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SINCE 1995—A FREE, VOLUNTEER-RUN, BIWEEKLY COMMUNITY NEWSPAPER

## GHS Implements New Schedule

AVERY ARENA  
GHS Student Intern

AND

ANDREA MORRELL  
School News Editor

Gorham High School will be implementing a new schedule for the coming academic year. The old schedule, which consisted of three seven period days and two block days, will be replaced by a full block schedule. There will now be separate days of classes; periods 1-4 will meet on maroon days and periods 5-8 will meet on white days.

Each day has four 70-minute classes and a new Auxilium (latin for "help") period. The days will alternate so students will have each class every other day. This allows for longer classes than the old schedule and built-in time to meet with teachers. Additionally, the switch from seven to eight class periods daily allows students more options with course selection and a study hall.

"High school students are among the busiest people in the U.S. and we believe one study hall per day can help alleviate some of the out-of-school stress they (and their parents) feel," said former GHS principal Chris Record. "We believe this is more optimal for instruction, and we also feel students will benefit from only having to prepare for 3-4 classes a night, rather than 6-7 as they do in the current model," he explained.

Brian Jandreau, GHS Interim Principal, added, "Many of our students are involved in a variety of extra-curricular activities, volunteer opportunities in the community, work, and other commitments that prevent them from seeking extra help after school. For this reason, we really wanted to provide time during the day for students to receive extra help, and we believe this will increase our students' academic achievement."

During the 40-minute Auxilium period, students can receive academic support, make up assignments (i.e. tests, labs, projects), participate in honors challenges, attend a writing or math lab, or simply meet with a teacher for extra help. Students who may not need extra academic support during this time can enrich their learning by exploring areas of curriculum they may not have a chance to in class.

ARTICLE CONTINUED ON PAGE 8

## Gorham's Jesse Orach Wins Maine Resident Division of TD Beach to Beacon

MARTIN GAGNON  
Sports Editor

In the running of the iconic TD Beach to Beacon 10K, Gorham's Jesse Orach, a 2012 graduate of Gorham High School, won the Maine resident's race with a world class time of 31 minutes and 29 seconds. Orach's nearest competitor in that division finished nearly 40 seconds behind him.

A multi-sport athlete at GHS, Orach was a member of both the soccer team and the track team. As a senior, Orach was named SMAA Boys Indoor Track and Field All-Star in the open one-mile run. At the collegiate level at the University of Maine, Orach excelled in track and cross country. He was honored as a 2015-2016 America East Winter Scholar-Athlete while competing in indoor track and field.

Balancing his training and academics, Orach was also named a Conference



Photo courtesy of Jesse Orach

Scholar-Athlete during the cross-country fall season as he maintained a 3.93 grade point average. Orach was the University of Maine's Black Bear's top runner in the America East cross country championships this past year where he finished seventh overall.

His first try at the Beach to Beacon nearly escaped him. Missing the ini-

tial sign-up, Orach paid the \$5 transfer fee to acquire the bib from one of his UMaine teammate's moms who wasn't running. Starting behind the elite runners, Orach steadily gained ground. "I started at the front of the non-elite section, so many of the runners that I knew I would be competing with were in front of me. Most of them went out hard in the first mile and I tried to go out easy and slowly reel them back in," said Orach.

Continually gaining on the other competitors, he knew he was in contention. "Once I passed my friend Alex Moser, I was all alone and would be for the rest of the race. I could see what I thought was a Brooks runner based on the bright yellow singlet a long ways in front of me so I had a good idea I was the first Maine runner."

ARTICLE CONTINUED ON PAGE 9

## Gorham Community Remembers 9/11 with Stephen Ward Memorial 5K

MARTIN GAGNON  
Sports Editor

It is more than just a run or walk. It is steps of remembrance in solemn honor of one of the most tragic days in United States history, yet it is also a celebration. Each step, from start to finish, is symbolic of a nation, community, and family moving forward. This year, the Stephen Ward 9/11 Memorial 5K event will commemorate the 15th anniversary of the September attacks and continue the healing process for a family and community that lost one of their loved ones.

Stephen Ward was a bright and vibrant graduate of Gorham High School and the University of Maine who lost his life on 9/11 while at work for Cantor Fitzgerald on the 101st floor of the North Tower of the World Trade Center. Fondly remembered as a loving son, brother, uncle, cousin, nephew, and friend to many, Stephen has been missed by many.

In an effort to keep the memory of Ward's smile and belief in edu-

cation present in the community, the Ward family established the Stephen G. Ward Memorial Scholarship Fund. Proceeds raised from the Stephen Ward 9/11 Memorial 5K go toward the fund which awards a yearly scholarship to assist a Gorham High School graduate in attaining a post-secondary education.

The race will take place on Sunday, September 11, with a Kids' Run starting at 8:30 a.m. and the Adult Run/Walk starting at approximately 9:15 a.m. Runners and walkers are both encouraged and welcomed. Registration information can be found on the Stephen Ward 9/11 Memorial 5K Facebook page or at [www.running4free.com](http://www.running4free.com).

Og Mandino, an American author and WWII veteran, said to "always seek out the seed of triumph in every adversity." Thanks to the life of Stephen Ward and the efforts of his family, many "seeds of triumph" will be sown in Gorham this September 11.



Photo courtesy of Stephen Ward 9/11 Memorial 5K

Gorham firefighters participated in full gear at last year's 9/11 Memorial 5K in honor of first responders who lost their lives. A large turnout is expected to participate this year to commemorate the 15th anniversary of the 9/11 attacks.

**GORHAM PD OFFERS  
CITIZEN POLICE ACADEMY**

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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.

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**EDITORIAL POLICY**

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

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# Keeping Maine Homes Healthy and Safe

REP. ANDREW MCLEAN

We all want a home to be a safe and healthy place for Maine families. Unfortunately, substances that may be present in well water or elsewhere in the environment can threaten families' health and wellness.

Recent national headlines about lead contamination of drinking water are calling attention to hazards that exist here in our own state. Even though the use of lead has been banned in many household products since 1978, hundreds of Maine kids are found to have elevated blood lead levels each year, according to estimates by the Maine Center for Disease Control and Prevention.

That's in part because lead paint still exists in many older homes. Since Maine has the oldest housing stock in the country, this is a real problem. Contamination of drinking water can also happen when pipes soldered with lead release contaminants into the water running through them, which is like the situation that caused the public health crisis in Flint, Michigan.

As a state, we've come a long way toward preventing the well-documented risks of exposure to lead, especially during childhood. We have more work to do, however, to ensure that none of our young people suffer the negative health effects of lead

poisoning. The Maine Center for Disease Control offers free lead dust test kits, which you can order by calling them toll-free at 866-292-3474. My colleagues and I are also looking toward the coming legislative session and examining additional ways to prevent childhood lead exposure.

Another contaminant that threatens the safety of some families' drinking water is arsenic. This is a naturally occurring chemical found in Maine bedrock, and it's been linked to a wide range of negative health outcomes from cancer to developmental problems. It sometimes leaches into private wells, making the water unsafe to drink.

Lawmakers considered a bill last year to prevent arsenic exposure. It would have required testing when private, residential wells are drilled and funded education, outreach and assistance to low-income families who can't afford water testing and treatment. Despite bipartisan support, the bill was vetoed and did not become law. I hope we'll have more success in addressing the problem next session.

The Maine Center for Disease Control recommends testing private wells for arsenic every three to five years to protect your family. You can find more information on well water testing and how to protect your family if your water is contaminated with

arsenic or another substance at [well-water.maine.gov](http://well-water.maine.gov).

The presence of lead or arsenic in drinking water are just a couple of examples of the hidden dangers that are sometimes present in Maine homes. Another is radon, a naturally occurring gas that can sometimes get trapped inside a house. Radon is the second leading cause of lung cancer, so it's very important to know if it's present in your home – and the only way to know is to test.

The best way to make sure your home is safe is to be aware of potential dangers and how to mitigate them. The Maine CDC offers a number of resources to address these and other health concerns through its Division of Environmental Health. Visit [maine.gov/healthyhomes](http://maine.gov/healthyhomes) to learn more about potential household hazards and how to keep your family healthy and safe.

