

Gorham Times

Your Community Paper

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A FREE, Non-profit, Biweekly Community Newspaper since 1995

METRO Holding Community Workshops in Gorham



LESLIE DUPUIS
Editor

METRO's new "Transit West Project" which will expand service to the Town of Gorham and connect the USM Portland and Gorham campuses is scheduled to launch in August 2018. Public workshops began at the end of October and continue into November.

The meetings are being held to gather feedback from community members, employers, METRO riders, and other stakeholders according to Denise Beck of METRO. This public process will help to refine project elements, including routes and schedules, bus stop locations, and other aspects of the service.

Two meetings will be held in Gorham this month: Tuesday, November 7, from 12:00–2:00 p.m.

at Brooks Dining Hall on the USM Gorham Campus and Wednesday, November 15, from 5:00–7:00 p.m. at the Gorham Municipal Center, 75 State Street.

The Husky Line will feature a limited stop, higher-speed transit service to the Town of Gorham, connecting the USM Gorham-Portland campuses, and increasing service in Westbrook and the Brighton Avenue corridor in Portland. Additionally, METRO and USM have reached an agreement to provide an unlimited access transit pass program (U-Pass) for the approximately 8,000 students enrolled at USM.

Additional information on METRO and the planned expansion, including an online survey and map indicating proposed routes, is available at gpmetrobus.com or by calling 774-0351.

Don't Forget to VOTE on November 7



LAURIE NORDFORS
Town Clerk

Tuesday, November 7, is Election Day. Get out and VOTE. On the local ballot, there are two seats open on the Town Council, four seats open on the School Board and one seat for Portland Water District Trustee. There is also a State Ballot with four referendum questions.

To view a sample ballot, go to www.gorham-me.us and click on "How Do I" then View "Election & Voting Information," then "Upcoming Elections."

The polling places in Gorham are Ward 1-1 at Gorham Middle School, Ward 1-2 at Little Falls Activity Center and Ward 2 in Shaw Gym at the Gorham Municipal Center. If you are unaware of where you vote, you may call the Town Clerk's office at 222-1670.

You can register to vote in person at the Clerk's office through November 6, then at the polls on Election Day. Please bring photo ID for identification and something with your Gorham address on it for proof of residency.

Happy Healthy Gorham "Kindling Kindness"

KIM ARENA AND SCOTT LOVAAS
HHG Co-Directors

Rx: Be Kind. This powerful little prescription is transformative and life changing.

Last month, on October 7, a local man walked into Maple's Bakery in Yarmouth, stepped up to the counter and requested to pay for himself and the meals of 58 strangers/customers behind him to honor the victims of the Las Vegas massacre.

The anonymous man wanted "to inspire hope in the face of darkness." Robin Ray, the bakery owner, said, "I believe the only way we can change the world is by individual acts of kindness."

The second cornerstone of Happy Healthy Gorham (HHG), Kindling Kindness, takes place November 12-18. Practicing kindness is quite simple. Try saying something nice to the first person you meet each day. Words are powerful. Kind words can build hope, love, and entire movements. Practice kindness each day and be a spark that catches fire within Gorham.

It has been proven that being kind and giving to others reduces



anger, grief, and loneliness while at the same time elevates energy, boosts our immune system and longevity. Kindness renews optimism and connects us to others. In short, being kind is really good for our well-being.

Being kind can be both little and large. Little in that it can be as simple as opening a door, giving a compliment or it can be large like giving money, forgiving a debt, or paying for a stranger's breakfast.

Look for a kindness booklet coming your way in the mail soon. Are you in?

Storm Wreaks Havoc

SHERI FABER
Staff Writer

On October 29, a major rainstorm with winds exceeding 60 miles per hour took out power to 5,167 CMP customers (out of 7,146) in Gorham. Schools were canceled and most businesses in the Village were closed. Hannaford remained open, but was only able to sell non-refrigerated products.

