

Gorham Times

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PAID
GORHAM, ME
PERMIT NO. 10

Volume 28 Number 10 | May 12, 2022

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

Gorham Announces New Public Works Director

Courtesy of Town of Gorham

Gorham proudly announces the appointment of Deputy Public Works Director Terry Deering as the Town's Public Works Director. He joined the Town's management team effective May 2, 2022.

Town Manager Ephrem Paraschak appointed Deering as Acting Public Works Director in December 2021 to fill the vacant position resulting from the departure of the former Public Works Director Robert Burns earlier in the month.

During his time as Acting Public Works Director, Deering managed the department very well while demonstrating outstanding leadership, excellent communication, and effective critical thinking skills.

Deering has served the Gorham community and Gorham Public Works as Deputy Public Works Director for over 33 years, further solidifying his invaluable knowledge of the department's operations.

"I look forward to leading the Public Works department, and working with the other departments and Town officials," said Deering. "We will strive to move forward in a positive proactive manner and try to keep up with the Town as it grows. I feel very fortunate to be working with a great group of people."



Photo credit: Kelly Meslin

Paraschak shared, "I am pleased to see a hard-working, dedicated employee like Terry achieve a well-deserved promotion. I have every confidence that he will perform well in his new role as Public Works Director, and lead the department to meet the needs of our growing community."

For more information, contact the Town Manager's Office at 207-222-1650.

Bird Flu Risk is High for Maine Domestic Flocks

Chris Crawford, Staff Writer

The risk of Highly Pathogenic Avian Influenza (HPAI) remains high in Maine. As of mid-April, dozens of cases have been found in six counties.

The current outbreak is spreading across the country primarily due to the migration of wild birds. The disease is spread directly through wild bird droppings and indirectly through feed, water sources, and bedding that may have been exposed to the droppings.

Two bald eagles in Maine have tested positive as they prey on wild waterfowl. Other scavengers, like American Crows, are likely to have confirmed cases soon.

According to the Maine Audubon

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Photo credit: Wilma Gould Johnson

Plain or Fancy ... domestic fowl like these need to be protected from exposure to Avian Flu.

GHS Bee Club Celebrates Beekeeping Graduates

Catherine Paul, GHS Bee Club Advisor



Photo courtesy of GHS Bee Club

GHS Junior Alexis Landry holds a frame of bees as she inspects the club hive.

On March 14, the Gorham High School (GHS) Beekeeping Club celebrated ten new graduates of the GHS beekeeping certification program. In addition to last year's graduates, this now brings the number of beekeepers in the club to 20.

Each graduate has completed a 5-week series, which included weekly classes and weekly readings from a textbook on backyard beekeeping as well as visit to a professional apiary. Completion of the course qualifies students to handle the live bees that the club currently has in two hives in Robie Park.

The GHS beekeepers recently installed two new nucleuses into the hives with the help of mentor Skip Baker from Vs Bees in Buxton, who also gifted the bee nucs to the club. The club will maintain feeding and inspecting the bees through the spring and summer.

Community members can safely observe the hives in the park and enjoy the fascinating and marvelous honeybee habits. Please use common sense around the hives, and never throw things at the hives or enter the fencing perimeter.

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Fatal Motorcycle Accident

Sheri Faber, Staff Writer

Christopher Nappi, 48, of Gorham was taken to MMC with serious personal injuries following a motorcycle accident on New Portland Road on May 3. He passed away the following day.

No other vehicles were involved and there are no pending charges. The crash is under investigation.

Anyone who may have witnessed the crash is asked to contact Det. Dgt. Young at 222-1660 ext. 1.

Little Falls South Gorham Revitalization Plan Update

Sheri Faber, Staff Writer

The Little Falls and South Gorham Master Planning group will hold their first public meeting, tentatively scheduled for May 25, in the Little Falls Recreation Center. The time is to be determined.

This is a collaborative project between the towns of Gorham and Windham and is focused on developing a community guide vision for the villages of So. Windham and Little Falls.

See the website for an opportunity to receive regular updates on the project, offer feedback, and submit a survey: <https://www.masterplan.com>.

The multi-disciplinary planning team has been gearing up for a year with this long process designed to set the stage for revitalization of the Little Falls/South Windham area.

**CASH MAINE HELPS
RESIDENTS GET \$850
RELIEF CHECKS - PAGE 3**

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**GHS AND GMS THIRD
QUARTER HONOR ROLL
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NEWS FROM AUGUSTA

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 the New Supplemental Budget Does for Maine

Sen. Stacy Brenner

The end of a legislative session is always a hectic time in Augusta. Challenging discussions, ongoing efforts at compromise, late nights and close votes are just a part of the process. But when all is said and done, we get the opportunity to look back and reflect on what we were able to accomplish.

This year, as I begin to take stock of the progress we were able to make for our state, I'm first drawn to the historic, bipartisan supplemental budget we passed right before adjournment in mid-April.

The budget received overwhelming support from lawmakers on both sides of the aisle, and I wanted to share with you just some of the great things it does.

The cornerstone of the budget was an initiative I'm sure you've heard of by now: the \$850 relief checks.

Mainers haven't had it easy the past couple years with the pandemic, and now, we're facing high prices at the pump and the grocery store. We knew we had to get relief directly to Maine people, and starting this summer, individuals who make \$100,000 or less, and joint-filers who make \$200,000 or less, will begin receiving these \$850 checks in the mail.

The only other requirement to receive your check is to file a state tax return by Oct. 31, 2022. Even if you aren't required to file in a typical year, you still must do this year to receive the check.

If you need assistance filing, CA\$H Maine is available to help. You can contact our local agency at by phone at (207) 347-2335 or by email at cash@uwsmc.org.

Another critical aspect of the budget is funding to target the PFAS crisis. I've written at length in recent months

about PFAS, or "forever chemicals," which are harmful to human health, especially after prolonged exposure.

Maine farmers are on the frontlines of this crisis, largely due to an old practice of spreading municipal wastewater sludge over farmland. However, we now know this sludge was laden with PFAS chemicals, and we're paying the price.

We knew we had to get relief directly to Maine people, and starting this summer, individuals who make \$100,000 or less, and joint-filers who make \$200,000 or less, will begin receiving these \$850 checks in the mail.

Farmers want to protect us all and stop the spread of PFAS, and many have willingly stopped selling their products. It's a tragic situation where folks who have sold crops to the community and fed their own families for generations are now learning it's no longer safe to do so. They need our support during this time, and the budget delivers.

We created a new PFAS trust fund and put \$60 million in it. The fund will be used for PFAS abatement, expanding testing capacity in state and private labs, and supporting those farmers and small business owners who have been so badly hit.

Though this is a frightening and uncertain time, we need to do all we can to keep small businesses afloat and protect the public from these harmful chemicals. This and other measures passed this year will help us make

Maine's farms and food supply the safest in the nation.

The budget also supports education in Maine. We maintained our commitment to fund 55 percent of our K-12 public education, and in addition, we created a new Education Stabilization Fund to ensure that we can keep funding our schools at this level in the future even in an economic downturn. This will help keep property taxes stable.

The budget also provides up to two years of free community college for recent Maine high school graduates. Cost should never be the deciding factor when someone considers higher education, and this initiative makes that a reality. Students who enroll in a full-time program will be eligible.

Finally, we made investments in our Career and Technical Education Centers to ensure that they are able to make necessary upgrades to equipment and keep their programs top notch.

These are just some of the great things the recent supplemental budget does for our state. On top of what it does, I'm proud of how we got here. Both parties put politics aside and worked together for the better of our state, and Mainers will benefit because of it.

If you have any questions about the budget or anything else, you can send me an email at Stacy.Brenner@legislature.maine.gov or call my office at (207) 287-1515. You can also follow me online at Facebook.com/SenatorStacyBrenner.



Sen. Stacy Brenner,
207-287-1515
stacy.brenner@legislature.maine.gov
Representing Senate District 30, Gorham, part of Buxton, and part of Scarborough. She is the co-owner of Broadturn Farm in Scarborough and is also a certified nurse-midwife.
Aide: Evan Myers
Evan.Myers@legislature.maine.gov

Around Town

Joe Velozo, candidate for Senate is currently running unopposed for the Republican nomination for District 109.

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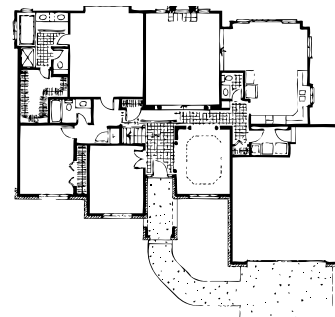
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Features ckck5@icloud.com
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The Gorham Times takes all reasonable care to prevent errors and disclaims all legal responsibility for any such errors, omissions, or typographical errors. The Gorham Times will print corrections if notified within 48 hours. We reserve the right to refuse publication of unsolicited materials. All submissions are subject to editing. Opinions expressed in the Gorham Times do not necessarily reflect those of the staff or publishers.

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New Business in Gorham

Sheri Faber, Staff Writer

Wormell Farms will be opening in May in the location formerly occupied by Azul Tequila. They will offer local meat from prime beef cattle from their farm in Cumberland.

“We are excited to offer our community lots of truly amazing goods from local makers and producers. We will offer a large selection of beef, bread, baked goods, coffee,

maple syrup, honey and more. All of it “naturally raised, naturally fed and naturally good,” said Brendan Wormell.

The baked goods will be provided by Village Baking Company, a cupcake maker from Raymond.

Wormell’s wife, Brie, owns Gorham Hair and Company on Mechanic Street.

Bird Flu Risk is High for Maine Domestic Flocks CONTINUED FROM PAGE 1



Photo credit: Wilma Gould Johnson

website, avian flu poses a serious risk to domestic fowl such as chickens, turkeys, pheasants, quail, domestic ducks, geese, and guinea fowl.

