

# Gorham Times

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GORHAM, ME  
PERMIT NO. 10

Volume 28 Number 18 | September 15, 2022

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

## Town Council Votes to Put \$10,523,215.00 Referendum Question on Ballot

Kathy Corbett, Staff Writer

On September 6, the Town Council voted (4-2, Pratt, Phillips, 1 absent, Kuech) to authorize a referendum question for borrowing up to \$10,523,215.00 for three capital projects requested by the School Committee. Voters will decide at the November 8 election whether or not the town should issue bonds to finance a \$4,300,000 HVAC system for the Gorham High School (GHS) which includes air conditioning the building, \$423,215 for LED lighting at GHS, and completion of the Narragansett Elementary School Modular Expansion Project costing \$5,800,000.

The School Committee had requested the Council authorize a bond referendum for six projects totaling \$20,025,956, but they rejected authorization for eight GHS modular classrooms and expansion of the GHS cafeteria, Narragansett Elementary School

HVAC, and replacing the Village Elementary School floor.

During public comment before the Council took up the question, Gorham residents Jim Means and Phillip Gagnon spoke in opposition to the bond issue request, citing the potential effect of the recent reassessment on the mil rate and questioning the need for the projects.

The councilors were also concerned about the impact on taxpayers but considered the expense of maintaining old systems and the potential for higher costs for these necessary projects in the future. As Councilor Virginia Wilder-Cross said, "We are caught between a rock and a hard place."

Councilor Ben Hartwell, concerned with the cost of deferred maintenance, said, "We can't keep kicking the can

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## New K-9 Team in Gorham



Photo credit: Gorham Police Department

Police Chief Christopher Sanborn announced on August 29 the addition of the K9 team, Officer Aaron Erickson and K9 Storm, a 1 1/2 year-old Belgian Malinois.

READ MORE ABOUT OUR NEW CANINE UNIT ON PAGE 3

## Ben Hartwell Media Statement

John Ersek, Staff Writer and Lori Arsenault, Gorham Times Editor

The Gorham Times recently reached out to Town Council member Ben Hartwell to ask for his response to coverage in southern Maine news outlets regarding his allegedly having been a member of the Oath Keepers group at some point. These news reports referred to a September 7 news release, in which the Anti-Defamation League claimed that Hartwell is one of just two Maine elected public officials who had been identified as having ties to the Oath Keepers. (The Anti-Defamation League is an international civil rights organization.) Hartwell responded with the following written statement.

"In January 2015, I joined an organization called Oath Keepers, which to my understanding, was a membership geared towards military and law enforcement who had previously sworn an oath to defend the constitution and would continue to uphold that oath.

"Much of the talk about upholding an oath stem from the fear of the government taking firearms away from law-abiding citizens. Any such order, in my opinion, is unconstitutional. By getting the people who would theoretically be tasked with disarming people to

uphold their oath and refuse to obey such an order, then potential conflict could be avoided. Oath Keepers was an organization to prevent violence, not cause it. That is what caused me to join it.

*"When I heard that some of the people involved on January 6 were members of Oath Keepers, I thought to myself that I was glad I didn't continue to be a member of that organization and be associated with it."*

"Nothing happened, I never met with anyone, I never attended anything, and I never renewed my membership after it expired in 2016. I didn't continue to follow what they were doing and had no idea what has happened along the way.

"When I heard that some of the people involved on January 6 were members of Oath Keepers, I thought to myself that I was glad I didn't continue to be a

member of that organization and be associated with it. That said, I have no idea how those actions were consistent with the values of the organization, and I don't even know what the values of the organization are today. It certainly doesn't sound like any of them were upholding their oath that day. "It is absolutely ridiculous for anyone to try to tie me to the January 6 riots, I did not support it when it happened, I don't support it now, and I had no involvement. - Ben Hartwell, Esq."

The Gorham Times also contacted Town Council chair Lee Pratt to ask for his commentary on this issue. In an interview with Gorham Times Editor Lori Arsenault, Pratt described Hartwell as a good councilor who is not seeking re-election, and who has only one more meeting to attend. Pratt was asked if councilors are required to account for past or present group memberships, to which he replied no, and whether he had had any concerns about Hartwell's service on the Council prior to the recent allegations. Pratt said no, and that he considered Hartwell to have been an unbiased councilor who "looked on both sides of the coin."

## In Her Honor

Chris Crawford, Staff Writer

Most of us cannot remember a time when Queen Elizabeth II was not on the throne of the United Kingdom. Born April 21, 1926, she led The United Kingdom and its Commonwealths from February 6, 1952, until her death on September 8, 2022, at her beloved Balmoral Castle in Scotland. Her reign spanned seven decades and made her the longest-serving British monarch.

She is also the 2nd longest reigning monarch of all time, with King Louis XIV of France holding that record. He had an unfair advantage, as he became king at age 4.

Queen Elizabeth II will be remembered for her gorgeous matching hats and coats. More importantly, she will be remembered for her forward-thinking statesmanship as she worked to stabilize a terribly damaged Great Britain after WWII. In the process, she re-crafted the Modern Monarchy of the United Kingdom.

Little known facts:

She had a lifelong love of cars and mechanical work. She begged her parents to allow her to join the war effort. They finally relented and in 1945, just before the end of WWII, she joined the Women's Auxiliary Territorial Service (ATS) a branch of

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**Policy on News from Augusta:** The Gorham Times asked our three state legislators from Senate District 30, House District 26 and House District 27 to provide us with "News from Augusta." We publish their articles on a rotating basis. The submissions are devoted to updates of legislative and administrative news, proposed and passed bills and laws, and developments and events that are of interest and have an impact to Gorham residents. The Gorham Times reserves the right to edit the submissions and it further reserves the right to reject any submission, in its sole discretion.

# Making Heating More Efficient, Accessible and Affordable for Mainers this Winter

**Rep. Mo Terry**

It's hard to believe that it's already mid-September. The summer's end is nearing, marked by the return of school buses, the winding-down of weekend farmers markets, and a familiar crisp in the morning air. While I love this time of year, it also signals the start of colder temperatures which, for many of us, brings the added financial stress of heating our homes for the winter.

Many Mainers saw their electricity and fuel costs spike significantly last winter, largely due to rising fossil fuel prices worldwide triggered by international corporate interests and global instability, including the war in Ukraine and the lingering effects of the pandemic. Unfortunately, the Maine Legislature is not able to lower international fuel prices and, since the deregulation of electricity generation and supply in Maine, we have also been limited in our ability to control the costs of electricity.

While much of the root causes of these increases were out of our control, my colleagues and I in the Legislature still took action. In recent years, we have made critical progress towards moving our state away from relying so heavily on costly fossil fuels by investing in our clean energy workforce, supporting measures to help Mainers shift to more efficient forms of heat, and taking steps to hold our utility companies accountable.

This year, we required the Public Utilities Commission (PUC) to establish new accountability standards for utility reliability and customer service, including substantial mandatory financial penalties for utilities that fail to

meet standards, with forced sale as the ultimate penalty for a failing utility. We also strengthened utility whistleblower protections.

The Legislature also made changes to the net energy billing program to protect Maine ratepayers while continuing to encourage solar energy development, and we established the Electric Ratepayer Advisory Council to review utility rates and come up with a plan to ensure that Mainers will always be able to afford their energy bills.

As we continue to look at ways the Legislature can address high energy costs through investments in clean energy and by making sure utilities are playing fair, there are steps you can take to make your homes more efficient and reduce your heating costs. If you're looking to upgrade your home heating system to a more efficient model, Efficiency Maine provides great options. They offer rebates on new heat pumps of \$1,200 for eligible residential properties and as much as \$2,000 for low-to-moderate income households. If you'd like to learn more, visit their website at [EfficiencyMaine.com](http://EfficiencyMaine.com).

If you need help with home heating costs this winter, the Home Energy Assistance Program (HEAP) provides support to eligible homeowners and renters. For more information or to schedule an appointment to apply, call

207-553-5900, email [energyassistance@opportunityalliance.org](mailto:energyassistance@opportunityalliance.org) or go to [opportunityalliance.org](http://opportunityalliance.org).

Homeowners and renters aren't the only ones feeling the strain of high fuel costs. That's why we also passed legislation to help small businesses struggling to get by. This bill provides a tiered credit up to \$3,000 for eligible small businesses and organizations.

Families and businesses in Maine deserve to have affordable and reliable heating and electricity, and I'm proud of the steps we've taken in the Legislature to help secure this basic need. There is still more work to be done, but I will continue to look for ways to lower energy costs and get affordable and efficient technologies to as many Mainers as possible in the upcoming legislative session.