Power outages began during the night and continued into the early morning. Most of the outages occurred as a result of trees falling onto power lines. Many roads were closed due to downed lines, including Route 25 near Gateway Commons, Middle Jam Road, Hodgdon Rd., Burham Rd., Lowell Rd., McLellan Rd., Buck and North Streets, Ossipee Trail near Brandybrook Hill and Dingley Spring, Osborne Rd., Sebago Lake Rd. near White Rock Outboard, Barstow Rd., Dunlap Rd. and Wescott/Goodall Rd.

"The region is still experiencing strong winds, which create dangerous conditions for service restoration," said CMP spokesperson Gail Rice. "Our first priority is public safety, and crews

are busy grounding and de-energizing downed lines so they don't pose a danger to first responders or the public. This critical step needs to be completed before restoration can begin."

Lucas Tree was hired to clear trees in an attempt to expedite power restoration. Bucket crews from CMP were not able to repair lines until the winds fell below 35 mph.

For many this was reminiscent of the outages seen in 1998 after an historic ice storm, however, Maine's Emergency Management Agency said this storm caused more power outages of Central Maine Power customers than any other storm in Maine state history. More than 484,000 Maine homes were without power on October 30.

At press time, many in Gorham were still without power but both CMP and Gorham Public Works were working hard to clean up and restore electricity to those affected.

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f Instagram GOCAT YouTube

**VOLUNTEERS PROVIDE
FREE THANKSGIVING MEAL
SEE 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.

Exercise Your Right to Vote

REP. MAUREEN TERRY

With autumn activities well underway and our preparations for winter gearing up, don't forget to vote Nov. 7. While we've seen people jumping in to run for state and federal office left and right, this year most Mainers will be going to the polls to answer questions. Four questions, to be exact.

Question 1 is a citizen initiative that would allow a new casino in York County. The question reads: Do you want to allow a certain company to operate table games and/or slot machines in York County, subject to state and local approval, with part of the profits going to the specific programs described in the initiative?

Question 2 is a citizen initiative that would expand healthcare coverage to thousands of Mainers who have been left out of the Affordable Care Act. The question reads: Do you want Maine to expand Medicaid to provide healthcare coverage for qualified adults under age 65 with

incomes at or below 138 percent of the federal poverty level, which in 2017 means \$16,643 for a single person and \$22,412 for a family of two?

Question 3 is a bond issue that would provide funding for road repair and construction, as well as other transportation projects. The question reads: Do you favor a \$105,000,000 bond issue for construction, reconstruction and rehabilitation of highways and bridges and for facilities or equipment related to ports, harbors, marine transportation, freight and passenger railroads, aviation, transit and bicycle and pedestrian trails, to be used to match an estimated \$137,000,000 in federal and other funds, and for the upgrade of municipal culverts at stream crossings?

Question 4 is a constitutional amendment that would protect state pensions from devastating stock market losses by conforming to industry standards. The question reads: Do you favor amending the Constitution of Maine to reduce volatility in state pension funding requirements

caused by the financial markets by increasing the length of time over which experience losses are amortized from 10 years to 20 years, in line with pension industry standards?

Whether you're voting 'yes' or 'no' on any issue, I encourage you to exercise your right to vote on Nov. 7. I hope that this will give you a little insight into what is on the ballot. With so many issues, there is a lot to consider. If you're not able to make it to the polls on Election Day, you can request an absentee ballot until the end of the day, Nov. 2. You can call the Gorham Town Clerk to request your ballot at 222-1670.

Please feel free to call me or e-mail me if you have any questions or concerns.



(207) 712-9735,
(800) 423-2900,
maureen.terry@legislature.maine.gov

Letter to the Editor

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

Dear Editor:

I'm writing to express my support for Kate Livingston as a candidate for School Committee. Kate has tirelessly

championed our schools both as a volunteer in school and as an advocate at School Committee and Town Council meetings. She is well aware

of the issues our schools are facing and with young children of her own, she will continue to work to ensure Gorham schools are the best they can be. Election Day will be here soon and Gorham has important decisions to make regarding the School Committee and Town Council. Electing Kate Livingston to the School Committee is a step in the right direction! I encourage everyone to make your vote count!

Sincerely,
Julie Springer

Around Town

Town Manager Ephrem Paraschak presented Becky Sladen of Baxter Memorial Library with a 10-year service pin.

