in non-idiomatic choral music of Black composers; Mark Butler, a composer, conductor, pianist and music educator; Cristian Grases, a Venezuelan composer, conductor and professor; and Katie Lind, a student at USM who composed her piece called "Summer Rain" during the height of the COVID-19 pandemic.

Making sure underrepresented composers are at the forefront of this conference is not the only thing that Dr. Dosman is hopeful for. He also hopes the choral music community can see with how much respect the Chamber Singers perform these pieces. Since most of the students in the group do not fall into the BIPOC category, there is a fine line to walk between appreciation and appropria-

Dr. Dosman said of his students, "They have their hands on the pulse of the world, where it is going. When they are finally ruling the world, the world will be a better place. They are treating the music with respect. They represent through their art what could be. All art is valuable."

Inclusivity in music is imperative to Dr. Dosman, and that is unmistakable as he leads the Chamber Singers to their first American Choral Directors Association regional conference.



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Maguire is competing for the

title on April 3, 2022, at the

DoubleTree Hotel in South

Portland. The competition will

consist of three phases; private

interview, swimsuit competition,

and evening gown.

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Call or email us for more information.



Gorham Times 839-8390 | gorhamtimes@gmail.com

A Sweet Valentine's Day Gesture for Community

Krista Nadeau, Staff Writer

Through the years, Valentine's Day has come to be observed as a sweet holiday (pun intended). Ultimately, it's a day of connecting with others and making them feel special and appreciated.

At schools, Valentine's Day is a day of fun and includes kids eager to hand their valentines out to their classroom peers—it's a day of social interactions. But, for some kids, social connection can be very difficult, sometimes leading to feelings of loneliness or isolation.

Mary Plummer Lerley knows this firsthand. She has three children, Emma, 11, Tyler, 13, and Leo, 15. Tyler has autism.

Lerley, a local artisan soap maker, recently closed her business to focus her attention on the needs of her family. With some of her creative, leftover inventory—especially her soap cupcakes—she and Tyler decided to spread some Valentine's Day cheer to others.

Tyler recently began homeschooling. Instead of wondering if anyone would think to send Valentine's Day cards to him, he and his mother decided to become "extreme givers" of their own Valentine's treats this year.

The first 35 people nominated received their special Valentine via delivery by Lerley and Tyler on February 13 or 14.

"Even though Tyler doesn't dis-



Photo Credit: Mary Lerley

Tyler Morey, age 13, shows one of his Valentine's Day creations, a soap cupcake, that was delivered to a community member.

play his wants and needs for social connection, he wants it. He wants friends," Lerley said.

It's bigger than that, however. "Gorham is our community, and we want to build a community that knows Tyler is here," Lerley added. It's what all parents who have loved ones with disabilities want—for those loved ones to be seen, accepted, and appreciated.

If you'd like to send Tyler a valentine or note, he would be excited to receive one in the mail. Please send it to Tyler Morey, 3 Shaws Mill Road, Gorham.

Plans for Next Segment of the Mountain Division Trail

be required, though. This next segment is estimated to take a minimum of 5 years to complete.

Move Forward Continued FROM PAGE 1

Expansion of the rail-trail is possible through the support of the City of Westbrook and the Town of Windham as well as from a broad coalition of partners includ-

ing the Presumpscot Regional Land Trust, Mountain Division Alliance, Maine Trails Coalition, Bicycle Coalition of Maine, Windham Parks & Recreation, Portland Trails, Westbrook Recreation and Conservation Commission and more.

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LIVING

Rethink Resolutions and Set a Goal Instead

Dr. Delvina Miremadi-Baldino

About 41 percent of people set New Year's Resolutions but only 9 percent of people are successful in achieving those resolutions. A resolution is often just a poorly stated "something" that you want to change. It lacks preparation, planning, accountability, vision, and a backup plan should you hit difficulty along the way.

Instead of making a resolution, set a goal. Unlike a resolution, goal setting is not about one moment or decision to act, it's about long lasting behavior change that involves thought, re-evaluation, failure, perseverance and resilience.

Solid goals aren't just a bunch of statements on Post-It Notes; they are specific, well planned out pathways to change. Much like a map provides a clear path to reach your destination, you can navigate a path to lasting change by setting powerful, effective, attainable goals using the R.E.S.I.L.I.E.N.C.E. Goals model.

Revisable: After clearly defining your goal, it's helpful to also consider that new situations and information will inevitably come up along the way. Set goals with a flexible, versatile understanding that you may need to make revisions as needed.

Emotional: Creating goals that you feel passionate about, that connect to your value systems and that are interesting to you will ensure you won't let anything get in the way of making it happen.

Specific: Specific goals are much more likely to be achieved than a general or vague goal. A specific goal answers the, "What?", "Why?" and, "How?" of the goal. What will be done? Why does it need to be accomplished? How will it be executed and by when?

