



Photo credit Sherrie Benner

## Railroad Avenue Razing

The dilapidated building at 3 Railroad Avenue, former site of Clark Coal and Lumber, was recently razed in the first phase of an effort to create space for a retail/office building. Property owner Jon Smith, president of Great Falls Construction, said the building was beyond salvageable. The Gorham Fire Department had been using the building for training purposes and logged what Smith thought to be approximately 300 training hours. The combination of several holes cut in the roof and that the building was built on tiers with no foundation or plumbing, Smith said, “it was time for it to go.” After an abatement company removed dangerous asbestos, demolition took place on August 23 in an effort to “convert the property from wholesale to retail.” Smith said there are already some great businesses on Railroad Avenue and he is hoping to continue to attract more retail businesses. Several people are interested in this site and he is weighing his options for phase two – construction. Sebago Brewing Company will continue to lease part of the property for overflow parking.



Photos credit Martha T. Harris

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# Gorham Times

VOLUME 17 NUMBER 17 SEPTEMBER 1, 2011

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## Residents and Businesses Support No-Spray Efforts

Citizens Support Needed Sue Dunn



Photo credit Sue Dunn

With signs declaring “Stop the Spray, Just Mow,” and “Your Tax Dollars Being Wasted,” local residents gather to urge the MaineDOT to stop spraying herbicide along the Mountain Division Rail Trail.

Local residents and business owners gathered on August 17 at Shaw Park to show support for an effort to urge the Maine Department of Transportation (MaineDOT) to commit to a no-spray, pesticide free policy along the 52 miles of the Mountain Division Rail Trail (MDRT). The event was the culminating point of a grass roots effort that resulted in over 50 businesses and 2,000 residents from Gorham to Fryeburg showing support through signatures to be presented to MaineDOT Commissioner David Bernhart requesting action. The MDRT runs through Gorham and is widely used by its residents.

Both the campaign and event were organized by Friends of the Rails to Trails (FORT), a group of

Gorham citizens. The group plans to control weeds on the rail lines through methods such as mowing, weed eating and clipping to prove to the MaineDOT that there are other maintenance methods available besides toxic herbicides. Individuals, group and families are adopting sections of the trail to keep it weed-free. FORT is looking for help in keeping the rail lines clear of vegetation.

The herbicides glyphosate, also known as RoundUp, and imazapyr, known and sold as Chopper, Arsenal and Assault, are the chemicals being used along the trail. Different sections are sprayed every other year at a cost to the taxpayers of approximately \$7,500 per application.

While unable to attend, State Representative

CONTINUED ON PAGE 3

## Tropical Storm Irene Postpones First Day of School

Schools opened, however, under sunny skies on Tuesday, August 30. Below, Principal Jane Esty and Assistant Principal Becky Fortier take a brief moment to celebrate after greeting the very first bus load of students at Great Falls Elementary School — where students received a personal escort from teachers and staff into their new classrooms.



Photos credit Martha T. Harris

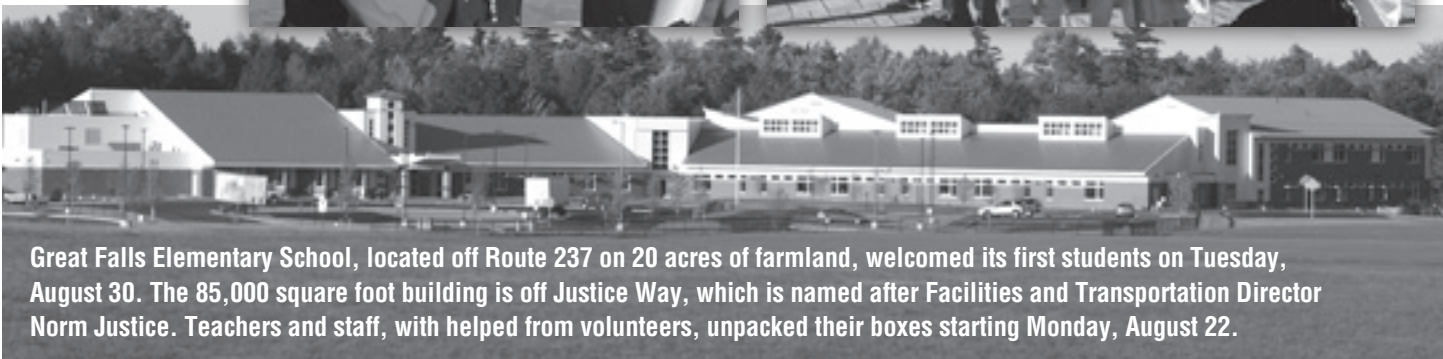


Photo credit Martha T. Harris

Great Falls Elementary School, located off Route 237 on 20 acres of farmland, welcomed its first students on Tuesday, August 30. The 85,000 square foot building is off Justice Way, which is named after Facilities and Transportation Director Norm Justice. Teachers and staff, with helped from volunteers, unpacked their boxes starting Monday, August 22.

## inside the Times

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# Property Tax or Rent Relief in Maine

Find Out if You Qualify Sen. Phil Bartlett

Applications for the Maine Property Tax and Rent Refund program are now available. The program, also known as “Circuit Breaker,” provides targeted tax relief to Maine residents who experience a high tax burden. In fact, over 200,000 households qualify for a refund check.

In the last application cycle, nearly \$41.5 million was distributed to 87,918 qualified residents. This equates to an average refund check of \$470 in tax relief. The communities in the Senate District I represent received the following refunds: Gorham had 1,026 qualified residents receive a total of \$546,879 in tax relief; Scarborough had 1,257 qualified residents receive a total of \$820,156 in tax relief; and Westbrook had 1,851 qualified residents receive a total of \$972,954 in tax relief.

Qualified residents may receive up to \$1,600 in a property tax or rent refund. Residents in Gorham saw an average check of \$503, Scarborough \$652, and \$525 for Westbrook.

Before filling out an application it is important to note you must have been a Maine resident for all of 2010.

One may qualify for the program if they do not have a spouse or dependent(s) and their 2010 household income was \$64,950 or less; or if they do have a spouse or dependent(s) and their 2010 household income was \$86,600 or less. Additionally, the 2010 property tax has to be more than four percent of the 2010 household income; or the rent paid in 2010 was more than

20 percent of their 2010 household income.

Seniors do not need to meet the requirements when their household income is below \$14,700 for those living alone or below \$18,200 for those living with a spouse or dependent.

Complete guidelines are available with any application. For more information about the program or to download an application online, go to: [www.maine.gov/revenue/taxrelief](http://www.maine.gov/revenue/taxrelief). To get an application by mail, call (207) 624-7894. The deadline for this cycle is May 31, 2012.