The Gorham Economic Development Corporation plans to replace directional signs in the Industrial Park. Some of the current signs reference businesses no longer in the Park and others are in poor condition.

The Town Council has voted to permit mobile food trucks in the Gorham Industrial Park, in commercial districts (with conditions) as well as at Town sponsored regional sporting events. Food trucks will not be permitted in the Village.

You can now license your dog for 2018 in the Town Clerk's Office or online on the town website. Proof of rabies is required.

The Gorham Police Department is collecting new or gently used coats for seniors until November 30. Every coat donated will create a voucher for older adults to pick up a coat at any Goodwill store at no cost. Coats can be dropped off at the Gorham Police Department or at Baxter Memorial Library.

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

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November 2017

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SPIRE 29

ON THE SQUARE

Volunteers Provide Free Thanksgiving Meal

LESLIE DUPUIS
Editor

Mr. Bagel will once again offer a free meal on Thanksgiving Day, November 23, beginning at noon. This is the eighth year that a meal has been served to those who either find themselves alone on the holiday or are unable to prepare a meal.

The meal is organized and funded solely by volunteers while Mr. Bagel generously provides the use of its space for prepping and serving. Transportation is available, as is delivery for those wanting to remain at home.

Last year, 36 volunteers prepared 110 meals. The majority were delivered to homes in Gorham, Windham, Westbrook, Portland, and South Portland. Volunteers took on varying roles from baking pies to delivering meals.

According to Roxanne Moody, who coordinates the annual effort with help from family and friends, "The Gorham Fire Department preps 50 pounds of potatoes for this every year; our community helps tremendously with making and baking food, delivering the meals and with monetary donations."

While the meal is free, anyone wishing to make a donation can do so. All donations benefit the Gorham



Photo courtesy of Roxanne Moody

Madison Rogers helped prepare servings of gravy before the free Thanksgiving meal at Mr. Bagel last year.

Food Pantry. A donation of \$1,060 was made to the Pantry last year.

For more information, to make a reservation, or request transportation, please call Moody at 839-4516 or email tmoody6@maine.rr.com. Please leave a message with name, phone number and address (if being delivered). You may also specify any special transportation or dietary needs.

Gorham Sightings



Photo credit Roger Marchand

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. As several readers correctly identified, the photo in the October 19 edition was taken at the bus stop on the corner of Oakwood Drive and Village Woods Circle.

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. Of Interest 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.

Warm Feet For Veterans Project

The Marine Corps League Detachment 1324 will be collecting warm winter socks, jackets, gloves, and blankets for all ages and sizes of men, women, boys and girls for homeless veterans and their families in the Portland Area during the months of November and December.

Collection boxes are already in place at Mr. Bagel and the Police Station in Gorham, Duncan Donuts and the Police Station on Main St in Westbrook, Marden's in South Portland, Cabela's in Scarborough, and the Windham Eagle on Roosevelt Trail in Windham.

These items will be passed on to local shelters or agencies that assist homeless veterans and their families in the Portland, Gorham, Westbrook, Scarborough, Windham and Gray areas.

FMI in the Portland area, contact Herb Broy at 207-653-3543, in Gorham and Westbrook call Robert Skinner at 207-653-1752, or in Windham & Gray, call Jay McKenna at 207-893-1969. **Thank you for your contributions.**



TAKE A HIKE

Mill Brook Preserve

CHRIS CRAWFORD
Staff Writer

Thanks to new land donations by several private owners as well as the city of Westbrook, Mill Brook Preserve, owned by Presumpscot Regional Land Trust, now encompasses 130 acres with five miles of trails which are open to the public for walking, hiking, trail running, and snowshoeing. The brook itself runs from Highland Lake, winding through pristine forest that feels more like the wilderness of Northern Maine than the heart of Westbrook, making it a great spot for a fall hike.

Rachelle Curran Apse, Land Trust Executive Director said, "Mill Brook Preserve trails offer spectacular views of the largest migratory alewife run from Casco Bay each spring. The expansion of Mill Brook Preserve means more people will be able to experience the diversity of wildlife attracted to the fish migration, like great blue herons, osprey, bald eagles and mink."

