

New Businesses Coming to Gorham

SHERI FABER Staff Writer

Two remaining properties in the Gorham Industrial Park have recently been sold. Peter Holmes has purchased a 12.64 acre property on Hutcherson Drive, next to Jotul USA. Holmes plans to build a 38,500 sq. ft. multi-tenant building with 3,400-4,000 sq. ft. tenant spaces that can be expanded. He also plans to build an additional 17,500 sq. ft. building at a later date. He currently owns a similar warehouse building in Portland. Holmes hopes to start construction this spring.

About a year ago, Porter Drywall vacated 9 Laurence Drive without notice and the 55,000 sq. ft. building has remained empty until now. Downes and Reader, which owns lumber companies in Stoughton, MA and Milford, CT, purchased Maine Coast Lumber which formerly had locations in Westbrook and York, retaining four of Maine Coast's employees.

Maine Coast Lumber is now another Downes and Reader location which primarily distributes wood products and sells to smaller woodworkers. Tim Reader commented that in going through the process of opening this business he wished "every town was as nice to deal with as Gorham has been." Downes and Reader will occupy about 27,000 sq. ft. of the existing building while the other 28,000 sq. ft. remains unoccupied.

The property at 345 South Street has been purchased by Ron Greco. This property was formerly a garage and has

ARTICLE CONTINUED ON PAGE 4

Remembering Jan Willis

GORHAM TIMES STAFF

Jan Willis passed away on February 5 after a brief battle with cancer. Her memorial service was held on February 11 at a filled sanctuary at First Parish Church. Jan was a well loved member of the Gorham community and a friend to many, particularly the staff of the Gorham Times.

She was a huge supporter of the paper through advertising for Willis Real Estate long before she volunteered her time writing articles. She started as a contributing writer in 2014 when she began

ARTICLE CONTINUED ON PAGE 3

The Big Dig



Photo credit Leslie Dupuis

With five storms over a nine-day period and nearly 35 inches of new snow between February 11-16, perhaps more based on location, the Gorham Public Works Department dealt with continuous clearing for days while residents dug out in between school closures and power outages. See more pictures on back page.



Photo credit Roger Marchand

Lightning Fast

The GHS girls' 4 x 800 relay team of Kate Tugman, Iris Kitchen, Anna Slager and Sarah Johnson (pictured left to right) placed first at the SMAA championship at USM on February 4. The team not only took the top spot, but also set a school record with their winning time of 10:06.18. This relay team was the top seed heading into the February 20 Maine State Championships at USM, with potential to improve their record time. See more SMAA results on page 9.



Rules Around Marijuana Law

COMPILED BY GORHAM TIMES STAFF

Recreational marijuana use is now legal in Maine. Here's what you need

Who can use?

Mainers over the age of 21 can legally use up to 2.5 ounces of marijuana. They can also transfer 2.5 ounces to a friend as long as they receive nothing in return.

Where you can use?

You can't smoke it everywhere. The law prohibits marijuana use in public, whether you eat it or smoke it. For now, you have to smoke in private, such as in your home which includes your backyard or porch. Once the regulated sale of

recreational marijuana becomes legal, you will also be able to smoke in a state-licensed marijuana social club. You could be fined up to \$100 for using marijuana in public.

How you can possess it?

For now, you (or someone willing to transfer some to you) have to grow it. You're allowed to have six mature plants, 12 immature plants and an unlimited number of seedlings at any given time. You can't grow it where it is visible to others and you must prevent access by anyone under 21.

Over the next year, the Maine Legislature will be working towards implementing the regulated sale of marijuana which becomes legal in February 2018.

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 or email us at gorhamtimes@gmail.com. The photo in the January 26, 2017 edition is wall graffiti on the Gorham side of Dundee Dam.

inside the Times GOCAT You Tube

14 Blotter

15 Classified

15 Calendar **13** Community 4 Living

5 Municipal

7 School

9 Sports

A TRIBUTE TO JAN WILLIS Article on PAGE 3

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.

Complying with the REAL ID Act

REP. ANDREW McLEAN

Things are quickly picking up speed in Augusta. The Transportation Committee has held public hearings and work sessions on a number of bills, ranging from labeling signs in public right of ways to what qualifies for failure during a motor vehicle inspection. There are many more bills to come.

One bill that will be in front of the Committee in the coming weeks has to do with the National REAL ID Act. I have heard concerns from a number of Gorham residents and others from around the state about what will happen if Maine does or does not comply with this law. I have also seen misinformation circulating about the REAL ID Act. For this reason, I've provided some brief history on what REAL ID is, Maine's history with REAL ID and what the upcoming bill will do if passed.

The REAL ID Act of 2005 was passed by Congress after recommendations from the 9/11 Commission. The purpose of the REAL ID Act was to create a set of universal standards for states to follow when issuing forms of identification, as there was no uniform security standard for states to follow. The 9/11 Commission's concern was that the lack of standards was a security risk. The

intent of their recommendation was to make it more difficult for terrorists to obtain state credentials, which came from the observation that the 9/11 attackers were indeed able to get state identifications.

In 2007, Maine rejected compliance with REAL ID. Lawmakers and citizens alike had concerns about privacy intrusion and potential conflict with civil liberties. The effectiveness of REAL ID was also questioned in regards to achieving its goal of reducing security risks. Maine was able to obtain a waiver to comply with the law from the Department of Homeland Security, and until 2016 that waiver was renewed each year.

The state has been informed that the federal government would not extend the waiver for 2017, which means enforcement for noncompliance would begin. This is why the question of complying with REAL ID has become such an urgent concern. Starting on Jan. 30, 2017, federal agencies will no longer accept Maine licenses for official purposes. This includes access to military bases, nuclear power plants and other federal facilities that require an ID to enter. Starting on Jan. 22, 2018, Maine licenses will not be considered acceptable identification to board a commercial aircraft.

LD 306, An Act to Require State Compliance with Federal REAL

ID Guidelines, would direct the Secretary of State to issue driver's licenses and non-driver identification cards that conform to REAL ID standards. If passed, this bill would repeal the current law that prohibits compliance from the state and allow the process of bringing Maine into compliance to begin. The bill will have a public hearing and considerable debate. There are legitimate issues of privacy and security on one side and issues of access and compliance on the other. These concerns are important and while the final disposition of this bill remains unknown, the Transportation Committee and the Legislature as a whole intends to find a solution to this issue this year.

If you are interested in testifying or listening to the testimony, please let me know. Hearing your thoughts on this and other issues is crucial to what we do at the State House. As always, please feel free to contact me with your questions and concerns.



(207) 939-8482, (800) 423-2900, andrew.mclean@ legislature.maine.gov

Around Town

David Cole recently presented Sharon Laflamme, the Town of Gorham Finance Director, with a 5-year service pin.

The Gorham Fire Department is asking Gorham residents for help in shoveling out fire hydrants in the community. All fire hydrants must have a three-foot area cleared around them so they can be accessed by first responders in the event of an emergency.

BUY LOCAL



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 Editor.

A heartfelt THANK YOU to the Gorham residents and members of the Gorham business community who answered our call for donations during the holiday season. Your generous contributions will go a long way to helping local families in need this winter.

We would like to especially thank Hannaford for their unwavering support and their annual Helping Hands gift boxes in November and December.

This year, the Gorham community purchased and donated 445 Hannaford Helping Hands boxes to the Gorham Food Pantry. It never fails -- when we ask the Gorham community for assistance, you deliver in so many different ways. We are so fortunate and couldn't do what we do without all your support. Thank you.

Diane O'Neill,

Gorham Food Pantry Board of Directors

GHS GRAD NEWS: If you, or your son or daughter is a GHS graduate, we would like to share your achievements in the Gorham Times Of Interest section or in a Where Are They Now feature. Submissions should include the year of GHS graduation and should be no longer than 75 words. Contact Chris Crawford at ckck5@maine.rr.com, Kathy Corbett at ktcorbett@aol.com or Cindy O'Shea at coshea2@maine.rr.com.



Grand Opening Friday, February 24th, 9-5 Walk-ins only

Open Monday-Saturday. Specializing in custom cuts, with today's trends and yesterday's classics.

Thanks for twelve years of patronage at Gorham Barber Shop (Buster's on Main St). I'll miss my customers, but look forward to seeing you at my new location. -Melissa Feeney

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Gorham Times

BRINGING THE NEWS TO ALL OF GORHAM PO Box 401

> Gorham, Maine 04038 Phone and Fax: (207) 839-8390 gorhamtimes@gmail.com www.gorhamtimes.com

The Gorham Times is a free volunteer-run community newspaper distributed every other Thursday to more than 100 pick-up sites throughout Gorham.

News gorhamtimes@gmail.com gtsportseditor@gmail.com Features ckck5@maine.rr.com Of Interest gorhamtimes@gmail.com **Calendar item** gorhamtimes@gmail.com **Advertising** gorhamtimesadvertising@ gmail.com or 839-8390 **School News** SchoolnewsGT@gmail.com

SUBSCRIPTIONS

\$18/year in Gorham; \$23/year elsewhere \$13/year for college subscription

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Staff Writers Jacob Adams, Kathy Corbett, John Curley, Bailey O'Brien

Features Chris Crawford

Photographers Amanda Landry, Stacie Leavitt, Roger Marchand, Rich Obrev

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Ad deadline is the Wednesday of the week prior to issue date. Go to www.gorhamtimes.com and click on the advertising link for schedule.

EDITORIAL POLICY

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

Printing services by Alliance Press, Brunswick, ME

GORHAM TIMES DEADLINES

Ad Deadline	<u>Publication</u>
Mar. 1	Mar. 9
Mar. 15	Mar. 23
Mar. 29	Apr. 6
Apr. 12	Apr. 20
Apr. 26	May 4

Pinochle and Jan Willis – Blessings that go Hand in Hand

JACKIE FRANCIS Contributing Writer

It may have been close to nine years ago, when Jan Willis became my Pinochle partner. We knew each other casually from the years of our children attending Gorham schools together - we did not go to the same church, live in the same neighborhood, or travel in the same social circles but I knew Jan sold real estate and that she was a fan of the GHS musicals and easily cried tears of joy watching her daughter on the field hockey field or her son on the basketball court.