It is important to take advantage of this opportunity and apply to find out if you qualify for a refund. It could be well worth the effort.



Sen. Phil Bartlett  
(207) 839-7827  
(800) 423-6900  
[phil@philbartlett.com](mailto:phil@philbartlett.com)

## around town

To remedy water chronically seeping into the Baxter Memorial Library, the lawn beside the library has been dug up to fix the drainage problem.

# Letters to the Editor

Letters must be less than 300 words, signed with a first and last name, typed or e-mailed and include a phone number. Letters are solely the opinion of the writer and not that of the Gorham Times. They are published at the discretion of the Gorham Times and are subject to editing.

Dear Gorham Times,

It is with much pride and gratitude that we write this note. We would like to take the opportunity to recognize and thank the Mattingly’s of the PineCrest Inn and their chef Noah Gaston.

Our daughter Maureen has had the unique occasion this past year to put her culinary craft to use working with the Mattingly’s and Chef Gaston. Their venue and menu allowed her to experience first hand the culinary major she will be studying this fall at Johnson and Wales University. Their specialty menu, fine wines and quality service exemplifies the standards she will be expected to meet at the university.

The Mattingly’s hosted an evening on August 13 that allowed Maureen to work with Chef Gaston and feature a Moroccan dinner for family and friends. They generously shared donations in lieu of a scholarship to support her in her studies. Everyone was impressed by the savory sustenance and enjoyed a special time together. We appreciate the support of their local business in her career pursuit.

We encourage all to venture into 91 South at the PineCrest Inn and experience a culinary delight that is out of the ordinary.  
*Sincerely, Mark and Peggy Clements*

# Gorham Times

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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. Photos will be returned if provided with a stamped, self-addressed envelope. 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 Father's Group Born

Julia Parmakian

Last Father's Day Scott Dimick founded the group "Wicked Good Dads" to create a circle of fathers who are committed to becoming better fathers. Growing up Dimick felt his parents did the best they could with what they knew about parenting, which was great, but not all parents use the same techniques. With the social networking connections of today, the idea of sharing and learning from other parents is something that Dimick, Donovan White of Falmouth, Paul Diou of Portland, and Adam Sturtevant of Gorham were interested in doing. By starting the group "Wicked Good Dads," these fathers have been able to reach out to other fathers in the community to create a place where dads can swap stories and learn from each other. By talking about the role of being a father, this group is able to embrace their role and work toward becoming better fathers to their children. "We welcome anyone to join our group who supports the role that [the] modern dad needs to play for the



positive development of our children in the future," says Dimick.

To support and become a part of the group, "Wicked Good Dads" is easily accessible through Facebook, Twitter and a monthly program on GOCAT. Looking toward the future, the group looks to expand to blogs, podcasts and events for fathers and children throughout New England. The purpose of the group is to bring fathers from different backgrounds together to celebrate being a father, and to start the more global celebration of fatherhood. "Wicked Good Dads" is hoping to create a strong local support group. With the success of the group locally, the movement of breaking down the stereotypes of fathers in the media and embracing the power of fatherhood will begin to spread.

For more information, please see [www.facebook.com/WickedGoodDads](http://www.facebook.com/WickedGoodDads), e-mail [wickedgooddad@gmail.com](mailto:wickedgooddad@gmail.com) or leave a message at 415-7534.

## No Spray

FROM PAGE 1

Dr. Linda Sanborn made the statement "There is no reasonable explanation by the MaineDOT for the unnecessary risk of herbicide exposure being imposed on folks using the trails. These people are using the trails to get exercise and stay healthy, and yet the toxic chemicals used are posing a health risk. Better options exist and have been offered. A no-spray policy is the healthy choice and lower cost choice."

"Maine has the second highest cancer rate in the US," said Den Morton, cancer survivor and co-founder of Friends of Rails to Trails. "The MaineDOT needs to listen to citizens from Fryeburg to Portland. We expect the MaineDOT to respond to the public's concerns over the spraying."

Tracie Konopinski, community organizer for Toxic Action Center based in Portland, commented that "There is no need to expose the communities along the trail to dangerous chemicals when the rail has been inactive since 1994." Konopinski cited EPA and American Cancer Society studies linking the pesticide glyphosate to kidney damage, reproductive disorders and certain forms of cancer.

"MaineDOT has to keep the rail lines free and clear of vegetation as mandated by state and federal law," according to the MaineDOT spokesman Mark Latti.

He also explained that while the railroad line is not active it is not abandoned either; it is an asset the state wants to hold on to. Latti referenced the referendum question put before Maine voters in June 2010 regarding reinstalling tracks for a five-mile portion of the MDRT in the Westbrook area to validate the non-active vs. abandoned status. The referendum passed and work is currently underway on the rail line. The bond detail outlined: "Four million dollars (\$4 million) in bond funding would be allocated towards rehabilitation of the state-owned portion of the Mountain Division rail line in Western Maine. This investment would be a step toward restoration of freight rail service on the Mountain Division line in future years."

MaineDOT has agreements with hundreds of landowners in regard to a no-spray policy. Each landowner must keep the rail lines free of vegetation in return for the state to honor the no-spray policy. Latti further explained that the MaineDOT is willing to make the same arrangement with the FORT group provided they can keep the lines free of vegetation, but if it is not kept clean, MaineDOT will have to spray.

Anyone willing to working on or adopt part of the rail trail can contact Den Morton at [DMorton14@maine.rr.com](mailto:DMorton14@maine.rr.com).

# New Year Gorham Kicks Off with Annual Silent and Live Auction

Virginia Wilder Cross

On Saturday, September 10 beginning at 7 p.m., New Year Gorham will hold its third annual silent and live auction at the Odd Fellows Building in Gorham Village. As in the past years, the auction will include a wide variety of valuable gift certificates to local restaurants and other businesses, as well as, jewelry, slightly used home goods, artwork, many objet d'art, and more will be available for bidding.

"Last year's live auction was a huge hit," commented Alice Grover, co-chair for the event. "Some of the good natured competition for the higher value items contributed better than expected results." Alice and her auction committee have been hard at work soliciting and collecting more than 100 items for sale, ranging in value from \$25 to more than \$250.

"We really enjoy hosting this event," said Bruce Roullard, who co-chairs the committee with Alice. "The auction is the kick-off for the annual New Year

Gorham Event, and we are pleased so many people come to support this important part of our fundraising efforts. Our goal is to raise enough money to allow us to keep the cost of admission for New Year Gorham (December 31) at \$5 per person and \$20 for families."