As always, if you have any questions or need help accessing resources to help with heating or any other issue, please don't hesitate to reach out.



*Rep. Maureen "Mo" Terry, D-Gorham, is serving her third term in the Maine House of Representatives. She serves as House Chair of the Taxation Committee. She is a chef and small business owner for over 25 years. Contact her at [maureen.terry@legislature.maine.gov](mailto:maureen.terry@legislature.maine.gov).*

## Letter to the Editor

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

To the Editor,

The reassessment work of the firm hired by the Town of Gorham is sloppy and filled with errors. Thank you for pointing out last night that the broad result is an unfair shift of tax burden favoring commercial properties. You reported that residential properties averaged an increase in tax assessment valuations of 60% while commercial properties increased by 20%. The residential market was at a historic, unsustainable, record high point in sales prices precisely when the Town re-appraisal occurred.

I suggest that all residential property tax appraisals be reduced by a large percentage so that the imbalance be alleviated OR reject ALL results of VSI's work.

In my re-appraisal, the assessor levied a \$6,700 assessment on our hot tub. Hot tubs are not real property, are not affixed to the real estate, and are readily portable, like an appliance. I searched the Maine Statutes and could find no basis for hot tubs to be included for real estate taxation purposes. Please correct me if I am wrong.

One of our sons was assessed for a backup electric generator, which his home does not have. The VSI employee walked through his house and knows that there is no generator.

I think the Town Council needs to carefully examine the work done by VSI because fair results have not been achieved. Not even close.

Jim Means



Helen Hunt Jackson

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

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September 21  
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 October 19  
 November 2



# Meet the Town Staff: Tom Poirier

Sheri Faber, Staff Writer

Tom Poirier, has been with the Town of Gorham for the past 20 years, having started out as the compliance coordinator for Public Works (which he described as making sure everything was completed according to plan). Two years later he became the assistant coordinator and two years later the town planner. Poirier describes the role of planner as “advising boards, committees, developers, engineers, and other land use professionals on matters ranging from Town ordinances, Town studies, State, and Federal Land Use Regulations”.

Before coming to Gorham, Poirier, whose undergraduate degree was in forestry and environmental science, did consulting work for a large-scale pipeline and other large-scale construction projects throughout the United States.

Poirier's current role is director in the Town's Community Development Department. The Community Development Department consists of three divisions: Economic Development, Planning, and Code. As part of planning duties his work requires advising the Conservation Committee, the Planning Board, the Zoning Board of Appeals and the Town Council, on regional, state and local land use matters and helps draft zoning regulations.



Courtesy Town of Gorham

Additionally, Poirier works on long-range planning for the community such as the Village Master Revitalization and Comprehensive plan updates as well as other Town plans. As part of his economic development duties, he works closely with the Economic Development Director to attract businesses, getting them through the review process, assisting with the loan and grant programs, and making connections with other government agencies. As part of his code duties, he assists the code officers with reviewing building permits and addressing code issues and enforcement.

## Gorham's New Canine Unit

Aislyn McLean, GHS Student Intern

The newest addition to the Gorham Police Department isn't your typical detective, but rather a furry friend with a black and brown tail. Since August, Officer Erickson has trained and worked with a one-and-a-half-year-old canine named Storm. Whether that be playing ball in a field or learning new tracking techniques, the duo is always doing something together.

In the following months, the young dog will practice and become proficient in standards such as apprehension work, patrol, obedience, article searches, and more. He will eventually be tested and certified through the Criminal Justice Academy as well as a larger, national organization. Until then, he rides around with Officer Erickson and trains during downtime.

Storm was born in Belgium, Germany where he was initially trained. For this reason, lots of his

commands are still in German. After this, he traveled across the Atlantic to Florida where he received additional training. Most recently he came to Pennsylvania where he was picked up by Erickson.

The pair will work together until Storm is ready to retire. Healthy police canines normally work for eight to nine years. After his career is over, Erickson will be able to “buy” Storm from the town.

The Gorham officer explained that although he's had dogs as pets his whole life, he's never experienced a bond to quite this extent. Storm doesn't bark much, but Erickson says that whenever this dog loses sight of his partner for more than ten seconds, he does. Officer Erickson also noted how intelligent Storm already is.

Gorham is so happy to have a new canine unit.

# Property Tax Stabilization for Seniors

Patrick O'Shea

A new state law that just took effect allows Maine seniors to freeze their property taxes. It is called Property Tax Stabilization for Senior Citizens. It allows senior-citizen residents to stabilize or freeze the property taxes on their homes. The bill, LD 290, SP 126 was presented by Senator Stewart of Aroostook and cosponsored by Representative Bickford of Auburn and Senator Pouliot of Kennebec. This law provides initial start-up funding for this year as the state will reimburse municipalities for lost revenue.

Maine seniors have until December 1 of this year, and each year after, to apply through their town office

*Maine seniors have until December 1 of this year, and each year after, to apply through their town office (Assessing Department). Applications are available at the Maine Revenue Services (MRS) website or from the municipal office. You can also call the Property Tax Division or MRS at (207) 624-5600 to have an application mailed to you.*

(Assessing Department). Applications are available at the Maine Revenue Services (MRS) website or from the municipal office. You can also call the Property Tax Division or MRS at (207) 624-5600 to have an application mailed to you. Those who qualify and are approved will have next year's tax bill frozen at this year's level, which has yet to be determined. Seniors who move will be allowed to transfer the fixed tax bill to their new property, even if it's in a town with higher taxes.

To be eligible for this Program you must meet all the following requirements as of April 1 or the property tax year for which you are requesting stabilization. So, for applications due December 1, 2022, qualifications must be met as of April 1, 2023.

At least 65 years old,

A permanent resident of Maine, Have owned a Maine homestead for at least ten years, and

Be eligible for a homestead exemption on the property you are placing in the Program.

Maine Revenue Service has a guide for applicants, The Property Tax Stabilization Program: A Guide for Applicants, online. You can

find answers to most of your questions there or you can contact the Gorham assessor, Ben Thompson at assessor@cumberlandcounty.org or (207) 699-2475.

The Town of Gorham has just completed a town-wide revaluation. Taxpayers who qualify for this program will have their taxes frozen on this year's tax amount. Since the new mil rate has not yet been determined it is not possible to estimate this year's taxes.

## Town Council Votes to Put \$10,523,215.00 Referendum Question on Ballot

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down the road.” The HVAC systems at both GHS and Narragansett are more than thirty years old. He said, however, that after approving a debt limit last month, only about \$26 million could be authorized for bonding town and school capital projects.

“Let the voters decide,” said

Councilor Jim Hager. Voting against the authorization, both Chairman Lee Pratt and Councilor Suzanne Phillips recognized the need for projects, but could not support asking for taxpayer approval in November in light of inflationary pressures and uncertainty over the impact of reassessment.





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# Town Council Report

Lori Arsenault, Editor

The Gorham Town Council met on Tuesday, September 6. Chairman Pratt opened the meeting; there were 60 members of the public in attendance. The Gorham Little League Minors All-Star Team led the council with the Pledge of Allegiance. In addition to the seven counselors, the town manager and town clerk were present at the meeting.

Open public communications included a view on the recent tax assessments. Councilor communications included notice and reports of committee meetings and a reminder of the current blood shortage. The town manager's report included congratulations to the Gorham Fire Department for a grant, thanks to the departments that helped with Glow in the Park event, and reminders to all about the revaluation wrapping up, giving a phone number to call for anyone needing to discuss their assessment.

The school committee report was given and included updates on the opening with over 500 staff members, discussion of current Covid status and restrictions, a reminder of buses on the road with concern for safety, the need for bus drivers, an update on open houses, athletics, the need for substitute teachers, and a pre-K survey for parents that was to be completed by September 12.

Seven public hearings were held to hear comments on:

- 1) a referendum question to amend the Gorham town charter;
- 2) a referendum question related to the proposed issuance of general obligation bonds and/or notes in anticipation of such bonds in a principal amount not to exceed \$20,025,956 for various school-related capital expenditures;
- 3) a proposal to issue a renewal medical use marijuana license to Chris Terison, Therapy Relief;
- 4) a proposal to issue a renewal medical use license to Nicolas Wilson, Forrest City Organics;

5) a proposal for the town of Gorham to propose a growth management ordinance;

6) a proposal to amend the zoning map to change the area in the vicinity of South Street to Brackett Road from rural and suburban residential district to the urban expansion district, the area in the vicinity of new Portland Road and Lowell Road from the rural district to the suburban residential district, and

7) a proposed zoning amendment to the Narragansett mixed-use district in the land-use development code.