Intentions: Establish your implementation intentions ahead of time to help to think through pitfalls, determine an action plan and reduce ambivalence. Write down all the "when x, then y" or "if x, then y" statements you can think of, as it relates to achieving your goal.

Long and short: Every individual goal is best achieved by thinking of it

as your long-term goal (e.g.: getting an A in Biochemistry), with multiple short-term goals that act as stairs to help you get there (e.g. attend every class, find a study partner, complete all of the weekly assignments on time, etc.).

Innovative: The top producers, most iconic leaders and most successful entrepreneurs didn't get where they are by setting the same goals that everyone else was setting. Make sure your goals are creative and innovative and encourage you to think outside the box and push you to reach your full potential.

Expectations: Having high expectations, both of yourself and from those around you, has been strongly linked to high achievement. Likewise, setting goals that expect the highest level of performance from you, will lead to more success.

New skills: Set goals that challenge you by requiring you to grow and learn new skills. If your goals can be achieved with all the current resources that you have, then you aren't setting goals that will move you toward success.

Cues: Research shows that conscious or unconscious cues, also called "primers" play a critical role in a behavioral change. Cues such as reminders on your phone, to-do lists and Post-It Notes will be an important part of your pursuit to achieve your goal.

Energizing: Like the Energizer Bunny, a worthy goal (the batteries) provide the energy (motivation) to be persistent along the achievement path until the goal is accomplished. It's easy to get side tracked or to procrastinate, but an energizing goal excites you and keeps you going, and going, and going.



Dr. Miremadi-Baldino
has dedicated her education, research and career
to helping individuals,
schools and organizations
foster resilience and lead
more positive, purposeful
lives.

2021 GORHAM REAL ESTATE MARKET BY THE NUMBERS

Number of Single Family Homes Sold - 234 Median Days on the Market - 5 Median Sales Price - \$400,000 Most Expensive Single Family Sale - \$1,243,000

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Town Council Report 2/1/22

Jacob Adams, Town Council Reporter

Ted Adams of South Street communicated his concerns on the closing of the Gorham Country Club and urged the Town to consider purchasing the land to help preserve the green space.

Councilor Hager reported that the Finance Committee met on January 24. Richard Ranaghan discussed the Town's debt-to-income ratio and James Rathbun, Library Director, reviewed the Library fees.

Councilor Kuech reported that the Little Rams Committee will be meeting on February 17 to work on their goals and put together a report for the School Committee.

Councilor Wilder Cross urged volunteers to apply to the openings on the Board of Health and Fair Hearing Board. She reported that the Gorham Village Alliance discussed municipal signage around town. Councilor Wilder Cross thanked the Gorham Conservation Commission and William Moreno for their many wonderful accomplishments around town including updating trails and building bridges.

Councilor Phillips thanked Public Works for their hard work during last week's blizzard. She also thanked the Conservation Commission for all of their work.

Councilor Hartwell addressed storm clean up concerns and explained that Public Works does the best that they can with their current budget and staffing

Chairman Pratt asked residents to report any overhead jet/plane noise issues on the Jetport's website. He asked residents to consider donating blood if possible due to current shortages. Pratt also thanked Public Works for their efforts during the blizzard and welcomed back Town Manager, Ephrem Paraschak.

Town Manager Paraschak thanked Community Development Director Tom Poirier for his help while he was out of the office. He also thanked Public Works for an outstanding job keeping the roads safe during last week's storm and reminded citizens of the ongoing winter parking ban on Town streets. He also noted that winter sand is still available at the Public Works Garage.

Town Council issued a Medical Use Marijuana License to Gerard Tardiff of Premium, located at 5 Little Wing Lane, Unit B. Property is owned by Dave Cowan. (7 yeas)

Town Council issued a Special Amusement License to Sebago Brewing Company, located at 616 Main Street.

The Land Use & Development Code was amended to require phased build outs of subdivisions. (7 yeas)

Town Council amended the Land Use & Development Code to adopt the Urban Residential Expansion District and approve the revised zoning language and map. (7 yeas)

Town Council endorsed Port Resources' Community Development Block Grant application for a septic system project related to the Port Resources **Group Home located on Dingley Springs** Road. (7 yeas)

Staff was instructed to prepare recommendations on expanding senior programs in the Town of Gorham. (7 yeas)

The Ordinance Committee was instructed to review Recreation Impact Fees and will provide recommendations on expansion of eligible projects. (7

Town Council instructed the Town Manager to prepare recommendations for the Town Council for the March meeting that provides hazard and/or

CONTINUED ON PAGE 11

Planning Department News

Carol Eyerman, Town Planner

Sebago Brew Pub on Elm Street is planning renovations and additions to their current location. A waiting area of 220 sq. ft. is planned where the front door is currently. The kitchen will be renovated and updated. The bar will be reconfigured to be U-shaped and add more seating. The side of the building past the end of the current bar will be expanded almost 500 sq. ft. There will be a sidewalk in front of the building and handicapped parking will move from in front of the building in the driveway to the parking lot in the rear.