As always, please feel free to contact me at [andrew.mclean@legislature.maine.gov](mailto:andrew.mclean@legislature.maine.gov) or on my cell phone at 207-939-8482 with your questions or concerns about state government.



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## Letter 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,

I was ecstatic when Jean-Marie Caterina announced she was running for state senate for Buxton, Gorham, and Scarborough. As a college student studying to be a minister, I know how difficult student loans are. Jean-Marie wants to help Mainers like me be able to afford college so I can stay in the state and serve the community I love. I'm not

asking for free college, as I believe it is something I should work for - which I have. I work two jobs while enrolled in college. Even though every spare cent I have goes to school, I'm still going to graduate with a huge amount of debt. Jean-Marie understands, as a small business owner, that making sure I am not burdened by gigantic amounts of debt from school loans, I'll be able to buy a house here in Maine, start a family, and give back to the state I cherish. Jean-Marie will work for all students to make sure that they can start a family in Maine and give back to their community.

Sincerely,  
 Forrest Genthner

## Around Town

David Cole issued a 5-year service pin to Bethany Benson of the Finance Office.

There will be a ribbon cutting ceremony at 10 a.m. on August 30 to dedicate the new Gorham Public Safety Building.

The Gorham Fire Department reports that a fundraiser in Town is being conducted by the local firefighters union, not the Gorham Fire Department. The funds raised do not support the Gorham Fire Department.

A bear sighting was reported near Kiara Lane and Samantha Drive in Park South. Residents are advised to be aware while out and pay close attention to your pets. Bear sightings have been reported in Southern Maine due to the dry weather and a delay in growth of their food sources.

Nomination papers are available in the Finance/Town Clerk's Office for three positions on the Town Council for three year

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Ad Deadline	Publication
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# Shannon Houlihan: An All-Around Athlete from Gorham

KATHY CORBETT  
Staff Writer

By the time Shannon Houlihan graduated from Gorham High School in 2000, she had won eight state athletic championships. Along with playing on the 1999 field hockey and track championship teams, she had amassed state titles in hurdles, long jump and triple jump. She was also named Western Maine Conference MVP for her performance in field events. Remembering her GHS days, Houlihan said, "My coaches at Gorham were all great people so I left high school with a great foundation in my sports but with lots of room to grow and be excited about athletics." In 2014, she was inducted into the GHS Athletic Hall of Fame.

Houlihan is still being honored for athletic achievement. This September, The Heisman Club of Oberlin College will induct her into its Hall of Fame, calling her "one of the most accomplished track and field athletes to don the crimson and gold." While attending Oberlin, Houlihan captained the track and field and field hockey teams. A five-time North Coast Atlantic Conference cham-

pion, she also won the indoor triple jump crown championship in each of her four years at the Ohio college, as well as excelling in hurdles. She was a two-time national qualifier and was named to All-NCAC teams 19 times.

After graduating from Oberlin College in 2004 with a degree in Art History, Houlihan envisioned working in a gallery or museum, but decided to give coaching a try. She coached at Lafayette College and Washington and Jefferson College before spending two years as the assistant track and field coach at Williams College. In 2007 her Williams' jumpers won the indoor national championship. Because she then saw a long-term career in coaching, Houlihan applied to the Smith College two-year graduate program in Exercise and Sport Studies, headed by Carla Coffey, a pioneer in women's track and field. In 2010 she received a M.S. from the program, which is "devoted exclusively to the practice of intercollegiate coaching of women's teams."



Photo courtesy of Shannon Houlihan

"Title IX has had a positive impact on women's athletics," Houlihan said, "but one of the unfortunate side effects is that the number of female coaches has steadily declined." As more resources go to women's teams, those positions become more attractive in traditionally male athletic departments. "Smith's program is focused on the inequality between female and male coaches and the importance of having female

roll models for our athletes," added Houlihan.

After earning her Master's degree, Houlihan was hired as an assistant coach at St. Catherine's University in St. Paul, Minnesota, and two years later she became the head track and field coach. In 2014-15 the program had its best finish in five years. She is now the assistant cross country coach as well. Houlihan had excellent male and female coaches throughout her career and her goal "is to have the same impact on my athletes and to hopefully produce some that can go on to coach and keep increasing our female coaching population."

An all-around athlete, Houlihan enjoys kayaking, swimming, and hiking in Minnesota and on her visits back to Maine. Next month, her parents, John and Cynthia Houlihan of North Gorham, will travel to Oberlin College to see their accomplished daughter receive the latest of many athletic honors.

**Houlihan had excellent male and female coaches throughout her career and her goal "is to have the same impact on my athletes and to hopefully produce some that can go on to coach and keep increasing our female coaching population."**

# V & M Rental Company Has it All

CHRIS CRAWFORD  
Staff Writer

V & M Rental's new owner, Chris Kelley, is really excited about doing business in Gorham. V & M rents everything from common tools to larger items like excavation equipment to homeowners and professionals. He is very proud of the services provided to local contractors and to larger firms such as Shaw Brothers and Gorham Sand and Gravel. "For homeowners, we carry all kinds of tools to make many DIY jobs easier," he said. They have a wide variety of infrequently needed or one-time use items that are helpful for homeowners such as floor sanders, brush cutters and edgers, small cement mixers and post hole diggers.

But V & M is not just about rentals. It has an inventory of items for sale and also provides parts and service for small engines like lawn mowers, snowblowers, chain saws, and trimmers. "We provide parts and service for just about anything," said Kelley. In addition to Kelley, there are four other full time employees and two part-timers.

For Kelley, a Maine native, moving his family from Cape Elizabeth to Gorham three years ago was the beginning of a dream come true. The Kelleys love the small town feel of Gorham, even though it is not really a small town at all. Kelley said, "People here are really passionate about the town." According to Kelley, it shows in how well cared for the town is, in the great



Photo credit Chris Crawford

Chris Kelley, the new owner of V & M Rental, has a variety of items for sale in addition to many rental items for jobs large and small.

schools as well as in the tightly knit business environment with its strong ethic of giving back to the community.

After working for 10 years in financial services, Kelley spent a few years in veterinary pharmaceutical sales, which educated him about running a business and sparked his desire to become a small business person. When the opportunity arose to purchase V & M Rental, he was ready to make the dream a reality. Kelley wants Gorham to know he is open for business and is ready to make each customer's job easier, no matter what that job may be.

V & M is located at 520 Fort Hill Road (Rt. 114) across from Phinney Lumber Company and may be reached at 839-7602 or [wmrental@maine.rr.com](mailto:wmrental@maine.rr.com) or [vmrentalmaine.com](http://vmrentalmaine.com).

## Do You Feel Represented in Augusta?

Jim wants to represent you and he has the skill-set and real world experience to make a difference his first day in Augusta. He believes a good idea is a good idea regardless of which party takes credit. Jim isn't a career politician and he wants to go to Augusta and represent you, not the party bosses.

### On Day One Jim Will Work To:

- Reduce the overall taxes on businesses and individuals, by making government smaller and more efficient.
- Emphasize the dangers of drug abuse through education and make rehabilitation more accessible
- Attract and retain new college graduates with newly created private sector jobs and establish tuition loan income tax credits for graduates. Encourage job training at high schools, vocational and community colleges that businesses need.
- Increase back to work efforts while providing basic needs for only those truly unable to provide for themselves.

## Common Sense Leadership for Gorham!

Learn more about Jim and how he plans to represent you in Augusta by going to his website:

[www.MeansForMaine.com](http://www.MeansForMaine.com)

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# Mind Over Movement

STACEY COLEMAN

What is different about those who succeed at reaching their goals and those who do not? Are some people lucky or just born with an extraordinary ability to overcome and persevere? Or is it a learned behavior?

Over the 15 years I have been a professional fitness and nutrition coach, I have noticed a pattern of behaviors in those who consistently achieve what they set out to accomplish, whether they are a member of the general population, a senior citizen, a child, or an elite athlete. Although these populations are physically different and require unique fitness programming specific to their needs, the behavioral patterns that lead to success remain the same.