Decisions of the Council included the following:

to approve the minutes from August, passed 7-0;

Order #22-99 (amend the town charter) to waive the reading due to length, passed, 7-0;

Order #22-99, passed, (Councilor Kuech had left the meeting) 6-0;

to allow counselor Pratt to remain seated for discussion and vote on item number 22-9-02, passed, 5-1 (Pratt);

Order #22-100 amending the order from \$20,025,956 to \$10,523,215, passed, 6-0;

Order #22-100, to authorize the amended order, passed, 4-2-0 (Pratt, Phillips);

Order #22-101, to issue a renewal medical use marijuana license, to Chris Terrasson, Therapy Relief, passed 6-0;

Order #22-102, to issue a renewal medical use marijuana license, to Nicholas Wilson, Forrest City Organics, passed 6-0;

Order #22-103, to waive the reading of the proposal to approve the Town of Gorham Growth Management Ordinance, passed 6-0;

Order #22-103, to amend the proposal, to allow 110 permits annually, passed, 5-1-0 (Hartwell); to amend Section 6, Exemptions and Section 4, Definitions, passed 6-0; to add a fee schedule of \$1000, passed 6-0; to allocate the fees to the TDR account, passed 5-1 (Pratt);

Order #22-103 to authorize as amended, passed, 6-0;

Order #22-104, to authorize amending the Zoning Map to change the area in the vicinity of South Street to Brackett Road from Rural and Suburban Residential District to the Urban Expansion District and the area in the vicinity of New Portland Road and Lowell Road from the Rural District to the Suburban Residential District, voting first to allow Councilor Hager (a resident of the area) to remain seated, passed 5-0 (Hager), then voting to table Item #2022-09-06 until October, passed 5-1 (Shepard);

Order #22-105, to authorize amending the Land Use Development Code Section 1-16 Narragansett Mixed-Use Development District, passed, 6-0;

Order #22-106, to authorize the Town Clerk to issue the warrant for the November 8, 2022 Annual Municipal Election, passed, 6-0;

Order #22-107, to approve all qualifying applications from the Senior Property Tax Relief Program as reviewed and recommended by staff, passed, 6-0;

Order #22-108 to approve the transfer of \$10,210.00 to the Town of Gorham pursuant to Title 15 M.R.S.A. §15824(3) and §5826(6) seized in a criminal case (Docket No. CR-20-5276), passed, 6-0;

Order #22-109, to authorize the construction of a private way over the public easement of the discontinued section of Libby Avenue providing that the property owner provides through the Planning Board review process all concerns with abutting property access are met, public easement access is maintained, and the property owner provides for a public works turn around that meets the Town's public road standard, passed 4-2 (Hartwell, Phillips);

Order #22-110, to authorize a referendum question for the November 8, 2022 election asking voters if they approve establishing a Charter Commission for the purpose of revising the Gorham Town Charter pursuant to M.R.S.A. 30-A Chapter III and that the Town Council schedule a public hearing on October 4, 2022, failed, 1-5 (Hager, Wilder Cross, Pratt, Phillips, and Shepard);

Order #22-111, to set September 20, 2022 as a workshop date to discuss road discontinuance and public easements, passed, 6-0.

The meeting was adjourned at 9:45 p.m.

The complete minutes, as recorded by Town Clerk Laurie Nordfors, and the meeting video can be found online at [gorham-me.org/](http://gorham-me.org/).

## Gorham Troop 73 News

Nicholas Stinson, Contributing Writer



Photo credit: Nicholas Stinson

Pictured from left to right: Harper Winkley, Cole Stinson, Sam Merrow, Carter Sprague, Zeke Provençal, and Brodie Berlinger. Not pictured are Noah Kennedy and Jonathan Stein.

Members of the Gorham Scout Troop 73 recently enjoyed an adventurous long weekend at Baxter State Park where activities included camping, canoeing, swimming, and hiking. The highlight of the trip was the completion of the 10-mile Travelers Loop which traverses Peak of the Ridges, The Traveler, North Traveler, and one unnamed peak. Wildlife sightings were plentiful including a moose, juvenile owl, snowshoe hare, and mink. While relaxing on the summit of The Traveler, the boys had the rare opportunity to watch a black bear grazing on the abundant blueberries available in the high mountain meadow. The troop will be hosting a car wash and bottle drive at Carter's in Gorham on Saturday, October 1 to fund the purchase of gear for the troop, the rain date will be Sunday, October 2.

## Candidate's Updates

There are seven candidates for three positions on the Town Council:

Michelle L. Inman Carlson  
Claude F. Daigle III  
Philip T. Gagnon Jr.  
Christopher M. Kelley  
Janet H. Kuech  
Robert L. Lavoie  
Seven R. Siegel

Three people are running for two positions on the School Committee:

Andrew M. LaPlaca  
Stewart B. McCallister  
Jennifer Whitehead

Check out the detailed candidate profiles in our October 13 issue.



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Handsome, sweet, and so darn intelligent! Yukon is around two years old and was surrendered because his home was not a good fit. This playful boy has tons of energy and is still a puppy at heart! Yukon is best suited in an active and experienced home that will continue his training. He MUST be an only animal. Yukon would be happiest with a tall fenced in yard and lots of toys! Yukon LOVES people but due to some of his puppy behaviors we would recommend 13+ for children.



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

FOCUSING ON GREATER PORTLAND TO THE LAKES REGION AND ALL POINTS IN BETWEEN

**The Gorham Municipal Center and Baxter Memorial Library will be closed to the public beginning at 1:00pm on Friday, September 23, 2022 for Employee Training. We apologize for the inconvenience. Offices will be open as normally scheduled on Monday, September 26, 2022.**

**Many services can be performed online at:  
<https://www.gorham-me.org/home/pages/online-transactions>**



# Focus on Family: Social Emotional Learning and Play

Elizabeth Wilkins, Contributing Writer

Daniel walked away from the pile of supplies, his arms full of sheets, ropes, a piece of wood, and a crate. He was all set to build the fort of his dreams, complete with secret entrances, trap doors, and a ladder leading up to a second story, he had the whole picture and full confidence that he could make it happen. He knew that his favorite friend, Alan, would also be fully on board to help build the fort and fiercely defend it against all enemies.

After setting the supplies down, Daniel finally found Alan way across the woods, balancing on the seesaw with a couple of other kids. After asking Alan repeatedly to come and help, it was clear that Alan had other ideas about what he wanted to do with his time. Disappointed, Daniel realized it was up to him to figure out the fort.

While he began to struggle with unwinding the ropes and spreading out the sheets (his gross and fine motor skills were still developing), he was spotted by Rose, who came right over. Rose made Daniel a little nervous, she sometimes had outbursts of temper when things didn't go her way. But when she grabbed up the other end of the rope and began to tie it to the next tree, he was glad for the help, as his own knot-tying skills were minimal.

Together, with their different strengths, weaknesses, and temperaments, they were able to create a great fort. Rose did lose her temper several times, but Daniel was able to calm her and bring her back to the task. Daniel got frustrated and almost gave up when things weren't going right, but Rose used her problem-solving skills and creative mind to suggest new ideas. Their happy expressions and excited chatter made it obvious that this was no mere fort, but a grand mansion with all the trappings. Their play was "electrified" and kept their attention for two hours.

This is an example of what educators call Social Emotional Learning or SEL. SEL has gained importance over the last several years, as people began paying attention to the research showing that student success rates are more dependent on a high level of SEL as opposed to a high level of book knowledge. Not only that, but success

*SEL has gained importance over the last several years, as people began paying attention to the research showing that student success rates are more dependent on a high level of SEL as opposed to a high level of book knowledge.*

beyond school has more to do with a person's social-emotional skills rather than their academic grades. This research has made the education world sit up and pay attention and there are now standards in schools for SEL. What also needs to be acknowledged is how much of our social-emo-

tional learning happens in play.

Like the example of Daniel and Rose, learning happens when children are given the time and space to have ideas and to put those ideas into action. Both children walked away from that experience with new ideas, new skills, and maybe a new friend. They learned some important things about themselves and about others. They shared knowledge with each other about problem-solving and facing challenges. They proved that humans are social beings who are more effective and have more fun working together.

This crucial knowledge is gained through play and is why we need to be intentional about giving our children plenty of time for old-fashioned play, the kind that you might remember having when you were young.

So, as we come into this season of schedules - school, sports, dance, and all the rest - remember to leave some unscheduled time with friends to do the very important work of play.



Elizabeth Wilkins, a mother to three boys, is an early childhood teacher, a licensed occupational therapist and currently is the owner and lead teacher for TimberNook, located in Gorham.