The official count for this year's alewife migration was nearly 40,000 fish that swam from Casco Bay up Mill Brook to Highland Lake to spawn. The Land Trust collaborates with the University of Southern Maine's Environmental Science and Policy Professors Karen Wilson and Theo Willis to track the size of the fish run. This year's alewife run is about the same size as last year which is good news for wildlife in the region. If you have not seen this amazing phenomenon in person,

mark your calendar and plan for a hike next spring, too, when the alewives are running.

Four trailheads provide access to the Preserve. The primary trailhead, with parking for 8 cars, is located at the junction of Methodist Road and Route 302 in Westbrook. There is parking for four cars at the trailhead on Allen Knight Road, next to 789 Methodist Road. The MAGAN trailhead is across the street from Willow Drive, with parking available off Route 302. Be careful when crossing Rt. 302 to reach the trail. The Southern Trailhead is in on Perry Court, next to 55 Perry Court. Maps for this, and all the land trust's conserved lands are available at its website www.prlt.org.

Toby Jacobs, the Stewardship and Outreach Coordinator for the Land Trust, said, "Volunteers were critical in helping to build the trail expansion this year. The great news is that this Mill Brook Preserve North opening is only phase two. We expect to expand the preserve and trail system again next year to the south."

The non-profit Presumpscot Regional Land Trust supports healthy lands, waters, wildlife, and people across the Presumpscot River watershed through conservation, water quality monitoring, education, and public access. It currently holds 1,600 acres of conserved lands in 14 public access preserves and trails in the towns of Gorham, Gray, Sebago, Standish, Westbrook and Windham which are free and open to the public, including the 28-mile long Sebago to the Sea Trail.

Grieving During the Holidays

COMPILED BY
GORHAM TIMES STAFF

We are fast approaching Thanksgiving, Christmas and New Year's. For some, it is difficult to feel joy during the holidays because the loss of a loved one can dominate the season. The loss is palpable, and it takes time to adjust to life without that person as an active part of it.

Galilee Baptist Church is offering a free seminar on November 4 from

10:00 a.m to noon for those who are working through the emotions and challenges of losing a loved one. "Surviving the Holidays" seeks to offer help by addressing several practical topics: how to deal with the many emotions during the holidays; what to do about traditions and other changes; tips for surviving social events; and how to discover hope for your future.

For more information, please call Sharon at 650-4993, or the church office at 839-6985.

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MAKING SENSE OF INVESTING

The Skinny on Diet Scams

STACEY COLEMAN

Many people struggle with fad diets and the consequences they bring. While there are many ways to eat in a balanced and healthy way, there are also an overwhelming number of “quick fix” plans that can drown out the truth. Many of these diet are scams. Here is some fitness information to help you avoid the scams and find a sustainable, effective way to reach your health goals.

A red flag should go up if the ad claims that you can “Drop 20 lbs in x amount of days.” The truth: Evidence overwhelmingly supports that the best way to lose body fat, and keep it off long term, is to go slowly and consistently. Two pounds per week is the nutritional standard for safe, effective weight loss. Faster weight loss can have many adverse effects, and is proven to increase the likelihood of regaining that weight, making it harder to lose it the next time.

If a product touts a “secret ingredient” (aka, they don’t need to tell you what’s in it) to provide hunger suppression, then stay away. The truth: Good food satisfies hunger. The ‘supplement’ may provide some hunger relief in the short term, but do you want to be forever hooked on this “proprietary blend”? Find a professional who wants to empower you to know the truth about sustainable fat loss and how to achieve it instead of being dependent on a product.

If a diet restricts you to under 1000 calories a day, look elsewhere. The truth: Humans need at least 1000 calories a day (approximately) for proper brain function. Additional caloric intake will vary depending on size, age, gender, and energy output. You may indeed lose a lot of weight quickly on a restrictive diet, but a large portion of that weight loss will be fluids and muscle mass. Science proves that maintaining your lean muscle mass is one of the biggest indicators of long term health. There are many reliable websites and certified professionals who can help you determine what your daily caloric intake should be.