The Town developed an outdoor dining policy in 2020 to enable restaurants to survive the COVID-19 pandemic. The policy is still in effect but has a sundown element after COVID is under control. The Council Ordinance Committee is reviewing the current ordinances to make parts of the policy permanent.

The laundromat on South Street is under new ownership. They are currently renovating the interior with an upgrade in design, new machines, and new signage.

Gorham Lions Support Reading Programs



Gorham Lions finished a successful 31-day raffle and used the funds to assist reading programs at all three Gorham Elementary Schools. From left, Ken Aldrich, Lions President, Superintendent Heather Perry, Jim Burnham, Lions Treasurer.

You're in the Know. Gorham Times

Real Estate Transfers September 2021

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NEW PATIENTS ALWAYS WELCOMED



All Winter Teams Prepare for Playoffs Continued From Page 1







Left photo: Boys' Basketball Game v. Scarborough. Center photo: Girls' Basketball team huddle. Right photo: Boys' Ice Hockey Game v. Cheverus

GIRLS' ICE HOCKEY

The first playoff game for Gorham sports kicked off with the Girls' Ice Hockey team on February 8 at Troubh Arena in Portland. Gorham, the #7 seed, played the #2 seed, Cheverus, a very decorated winning team. The match-up was the third for these two teams this season.

In the first two periods the Rams were down by a margin of 10-0, however, the Rams made a comeback and scored three goals under a minute at the 6-minute mark left in the game. The Rams' rally would end there. The team, however, gave it 110% and is all heart. A sportsmanship award wouldn't be out of reach for this team.

BOYS' ICE HOCKEY

After a challenging start to the season, the Rams had crucial wins against Kennebunk, York, and Windham/BE. The team will have at least two key rival matchups against Greely and Cape Elizabeth in mid-February.

These rival games in particular will have playoff implications. Gorham Goaltender, Jasper Crane will be key down the stretch. The junior goaltender was named Goaltender of the Month with 32 saves.

GIRLS' BASKETBALL

Regular season (home) games wrapped up the week of February 7 v. South Portland and Noble. The Rams' uptempo style, pressure offense

and defense, and the strength of their 3-point shooting will be keys going into the playoffs. The Rams have a strong senior class loaded with talent and will be tough to beat in the South AA playoff run.

BOYS' BASKETBALL

The Rams wrap up their regularseason games at South Portland and at Noble. They have had a season of streaks in both of the win/loss columns.

They have won seven out of their last nine games which should give them momentum for the playoffs. The Rams will potentially look to host a preliminary playoff game. Although, due to a couple of tough losses down the stretch (one being a two-point loss to TA),

they may be on the road. This young talented team is excited and has nothing to lose.

Rounding out the upcoming championships are: The Alpine Ski team SMAA championships at Shawnee Peak, Swim Team Southwestern Championship meet, Cheering Team State Championship, Girls' and Boys' Indoor Track Team Southwestern Championship meets at USM, Gorham/ Scarborough Wrestling cooperative team athletes Class A South Regionals, and the Unified Basketball team travels to Deering High School for a hoop

Good Luck to all of the teams and athletes competing and representing the Gorham Community.

Memories of Gorham **Country Club**

The Gorham Country Club (GCC) will be greatly missed by the Gorham Community. If you have photos you would like to share of your time spent at GCC please send them to gorhamtimes@gmail.com.







Left photo: The pilot forgot to yell "fore". Middle photo: Getting over the water on Hole 3. GCC always catered to their junior golfers. Parents truly appreciated their generosity towards the kids. Right photo: Always hopeful for an easy par on Hole 6.







Upcoming Gorham Outdoors Events and Info

Aislyn McLean, GHS Intern

The Gorham Outdoors Club, partially organized by Jason Tanguay, is launching into its second year of activities. Throughout 2021, many successful events were held, including numerous town cleanups, fire safety demonstrations, physical fitness challenges, and more.

The club is all about providing chances for the community to get out and participate in engaging, safe activities. There's a large variety of events and truly something for everybody.

Tanguay, Gorham High School teacher and coach, explained, "Gorham Outdoors is a club that is looking to promote wellness physically, socially, and emotionally through the activities we organize. We provide fun and free opportunities for all members of our town to get outside and enjoy the outdoors. Our club makes every effort to bring these events to everyone regardless of age, race, gender, ethnic origin, and socioeconomic status."