# Pet Warning: Keep Dogs Safe



Keep your dogs safe. Hot weather and lack of rain favors growth of the blue-green algae. Do not allow your pets to play in or drink from murky water sources. Carry fresh water and a bowl. Although the tests for blue-green algae (cyanobacter) came back negative, perhaps due to heavy rains which could have flushed the pond, there have been dog deaths this summer associated with contact with murky waters. There is no specific treatment for contact with blue-green algae: severe rapid gastrointestinal distress and liver failure can result.

# CryptoVerse by A. Logophile

DJNPTPSJZNN ZKGNFV NGCXGV PH ITGGO, WJGO  
 CYWYAO ETKOIV C OGR TPYWKOG. DCTPWGPKFV  
 ZKGNF ZGNNPR COF TGF, EGHPTG WJG NGCXGV CTG  
 SYW WP EGF. C VGSWGAEGT DJKNN, CO PDWPEGT  
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CLUE: G = E

SOLUTION ON PAGE 15

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## Garlic Lover

Chris Crawford, Staff Writer

Garlic is this gardener's favorite crop. A pungent member of the Allium family, which includes onion, chives, and leeks, garlic is pretty much pest free, easy to grow, and economical too. And unlike my tomatoes, chipmunks won't touch them.

Once you have invested in buying the original bulbs and breaking them into cloves to plant, a frugal gardener will never again have to buy garlic to replant or to eat. Sixty cloves (12 or 13 bulbs) planted in a 4' X 5' raised bed will produce a 60 bulbs harvest. Save enough to plant for next year's crop and you will still have enough for the kitchen for a year, and I am a big garlic lover.

The average person eats about 2 lbs. of garlic per year. While it is grown all over the world, almost 2/3 of all commercial garlic is grown in China. Growing your own garlic can be a patriotic duty, helping to lower the U.S. trade deficit. Besides, a single large Hannaford garlic bulb costs \$1.79, so you can save on your grocery bill, too.

Garlic is a plant that keeps on giving. It has two harvests, both early in the season, before you get buried with an avalanche of other crops. Not only are the bulbs useful, but most varieties produce "scapes," an early delicacy.

Experts recommend cutting the scapes soon after they appear in June to early July. University of Maine research indicates that leaving the scape on the plant reduces

CONTINUED ON PAGE 12

## Autumn Jokes

What do trees do during September? *Turn over to a new leaf*

September 15th is national camouflage day. *I hope I don't see anyone celebrating.*

Who helps the little pumpkins cross the road to school? *The Crossing Gourd.*

If money really did grow on trees, what would be everyone's favorite season? *Fall.*

Why do birds fly south in the fall? *Because it's too far to walk.*

## SCHOOL

# Free and Reduced Meal Applications Now Available

RainaLee Cooper, Administrative Assistant, Gorham Schools Dining Services

2022-2023 INCOME GUIDELINES											
Household Size	FREE					REDUCED					
	Annual	Monthly	Twice a Month	Every 2 Weeks	Weekly	Annual	Monthly	Twice a Month	Every 2 Weeks	Weekly	
1	17,667	1,473	737	680	340	1	25,142	2,096	1,048	967	484
2	23,803	1,984	992	916	458	2	33,874	2,823	1,412	1,303	652
3	29,938	2,495	1,248	1,152	576	3	42,606	3,551	1,776	1,639	820
4	36,075	3,007	1,504	1,388	694	4	51,338	4,279	2,140	1,975	988
5	42,211	3,518	1,759	1,624	812	5	60,070	5,006	2,503	2,311	1,156
6	48,347	4,029	2,015	1,860	930	6	68,802	5,734	2,867	2,647	1,324
7	54,483	4,541	2,271	2,096	1,048	7	77,534	6,462	3,231	2,983	1,492
8	60,619	5,052	2,526	2,332	1,166	8	86,266	7,189	3,595	3,318	1,659
Additional	6,136	512	256	236	118		8,732	728	364	336	168

The following household income guidelines for School Year for 2023 have been provided by the United States Department of Agriculture:

School Year 2023 free and reduced-price meal benefit applications are available for families with students enrolled in Gorham School District which is participating in the National School Lunch Program (NSLP). Meals will be provided to enrolled students at no charge in Maine public schools participating in the National School Lunch Program due to State of Maine Legislation.

While meals are provided for no charge, it is still important to complete the School Year 2023 free and reduced-price meal benefit application. Students may be eligible for additional benefits, such as the USDA pandemic EBT program.

To apply, fill out a Free and Reduced-Price Meal Benefit Application and return it your local school district. You can also complete an application online at <https://paypams.com/applnowgorham>

The information provided on the application is confidential. Applications may be submitted at any time during the school year. A complete application is required as a condition of eligibility. A complete application includes (1) household income from all sources or Food Stamp/TANF case number, (2) names of all household members, and (3) the signature and last four digits of social security number or indication of no social security number of the adult household member signing the

application. School officials may verify current income at any time during the school year.

Foster children may be eligible regardless of the income of the household with whom they reside.

If a family member becomes unemployed or if family size changes, the family should contact the school to file a new application. Such changes may make the children of the family eligible.

Households will be notified of their children's eligibility status for free or reduced-price meals. If any children were not listed on the eligibility notice for families receiving SNAP, TANF or FDPIR, the household should contact the school to have free meal benefits extended to those children.

If any child(ren) was not listed on the eligibility notice, the household should contact their local school district to have free meal benefits extended to that child(ren).

A Gorham School District determining official will review the application and determine eligibility. If a parent/guardian is dissatisfied with the ruling of the determining official, they may wish to discuss the decision with the hearing official on an informal basis or he/she may make a request either orally or in writing to the school district's hearing official.

For more information, contact: [rainaLee.cooper@gorhamschools.org](mailto:rainaLee.cooper@gorhamschools.org)

**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](mailto:ckck5@icloud.com).

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# Gorham Welcomes New Teachers and Administrators

Gorham Times Staff

Emma Ambrose, School Counselor - Gorham Middle School  
 Sarah Boynton, Special Education Teacher -Resource Room - Narragansett School  
 Nicole Breton, School Counselor K-5 (1 YR)  
 Stephen Chabot, English Teacher (.80)- Gorham High School  
 Ann Christie, Psychological Examiner  
 Kim Clowes, Special Education Teacher - Functional Life Skills- Gorham High School  
 Rose Dyer, Learning Strategist - Narragansett School (Transfer)  
 Erin Epler, Principal - Narragansett School (Transfer)  
 Abby Griffith, Elementary Teacher - Grade 4 Village School  
 Sean Hanson, Assistant Principal - Narragansett School  
 Isaac Hawkins, Teacher- Instrumental Music - Gorham High School  
 Carlye Homan, School Nurse - Gorham High School  
 Mary Ellen Johnson, Learning Strategist -Gorham Middle School  
 Martha LaChance, Special Education Teacher - Functional Life Skills -Gorham Middle School  
 Michaela Lamarre, 8th Grade Teacher- Science - Gorham Middle School

Emily Lescatre, Music Teacher - Gorham Middle School (2 YR)  
 Sarah Little, Special Education Teacher- Functional Life Skills - Narragansett School  
 Jennifer Macaluso, Elementary Teacher - Grade 3 - Great Falls School  
 Jessica Mason, Library/Media - Great Falls School  
 Gigi McAllister, Library/Media -Village School  
 Elisha Melville, Elementary Teacher - Grade 1 - Narragansett School  
 Kirsten Mroczkowski, Elementary Teacher - Grade 4 - Village School  
 Meghan O'Neil, Special Education Teacher - Behavior- Gorham Middle School(Transfer)  
 Catherine Perez, School Nurse - Village School  
 Donna Powell, Special Education Teacher - Resource Room- Great Falls School  
 Danielle Quimby, Teacher- Gifted & Talented  
 Mindy Rathbun, Special Education Teacher- Resource Room- Gorham Middle School (Transfer)  
 Jennifer Rennie, Latin Teacher- Gorham High School  
 Sam Rigby, Technology Director  
 Allie Robinson, Elementary Teacher - Grade 5- Village School

CONTINUED ON PAGE 8

# Superintendent's Blog Offers Information and Events

Gorham Times Staff

In her blog on September 2, 2022, Superintendent Heather Perry encouraged members of the school community to keep informed of information and events at the schools this year.

In her blog, she offered many avenues for family and community to get district information, including the district web link, gorhamschools.org, indicating that big announcements would be on the front page.