Thatcher's Restaurant will provide top-notch refreshments and a cash bar for the event and guests will be treated to lots of fun surprises throughout the evening. The admission and refreshments are free and it is open to the public. The Odd Fellows Building is located on 34 School Street. Bids for the silent auction will be accepted until 8:15 p.m., which is when the live auction will begin. The winners of the silent auction will be announced at 9 p.m.

If you have items or gift certificates you would like to donate or have any questions about this event, please contact Alice Grover at 650-8187.

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## CLERK'S CORNER

# Prepare for the Upcoming Election

Connie Loughran

**N**omination papers are now available for the November 8, 2011 Annual Municipal Election. There are two seats open on the Town Council and three on the School Committee. To appear on the ballot individuals interested in running for election must collect at least 25 and no more than 100 signatures of Gorham registered voters. All nomination papers are due in the Town Clerk's office by Friday, September 23, 2011 at 1:00 p.m.

Would you like to work at the polls on Election Day? Please contact the Town Clerk's office at 222-1670. We will be happy to add your name to the list of potential workers.

Going away to school? Going away for the winter? Prefer to vote from home? Before you go come into the Town Clerk's office and complete an Absentee Ballot

Application. Applications are now available for the November 8, 2011 Annual Municipal and State Referendum Elections. Absentee Ballots, when available, will be mailed to the address you provide. If you are not a registered voter, come into the Town Clerk's Office and complete a voter registration card, be sure to bring photo identification and proof of residency. You may also request your absentee ballot at that time.



Town Clerk Connie Loughran can be reached by e-mail at [cloughran@gorham.me.us](mailto:cloughran@gorham.me.us) or by phone at 222-1670.

## Republican Fundraiser at PineCrest



Photos credit Martha T. Harris

A Republican fundraising event was held at the PineCrest Inn on August 21 to support the 2012 election campaign of U.S. Senator Olympia Snowe. The event, attended by upwards of 200 people, combined political speeches with music and a barbecue in the spacious side yard of the PineCrest. Pictured above from left to right are Town Councilor Matt Mattingly, the inn's proprietor, with former governor Jock McKernan, Governor Paul LePage, U.S. Senator Olympia Snowe, and Maine State Representative Jane Knapp.

## HEALTHY BODY, HEALTHY MIND

# What to Eat and When to Eat It

Stacey Coleman

**M**any struggle with the "what to eat" dilemma, but when it really comes down to it, nutrient timing — when to eat — is just as important. In any checkout isle, several different magazines claim to have "The Best 5 Day Diet Ever." People are fed a lot of false dietary information that can make it harder to grow stronger and healthier. This article will focus on the truth behind nutrient timing, particularly as it relates to exercise.

Many people do not realize that when they eat is just as crucial as what they eat. Timing the intake of key nutrients helps to convert your hard effort in the gym into a healthier you. During a normal day, muscles have periods when they are producing energy, periods when they are recovering, and periods when they are growing. Research reveals that you can time exactly what you eat, along with when to eat it, in order to gain the best results. You can capitalize on your body's natural mechanisms to burn fat as fuel, to become the fittest, strongest you.

### Pre-Exercise Nutrition

A car will not go with an empty fuel tank and your body is no different. If you do not have calories (most importantly, carbohydrates) in the body before exercising you can fatigue, develop cramps, or even pass out. Small amounts of protein are beneficial as well. This could be as simple as a glass of orange juice with peanut butter on toast, or as complex as a scientifically designed carb-protein shake. You do not need a five-course meal.

### During Exercise

Keeping your body fueled properly during your workout is important too. Hydration is the key. The body needs plenty of water to keep all the cellular machinery working in top form. For a short workout, water is fine. For an extended or vigorous workout, potassium and sodium levels need to be maintained with a quality

sports drink or equivalent natural source, such as coconut water, that contains electrolytes.

### Post Exercise

Exercise leads to overall muscle tissue breakdown. Right after a workout session, the body is actively seeking protein to rebuild muscles. Within 30 minutes post-exercise, consume some more protein, plus carbohydrates to continue the repair and rebuild process. Take advantage of your body's natural ability to accelerate repair of cells, while maximizing fat burn. Missing this window of time actually hinders the healing effect, and can even promote fat storage. There are many products, ranging from very good to poor, that claim to provide for this need. Eight ounces of milk is a simple fix: it provides the exact carb/protein ratio needed to repair muscle tissue after workout.

This methodology can be used for all ages from children to athletes, to seniors.

Planning a family hike? Make sure everyone has fuel in the tank, hydration to get through the exertion and a recovery meal to consume directly after.

Kids have a soccer game? Plan a healthy breakfast with high carb/moderate protein blend, such as eight ounces of juice and an apple with peanut butter. Grab an electrolyte beverage (do your homework, be sure to check the sugar content), and plan a post game snack containing high protein and moderate carbohydrates, such as a peanut butter and jelly sandwich.

For more information on nutrient timing check out "Hard Wired for Fitness" by Dr. John Ivy or contact a local personal trainer or nutritionist. You can build a healthier life for you and your family. Start today.

Stacey Coleman is a NASM certified personal trainer and owner of My-Fit-24. She has a B.S. in Health and Fitness and 10 years of professional field experience.



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# Snapshots from Tanzania

Julia Parmakian

Julia Parmakian (GHS '09) recently traveled to Africa as part of her studies at Wheaton College in Massachusetts. The three-week for-credit course brought several students to Tanzania, Africa to tutor English in a local high school. The trip was headed by Donna Kerner, anthropology head at Wheaton, who lived in Tanzania for five years. Twenty two students traveled with the professor to visit Arusha, Moshi and Rongai to study the Tanzanian culture. Parmakian, a summer student intern with the Gorham Times, shares an African recollection below.



## Becoming Part of the Family

From the minute we met “Mamma” we were welcomed with a gigantic hug before walking up the side of Mt. Kilimanjaro to our new home. As we turned down a narrow path lined with coffee and banana trees, we first saw our home for the weekend, or should I say our little village. Looking down at the home from the hill, I saw five buildings with a plot of dirt and grass in the center. There was a cement home painted in light pastels and four other wooden buildings. Our family was pretty well off compared to some of the other families because the father, “Baba,” lived in the city of Moshi to work on a sugar plantation and only came home on occasion. Mamma was left alone to raise the children while teaching in the primary school.

When Baba arrived home, he explained the purpose of each of the buildings. There was a chicken coop, a shelter for the goats, one for the cattle, and way in the back in the banana trees, there was a pigpen. The outdoor kitchen, which filled the entire building, consisted of a fire surrounded by three rocks. He explained that this kitchen, probably 12 by eight inches, had once been their house. Then he pointed to a storage building made of painted wooden planks he explained that this was their second home. And with pride in his eyes he pointed to the cement home that he had built for his family, which included an indoor bathroom with a porcelain hole in the floor that flushed, a shower nozzle and a sink with running water, which was more than I was expecting. And to top it all off, we had electricity and a television (with some American music video DVDs).