Of course, Martha Harris, (another Gorham Times alum who passed away in 2013) who was one of my formidable pinochle opponents at the time, (and who could get anybody to do anything, much like Jan), told me one Friday morning that Jan was going to become my new card partner, as Larry Kalp, who'd been my partner for a few years, decided he'd be happier to substitute when occasionally needed. Nothing personal, right Larry? Wink, wink.

Jan and I hit it off right away. We both liked to win. I'd been playing since I was nine, but Jan taught me to be a better player, which in turn, made playing more fun. Let's just put it out there – Jan counts cards. With her perfectly manicured fingers, she devised this system of keeping track of what cards were played, by tapping certain digits on the table. My game consisted of a whole lot of guessing up 'til then, but Jan taught me there was more skill involved. We had a system (no cheating involved), and it was fun. It sounds serious, but we really weren't. We laughed and talked a lot. You truly get to know people when you play cards together. In fact, when Anne Goff and Jane Charron became our new friendly card rivals a few years back, we found it necessary to add a half hour to our start time, as conversation increasingly became a fundamental part of the game.

Pinochle weekend summer retreats at the Kalp camp on Branch Pond in Ellsworth became a yearly ritual. Martha even made a trophy plaque to honor the weekend's champions. Jan's and my name didn't appear



Pinochle friends (from left to right) Jan Willis, Jackie Francis, Jane Charron and Anne Goff.

quite as often as we'd like, but we so enjoyed the camaraderie of the weekend - great food, kayaking, laughter, and of course, a few bottles of scrumptious sauvignon blanc.

Because of Pinochle, I was blessed with the friendship of a kindred spirit. We shared hours of dialogue on book club books, free therapy sessions on morning walks, and girlfriend retreats to Florida.

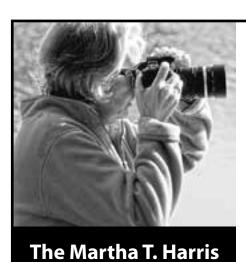
A friend of mine shared this poignant poem with me after Jan's passing. It would have made for great discussion on one of our walks.

Poem for the Living

When I am dead Cry for me a little. Think of me sometimes But not too much. It is not good for you Or for your wife or your husband Or your children To allow your thoughts to dwell Too long on the Dead. Think of me now and again As I was in life At some moment It is pleasant to recall. But not for long. Leave me in peace As I shall leave You, too, in peace. While you live Let your thoughts be with The Living.

— Theodora Kroeber

I shall leave my beautiful friend in peace, but I shall treasure our many moments forever.



Scholarship

The Gorham Times established the Martha T. Harris Memorial Scholarship in memory of our founding member and long-time photographer, after her untimely death in February 2013. We are accepting further donations to keep the fund solvent and to ensure we continue to honor Martha for many years to come by presenting a scholarship to a deserving Gorham High School graduate.

Please send your tax deductible donation to Gorham Times/ Martha T Harris Scholarship, PO Box 401, Gorham, ME 04038

Remembering Jan Willis CONTINUED FROM PAGE 1

sharing "Off the Page" reviews about her favorite books.

Karen DiDonato, past Editor, said, "I approached Jan one day via e-mail to ask if she had any interest in writing for us, and she immediately jumped in with a book review idea. She sent me several columns within a few weeks."

"Jan was always excited to share her love of books with people. With each review she sent in, she was already thinking ahead to the next. In one of

her last reviews, she chose to focus on a mystery series that would appeal to men as much as women so she could draw more people in. Her love of reading was unmatched. She leaves a big hole not only at the Gorham Times, but in the community as well," said Leslie Dupuis, Editor.

Jan will be remembered for her love for her family and friends, her trademark smile, and her commitment to Gorham. We continue to grieve the loss of our friend and contributor.

JANET "JAN" REID WILLIS

GORHAM - Janet "Jan" Reid Willis, 64, of Gorham passed away on February 5, 2017 at Maine Medical Center following a short but fierce fight with cancer.



She was born Dec. 1, 1952 in Cincinnati, OH, the daughter of the late William S. Reid and Ruth Bowman Reid. She

was raised in Norristown, PA and attended University of Maine at Orono, where she met her husband of forty-three years, Paul. Jan taught English and coached field hockey in South Portland at both Memorial Middle School and the High School. During these years she helped create Stix Field Hockey Camp at University of Southern Maine, won a Class A State Championship, and created many lifelong friendships. Jan took great pride in her field hockey accomplishments, including being inducted into the Maine Field Hockey Hall of Fame in 2006, but perhaps took the most pleasure in attending more recent athletic events where she was able to watch the children of her former student-athletes play. Following her teaching career she joined the family business, Willis Real Estate, and enjoyed a thirty-year career helping people with their housing needs. She was a proud member of the Portland Board of Realtors. Jan was gifted at establishing and maintaining relationships, and it was not uncommon for her clients to turn into treasured friends. Similarly, she was a longtime member of First Parish Congregational Church in Gorham and developed innumerable friendships through her service as a deacon and on multiple committees within the church. Jan had a zest for life, whether it be walking with friends, participating in multiple book clubs, playing year-round tennis, or supporting Gorham sports teams, and she was a relentless opponent at the pinochle table. Jan loved to travel and explore new parts of the world and also felt a deep connection to the Damariscotta/Pemaquid Point area, where she relived many happy childhood memories each summer. Jan was a loving and giving woman who enjoyed talking and sharing stories with new friends and old, whether it was on her screened-in porch, at a church dinner, or on a cable car in San Francisco. She was unwavering in her commitment to writing birthday cards and thank you notes. She liked her bacon extra crispy, her M&Ms blue, and her wine white and chilled, preferably from the Marlborough region of New Zealand.

Jan is survived by her loving husband, Paul and her two greatest accomplishments, her children: David, of Gorham; and Jen Willis and wife Sarah Catlin, and Jan's greatest joy, her grandson, Will, of Bethlehem, NH; her sister Joan Hill and husband Jay of Safety Harbor, FL; her brother William Reid and wife Ruth of Temecula, CA; and her numerous beloved nieces and nephews and their children.

The family would like to thank the doctors and staff at Maine Medical Partners - Gynecological Oncology, and especially the entire team on the fifth floor of the Gibson Pavilion at Maine Med for the outstanding care that Jan received.

Those who wish may make donations in Jan's name to Baxter Memorial Library, 71 South Street, Gorham, or First Parish Congregational Church, 1 Church Street, Gorham. To express condolences or to participate in Jan's online tribute please visit www.dolbyfuneralchapels.com

Jan's 2016 Favorites

JAN WILLIS Contributing Writer

As I write this, it is January, that time of year when people reflect on the year past - goals accomplished, trips taken, family additions, changes in jobs, and in my case - books read! What were the top books I read in 2016? Which books do I want to strongly encourage others to read?

I recently read Will Schwalbe's new book, "Books for Living." Schwalbe discusses the essential nature of reading and of sharing what we read with others. He says that, "we need to read and to be readers now more than ever." When friends see me coming, they know one of the first questions from my mouth is, "What have you been reading lately?" I am genuinely interested. I want to see if I have read the same books so we can discuss them, or if my friends have new books to recommend.

So here are my favorite reads from 2016 in no particular order. "A Little Life" by Hanya Yanagihara. This is not a book for everyone, but it is the book that moved me the most and it has stuck with me. "The Paying Guests" by Sarah Waters. This book is set in London and has to do with class as World War I ends and a mother and daughter are forced to take in "boarders," or "paying guests," in their genteel home in order to make ends meet.

"Caleb's Crossing" by Geraldine Brooks. This is a novel based on the fact that a Native American was accepted and matriculated at Harvard

in the 1660's. "Mothering Sunday" by Graham Swift. Read this in one sitting if you can. Finish it and start again! Very moving. It



is another book dealing with class in England. "As Good as Gone" by Larry Watson. Parenting and/ or grandparenting under difficult circumstances drives this short novel.

Books about the immigrant experience are often interesting. Try "Behold the Dreamers" by Imbolo Mbue, and "The Space Between Us" by Thrity Umrigar. I also read "The World We Found" by the same author and highly recommend it.

Also "Commonwealth" by Ann Patchett. This is definitely one of her best. Local writer Monica Wood has an outstanding new novel named, "The One in a Million Dollar Boy." Last, but not least, "The Guest Room" by Chris Bohjalian. I wish I had bought this book and had my own copy to review. It is powerful and moving.

Enjoy Reading!

Editor's Note: Jan's family shared this last book review with the Gorham Times after her death. Her son, David Willis, a former Gorham Times board member as well as a part of the distribution team, said, "Thank you for giving her the opportunity to write for the Gorham Times. She loved contributing to the paper and the opportunity to have an outlet for her passion for reading."

Take a Scenic Snowshoe or Ski on The Sebago To the Sea Trail

CHRIS CRAWFORD Staff Writer

The Sebago to the Sea Trail (S2S) has great hiking and biking in the warm months, but the trail offers wonderful opportunities for winter activities, too. Exercise, fresh air and a little sunshine are welcome antidotes to cabin fever.

Get out and get active, but remember, safety first. Dress warmly and in layers. Bring water, a charged cell phone and other emergency supplies, and let someone know where you are going. Pets on leash

are welcome, but remember that the phrase "leave no trace" applies to your pets, too. Animal feces left in the middle of a trail is a drag. There are no restrooms on any of these trails for humans.

A printable map of the entire S2S Trail is available at https:// sebagotothesea.org/. The trail is broken down into eight segments. Sections 1 through 4 are in or closest to Gorham.

Many people are familiar with Section 3, the paved Mountain

ARTICLE CONTINUED ON PAGE 5

TOWN OF GORHAM - NOMINATION PAPERS AVAILABLE PORTLAND WATER DISTRICT BOARD OF TRUSTEES MONDAY, March 6, 2017

The Municipal election will be held on Tuesday, June 13, 2017 for the purpose of electing:

One (1) person for the Portland Water District Board of Trustees for a five (5) year term.