The Upcoming Events listed on the right side of the page will be district-wide events and notifications. She also pointed out that the links to district Facebook and Twitter sites are located at the top right of the website, and that anyone searching for official school sites should look for the Gorham Schools' logo.

The Superintendent's Blog is an "every-other-week blog post" located on the district website. The blog may be accessed by going to the main district page and clicking on the "Info" tab at the top.

The website also includes School Committee news, which is made publicly available. A few key places to go if you want to follow along with the work of the School Committee, including meeting agendas and minutes, subcommittee materials and policies is by choosing the school committee link under district information on the website. In addition,

each School Committee regular meeting is live streamed via GoCat TV. Later these recordings are posted on the Go Cat website that you can find on the Town of Gorham's website.

From the district website, one can also see links to specific schools. She wrote, "Click on your child's school and you'll find information about what is happening at each school. Each school's website also has an active events calendar which is kept up to date."

"Each school sends out a weekly newsletter to all families. Often these are also linked on websites for quick access by families. These newsletters are the details about what to expect each week and a look to the horizon on what to expect in the coming weeks for events, important dates, etc. These are often emailed out to families using our school messenger system. She advises, "If you have not already been getting updates from the school via this system...you should reach out to your school's administrative assistant to make sure you are on the list!"

Perry encouraged school community members to reach out with questions, saying that she and each member of the school staff are ready to work with parents and the community to support the children. Her phone number is 222-1012 and email is heather.perry@gorhamschools.org.



## Local Business Icebreaker

Let's get to know a Gorham business a little better by asking them a few questions! This week, we talk to Home Instead, a business providing in-home care and support for older adults. The Gorham location was started by Bill Jenks, a Gorham resident.

**1 Tell us a little about your business. How did you get your start in Gorham?**

Bill Jenks opened Home Instead in Gorham 22 years ago after he and his siblings struggled through a long and challenging experience caring for their parents from a distance. His goal was to provide the kind of help he wished he had – personalized in-home care, support, resources, and education to help his parents remain safe and independent in their home.

**2 What are you most excited about this year?**

As the baby boomers age, the need for in-home care will continue to grow. We want to be able to say "yes" to anyone who needs our services! Both our biggest opportunity and our biggest challenge is hiring enough people who have the heart and inclination to care for the amazing population we serve - older adults and their families! We are always excited about welcoming and nurturing new recruits to the caregiving profession!

**3 As an employer, what makes working for your business so special?**

The homecare profession is rewarding but can also feel isolating. We do everything possible to help our Care Professionals feel connected and valued. In addition to providing ongoing training and 24/7 support, we like to have fun! We plan lots of social events and opportunities for our Care Professionals to interact with peers and office staff.

**Town contact:** Kevin Jensen, Economic Development Director  
 kjensen@gorham.me.us (207) 222-1628 www.gorhammaine.org



Home Instead owner Bill Jenks with a group of Care Professionals and staff at an Ice Cream Social.

Home Instead is located at 502 Main Street. www.homeinstead.com or call the Gorham office at (207) 839-0441



# A Game Changer at Village School



Village School is very excited to have our students back at school. Teachers have been working tirelessly to create engaging activities and nurturing environments. Village's theme this year is "Game Changers." Teachers and students will drop everything on early release days and enjoy board games together. It's a great way to reconnect, talk, and have fun. The first Early Release day is Wednesday, September 21.

## Gorham Welcomes New Teachers and Administrators

CONTINUED FROM PAGE 7

Anna Schreckinger, Teacher - 7th Grade English/Language Arts- Gorham Middle School

Brittany Taylor, Special Education Teacher- Resource Room Gorham Middle School (Transfer)

Kim Todd, Elementary Teacher - Grade 1 - Great Falls School (1 YR)

Kelly Tole, Elementary Teacher - Grade 2 -Great Falls School

Jessica Umel, Teacher, World Languages - Spanish - Gorham High School

Christina Williams, Special Education Teacher- Functional Life Skills- Gorham Middle School

William York, Special Education Teacher - Autism- Great Falls



The Gorham Times would like to thank you for sharing these photos of your amazing students. We wish all students, teachers, and parents a fabulous school year.

1. Bradley 1st grade at Narragansett
2. Sophia 4th grade at Narragansett
3. Carter Sprague and Teddy LeConte starting their first day of middle school
4. Emma Plummer, 6th Grade, GMS
5. Jane on her first day at Narragansett
6. Quinn 5th, Braeden 4th and Sawyer Kindergarten at Great Falls
7. Jack Sprague 4th grade Narragansett Elementary with his dog Louise Cheese

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# James Lockman, Mentoring for the Gorham-Falmouth Robotics Team for Over 13 Years and Counting

Michael Lortie, School News Editor

James Lockman has been a mentor for the Gorham-Falmouth FIRST® Robotics Team 172 since 2009 when his oldest son, Arthur (FHS '13) joined the team. At first, he helped with rules and the website, before transitioning to an event volunteer, providing play-by-play announcing during matches at events. He was recognized as the Outstanding Volunteer of the Year at the FIRST World Championship (Detroit) in 2019.

James enthusiastically stated that "FIRST provides a safe space for all students to thrive. The team has students of all abilities and interests on our team, and the coaches and mentors work very hard to ensure that all students have a meaningful role in the team's success. Unlike traditional sports, where all students must be skilled at the game, we need students who excel at public speaking, marketing, graphic design, storytelling, dancing, organization and project management."

In addition to team members having a variety of skills, mentors bring a range of backgrounds, talents and experiences to the team. A FIRST (For Inspiration and Recognition of Science and Technology) team needs engineers and scientists but also bookkeepers, project managers, photographers, writers, small business owners, cooks and custodians. FIRST students and adult



Team 172 Mentors Tim Plumer and James Lockman.

family members are able to work together cooperatively and develop an appreciation for each other's attitudes, work habits, skills, talents and contributions.

The FIRST Team is about more than building robots. It is about adults and students working together on a common goal. It is a partnership and a learning opportunity that benefits all participants. People are what make this experience successful and fulfilling each year.

The culmination of the season is a March Madness type event with

two complete tournaments played every week for 8 weeks. Team 172 plays in two or three of those tournaments every year, hoping to earn the right to play with 80 teams in the New England District Championship in Springfield, MA and ultimately the FIRST World Championship with 400 teams in Houston, Texas.

James continued, "FIRST isn't just about the tournaments. Students learn skills that take them to careers. How many basketball players ever go pro? Very few. How many electri-



Team 172 drivers at Pine Tree District Event.

cal engineers, computer programmers, or machine tool operators ever become professionals? All of them! FIRST is a direct pipeline for Maine employers to find motivated, skilled workers, and we are proud to help deliver the future workers for Maine technology and manufacturing companies."

If you are interested in joining James and many other Gorham adults and parents as a mentor to the FIRST Team, please contact Clare and Meredith Greenlaw at [fristteam172@gmail.com](mailto:fristteam172@gmail.com) or 207-632-7108

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# GHS Girls Varsity Volleyball



Photo credit: Beth Orlando

## GHS Girls Varsity Volleyball

The Gorham High School Girls Volleyball team showed their team spirit with a unique cheer at the end of a recent victory over Thornton Academy by forming a team roundup to celebrate. Led by captains Caroline Morrell, Sophia DiPhilippo and Meryk Lewellen, the team served up a 3-0 victory to round up their 3-0 overall season record thus far. As the student section cheered on the lady Rams from the newly renovated stands, equally enthusiastic school spirit chants echoed from the neighboring field.

The Girls Varsity Soccer team, led by captains Faith Connolly, Erin Lawrence, Katie Gooch, Katie Martin and Ali Landry, celebrated their own 8-0 victory over Biddeford.

Home games are often known for such enthusiasm and fun as evidenced by the pajama clad students bonded together in the bleachers

CONTINUED ON PAGE 11

# 2022 Fall Sports Preview

Katie Brown, Sports Editor

The Fall season is underway at GHS. The preseason was strong for the Rams fall teams and here is why:

## Girls Soccer: Coach Jeanne Zarrilli

Key players to watch this season include several players from the sophomore through senior class. Coach Zarrilli shared, "The team returns four seniors whom will all lead in various forms including Faith Connolly, Erin Lawrence, Katie Martin and Katie Gooch. Juniors, Kaitlyn Nichols and Giselle Doucette along with a number of strong sophomores, Bailey Hatch, Ashley Connolly, Piper Forgues and Lily Tukey."

Coach Zarrilli remarks, "if pre-season scrimmages have shown us anything, we should compete with everyone. We are young but strong and highly competitive."

Coach also emphasizes, "we have great team camaraderie." Last year the team lost in the regional final to Windham. This year, be looking for this team to be in close games and to compete once again in the playoffs.