These behaviors can cause two physically similar individuals enrolled

in a similar fitness program to achieve very different results. The first behavior is goal setting. If one individual knows exactly what they wanted to achieve and why they wanted to achieve it, while another person has a less clear idea of what they want and why they want it, the first individual will achieve more success. Setting clear, well-thought out goals is the first step toward reaching any goal in life.

But goal setting is not enough. The ability to face your fears and accept new challenges by trying something outside your comfort zone is another behavioral pattern of success. If two people have established a clear goal and understand WHY they want to achieve their goal, but one is willing to step outside their comfort zone while the other consistently avoids new programs, increased weight loads, higher intensities, and any-

thing outside of their normal routine, the first individual will experience progress while the second remains stuck in place. People who are willing to step outside their comfort zones will succeed the most.

As a Strength and Conditioning Coach at USM, I wondered why some athletes succeed more than others? When two elite athletes set goals, establish their WHY, continuously challenge themselves by pushing past their comfort zones, but receive different results, the difference is found in the persistence of work.

The athlete who shows a steady, focused work ethic and asks for help when needed will out-perform another athlete who gets bored, distracted, and loses interest. This is what we call WORK. There will always be a time in any goal seeking process where you just need to get through

“the grind,” not so pretty, kind of boring, everyday work. You may not see progress every day, but if you grin and bear it and put one foot in front of the other, that mental toughness will help you achieve your goals.

If you want to succeed, start here: Create a goal, understand WHY you want your goal, step past your comfort zone, get to work, and keep working. Change your mind, change your current situation.



Stacey Coleman is a Certified Personal Trainer, Owner of My-FIT-24, and the official Strength and Conditioning Coach at the University of

Southern Maine. A GHS and USM graduate, she resides in Gorham with her husband and two children.

# Make-a-Wish Treehouse Granted

BAILEY O'BRIEN  
Staff Writer

When Gorham's 12-year-old Morgan Walton stepped into her new treehouse on August 3, she couldn't stop smiling. “She was just so thrilled and amazed by it,” said Morgan's mother, Kim Walton.

Make-a-Wish Maine, an organization devoted to granting wishes for children with life-threatening illnesses, helped make Morgan's wish a reality. “We started planning the treehouse in December when our counselor at the Maine Children's Cancer Program suggested we look into Make-a-Wish. They sent a team of wish-granters to our

house to help Morgan decide what she wanted,” said Kim. “She's very thoughtful and doesn't jump into decisions, so it took a while for her to settle on the treehouse. Rather than going on a trip or meeting someone famous, she really wanted something that would last.”

Morgan helped design the treehouse, which was brought to life by local contractors Rod and Adam Varney and interior decorator Nancy Norton. “It's loosely based on the movie The Hobbit, which Morgan really liked, but it has a traditional treehouse feel. It's natural-looking and outdoorsy, which Morgan loves,” said Kim. Morgan's favorite feature is her loft, complete with a ladder and a porthole window. “There's also a little door within the regular door that she can pop open to see who's there when someone knocks. She loves that.”

The treehouse was presented to Morgan after a seven-week stay at Mass General Hospital in Boston. “She has two brain tumors. She was diagnosed with brain cancer when she was 9,” said Kim. “She's had two-and-a-half years of treatment. It started with chemo, then

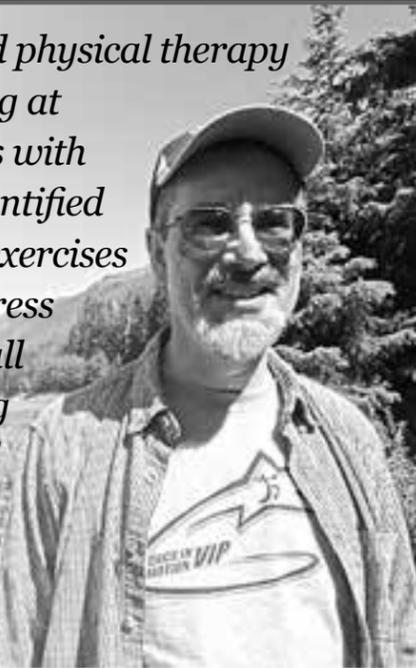


Photos courtesy of Kim Walton

Morgan Walton stands outside her new treehouse with her family. Pictured (left to right) is Frank, Morgan, Kacie, Marie, and Kim Walton.

ARTICLE CONTINUED ON PAGE 5

*“My doctor recommended physical therapy and I started with the gang at Back in Motion. The issues with my knees were quickly identified and specific therapy and exercises were implemented to address the problems. They were all interested in my upcoming trip to Alaska and worked hard to make sure I was “adventure fit” before my trip.” ~Jay W.*



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# I'm Going to Chip that Munk Right Out of My Yard

(Sung to the famous tune from South Pacific)

CHRIS CRAWFORD  
Staff Writer

Every gardener I know is complaining about the large and extremely destructive chipmunk population this year. Since chippies breed spring and fall and can have as many as five babies, the population can get out of hand pretty quickly. Their holes are everywhere. They have excavated a tunnel under my paved driveway that puts the Big Dig to shame.

Chipmunks are the smallest member of the squirrel family. With their large eyes and perky black and white stripes, these cute little buggers have been immortalized by animators in films like Alvin, et al. and Bambi.

While they are adorable, at my house it has become all out war. Chipmunks are so darn destructive, I am at my wit's end. There is nothing more frustrating than nursing your tomato plants through our prolonged dry spell, only to have these bold so and so's take one careful bite out of every nearly ripe tomato. This is the thanks I get, even after I have left them a veritable buffet of freshly picked beans, lettuce, carrots and a little dish of water in another part of the garden far, far away from the tomatoes.

And talk about bold, they don't even bother to run away any more when I come storming out of the house yelling like a banshee or barking like a dog. They look at me as if to say, "Why are you making such a ruckus in MY garden?" Fortunately I do not have neighbors, otherwise I would probably end up as fodder for the Blotter.

Armed with a little research from the internet, I have prepared a battle plan. I am ready to fight back. Here are some strategies to chip the munks right out of your yard.

• **Know Your Enemy.** Watch and observe their traffic patterns. They

are shifty, quick and lurk in shady places. This intel will be vital in implementing a plan.

• **Know the Law.** Check with the Department of Inland Fisheries & Wildlife. I'm not kidding. There are Maine Laws Governing Wildlife which provide guidance on what you may do if a certain species of wildlife is causing damage to crops or orchards and what to do if you hit one with a vehicle. By my interpretation of the law, since chipmunks are not specifically mentioned, it is ok to hit them with your car or employ other justifiable means to protect your crops, although tire tracks in the lawn might require some repair.

• **Know the Options.** Further internet research yielded a bonanza of ways to get rid of chippies. Since they don't like bad smells, putting mothballs, bone meal, or fox urine around your plants might work. A dog might keep them at bay, but that's not an option since I don't own one or have a neighbor I might borrow one from. One of my favorite solutions was a contraption called the Munkinator. It was electrical and I didn't dare find out how it worked. Another creative plan involved laying a trail of seeds that led them to walk up a wooden plank like little pirates until they fell into a bucket of water. Rat traps were mentioned (who would deal with the bodies?) as was spraying with cayenne pepper (the tomatoes, not the chippies, although that might be fun), which is not a good option as it is poisonous for pollinators like bees.

• **Know Your Limitations.** This is critical, but ultimately the easiest part. I bought a humane Havahart trap and hope to send my chippies on a permanent vacation to a remote, but exotic spot, like somewhere in Buxton or Hollis. I've also made a mental note to plant more tomatoes next year, in case my relocation plan doesn't work and I have to share.

## Food Mobile Wheels Into Town



Photo courtesy of www.centralmaine.com

The GSFb Food Mobile will be visiting Gorham on September 13 bringing nutritious food for area residents in need.

DEDE PERKINS  
Gorham Food Pantry

Good Shepherd Food Bank has announced its intent to partner with the Gorham Food Pantry to bring their Food Mobile to Gorham on Tuesday, September 13, from 9 - 11:30 a.m., in the Saint Anne's Church parking lot at 299 Main Street.