If the credentials behind the program are lacking or mislead-

ing, watch out. The truth: Many of those associated with diet program sales may not have the proper education to do so, and are merely manipulating their title to make sales. Find out who is leading your program and check their credentials.

Beware if the diet excludes any one of the major macro nutrients: Carbohydrates, Fats, or Protein. The truth: We’ve been through the “Fat Free” and the “No Carbs” crazes with no success. Your body needs all three macronutrients everyday, in order to maintain homeostasis, burn body fat, build muscle, and operate the way we want it to. The quality, volume, and timing of these macronutrients do matter and you can learn how to manage those from a professional.

If a diet says “no exercise” stay away. The Truth: Exercise is essential to maintaining health. Walking, strength training, gardening, or taking a fitness class is healthy for so many reasons. Cardiovascular health, bone density, muscular strength, energy, disease prevention, caloric burn, brain function and maintaining a healthy metabolism are just a few of the obvious benefits. Exercise is good for you, do it regularly and avoid any program that tells you otherwise.

Even knowing the science behind good nutrition, and how it applies to your overall health, it can still be quite a challenge to implement good practices into your daily life. Often the emotional connections to our food and our bodies are the biggest underlying factors to address when trying to live healthy. Hopefully these tips from a pro will help you to identify a few things to avoid in that pursuit, and encourage you to find a plan that works best for you. Remember, seeking help is a sign of great strength, just be very selective about whom you reach out to.



Stacey Coleman is Founder/Executive Director/Fitness Coach of My-FIT-24. She has a B.S. in Health and Fitness and 15 years of professional field experience.

In Honor of our Veterans: The Chosin Few

DAVID ALEXANDER
Contributing Writer

Recent TV trailers for the movie Dunkirk brought back memories of my 1990 visit to the small British town of Winchcombe on the 50th Anniversary of the Dunkirk withdrawal, when 338,000 British and French soldiers had been miraculously rescued from the Germans. Navy vessels and civilian boats of all sorts - fishing boats, life boats, ferry boats - crossed the English Channel to bring back the stranded men from the beaches.

It was a retreat, of course, no equipment was saved, but those veteran soldiers were all that stood against the Nazi invaders for 18 months until the USA got into the war. Remember the old black and white movie, Mrs. Miniver? Greer Garson’s husband Walter Pidgeon was one who took his pleasure boat craft to Dunkirk. Winston Churchill

called it “disaster turned to triumph.”

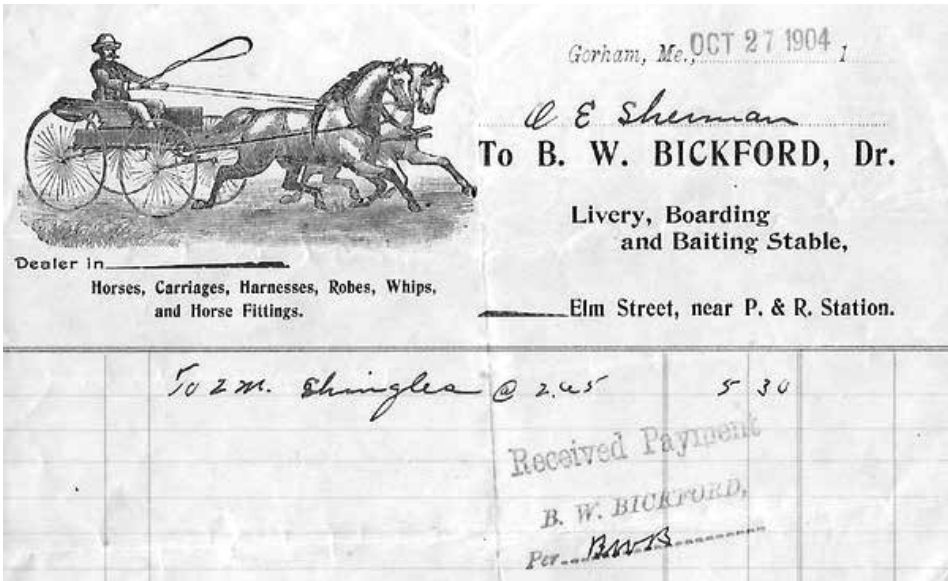
Recently when pulling into the Community Pharmacy parking lot in Gorham, I noticed a hunched over and grizzled man stepping out of his flag and slogan bedecked pick-up. CHOSIN FEW and US MARINE signs identified him immediately. “I just read a book about the battle at Chosin Reservoir in Korea,” I said.