It is not known to affect songbirds or other ‘feeder birds’ so there is no risk to those groups right now. It is not necessary to take down bird feeders or to stop feeding wild birds, unless you also take care of poultry. (see Sidebar on Avian Conjunctivitis)

Because the virus is prevalent in the environment in wild birds, flock owners need to prevent contact between their birds and wild birds. Anyone raising birds, either commercially or as a backyard flock, is encouraged to keep their birds inside to minimize risk of exposure.

To report sick birds or usual bird deaths, contact the state veterinarian’s office at 207-287-7615 or the USDA at 1-866-536-7593.

Symptoms of HPAI in birds include sudden unexplained death, lack of energy and appetite; decreased egg production or soft-shelled eggs or misshapen eggs; swelling of the head, comb eyelids, wattles, and hocks; purple discoloration of wattles, comb and legs; nasal discharge, coughing, and sneezing; incoordination or diarrhea.

Avian Conjunctivitis

Maine Audubon reports that in addition to an increase in avian flu cases, the number of avian conjunctivitis cases (*Mycoplasma gallisepticum* or “finch eye disease”) has risen around the State.

This disease is easily spread between feeder birds, especially at tube feeders.

Avian conjunctivitis is most common in House Finches, though cases in goldfinches and Evening Grosbeaks have been reported lately.

If you see birds with swollen or crusty/pink eyes, take your feeders down, discard the seed and clean the feeder thoroughly.

Stop feeding for a week or two – so the sick birds don’t come right back to that feeder.

While this strain of avian flu has not been found in people, if you think you have been exposed, the Maine CDC’s Health and Environmental Testing Laboratory is prepared to process samples and quickly provide results for anyone potentially exposed to the virus.

This disease is easily spread between feeder birds, especially at tube feeders.

CA\$H Maine Helps Residents Get \$850 Relief Checks

Courtesy of New Ventures Maine

Inflation relief checks in the amount of \$850 for Maine residents are one result of the Maine State Legislature’s approval of the supplemental budget signed into law by Governor Mills on April 20, 2022.

The relief payments are to help with higher-than-usual costs due to inflation.

Checks will be mailed via the U.S. Postal Service to residents starting in June.

Full-time residents who file a 2021 Maine income tax return by October 31, 2022 are eligible to receive the payments based on adjusted gross income. Eligible residents who have filed a 2021 Maine tax return do not need to take further action to receive a check.

Seniors receiving social security and others who do not typically file tax returns will need to file a 2021 Maine tax return to receive a check.

To receive free help with filing a 2021 Maine tax return to receive an \$850 inflation relief check, please visit the CA\$H Maine website.

Answers to questions regarding how and when Maine residents will begin receiving the relief checks can be found on the Office of Governor Janet T. Mills website.

CA\$H Maine is a statewide collaboration of nine coalitions, comprised of 50 non- and for-profit partners, working together to help empower Maine individuals and families to achieve long-term financial stability.

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SOLUTION ON PAGE 15

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Feel the Beat - MedRhythms and Neurologic Music Therapy

Chris Crawford, Staff Writer

Owen McCarthy was a science and math geek growing up in Patten, Maine when, as a junior, he was invited to attend Engineering Camp at UMaine. He was hooked.

Owen earned a degree in Biological Engineering (now called Biomedical Engineering), a fairly new and rapidly changing field, at UMaine in 2010 followed by an MBA at Harvard Business School in 2015.

While studying at Harvard, Owen's close UMaine college friend, Brian Harris, was busy working as a Neurologic Music Therapist at Harvard's Spaulding Rehabilitation Hospital.

Neurologic Music Therapy (NMT) is the therapeutic application of music to improve cognitive, sensory, and motor functions that have been affected by neurologic disease or injury. The therapy techniques produce remarkable results, helping people regain function lost due to accidents, strokes, or diseases like Parkinsons or MS.

People might remember when Congresswoman Gabby Giffords suffered a traumatic brain injury from an

attack. Giffords' treatment included NMT which helped her regain her cognitive abilities and the ability to walk and talk. She had a rapid and remarkable recovery.

In 2015, Owen and Brian, who share a strong work ethic as well as a commitment to improving the quality of life for people suffering from brain injuries and diseases, joined forces in Boston and co-founded MedRhythms.

MedRhythms started as a service, a company, which continues to deliver Neurologic Music Therapy in-person and remotely.

In 2016, Owen and Brian launched the digital therapeutics division of the company, which is developing proprietary software and hardware driven by over 20,000 hours of clinical neuroscience data.

Owen believes that their software and related equipment will make this amazing therapy available to many more of the millions of people in need of neurologic rehab services, no matter where they live.

Simply put, when someone's ability to walk, talk or think clearly has been lost or impaired, music offers an alternative entry to the brain, helping to create new neural pathways.

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Make Your Money Last as Long as You Do

Jessica Szafranski

We all hope for long, healthy lives. But there's a serious "side effect" of longevity – the possibility of outliving our money. It is useful to know the seriousness of the threat.

Consider this: About 41% of all U.S. homes in which the head of the household is between 35 and 64 are projected to run short of money in retirement, according to the Employee Benefit Research Institute.

While this statistic indicates a cause for concern, it certainly doesn't mean that you are necessarily headed for trouble. There is a lot you can do to help build and manage enough resources to last a lifetime.

Consider your estimated longevity. On average, a 65-year-old man can expect to live another 17 years, while a 65-year-old woman can anticipate about 20 years, according to the Centers for Disease Control. Of course, you will want to take into account your health and family history of longevity to arrive at a reasonable estimate. You can then use this figure to help determine how much money you will eventually need. To play it safe, you might even want to try to build an income stream that can last beyond your estimated lifespan, possibly up to age 90.

Don't overlook health care costs. When budgeting for retirement, allow enough for your health care expenses, which can be considerable. Even with Medicare, you can expect to spend anywhere from \$4,500 to \$6,500 per year, per person, for traditional medical costs.

Also, you may want to prepare for two to three years of long-term care expenses, which currently range from about \$50,000 per year for home health care to over \$100,000 per year for a private room in a nursing home.

Keep building assets for retirement. While you are working, constantly try to put away as much money as possible for your retirement years.

Each year your salary goes up, increase your contributions to your 401(k) or similar employer-sponsored

retirement plan. You may also want to contribute to an IRA, depending on your goals. And within your retirement savings, make sure you devote a reasonable percentage of your investment dollars to growth-oriented vehicles that align with your goals and risk tolerance.

Seek out sources of guaranteed income. As a retiree, you will receive Social Security benefits – and the longer you wait before claiming them, the bigger your monthly checks will be. But you might also consider investments that can provide a source of income you cannot outlive, such as annuities.

Revisit your strategy before you retire. As you near retirement, you may want to review your investment strategy, possibly adjusting your risk level so that your portfolio would be somewhat less susceptible to market volatility. This is also a good time to review your spending needs in retirement.

Maintain a reasonable withdrawal rate. Once you are retired, you will likely need to start withdrawing from your 401(k), IRA and other investment accounts. To avoid taking out too much money too early in your retirement, you will need to set a reasonable, sustainable withdrawal rate based on your assets, age and retirement lifestyle. A financial advisor can help you determine an appropriate rate.

It will take dedication and determination to help ensure your money does not run out during your lifetime. But you would probably agree that it's well worth the effort.

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Jessica Szafranski is a Gorham-based Financial Advisor specializing in retirement planning, investing and saving for education.

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Gorham Times

SEEKS NEW EDITOR

The Gorham Times, celebrating 25 years of community journalism, seeks a new Editor to lead our volunteer staff in "bringing the news to all of Gorham." This is a great opportunity whether you're a seasoned journalist or you're looking to gain valuable experience in the competitive world of journalism.

Along with directing our team of committed volunteers, the Editor writes and proofreads articles, serves as the main liaison to the board of directors, and keeps his or her thumb on the pulse of Gorham affairs.

The right candidate understands and values the goal of creating a forum for fair-minded discussion by airing different viewpoints and maintaining a neutral editorial stance. To learn more and express interest, email Tom Biegel at tombiegel86@gmail.com.

Planning Board Results 5/2/22

A proposed amendment to the Land Use and Development Code to redefine the requirement for multi-family housing was discussed and referred to the Town Council with a recommendation to adopt as amended by the Planning Board.

A proposed amendment to the Land Use and Development Code to streamline the performance guarantees site plan review process was discussed and referred to the Town Council with a recommendation to adopt as amended by the Planning Board.

A proposed amendment to the Land Use and Development Code

for Mobile Food Vendors to operate in the Little Falls Village District and Urban Residential areas was discussed and referred to the Planning Board Ordinance Committee.

A proposed amendment to the Land Use and Development Code to adopt the South Gorham Crossroads District was discussed and referred to the Planning Board Comprehensive Plan Implementation Committee for approval.

A site walk was scheduled for May 5 at 8 a.m. at 36 Middle Jam Road for request for approval of a five lot clustered subdivision at that location.

Town Council Report 5/3/22

Christie Paul, *Gorham Times Editor*

Chairman Pratt opened the meeting. There were 11 members of the public in attendance.

Roll Call: Chairman Pratt, Councilors Shepard, Phillips, Wilder Cross, Hartwell, Hager and Kuech. Also in attendance was Town Manager Ephrem Paraschak and Deputy Town Clerk Paula Nystrom.

Residents Fred Adams and Noah Miner, both from Green Street, expressed concerns about the removal of trees from Robie Park recently. They both said that if this space is being used for parking for High School students, to remind parents that driving a car and parking at the high school is a privilege and not a right. We must not take any more of Robie Park.

Councilor Kuech will attend the Little Rams Early Childhood meeting May 19, 2022. She also wanted Chairman Pratt to know she achieved her 48th Lifetime Blood Donation.