Every member of our family was welcoming and loving even after only knowing us for five minutes. Mamma was one of the most loving people I have ever met in my life. Although she spoke little English, we were still able to communicate with her and have an understanding of how we felt about each other.

The first night we were at the house, we sat with Mamma and the kids in the kitchen so we could be part of the food preparation. On the walls in chalk were words and numbers written in English so the kids could practice while they work. All of the kids had a job to do, except for Alana and me. Mamma explained that our hands were too soft and that we would hurt ourselves if we did the work they were doing. She was so right. Mamma had made us an appetizer of roasted corn that had been sitting in the fire for at least a half hour. She picked up the corn with her bare hands, broke it in half and then offered a piece to each of us. Because Mamma was holding the corn in her hand, I expected it would not be too hot, but I was so wrong. The corn began to burn within three seconds of holding it. I looked at Alana and we both started laughing dropping the corn in our laps then picking it back up to cool it down while it was burning our fingers. Our new family thought that this was hilarious. Even after the corn stopped burning, we were still laughing. It was the moment that made us family, and it required no words.

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# Great Falls Artwork Inspires Hope and Challenges Students

Stacy Sallinen

Students at Great Falls Elementary School will see splashes of vibrant color throughout the building – on accent walls, doors and in classrooms. They will also see art containing geometric shapes and designs, as well as images that play off the existing landscape outside the school.

In March 2010, the Maine Arts Commission invited artists throughout the country, with preference given to Maine artists, to submit proposals for art in the new elementary school. Funding for the project came from Maine’s Percent for Art law, which reserves one percent of the construction funds for all state-funded building projects for artwork. Gorham’s budget was approximately \$44,000.

The committee overseeing the selection process reviewed over eighty proposals, and ultimately awarded the contract to five individuals.

A group of artists, Joe Kievet of Portland, Andrea Sulzer of Woolwich, Meghan Brady of Camden, and Karen Gelardi of South Portland, collaborated on a permanent mural in one of the key transition areas in the school – the main stairwell. The vision was to create a

mural with timeless, abstract language. Lively shapes would keep the ever-changing momentum going as students travel through the space, and allow them to develop their own meaning for the art.

The group also wanted to create something hopeful in spirit and energy. “What is more hopeful or exciting for a community than a brand new school? It’s a serious investment in the future and the school. Everything about it becomes symbolic of this hope,” said Brady.

The work of Shoshannah White, a photographer from Portland, will hang in the library over a bank of windows. Inspired by the view of the wooded landscape, White created a piece to celebrate the beauty of nature and how light, reflection and perspective can change one’s experience of it. Her piece, an image of a maple leaf, is silk-screened using metallic pigments and laminated between glass.

An additional \$34,000 has been set aside from unused project funds to purchase more artwork for the school. A call to artists in Maine for additional art will be made during the next year.

# Ready, Set, Kindergarten!

Melissa Michaud, Literacy Coordinator

Language development is an important part of kindergarten. We use language to interact with others, but it also forms our thoughts and mental processes. There are many things you can do to help your child enhance their language development. Here are things you can do together:

- Teach and practice conversation skills by taking time each day to have a conversation. Sit together on the sofa, take a walk or have a conversation as you are driving to the store.
- Encourage your child to talk about interests, favorite activities, friends and family. When you ask questions be sure to give your child time to answer.
- Play family games to encourage conversations and language. Charades is always a family favorite!
- Continue to read aloud to your child talking about the characters and their actions as well as any unfamiliar vocabulary.

Below are some examples of stories with lots of opportunities for language development:

“Quick as a Cricket” by Audrey Wood is a wonderful book to read when you are practicing conversation skills. Each page provides lots of material for conversation. For example, on the first page the text says, “I’m as quick as a cricket.” Some conversation starters for these pages might be: “What is a cricket? What are other words for quick? What other bugs or animals are quick? Or ask your child to

describe how the boy in the picture feels. “Captain Flinn and the Pirate Dinosaurs” by Giles Andrede and Russel Ayto tells a story about a little boy’s dream to uncover a pirate captain in a closet and set sail with him. Of course they encounter the ferocious pirate dinosaurs and a battle ensues. The illustrator created beasts with “tonsils wobbling ferociously at the back of his throat.” The images draw us into a tale created in a little boy’s mind. Talk with your child about what you would do if you met a pirate in the closet.

“I Wish I Were a Butterfly” by James Howe is a lovely tale about self-esteem, listening to criticism, and acceptance. While the little cricket was wishing he were a butterfly because the frog at the edge of the pond told him he was ugly, the ladybug wisely replies, “...you must learn to be content with what you are and not mind what a silly old frog tells you.” Friendship finally brings acceptance. There are many themes about which to talk with your child that relate to life including teasing, feelings, self-worth, friendship and acceptance.

Melissa Michaud, Literacy Coordinator K-5, writes this column as part of a project between the Gorham elementary schools and Gorham Adult Education. For more information contact Michaud at 222-1263 or Family Literacy Coordinator Heidi McGouldrick at 222-1045.

# Twenty-Two New Teachers and Staff Hired

Stacy Sallinen

The Gorham school department welcomes the following individuals to its schools at the start of the 2011-2012 school year:

**Cindy Blake** is teaching third grade at Village. She received a B.S. in Science Education from the University of Maine at Orono.

**Rebecca Cahill** is teaching first grade at Village. She received a B.S. in Business Administration from Southern Connecticut State University and a M.S. in Elementary Education from the University of Bridgeport.

**Lila Cancelarich** is teaching fifth grade at Village. She received a B.S. in Science from the University of Maine at Fort Kent and a M.S. in Science Education from the University of Southern Maine.

**Carrie Chasse** is a school nurse at Narragansett. She received a B.S. in Nursing from Saint Joseph’s College.

**Brian Flanders** is a special education resource room teacher at GHS. He received an A.S. in Business Administration from Andover College, B.A. in English from Saint Joseph’s College, and M.S. in Educational Leadership from the University of Southern Maine.

**Eric Hathaway** is teaching fifth grade at Narragansett. He received a B.A. in Art from the University of Maine at Farmington and M.S. in Education from the University of Southern Maine.

**Susan Hodgson** is a special education teacher at Narragansett. She received a B.A. in Psychology and Sociology from Curry College and a M.Ed. in Special Education (Severe Disabilities) from Bridgewater State University.