“Which one,” he replied, “I have many.” He could have written a book himself. I soon heard his story: how the 15,000 Marines, surrounded by hordes of Chinese soldiers on the snow-covered hills surrounding the Chosin Reservoir, managed to fight their way out to the Korean coast leaving behind much of their equipment, tanks, and guns.

I asked, “Did you lose any toes?” to which he replied, “No, but they were frostbit. The VA in Saco gave me com-

CONTINUED ON PAGE 14

Postcard From the Past



An interesting way to trace businesses that once flourished in just about every town in New England is through early bill-heads, stationery and stamped envelopes that they were mailed in. Both usually have elaborate company logos showing the building the business was housed in and listing the most prominent services provided, owners name(s) and location. Both bill-heads and postally-used envelopes are dated so you can often create a timeline of when the company was in business.

Pictured here is a 1904 bill-head

from Gorham business B.W. Bickford Livery Stable, once located on the corner of Elm Street and Railroad Ave. Carter’s Auto Service occupies the site today. The term “Livery” is still used on some bus license plates today. In 1904 the term meant horses and horse-drawn vehicles were available for hire. “Baiting” signified traveler’s own horses could be stabled, fed and looked after.

Anyone one with further information about this business can contact Greg Cuffey at SPHOMaine@hotmail.com.

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Intersection Fix Years Away

SHERI FABER
Staff Writer

The intersection of Libby Ave. and Main St. has been the site of a number of accidents over the years with the most serious one being in 2008 when two commercial trucks hit each other and both drivers were killed. Brackett St. turns into Libby Ave. at New Portland Road and both are heavily trafficked connector roads with Libby Ave. continuing across Rt. 25 and connecting with Rt. 202.

The Maine Department of Transportation (MDOT) has been evaluating the need for a roundabout or a traffic light at that intersection and is scheduled to install a traffic light in 2020. There are fewer accidents/injuries with roundabouts but the cost for a roundabout is many times greater than the cost of a traffic light, and not every

intersection is suitable for a roundabout.

The MDOT plans to advertise for bids for this project in September 2019 and have the traffic light functioning in 2020. The estimated cost to install a traffic light is approximately \$250,000 but this project has an estimated cost of \$380,000 which includes additional improvements to the intersection, such as possible right turn only lanes.

The latest accident occurred on October 19 when a car coming from Libby Ave. passed Ocean Gardens and hit a vehicle driving eastbound on Rt. 25. One of the vehicles deflected off the other vehicle, hit a CMP pole, and broke it. One person was transported to the hospital with non-life threatening injuries.

Later that night, power to the Village was cut off while CMP replaced the pole.

Lone Pine Brewing Company Moving to Gorham

SHERI FABER
Staff Writer

While construction moves forward on Sebago Brewing's new facility, Lone Pine Brewing, established in Portland in 2016, has purchased Sebago's current brewery in Gorham's Industrial Park. Sebago Brewery had been at that site since 2005 after starting its business near the Maine Mall in the 1990's.

Last year, Sebago brewed 327,408 gallons and was fifth in Maine for gallons brewed. Sebago did not have room to expand at the Industrial Park site and is now building a 31,000 sq. ft. building on Lower Main St. The new location is scheduled to open in December and will include hiking and

biking paths for customers to enjoy.

As part of the sale agreement, Lone Pine also bought all of Sebago's old brewing equipment and expects to quadruple the amount of beer it can produce. Lone Pine has been brewing 155 gallons at a time at its current location in Portland. The Gorham site can make 620 gallons at a time.

John Paul, co-owner of Long Pine along with Tom Madden, noted the company has at times brewed nearly around the clock to keep up with demand. Lone Pine's Portland location will stay open as a tasting room and a place to test new recipes. The company plans to produce all of its beers in Gorham and hire seven additional people to add to its current staff of 10.