UPCOMING EVENTS:

SnowHole Biathlon, February 27 Fire Building & Safety w/ Bob Crowley, March 13

Mindfulness Moonlight Walk, March 19

Anyone who is interested can find more information involving these events by following the club on Facebook. Additionally, Gorham Outdoors is always looking for more volunteers. Potential volunteers can reach the club directly at gorhamoutdoors@gmail.com



Biddeford Gorham Scarborough **Portland** Sanford Lewiston So. Portland Windham Augusta www.moodyscollision.com

"Like us" on



"Into the Woods" We Go Again at GHS

For two weekends in February, the cast of Gorham High School Into the Woods brought music and magic to the Gorham Community.



Senior Annikka Mocciola (Little Red Riding



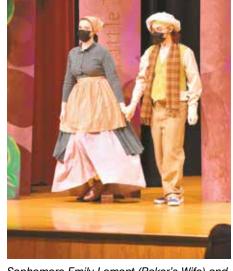
sophomore Lauren Pierce (Cinderella's Stepmother), sophomore Lily Rubin (The Witch) and freshman Sofia Andrade (Florinda)



Junior Maddie Downey (Cinderella) and sophomore Alex Robbins (Cinderella's



Emily Lemont, Alex Robbins, senior Asa Wareham (Rapunzel's Prince), Milo Harmon, and senior Tessa Dol (Rapunzel)



Sophomore Emily Lemont (Baker's Wife) and junior Milo Harmon (Baker)



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HARVEY PERFORMANCE

Junior Achievement in a Day

Ien Belanger. Aspire Gorham Communications Coordinator





Students participating in the "JA in a Day" event at Gorham Middle School.

Gorham Schools have long partnered with Junior Achievement to expose students to financial literacy education. On January 13, over 10 volunteers from the community came to Gorham Middle School to hold the 2nd "JA in a Day" event that utilized their "Economics for Success" pro-

Students rotated through five engaging activities that taught students about credit, budgeting, insurance, and the importance of planning for their future. This event was held for all students in the 7th-grade class, ensuring that the core financial literacy skills were presented equitably. Aspire Gorham is proud to partner with Junior Achievement to provide students with this key set of futureready skills.

"I enjoyed learning about real-life things and how to properly spend and save your money," said one of the student participants.

Thank you to all of the community volunteers who donated their time and expertise to our students.

GHS GRAD NEWS: If you, your son, or daughter are GHS graduates, we would like to share your achievements in the Gorham Times Of Interest section or in a Where Are They Now feature. Submissions should include the year of GHS graduation and should be no longer than 75 words. Contact Chris Crawford at ckck5@icloud.com.

Come with us!



International Cryptozoology

Thursday, February 17th at 10:30 am and then enjoy coffee and donuts at Tony's before coming back to Gorham at 1:30pm.

\$17.00+ Tony's donuts on your own.

Red's Shoe Barn and Lunch! Monday, March 21st at 10:00am







Maine Classic Car Museum Let us drive you to the museum in Arundel and then a luncheon at a local restaurant!

Wednesday, May 4th at 10:00am \$17.00 + lunch on your own.

Maine Maritime Museum & River Cruise Monday, July 18th, \$43 + Lunch on your own

Explore the Kennebec River on a 1-hour narrated River Cruise and see where Maine shipbuilding began more than 400 years ago, and continues today, enjoy the museum and then lunch on your own downtown Bath.



The County! Join us for a 3 day motor coach trip to Aroostock County! July 20-22, 2022.

A fun-filled spud-tacular trip that you don't want to miss! \$349/pp double occupancy or \$512/single.



Register online Gorhamrec.com or call 222-1635

Gorham School Committee Meeting February 9, 2022

Superintendent Perry is hopeful

that by the end of March,

substitute coverage will be at the

recommended 80% level and that

the stress on the buildings and

staff will be eased.

Michael Lortie, School News Editor

The Gorham School Committee held its monthly meeting on Wednesday, February 9. The meeting was called to order by Chairperson, Anne Schools.

There was a presentation from Kirsten Mroczkowski, the Alternative Education Ed. Tech/ Communication Liaison at Village School and four students representing the Village Times, the school's digital newspaper.

Fifth grader, Kent, fourth grader Ben and fifth grader Josephine each

spoke about the newspaper and how it has positively impacted them. Each one discussed new learning opportunities including writing, operation of the camera and the ability to ask good interview questions.

An alum of the program, Jade expressed her surprise discovering that a digital program did not exist at the middle school and described her successful efforts of finding advisors and implementing a digital newspaper at Gorham Middle School (GMS).

Superintendent Heather Perry presented the COVID numbers that impacted the Gorham Schools during the month of January. There was a dramatic spike in January in Gorham, as well as the rest of Maine, as 920 student absences and 99 staff absences were attributed to COVID during the month.

This led to difficulties in class coverage, and the additional early release days for teacher planning were appreciated by the staff.

Each formal subcommittee and ad hoc committee reported on their recent meetings and the priorities that they are working on at this time. Some of the committees had recommendations for consideration during the meeting.