**Megan Holden** is a behavioral program teacher at GMS. She received a B.A. in Fine Arts from the University of Southern Maine and post grad certificate in special education from the University of Maine at Machias.

**Meghan Lonergan** is a librarian at Great Falls. She received a B.A. in Philosophy from Hartwick College and a M.S. in Information Studies/School Library/Media Specialist from the State University of New York at Albany.

**Jessica Soule** is a special education resource teacher at GHS. She received a B.A. in Humanities from New College of California and a M.S. in Special Education from the University of Southern Maine.

**Elizabeth Nee** is a behavior teacher at GHS. She received a B.S. in Science Education from Wheelock College and M.S. in Science Education from the University of Southern Maine.

**Adam Parvanta** is teaching math at GMS. He received a B.S. in Elementary

Education, Math and Science from the University of Maine at Orono.

**Alison Penley** is teaching fifth grade at Village. She received a B.S. in Elementary Education from the University of Maine at Farmington.

**Brian Penley** is teaching second grade at Narragansett. He received a B.S. in Elementary Education from the University of Maine at Farmington.

**Rachel Presby** is a behavior support teacher at GHS. She received a B.A. in Theology with a minor in Psychology and English from Saint Joseph’s College, and completed courses in the Graduate Degree Program in Special Education at the University of Southern Maine.

**Brianna Robbins** is a speech and language pathologist at GMS. She received a B.A. in Arts and Communication Sciences and Disorders from the University of Maine at Orono and M.S. in Speech and Language Pathology from the University of Vermont.

**Tana Mara Scott** is teaching Spanish at GMS. She received a B.A. in Spanish and Music from Bowdoin College and completed the Teacher Scholars Program at Bowdoin College.

**Anna Sedenka** is teaching fourth grade at Great Falls. She received a B.A. in Accounting from Saint Anselm College, M.S. in Science in Education, Applied Literacy, and completed the ETEP Program through the University of Southern Maine.

**Thomas Smith** is teaching third grade at Village. He received a B.S. in Science Education from Saint Joseph’s College.

**Jaime Tardiff** is a social worker at Great Falls. She received a B.S. in Child Development and Family Studies, with a minor in Psychology, from the University of Maine at Orono. She also received a M.S. in Social Work from University of New England.

**Renee Thibodeau** is teaching math at GHS. She received a B.S. in Secondary Math Education from the University of New Hampshire.

**Lynne Walsh** is teaching third grade at Great Falls. She received a B.A. in Liberal Studies from Saint Anselm College and M.Ed. in Instructional Technology from the University of Maine at Orono.



DID YOU KNOW?

Back to School Fashions

Sherrie Benner

It is September and the kids are now back in school, outfitted in the latest fall season must-haves. Fall 2011 wardrobe staples include designer jeans and t-shirts with skirt hemlines ranging from mini to maxi. Back in the 1960's outfits were simple. The Gorham High School dress code was strict and enforced. During the mini-skirt era, lengths were measured; and if a skirt was too short, the wearer was sent home. Knee-length skirts and sweaters were popular with girls, and for the boys, a tucked in dress shirt was the uniform of the day. No one was

wearing t-shirts much less ones that offered free advertising of bands, sports or political views. No sneakers were worn to school except for gym class. Children wore saddle shoes, penny loafers and white bucks, which a 1960's Gorham store advertised for \$2.85. In the early sixties, tight pants became popular for guys. Fashion went the opposite direction in the late 60's and early 70's with bell-bottom pants for both girls and boys. Currently, a national retail chain is airing a commercial for bell-bottom jeans, which just goes to show that everything old is new again.

Meet the Gorham Times' Staff

Chad Sirois, Mailing Distribution Coordinator

In an effort to introduce the staff members of the Gorham Times, we are pleased to feature Chad Sirois, the mailing distribution coordinator. Sirois manages and distributes the commercial, residential, and out-of-town subscriptions and has volunteered with the Times for just over one year.

Sirois graduated from USM in 2007 with a B.S. in Sports Medicine and is currently a pre-medical student at USM and SMCC. He, his wife Hannah, and their three dogs, Burkleigh, Baxter, and Gracie, have lived in Gorham for two years.



Photo courtesy of Russel Caron Photography

Jeff Pike, Sports Editor and Paper Boy

Jeff Pike first started working for the Gorham Times in July 2004 coming on board as a general writer but quickly offering to expand his role. He soon took over the School News Editor as well as taking on the role of paperboy, dropping off close to 2000 papers across 40 locations including Hannaford. In March 2007, Pike transferred to the role of Sports Editor, a role he had always wanted to play since majoring in journalism for Northeastern University. He has also managed to scale back his delivery route and now handles about 20 locations.

Pike moved to Gorham in 2004 after living most of his life in Massachusetts. He has three children as well as a grandson, and in his full-time job, he is a freelance marketing writer and public relations specialist, working mostly for firms in the computer industry. In his spare time Pike enjoys playing golf, tennis and bowling. He is an avid sports fan, especially for the Red Sox and Patriots. He also enjoys reading Civil War books and has given many presentations on the Battle of Gettysburg to various schools including the Village School where he has presented for the past six years.



Photo credit Martha T. Harris

Real Estate Transfers June 2011

Location	Buyer	Seller	Price
33 Ridgefield Drive	Viera, Amanda	Kasprzak Landholdings, Inc.	\$294,343
126 Osborne Road	Diperna, Stacy	Drew, Amy & Christopher	\$324,000
21 Clearview Drive	Couture, Louis	Small, George	\$257,000
189 Dingley Spring Road	Moller, Roxanne & John	Rousseau, Eilleen & Robert	\$184,900
64 Cumberland Lane	Libby, John	Fotter, Kimberly	\$183,000
68 Wagner Farm Road	Fotter, Kimberly	Peters & Co. LLC	\$266,000
48 Gateway Comm. Drive	Legage, Trisha & Daniel	Bartlett, John & Snyder, Peggy	\$292,500
58 Bartlett Road	John Peters LLC	Libby, Diana	\$60,000
15 Washburn Drive	West, Kathleen & Pride, John	Washburn Drive Holdings, Inc.	\$189,000
162 South St.	McCormack, Gregory & Mulkern, Amy	Key, Joseph	\$240,000
53 Gray Road	Farwell, Jacqueline & Patrizio, Nicholas	Howe, Constance & Rinz, Lisa Kay	\$215,000
36 Tink Drive	Mills, Justin	Susan Duchaine, LLC	\$220,000
33 Pheasant Lane	DiMillo, Theresa & Vincent	Lemieux, Deborah	\$350,000
39 Edgefield Road	Baptista, Regina & Michael	Zagoriankos, Suzanne & Gregory	\$390,500

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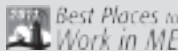
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## Turf Wars



Photo credit Rich Obrey

## sports Etc.

**9/11 Memorial 5K Run/Walk and Kids Fun Run:** Proceeds from this event will go to the Stephen Gordon Ward Memorial Scholarship Fund. Ward was a graduate of Gorham High School who perished in the September 11, 2001 World Trade Center tragedy. The event takes place Sunday, September 11 on the 10th anniversary of 9/11 at the Gorham Rec. Department on Ball Park Road next to GHS. The Kids Run begins at 8:30 a.m. and the 5K Run/Walk starts at 9:00 a.m. with an award ceremony scheduled for 10:00 a.m. Raffles, food, massages, prizes and medals for all participants will be made available. To register, e-mail 911memorial5k@gmail.com.