Councilor Wilder Cross sang praises to "The Northern Force" Gorham/Falmouth High School Robotics team for their performance at Regional Finals in Springfield, MA and for being awarded "Most Spirited" team. She attended the monthly GPCOG meeting which included a presentation to provide housing for refugees and asylum seekers in the Portland area. GPCOG will continue to make a priority reliable public transportation as well as addressing the need for affordable, temporary and optional housing.

The Village Alliance met, reminding residents of two art-related Village events. May 13, 2022, 7-9 p.m., First Parish Church will hold an "Inside Outside Digital Art Show" featuring

local artists' original work projected on the outside of the church building. Then on June 4, 2022, 10 a.m. to 2 p.m. the second "Art On South Art Fair" will be held on Preble Street Common (the green space next to Robie Gym) where local artists will offer their original artwork for sale.

The Village Alliance and Village Beautification groups are constantly working to make the Village an inviting place to walk and shop. Plans are for more flowers and pedestrian scale lighting at least along one corridor leading to the Village.

Thank you to the Recreation Department staff for working on the Preble Street Park getting it ready for Memorial Day as well as events and the summer to come.

Councilor Phillips reported the joint School Committee, Town Council and Facilities Committee met to go over the capital needs for all areas and to see how to merge these lists. They also discussed adopting a growth cap for Gorham which will be discussed as an item on this agenda. There is a plan to discuss the Town's fifteen year capital plans with bonding capabilities and how the Town Council, Facilities and the School Committee can move forward working together rather than separately.

Councilor Hartwell reported that on April 19, 2022 the Ordinance Committee met to discuss the South Gorham Commercial District corridor. Recommendations and changes from Staff were referred back to the Town Council which will be on an upcoming agenda. After receiving a list of outstanding items in the Comprehensive Plan from the Town

CONTINUED ON PAGE 12

Spring Sports in Full Bloom

Katie Brown, *Sports Editor*



Baseball on a winning streak.

Photo credit: Amanda Landry

The Gorham High School (GHS) spring athletic program schedule is a busy one, despite inclement weather including high wind gusts and reschedules due to rain. There is plenty of Ram Pride action at the home fields, including Hannaford Field at USM in person or through a new streaming program that features live events at nfhnetwork.com.

The new NFHS Network will stream both live and on demand, during regular season and playoff games. This is a convenient way for a parent/aunt/uncle/friend/sibling to watch online from home or on the go. Many colleges began this trend in 2018.

The Boys Lacrosse Team recently had a close back and forth battle with Kennebunk. The Boys Team scored with 8.5 seconds left to take the lead, with the final score being 9-8. The game-winning goal was scored by Joe Cowan.

At the same time, the Baseball Team hosted Kennebunk and won by

a score of 5-3. Colin McDonald was a key contributor in that match up.

The Softball Team traveled to Portland.

The Girls Lacrosse Team picked up a win over Sanford.

Two days prior to the weekend matchups, the Boys Baseball Team traveled to Portland to play Deering at Hadlock Field, home to the Portland Seadogs (the Double-A affiliate of the Boston Red Sox). Gorham defeated Deering 7-1. Relief pitcher Casey Skolfield in for Caleb Hendrix, secured the win for the Rams.

The Rams continue on a winning streak with a most recent come from behind win to defeat Westbrook. Freshman Mason Finck had two hits with 3 RBI.

To round out the week, the Girls and Boys Tennis teams handled Biddeford in their matches, both to 5-0 victories. On the boys' side, senior

CONTINUED ON PAGE 10

TOWN OF GORHAM PUBLIC WORKS DEPARTMENT

Seasonal Laborer Positions

Active individuals who enjoy working outdoors will help maintain the Town's municipal properties including athletic fields, parks, cemeteries, trails and buildings. Qualified individuals will have demonstrated experience using typical landscaping tools, such as a weed whacker, lawn mower and gardening tools. Candidates should also be familiar with use of light carpentry equipment such as hand drills, circular saw and other minor tools, and possess a working knowledge of trail work. Duties will also include assisting in the repair of roads including patching; and transporting dirt, gravel, wood and construction materials.

The Town of Gorham offers competitive pay and employees accrue Earned Paid Leave in proportion to the number of hours worked. Pay starts at \$17.25 per hour and is commensurate with experience. Successful candidates that remain employed through September 1st will be eligible for a \$250 bonus.

Candidates may apply online via the "Employment Opportunities" page of the Town of Gorham website. Applicants without access to a computer, tablet, or smart phone may pick up an Application for Employment in person at the Town Manager's Office or the Public Works facility during normal business hours. Please email HR@gorham.me.us or call 207-222-1650 if you need assistance or have any questions about the application process. Applications will be accepted until all positions are filled.



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 Finn Henderson
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 Kuba Kaczmarek
 Kathryn LaPierre
 Chafek Matta
 Kayla McLean
 Natalie Miner
 Lindy Moreland
 Amanda Morin
 Timothy Nagle
 Amelia Olaru
 Rachel Perkins
 Payson Plummer
 Joshua Polchies
 Julia Reed
 Sarah Rosingana
 Evelyn Rush
 Mina Sayed
 Ella Senatore
 Jacob Shvets
 Natalie Smith
 Owen Spera
 Brooke Stevens
 Denali Tetrault
 Payton Thibodeau
 Madison Tibbals

Lily Tukey
 Vanessa Walker

9th Grade Honors

Reichen Albert
 Sofia Andrade
 Harrison Baber
 Raiyah Babinsky
 Emily Beal
 Brianna Beaulieu
 Jakob Buckley
 Zachary Chandler
 Riley Chubbuck
 Riley Dever
 Gavin Edwards
 Mason Finck
 Aryana Flett
 Hadley Foster
 Griffin Gammon
 Cameron Gasbarrone
 Ava Googins
 Kyle Green
 Ethan Heady
 Sophia Hutton
 Joseph Hychko
 Violet James
 Drew Johnson
 Sophie Kaczmarek
 Jack Karlonas
 Brooke Kazimer
 Alivia Keniston
 Adam Lembarra
 Aidan Madore
 Nasir Manahe
 Jack Mazaris-Atkinson
 Samuel Merrow
 Elizabeth Morey
 Ryan Morrill
 Nick Munyaneza
 Wyatt Nadeau
 Lucy Nappi
 Jamie Nelson
 Olivia Price
 Celia Roy
 Matthew Sallinen

Sarah Sanborn
 Victoria Sands
 Juliet Sargent
 Casey Skolfield
 Alison Smith
 Sarah Wilcox
 Madisson Willey
 Logan Wilson

10th Grade High Honors

Lillian Andreassen
 William Armstrong
 Dylan Bauer
 Nathan Bergquist-Guimond
 Chloe Blanchard
 Claire Boudreau
 Luke Burns
 Addison Canty
 Ethan Castonguay
 Andria Cloutier
 Dylan Cummings
 Samantha Davis
 Sophia DiPhilippo
 Giselle Doucette
 Ella Downing
 Brooke Farquhar
 Taylor Farr
 Nolan Feyler
 Aiden Fortier
 Elizabeth Gay
 Addison Harjula
 Noah Kennedy
 Ashton Leclerc
 Aidan Lee
 Emily Lemont
 Gabriel Michaud
 Lillian Miner
 Jacob Mora
 Amy Morin
 Jackson Morrell
 James Morrison
 Arianna Morse
 Alicia Poschke
 Kaleb Reed
 Lily Rubin

Emma Smith
 Landon Turgeon
 Julia Wareham
 Makenna Wheeler
 Anna Yahwak

10th Grade Honors

Cole Allen
 Yamamah Almukhtar
 Brady Arseneault
 Gabriel Badeau
 Gibson Baker
 Kaylynn Ballard
 Emily Bennett
 Moortada Beshir
 Hannah Bickford
 Kaitlyn Bradley
 Macey Brenner
 Amber Bretton
 Camryn Caruso
 Ayress Cook
 Cory Coyne
 Dakota Coyne
 Rita Cummings
 Thomas Curtis
 Evelyn Densmore
 Grace Desmond
 Hilary Douglas
 Cole Drinkwine
 Anna Dumais
 Owen Duplisea
 Mohamed Elshafie
 Lydia Fluet
 Summer Gammon
 Kaylee Gonneville
 Natalie Haskell
 Brinn Irish
 Jesse James
 Anthony Jordan
 Eleanor LaBarge
 Montana Leslie
 Hayden LeVasseur
 Corey Lorfano
 Channitra Ly
 James McCol

Lily McDonald
 Aislyn McLean
 Samuel Minchew
 Mia Mitchell
 Caroline Morrell
 Cecile Nganinka
 Kaitlyn Nichols
 Lillianna Noel
 Erica Nygren
 Corliss Ordway
 Riley Ottoson
 Samuel Parenteau
 Haden Pelletier
 Jenna Pequinot
 Paige Perreault
 Dylan Phillips
 Elizabeth Phinney
 Thomas Pritchard
 Bryce Pyle
 Makayla Quintal
 Christian Randall
 Brayson Reed
 Ethan Sadowski
 Logan Sargent
 Hadley Scaplen
 Caden Smith
 Kyleigh Staples
 Jonathan Stein
 Jayden Towns
 Noah Vaughn
 Zackary Waters
 Cole Whitehead
 Gretchen Wilichoski
 Izak Young

11th Grade High Honors

Julia Altham
 Christian Butler
 Lexi Caron
 Miranda Chasse
 Faith Connolly
 Ryan Cooper
 Jasper Crane
 Rachel Cummings
 Annie Cunningham

Kylie Foley
 Brooke Gordon
 Grace Johnson
 Alexis Landry
 Trevin Macomber
 Sofia Mankin
 Brady Marquis
 Kate Martin
 Kaci Mollison
 Madyson Quimby
 Sarah Rathbun
 Tyler Reynolds
 Lauren Rioux
 Alexandra Sutton
 Rylee Tenuta
 Delaney Wright