There was a proposal to accept the bid from the J & J company to fix the heat pumps at GMS. This was accepted by a 7-0 vote, and the work will begin as soon as possible. This is a familiar company to the school system and they are very comfortable accepting this proposal.

In addition, a bid was accepted from Robert F. Ward and Company to replace the Gorham High School (GHS) bleachers. (7-0). School Committee members expressed relief that these areas of concern were going to be addressed in the near future.

There was a long discussion about the posaddition sible of early release days in March. Superintendent Perry recommended adding two days, March 9 and March 23 to help provide planning time for teachers.

She is hopeful that by the end of March, substitute coverage will be at the recommended 80% level and that the stress on the buildings and staff will be eased. She has received mostly positive feedback from parents, although it is clear that early notice of these days is greatly appreciated.

There was lively discussion involving the entire School Committee, including the two student representatives, and the addition of two early release days was approved. (5-2, Perkins, Gagnon)

By a 7-0 vote, two Schedule B vacancies were filled. Tracy Williamson was approved for GHS Steel Band, and Allie Stanley was approved for Great Falls Civil Rights Team Advisor.

The School Committee also continued their annual policy reviews by conducting the first readings of seven policies. There were some changes required by state law and also by timely review. These policies will be studied by the entire committee, and changes will be reviewed at future meetings.

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Get Up and Get Out

Chris Crawford, Staff Writer



Scouts Pack 85 take to the trails with some snowshoes.

Photo Credit: Ryan Paul

Whether it's bundling up the kids or wrangling temperamental equipment, Maine winters present some obstacles to going outside. In spite of a few seasonal hassles, we Mainers are a hearty bunch. The good news is that the snow is here, the days are getting longer, and the safest place in the pandemic is still the outdoors.

Winter camping is available at eight State Parks, and there's even a spacious cabin to rent at Camden Hills State Park or at private lodges like Mt. Chase Lodge on Shin Pond in Patten.

Ice fishing is a Maine winter tradition at places like the Allagash Wilderness Waterway and Range Pond State Park, as well as locally at Sebago Lake or Otter Ponds. Be sure and be careful when out on the ice.

Cross-country skiing trails are groomed at Sebago Lake State Park, Mount Blue State Park, and Aroostook State Park. Bradbury Mountain State Park has become a mecca for fat-tire bikes in all seasons, and Park staff and volunteers groom trails for bikes in the winter.

Locally, each of Presumpscot Regional Land Trust's list of best winter trails has at least one trailhead that is plowed and accessible all winter. They are all ideal for winter walking and snowshoeing. Visit at www.prlt.org for directions or more info. Remember to dress warmly, in layers and to leave no trace.

Mellow Walks — wide flat trails through the forest:

Frazier Preserve trail is flat and wide, ideal for winter visits.

Gambo Preserve can be accessed via the well-maintained parking lot at Shaw Park (Gorham side) or parking at the end of Gambo Road just before the bridge (Windham side) - both are paved and plowed parking. The loop trail is on the raised historic Cumberland-Oxford Canal Towpath.

The Sebago to the Sea Trail has many different parking areas, most of which are plowed. The paved and unpaved sections make great winter walking. Please note that some sections are also open to snowmobiles.

Steep Falls Village Preserve parking is at the end of Mill Street in Standish. The loop trails are flat and wide.

Moderate Challenge — single wide trails, good for snowshoeing or using snow/ice cleats:

Black Brook Preserve in Windham offers trails in forest and field and also a sledding hill close to the Windham Center Road plowed trailhead (the Route 202 trailhead is not plowed).

Hawkes Preserve is accessible via the Great Falls school trailhead (off of Route 237), but please note that the Towpath Road trailhead is not plowed.

Little River Preserve has a trailhead on Route 202 which is plowed after each storm.

Lowell Preserve parking is next to the East Windham Fire Station. There

Continued on Page 11

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GRADUATIONS

Marie Walton, BA in Writing and Anthropology, Ithaca College, Ithaca, New York

DEAN'S LIST

Sarah Baxter, Endicott College, Beverly, Massachusetts

Casper Bouchard, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Steele Boyce, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Nolan Floyd Brown, Husson University, Bangor, Maine

Logan Butler, University of Southern Maine, Gorham, Portland, and Lewiston, Maine **Margaret Caruso**, Endicott College, Beverly, Massachusetts

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Hannah Douglas, University of Southern Maine, Gorham, Portland, and Lewiston, Maine **Katherine Downey**, Endicott College, Beverly, Massachusetts

Lydia Drew, University of Southern Maine, Gorham, Portland, and Lewiston, Maine **Molly Eaton**, University of Southern Maine, Gorham, Portland, and Lewiston, Maine **Aidan Enck**, University of Tampa, Tampa, Florida

Madison Firmin (highest honors), University of New Hampshire, Durham, New Hampshire Sarah Foulkes, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Campbell Fowler, Wentworth Institute of Technology, Boston, Massachusetts Noli French, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Brinn Hall, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Hannah Rene Heady, Husson University, Bangor, Maine