Nomination papers are available from the Town Clerk's Office beginning on Monday March 6, 2017. Completed nomination papers must be submitted to the Town Clerk's office no later than 1:00 p.m.

The board is comprised of eleven members who serve staggered 5 year terms. The board generally meets twice monthly; a workshop session is held the 2nd Monday of each month, and a regular business meeting is held the 4th Monday of each month.

Trustees receive a stipend of \$100 per meeting, up to \$2400 per year.

Any registered voter of the Town of Gorham, who is interested in running for the Portland Water District Board of Trustees, must submit nomination papers with no less than 35 or more than 50 $\,$ signatures of persons who are registered voters of the Town of Gorham.

Please contact the Town Clerk's Office at 222-1670 if you have any questions.

Physical Therapy Before Knee Replacement Speeds Up Recovery

TED GREELEY

Undergoing a knee replacement is a positive life changing event for an individual. This decision to improve one's quality of life will take preparation prior to surgery as well as a lot of mental and physical effort after surgical intervention to achieve the best results. Skilled outpatient physical therapy before surgery can provide many benefits such as patient education, improved range of motion, increased strength, and improved functional mobility.

Patient education prior to surgery can help decrease the patient's anxiety and help prepare the home. The therapists can provide education about the lengths of hospital stay, rehabilitation facility stay, home health physical therapy, and outpatient physical therapy rehabilitation. Education regarding modifications to the home, such as removing throw rugs and re-routing electrical cords that lay on the floor, in order to avoid post surgical falls, is another important component.

Physical therapy intervention prior to surgery can help improve the outcome after surgery by working on the knee's range of motion, muscle lengths, muscle extensibility, and muscular strength. There are two different types of range of motion. Passive range of motion is when an external source moves the knee without effort from the patient. Active range of motion is similar but is when the patient utilizes their own muscles to move the knee. Both are equally important to maximize prior to surgery to decrease the length of rehabilitation. Passive range of motion will be limited by the extent of structural damage to the joint, the tightness of the joint capsule, and the musculature mobility. Active range of motion is additionally limited by muscular strength.

Muscle mobility is influenced by muscle flexibility and by muscle extensibility. Flexibility is improved with stretches held for at least 30 seconds each stretch, but the stretches should not increase pain in the joint. Muscle extensibility is the ability of the muscles to glide past one another without "sticking" together and limiting motion. Extensibility can be improved with self-massage techniques and with advanced massage techniques using beaded or foam rollers.

Strength is an important component of recovery from a knee replacement. The earlier the strengthening begins before surgery the stronger one will be after surgery, and the faster the return to ambulating with the least restrictive assistive device. The strength that must be obtained is not only the strength of the knee itself, but also the strength of hips, lower leg, abdominals, arms, and general conditioning. The hips and lower leg have musculature that plays a critical role in proper knee alignment and function, and are difficult to strengthen. Abdominal strength is critical to provide a solid base for the legs to work from because all motions are first initiated from the body's center.

The benefits of skilled outpatient physical therapy are numerous. Seeking care prior to surgery, as well as after, will contribute to maximizing a patient's ability to move about functionally without limitation.



Ted Greeley II, has a Doctorate in Physical Therapy from Husson University. He is a Certified Strength and Conditioning Specialist and enjoys educating and treating patients of all ages at Back in Motion Physical Therapy.

New Businesses in Gorham CONTINUED FROM PAGE 1

been vacant for several years. Greco plans to have indoor storage in a smallbuilding on the property and restore the main building for auto repair and used car sales. Greco also owns a used car business in South Portland.

Tim Hill, who owns property off New Portland Road near Glidden Paving,

is adding a 2,000 sq. ft. addition to an existing building for his custom odworking business. Hill ma corporate displays for Bed Bath and Beyond. He also plans to build a fourunit warehouse building next door to his cabinet shop.

TOWN OF GORHAM BOARD OF APPEALS **NOTICE OF MEETING MARCH 1, 2017**

The Gorham Zoning Board of Appeals will hold a special meeting on Wednesday, March 1, 2017 at 6:30 pm in the Burleigh H. Loveitt Council Chambers at the Gorham Municipal Center, 75 South Street, Gorham to consider the following:

An appeal from Mr. John Papi, DBA Pinetree Disposal/TNT Trucking, on his denial of his Commercial Refuse Collector License, pursuant to the Town of Gorham's Solid Waste, Flow Control and Hazardous Waste Ordinance (6.8.2)

An appeal from Benjamin Moody, property owner and petitioner seeking a side line setback variance on property located at 55 Briarwood Lane (Map 39 Lot 33). The subject property is located in the SR Zoning District.

Listen to Your Heart - The Sounds of Warning Signs

Courtesy of the National Center for Chronic Disease Prevention and Health Promotion

Heart disease is still the leading cause of death in the United States, but there are many ways to prevent and proactively treat it. With February designated as American Heart Month by the American Heart Association, it's time educate ourselves on being in tune with some silent indicators of heart disease.

Nicholas Yphantides, MD, MPH, offered some warning signs of heart disease. "The classic symptoms of a heart attack can be pretty dramatic and scary. But, sometimes, the body offers quieter clues that can indicate that something is amiss," he said.

"The challenge with most of these signs is that, because they are subtle, they could be caused by any number of things. That is why consulting with your licensed healthcare professional is so important. Asking yourself these questions can help you plan for what to discuss at your next appointment."

Do you feel tired all the time? Your energy can be low for many different reasons, but constant, extreme fatigue could be an early sign that your heart is struggling to get oxygen to your body. Dizziness, or light-headedness, during physical activity could also mean that your heart is having a hard time keeping up, and your blood pressure could be dropping as a result. While

ARTICLE CONTINUED ON PAGE 14

Take a Scenic Snowshoe or Ski CONTINUED FROM PAGE 4

Division Trail from Otter Ponds to Route 202 (4.5 miles, one way), which connects with the Shaw Park Loop along the scenic Presumpscot River, and with Section 4, South Windham to Westbrook, (4.8 miles along a flat rail bed) with parking at the Windham Post Office on Rt. 202. Section 4 begins across the street from the Mountain Division Trail, near the Blue Seal Feed store.

While less well-known, Sections 1 and 2 also provide great opportunities for winter activities. Section 1 begins at Sebago Lake and goes to Route 237, but you will hike it in reverse. It is owned by the Portland Water District (PWD) and is managed by Presumpscot Regional Land Trust. This 2.8 miles round trip, slightly downhill on the way in and uphill on the way out, travels through forests that include an old family cemetery on the left and further on, a beautiful beaver habitat on the right. About a mile in, a trail veers to the left leading to the shores of Sebago Lake, a stunning view of the mountains and an opportunity to do a little ice fishing, if you have a fishing license and are so inclined.

There is limited parking (three vehicles or less with all of this snow) at the end of Pond Road off Rt. 35

where you will find a PWD kiosk with a permit to fill out and put on your dashboard. There is also parking and a permit kiosk at the Portland Water District lot on Rt. 237, with a slightly longer walk across Rt. 35 and then a left to walk to the start of the trail at the end of Pond Road. Alternate parking and a slightly different hike in is located on Rt 35, on the left heading toward North Windham, at the intersections of Rt. 35 and Busque Road.

Section 2 is Route 237 to Otter Ponds (1.2 miles) which connects to Section 3, the Mountain Division Trail and also to a series of trails through Otter Ponds YMCA Camp. The Otter Ponds offer some great ice-fishing opportunities. Pond #2 and Pond #4, aka Snake Pond are well stocked with Brook Trout in the spring and fall. Catches here can taper off later in the Winter season. Remember to bring your Maine permit.

Park in the Water District lot on Rt. 237, fill out a permit at the kiosk, and walk through the woods road south toward Otter Ponds and follow the Sebago to the Sea Trail signs. Alternate parking is available at Johnson Field on Rt. 35. Look for the kiosk to fill out a PWD permit.

History Repeats Itself at GHS



A picture of GHS from the school newspaper, "The Ramster," dated November 1967. As GHS teacher Rob Roy shared. "Fifty years ago we settled on a location for a new high school which is the current home of GHS. Since the original construction we have had two major additions or building projects. Fifty years later, and we are again talking about another addition or location for a new high school."

FEBRUARY 7, 2017

Town Council Report

JACOB ADAMS Staff Writer

Deputy Police Chief, Chris Sanborn, Lieutenant Michael Nault, Sargent Ted Hatch and Officers Paul Dubay, Todd Meslin and Alisha Smith were recently

Cindy Hazelton, Gorham Recreation Director, discussed the benefits and concerns of utilizing the Town's Athletic Facilities for advertising.

Shawn Moody gave a presentation regarding his plans for the development of the old "racetrack" located on Rte. 202.

The Town Council approved a renewal liquor license for The Blue Pig, LLC, located at 29A School Street.

The Town Council determined that an old section of Route 25 has been abandoned pursuant to Title 23 MRSA Section 3028 and that there is no public easement.

The Town Council approved a Subordination Agreement on behalf of JCS3, LLC, to allow JCS3, LLC to refinance their project at 10 North Gorham Road, known as Perennial Place, to subordinate the first refusal rights to Kennebunk Savings Bank, but retaining first refusal rights in all other respects.

Up to \$800 will be appropriated from the Contingency Account to pay for American flags and to have the Lions Club annually install them in

Gorham.

The Town Council accepted a proposal from Normandeau Associates to conduct an environmental assessment on three properties as part of the federal requirements for transferring property restrictions that resulted when the Town obtained several Land & Water Conservation Fund grants from the National Park Services back in the 1970's. The Town Council will appropriate \$30,000 from the Land Acquisition Reserve Fund to pay for the environmental assessment.

The Administrative Consent Agreement with the State of Maine Department of Environmental Protection was approved by the Town Council. This agreement will resolve issues the Town had with fully implementing and enforcing the requirements of a Permit for the discharge of storm water under the Maine Pollutant Discharge Elimination System Program. The Town Council also endorsed the Supplemental Environmental Project proposed by the Presumpscot Regional Land Trust to be funded and further endorsed the funding of other supplemental environmental projects to the fullest extent allowed. The Town Council appropriated \$15,000 from the Waste Water Holding Tank

REPORT CONTINUED ON PAGE 6

Attention GORHAM BUSINESS **EXCHANGE Vendors:**

Showcase your products and services to attendees at the 20th Annual Gorham **Business Exchange Marketplace!**

REACH **000 CUSTOMERS** AT ONE TIME!