11th Grade Honors

Hayden Anderson
 Hayden Battaglia
 Ella Bethany
 Cole Bishop
 Basil Bob
 Olivia Bryant
 Klarha Cajuste
 Morgan Cole
 Bode Coleman
 Patrick Cyr
 Zoe Diffin
 Quinn Dillon
 Jonah Doucette
 Madeline Downey
 Madilyn England
 Sadie Fiore
 Brendan Fish
 Noah Flynn
 John Frank
 Andrew Gaudreau
 Julie Goldman
 Tedi Gould
 Marin Graham
 Lotus Graves
 Kayleigh Greenlaw
 Corinna Hahn
 Kyra Hamblen

Graham Henderson
 Olivia Hopkins
 Jude Huckaby
 Aryahna Hulit
 Braeden Johnson
 Elizabeth Keil
 Samuel Larkin
 Erin Lawrence
 Jacob Lehmann
 Riley Lopez
 Kevin Luo
 Savannah Lyon
 Aedan MacDougall
 Joyeuse Ntungane
 Jacob Parker
 Mikaela Pellerin
 Claudia Peterson
 Qasim Rabbani
 Abigail Rosingana
 Emma Sands
 Kate Sands
 Christopher Sargent
 Cody Sellick
 Brady Smith
 Mason Sommers
 Eleanor Szostalo
 Megan Wentworth
 Hailee Willey
 Peter Wu

12th Grade High Honors

Erin Abrams
 Drew Baber
 Curan Bassingthwaite
 Mallorie Bergquist-Guimond
 Landon Bickford
 Allison Bishop
 Erin Castonguay
 Morgan Chapman
 Nathan Chase
 Ainsley Christianson
 Sydney Connolly
 Hunter Connors
 Michelle Darling
 Katherine Dupuis

Olivia Falagarlo
 Asa Farley
 Andrew Farr
 Carl Feagans
 Luke Goodwin
 Kylie Green
 Bryce Gunn
 Sydney Haskell
 Madisson Hatch
 Abigail Houp
 Alexandra Light
 Bryce Lambert
 Anya Mazaris-Atkinson
 Daniel McKeage
 Sophia Michaud
 Andrea Mitchell
 Ambrosia Moore
 Emma Mullin
 Anna Nelson
 Albert Plummer
 Phoebe Richards
 Quentin Riiska
 Benjamin Shields
 Clara Shvets
 Hannah Spickel
 Sarah Valeriani
 Alexandra Waterman
 Violet Wilson-Wood
 Elijah Wyatt

12th Grade Honors

Colin Albert
 George Allison
 Lauren Bachner
 Noah Badeau
 Ryan Bechtel
 Jacopo Benedetto
 Brylee Bishop
 Kiely Burns
 Connor Callahan
 Lucas Castles
 Kayleigh Cloutier
 Nathan Corey
 Sakara Crawford
 Calvin Cummings

Mary DeWitt
 Alden Dimick
 Deseray Doucette
 Sarah Duff
 Sadie Dyer
 Hailey Edwards
 Emily Feagans
 Benjamin Fecteau
 MayaGarand
 Riley Grant
 Emma Green
 Mavy Ho
 Kiara Hodge
 Timothy Holman
 Kyle Landry
 Ian Luciano
 Shantearra Ly
 Aidan Meredith
 Rory Meserve
 Annikka Mocchiola
 Dylan Morrell
 Isabella Morrell
 Jillian Morrill
 Alexandra Myles
 Anya Nagle
 Julia Ordway
 Jenna Parker
 Hunter Pelletier
 Grace Perreault
 William Perry
 Vanessa Russell
 Evan Russo
 Brandon Sadowski
 Thomas Salinen
 Brady Sawyer
 Arzou Sayed
 Thaddeus Shain
 Jackson Smith
 Emma Stevens
 John Sutton
 Jacob Tatom
 Nicole Walker
 Morgan Walton
 Megan Wentworth

Gorham Middle School Third Quarter Honor Roll

6th Grade High Honors

Bryn Cunningham
 Grant Emerson
 Oliver Emerson
 Bailey Grimard
 Nara Holland
 Abigail McCrillis
 Carter McGonagle
 Sawyer Wheaton
 Trent Whitaker
 Sadie Woodman
 Dominic Woods

6th Grade Honors

Ahmed Abdulzahra
 Mahasin Ahmed
 Adam Auricchio
 Clover Brown
 Jared Burt
 Myka Bush
 Zackary Carlson
 Ty Caron
 Jaxson Chestnut
 Bayla Clark
 Lia Collins
 Stephen Connolly
 Evelyn Cooley
 Tyler Croteau

Camden Curtis
 Tucker Curtis
 Oliver Dennis
 Dustin Densmore
 Charlotte Deveaux
 Velina Doucette
 Brenham Dubois
 Anna Faatz
 Alexander Fernandez
 Clara Finoia
 Cassidy Flagg
 Abrie French
 Julia Giguere
 Isabel Hamann
 Neve Hanley
 Nicholas Harrington
 Henry Hofmann
 Daniel Howe
 Sydnie Ireland
 Caroline Jones
 Anneka Kuntz
 Alyssa Lampen
 Fiona Lane
 Madelyn Leeper
 Natalie Lyford
 Sophie MacIsaac
 LJ Mason
 Link Mathews

Connor McHenry
 Allison Merrow
 Jennifer Miner
 Lillias Mooers
 Yanis Munyaneza
 Loreli Murray
 Mitchell Neff
 Amanda Neumann
 Kian O'Sullivan
 Abe Palme
 Kasey Plaud
 Sophia Proulx
 Jackson Prunier
 Elle Rector
 Aliza Rickett
 Isla Rutherford
 Aaron Samara
 Lucas Santiago
 Nora Schucker
 Alina Senasy
 Delilah Spiller
 Riane Stewart
 Parker Thibault
 Jaydn Tibbetts
 Dexter Vance
 Eston Vogel
 Wyatt Walker
 Cooper Warner
 Tessa White

7th Grade High Honors

Zachary Bourgoin
 Luna Button
 Sheila Casco
 Maia Downing
 Everett Hurder
 Sean Kenny
 Jasmine Radjabova
 Rowen Reed
 Adriana Russo
 Max Shvets
 Aylla Vaughn
 Isaiah Whitehead

7th Grade Honors

Daniah Al Asadi
 Fatimah Almukhtar
 William Andreassen
 Ryan Bachner
 Seamus Bailey
 Arabella Bradley
 Arwen Bravo
 Gracin Bunch
 Kimarah Cajuste
 Piper Cathcart
 Harrison Crider
 Harvey Crider
 Chloe Cyr
 Jack Cyr

Liam Delaney
 Bennett Deveaux
 Colby Drew
 Antoine Dube
 Lindsay Farquhar
 Hunter Finck
 Jack Foisy
 Jordyn Fother
 Eli Gow
 Eddie Grimard
 Evan Hall
 Isaac Hunter
 Lily Keene
 Claire Kennedy
 Olivia Kennedy
 Tyler Krouse
 Daniel LaBarge
 Gillian Lachance
 Lucas Lane
 Jackson Lavertu
 Sofia Lembarra
 Brandon Levesque
 Logan Levesque
 Audrey Livingston
 Hannah Manchester
 Kylie Martorano
 Jack Mesires
 Drew Milligan

Logan Mills
 Larissa Moore
 Ishami Munyaneza
 Haylie Nicely
 Anna Nichols
 Patrick Nichols
 Samuel Ottoson
 Gretchen Paul
 Kennady Peary
 Molly Peters
 Keaton Pollard
 Hailey Racine
 Logan Rench
 Stephen Richards
 Madison Rogers
 Addison Rush
 Madison Sampietro
 Wyatt Sawyer
 Jack Sellick
 Isabelle Smith
 Sawyer Smith
 Owen Todd
 Elise Touch
 Noah Vail
 Isaac Vail
 Lola Vance
 Cooper Whitehead
 Henri Wichmann

8th Grade High Honors

Ali Abdulzahra
 Hope Barney
 Benjamin Brown
 Bria Bush
 Andrew Collins
 Logan Doughty
 Laurel Emerson
 Madeline Gawlick
 Tabitha Lavigne
 Maya Moores
 Stella Moores
 Eleanor Morgan
 Amanda Nicholson
 Tyler Olson
 Jacqueline Parenteau
 Terra Rioux
 Addyson Simcock
 Elizabeth Springer
 Olive Sturgis
 Taylor Tenuta
 Haley Vickery
 Sawyer VonderHaar

8th Grade Honors

Kaleigh Bauer
 Gianna Berthiaume
 Logan Brassard

Miles Brenner
 Abigail Buckelew
 Aiden Cahill
 Jocelyn Clark
 Annabelle Collier
 Andrew Collins
 Grace Cunningham
 Zoe Dellinger
 Ava DeVinney
 Mia Dodd
 Quinn Drake
 Lauren Dunbar
 Taylor Ernest
 Emily Fluet
 Abigail Fortier
 Sophie Giberson
 Lucas Graham
 Lauren Greenier
 Elle Hanley
 Jeremy Hansen
 Connie-Brooke Jones
 Benjamin Keil
 Reece Leclerc
 Matthew Leo
 Hanna Logan
 Derek Luo
 Campbell MacDougall
 Lorisette Matta

Rylyn McInnis
 Tessa McNally
 Gavin Monkiewicz
 Winni Moreland
 Olivia Nault
 Rebecca Neumann
 Liam O'Hara
 Isabel Phinney
 Joey Pompeo
 Natalie Pouliot
 Cassidy Quimby
 Gracen Roberts-Locke
 Ruby Soule
 Rebekah St John
 Graham Staples
 Peter Stuart
 Sonnitra Sun
 Liliith Svoboda
 Thomas Sylvia
 Tobias Wane
 Shane Webber
 Claudette Wesse
 Adia Wezowicz
 Atticus Whitten
 Natalie Wilkins
 Lucas Yaeger

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GHS Bee Club Celebrates Beekeeping Graduates CONTINUED FROM PAGE 1

In addition to the 20 beekeeping members, the GHS Bee Club also has an additional 30 members who are involved in various ways. Some of the members contributed to the fundraising sale at the recent documentary night, where the club raised nearly \$375 towards the purchase of a storage shed.