Josh Hyssong, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Owen Ishimwe Gisa, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Robert William Jipson, Norwich University, Northfield, Vermont

Isabella Jones, University of Southern Maine, Gorham, Portland, and Lewiston, Maine **Isabelle Kolb**, Saint Michael's College, Colchester, Vermont

Cecilia Kusturin, Emmanuel College, Boston, Massachusetts

Karalyn Kutzer, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Kate Larkin, Endicott College, Beverly, Massachusetts

Shannon Lawrence, Dickinson College, Carlisle, Pennsylvania
Joshua Lehmann, Endicott College, Beverly, Massachusetts
Zakaria Lembarra, Northeastern University, Boston, Massachusetts
Katie Lind, University of Southern Maine, Gorham, Portland, and Lewiston, Maine
Maia Loeb, University of Southern Maine, Gorham, Portland, and Lewiston, Maine
Hannah Lowell, University of Southern Maine, Gorham, Portland, and Lewiston, Maine
Mikayla McClure-Carpenter, University of Southern Maine, Gorham, Portland, and

Tilly McColl, University of Southern Maine, Gorham, Portland, and Lewiston, Maine **Carlos Monsen**, Emmanuel College, Boston, Massachusetts

Ciara Neidlinger, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Jill Nichols, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Luke O'Connor, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Katherine O'Donnell (highest honors), University of New Hampshire, Durham, New Hampshire

Alexander Ousback, University of New Hampshire, Durham, New Hampshire Grace Perron, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Marin Perry, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Meg Perry, University of Southern Maine Gorham, Portland, and Lewiston, Maine Melissa Pluas, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Jonas Rimkunas, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Samantha Robichaud, University of Southern Maine, Gorham, Portland, and Lewiston, Maine

Michelle Rowe, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Hannah Samuelson, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Asma Sayed, University of Southern Maine, Gorham, Portland, and Lewiston, Maine Christopher Tucker, Bryant University, Smithfield, Rhode Island Marie Walton, Ithaca College, Ithaca, New York

Lucien Wallace, Worcester Polytechnic Institute, Worcester, Massachusetts
Erin Wentworth, (highest honors), University of New Hampshire, Durham, New Hampshire
Michael Wildenberg, University of Southern Maine, Gorham, Portland, and Lewiston, Maine
Simeon Willey, University of Southern Maine, Gorham, Portland, and Lewiston, Maine
Jillian Worster, University of Southern Maine, Gorham, Portland, and Lewiston, Maine
Jabbar Yaqub, University of Southern Maine, Gorham, Portland, and Lewiston, Maine

OF INTEREST

Lewiston, Maine

Congratulations to ninth grader Amelia Olaru, who has earned a \$1000 grant from The New York Conservatory for Dramatic Arts to support GHS Theater! The NYCDA "Your Start in the Arts" grants are awarded to high school theater programs based on student proposals. Amelia took the initiative to apply, knowing that we are investigating ways to upgrade our theater lighting. Congratulations and a HUGE thank you from the GHS Theater Department to Amelia!

CONTINUED ON PAGE 10





Mike Griffin



eter Mason



Benjamin Taylo

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INDER CONTRACT



GORHAM \$490,000 - Colonial tucked away on 1.61 acres. The 1st floorplan offers the kitchen open to dining, LR w/gas fireplace, front den/office & 1st floor laundry. On the 2nd level you'll find the master suite w/reading nook, a full bath & private balcony.



BUXTON \$129,900 - It's larger than it looks, offering a floor plan with over 1200sqft of living space. Two covered porches offer nice outdoor space. The detached 2-car garage is great for storage.



117 Narragansett St \$140,000
Take advantage of urban living and this convenient location. Public water, sewer and natural gas are available on Narragansett Street. Surveyed & ready to go with building permit on file at the town.



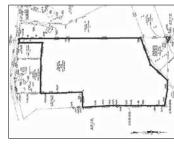
GORHAM \$565,000 - 1.38acre lot at the end of a private road. Features 2022sf w/ open concept 1st floor plan, kitchen is open to the living & dining rooms. The 2nd floor offers a spacious master suite above the 2-car garage with private bath & walk-in closet.



14 Hemlock St \$115,000 - Short sale in Topsham. Free standing 3BR / I bath Cape in a condo community. Great potential for the next owner. Another foreclosure avoided!



GORHAM \$369,900 - Come check out this fully rented 3-unit in the heart of Waterboro. New septic system, public water & freshly painted exterior. Only 15 minutes to Saco/Biddeford & Sanford areas.



GORHAM \$299,900 - 27.38 acres conveniently located off Huston Road. The boundary survey is already completed. This acreage would be ideal for your next development or private homestead. Public water is available at the street.