The GSFb Food Mobile has refrigerated bays and is filled with many types of fresh and non-perishable food items. The goal of the Food Mobile is to enhance access to nutritious food for area residents. Anyone in need of food assistance is welcome to attend. There is no cost.

Diane O'Neill, representing the GFP Board of Directors, said "the variety, quantity and quality of foods given to local residents at last year's event was impressive and so well received by all that we want to encourage anyone interested in attending to please make the necessary arrangements to get to the Food Mobile on 9/13."

Patrons are asked to bring their own shopping bags and boxes. Food will be distributed on a first-come, first-serve basis while supplies last. For more information about GSFb's Food Mobile, go to [www.gsfb.org](http://www.gsfb.org).

## Make-a-Wish Treehouse Granted

CONTINUED FROM PAGE 4

she had two major surgeries, radiation, and then chemo again. The majority of the treehouse was built for her while she was in Boston." Morgan is healing well after her stay in Boston, and her most recent MRI showed good results.

Choosing and designing her treehouse has provided Morgan with an agency over her life that she does not typically have. "She felt in control at a time where she's not in control over much," said Kim. "It's her own space."

She goes there to read, paint, hang out with her friends and sisters, play with her dogs, and make crafts - basically everything but eat and sleep. "And I really like the fact that the house's WiFi doesn't reach the treehouse," Kim added with a laugh.

Morgan, who is home-tutored through the Gorham School Department, will be entering seventh grade this fall. She'll be heading into the school year with a new mindset and a new study spot. "This treehouse has definitely provided hope and optimism. These wishes gives wish kids something positive to focus on," said Kim.

For a closer look at the making and reveal of this wish, a showing of "Morgan's Wish" by filmmaker Ken Hess will be featured at the Maine Outdoor Film Festival on September 5 at Bug Light Park in South Portland. The festival starts at dusk. For more information about Make-a-Wish Maine and the Maine Children's Cancer Program, visit [maine.wish.org](http://maine.wish.org) and [mmc.org/mccp](http://mmc.org/mccp).



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## MUNICIPAL

AUGUST 16, 2016

# Town Council Special Meeting

The Town Council accepted a bid from RJ Grondin & Sons, pursuant to bid specifications, for road improvement projects on McLellan Road using road project funds and road improvement bond funds previously approved by the voters.

The Town Council also authorized the implementation of the recommended salary structures and wage adjustments resulting from the recent review by Human Resources Partners, LLC with wage adjustments to be effective July 1, 2016, or upon the effective date of subsequent appointments.

## Grand Jury

The Grand Jury returned the following indictments in August:

- Brenda-Sue Beeler, 33, of Gorham was indicted for unlawful possession of a scheduled drug and two counts of aggravated trafficking in a scheduled drug on charges brought by MDEA.
- Matthew Davis, 29, of Gorham was indicted for violation of bail, criminal OUI and unlawful possession of a scheduled drug on charges brought by the MDEA.
- William Ledbetter, 43, of Gorham was indicted on charges of theft by unauthorized taking (priors) and misuse of ID/credit card on charges brought by Westbrook PD.
- Kevin Meggison, 23, of Gorham was indicted on charges of domestic violence criminal threatening with a dangerous weapon, criminal threatening with a dangerous weapon and domestic violence assault on charges brought by Gorham PD.
- Donna Strand, 45, of Windham was indicted on charges of burglary and theft by unauthorized taking on charges brought by Gorham PD.

## Henckel Retires from Gorham PD



Photo courtesy of Gorham PD

Officer Robert Henckel retired after 28 years on the Gorham Police force. Henckel, pictured (left) at his retirement party with Deputy Chief Chris Sanborn, plans to move to Eglin Air Force Base in Florida where he will be a civilian police officer.

**APPLICATIONS FOR ABSENTEE  
BALLOTS ARE AVAILABLE AT THE  
TOWN CLERK'S OFFICE.**

## Real Estate Transfers March 2016

Address	Buyer	Seller	Price
304 OSSIPPEE TRAIL	ACETO, DANIEL & MARIAH	LAVENDIER, ETHAN	\$175,000
4 FALL LANE	EC BUILDERS, LLC	BEAN, LENA	\$30,000
4 LOIS LANE	FEARON, PAUL & ALYSON	SHAW, EDWARD	\$299,000
205 GRAY ROAD	POOLE, RALPH & CRYSTAL	SMITH, WILLIAM	\$187,500
216 MAIN STREET	HOWE, CONSTANCE	NORWAY SAVINGS BANK	\$189,000
31 LADY SLIPPER WAY	HICKEY, ROSS & BETHANY	NORWOOD, WILLIAM	\$487,000
21 FARRINGTON ROAD	REINHARDT, JACOB & CRAWFORD, HALIE	GILLIS, DANIEL	\$203,800
10 CAROLYN DRIVE	DUONG, TONY	HILL ST. APTS. LLC	\$199,900
355 NEW PORTLAND ROAD	RAINE, KYLE	RISE & SHINE, LLC	\$240,000
44 SEBAGO LAKE ROAD	GOGGIN, STEPHANIE & WESSEL, BENJAMIN	HUGHES, ERNEST	\$223,500
61 LINE ROAD	ROBIE CONTRACTING, INC.	STJ INC.	\$55,000
23 PREBLE STREET	KNOWLTON, JOHN & ROY, MARGARET	GORHAM STATE DELTA CHI BH CORP	\$141,313
40 MAHLON AVE.	ROBERTS, BENJAMIN	RICH, CARL	\$358,000
65 WILSON ROAD	TURNER, STEPHEN & LIESL	TURNER, MARION	\$65,000
21 PATRICK DRIVE	DUNLEA, CHRISTINE & BRAGG, GEORGE	BERTHIAUME, LAUGHN	\$185,000
3 FARRINGTON ROAD	DEMERS, DANIEL & ERIN	PINNACLE HOMES, LLC	\$199,000
8 JOSEPH DRIVE	PELLERIN, LINDA	HARRIMAN, LARRY	\$300,000

## Real Estate Transfers April 2016

Address	Buyer	Seller	Price
55 SEBAGO LAKE ROAD	GRAHAM, KRISTIN & JOSHUA	OUELLETTE, SARAH	\$265,000
26 HILLVIEW ROAD	JOY, CHRISTOPHER & KATHERINE	ROBERTS, SCOTT	\$300,000
11 LIBERTY LANE	ZAGORIANAKOS, STEPHANIE & GREGORY	KING, DAVID	\$510,500
99 FINN PARKER ROAD	HATCH, SCOTT & DARCY	BARTON, ARTHUR	\$156,500
225 NEW PORTLAND ROAD	PARENT, CASSANDRA & MURPHY, JAMI	HALLMARK HOMES, INC.	\$225,624
3 NORWAY ROAD	JONES, ALEXIS & MARK	PINKHAM, PAUL	\$337,000
221 FORT HILL ROAD	KH CONSTRUCTION	BERRY, KIMBERLY	\$70,000
14 SNOWBERRY DRIVE	COSSITT, ANDREA	DEVON, JEFFREY & MELISSA	\$307,500
36 ELWOOD LANE	KELLY, MATTHEW	FREEDOM REAL ESTATE, LLC	\$165,000
3 MURRAY DRIVE	DUNMIRE, SAMANTHA	STRUMPH, THOMAS	\$313,000
283 NARRAGANSETT ST.	RITZ, JEREMY & MARISSA	KEELER, DONNA	\$245,000
771 GRAY ROAD	BRANSON HOUSE, LLC	RESURGAM PROPERTIES	\$350,000
22 CARNATION DRIVE	DAVIS, KATELYN & MITCHELL	MAINLY PROPERTIES, LLC	\$387,900
167 ICHABOD LANE EXTENSION	CAPPONI, KATHERINE & ADAM	GILBERT HOMES, INC.	\$316,420
75 NARRAGANSETT ST.	RUNNELLS, PATRICIA	SARNO, CHERYL	\$150,000
16 RAINBOW LANE	ROWE, PATRICIA & DAVID	MORGAN, JASON	\$202,500
6 LILAC LANE	SHANNON, KEVIN	BAUER & GILMAN CONSTRUCTION, LLC	\$331,900
16 WOODSPELL ROAD	EDWARDS, LEESA & RAYMOND	NORMAND BERUBE BUILDERS, INC.	\$380,000
57 STATE STREET	FLYNN, JOSHUA & VAIL, JENNIFER	EPSTEIN, EILEEN TRUSTEE	\$165,000
52 VALLEY VIEW DRIVE	HODGDON, STEPHANIE & SCOTT	MARSHALL, JOHN	\$320,000

# CMP Warns Customers of New Scam Attempts

GAIL RICE  
Central Maine Power

CMP is urging customers to be wary of scammers posing as utility company representatives and to report any calls to the utility company and law enforcement.