Several members are in a planning phase of teaching a bee workshop in conjunction with Baxter Library and 4H this summer.

The club also held a bee-themed art contest this year, made chapstick from beeswax, and plans to harvest honey later this spring when the temperature is warm enough.

A couple of club members are planning to work with a professional beekeeper as their summer job this year.

Be on the lookout for the GHS Bee Club at the Gorham Farmer's Market this Spring!

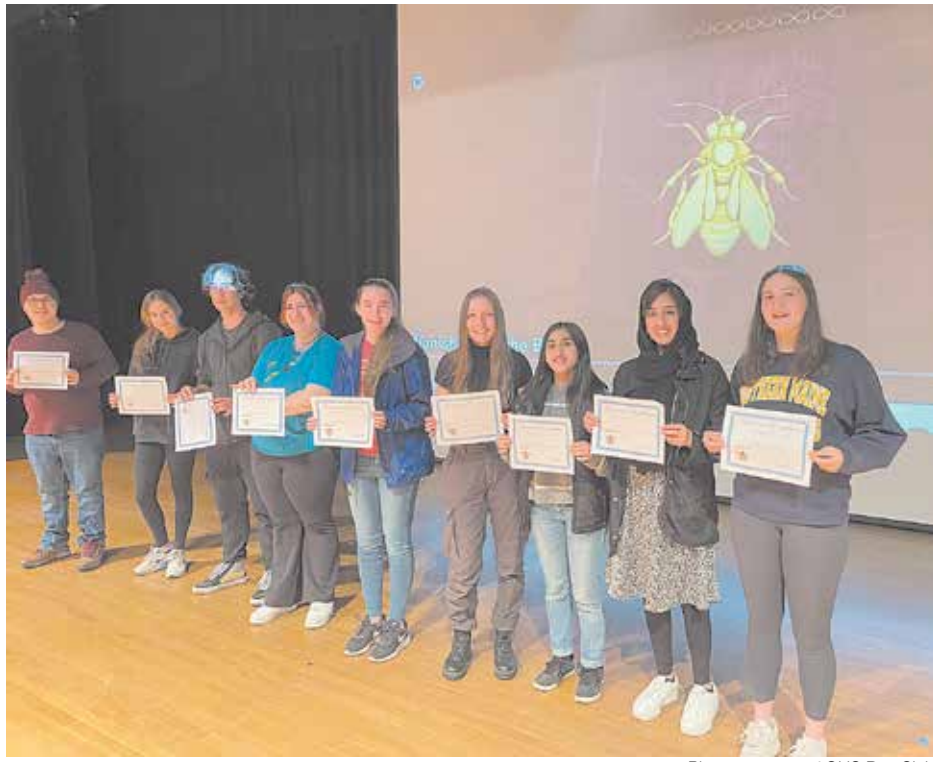


Photo courtesy of GHS Bee Club

The 2022 GHS Beekeeping graduates from left to right: Hayden Lavoisier, Abby Chamberlin, Owen Duplisea, Olivia Spickel, Alexis Landry, Morgan Chapman, Mina Sayed, Arzou Sayed and Abby Rosingana missing is Kyle Green

GHS Students Take the Stage for Gorham's Got Talent

Grace Johnson, GHS Student Intern

On Friday, April 29, Gorham High School (GHS) put on their annual talent show, Gorham's Got Talent. The show was a fundraiser for the junior class and was organized by their class officers.

Due to COVID-19, this is the first time in two years that the talent show has taken place, which was very exciting for everyone involved.

The show was complete with 14 acts, ranging from bands performing together to soloists singing alone to a student performing impressive magic tricks. Junior class Vice President, Klarha Cajuste, and junior Qasim Rabbani were the emcees for the night.

The three judges each had an impressive performing background. Jeanette Zagorianakos is a GHS 2012 graduate and has since been part of both The Voice and American Idol. Katie Daley has spent nearly 30 years performing onstage. Todd Daley holds a degree in musical theater and has been actively involved in local theater for over two decades.

With such a wide range of talent displayed, choosing the winners was a difficult choice for the judges. As they debated their decision, the audience had a chance to vote on their favorite act of the night.

The People's Choice winner was



Photo credit: Amanda Landry

Corinna Hahn performing "Soar"

the band Haze, made up of four current GHS seniors. Haze got their start at Gorham's Got Talent a few years ago, and have since performed several live shows, both locally and in Boston. Haze dazzled the audience with a self-titled song, "Haze," from their upcoming album.

The contestant who placed third was Maddie Downey, a junior at

CONTINUED ON PAGE 13



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Lunch Bears

Raina Lee Cooper, Administrative Assistant, Gorham School Dining Program

Gorham School Dining Services can “bearly” contain their excitement. In a recent promotion of the school breakfast program, students were entered into a raffle to win a stuffed bear.

Program director, Michael Sanborn’s Breakfast Bear Promotion brought not just a 38% increase in participation across the elementary schools, but more importantly, he brought smiles to all of these adorable faces.

One very happy mother wrote in to say, “Thank you so much for doing this. I have been trying to get my son to go to breakfast at school for over a

year and he was too nervous to do it until he saw the bears. He loves school meals.”

Another parent commented, “She has always wished to have a gigantic bear and her wish came true. She talked about it every day for the month of March and despite thinking her chances were small, she won. Thank You.”

Michael Sanborn, along with his Gorham Dining Services Team, always strives to create delicious menus and serve nutritious food, but now they are also in the business of making dreams come true.



Photo credit: Cynthia Remick, Principal, Narragansett School

Narragansett students L to R: Hannah K. Gr. 4, Gwen P. Gr. 1, Lucille G. Gr. K



Photo credit: Becky Fortier

Great Falls winner Clair D. Gr. 2



Photo credit: Becky Fortier

Great Falls winner Lily C. Gr. 3

GHS Students Volunteer at My-Fit-24



Photo credit: Lisa Curley, Education Technician GHS

My Fit 24 is supporting students from the Community Based Education classroom at Gorham High School (GHS) in a Workplace Learning Experience. These students are applying skills learned at school in a real world environment. Grant Mahoney, Nico Gagne, and Brett Barney participate on Mondays and Thursdays, volunteering at My-Fit-24 with Job Coach Lisa Curley.

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- MARGARITA FLIGHTS
- LARGE BEER SELECTION
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- LUNCH SPECIALS

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Relay for Life at GHS

Neile Nelson



Photo credit: Amanda Landry

On Sunday, May 1 and 8th at Gorham High School, over 60 members of the Gorham High School Interact Club participated from 7 a.m. until 7 p.m. in a satellite event of American Cancer Society's Relay for Life.

Relay For Life is the signature fundraiser for the American Cancer Society. Together, as a group, the Gorham Interact Club raised approximately \$8,000 to aid in this worthwhile cause.

The Gorham Interact Club chose to get involved in the Relay for life to remember loved ones lost, honor survivors of all cancers, and raise money to help the American Cancer Society make a global impact on cancer.

At the event itself, the premise is that at least one of the 60 participating Interact members was walking or running the track at all times throughout the entire 12-hour event.

In between the walking and running, much eating, spikeball, corn-hole, football tossing, and fun took place so that all students and adults enjoyed a great time together for a great cause.

To conclude the event, the Interact Club set out luminary bags in honor of people they know who have been affected by cancer in some way, and then honored 15 different cancer survivors during the concluding Survivor Lap.

USM Hosts 142nd Commencement

Courtesy of University of Southern Maine



Photo credit: Ryan Paul

University of Southern Maine hosted its 142nd Commencement at the Cross Insurance Arena in Portland, Maine on Saturday, May 7. This marked the first in-person graduation since 2019, and the last class to graduate under President Glenn Cummings' tenure.

More than 900 students participated before a predicted crowd of 5,000 family and friends. The celebration was held in compliance with all Maine CDC and University of Maine System rules. Guests were required to wear a face covering and provide either proof of vaccination or a negative COVID test.

Cummings, who will step down from the university on June 30, delivered the Commencement address in his last large gathering as President. He shared the stage with Dr. Nirav D. Shah, who also spoke.

Honorary degrees were conferred upon Dr. Shah, poet Betsy Sholl, and philanthropist Dan Crewe.

In addition to Saturday's Commencement, USM hosted a small gathering on Friday, May 6 for 2020 and 2021 graduates who wished to walk across the stage and have the in-person experience they missed in previous years.

Roughly 100 students attended, and USM presented a posthumous degree in honor of graduate student and addiction advocate Jesse Harvey.

Second Grader Celebrates Spring Clean Up Day



Second Grader, Finn, helped clean up the Narragansett School grounds on Saturday, April 30 during Spring Clean-Up Day. Finn was joined by his family, along with many other Narragansett Families as well as members of the Galilee Baptist Church. Volunteers cleared out and repaired flower beds, removed sticks and pinecones, raked leaves, and sanded outdoor seating.