**Sea Dogs Tickets for a Cause:** My-FIT-24 is teaming up with the Portland Sea Dogs to raise money for the Barbara Bush Children's Hospital. To help, all you have to do is buy tickets at My-FIT-24 on Railroad Avenue for the September 3rd game that starts at 6:00 p.m. \$1 of every ticket goes to the hospital. My-FIT-24's trainers will take the field during the game for a Fun Family Fitness Demonstration. Tickets are currently available at \$7 per adult and \$4 per child. FMI call 839-3353.

**Gorham Residents Walk in Boston Marathon Jimmy Fund Walk:** On Sept. 18, four Gorham residents—Michael Cushing, Tim Devine, Amanda Salso, and

Amy Sylvia—will walk along the route of the Boston Marathon in the 23rd-Annual Boston Marathon Jimmy Fund Walk. They will be among nearly 9,000 walkers expected to participate to raise funds for lifesaving adult and pediatric patient care as well as cancer research at Dana-Farber Cancer Institute. To register for the event, to support a walker, or to volunteer, visit [www.JimmyFundWalk.org](http://www.JimmyFundWalk.org) or call (866) 531-9255.

**First Annual Timothy Stickney Memorial Golf Tournament:** September 25, 8:00 a.m. with a shotgun start/scramble format at the Nonesuch River Golf Club in Scarborough. Proceeds will benefit the Timothy Stickney Memorial Fund to provide an annual scholarship to a GHS student in Timothy's memory as well as to support the GHS hockey program. \$400 per foursome or \$100 per person includes golf, cart and lunch. Event also includes longest drive competition, putting challenge (with a hockey theme) and silent auction. Hole sponsors (\$100 per hole), volunteers to help at the event, and auction prizes are also needed. Anyone who wants to play or donate time or items should contact Parker Cowand at 318-4259 or [parkercowand@yahoo.com](mailto:parkercowand@yahoo.com).

### GHS Weekend Sports

**Thursday, September 1**  
4:00 p.m. Girls' Cross Country SMAA Relays @ Thornton Academy  
4:00 p.m. Boys' Cross Country SMAA Relays @ Thornton Academy

**Friday, September 2**  
6:00 p.m. Boys' Soccer @ Westbrook H.S.  
6:00 p.m. Girls' Soccer vs. Westbrook @ GHS  
7:00 p.m. Football @ Kennebunk H.S.

*All games subject to change. For up-to-date schedules of all GHS sports teams, visit [www.highschoolsports.net](http://www.highschoolsports.net)*

### At The USM-Gorham Campus This Weekend

**Thursday, September 1**  
2:30 p.m. Women's Soccer vs. UMaine-Fort Kent  
5:00 p.m. Field Hockey vs. University of New England

**Friday, September 2**  
4:00 p.m. Men's Soccer vs. MIT  
4:00 p.m. Women's Cross Country vs. Brandeis

**Saturday, September Sept 3**  
11:00 a.m. Women's Soccer vs. Gordon  
3:30 p.m. Men's Soccer vs. Salve Regina

*All games subject to change. For up-to-date schedules of all USM sports teams, visit [www.southernmainehuskies.com](http://www.southernmainehuskies.com)*



# Gorham Equestrians to Participate in New England Competition



Photo credit Robyn Cuffey



Photo courtesy of New Clear Rain

**GHS sophomores Charlene Landry** (above left along with her horse Decka Star Express) **and Julia Donley** (above right with her horse Bartholomew) have earned places on the Maine 4-H 2011 Equestrian Team. The girls are among 20 equestrians who made the team after attending a June tryout in Skowhegan. Landry and Donley will compete at the Big E Fair in Springfield, Massachusetts against other 4-H riders representing the remaining New England States in September. Both equestrians have taken lessons at Photo Finish Farm in Buxton for many years, and Donley is taking lessons at Vienna Farm in Gorham this

summer. Landry has been a member of 4-H for six years and is currently the president of Horses & Hobbies 4-H Club in Gorham. She is also the vice president of the Cumberland County 4-H Interclub and a member of the 4-H Brass Knobs Working Steer Club. She will also attend the 4-H National Conference in Washington, DC next March. Donley has been a member of 4-H for two years in the Happy Hoofbeats group in Scarborough and is the club's president. She is also on the National Horse Quiz Bowl Team that will compete in Massachusetts and Kentucky this fall.

# Gorham High School Pre-Season Snapshots



Photos credit Rich Obrey

Above, left to right: Practice was over and the sun was setting, but GHS field hockey players, from left to right, **Kelsey Pequinot**, **Deireann Stillson** and **Brandi Emerson** played on; GHS quarterback **Damon Wallace** launches a pass downfield under the studied gaze of head coach **Dave Kilborn**; **Alex Owens** launches a header during a GHS boys' soccer practice; Senior **Vicky Parker** sets up a shot at a GHS volleyball practice.

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Catch the “Fugitive”



Photos credit Rich Obrey

Above: Lt. Chris Sanborn of the Gorham Police Department heads out at the start of the third annual Fugitive 5K road race on August 13. Eventual race winner John Vallo of Gorham is at the far left of the photo. Sponsored by the Cumberland County Sheriff’s Department, runners start in front of the Gorham Rec. Department and chase a “fugitive” (Lt. Don Foss, at left, of the CCSO, who gets a brief head start) along the course through downtown Gorham. Left: The “fugitive” shows the strain of trying to outrun his pursuers. The 25 runners who passed him were rewarded with a prize.

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Water Rescue



Photo credit Mike Fusco

**Gorham residents Heidi Custeau and Wendy Jensen rescued a camper** this past July during their family camping trip to Cathedral Pines located in Eustus, Maine. An elderly camper had gone to close to the edge of his campsite and fallen down a steep embankment into Flagstaff Lake. Heidi and Wendy used their kayaking skills to pull the man to safety.