Credit Cards Approved for Town

SHERI FABER
Staff Writer

The Town of Gorham has always had one credit card in the name of the former Town Manager that was provided to department heads and other employees on an as-needed basis. In meetings with staff, Town Manager Ephrem Paraschak realized this made it difficult for staff to make needed purchases in a timely fashion.

"All the communities that I have worked in have a procurement/credit card system. It is typically a standard way of conducting business and is often required for some purchasing," said Paraschak.

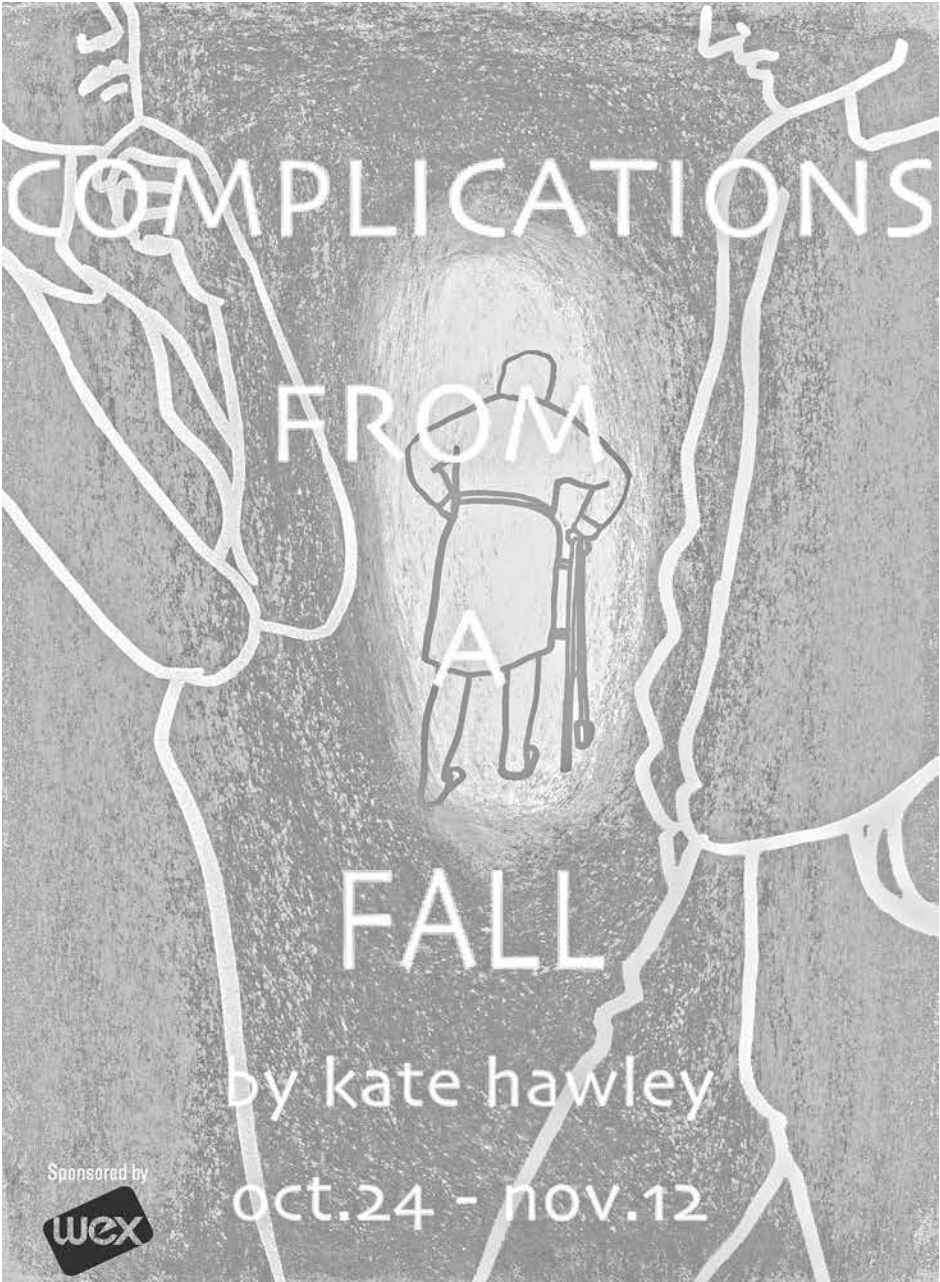
Finance Director Sharon Laflamme reviewed the options available to the Town and talked with other municipalities about what systems they use for credit card purchases. Laflamme recommended J.P. Morgan to provide the Town's credit cards and Paraschak accepted the proposal.