County Road lot \$105,000 - This 2.58 acre lot offers a gorgeous building site perched up on a knoll overlooking the rolling fields and apple trees. A stand of trees line the road offering a nice buffer. Survey and DOT driveway permit.



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Community Continued From Page 9

There are many ways to give to the Gorham Food Pantry. Learn more at sites.google.com/ view/gorhamfoodpantry. Pantry hours are Thursday mornings from 10 a.m. to 12 noon.

The Gorham Lions meet at the Moody's Community Room on the second and fourth Tuesdays of each month at 6:30 p.m. for the months of January, February, and March. The next meeting is Tuesday, February 22. New members are always welcome. FMI 929-9182.



Pictured here are Adam Ithomitis. **Assistant Vice President of Gorham** Savings Bank, giving a check for \$150 to Lions President Ken Aldrich and Lions Treasurer Jim Burnham. The \$150 was the last day's prize on the month of January Lions Raffle. The Lions thank the 23 local Gorham businesses that contributed to this very successful inaugural community fund raiser. The funds will be used for local school programs and scholarships.

Join the Presumpscot Regional Land **Trust** who is hosting Intro to Stargazing on Tuesday, March 1 from 5 - 7 p.m. at Steep Falls Preserve, the Trust's newest conserved land. The free event will be led by Edward Herrick-Gleason, director of the USM Planetarium, sharing his expertise of all things celestial, with plenty of time

for questions. Learn about stars, constellations, planets, and other interesting Winter and Spring sights. The backup date is Wednesday, March 2nd in case the skies are not clear on the 1st, and Thursday, March 3rd will be the second back-up date. To enjoy this event safely, you should be comfortable walking approximately a half-mile (round-trip) on uneven woods and grass trails in the dark with a flashlight. The content will also be geared towards adults and kids 12 and over. Registration is required due to limited space at prlt. org under "events."

Veterans of Foreign Wars, Gorham Memorial Post 10879 meets next on Tuesday, Mar 8 at 5:30 p.m. in the Gorham Fire Department Training Room, 270 Main St. For more information, please contact the post at vfwpost10879@gmail.com

SENIOR NOTES

Wanted, Buxton residents' ideas for living it up as they age. Join the brainstorming meeting (masks required) on Saturday, March 5 in the Old White Church, 15 Salmon Falls Road in Buxton to explore what is needed to age gracefully while living in Buxton through the Age-Friendly Community process. For more information, contact Ellen or Terri at aginginbuxton@gmail.com.

The Lakes Region Senior Center, located at 40 Acorn Street in the Activity Center, is now open Monday through Friday at 9 a.m. Stop by for a newsletter and a calendar and see what the Center is all about. FMI: David or Blanche Alexander at 892-5604.

The Southern Maine Agency on Aging offers a lineup of virtual exercise classes, caregiver support groups, and more. Learn more at smaaa.org/events.html, call 1-800-427-7411 for more information.

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

The St. Anne's Knights of Columbus will hold a Pre-Pay Drive-Through Fish Dinner on Friday, February 18, from 5 to 6 p.m. at St. Anne's Church in Gorham. Dinner includes baked haddock, mashed potatoes, coleslaw, peas, a roll, and dessert for \$12. FMI, visit www.gorhamknights.org or call 207-550-1320.

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/.

Visit Baxter Memorial Library's website, baxterlibrary.org, or call 222-1190 to find out about the Snow Pant Story times for ages 2-5 on Tuesdays, February 15 at 10 a.m., the Snow Obstacle Course for all ages on Tuesday, February 22, and Ice Castles for all ages on Wednesday, February 23 at 10 a.m. The Library will be closed on Monday, February 21 in observance of President's Day.

UNIVERSITY NOTES

All of USM's community events in music, theatre, art, athletics and more can be found at usm.maine.edu/calendar, and music, theatre and athletic summer camps for kids can be found at usm.maine.edu/summer.

The UMaine Cooperative Extension hosts many online events and webinars through an online calendar. Jumpstart to farm food safety begins March 1. Registration is required at calendar.umaine.edu/events/category/cooperative-extension/

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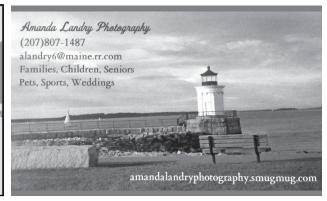


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the Courtesy of the Gorham Police Department

Willowdale Drive caller was concerned about a dog trespassing on her property daily.

Officer stopped a vehicle with no working license plate lights. Dept. of Motor Vehicles advised registration had expired in September 2019. Driver had only the bill of sale. Inspection had expired in 2017. His license was suspended. He was charged with operating while license was suspended/revoked and had two priors.

Man in a vehicle parked at Walgreens lot at 2:15 a.m. had stopped to get some food and was watching movies on his phone.