In recent weeks, the company has received reports of scammers threatening to cut service unless the customer makes an immediate payment over the phone using a prepaid debit card. While most customers recognize these calls as scams, a small number have been persuaded to make payments.

It's an old swindle with some new twists. Caller ID may show the call is coming from the utility. In some cases, the perpetrators provide call-back numbers that answer with the same recorded greeting as the utility's customer service line.

Typically, the caller informs the customer a crew is on the way to shut off service unless an immediate payment is made. The perpetrators may tell the customer they had not received a recent payment or they had incorrectly processed a payment, so the customer must pay again. The scammer often demands the victim purchase a prepaid debit card ("Green Dot" is a common brand) to make the payment.

Perpetrators often target commercial establishments such as restaurants, sandwich shops, or markets shortly before their busiest lunch or dinner periods.

Customers should verify all information before making payments over

the phone, and should recognize the red flags:

It doesn't add up: CMP doesn't call customers for payment if the account is in good standing.

Timing and urgency: If a customer falls behind on payments, CMP sends a letter and will call the customer before proceeding with disconnection. Additionally, CMP does not disconnect service on Friday or during the weekend.

Demanding a specific form of payment: CMP accepts a variety payment types, including credit cards, bank transfers and more. If a caller insists on payment via a prepaid debit card — especially a specific brand of prepaid card — it is a scam.

Customers can check their account status or call CMP's customer service line at 1-800-750-4000 to resolve any issues. The identity of any CMP employee can be verified by asking for their photo ID card (if in person) or their employee number, then contacting CMP to verify their identity and the nature of their business. Our employees are happy to comply with an identity verification request.

Never share personal or financial information, including outstanding balances, without first verifying whom you are speaking with. Customers who suspect a scam are urged to get the name and number from caller ID, if available, write down any call-back number provided, and take notes on what the caller said and report the scam to the utility, local law enforcement, and the Federal Trade Commission (<http://www.ftc.gov/>).

# Gorham PD Offers Citizen Police Academy

SHERI FABER  
Staff Writer

The Gorham Police Department will be holding a 10-week Citizen Police Academy at the new police station beginning September 13. Chief Jones sees this as "an opportunity to build a bridge to the community and to develop more contacts in the community. If citizens have personally met a police officer, they are more likely to call police or that specific officer and the police department can become involved in a potential situation that much sooner."

Classes will meet every Tuesday from 5-7 p.m. Those interested in participating in this course can go to the Public Safety Office, sign up on the Town website under "News and Announcements," or visit the Gorham PD/Town of Gorham Facebook pages.

The Department will be doing a background check on those who apply to take part in the program. Those who complete the program will receive a certificate of participation at the end of the course.

Officer Ted Hatch is overseeing the project but Chief Jones expects that a majority of the officers will

get involved. Citizens participating in the program will get the opportunity to know more police officers and the officers in turn will get to know more members of the community. Many other communities have done similar programs and Chief Jones expects to run this program annually if there is sufficient interest.

The classes include a visit to the Cumberland County Regional Communications Center (Dispatch), a K-9 (canine) demonstration, and discussions on the services available from the Police Department, traffic and OUI overview, roles of detectives and crime scene processing, personal safety (defensive tactics), community policing and patrol procedures as well as FATS training (firearms training simulator). Everyone participating in FATS training will be stripped of any and all weapons they might have prior to participating.

Chief Jones adds that ride alongs with an officer can be scheduled during the program. The goal of this program is to promote "a positive and proactive relationship between our community and law enforcement."



Photo credit Roger Marchand

## Gorham Sightings

Do you know where in Gorham this photo was taken? Join our visual trivia discussion by entering your best guess on our Facebook page at [www.facebook.com/gorhamtimes](http://www.facebook.com/gorhamtimes) or email us at [gorhamtimes@gmail.com](mailto:gorhamtimes@gmail.com). The photo in the August 11, 2016 edition is of the windowless window at 58 State St.



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## BACK TO SCHOOL PHOTOS WANTED

Send us your back to school pictures for a chance to be published in the next edition. Please include student's full name, age, grade they are entering, and who took the photo. Photos can be emailed to schoolnews@gtmail.com.

### GHS New Daily Schedule

CONTINUED FROM PAGE 1

Students are excited for the new schedule as it allows for more time for homework, greater flexibility, and more time to work one-on-one with teachers during the Auxilium period. Senior Elle Spurr said, "I think the schedule change will help to give students more time with teachers and in class. Having different schedules each day will be great for homework and help to prepare us for a college schedule."

"We are anxiously anticipating the implementation of our new GHS schedule for the 2016-17 year. This new schedule is the end result of multiple years of conversations among GHS staff and administration to address an identified need of increasing time for teachers to collaborate and to create a structure that allows for our school to respond to the needs of our students in an individualized and timely manner," said Superintendent Heather Perry. "This new schedule will allow us to do both of those things while also increasing choices and options for students attending GHS."

The new schedule model, which is being utilized successfully in over 70 schools across the country, according to Record, has been credited with increasing student achievement, improving school climates, and allowing more opportunity for students to seek enrichment.

## Fifth Graders Hike Mt. Katahdin



Photo credit Gregg Sands

A group of Great Falls fifth graders and their siblings hiked over Katahdin Stream in Baxter State Park as part of the school's annual camping trip to Mt. Katahdin. The students were on their way to Katahdin Stream Falls but also hiked up to Chimney Pond during the trip. Pictured (left to right): Ian Butler, Logan Butler, Christian Butler, Nolan Landry, Claudia Peterson, Annie Cunningham, and Marin Graham.

## Ram Pride Strong in Gorham Schools and in the Community

HEATHER PERRY  
Superintendent of Schools

It is with great anticipation and excitement that I welcome students back for another incredible school year here within the Gorham Schools. One piece of exciting news is that we will be rolling out our new Gorham Schools mission and vision and core beliefs.

A district steering committee worked last year to put together surveys and public forums and focus group interviews to gather feedback culminating in over 2,800 participants. The committee compiled all this feedback to establish themes

in the content and then used those themes to create a newly "re-visioned" mission, vision, and set of core beliefs

*I would just like to share how proud I am to be your Superintendent of Schools here in Gorham.*

for the Gorham Schools. You can check out the results of this incredible work by going to: [http://www.gorham-schools.org/core\\_documents](http://www.gorham-schools.org/core_documents).

The next steps in this important work will be to develop a Strategic Plan, complete with action steps and timelines that will become the "map"

allowing us to make this new vision a reality for our children.

Whether it is the implementation of the new reading curriculum for grades 3-5 (Making Meaning) or extending the pilot of JumpRope, our standards-based grading and reporting software, or the implementation of the new schedule at Gorham High School – there are lots of exciting things going on in our schools.

Of course, none of these exciting things is more important than our continued work on creating a Proficiency-Based Learning System (PBL). The creation and implementation of our PBL system will be the key driving force that will allow us to make our new mission and vision a reality for our children.

Another major goal this year will be to engage parents, students and community members in conversations about our PBL work so that we can work together to improve both an awareness of what the work entails so that we can all better understand why it is so important for our children, and to promote continued support for the work at all levels.