## Boys Soccer: Coach Nick Viola

Key Players for the Rams soccer squad include; Cole Bishop, Peter Wu, Nick Phinney, Tyler Matheson and Jacob Lehman. Last year the Rams made it to the SMAA south conference championship game,



Photo credit: Amanda Landry

losing to the eventual state winner, Marshwood.

Coach Viola shares, "This years' expectations are to compete with other top programs, with a strong emphasis on development of the total student-athlete experience. Improvement as a team and as individual players, team building, academic excellence, sportsmanship and community service will all be at the forefront this season."

## Field Hockey: Coach Becky Manson

Coach Manson shared, "Last season ended with a play-off run. We beat Bonny Eagle in a prelim game 1-0. We went on to quarter-finals to play Biddeford. We played an outstanding game, but ended up losing 3-2 in overtime."

This year's top players to watch are returning players Hannah Bickford Junior, Center-Mid with 7 career goals and 11 assists, '21 all-state player, 1st team all-conference, Brooke Farquhar Junior, Attack, 15 career goals (12 last season) and 8 assists, all conference honorable mention, Ellie Szostalo, Senior, Attack or Defense, Julia Wareham - Defense, Ella Downing - Defense, and new comers Annabelle Collier, Freshman - Midfielder.

This year's captains are Annie Cunningham, Maeve Donnelly and Ellie Szostalo.

Coach Manson explains, "The Gorham Field Hockey team looks to use its speed and passing ability as a strength for the upcoming season. With many versatile players,

CONTINUED ON PAGE 11

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**2022 Fall Sports Preview** CONTINUED FROM PAGE 10

our team strength can come in different looks. We have a vast amount of athletes who not only play field hockey all year long, they are also 2 and 3 sport athletes. These athletes also participate in strength and conditioning workouts.”

Coach Manson adds, “What continues to amaze me as a teacher and coach is how these players excel in the classroom. They are diligent and hard-working student-athletes. We have the potential to have an outstanding season once again.”

**Football: Coach Sam Morrison**

The Football team finished last season 3-5 and 6th place in Southern Maine Class B. The Rams lost in the first round of the playoffs to eventual B Champ Marshwood.

We have five seniors, including; Hayden Battaglia, Ian Connors, Cody Sellick, Malachi Scribner (new to Football), and Lucas Ouellette. Coach Morrison, adds, “All the seniors have worked very hard this preseason and will contribute to the team this season. Battaglia and Connors will anchor our O and D Lines. Sellick will be our main ball carrier.”

Other key players to watch are juniors Caden Smith, Izak Young, and Aiden Lee. Team Captains include, Hayden Battaglia and Caden Smith. Coach Morrison remarks, “We have several other quality leaders in the group.”

Morrison concludes, “The expectations are to compete in each



Photo credit: Amanda Landry

game we play. A very challenging schedule that the players and staff are excited about are; Cape Week 1 (2021 Class C Champs), Kennebunk Week 5, and Portland Week 7.”

**Golf: Coach Scott Nevers**

The Golf team finished 3rd at the Class A State Championships last year, after an 8-2 season.

The captains for this year are: Patrick Cyr, Quinn Dillon & Taylor Farr.

Coach Scott Nevers shared, “Quinn Dillon and Taylor Farr are two golfers to watch, with a few others that could have a great year. Only two golfers return from last year’s Varsity starting roster, which means we have a lot of new faces. There’s a good mix of upperclassmen and underclassmen that will

compete for starting spots.”

Coach added, “Bennett Walker, Patrick Cyr will be a great addition to the lineup with Dillon & Farr. Wyatt Nadeau, Owen Ballard, and incoming Freshmen Will Provost & Jackson Altham will all compete throughout the season.”

Coach Nevers concluded, “our challenging opponents will be Thornton Academy, Greely, and Windham. The goal for the season is to compete, and build confidence going into the SMAA Qualifier and State Championship.”

**Volleyball: Coach Emma Tirrell**

Coach Tirrell shared, “last season, we lost in the semi-finals against Scarborough to go to the state championship. Nine seniors worked really hard, but it wasn’t

our year.” This season the team has two seniors, Zoe Diffin and Kaci Mollison. Coach remarks, “We expect to have lots of success as a program in growing a fresh, positive culture. We hope to make the playoffs and work hard to win as many games as we can. Challenging opponents will be Scarborough, Biddeford, Cheverus.”

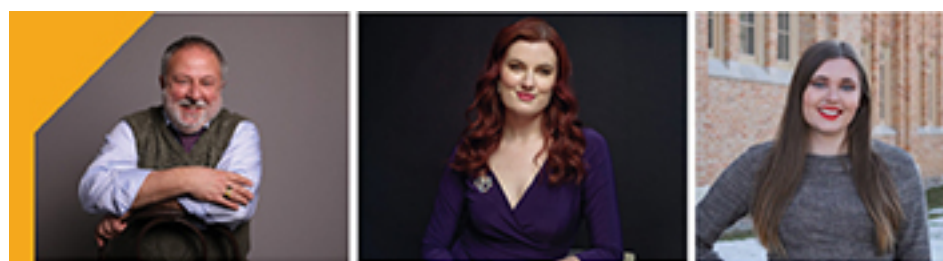
**Cross Country: Coach Jason Tanguay**

Both our boys and girls teams qualified to compete in the state championship and our girls team qualified to compete at the New England Championships.

Boys’ captains are senior, Lucien Beardsley and junior, Jacob Mora and the Girls’ captains are seniors, Rachel Cummings and Grace Johnson.

Other runners to watch are junior, Nathan Bergquist-Guimond; junior, Cruise LaBrie; sophomore, Matt Sallinen; sophomore, Finn Henderson and junior, Rita Cummings; freshmen, Winni Moreland and Brooklyn Spearin.

Coach Jason Tanguay shared, “Both our girls and boys teams graduated a number of talented seniors, but I am grateful to see some promising new faces join our team. If these new runners can work hard to improve their physical and mental fitness, then I feel our teams can be competitive in our league schedule.”



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HAVE YOUR TREE DECORATED BY NOVEMBER 28TH, 2022 @4PM SHARE YOUR MASTERPIECE TO THE GORHAM 2022 TREE FESTIVAL FACEBOOK GROUP AND SEND AN EMAIL OF THE LOCATION OF YOUR TREE IF YOU WOULD LIKE YOUR TREE TO BE JUDGED!

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**Cheesy zucchini tomato lasagna**

4 large zucchini, peeled using vegetable peeler in long strips	1 ½ lbs ground turkey
1 large can diced tomatoes with seasonings	1 large onion, chopped
	2 cups shredded Italian cheeses
	1 jar rustic tomato sauce

Preheat oven to 400 degrees. Spray 9x13 glass baking dish with cooking spray. Pour ½ of tomato sauce in bottom of baking dish (save remainder sauce to top in the end). Brown ground turkey with onion and drain. Layer zucchini strips on bottom of dish, followed by meat mixture, followed by diced tomatoes, light sprinkle of cheese. Repeat, finish with remainder of sauce and layering more cheese on top. Bake for 40 minutes, or until golden brown on top.

Questions about the recipes can be e-mailed to Barbara Schneider at [btsme21@gmail.com](mailto:btsme21@gmail.com)

**In Her Honor** CONTINUED FROM PAGE 1

the military and trained and served as an auto mechanic.

Queen Elizabeth was media savvy. She appeared on TV and gave regular holiday greetings. In 1968, she allowed a documentary crew to film her family over a period of two months, giving unprecedented access to the private life of the royals. The resulting documentary, aired in England in 1969, humanized the royal family and made them immensely popular. She sent out her first royal tweet in 2014, well into her 80's.

In 2011, in a significant gesture of respect and kindness, she laid a wreath at the Garden of Remembrance in Dublin, at the monument to those who had died fighting for Irish freedom from the United Kingdom.

Queen Elizabeth struck a blow for women when she lent her cooperation in helping to pass the Crown Act 2013 which broke centuries of traditional laws of accession that allowed

only the eldest son of a monarch to become the heir to the throne even if he had an elder sister.

She quietly began to pay taxes on royal income that had been exempted for years. In the 1990's she also did some house-cleaning, getting rid of the royal yacht and other expensive items, which reduced the cost of supporting the royal family by several million pounds each year.

Throughout her life, the Queen also worked quietly around the world to support racial equality. And sometimes, not so quietly. In 1961, she danced with the black president of Ghana, which was considered an outrageous thing at the time. She also worked behind the scenes to condemn apartheid in South Africa. According to the Washington Post, she supported Black Lives Matter.