RESERVE YOUR BOOTH TODAY!

Shoppers will sample food from our area eateries, enjoy local talent, receive cost savings on "show specials," sign up for vendors' prizes, and have a chance to win lots of cash!



Saturday, April 1st 10 a.m. - 3 p.m. **USM Costello Field House**

Reserve your booth now!

www.GorhamBusiness.org/marketplace or call Katie Sherman at 892-5515 FMI.



Town Council Report CONTINUED FROM PAGE 5

project and \$10,500 from Little Falls Wood Clearing Account for the civil monetary penalty.

A design for the Public Safety Complex sign was approved by the Town Council. (6 yeas, 1 nay: Smith)

A proposal to amend Chapter 1, Section 14, Office Residential District (B) Permitted Uses of the Land Use and Development Code was referred to the Planning Board for their Public hearing and recommendation. The amendment will add a new paragraph 5: Retail Sales having a gross floor area of less than 4,000 sf and amending paragraph (F) Performance Standards

by adding a new paragraph 13: All Principal building and structures for non-residential purposes shall be of a traditional New England Village design to be compatible with the predominant scale and character of the existing Gorham Village architecture.

The Town Council endorsed an application to Portland Area Comprehensive Transportation System to link traffic signals on Main Street and redesign the intersection at Main Street and New Portland Road.

Complete minutes are available on the town's website at www.gorham-

FEB. 6, 2017

Planning Board Results

The Board recommended to the Town Council that the Land Use and Development Code be amended to allow rotating barber poles.

Design Dwellings, Inc.'s request for approval to amend Snowbird Condominiums to add three new units with approximately 1.07 acres on property located off Connor Drive in Allen Acres Subdivision off Main Street, was postponed pending responses to remaining issues and finalizing revisions to the plans.

for approval of Ward Hill

Condominiums, a 14-unit condominium project on property located at 346 Main Street, was given preliminary approval with findings of fact as written by the Town

Gregory and Angela Fall's request for approval to complete the lower level of the building at 380 Main Street for additional office space, located at the corner of Main Street and Libby Avenue, was approved with findings of

fact and conditions of approval as Susan Duchaine, Inc.'s request written by the Town Planner and amended by the Planning Board. Restaurant Hours Sun-Thurs: 11 am to 11 pm Fri & Sat: 11 am to 12 am GORHAM HOUSE OF PIZZA 839-2504 "Serving Gorham Since 1981." We serve pizza, pasta, salads, calzones, wraps & more! View our site online: www.ghop.me Follow us on Twitter: ghopme Like us on Facebook

2 State Street • Gorham, ME 04038

Grand Jury

The Grand Jury returned the following indictments in February

Gorham man, 28, was indicted for possession of heroin and use of drug paraphernalia on charges brought by the Portland PD.

Rangeley man, 49, was indicted for reckless conduct with a dangerous weapon, three counts of leaving the scene of an accident with property damage, three counts of criminal mischief, reckless conduct with a dangerous weapon and aggravated criminal OUI on charges brought by Gorham PD.

Windham man, 46, was indicted for aggravated operating after habitual offender revocation, criminal OUI and criminal trespassing on charges brought by Gorham PD.

October Arrests

The Gorham Police Department made the following arrests in October:

Ash Drive woman, 27, was held for another agency for failure to appear.

Buxton man, 29, was arrested for failing to stop for an officer.

Main Street man, 29, was arrested for unlawful possession of a scheduled drug.

Sanborn Street man, 23, was arrested for failure to appear.

Standish man 25, was arrested for OUI (1 prior).

Portland woman, 33, was arrested for OUI.

Windham woman, 31, was arrested for OUI.

Massachusetts man, 20, was arrested for operating a vehicle without a license,

refusing to submit to arrest, criminal trespass, OUI, and failure to stop for an

Portland man, 36, was arrested for violating an order of protection.

Ichabod Lane man, 19, was arrested for OUI, operating a vehicle without a license and displaying a suspended or fraudulent license.

Westbrook woman, 22, was arrested for OUI.

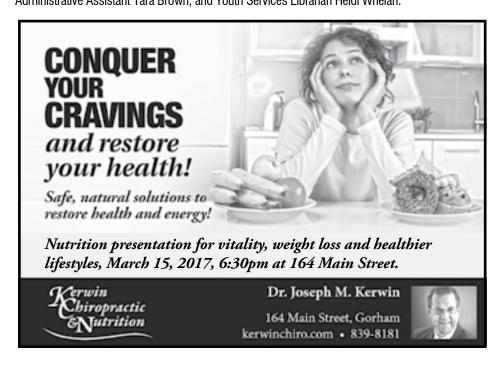
Westbrook man, 22, was arrested for violating conditions of release and unlawful possession of heroin (priors).

Windham man, 24, was arrested for four counts of burglary to a motor vehicle, two counts of unlawful possession of scheduled drugs, four counts of theft by unauthorized taking and stealing drugs.

Celebrating Harry Potter in Style



On February 2, Baxter Memorial Library held the Hogwarts Library Ball which celebrated the magical world of Harry Potter. Approximately 140 people attended the event which had Harry Potter themed crafts, trivia, refreshments and dancing. Many came in their favorite wizard or party attire. There were prizes for the winners of the trivia contest and attendees were treated to a snakethemed cake, made by Library Director James Rathbun, and "butter beer" to wash it all down. Pictured (I to r) are Public Services Librarian Julia Hoisington, Library Director James Rathbun, Administrative Assistant Tara Brown, and Youth Services Librarian Heidi Whelan.



Gorham High School Second Quarter Honor Rolls 2016-17

Grade 9 - High Honors Carson Battaglia Elizabeth Blanchard Laura Bolduc Anthony Booth Haley Burns Brandon Chhoeung Kaitlyn Crockett Madison Firmin Erin Hume Paige Hume Noah Jalbert Elyssa Johnson Aaron Jones Henri Kuntz Lucas LaMontagne Ethan Mercier Pevton Morton MacAllister Moss Cameron Myles Jillian Nichols Abigail O'Brien Samuel Orlando Marin Perry Chloe Russell Camden Sawyer Veronica Steiner Madisen Sweatt

Grade 9 - Honors Ethan Allen Grace Andrews Joshua Ball Patrick Bishop Jordan Bretton Westley Brinegar Jessica Burgess Lucia Burke Emma Callahan Margaret Caruso **Evan Chambers** Lane Charlton Vicky Chen Colby Christakis Gisele Cologna Julie Cooper Emily Crepeau

Andrew Tinkham

Samuel Waggoner

Lauren DiDonato Faith Dillon Mackenzie Dix Meredith Donisi Connor Donnelly Mia Donnelly Ryan Doughty Lydia Drew Jeremy Duncan Molly Eaton Raechel Edwards Isabelle Emerson Tyler Farris Sawyer Gagnon Kevin Goodnow Meghan Grav Lauren Green Bryce Gurney Kyle Hamblen Jacqueline Hamilton Joseph Hansen Maeve Higgins Ashleigh Hotham Charles Hubbard Makenzie Huntington Nolan Irish Katarina Jenkins Cortnie Jones Brady King Iris Kitcher Cassandra Kovacs Brittney Landry Emma Linkiewicz Haley Lowell Travis Matheson Nolan McCullough Abigail Miller Caralin Mills Sophia Minchev Anna Nault Lindsey Nygren Kyle Ouillette Samuel Paulin Cole Perreault Ava Pitman Lauren Preis

Rvan Reno

Andrew Rent

Alaina Christy

Ryan Collier

Seth Richardson

Margaret Rimkunas

Jackson Robbins Tyler Rollins Gianna Romatis Angela Sauvageau Zachary Shaw Beniamin Smith Kendall Smith Ursula Steiner Javin Stickney Julia Sturgis Kiana Tracev Sarah Tuttle Lydia Valentine Isabella VanZandt Isabelle Wareham Alana Weed Jade Wu Quinn Young

Grade 10 - High Honors Kyren Bettencourt Brandon Cummings Emma Forgues Jeremy Harris Ella LeBlanc Lila Lovley Matilda McColl Libby Mitchell Katherine O'Donnell Olivia Paruk Anna Rathbun Simon Roussel Leah Scontras Katelyn Smith Sarah Stevens Haley Thompson Sarah Walker Erin Wentworth **Bruce Wyatt**

Grade 10 - Honors Maggy Aube Fatima Batoo Lexa Bibeau Kevin Blake Brian Bunker William Burns Caitlin Chasse Maiya Christiansen-Carlson

Alexa Corey

Tyler Cormier Isabel Courtney Gavin Cupps Albert Del Tarre Tria Rvan DeSanctis Brittany Desiardin Julia Downey .lacob Dupuis Riley Ferrigan Gabriella Gagne Avery Germond Zachary Green Caroline Gross Brinn Hall Joshua Havward Autumn Heil Riley Jerome Spencer Keating Elisabeth King Isabelle Kolb Kate Larkin Abigail Leonard Thomas Light Thomas Locke Griffin Lord Kathryn Lundin Cooper Lyons Lvdia McCrillis Trent McLellan Gavin Mercier Harris Milliken Hailey Morrill Gretchen Muehle Margaret Munkacsi Kathryn Nason Benjamin Nault Jordan Perkins Samuel Pocock Alice Riiska Samantha Rockwell Colette Romatis Callie Russell Jacob Sladen Sara Slager Cameron St. Cyr Mariah Stout Ian Stultz

Payton Thorpe

Quentin Volpe

Ethan White

Bryce Womack Brooke Woodbury Mackenzie Young

Grade 11 - High Honors Caitlyn Beaulieu **Emily Chapin** Bennett Donohue Aaron Farr Kate Gilbert **Garrett Higgins** Kaitlyn Jodoin Sydney Levesque Grace Libby Hannah Libby Sierra Lumbert Emelia Neiezchleha Benjamin Nelson Alexander Ousback Jonathan Scribner Anna Slager Josephine Smith Isabella Solari Abigail vanLuling