I would just like to share how proud I am to be your Superintendent of Schools here in Gorham. If there is one thing I learned via my 250 plus entry plan interviews conducted last year with parents, staff, students, and community members, it is that our community strongly supports our schools and cares greatly about the success of our children – and that our schools care deeply about our community and its success as well. I know I've been here only a year but already I am a Ram through and through. I look forward to another great year this year.

Please do not hesitate to reach out to me with questions, comments, or concerns. My email is [heather.perry@gorhamschools.org](mailto:heather.perry@gorhamschools.org) and my office phone number is 222-1012.

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# GHS OM Team at Worlds



Photo credit Pam Weiss

The Gorham High School Odyssey of the Mind team went to the World Finals at the University of Iowa in May, placing 17th overall. The competition included groups from 25 other countries including China, Singapore, Mexico, and Germany. Pictured is: (top) Kayley Mason; (middle) Samuella Spurr, Sophia Hendrix, and Madeline Joyal-Meyers; (bottom) Elizabeth Lemieux, Avery Arena, and Emelia Nejezchleba.

## Jesse Orach - Beacon to Beacon CONTINUED FROM PAGE 1

Assessing his overall race, Orach said, "the race felt great and all of my miles were right around five minutes except the last one that was uphill. I didn't have any plans going into the race except that I knew I did not want to go out too fast. It was a lot of fun and I

look forward to doing it again next year!"

Graduating with an undergraduate degree in chemical engineering, Orach will compete with the Black Bears for one more season as he returns to UMaine to pursue a master's degree in business.

# All-Star State Champs



Photo courtesy of Gary Dube

The Gorham Cal Ripken Baseball U9 All-Star team recently won the State Championship. The team went 3-0 at the District Tournament in Berwick, 4-0 at the State Tournament in Harrison, and 1-3 at the Regional Tournament in Keene, NH. This is the third consecutive year that the Under-9 All-Star team from Gorham has captured the state of Maine tournament. Pictured in back row (L to R) are Coaches Chuck Nadeau, Gabe Polchies, and Mike Karlonas. Middle row (L-R): Bennett Walker, Andre Dube, Jack Karlonas, Wyatt Nadeau, Josh Polchies, Jack Luciano, and Mason Finck. Front row (L-R): Richen Albert, Ethan Sadowski, Brady Arsenault, Reis Stamaris, Roman Landre, and Hunter Finck.

## In the Zone

**Young Gorham Swimmer A Rising Star:** Gorham's **Evan Russo**, 12 years old, recently placed third overall for boys ages 11-12 at the 2016 Maine Swimming International Invitational held in Saint John, New Brunswick, Canada. On August 6, Russo completed in open water swimming at the 2016 Sebago Lake Challenge where he placed third in the male division. Russo swims for the Westbrook Seals swim club.



Photo credit Alton Russo

# Gorham Represents at Beach to Beacon

COMPILED BY STACY SALLINEN

Close to 150 runners from Gorham participated in the 19th TD Beach to Beacon 10K road race on August 6. In addition to Jesse Orach's success, Elisabeth Allis Jamieson was the top female runner from Gorham. Peyton Morton placed fifth in the 14 and under female division. Robert Mountain received the Johnny Kelley Award for being the oldest male finisher. Following are the results for the top 25 Gorham runners. Full results can be found at [www.beach2beacon.org/results](http://www.beach2beacon.org/results).

**CONGRATULATIONS TO ALL THOSE WHO PARTICIPATED!**

Place	Name	Time
19	Jesse Orach	31:29
149	Benjamin Foster	37:08
250	Peter Downing	39:23
294	Kevin Downing	40:11
311	Adam Bourgault	40:27
412	Dick Graves	41:57
536	Alex Owens	43:27
626	Elisabeth Allis Jamieson	44:24
711	Nick Rofe	45:10
826	Daniel Legage	46:10
887	Michael Burleson	46:42
921	Ron Adolf	46:55
972	Joey Smith	47:17
981	Maria McInnis	47:20
985	Charlie Whitehead	47:21
1009	Anne Lapierre	47:31
1097	Matthew Vail	48:05
1106	Scott Owens	48:09
1109	Laurie Nicholas	48:10
1120	Philip Bartlett	48:16
1167	Peyton Morton	48:36
1170	Garrett Higgins	48:37
1259	Lindsay Francois	49:09
1290	Julie Martin	49:21
1461	Sam Owens	50:12



Photo courtesy of Beach to Beacon

Gorham resident Robert Mountain received the Johnny Kelley Award for being the oldest male finisher at the Beach to Beacon race. Joined by his granddaughters (L to R) Chelsea Torrey, Leah Woodbury and Brooke Woodbury, Mountain crossed the finish line with a time of 1:36:09.



# Real Estate Professionals



Julie Chandler



Paul Farley



Becky Gallant



Mike Griffin



Jane Mason



Jeff Mason



Peter Mason



Mike Rand

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**HOLLIS \$179,900** - This home offers 12 ac w/ 765' of road frontage, kitchen, dining area, 4 BR & full bath. Needs updating. Potential to split lot.



**GORHAM \$289,900** - Canterbury design w/ 2BR, 2.5ba. Offers 1st floor master suite, granite kitchen w/pantry, 4 season room, HW floors, full basement & 1 car garage.



**STANDISH \$97,500** - Waterfront cabin w/ 67 ft of owned water frontage. Excellent getaway destination just 25 mins to Portland. Lovely waterviews w/ a small yard perfect for campfires.



**5 Crestwood Drive \$339,900** - Gorgeous 3BR, 2.5ba contemporary w/ 2 car garage on 1.49ac. Floor to ceiling stone FP, master suite w/ private ba, daylight bsmt & private deck.



**BUXTON STARTING @ \$79,900** - 1 under contract, 3 lots to choose from ranging from 1.84 ac to 16.47ac. Convenient location & easy access to Gorham's Bypass or points south.



**STANDISH \$289,999** - 4BR Colonial w/ radiant heat, stone FP, WF, cathedral ceiling & master BRs on both 1st & 2nd flrs. Very spacious & private landscaped yard w/ patio, porch, deck & pool.



**WESTBROOK \$199,000** - 2 unit in the heart of downtown, walking distance to all the amenities. 2 car garage. Solid rental history.



**HOLLIS \$235,000** - Offers 2BR, 1.5ba w/ a full basement. Relax on the screened porch & take advantage of the 150 feet of frontage w/ your own private dock on the Saco River.



**850 Chadbourne Road \$55,000** - Another abandoned home will soon be renovated! Avoid the negative impact of foreclosure...for more info visit [www.knowyouroptions.com](http://www.knowyouroptions.com)



**HOLLIS \$46,000** - Birch Ridge Subdivision. Neighborhood setting offering paved public street w/cul-de-sac. Surveyed & soils tested.



**WESTBROOK \$294,900** - 3000sqft office building on RT302 at Prides Corner w/15,600 avg daily traffic. Many opportunities.

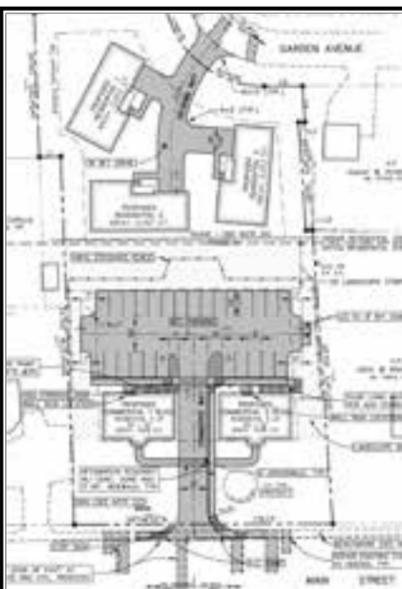


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# Let's Talk About Driving: Plan Ahead to Help Keep Seniors Independent and Safe on the Road

COURTESY OF HOME INSTEAD

A new scratch on the bumper or avoiding activities that require leaving home are often the first signs that families should talk with their aging parents about driving. Unfortunately, those conversations are not happening enough.

A new survey by Home Instead Inc., franchisor of the Home Instead Senior Care® network of franchise offices that provide in-home care services to seniors, found that 95 percent of the surveyed seniors have not talked to their loved ones about driving, though nearly one-third said that a recommendation from family or friends that they transition from driving would make them reconsider driving.