A modern woman all her life. Her work is done, but its impacts will live on. May she rest in peace.

**Garlic Lover** CONTINUED FROM PAGE 6

the eventual size of the harvested bulb by as much as 48%. Besides, scapes are a delicious treat chopped up and made into pesto, or grilled, sauteed, or even pickled.

The main harvest comes when the leaves turn brown, sometime in late July. Gently pull the garlic and cut off the stem (heavy shears work best for the hardneck varieties) leaving about 1 to 2 inches. Trim the roots, too. Spread the bulbs out with none touching on an old screen in a cool, dry place with good air circulation.

Plant the largest cloves in the Fall (late Sept to mid-October, in southern Maine, several weeks before a frost) for next year's crop. Break the cloves apart a few days before planting, keeping the papery husk on each clove. Plant them 2 to 4" deep (1 prefer 4") with the pointed end up, about 5 to 8" apart. Wider spacing produces larger bulbs.

Garlic, a heavy feeder, needs rich, well-drained soil. Add compost and well-rotted manure a few weeks before planting, then add 4" of chopped leaves or straw as a blanket over the winter. In early Spring, leave the mulch on and add a top dressing of manure to start the new growing season.

Garlic offers some notable health benefits. For over 5,000 years, it has been used as food and as medicine. Its disinfectant properties can help fight a sore throat. While garlic will not actually keep vampires away, it is a natural mosquito repellent to keep our Maine-grown giants in check.

Medical studies show garlic has potent anti-inflammatory and antioxidant effects, in high dosages. Garlic is helpful for circulatory system diseases, including arteriosclerosis and hypertension. According to the USDA, each clove contains vitamins C, E, and K and an array of minerals like zinc, calcium, iron, potassium, magnesium, vitamin E, and manganese.

Now the bad news: local sources for buying garlic bulbs, such as Pine Tree Gardens, Fedco Seeds, and Johnny's Selected seeds, are already sold out. Store-bought cloves from a grocery store will not produce a good crop and they may be treated with chemicals. Try begging a few bulbs from a neighboring gardener, (I'm supplying three friends this year), and make a note to buy bulbs early next summer to start your forever garlic crop.

**GHS Girls Varsity Volleyball** CONTINUED FROM PAGE 10

in a show of support. Both victories ushered in the new school year's Open House at Gorham High School that same evening with resounding Ram Pride. As families arrived at the high school that evening to be

welcomed by Principal Jaundreau and all other teachers and staff, the bright lights and scoreboard added to the energy and anticipation of a fresh new start to the 2022-2023 school year.

**Go to [ghs.gorhamschools.org](http://ghs.gorhamschools.org) for more event details.**





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Mike Griffin



Peter Mason



Benjamin Taylor

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<p><b>UNDER CONTRACT</b></p>  <p><b>STANDISH \$519,900</b> - This single owner well maintained colonial rests on a private 2.89 acre parcel with 3 bedrooms/2.5 bathrooms a breezeway plus a gigantic bonus room and 4-car garage.</p>	<p><b>NEW</b></p>  <p><b>NEW GLOUCESTER \$450,000</b> The antique cape offers kitchen open to dining area, living room, 1st floor bedroom, full bathroom, breezeway entrance and 2-bedrooms on the second floor. The manufactured home offers an open concept.</p>	<p><b>NEW</b></p>  <p><b>LITCHFIELD \$419,000</b> - This charming Maine cottage offers gorgeous western sunsets with 102' of owned frontage and your very own private dock on pristine Sand Pond, one of the Tacoma Lakes.</p>	<p><b>UNDER CONTRACT</b></p>  <p><b>BUXTON \$119,900</b> - This manufactured home has been expanded with additions. It's larger than it looks offering a floor plan with over 1100sqft of living space. It's ready for you to bring it back to life!</p>
<p><b>NEW</b></p>  <p><b>BUXTON \$599,900</b> - This 3 BR/2.5-bath colonial with 2-car garage is perched above the road on a 4.63-acre parcel. You'll love this sunlit open concept featuring a granite kitchen, stainless steel appliances, luxury vinyl plank flooring.</p>	<p><b>SOLD</b></p>  <p><b>GORHAM \$415,000</b> - Located in the heart of Gorham Village this true 4-bedroom, 2-bath full dormered cape with breezeway and 2-car garage is a rare find. Sidewalks to schools and Gorham Village.</p>	<p><b>NEW</b></p>  <p><b>GORHAM \$499,900</b> - Sunlit 3-bedroom, 3-bathroom Windsor style condo in sought-after Pheasant Knoll! This private end unit offers 1st floor living at its best! Gorgeous open concept living with brand new hardwood floors throughout.</p>	<p><b>NEW</b></p>  <p><b>GORHAM \$500,000</b> - A classic neighborhood feel just a short walk to Gorham Village. You'll love the character and charm this well-loved home has to offer. Features original maple hardwood floors throughout the first and second floors.</p>



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# United Maine Craftsmen Holds 40th Annual Festival Arts and Craft Show



Photo credit: Lori Arsenault

United Maine Craftsmen of Brunswick held their 40th Annual Fall Festival Arts and Crafts Show on Saturday, September 10 on the Chick Property.



Photo credit: Lori Arsenault



Photo credit: Lori Arsenault

## Skatepark Update



Photo credit: Lori Arsenault

Final touches are being made to the new Gorham Skatepark on Chick Drive in preparation for a ribbon cutting ceremony early October. Those using the park are asked to avoid newly seeded areas and to carry out all litter.

**GHS alumni, do you own a business in Gorham?**  
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## COMMUNITY

### OF INTEREST

**Mission of Hope Clothes Closet**, Cressey Road Church, will be open on Saturday, September 17 from 9 a.m. to noon, free.

**The Cumberland County Retired Teachers Association** is now accepting applications for its scholarship program. The only requirement is that the students live in Cumberland County and are majoring in education. For further information please access the Cumberland County Retired Teachers Association website, [ccreamaine.org/](http://ccreamaine.org/).

**Gorham Garden Club Meeting/Potluck**, on Tuesday, September 27 at 5:30 p.m. Bring an appetizer, salad, or main course to share, dessert will be provided. Tom and Nancy Atwell will speak on invasive species and garden questions, with a meeting to follow. 120 Flaggy Meadow Rd. For planning purposes, RSVP if you plan to attend and are not yet a member, [gorhamgardenclub@gmail.com](mailto:gorhamgardenclub@gmail.com).

**Gorham Lions** will meet next at Elmwood School on Tuesday, September 27 at 6:30 p.m., guests welcome. FMI 207-929-9182, Ken Aldrich, Membership Chair.

**The Gorham Medical Closet** located 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 with a volunteer. Call Gerry Day at 756-2210 or 839-3859 and she will connect you with a volunteer.

**Fall brush drop-off for the Town of Gorham residents** will be October 8 and October 22 from 8 a.m. to 12 noon at 80 Huston Road. No commercial drop-off or stumps will be accepted. Leaves and grass clippings are accepted (no bags) in the designated area throughout the season.

**Veterans of Foreign Wars**, Gorham Memorial Post 10879 will meet next on Tuesday, October 11 at 5:30 p.m. in the Fire Department Training Room, 270 Main St. For information contact the post at [vwfpost10879@gmail.com](mailto:vwfpost10879@gmail.com).

**St. Anthony Parish of Windham, Westbrook, and Gorham (St. Anne Church) welcome Emmy nominee, renowned daytime actor, and acclaimed presenter Frank Runyeon for a three-evening program** that will include three separate, unique performances at three different venues. Admission is free, open to the public, and participants can attend just one performance or all three. "A Journey to Joy!" will feature a different theme each evening: "Stories from the Gospel of Luke," Sunday, September 25, Our Lady of Perpetual Help, 919 Roosevelt Trail, Windham, 6:30 p.m., "Sermon on the Mount," Monday, September 26,

CONTINUED ON PAGE 15

## the *Courtesy of the Gorham Police Department* blotter

Sebago Lake Road caller reported that someone from New York was attempting to cancel an order and trying to have a refund sent to a different credit card. Officer advised this was most likely a scam and advised the caller not to return money to any card other than the original one.

South Street caller reported chickens at large.

Officers responded to Railroad Avenue to assist a female who had called to say she was having a panic attack near the dumpster. Officers were unable to locate her at her home or her car.

Officer advised the caller to contact maintenance or the landlord as the officer was not coming to shut the door.

Vehicle on the side of the road at Main Street and Lawn Avenue with its flashers on was an Uber waiting for a passenger.