Grade 11 - Honors Asal Bahmani Clayton Bassingthwaite Conor Battaglia Jessica Bennett Vanessa Berrill Lindsey Boylen Nathan Brown Nolan Brown Isabelle Burke Marisa Collins Courtney Cushing Claudia Daigle Michaela Desrosie David Drew Vy Duong Holden Edwards Benjamin Eichner Lyndsey Estes Jacob Estev Meadow Fortier Alexis Fotter Olivia Garand **Emily Goriss** Brooke Greatorex

Saoirse Herlihy Madison Hincher Phoebe Johnston Kyle King Stephen Klatt Eduard Klyuchka Karalyn Kutzer Noah Lambert Samantha Langevin Shelby Leach Zachery McGouldrick Chase Messer Madison Mitchell Carlos Monsen Camryn Morton Emily Murray Jack Niles Elizabeth Olsen Deidra Perreault Kali Perry Sean Pocock Hunter Poitras Megan Polchies **Emily Prindle** Brittney Reed Lucas Roop Bridget Rossianol Madeline Rossignol Michelle Rowe Clara Santos Sarah Shields Owen Smith III Kayla Sticknev Stefan Street Nora Susi Christopher Tucker Claire Valentine Breana Verrill Rylie Wareham Lily Whitten Simeon Willev Rosemary Wood Madison Young

Andrew Harjula

Shayla Harris

Maxwell Harvey

Grade 12 - High Honors Anne Acker-Wolfhagen Mary Adams

Avery Arena Delaney Burns Kathryn Christianson Havlee Dahlborg Abigail Flint **Emily Hayward** Thomas Macomber Thomas Matthews Clemence Nennen Kyle Peoples Samuel Roussel Emma Smith Blake Wallace Emily Yager

Grade 12 - Honors Elsa Alexandrii Jordan Allen Katherine Andrews Kelly Aube Sally Aube Georgia Baber Trystan Bates Katherine Bennett Hannah Bensor James Benson David Blattstein Andrew Brown Tess Buzzell Lindsey Caron Jamie Carter Nariah Cavarretta **Dennis Cloutier** Cameron Coro Nathaniel Cupka Kristen Curley Jordan Currie Brandon Desiardin Kara Doane Alyssa Dolley Kara Ellsmore Travis Emerson **Emily Esposito** Erin Esty Jordyn Falagario Ryan Firmin Joseph Fisette Jackson Fotter Bennett Gasowski

Bligh Godin Brooke Hall Grant Hamblen Ryan Hamblen Rhiannon Hatch Sophia Hendrix Cameron Holmes Tyler Houston Madeline Joyal-Myers Jamie Juskiewicz Anne Kelly Whitney King Diana Kolh Jason Komulainen Carli Labrecque Eric Lane Justin Laughlin Hannah LeBlanc Narissa Libby Samantha Low Keegan Luce Kaylea Lundin Samuel Martel Fiona Nee Bryan Nelson Emily O'Donnell Miles Obrey Ethan Orach Athena Pappalardo Audrey Perreault Meghan Perrin Tyler Richman **Brady Rioux** Julia Roy Caroline Smith Molly Sposato Raymond St. Cvr Karen Stemm Cameron Stevens Alexandra Stresser Connor Sweatt Hallie Thomas Amanda Thompson Lily Towle JennaMarie Webster Dylan Weeks Tiril Wiig Heather Woodbury Marc Yankowsky

Devyn Harrington

Catherine Higgins

Sean Glasgow

Gorham Middle School Second Quarter Honor Rolls 2016-17

Grade 6 - High Honors Julia Altham Hayden Anderson Olivia Bryant Christian Butler Lexi Caron Hannah Caron Faith Connolly Jasper Crane Rachel Cummings Annie Cunningham Patrick Cyr Angela Dellasala Jonah Doucette Noah Flynn Tedi Gould Kyra Hamblen Josephine James Braeden Johnson Grace Johnson Eden Johnson Samantha Kovacs Alexis Landry Samuel Larkin Erin Lawrence Jacob Lehmann Trevin Macomber Sofia Mankin Kaci Mollison Isabella O'Brien Hannah O'Reilly Tyler Reynolds David Russo **Brady Smith** Alexandra Sutton Madison Toronto Kieran Wilkins Hailee Willey

Grade 6 - Honors Waeil Ahmed Brady Alexander Benjamin Allison Avery Andrews Anthony Arsenault **Emelia Bailey** Hayden Battaglia Lucien Beardsley Julia Bell Ella Bethany Ava Bryant Klarha Cajuste Ryley Cash Miranda Chasse

Junbei Chen

Peter Wu

Amelia Connor-McCoy Ryan Cooper Makenna Delaney Quinn Dillon Devin Dobson-Jacques Maeve Donnelly Madeline Downey Katherine Dugal Owen Dugas Holly Dupra Annika Edgar Julia Edgar Sadie Fiore Abby Fiore John Frank Ty Gammon Andrew Gaudreau Brooke Gerry Brooke Gordon Marin Graham Alexander Griffin Corinna Hahn Owen Harmon Matthew Harmon Graham Henderson Olivia Hopkins Jude Huckaby Aryahna Hulit Lucy Hyde Kelsev Jalbe Jada Kennie Ella Kitchen Kevin Luo Savannah Lyon Kate Martin Griffin Mocciola Ella Novak Lucas Ouillette Cameron Parker Kate Pelletier Nicholas Phinney Oasim Rabbani Jayden Racine Sarah Rathbun John Reidy Lauren Rioux Keira Rosario Abigail Rosingana Chloe Ruane Lillian Ruane Emma Sands Kate Sands Christopher Sargent

Andrew Scribner

Cody Sellick

Eli Sjostedt Joshua Sparrow Trent Stevens Damien Taylor Rylee Tenuta Wyatt Thomas Megan Wentworth Elizabeth Willette Madison Woodcock Wyatt Woodsum Delaney Wright Lillian Zidle

Grade 7 - High Honors Colin Albert Drew Baber Lauren Bachner Noah Badeau Curan Bassingthwaite Gavin Begonia Mallorie Bergquist Landon Bickford Brylee Bishop Caroline Bishop Allison Bishop Robert Boylen Connor Callahan Erin Castonguay Morgan Chapman Nathan Chase Ainsley Christianson Sydney Connolly **Hunter Connors** Nathan Corev Calvin Cummings Kaitlyn Cushing Samuel D'Amico Mary DeWitt Alden Dimick Nathan Doane Katherine Dupuis Hailey Edwards Abigail Emerson Asa Farley Andrew Farr Samuel Farr Annie Frey Elizabeth Frey Charles Gay Ainsley Gray Rachel Gross Bryce Gunn

Sydney Haskell

Madisson Hatch

Ethan Ho

Kiara Hodge

Abigail Houp Julia Kratzer Stephanie Labrie Kyle Landry Alexandra Light Elisabeth Loranger Ian Luciano Bryce Lumbert Annika Mankin Mikayla Martorano Anya Mazaris-Atkinson Madison Michaud Sophia Michaud Andrea Mitchell Annikka Mocciola Dylan Morrell Isabella Morrell Emma Mullin Alexandra Myles Anna Nelson Cassara Novak Julia Ordway Cheyanne Osmond Hunter Pellerin Albert Plummer Phoebe Richards Quentin Riiska Brandon Sadowski **Brady Sawyer** Thaddeus Shain Devan Sherry Clara Shvets John Sutton Nicole Walker Caleb Waterman Alexandra Waterman Megan Wentworth Quentin Wise Elijah Wyatt Megan Young

Grade 7 - Honors George Allison Natalya Asali Ryan Bechtel Trevor Bennett Gisele Berry Sean Boylen Aaja Breton-Jalbert Alyvia Caruso Bode Coleman Kiah Curtis Sadie Cyr Nolan Davis Izabella Densmore Aiden Dever

Tessa Dol Quinn Doyle Sarah Duff Sadie Dyer Morgan Edenbach Madeline Fadrigon Olivia Falagario Emily Feagans Carl Feagans Benjamin Fecteau Kassidy French Joleen Gima Jacob Graham Riley Grant Kylie Green Riley Griffin Brooke Guimond Caleb Hendrix Kylee Keene Killian Kolb Gannon Kuntz Nathan Ladd Mason Landre Ava Lever Keagan Lindsay Shantearra Ly Paige Marchand Zackary Mays Owen McCaffrey Jaekup McCluskey Colin McDonald Daniel McKeage Aidan Meredith Macen Mitchell Ambrosia Moore Jillian Morrill Liam Moss Anya Nagle Abigail Ouellette Hunter Pelletier Grace Perreault Ellie Perry William Perry Madison Philbrick Nelly Popov Luc Puglionesi Casey Rancourt Shannon Randall Courtney Rent Tristan Rideout McKenna Roberts

Kaden Shaw Kyle Skolfield Jackson Smith Hannah Spickel William Stein Emma Stevens Makayla Summerson William Thompson Ashley Thurston Nola True Colby Tucker Sarah Valeriani Izzabella Verrill Brandon Verrill Asa Wareham **Bradley Weed** Jacob Weisman **Emily Wilcox** Leah Woodbury

Grade 8 - High Honors Madeline Berry Jordan Blakeslee Grace Bradshaw Anneka Bryant Beck Carrier Lily Courtney Noah Cupps Ava Dolley Katherine Downey **Emily Duncan** Nathan Eichner Danielle Eid Grace Flynn **Gracie Forques** Campbell Fowler Sydney Fox Reed Henderson MacKenna Homa Richard Jiang Riley A Johnson Riley E Johnson Sophia Kaufman Evan Koenig Amelia Kratzer Ryan Kratzer Joshua Labrie Mason Laskey Shannon Lawrence Maya Lee Zakaria Lembarra Mikayla Leskowsky

Tess Libby

Kylie Mathieson

Olivia Michaud

Molly Murray

Adele Nadeau Alexis Ordway **Emily Paruk** Alice Peterson Matthew Phinney Skylar Prince Cassidy Rioux Hailey Rupp Sophia Sawyer Delaney Seed Kilee Sherry Nathaniel Śmith Cody Smith Alison Walker **Bailey Wentworth** Marissa Wilson