Photo credit: Erin Eppler

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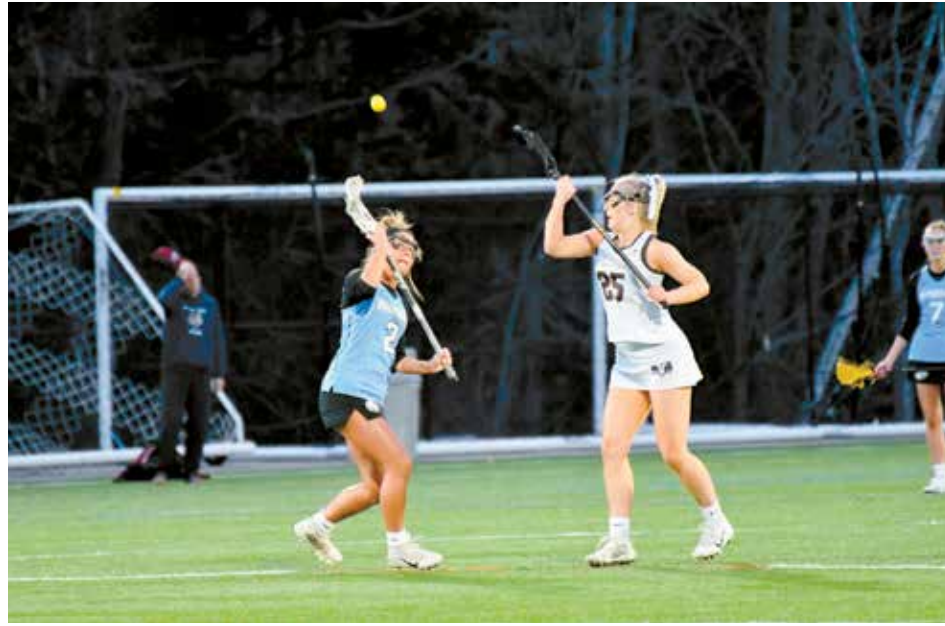
Spring Sports in Full Bloom CONTINUED FROM PAGE 5

co-captain Killian Kolb and teammate co-captain Alden Dimmick are 2-1 on the season and most recently won their match 6-1, 6-2 v. Westbrook.

The Track and Field (T&F) Teams hosted their first meet of the season with visiting teams, Deering, Massabesic and Thornton Academy. The Girls T&F team was featured in the Portland Press Herald along with the boys team from Scarborough as the top two teams to watch this season.

As the new season continues, the extended weather forecast looks much warmer and brighter, a welcome change for coaches, athletes and spectators.

A full list of schedules can be found on the GHS Athletics website.



Girls Lacrosse and Boys Lacrosse in action.



Photo credit: Amanda Landry

Senior co-captain Killian Kolb and teammate Alden Dimmick in tennis match action



**GO
RAMS!**

Photo credit: Amanda Landry

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Amaryllis Bulbs Can Rebloom

Linda Treworgy Faatz

After the bulb blossoms have wilted, cut off blossoms and stems. Give the plant sun and let the strap-like foliage continue to grow throughout the rest of the winter. This green growth nurtures the bulb for another season. Fertilize but don't overwater.

You can leave the bulb in the same pot or take it out of the pot in June and plant in the ground to grow for the warmer months. Outdoors, keep it in a sunny spot, protected from hot afternoon sun.

In September before a cold spell, bring the bulb inside and let the foliage dry out (unpotted) in a cool (55 degrees) dry place with no bright light.

In November cut dried foliage off and trim any roots that may have grown over the summer (there may be a lot of them) leaving about 2 inches of root.

After the bulb has rested for 2 to 5 months, plant the bulb in a bigger pot. Combine 2 inches of potting soil (not garden soil) and then 1 inch of

small stones in the pot. Nestle the bulb into the stones and water with a balanced water soluble fertilizer, just enough to dampen the soil. Too soggy and the bulb will rot. The roots will soon find their way into the soil.

A layer of stones on top keeps the bulb from directly touching the wet soil to prevent rotting. Move the plant into a bright, 60-65 degree room. Water sparingly until the bulb is in active growth. New growth and blossoms will appear in a couple of months.

If you have several bulbs, you can stagger the starting time for an extended bloom time to bring color and cheer during the winter months.



Linda Treworgy Faatz, a passionate gardener for many years, lives in her family home at Friend's Corner and cares for the extensive Treworgy gardens through craft sales, classes and garden events.

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.

First Week for Farmers Markets



Photo credit: Roger Marchand

The Gorham Farmers' Market returned on May 7 with more vendors and variety than last year. They will be in the parking lot behind the Library every Saturday until October.

Rain or Shine, Cherry Hill Farmers Market is Happening



Photo credit: Roger Marchand

On Wednesday, May 4, the new Cherry Hill Farmers Market had a cold and rainy start. More vendors will be joining them in the near future. Cherry Hill Farmers Market is held every Wednesday, 2-6 p.m. at Cherry Hill Farm.

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Town Council Report CONTINUED FROM PAGE 5

Planner, the Ordinance Committee chose three items to bring forward to the Town Council for consideration. They are to create a vernal pool transfer program between low and high value vernal pools; the White Rock Mixed Use district plans and a long term plan for pedestrian development within Gorham. The Recreation Impact fees were tabled. At the next Ordinance meeting they will discuss integrating complete streets within the Village expansion zone. They will also speak on the Fire Suppression Ordinance to modify the increased third party inspection times.

Councilor Hartwell also reminded residents to come out for the Memorial Parade planned by the Recreation Department and to partake in the various Veterans activities available.

Councilor Hager reported that the Finance Committee will meet May 9, 2022.

Chairman Pratt reported that on April 7, 2022 the Jetport Noise Abatement group met. One of the Jetport runways will be closed from April 18 through June 13, 2022 for construction. Therefore the flight patterns have changed so Gorham will notice and hear more planes flying over. On Tuesday, May 10, 2022 there is a Budget Workshop with the Town Council and the School Committee in the Council Chambers at 6:30 p.m.

As always Chairman Pratt made a request for more blood donors and commended Councilor Kuech on her achievement with hers.

Town Manager Paraschak reminded citizens that the Vision Appraisal by

Cumberland County Assessing is still going on throughout the town. They should be wrapping up their work by the summer. Sidewalks are being put in on Narragansett Street from State Street to Access Road.

Town Manager Paraschak thanked Public Works for the hard work getting this project done. He also thanked Public Works for the sidewalk and street sweeping and clean up that has been going on from the winter months.

Town Council issued a Special Amusement License to Lone Pine Brewing Company, 48 Sanford Drive. (7 years)

Town Council issued a Medical Marijuana License to Josh Moody, 36 Bartlett Road, Unit 8. Property owned by Hinks Realty. (7 years)

Town Council issued a Medical Marijuana License to Anthony Digilio, 36 Bartlett Road, Unit 7. Property owned by Hinks Realty. (7 years)

Town Council issued a Medical Marijuana License to Matthew Burnham, 36 Bartlett Road, Unit 7. Property owned by Hinks Realty. (7 years)

The Town Clerk was authorized to issue the warrant for the July 14, 2020 School Budget Validation Election. The polls will be open from 7 a.m. to 8 p.m and the Town Council appointed the following persons for the designated voting districts:

District 1-1 — Susan Emerson,

Warden and Laurel Smith, Ward Clerk

District 1-2 — Katherine Corbett,

Warden and Marie Plummer, Ward Clerk

District 2 — Martha Towle, Warden

and Nancy Kenty & Heidi Pratt, Ward Clerks

Central — Paula Nystrom, Warden and Alida Landry, Ward Clerk

Voting hours and details can be found at www.gorham-me.org.

Town Council authorized the Town Manager to enter into a three year contract extension with Cumberland County for Assessing services starting July 1, 2022 and ending June 30, 2025. (6 years, 1 nay Hager)

Town Council instructed the Ordinance Committee to review and propose amendments to the Land Use and Development Code that would provide for dwelling unit growth caps in the Town of Gorham while promoting development towards grow areas and away from the rural zones.

Town Council authorized the transfer of up to \$234,296 originally allocated for construction of a baseball field at the Chick Property towards the construction of two multi use courts to be completed in conjunction with the Gorham Skate Park Project. (5 years, 2 nays Hager and Phillips)

Town Council authorized the Town Manager to enter into a new collective bargaining agreement with the Fire Department Union, Teamsters Local #340. (6 years, 1 nay Hartwell)

School Committee Report

Anne Schools, School Committee Chair reported the following:

Impaired Driving

On Thursday May 5th, Gorham High School (GHS) juniors and seniors, in collaboration with the Gorham Police Department will be participating in

an impaired driving simulator as a reminder of the dangers of driving while intoxicated. This is purposefully timed just before the GHS prom to try and make sure this important lesson is fresh in their minds.

Speaking of prom, GHS will host their first prom in two years on Saturday, May 7.

Diversity, Equity, and Inclusion

The School Department continued its focus on diversity, equity, and inclusion last week by sponsoring a microaggression training for all students and staff across grades 6-12. This training was during student advisory time and was facilitated by Lawrence Alexander from Carney Sando & Associates.

Budget

We are looking forward to our joint budget meeting with the Town Council on May 10, 2022, at 6:30 pm in Council Chambers. During this time the School Committee will present information to the Town Council regarding the proposed FY23 School Budget. We have developed a Q&A document for questions to be asked in advance of the meeting. A link has been sent out to council members.

Internships

Our seniors will be spending the last two weeks of school participating in internship and/or job shadowing experiences beginning May 23. Thank you to our area business people and municipal partners for helping us find placements for these students as they continue to explore what their future will look like.

The full minutes can be read at <https://www.gorham-me.org>.

TOWN OF GORHAM PUBLIC WORKS DEPARTMENT

Full-Time CDL Driver Operator

Do you hold a Commercial Driver's License (CDL) and are you looking for a job with variety, stability, and great benefits? If so, consider joining the Town of Gorham Public Works team!