DEAN’S LIST

**Forest S. Gagne** (GHS ‘10) was named to the Dean’s List at Maine College of Art in Portland. He has sold several commissioned pieces of his work. Forest is the son of Arthur Gagne and Paula Suttle of Gorham.

**Kyle W. Murphy** was named to the Dean’s list and President’s List at Merrimack College, NH, for the 2011 spring semester.

COLLEGE NEWS

**Elizabeth Wise** (GHS ‘08), a management major at Saint Joseph’s College, completed a summer internship with Hannaford Brothers corporate headquarters, in Scarborough, ME.

OF INTEREST

Judith Berry is pleased to announce that her son, **Christopher Berry**, has joined her law firm. Chris, his wife, Kate, and daughter, Sophia, moved from North Carolina where Chris practiced construction, business and contract law for eight years. Chris grew up in Gorham, graduated from Duke University and the College of William and Mary Law School.

**The Baxter Memorial Library is organizing a tribute to World War II veterans** with Gorham ties. We need your help to find World War II veterans in Gorham or local people who were in Gorham during

the war. Please send names and contact information to Library Director Pam Turner at pturner@msln.net or Martha Harris at marthat@maine.rr.com.

**The fourth annual Chili and Chowder Cook-Off sponsored by the Gorham Business Exchange** will be held on Thursday, September 22 from 5:30 to 7:00 p.m. in the Gorham Middle School Cafeteria. The GBEX The Gorham Business Exchange Board of Directors invites you and your family to celebrate autumn and join in the fun. Sample chili and chowder entries and help choose Gorham Business Top Chefs! Four awards will be given, two in each category. Besides popular voting, the entries will also be judged by members of the Gorham Town Council. Who will win this year? Stop by, enjoy great food and the company of friends and neighbors, and cast your vote! If you’re a member of the Gorham Business Exchange and would like to enter the competition, please call 892-5515 or email dede@gorhambusiness.org.

OUT AND ABOUT

**Chicken Pie Dinner**, Sept. 10, First Parish Church. 5 – 6:30 p.m., adults \$9, children under 12 \$5.

**St. Anne’s Gorham Women Council is sponsoring a potluck brunch** at noon on Sept. 11, followed by a presentation on Mary’s role in the church with guest speaker Sr. Marie Mae Lausier of Lewiston. To register call the church office at 839-4857 by September 7.



**Thirteen dancers from The Centre of Movement Competition Team** and twelve parents recently attended the Dance Educators of America (DEA) National Dance Competition in NYC. While in NYC the dancers participated in two days of dance classes at The Broadway Dance Center and Steps Dance Studio. They also visited Time Square, Ground Zero and the Statue of Liberty, and even doing a little dancing flash mob at Grand Central Station. The dancers competed in a four day Nationals Competition, against 21 studios as far away as Panama. Twelve solos were performed and the following awards given: three silvers, eight golds and one platinum. Eleven duo/trios performed with the following awards given: one silver and six golds. Six Group numbers performed receiving two silvers and four golds. Overall High Score awards were awarded for two fourth-place, one third-place and one first-place. Five of the dancers competed for DEA Titles – Miss Small Fry, Miss PreTeen, Miss Teen Miss, and Miss Senior Miss – all receiving scholarships for next year’s regional competition. The small fry dancer received 3rd place Miss DEA.

**On Saturday, Sept. 10, beginning at 7 p.m., New Year Gorham will hold its 3rd annual silent and live auction** at the Odd Fellows Building in Gorham Village. Thatcher’s Restaurant will provide refreshments and a cash bar for the event. Admission and refreshments are free and is open to the public. The Odd Fellows Building is located on 34 School Street. FMI or if you have something to donate, please contact Alice Grover at 650-8187.

**Artistry in Flowers Open House**, Sept. 1, 5 – 8 p.m., 2 School Street, Unit 1B.

**The Gorham Garden Club & Friends of Baxter Memorial Library will hold their 4th Annual Pies, Produce & Plant Sale** on Saturday, September 10th, 9:00 – 11:00 a.m. on the lawn of the Baxter Memorial Library. Baked goods, cut flowers and plants will be sold. For more information please contact Sherrie at 776-2163.

CONTINUED ON NEXT PAGE



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# Garden Club Holds Annual Plant Sale

Sherrie Benner

On September 10, the Gorham Garden Club and the Friends and Trustees of Baxter Memorial Library will hold their Fourth Annual “Pies, Produce & Plants” Sale from 9:00 to 11:00 a.m. on the lawn of Baxter Memorial Library. Pies, homemade jams and pickles, along with freshly picked vegetables and plants from members’ gardens will be for sale. There will also be a flea market assortment of lawn ornaments, bird feeders, plant pots and garden tools. The Gorham Garden Club provides flowers, Christmas wreaths, gar-

dening books and DVDs for the library as well as seasonal plantings and maintenance at various town locations. The club also provides scholarships for those interested and/or pursuing education in gardening and related environmental issues. Monies raised by this event will be used to help fund these projects and will be used by the Trustees of the Baxter Memorial Library for projects associated with the Library. For more information please contact Sherrie at 776-2163.

## Out and About

FROM PREVIOUS PAGE

**Gorham Woman’s Club** will feature Heidi McGouldrick who will talk about Literacy. Refreshments will be served. This meeting starts its 81st year and welcomes Gorham area women interested in community projects and offers a way to share ideas and socialize. September 8, 12:30 p.m., First Parish Church Fellowship Hall.

## CLOSE TO HOME

**Haddock dinner**, Sat. August 27, 5 p.m., Living Waters Church, 197 Parker Farm Road, Buxton. Haddock, and other entrees such as baked beans, potato dish, salads, bread/rolls, soups and desserts. Suggested donation, adults \$8, children \$4.

**Schoolhouse Arts Center** will hold auditions “The Grinch Who Stole Christmas” on September 10 from 10 a.m. to 1 p.m. Show dates are Nov. 18 – Dec. 11. FMI 642-3743 [www.schoolhousearts.org](http://www.schoolhousearts.org).

**Westbrook-Warren Congregational Church**, Thursday Community Meals, United Church of Christ, 810 Main Street, Westbrook. Every Thursday through May 2012. Serving at noon. \$4

**Schoolhouse Arts Center** presents the hit comedy “Unnecessary Farce,” starting Friday, Sept. 9 for three weekends. Saturday performances will rock the stage at 7:30 pm. Sunday shows will be at 2:00 pm. \$10 for students and seniors - \$12 for adults. Call 642-3743 or go to [www.schoolhousearts.org/](http://www.schoolhousearts.org/) for reservations.