Canal Street caller reported a missing dog. Officer asked fishermen in the area if they had seen the dog. They had not seen the dog and asked the officer if he had seen any trout.

Shad Gully Road caller complained about someone texting her after she had told him not to for the past 16 years. She knew his

name and that he possibly lived on the mid-coast. Caller said she would try to find out his address so he could be served with a cease harassment order.

Caller wanted police to be aware that he had used his washer fluid on his vehicle and a man on a motorcycle did not like it. He pulled up in front of the caller and yelled and swore at him. Caller wanted the police to be aware.

Black smoke was reported coming from a chimney on Preble St. Officer turned off the boiler and the Fire Department did an inspection.

Ossipee Trail caller saw two men without shirts on dirt bikes near the side of the road. Suspects were gone when officers arrived.

Officer checked on a subject on the side of the road. Man was driving around so his child would fall asleep.

Newell Street man came into the Police Department and was served a summons for protection from abuse order. Man signed it and told Officer he did not possess any firearms as he had sold them to his friend. Main Street store reported that a man, who was trespassed from the property, was in the store. Man was issued a summons for the offense and left without incident.

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St. Hyacinth Church, 268 Brown Street, Westbrook, and “Contemporary Struggles to Live Faithfully in the Media Age,” Monday, September 27, St. Anne Church, 299 Main Street, Gorham, 6:30 p.m. “The public is welcome to meet, greet, and take photos with Frank after each performance,” said Fr. Lou Phillips, pastor of St. Anthony of Padua Parish. “This is a family-friendly event designed for adults and children of all ages. All are welcome.” FMI 892-8288.

**PUBLIC SUPPERS**

**Haddock Supper Buffet** - Saturday, September 24, 2022 - 5:00 p.m. at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$8 Adult, \$4 Child, \$20 Family. Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face masks for those who are not vaccinated is suggested. Hand sanitizer is available for those who wish to use it.

**LIBRARY NEWS**

**At North Gorham Public Library**, located at 2 Standish Neck Road in Gorham, a weekly story time with songs and crafts is open to children and their caregivers 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 contactless parking lot pickup are also available. Visit [north-gorham.lib.me.us](http://north-gorham.lib.me.us), and [facebook.com/northgorhampubliclibrary/](https://facebook.com/northgorhampubliclibrary/). Meet local author Rick Simonds on Wednesday, September 28 at 6 p.m. The Library board will be meeting on Wednesday, September 28th at 6 p.m. All board meetings are open to the public.

**Baxter Memorial Library** offers several youth programs beginning this month. On Tuesdays from 10 – 10:45 a.m., join Ms. Heidi and Mr. Jeff on the library lawn for Year-Round Story Adventures. On Wednesdays from 9:30 to 10 a.m. Ms. Dani leads families in a fun baby story time. On Thursdays from 10 – 10:30 a.m. a series of toddler story times will take place on the lawn, reading books, singing songs, and moving bodies. As weather changes, these programs will come indoors. On Tuesday, September 20, come to the event with author Michael C. Connolly, a life-long resident of Portland’s Munjoy Hill. His experiences growing up in one of the city’s predominantly Irish and Italian working-class neighborhoods shaped his thinking and his writing. He taught for 36 years at Saint Joseph’s College. In 2016, Mike received the Claddagh Award from the Maine Irish Heritage Center in recognition of his long-time promotion of Irish history and culture in Maine. “Murky Overhead” is his first novel. On September 22 at 10 a.m., the Book Club will be discussing the book “Hamnet” by Maggie O’Farrell. All are welcome. Find more library events on the web. Baxter Memorial 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 call 222-1190 or visit [baxterlibrary.org](http://baxterlibrary.org)

**USM NOTES**

**The University Art Gallery fall exhibition**, “Pulped Under Pressure” is now open and runs through Saturday, December 10. With traditional hand papermaking at its core, the exhibition underscores important contemporary issues steeped in history and craft. Enticed through touch, these works encourage a contemplative slowing down even as they urge acknowledgment of some of the most pressing issues, such as the environmental crisis and global marginalization facing civilization today. FMI: [usm.maine.edu/gallery](http://usm.maine.edu/gallery).

**The Osher School of Music at USM** is preparing for the season-opening faculty concert, “All of the High Notes an Encore Performance.” In this concert, Osher’s voice faculty sings “higher, faster, and louder than ever.” The concert is sponsored by University Credit Union, and features performances by Mary Bastoni, Alexandra Dietrich, Malinda Haslett, Mary Johnston Letellier, Eric Peppi, piano, Ed Reichert, piano, Amanda Roswick, Barry Saunders, saxophone, Scott Wheatley, Friday, September 30 from 7:30 to 10 p.m., general admission tickets are \$15. FMI Music Box Office, 780-5555. [usm.maine.edu/music](http://usm.maine.edu/music).

**To learn about more events at the University of Southern Maine, visit [usm.maine.edu/events](http://usm.maine.edu/events)**

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**CALENDAR**

**THURSDAY, SEPTEMBER 15**

Baxter Memorial Library, Toddler Story Time, 10 – 10:30 a.m.

**TUESDAY, SEPTEMBER 20**

Baxter Memorial Library  
Year-Round Story Adventures, 10 – 10:45 a.m.  
Author Event with Michael Connolly, 6 p.m.

**WEDNESDAY, SEPTEMBER 21**

Baxter Memorial Library, Fun Baby Story Time, 9:30 - 10 a.m.  
North Gorham Public Library Weekly Story Time for children and their caregivers, 10 a.m.

**THURSDAY, SEPTEMBER 22**

Baxter Memorial Library  
Toddler Story Time, 10 – 10:30 a.m.  
Book Club Discussion, “Hamnet” by Maggie O’Farrell, 10 a.m.

**SATURDAY, SEPTEMBER 24**

Living Waters Church Haddock Supper, Parker Farm Road, Buxton, 5 p.m.

**TUESDAY, SEPTEMBER 27**

Baxter Memorial Library, Year-Round Story Adventures, 10 – 10:45 a.m.  
Gorham Garden Club Meeting/Potluck, 120 Flagg Meadow Road  
Gorham Lions Regular Meeting, Elmwood School, 6:30 p.m.  
St. Anne’s Church, “Contemporary Struggles to Live Faithfully in the Media Age,” 6:30 p.m., 3rd of a 3-part performance.

**WEDNESDAY, SEPTEMBER 28**

Baxter Memorial Library, Fun Baby Story Time, 9:30 - 10 a.m.  
North Gorham Public Library  
Meet local author Rick Simonds, 6 p.m.  
Library Board Meeting, 6 p.m., open to the public

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**YARD SALES**

Multifamily Neighborhood Sale. Saturday September 17, 8 am to 12 noon, rain date September 24. Cumberland Lane, Gorham. Location off Rte 25 between St. Anne’s Catholic Church and Galilee Church. Something for everyone!

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lb. Save \$1.50/lb.

Bambino's **Fresh Pasta**  
• Fettucine • Linguine • Angel Hair  
**2\$4** Save 98c 9 oz.

*Fresh Farm Raised* Boneless & Skinless  
**Tilapia Fillets**  
**6.59** Save 40c/lb.  
lb.

*Ocean Fresh Wild, All Natural*  
**Swordfish Steaks**  
**12.99** Save \$3.00/lb.  
lb.

Niji Sushi *Available in Most Stores*  
**Spicy Shrimp Tempura Roll**  
**7.99** PKG.

MARKET BASKET DELI  
**Pastrami Round**  
**7.99** Sliced Fresh at the Deli. Save \$1.80/lb.  
lb.

BELGIOIOSO **Provolone Cheese** DELI  
*Sliced Fresh At The Deli*  
**4.99** Save \$1.00/lb.  
lb.

Niji Sushi *Available in Most Stores*  
**Rainbow Roll**  
**12.49** PKG. Save 50c

**Jack Link's Beef Jerky**  
**8.99** 8 oz. Save \$2.00

**Wonderful Pistachios**  
• Low Salt • Unsalted • Roasted & Salted  
**5.99** 16 oz. Save \$1.50

**CRYSTAL GEYSER** 16.9 oz.  
**Spring Water** 24 Pack  
**2.99**

*Kellogg's* **Frosted Flakes** GIANT SIZE!  
**4.99** 28.5 oz. Save \$1.00

**Dave's Organic Breads** 20-21 oz.  
• Thin-sliced  
**3.99** Save \$2.00 USDA ORGANIC

**Ben & Jerry's Ice Cream** 16 oz.  
**2\$6** for 6 Save \$2.78

**Sale Starts Sunday Sep 18<sup>th</sup> - Saturday Sep 24<sup>th</sup>**

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