"As adults, we don't hesitate to talk to our teenage children about driving, but when we need to address concerns with our own parents, we drop the ball," said Elin Schold Davis, occupational therapist and project coordinator for the Older Drive Initiative of the American Occupational Therapy Association. "We know that discussing driving with aging loved ones reduces their discomfort around limiting or stopping their driving. Often, families just need to know how to start the dialogue."

For many seniors, the idea of giving up driving sparks feelings of anger, anxiety and loneliness. To help families navigate these sensitive conversations about driving cessation, the Home Instead Senior Care network has launched a new public education program available at [www.LetsTalkAboutDriving.com](http://www.LetsTalkAboutDriving.com). The program offers free resources and tips to help families build a roadmap, together with their senior loved one, for limiting or stopping driving when the time is right.

"The ability to drive gives seniors the freedom to do what they want, when they want—and we want to

respect that independence," said Bill Jenks of the Home Instead Senior Care office serving Cumberland County.

"Proactively talking about driving with seniors allows them to take an active role in deciding when and why their driving should be reduced or eliminated, while keeping Portland area families safe on the road."

Nearly 90 percent of aging adults rely on their cars and driving to stay independent, according to the survey. Though many seniors 70 and older are able to drive safely into their later years, it is critical for families to have a plan in place before a medical or cognitive condition makes it no longer safe for their senior loved one to get behind the wheel.

"Physical and cognitive changes, such as those caused by Alzheimer's disease, changes in vision or medication usage, can put older adults in jeopardy on the road," added Schold Davis. "Many drivers can continue to drive safely as they get older, but it's important for families to work with their loved ones to create a roadmap that explores new technologies and solutions, while planning ahead. The solution may not be to stop driving completely, but could include adding senior-friendly safety features to the car or taking a safety class."

Family caregivers can look for several potential warning signs that their senior may be losing the confidence or ability to drive, such as unexplained dents, trouble turning to see when backing up, increased agitation while driving, and riding the brake.

"We often receive calls from families after an incident occurs behind the wheel. This may be a sign their loved one needs assistance maintaining their independence in and outside of the home," explained Jenks. "Our hope is that by having these discussions and knowing the potential warning signs in advance, we can help ensure seniors and their families stay safe and independent on their terms."

## Warning Signs that Seniors May Be Unsafe Drivers On the Road

- Mysterious dents. If an older adult can't explain what happened to his or her car, or you notice multiple instances of damage, further investigation is needed to understand if there's been a change in the senior's driving abilities.

- Trouble turning to see when backing up. Aging may compromise mobility and impact important movements needed to drive safely. Fortunately, newer vehicles offer back-up cameras and assistive technologies that can help older adults continue to drive safely.

- Confusing the gas and brake pedals. Dementia can lead to a senior being confused about how his or her car operates.

- Increased irritation and agitation when driving. Poor health or chronic pain can trigger increased agitation that may, in turn, lead to poor judgment on the road.

- Bad calls on left-hand turns. Turning left can be tricky and dangerous for older drivers, and many accidents occur where there is an unprotected left turn (no turning arrow).

- Parking gone awry. Difficulty parking, including parallel parking, could cause damage to an older adult's vehicle as well as to those around it.

- Difficulty staying within the lanes. If you've spotted a driver zigzagging along the road, it could be a sign that fatigue or vision problems are making it difficult to stay on course.

- Delayed reaction and response time. Aging slows response times which may create a situation where an older adult may cause an accident or be unable to respond quickly enough to prevent a crash.

- Driving the wrong speed. Driving too fast or too slow may be indicators that a driver's judgment may be impaired.

- Riding the brake. Riding the brake could be a sign that a driver no longer has confidence in his or her skills.

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**MILITARY**

**Cadet Taylor Perkins (GHS '16)**, son of Rhonda and Randy Perkins, completed six weeks of Cadet Basic Training at the U.S. Military Academy, West Point. He plans to graduate from West Point in 2020 and be commissioned as a second lieutenant in the U.S. Army.



**OF INTEREST**

Featured recently in nationally published magazines were Gorham residents **Christina Smith** and **Erin Flett**. Smith was pictured holding an Angora rabbit in Martha Stewart Living in a spread about the Common Ground Fair in Unity. Flett was featured on the cover of Better Homes & Garden Magazine featured as one of the Style Makers for 2016.

**Westbrook-Gorham Rotary Club** met at Westbrook Historical Society at the Fred C. Wescott Community Center where **Jason Beever** donated many items to the Society from his late mother Jane Beever's collection. Pictured are Jason Beever (left), Rotary president, with Mike Sanphy (right), Westbrook Historical Society president.



**The West Gorham Union Church**, 190 Ossipee Trail, will hold a **public supper** on Saturday, Sept. 3 starting at 5 p.m., with tickets on sale at 4 p.m. Beans, hot dogs, chicken pie, American chop suey, casseroles, salads, homemade pies, and more. \$8/\$3.



**The Challenger British Soccer Camp** was held at the Gorham Middle School fields during the week of August 8-12. This camp was sponsored by the Gorham Youth Soccer Association (GYSA) as a preseason training opportunity for their teams and anyone else interested in improving their soccer skills. 154 players participated in the camp led by 15 Challenger Coaches.



**Gorham resident Sarah Flagg**, pictured in the front row on left, will play the badly treated housekeeper in "Clue – the Musical" presented by the Schoolhouse Arts Center. The play will run on September 16, 17, 18, 23, 24, 25, 30, and October 1 and 2. Performances will be held on Friday and Saturday at 7:30 p.m. and Sunday at 2 p.m. FMI, [www.schoolhousearts.org](http://www.schoolhousearts.org) or 642-3743.

**Host families for high school exchange students** are needed for 60 students from Germany, Thailand, Switzerland, Spain, Austria, and Italy. All students must have a host home by August 31. Consider helping by becoming a short- or long-term host family. FMI, contact International Experience at (888) 266-2921 or visit [www.IE-USA.org](http://www.IE-USA.org).

**ON-GOING EVENTS**

**The Gorham Food Pantry**, located at 299-B Main St. (parking lot of St. Anne's Catholic Church), is open every Thursday morning from 9 to 11 a.m. and the second and fourth Wednesday of every month from 6 to 7 p.m. Free for Gorham residents in need. FMI, 222-4351 or [www.gorhamfoodpantry.org](http://www.gorhamfoodpantry.org).

**The Lakes Region Senior Center**, located at the Little Falls Activity Center, 40 Acorn Street, is open Monday through Friday from 9 a.m. to 1 p.m. Join them daily for coffee, tea and socializing. Ongoing daily activities include Mahjong on Mondays - beginners welcome; FMI, Diane 892-9529. Pickleball at 9:30 a.m. on Mondays and Fridays - beginners welcome. Tuesday crafts and card games; FMI, Avis 892-0298; Table Games on Thursday at 10 a.m. and Art Workshop on Friday at 9 a.m.; FMI, 892-0299.

**The Gorham Medical Closet** located at the Municipal Center, 75 South St., is free and available to Gorham residents in need of portable wheelchairs, hospital beds, shower seats, commodes, walkers, canes and more. FMI, call 839-4579, 839-3630, 839-2484 or 839-3859.

**CLOSE TO HOME**

**The Greater Portland Board of Realtors** is seeking participants and volunteers to hold hands and circle the 3.5 mile Back Cove September 18. Free t-shirt day of event, food trucks, family fun, music. Let's Hold Hands to raise money for United Way of Greater Portland! FMI, [www.handsaroundthecove.org](http://www.handsaroundthecove.org).