**Savvy Caregiver**, a training program for family caregivers of people with disorders causing dementia, will be offered by Southern Maine Agency on Aging at Southern Maine Medical Center. Next session will be held through Windham Adult Education on Tuesdays, September 20, 27, and October 4, 11, 18 and 25, at 6 – 8 p.m. There is no charge to participate, but pre-registration is required. Please contact Ann O’Sullivan at SMAA, 1-800-427-7411 x541.

**Acorn Productions, Dana Warp Mill, Westbrook**, begins its 2011/12 season of programming for the community with a pair of free offerings for adults and kids. The adult sessions will be held on 9/15 and 9/19, 6:30 – 9 p.m. Two sessions for kids also take place on 9/19 and 9/22, 4 – 5 p.m. Pre-registration required at [www.acorn-productions.org](http://www.acorn-productions.org) or call 854-0065.

**Buxton Garden Club** will hold its September meeting on Thursday, Sept. 8 at the Groveville Firebarn, 13 Turkey Lane, Buxton. Sherry Estebrook and Jon Paul present “How to photograph your garden to the best advantage.” Potluck at 6 p.m., program at 7 p.m. All are welcome. FMI: 929-8283 or [buxtongc@yahoo.com](mailto:buxtongc@yahoo.com)

## Before and After: History in Photos



Photo courtesy of Robin Somes

266 South Street as pictured shortly after an expansion of the barn, around 1910. Built in the early 1800’s, the house was the epitome of the classic cape style home.



Photo credit Martha T. Harris

Now 200 South Street and extensively renovated, the house maintains its charming 19th century origins while embracing the 21st century conveniences and technology.

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Schoolhouse Arts Center's  
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# Unnecessary FARCE

PG-13

by  
Paul Slade Smith

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## the blotter

Courtesy of the Gorham Police Department

### Not Planet of the Apes

Caller reported seeing a couple of subjects dressed in gorilla suits.

**Liberty Lane caller** requested to speak with an officer about having been assaulted a couple of days ago.

**A small female child** called from Robie Street saying she couldn't find her mother. Father and others were outside and thought child was with them.

**Caller reported** that her purse was stolen at Rite Aid while she was at the photo counter.

**Gray Road caller** reported that a dog wandered into their store.

**Caller requested** to speak with an officer regarding someone following them around.

**Sandy Terrace caller** reported that two unknown males came to their door wishing to sealcoat caller's driveway.

**Saco Street caller** reported that there were two men sneaking around in the woods behind two campsites.

**Chestnut Circle caller** reported they were beaten up and then chased by the subject who beat them up.

**Straw Road caller** reported a female solicitor walking up and down the road. Caller thought it was too late at night for this.

**Daniel Street caller** reported an injured raccoon in the road.

**Flaggy Meadow Road caller** reported livestock in the roadway.

**Preble Street caller** reported that they received a phone call from an unknown male subject stating that if they bought a green dot pack that caller would then receive \$300 when subject went to their home to pick up the pack.

**Morrill Avenue caller** reported that a few male subjects followed caller's daughter home and then stole alcohol from the house.

**Gray Road caller** reported that they dropped \$300 at the Mini Mart. Someone else picked up the money, but refused to return it.

**Wilson Road caller** reported receiving a call from a male subject with a foreign accent who said they had just won \$250,000. All caller had to do was pay \$250 to have the money delivered that afternoon.

**State Street caller** requested to speak with an officer regarding someone they believe is not a good dog owner.

**Spiller Road caller** reported that two dogs were terrorizing the neighborhood, getting into the garage trash barrels, and surrounding a neighbor.

**Mighty Street caller** reported that a tow truck pulled into their yard looking for the former tenant. Driver was upset because caller felt it was too late to be towing vehicles.

**Male subject found** a 2-year-old young female wandering the Preble Street area by herself.

**North Gorham Road caller** reported that they had a dog in their barn and they were not very happy about it.

**Gray Road man** was arrested for domestic violence assault, assault and obstructing report of a crime.

**Porter man** was arrested for OUI as was a Windham woman and a Barnfield Lane woman.

## Storm Stories

**We Need Your Help.** Send us a note on Facebook or to [gtimes@maine.rr.com](mailto:gtimes@maine.rr.com) about your experience with Tropical Storm Irene. Look for a historical article about famous storms that passed through Gorham in a future Gorham Times issue.

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# calendar

# classified ads

## what's happening

### THURSDAY SEPT. 1

- Artistry in Flowers Open House, 5 – 8 p.m., 2 School Street Unit 1B.

### FRIDAY SEPT. 9

- Schoolhouse Arts Center presents the hit comedy “Unnecessary Farce.”

### SATURDAY, SEPT. 10

- Chicken Pie Dinner, First Parish Church. 5 – 6:30 p.m., adults \$9, children under 12 \$5.
- New Year Gorham silent and live auction at the Odd Fellows Building, starting at 7 p.m. (See Of Interest FMI).

### SUNDAY, SEPT. 11

- 9/11 Memorial 5K Run/Walk and Kids Fun Run to benefit the Stephen Ward Memorial Scholarship Fund. Gorham Village. FMI call Susan 615-1390.

- St. Anne's Gorham Women Council is sponsoring a pot luck brunch at noon (see Of Interest FMI).

### TUESDAY, SEPT 13.

- Pre-School Story Time, Baxter Memorial Library, 9:30 a.m. Author Elizabeth Tardif reads her book “A Bunny Named Apple.” Pre-school story time is aimed at children aged 3 to 5 years. School readiness skills, listening, and following directions are developed during this time. FMI 839-5031.

### THURSDAY, SEPT. 15

- Baby and Me. For children from birth to 18 months. Baxter Memorial Library, 9:30 a.m. FMI 839-5031.
- Toddler Time. For children 18 to 36 months. Baxter Memorial Library, 10:00 a.m. FMI 839-5031.

The Gorham Ecumenical Food Pantry is open at St. Anne's Church every Thurs. from 9-11 a.m.; the second Wednesday of the month from 6-7 p.m.; and the third Monday of the month from 6-7 p.m. Open to anyone in Gorham in need of food. Located in the building behind St. Anne's Church, Main St.

Now accepting garden fresh fruits and vegetables. Refrigeration is available. Call Pantry Director Fran Doucette at 839-2593 for further information.

## JUDITH BERRY, ESQ. IS PLEASED TO ANNOUNCE

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**LOCAL MOTHER AND DAUGHTER** looking for cleaning position. Weekly or every other

week. References available. Call Pat after 2 p.m. Call 839 6827.

### LESSONS

**VOICE AND PIANO** lessons at my Gorham studio. BA in Music Ed. Call Paul 839-4628.

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