Driver Operators provide critical and essential services for our community. They are responsible for the safe, skilled, and efficient operation of a variety of light and heavy equipment associated with snow removal, repair, maintenance, and construction of Town of Gorham roads, sidewalks, parks, and cemeteries. Driver Operators also perform general laborer functions such as patching roads, raking hot top, mowing grass, shoveling, cutting brush, and directing traffic.

A full job description, along with qualifications and benefits package, is available on the Town of Gorham website. Pay range for this position starts at \$20.23 per hour. Salary depends on experience and qualifications. Successful candidates will be eligible for a \$1,000 sign on bonus.

Apply Online via the "Employment Opportunities" page of the Town of Gorham website. Cover letter and/or resume optional. Applications will be reviewed as they are received and the position will remain open until filled. Applicants without access to a computer, tablet, or smart phone may pick up an Application for Employment in person at the Town Manager's Office or the Public Works facility during normal business hours. Please email HR@gorham.me.us or call 207-222-1650 if you need assistance or have any questions about the application process.

We want YOU!

The *Gorham Times* is seeking writers to cover town news, human interest stories and business profiles. This is a great opportunity to meet interesting people and learn about community organizations.

Have an interest in Gorham and how the paper operates?

We'd love to have you join us for production meetings held every other Monday.

Call or email us for more information.



Gorham Times

839-8390 | gorhamtimes@gmail.com

GHS Students Take the Stage for Gorham's Got Talent

CONTINUED FROM PAGE 7

GHS. This was Downey's first time performing for Gorham's Got Talent, and she notes that she will definitely consider doing it again. She sang Adele's "Someone Like You".

Downey says that despite taking the stage countless times before, she was still nervous on the day of the show. "Stage fright is a totally real thing," Downey says, "even if you've been on stage hundreds of times before."

Mavy Ho, a senior, took second place. Ho entranced the entire crowd by performing "Fuego" on the violin. As she danced across the stage, she hit every note perfectly on her instrument.

The winner of the night was a junior, Corinna Hahn, who performed her own original song titled "Soar." Hahn says she is extremely proud for pushing herself to be vulnerable in front of an audience, and that Gorham's Got Talent has inspired her to start recording music.

"I wrote Soar because I was beginning to realize how many people suppress their true feelings," Hahn remarks. "If you have something to say, SAY IT! There's always going to be something bothersome in life, so why not address it and move on so you can soar?"

This year's Gorham's Got Talent was a huge success. The winners were all incredibly deserving, and the hard work that everyone put in was amazing. Gorham's Got Talent will definitely continue on for years to come.

Feel the Beat - MedRhythms and Neurologic Music Therapy

CONTINUED FROM PAGE 4

The broadened scope of the company with the digital division allowed MedRhythms to move its headquarters to Portland, Maine.

The staff has grown to 34 people working in person and remotely, including another Gorham resident, Kathy Garrard, who has recently joined the staff as Office Manager.

MedRhythms is garnering a lot of attention. It has been written about in medical journals, in a wide array of news sources such as The Huffington Post and The Boston Globe, as well as in popular magazines like RollingStone which celebrated MedRhythms' "use of music for a much more clinical purpose." It has been featured on MSNBC and Greenlight, Maine.

Owen speaks at digital therapeutics conferences around the country. When asked to explain the science behind the remarkable results and the unique role that music plays, Owen said, "music has the ability to activate the motor region of the brain. Walking to a beat results in the synchronization of the auditory and motor regions of the brain, leading to the formation of new neural connections. These neural pathways can be strengthened over time to improve walking outcomes. This is the result of a phenomenon known as neuroplasticity, the brain's ability to change and heal."

Simply put, when someone's ability to walk, talk or think clearly has been lost or impaired, music offers an alternative entry to the brain, helping to create new neural pathways.

For someone who has walking deficits from a brain injury or disease, interventions that use music can help improve walking outcomes such as walk-



Photo credit: Owen McCarthy

Holly and Owen McCarthy and son Oliver love their new home town of Gorham.

ing speed. This is important because increased walking speed strongly correlates with decreased fall risk.

Owen likens it to learning how to ride a bike again. If you pedal too slowly, chances are you will be unsteady and may fall. The same is true for walking. Keeping a quicker pace is more stable.

Studies are finding that NMT encourages recovery at a more rapid rate than traditional therapies.

After spending more than 5 years in Boston, Owen and his wife, Holly, came back to Maine. "We wanted to be here - as it is the place we love."

Gorham was their top choice when they were looking for a place to build their life. "We really wanted to find a place that had a strong community

feel with a strong school district and a history of people taking care of each other," he said.

Additionally, Holly McCarthy, said that "when moving back to Maine we were looking for a community exactly like Gorham"

Owen and Holly, who grew up in Dixfield, live in the Little Falls area. Holly is busy helping people in a different health field, working as an Optometrist at the VA facilities in Lewiston and Augusta.

When they are not working, their almost 2 year old son, Oliver, keeps them very busy.

To learn more about MedRhythms or to reach Owen email him at owen@medrhythms.com



Julie Chandler



Mike Griffin



Peter Mason



Benjamin Taylor

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GORHAM



LIMERICK \$198,500 - Affordable living! Singlewide mobile home on a private 1.58-acre lot redone from top to bottom. Primary bedroom w/ full bathroom, kitchen open to living room, two-additional smaller BRs and a full common bath.



BUXTON \$112,500 - This 720sqft ranch with detached 1-car garage is in need of renovations and updating. Efficient floor plan currently configured with an eat-in kitchen, living room and two bedrooms. Potential expansion possibilities to go up or out.



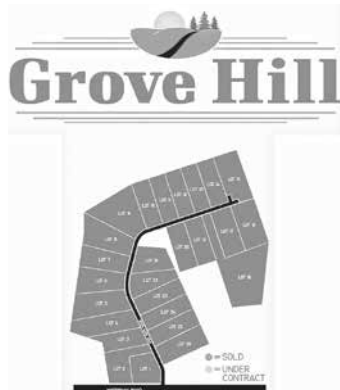
LIMINGTON \$415,000 - Brand new 3-bedroom, 3-bath home with 2-car garage just completed! Gorgeous open floor plan with 9ft ceilings over the kitchen, living & dining areas. You will love the craftsman style finishes with custom antique barn beams.



HOLLIS \$319,900 - 3BR Cape w/ covered porch overlooking the Saco River. New heating system, drainage system & concrete floor in the bsmt, bathroom fixtures, flooring & freshly painted interior. Let the sounds of the river put you to sleep this summer.



WESTBROOK \$609,000 - Welcome to this meticulously maintained 4BR home! Hardwood floors throughout, grand fireplace in the dining area, large 4 season room off the back, tiled mudroom w/full bath, storage over the garage, spacious finished room in the bsmt.



BUXTON'S NEWEST SUBDIVISION - GROVE HILL
A 26 lot subdivision, only 14 lots left. Lots starting at \$125,000.



BUXTON \$548,500 - This gorgeous contemporary home w/ in-law apt is privately located on a 1.5ac lot. Southern exposure w/ dramatic cathedral ceilings. Features an open floor plan w/ nicely appointed granite kitchen, living room gas fireplace & 1st floor laundry.



GORHAM \$210,000 - Plenty of parking & ground level entrance for handicap accessibility. This office space offers a reception area, 4 offices, 2 bathrooms & spacious conference room with kitchen area.



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COMMUNITY

OF INTEREST

"How Can I Keep From Singing" Gorham Community chorus announces their first concert in over two years on Sunday, May 22 at 7 p.m. at McCormack Performing Arts Center at GHS, joined by Points North, a locally famous acapella group. Uplifting music! Suggested donation is \$5 with GHS COVID guidelines.

UMaine Extension offers facts on Maine foods for May. Workshops include Facts of Fiddleheads, Facts on Edible Wild Greens in Maine, Fruits for Health: Rhubarb, and Spring Refrigerator Pickles. Bulletins are available for download or to order on the Extension publications website. More information also is available by contacting 207-581-3188, or extension@maine.edu.

Gorham, Windham, Westbrook TRIAD'S next meeting will be May 13 at 9 a.m. at the Gorham Police Dept. All are welcome. The guest speaker will be Lynda Adams. She is a Certified Integrative Nutrition Health Coach who helps people become aware and make changes in all areas of their lives (physically, mentally, emotionally, and spiritually) to improve their overall health. Lynda will guide us to review these areas of our lives and help us come up with ways to make some simple changes that will have long term, lasting positive results.

On Sunday, May 15, the West Gorham Union Church choir of 1956 will return to the church for a reunion, and will sing a hymn at the 9:30 a.m. service. Of the 23 members, 19 are still living and 14 will attend, the others being prevented by illness or distance. The church, located on Route 25, 3 miles from Gorham center, cordially invites anyone interested to join for this unique occasion.

Bake Sale at West Gorham Union Church at 190 Ossipee Trail on Saturday, May 21 from 9 a.m. to 3 p.m., with homemade pies, cookies, bars, whoopie pies, and brownies. Also take home a container of baked beans, mac and cheese, clam casserole and other items from the supper menu. Rada Cutlery will be available as a featured fundraiser.

Spring Birding Migration Event will be held on Saturday, May 21 at 8:00 a.m. and again on Friday, May 27, at 10:00 a.m. at the Presumpscot Regional Land Trust's new Steep Falls Village Preserve in Standish. Join local birding experts Marion Sprague and Angie Marcotte to look and listen for returning migrants and the hardy birds that spend the whole year in Maine. This event will involve less than a half mile of walking on flat and easy trails, so it is ideal for all ages and physical abilities and is for anyone interested in learning about birds, from beginners through experts. This event is free, but space is limited. To register go to Events at www.prlt.org.