Suspicious person on Spiller Road was not taking items from mailboxes. He was taping his business cards to them to advertise his painting business. He was advised he needed to check in with the Town before going door to door.

Caller reported a car horn on Flaggy Meadow Road that randomly beeps. Vehicle owner was going to bring the vehicle to the garage to get it fixed on her day off.

Cressey Road caller reported three dogs barking all day long, multiple days a week. Owner had been in Zoom meetings and had left dogs outside. If one barks, they all bark. She will attempt to fix the issue.

Caller reported a man sitting very close to the roadway on County Road, taking pictures with his iPad. Officer spoke to the man who said he wouldn't do it again.

Tink Drive caller wanted to know if he gave an engagement ring and it was lost or maybe stolen, could he claim it on his insurance since she had already claimed it on hers. Officer advised the ring had been given to her so only she could claim it.

Suspicious person on Glenwood Avenue was from Portland Water District, working on a water main break.

Officer responded to a complaint of criminal mischief on Elliott Road. Later that day, a male was served with a protection from abuse order, a summons for criminal mischief and was removed from the home.

Tink Drive caller wanted to know how to return a ring as male did not want to have contact with her. She was advised to use an insured delivery service.

Caller had questions about officers pulling people over for running a stop sign.

Suspicious person on Sunset Lane was an old, now new again boyfriend, at the residence waiting for girlfriend to pick him up.

Sebago Lake Road caller reported a prowler. Officer checked the property, and the caller said she was now confident it was the wind slamming her screen door.

Suspicious person on Fort Hill Road had stopped to let his dog out.

Caller complained about three tires in the tree line on Railroad Ave. with vegetation growing over them. Officers spoke to restaurant employees and asked if they could move the tires. Caller was updated.

Queen Street caller reported two unknown vehicles were at the address after previous owners moved out quickly. Officer spoke with potential buyers at the property. They were very familiar with the ongoing civil issues there. Inside property had been cleared out other than some garbage.

Town Council Report 2/1/22 CONTINUED FROM PAGE 5

premium pay from ARPA funding for Town employees while recognizing the extra hazards faced by first responders. (7 yeas)

The release of \$170,238 in ARPA funding was approved for the purchase of power stretchers, face masks, and automated CPR devices. (7 yeas)

Town Council authorized staff to allocate funding for portable bathrooms at the Cherry Hill Family Farm property. (7 yeas)

The outstanding amount from uncollectible invoices totaling \$359.90 will be written off. (7 yeas)

Town Council approved the write off of taxes in the amount of \$1,121.65 for three foreclosed mobile homes. (7 yeas)

A full Town Council workshop was set for March 15, 2022. (7 yeas)

The full minutes including amendments can be found online at www. gorham-me.org

Get Up and Get Out CONTINUED FROM PAGE 8

are over six miles of hilly trails to explore.

Mill Brook Preserve South parking in Westbrook, at the back of the Millbrook Estates parking lot, is paved and regularly plowed.

Pride Preserve (Westbrook) features a paved trailhead parking area that is plowed.

Randall Orchards (Gorham/ Standish) can be accessed via the back of the Colonial Marketplace (Hannaford) parking lot or on Dingley Spring Road. Extreme Challenge — steep and narrow trails, helpful to have poles, snowshoes or snow/ice cleats:

Little River Preserve - the white trail - park at the trailhead on Route 202 which is plowed after each storm.

Mill Brook Preserve's three main trailheads are all plowed. It can be accessed in the north from the intersection of Methodist Road and Route 302; near the center from Willow Drive (off of Route 302); and in the south from Perry Court, which is a regularly plowed public road.

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

CALENDAR

TUESDAY, FEBRUARY 15

Baxter Memorial Library, Snow Pant Story Time (ages 2-5), 10 a.m.

FRIDAY, FEBRUARY 18

Knights of Columbus pre-pay drive-through fish dinner, 5-6 p.m., 550-1320.

TUESDAY, FEBRUARY 22

Baxter Memorial Library Snow Obstacle Course, (all ages), 10 a.m. Gorham Lions regular meeting, Moody's Community Room, 6:30 p.m.

WEDNESDAY, FEBRUARY 23

Baxter Memorial Library Ice Castles, (all ages), 10 a.m.

TUESDAY, MARCH 1

Presumpscott Regional Land Trust Stargazing, Steep Falls Preserve, 5-7 p.m.

CLASSIFIEDS

FUNDRAISERS

Atlantic Dance Arts is doing a fundraiser and collecting new and gently used shoes for undeveloped countries! We will be at ACE on Main Street on Saturday Feb 26 from 10-3. Clean out those closets! Let's all help please!

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

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

USM Summer Youth Music and Theatre Camps, a week of music, theatre, friends, and fun for grades 5-12 on the USM Gorham campus. Easy online registration. Register early, some sections fill quickly! usm.maine.edu/music/summercamps, loria@maine.edu, 780-5142.

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