Grade 8 - Honors Luke Adams Reighley Adams Griffin Banks Denisha Beeler Aidan Bell Tatyanna Biamby Jaela Boucher Madison Brown Logan Butler Sophia Buzzell Austin Christy Ryan Coyne Haley Crosby Sierra Cummings Tabetha Cummings Kelly Curran Michael Darasz **Garrett Davis** Abigail Decrow Hayden Desmond Robert Dowdle Anthony Dugan Jillian Dugas Andrew Duncan Vinh Duong Aidan Enck Alexandra Ferrigan Paige Fogg Lauren Fotter Victoria Frager Sophie Gagne Dominic Garcia Lydia Gaudreau Nolan Gava Caleb Gooch Brandon Gordon Stephen Graham Gregory Hannaford

Sia Hyson Amalia Ionta Leah James Jakub Jastrzebski Benjamin Johnson Dahlia Jordan Yelyzaveta Klishch Isabelle Kovacs Katherine Kutzer Gabrielle LaBarge Donovan Landry Sadie LaPierre Kylea Laughlin Alexander Leary Nevin Libby Ayden Lindsay Griffin Loranger Natetra Ly Andrew MacFeat Joshua Martin **Bode Meader** Kaylyn Migliorini Oliver Milliken Gwendolyn Miramontes Nevaeh Moore Claire Munkacsi Ryan Murray Grant Nadeau **Emmeline Nelson** Liam Nickerso Ian Obrey Jarrett Ocequera Brooke Phillips **Daniel Popov** Samuel Pritchard Caitlin Randall Molly Rathbun Braedyn Richardson Morgan Roast Devin Robichaud **Garrett Rodgers** Sophiah Rodrigue Anthony Romero Erin Sands Garrett Smith Hannah Smith Michaela Taiani Madigan Thibodeau Madisun Tryon Benjamin Tukey Julia Yager Wesley Young

Maksim Roewer

Thomas Sallinen

Emily Roy

Evan Russo

Arzou Saved

GHS' One Act Play Explores What Comes Next after Death



Gorham High School's one act play, "Tracks," explores the story of ten strangers after their death.

AVERY ARENA GHS Student Intern

Gorham High School will soon be performing its annual one act play. This year's play, "Tracks," is the story of ten strangers who meet in a subway station only to learn that they are each recently deceased. The strangers are representative of different walks of life - from a nun to a professor to high schoolers who all lived their lives and met their ends in very different ways.

The cast members are Elsa Alexandrin, Georgia Baber, Hannah Benson, Quintessa Bissonette, Sawyer Hanscome, Mason Hawkes, Sophie Hendrix, Joy Lamont, Isaac Martel, and Kayley Mason. Bridget Daigle and Virginia Hugo-Vidal are stage managers and teacher Josie Tierney-Fife directs. Additionally, there have been several community volunteers who have helped with the show, including set builder Chris Hourcle, who has previously worked with Portland Stage.

The drama club at GHS puts on three performances a year; each one giving students a different avenue to experience theater. The final performance of the year, the one act, is designed to be a more intimate and personal approach. This year's play has only ten cast

members and a crew of about 12.

"When you are working with your friends it makes acting so much more fun and it makes it even more exciting on opening night," said senior Hannah Benson.

The cast and crew have been preparing for their performance since December. This performance focuses on character development, and Tierney-Fife noted the difficulties that come with playing roles diverse in both age and background that high school students may have had little to no personal experience with.

The group will be competing at Oxford Hills Comprehensive School on March 11, at which time, the Class A and Class B performances will be chosen to represent the region at the statewide festival. Each performance group must be able to set up and take down everything within five minutes, and is limited to 45 minutes on stage.

Prior to the regional festival, there will be two performances held at GHS on March 3 and 4 at 7:30 p.m. Tickets are \$5 for students and \$8 for

Everyone has worked hard to put on a great show so come out and support these GHS thespians.

To share your school news with us, please email Andrea Morrell at SchoolnewsGT@gmail.com



GMS Goes Under the Sea for Production of "The Little Mermaid Jr."

MEGHAN ROUNDS GMS Sixth Grade Teacher

The Gorham Middle School Drama Club would like to invite everyone to join them for its production of "The Little Mermaid Jr.," presented through special arrangement with Music Theatre International (MTI).

With a book by Doug Wright, music by Alan Menken, and lyrics by Howard Ashman and Glenn Slater, "The Little Mermaid Jr." play is based on the Hans Christian Anderson story and Disney film, with music adapted and arranged by David Weinstein. Tana Krohn and Greg Walton are the GMS musical directors.

Ariel (played by Kate Dupuis)

ARTICLE CONTINUED ON PAGE 10



Gorham Middle School's production of "The Little Mermaid Jr." will be held March 10-12. Pictured (left to right) are Emily Paruk (Ursula), Kate Dupuis (Ariel), Julia Yager (Scuttle), and Sierra Cummings (Sebastian).

FEB. 8, 2017

School Committee Meeting

Tom Corbett Contributing Writer

February's School Committee meeting began with song and dance as members watched a video clip of Gorham High School's high energy production of "Footloose." Chairman Darryl Wright noted that the many underclassmen on the stage bodes well for the future of theater at the school.

The meeting then got down to business with Superintendent Heather Perry outlining the lengthy and unpredictable budgeting process that only just began with the Governor's recent budget proposal. It will be many months before there are firm state funding numbers, but the very real possibility exists for a reduction of

Perry also announced that Gorham will pursue a Department of Education grant opportunity supporting efforts to create efficiencies made possible by schools working together. The schools' efforts to work with RSU 14 and USM may be a good fit for that grant.

Perry ended her report by noting that the district added two new

substitute bus drivers with CPL licenses, but emphasized that more bus drivers are needed.

The remainder of the meeting focused on the K-5 Alternative Education Program that started in 2015. The program targets struggling K-5 students, many of whom don't qualify for Special Education services and are still a few years away from possibly receiving support through the alternative education programs in place at the secondary level.

Last spring, the Committee unanimously approved expanding the program from its initial home base at Narragansett to assign a specialized Alternative Education education technician position at each of the three K-5 schools. This person works under the direction of the school's social worker, all of whom work as a team with teachers and administrators at each school.

The district's three K-5 principals: Becky Fortier, Great Falls; Cynthia Remick, Narragansett, and Brian Porter, Village Elementary, gave a positive

REPORT CONTINUED ON PAGE 9



North Yarmouth Academy First Semester Honor Rolls 2016-17

Grade 5 - Highest Honors Owen Cook

Grade 8 - Highest Honors Nathan Cook Tellie Stamaris

School Notes

The Gorham School Department was awarded \$500 from the Harvard Pilgrim Health Care Foundation's Community Spirit 9/11 Mini-Grant program. Nicole Fairweather, an employee of Harvard Pilgrim Health Care, nominated the school for the award. Funds will be used to support field trips, guest speakers and performances, and the purchase of classroom supplies.

Gorham Schools launched a new website on Feb. 1. Some new features include: a focus on students with each page having pictures of students doing what they do so well – enjoying learning, up-to-date news and announcements for the district and each school, similar templates for each page so that navigation is easier across all schools and program pages, and links to Gorham's social media sites (district and school Facebook and Twitter pages, as well as Instagram accounts). Superintendent Heather Perry would like to know what students, parents, staff, and community members think by having them reach out to building and program level leaders, to her directly at heather.perry@gorhamschools.org or to the technology director, Dennis Crowe at dennis. crowe@gorhamschools.org.

School Committee

report on the progress of this program. After some initial adjustments, the team approach is working well, providing what all three feel are excellent, personalized and holistic support services for eight to nine students at each school.

These numbers are always changing as students transition in and out of the program, prompting board members to repeatedly ask whether the program can adjust to these fluctuations and accommodate spikes in demand. The principals replied that they felt the current staffing, especially with the team approach, is adequate, even though Narragansett, with its smaller overall staffing, sometimes feels stretched. However, even Principal Remick felt they were "light years ahead" of where they were last year.

GHS Girls' Basketball Ready for Playoffs

HAL D'AMICO Sports Editor

The Lady Rams basketball team ran the table on the regular season, finishing 18-0. Having earned the #1 seed in Class AA South heading into the postseason, the team had a first round bye and, as of press time, was scheduled to play in a semifinal matchup on February 21 against Maine Girls Academy.

The Rams' powerhouse offense includes veteran standouts Emily Esposito and Mackenzie Holmes. They are joined in the starting lineup by Kaylea Lundin, Kristen Curley, and Michelle Rowe. Head Coach Laughn Berthiaume said, "Curley continues to be a three-point threat," and commented on Lundin's 13-point, 10-rebound game performance over Thornton Academy on January 31 as the squad prepared for another championship opportunity.



Photo credit Lisa Curley

The GHS girls' basketball team celebrated Senior Night on February 8 at their final home game of the season. Pictured (I to r) is Coach Laughn Berthiaume with seniors Emily Esposito, Kaylea Lundin and Kristen Curley.

Indoor Track Recap

COMPILED BY HAL D'AMICO Sports Editor

Coaches John Caterina's and Jason Tanguay's boys and girls squads ran, jumped, and threw to successes on the indoor circuit. These include the USM Relays on January 2, when the boys Sprint Medley Relay team sped to a 3:50 finish, which is Maine's 2017 best, as well as a number of top-10 finishes at the SMAA Southwesterns Championships on February 4.

Boys: 4 x 800m relay, 2nd place (8:31); Wil Rossignol, 9th place, 600m (1:22); Ethan Orach, 3rd place, 800m (2:03); David Drew, 8th place, 55m dash (6.91); Alex Ousbach, 8th place, 800m (2:08); James Benson, 9th place, Long Jump (18-09.00); Jason Catoggio, 5th place, Pole Vault (11-00.00); Stefan Street, 6th place, Pole Vault (11-00.00); James Benson, 5th place, Triple Jump (40-07.25).