Everyone is invited to the Great Falls School's 10-year (belated) birthday celebration on Wednesday, May 25 from 4 – 7 p.m. on the school campus. Treats will include treats from Fred's Fried Dough, Momma Baldicci's, Kelly's Ice Cream Truck, Cruzin Slice, and Cotton Candy. Join the fun with Sparks' Ark from 4:30 – 5:30 p.m.; Greater Portland School of Jukado from 5:30-7 p.m.; Magician Phil Smith from 5-6:30 p.m.; Bounce Obstacle Course from 4-7 p.m. and Face Painting! Live music will include the GHS Steel Drum Band from 4 -5:30 p.m., Daddy O from 5-6 p.m., and Stay at Home Dads from 6-7p.m.

Alewife Migration and Natural History Hike will be held on Saturday, June 4, from 10 a.m. to noon at Presumpscot Regional Land Trust's Mill Brook Preserve in Westbrook. The 2-mile round-trip walk will be led by a local alewife expert. Come learn about and see up-close the incredible migration of thousands of alewives on their way to Highland Lake while also hiking on beautiful, wooded trails. The event is free, but space is limited, and registration is required at <https://www.prlt.org/event>.

The Osher School of Music at USM announces upcoming auditions for the USM Youth Ensembles, the acclaimed concert band and orchestras that perform each fall and spring at Merrill Auditorium. Auditions will be held the week of May 23. Reserve an audition date by Friday, May 20. usm.maine.edu/music/welcome-usm-youth-ensembles.

LIBRARY NEWS

Join the Baxter Memorial Library Book Club on Thursday, May 19 at 10 a.m. to discuss "I Am Malala" by Malal Yousafzai. Email nflanagan@gorham.me.us to be added to the invitation list. May Story Adventures for ages 2 – 5 are on Tuesday, May 17 and 24 from 10 – 10:30 a.m. Coming up later this month, four Gorham Middle School students have helped design a craft program for kids ages 8 – 15 (with an adult) to spend an early release day, Wednesday, May 25 from 12:30 – 1:30, crafting on the lawn. Library hours are Monday and Friday, 9 a.m. to 4 p.m., Tuesday, Wednesday, and Thursday, 9 a.m. to 7 p.m., and Saturday from 9 a.m. to 1 p.m. FMI, 222-1190 or baxterlibrary.org.

The North Gorham Public Library Book Club will be reading "In the Midst of Winter" by Isabel Allende on Monday May 23 at 11 a.m. Everyone is welcome, even if you haven't read the book! Copies are available for pickup at the library. Weekly story time with songs and crafts open to children and their caregivers takes place at 10 a.m. every Wednesday. The library is open on Mondays from 3 – 5:30 p.m., Wednesdays from 10 – 11:30 a.m. and 6 – 8 p.m., Thursdays from 3 – 5:30 p.m., and Saturdays from 9:30 a.m. to 1 p.m. Home Delivery and contact less parking lot pickup are also available. Visit northgorham.lib.me.us, and facebook.com/northgorhampubliclibrary/.

SUMMER CAMP

Monumental Vacation Bible Camp will take place June 20-24 from 8:30-11:30 a.m. at Cressey Road Church in Gorham. Open to children ages 4 through finishing 5th grade. Register now and go off-road on a Monumental adventure through the colorful canyons and sunbaked trails of the southwest. Register on-line at www.cresseyrdumc.org. There is no cost. Donations accepted.

Learn more about athletics and music camps on the USM Gorham campus at usm.maine.edu/summercamps.

CLOSE TO HOME – BUXTON

Buxton Trash Cleanup Day is 9 a.m. on Sunday, May 15. This is an AARP Age Friendly activity sponsored by Aging in Buxton. Meet at the Buxton Transfer Station with a trash bag if you can. Then return to your neighborhood to clean up. Place your bag curbside for regular town pick up. Spread the news and bring your friends! FMI, aginginbuxton@gmail.com.

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the *Courtesy of the Gorham Police Department*
blotter

Mitchell Hill Road caller kept calling her sister and getting Spanish speaking people answering the phone. Officer checked the residence and found everything was as it should be.

Intoxicated caller on Maple Drive was looking for a friend but did not know where he lived.

Caller was worried about a vehicle that followed her while she was putting out political signs. Officer spoke to the caller who told the officer there was nothing threatening about the vehicle other than they were flashing their high beams at the caller.

Officer was notified of a disabled vehicle on Ossipee Trail. Officer located the vehicle which was disabled due to a missing front wheel. AAA was on the way.

Ossipee Trail caller wanted to know how to get her motorcycle back from a residence that she was prohibited from being at. She had been issued an order to have zero contact with anyone at the residence. Caller had a court date later that month and was advised to take it up with the judge at that time.

Officer mediated a dispute between Parker Hill Road neighbors in reference to plowing snow. Officer educated neighbors on the laws regarding plowing snow across a public way.

Caller was concerned as she had gone to what she thought was a legitimate IRS site and entered her social security number and other information. She was advised to check her credit information and if any unauthorized accounts had been opened, to report it. She was also advised to contact Social Security.

Officer went to Huston Road residence to check on three Great Falls students. Officer spoke with father who said it was a remote day. Officer advised him only Gorham High School was having a remote day. He said he had misunderstood and would bring kids to school.

Connor Drive caller reported a phone call saying he had won \$20,000,000 but had to send \$222 to claim the prize. Caller knew it was a scam but wanted the Police to be aware of the call.

Officer checked on a vehicle on South Street with its hazard lights on. Driver was on his cell phone and had pulled over for safety.

The alarm on a car in a parking lot on Railroad Avenue was going off continuously. Officer made contact with the owner and had him fix the issue.

Officers responded to Dana Street for a male yelling and throwing objects. Officer talked to the man and he calmed down after a few minutes.

CALENDAR

- FRIDAY, MAY 13**
Gorham, Windham, Westbrook TRIAD meeting, Gorham Police Department, 9 a.m.
- SATURDAY, MAY 14**
Buxton Centre Baptist Church Bean Supper, 938 Long Plains Road, 4:30 p.m. and 5:15 p.m.
- SUNDAY, MAY 15**
Buxton Trash Cleanup Day, Buxton Transfer Station, 9 a.m.
- TUESDAY, MAY 17**
Baxter Memorial Library, May Story Adventures (ages 2-5), 10 – 10:30 a.m.
- WEDNESDAY, MAY 18**
North Gorham Public Library, Story Time for Children and their Caregivers, 10 a.m. (every Wednesday)
- THURSDAY, MAY 19**
Baxter Memorial Library Book Club discussing "I Am Malala," 10 a.m.
- SATURDAY, MAY 21**
West Gorham Union Church Bake Sale, 190 Ossipee Trail, 9 a.m. – 3 p.m.
Mission of Hope Clothes Closet, Cressey Road Church, 9 a.m. to noon, free
Spring Birding Migration Event, Steep Falls Village Preserve, Standish, 10 a.m.
- MONDAY, MAY 23**
North Gorham Public Library Book Club, "In the Midst of Winter," 11 a.m.
- TUESDAY, MAY 24**
Baxter Memorial Library, May Story Adventures (ages 2-5), 10 – 10:30 a.m.
- WEDNESDAY, MAY 25**
Baxter Memorial Library, Crafting on the Lawn, ages 8-15 with an adult, 12:30-1:30 p.m.
Great Falls School 10-Year Birthday Celebration, 4 – 7 p.m.
- FRIDAY, MAY 27**
Spring Birding Migration Event, Steep Falls Village Preserve, Standish, 10 a.m.

CLASSIFIEDS

- ART SALE**
The 5th Annual Co-Creative Art Sale, May 21, 2022, 10:00am-4:00pm, 237 Main Street, Gorham. Proceeds will go to the Ukraine efforts.
- CRAFT FAIR**
May 15th Spring Craft Fair at Mr. Peabody's Apple Crisp 1070 Long Plains Rd Buxton, ME. Hours 10-2 Local Vendors offering a variety of wares. Soaps, teas, wooden bowls, wreaths, custom lettered items, primitives, bird house, knits, Scentsy, jewelry, and more.
- SERVICES**
ATTN. GORHAM RESIDENTS, I AM DOING SPRING AND FALL CLEANUPS. NOW THROUGH NOVEMBER. OUTSIDE ODD JOBS. I DO CARE AND WILL BE REASONABLE. CALL MARK (245-0670)
- FT/PT laborer wanted at Southern Maine Firewood in Gorham. Flexible hours. Competitive wages. Paid holidays. Work performed outside in all weather conditions. Inquire @ southernmainefirewood@maine.rr.com or (207)839-4342
- SUMMER CAMP**
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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Frederick Robie came from good stock, He was governor, Senator and a doc. A busy man, but when he was fatigued, He relaxed with his good dog "Tige".



New and existing Programming

Learn to Fly Fish

5/14 9:00 to 10:00 \$10.00
All ages at Shaw Park

Bicycle Rodeo

May 14th 10:00 to Noon at GMS

Foster's Clambake

6/15 9:45 to 3:00 \$48.00

Mailboat Run at Casco Bay Lines in Portland

8/10 11:30 to 3:00pm \$20.00 + bring your lunch

Kinky Boots at Maine State Music Theatre

8/25 1:00 to 4:00 \$80.00

Memorial Day Parade

Join us on Monday, May 30th for the annual Memorial Day Parade
10:00am

Fitness Classes

Several fitness classes offered every week

Summer Camp registration open!

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- Chicken
- Black Forest Ham

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- Spinach & Onion

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Maine Littleneck Clams **5.99** lb. **Wild, All Natural**

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Zucchini Squash Great On The Grill!  **99¢** lb. **Save 30c/lb.**

Sweet Blackberries Good Source of Vitamin C **2.40** for **4** **6 oz. Save \$1.00**

Niji Sushi Available in Most Stores **Salmon & Tuna Roll** **7.99**

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ARNOLD **Bread** 8 Varieties **2.60** for **6** **24 oz. Save \$3.78**

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