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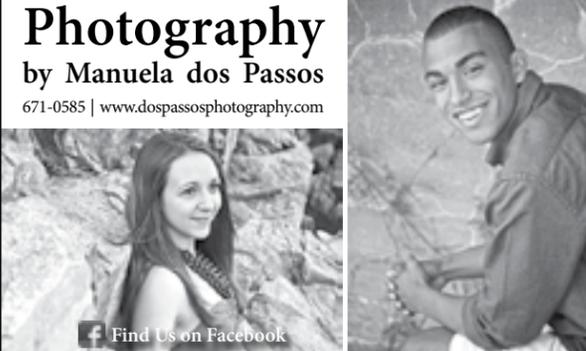
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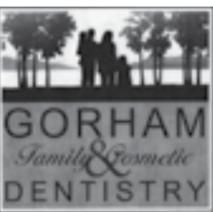
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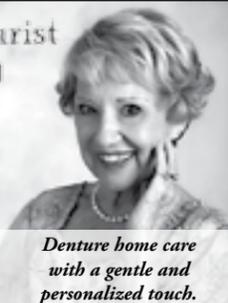
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**WHEN NATURE CALLS**

**Caller reported a suspicious person on New Portland Road. Man needed to go to the bathroom so he had pulled over and gone into the woods.**

Youth involved in a verbal argument with parents had walked away from their Sebago Lake Road residence.

Bouchard Drive resident needed assistance in removing a bat from the house. Officer was able to capture the bat and release it back into the wild.

Caller reported a vehicle operating at very low speeds and driving all over the road. Driver told officer he was tired and admitted to driving very slowly.

Suspicious person parked on Tow Path Road was doing paperwork before going home after playing cribbage.

Homeowner in Little Falls reported five juveniles being loud and running through his yard. Kids were 9-13 years old and playing manhunt. Officer asked them to quiet down and move to their own yard.

Gray Road couple were arguing over woman cleaning while male was sleeping. They agreed to try to get along.

Caller reported that two people were hanging out at a property where they no longer lived.

Officer spoke to man on phone and he refused to give his new address so officer gave him a verbal warning.

White Birch lane caller thought a mirror she saw on Craigslist was one that she had lost two years ago.

Running Springs Road man reported that someone left dog poop in a bag near her house.

Buck St. woman wanted to dispose of a firearm. She was told to bring it to the Police Department.

Suspicious vehicle on bypass had pulled over so occupants could discuss whether they forgot anything at the house from which they had just moved.

Suspicious persons on South St. were involved in inappropriate physical activity in public. They were asked to move along.

A number of people reported scam phone calls from the IRS.

Main St. business reported subject had been harassing customers and begging for money. Business wanted him warned for trespass as this was not the first incident with him.

Primrose Lane caller wanted a friend of hers removed from the residence.

Two people talking in Fort Hill Park were moved along. Park is closed after dark.

Suspicious persons on Laurence Drive were on a break and in a car eating while parked at another business.

Officer responded to a call about loose horses. Officer found horses back in the fenced yard when he arrived. Owner had been called and was mending fence.

Main St business wanted officer present when he fired an employee and retrieved keys from her. She did not show up.

Officers responded to Woodland Road for a verbal argument between a mother and son. Mother said it was fine for him to spend the night.

Longfellow Road man reported his friends were calling him from Florida and accusing him of doing drugs. Officer was not able to make contact with the friends.

Main St. caller said she believed someone had entered her apartment while she was sleeping and stolen some of her medication.

Tink Drive caller was trying to get harassment paperwork on her mother.

Caller wanted to provide information about a possible burglary on Main St.

Officer responded to report of a family dispute on Sanborn St. Parties were separated. There were no threats or assaults.

Buck St. caller found a rabbit in a cage without food, water and fresh lettuce. Officer took rabbit to Animal Refuge League.

Officer stopped a truck on Dow Road with no lights on at 10:30 p.m. Driver was charged with OUI.

Officer stopped a speeding vehicle on Main St. Driver was charged with OUI.

Officer advised a Tink Drive caller on how to obtain an order of protection.

Driver was stopped on Hurricane Road and charged with OUI.

Two suspicious men parked near Burger King were eating in their car.

Suspicious person parked at the end of Cyr Drive was reading a book. He was moved along.

Two people on Flaggy Meadow Road had a verbal argument over putting her name on the lease. She gathered her belongings and left.

Crestwood Drive caller reported gun shots. Officer located the shooter who had been target shooting with his new gun and had fired six shots. He was very cooperative.

Driver stopped on Fort Hill Road near North Street was charged with OUI refusal.

Following a disturbance on Hemlock Drive, person was given a ride to a friend's house for the night.

Officer advised man walking with traffic on New Portland Road that he should walk against traffic.

Two brothers were fighting on Primrose Lane. Father got in the middle to break it up. Dad wanted them out by the morning.

Call was received about a disturbance on Brookdale Drive. Officer made contact with the homeowners who denied anything physical. All parties were intoxicated.

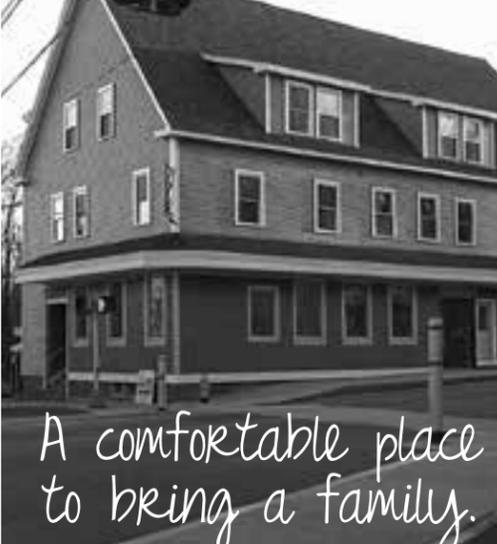
Man driving on State St. was arrested for OUI.

Gray Road man was told to put out a pallet fire and warned to get a permit before having a fire.



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## CALENDAR

### SATURDAY, AUGUST 27

- Greater Gorham Farmer's Market, 8:30 a.m.-12 p.m., 71 South Street (Public park adjacent to Baxter Memorial Library). May through October.

### TUESDAY, AUGUST 30

- The Baxter Museum is open for visitors from 10 a.m. to 1 p.m. or by appointment. The museum has artifacts from Gorham residents and pieces from the Baxter family. Free; donations welcome. FMI, 839-3878.

### WEDNESDAY, AUGUST 31

- Story Time, birth-3 years old, 10-10:30 a.m., North Gorham Public Library.
- Town of Gorham Senior Lunch Program, St. Anne's Church, Gorham. Opens at 11 a.m. Lunch served promptly at 12 p.m. \$4. FMI, 839-4857.
- Introduction to mahjonn with Barbara Remington, 10 a.m., Lakes Region Senior Center at Little Falls Activity Center, 40 Acorn St. FMI, 839-6353.

### THURSDAY, SEPTEMBER 1

- Ultimate Frisbee Pick Up Game, 5:30 p.m. Gorham Middle School fields. No charge. Beginners welcome. FMI, Benjamin Quang, benquang@gmail.com.

### SATURDAY, SEPTEMBER 3

- Greater Gorham Farmer's Market, 8:30 a.m.-12 p.m., 71 South Street (Public park adjacent to Baxter Memorial Library). May through October.

### TUESDAY, SEPTEMBER 6

- Gorham House Itsy Bitsy store, 1:30-3:30 p.m., GH lobby. FMI, 839-5757.
- The Gorham Cancer Prayer and Support Group meets the first Tuesday of every month at 6 p.m. at the Cressey Road United Methodist Church. All are welcome. FMI, 321-1390 or 839-3111.

### WEDNESDAY, SEPTEMBER 7

- Story Time, birth-3 years old, 10-10:30 a.m., North Gorham Public Library.
- Town of Gorham Senior Lunch Program, St. Anne's Church, Gorham. Opens at 11 a.m. Lunch served promptly at 12 p.m. \$4. FMI, 839-4857.

### THURSDAY, SEPTEMBER 8

- Gorham Woman's Club, 12:30-2:00 p.m., First Parish Church. Speaker is Sen. Amy Volk. Guests and new members are welcome. FMI, gorhamwomansclub.org or 239-2766.
- Ultimate Frisbee Pick Up Game, 5:30 p.m. Gorham Middle School fields. No charge. Beginners welcome. FMI, Benjamin Quang, benquang@gmail.com.

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