Girls: 4 x 800m relay, 1st place (10:06:18); Anna Slager, 3rd place, 2

To share your sports news with us, please email Hal D'Amico at gtsportseditor@gmail.com



Anna Slager is congratulated by Coach Tanguay after taking first place in the one mile on February 4.

Mile (11:53); Iris Kitchen, 4th place, 2 Mile (11:59); Kate Tugman, 6th place, 2 Mile (12:26); Iris Kitchen, 4th place, 800m (2:29); Evelyn Kitchen, 8th place, Long Jump, (15-06.00); Anna Slager, 1st place, 1 Mile (5:27); Evelyn Kitchen, 9th place, Shot Put (30-10.00); Evelyn Kitchen, 6th place, Triple Jump (32-11.00); Sarah Lorello, 7th place, Triple Jump (32-07.25).

The Maine State meet was held on Monday, February 20, at USM.

GHS Boys' Basketball Pulls Off Upset

JOHN CURLEY Contributing Writer

The #6 GHS boys' basketball team used a smothering array of zone defenses to earn a 42-31 quarterfinal victory over #3 Sanford at the Portland Expo on February 16. Down 17-9 early in the 2nd quarter, the Rams went on a 19-0 run over the next 12 minutes to take a 28-17 lead and never looked back. The run was ignited by huge Nick Strout and Cameron Holmes 3-pointers and finished by an old-fashioned Cam Wright 3-point play. Jackson Fotter and Cameron Holmes led all scorers with 11 and 10 points respectively. Gorham took the hardwood again at the Cross Insurance Arena in the Class AA South semifinals against #2 Thornton Academy on February 21.

In the Zone

Cheering: Coach Julie Dvilinsky's preseason goals were, "To win the SMAA Conference for the third year in a row. Place top-3 at Regionals and hopefully return to New Englands for 2017." SMAA Conference Win, Check. Regionals, Check-plus with a first place win over consistent contender Marshwood. New Englands, Check, as the squad finished a strong third behind perennial powerhouse Lewiston and Brewer at the Class A Maine State Championships held on February 11 in Augusta. The New England Cheering Championships will be held on March 25 in Providence, RI.

Skiing: Three GHS skiers raced to top-10 finishes at the SMAA Alpine Championships held on February 10 at Shawnee Peak. Owen Smith placed third in the Giant Slalom and fourth in the Slalom. Estelle Ballard finished sixth in the slalom and Emily O'Donnell took ninth in that event.

Gorham's Good-as-Gold Sightings The Gorham Times is seeking readers' stories exemplifying unusual displays of sportsmanship — occurrences where kindness, connection, and community spirit meet the fire of competition. Please submit your stories for consideration to Hal D'Amico: gtsportseditor@gmail.com



February 2 for 1 Special!

- NEW STUDENTS ONLY -

\$59.95 includes first month of lessons and a martial arts uniform. 2nd member must be from your immediate family. Only valid for February.

Doshu Allan Viernes Shihan Jennifer Viernes 821 Main Street Westbrook

207.854.9408

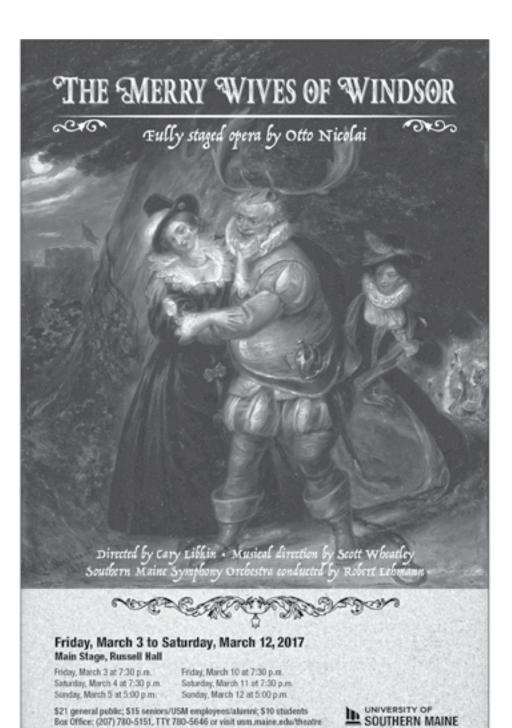


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SPORTS

GHS Swimming Wrap Up



The GHS girls' swim team placed third at the Southwestern championship meet on February 11 at Cape Elizabeth High School. Eight swimmers qualified in individual events and advanced to the State meet held at Bowdoin College on Feb. 21: seniors Delaney Burns (captain), Molly Sposato (captain), Narissa Libby, Hannah LeBlanc, Alyssa Dolley; junior Sierra Lumbert, sophomore KK Smith. and freshman Laura Bolduc. While the boys' team did not advance, members Ben Clark, Max Harvey, Sam Martel and Patrick Bishop all had strong performances during the season.

GMS Musical Production CONTINUED FROM PAGE 8

longs to experience life on land, but is forbidden this experience by her father, King Triton (played by Sadie Dyer). When she strikes a deal with the evil Ursula (played by Emily Paruk), she learns that Ursula has bigger plans than just assisting the young mermaid in walking with the humans.

Shows will be held on Friday, March 10, and Saturday, March 11, at 7 p.m. in the GMS Auditorium. Doors open at 6:30 p.m. A matinee showing will be held on Sunday, March 12, at 2 p.m., with doors opening at 1:30 p.m. Tickets are \$5 at the door or call 222-1220 to reserve tickets in advance.

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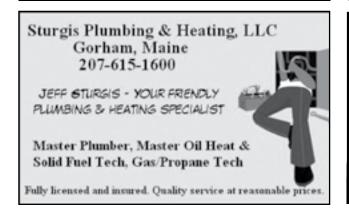
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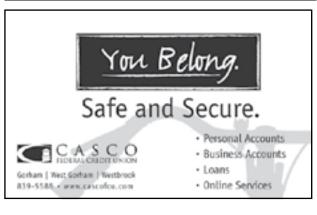
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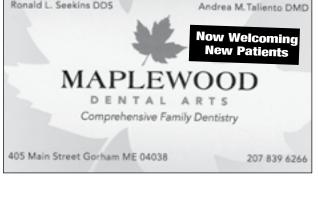
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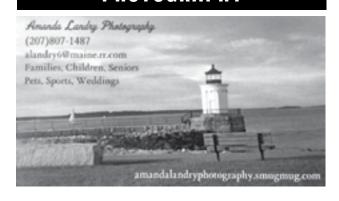




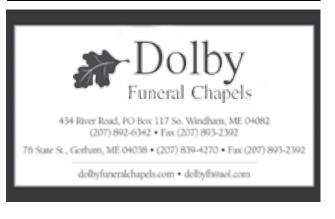
MARKETING



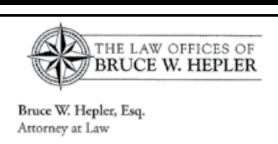
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Visit the Stay in Touch section of www.gorham-me.org for program guides for Gorham Government Education TV (Channel 2 on Time Warner Cable) and Public Access (Channel 3 on Time Warner Cable). Live streaming and video on demand is available.

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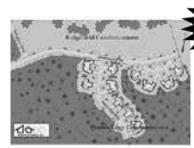
53 Patio Park \$34,900 - 1999 Castle 14'x80' mobile, 2ba, spacious kitchen, dining area, LR, master BR w/ ba, 2 add'l 2BR, skylight, central air & shed. In 55+ Park.



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PRESIDENT'S LIST

Meagan Greene, Husson University, Bangor, ME Sarah Plourde, Husson University, Bangor, ME Allison Sinnett, Husson University, Bangor, ME

OF INTEREST

Learn to geocache with Presumpscot Regional Land Trust on Saturday March 18 at 10 a.m. at the Cummings Preserve. Geocaching is a real-world, outdoor treasure hunting game using GPSenabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. Led by experienced geocacher, Arthur Hackett. Free, but space is limited. RSVP is required at https://www.prlt.org/ and click on "Events".

Engineering Expo: Over 1,700 children and adults are expected to experience first-hand the many contributions that Maine Engineers make to our communities and way of life. The first 600 people through the door receive a free T-shirt celebrating Maine Engineers Week. Field House, USM Gorham Campus, Saturday, March 4 from 9 a.m. to 2 p.m. \$2 suggested donation.

Gorham Garden Club will meet on Tuesday, February 28, at 7 p.m. at the First Parish Church, 1 Church Street. The program will be "Growing Dahlias" presented by Suzanne Bushnell, GCFM President, and Judith Stallworth, GCFN Treasurer. Free and open to the public. FMI, 839-3878 or 839-3630.

Michael Roberts, a student representing Champlain College, Burlington, VT, recently won first place in the annual Launch VT Business Pitch Competition. Roberts won the \$2,000 prize after delivering a full business pitch on artify.com, a new way to buy and sell fine art.

Mary Lawrence, author of the "Bianca Goddard Mysteries", will speak about her latest release, "Death at St. Vedast" at Baxter Memorial Library, 71 South St., on March 2 at 6:30 p.m. Free! FMI, baxter-memorial.lib.me.us or 222-1190.

The First Parish Congregational Church, 1 Church St. (Rt. 114) will hold a Chicken Pie **Supper on March 4** from 5 to 6:30 p.m. \$10 adults / \$5 children under 12. FMI, 839-6751.

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 visit www. gorhamfoodpantry.org.

The Lakes Region Senior Center, located at the Little Falls Activity Center, 40 Acorn Street, is open Monday through Thursday from 9 a.m. to 1 p.m. Join them daily for coffee, tea and socializing. Ongoing daily activities include Mahjong on Mondays at 9:30 a.m.- beginners welcome. FMI, Diane 892-9529; Tuesday crafts and card games at 10 a.m. FMI, Avis 892-0298; The Memoir Writing Group meets the second and fourth Wednesday of the month at 10 a.m. FMI, David 892-5604; Thursday Table Games at 10 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.

USM EVENTS

"The Merry Wives of Windsor," a fully staged opera by Otto Nicolai, is based on Shakespeare's comedy of the same name. March 3 to 12, Russell Hall, USM Gorham Campus. For specific times, call the box office 780-5151 or visit usm.maine.edu/theatre. \$21 general public; \$15 seniors/USM employees/alumni; \$10 students.

CLOSE TO HOME

The Bonny Eagle High School Class of 1967 is planning a 50th class reunion in mid-September. The reunion committee is seeking classmates' home and e-mail addresses, as well as phone numbers. To help, contact Brenda (Waltz) Knudsen, 648-4537, or Rudy Naples, 846-5322.

Buck's Naked BBQ in Windham will host the Arctic Spirits Ice Bar on February 25 from 5 to 10 p.m. to raise money for Camp Sunshine, a cost-free, year-round retreat in Casco, Maine for children with life-threatening illnesses and their families. Tickets available at Metayer Family Eye Care, Windham Adult Ed, Freedom Day Spa, Microtel Inn, Mechanics Savings Bank or the Gorham Savings Bank. \$25 per person/\$40 per couple, or, if purchased at the door, \$30 per person/\$50 per couple.

Digging Up Maine: Forts from 1700's Part 1, by Leith Smith, Maine head Archaeologist, February 25 at 9:30 a.m. at Windham Public Library, Windham Center Rd., by the Windham Historical Society. FMI, 650-7484.

Haddock Supper Buffet on Saturday, February 25, at 5:00 p.m., Living Waters Church, 197 Parker Farm Rd, Buxton (intersection of Rtes 112 & 22). Featuring baked haddock, veggies, desserts, & beverages. Suggested donation: \$8/person, \$4/children, \$20/family.

Good Bye February, and Good Riddance

GORHAM TIMES STAFF

February is the shortest month of the year - even though this February has seemed much longer with all of the snow.

Before Julius Caesar's calendar reform of 45 BC, February was the only month with an even number of days (28). All the rest had 29 or 31.

The month is named after

the purification ritual Februa, which was an early Roman spring cleaning festival.

February frequently occurs on the lists of most commonly misspelled (or misspelt, if you are British) words in the English language.

February is the only month that can pass with no full moon. That last happened in 1999 and will next occur in 2018.

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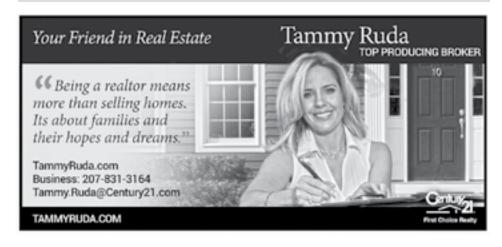
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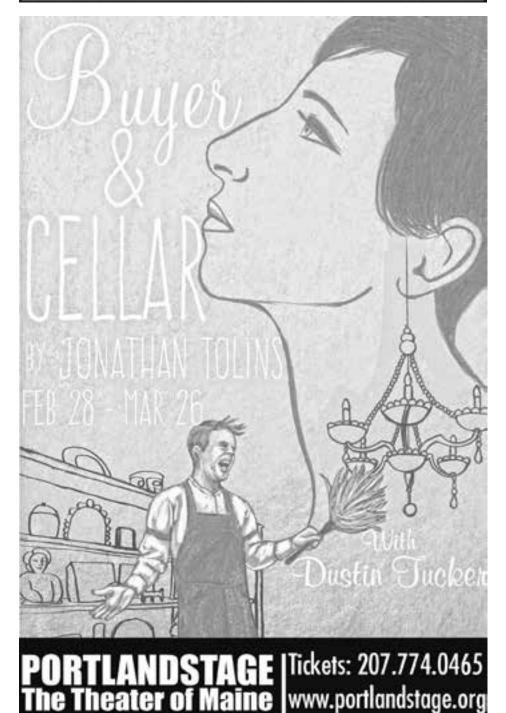


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Courtesy of the Gorham Police Department

OFFENSIVE FOUL!

Caller reported a male carrying a basketball and looking dangerous on Main St. Officer was not sure what made him look dangerous but when he checked the area, he could not locate him.

Acorn St. caller reported a stolen monopoly disk which had been on her table earlier. Kids found it under the couch.

Right front chassis of a vehicle on Mosher Road was smoking when officer pulled it over. The tire area was quite hot and ready to burst into flames. Officer had the vehicle towed for safety reasons.

Caller reported a female at the corner of Hodgdon and Burnham Roads who was changing clothes and "what not."

State St. caller reported people walking across her lawn. Officers checked the area and found no evidence anyone had been in her yard.

White Birch Lane caller reported her exhusband was outside her apartment yelling at her.

Caller reported a suspicious vehicle on Matthew Drive. Officer spoke to owner who said it was son's car and he was at girlfriend's house. Officer asked son to park at girlfriend's house as neighbors were concerned about recent burglaries.

Preble St. caller asked police to stand by while he fired a subcontractor and attempted to get his money back.

Vehicle was parked in travel portion of Main St. parking lot and male was sleeping in the vehicle. Man did not realize he was not in a parking spot and he left.

Beech Circle caller reported he had accidentally swallowed a mouthful of mouthwash and the bottle said to call poison control if this happened.

Ridgefield Drive caller reported receiving a message that her bank card had been suspended and she needed to contact the bank. Caller did not have any accounts with that bank and did not respond to the mes-

Officer removed a couch from New Portland Road and left a message for Public Works to pick it up.

Flaggy Meadow Road caller reported a loose cow. It was gone when officer arrived.

Man reported his car stolen. It had been towed by the owner of the place where the man had left it.

Suspicious persons at the South St. Park & Ride were USM students waiting for a

Listen to Your Heart CONTINUED FROM PAGE 5

blood pressure can drop due to dehydration during exercise or other intense exertion, if your head starts spinning or you feel lightheaded, consider a checkup. Additionally, if you feel disproportionately short of breath during activities that weren't a problem for you before, you could be experiencing fluid build-up in the lungs caused by a struggling heart.

How are your legs and feet? Swollen feet can be an early sign of heart failure. Typically, if heartrelated, shortness of breath and fatigue accompany the swelling. If your legs cramp when you walk or exert yourself, the arteries in your legs could be blocked which, in turn, could indicate blockages in the arteries in your heart. Foot swelling, legs cramps and calf pain could be a "canary in the mine," so be sure to have these medically evaluated.

Finally, how is your head? Depression is not a direct sign of heart trouble, but mental wellbeing is very much related to the physical. Please seek help if you feel depressed. Like depression, migraines are not directly related to heart disease, but patients with heart disease are much more likely to have migraines than those without it. Though not fully understood yet, migraines may have some connection to an ailing heart.

"In general, if you are at risk for heart disease, it pays to ask the right questions and to be a good listener," Dr. Yphantides said. "Your heart, through subtle signs and signals, communicates its struggles. If you listen carefully, you have the opportunity to be proactive and seek early medical attention."



CALENDAR

THURSDAY, FEB. 23

• 3-D Snowflake Craft (ages 8-18), 1-2 p.m., Baxter Memorial Library, 222-1190.

FRIDAY, FEB. 24

· Last day of Winter Vacation, Gorham Schools

MONDAY, FEB. 27

• The Gorham Republican Committee meets every fourth Monday of the month at 6:30 p.m. All registered Republicans are welcome. FMI, 415-2673.

TUESDAY, FEB. 28

- After School Board Games with Crossroads Games: Games will be provided or bring your favorite, North Gorham Public Library, 2 Standish Neck Road, 3-4:30 p.m. Free, FMI, 892-2575 or libng@north-gorham.lib.me.us.
- Preschool Story Time (ages 3-5), 9:30-10:15 a.m., Baxter Memorial Library, 222-1190.
- Growing Dahlias, presented by Suzanne Bushnell and Judith Stallworth, Gorham Garden Club, 7 p.m., First Parish Church, 1 Church Street. Free and open to the public. FMI, 839-3878 or 839-3630.
- Gorham Lions meeting, Gorham Dept. of Public Works Cafeteria off Huston Road, 6:30 p.m. New members always welcome. FMI, 298-9182.

WEDNESDAY, MARCH 1

- 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.
- Toddler Story Time (18-36 months), 10-10:30 a.m., Baxter Memorial Library, 222-1190.

THURSDAY, MARCH 2

- Baby & Me (Birth-18 months), 9:30-9:50 a.m., Baxter Memorial Library, 222-1190.
- Toddler Story Time (18-36 months), 10-10:30 a.m., Baxter Memorial Library, 222-1190.
- Sewing Group, 2:30-4:30 p.m., Baxter Memorial Library, 222-1190.

SATURDAY, MARCH 4

- Bean Supper at White Rock Community Clubhouse, 34 Wilson Road, 4:30-6 p.m. Homemade kidney and pea beans, hot dogs, cole slaw, potato salad, macaroni and cheese, homemade biscuits, and homemade pies. \$8/\$4. FMI, whiterockcommunityclub@
- Engineering Expo, Field House, USM Gorham Campus, 9 a.m.-2 p.m. \$2 suggested donation.

TUESDAY, MARCH 7

- Gorham House Itsy Bitsy store, 1:30-3:30 p.m., Gorham House lobby, 50 New Portland Rd. 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
- Preschool Story Time (ages 3-5), 9:30-10:15 a.m., Baxter Memorial Library, 222-1190.

WEDNESDAY, MARCH 8

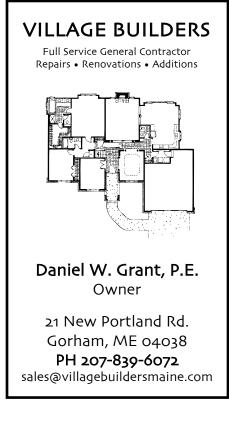
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- Toddler Story Time (18-36 months), 10-10:30 a.m., Baxter Memorial Library, 222-1190.

THURSDAY, MARCH 9

- Baby & Me (birth-18 months), 9:30-9:50 p.m., Baxter Memorial Library, 222-1190.
- Toddler Story Time (18-36 months), 10-10:30 p.m., Baxter Memorial Library, 222-1190.
- Sewing Group, 2:30-4:30 p.m., Baxter Memorial Library, 222-1190.

FRIDAY, MARCH 10

• Lego Club, 10 a.m.-12 p.m., Baxter Memorial Library, 222-1190.



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