More than one person in each

department may now have a credit card depending on the specific needs of the department. There will be no charge to the Town and if the Town hits certain dollar amounts each year, there will be a cash rebate. Staff will still be required to follow purchasing amounts per the budget and will be encouraged to buy locally if possible and economical.

Providing physical credit cards to department heads should significantly cut down on the amount of time needed to process these purchases as well as the expense of reimbursing municipal employees who have typically used their personal credit cards for work related purchases.


"I am not worried about misuse," said Paraschak. "The Town operating policies will cover the use of cards and we hold our staff to a high standard when it comes to the use of public funds and would expect them to continue to meet that standard with a modified procurement system."



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by kate hawley

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Would you like a way to PAY IT FORWARD this holiday season?

As the holidays approach, we start thinking about families that need a little extra help to get through the seasons. The Town of Gorham offers help to families in need during the holidays. You can help by sponsoring a family for Thanksgiving or Christmas. This is a great way for a community group, organization or a whole family to get involved. You can call the Town Clerk's Office at 222-1670 before the holidays and ask to sponsor a family. For Christmas help, you will be given a "wish list" from a family along with the children's ages and clothing size.

Along with the need for Holiday assistance, low-income families and the Elderly struggle to heat their homes each winter. The Town of Gorham has responded by creating the "Gorham Heating Assistance Fund". This fund will be supported by donations from Gorham citizens and local businesses and 100% of the funds received will go directly to people we assist with heating fuel. With many households facing increasing financial pressure, we are now assisting more families who never expected to be in a position of needing to ask for help. As another heating season approaches, it is expected that the demand for heating assistance will be great. We ask that you consider making a contribution to this fund to support our efforts to keep Gorham residents warm and safe this winter. By donating, you are truly making a difference in the life of a family in your community.

On behalf of all of those who will be benefiting from these funds, I thank you greatly for your consideration. If you have any questions, please do not hesitate to contact me at 222-1671 or lnordfors@gorham.me.us.

We all could use a little help now and then and these are ways our Gorham residents can PAY IT FORWARD!

Grand Jury

The Grand Jury returned the following indictments in July and August:

Aaron Bouchard, 25, of Saco, was indicted for criminal threatening with a dangerous weapon, reckless conduct with a dangerous weapon, and terrorizing with a dangerous weapon on charges brought by Gorham PD.

Derrick Dicenso, 38, of Westbrook, was indicted on counts of unlawful possession of scheduled drugs (fentanyl & heroin) and violating conditions of release on charges brought by Gorham PD.

Riley Storer, 26, of Gorham, was indicted for criminal OUI, operating after suspension, and operating beyond license conditions on charges brought by Cumberland County Sheriff's Office.

Anthony Caraway, 26, of Gorham, was indicted on two counts of assault on an officer, refusing to submit to arrest and misuse of E911 on charges brought by Portland PD.

Christopher Dimastrantonio, 18, of Gorham, was indicted on two counts of unauthorized taking on charges brought by Brunswick PD.

Alexander Duchaine, 18, of Gorham, was indicted for reckless conduct with a dangerous weapon and OUI on charges brought by Gorham PD.

Gwen Jongerden, 49, of Standish, was indicted for reckless conduct with a weapon and OUI on charges brought by Gorham PD and Cumberland County Sheriff's Office.

Michael Kirk, 49, of Westbrook, was indicted for OUI/drugs (two priors) on charges brought by Gorham PD.

Johnny Richards, 44, of Limington, was indicted for theft by deception and home repair fraud on charges brought by Gorham PD.

Kenneth Smith, 60, of Gorham, was indicted for gross sexual assault and two counts of unlawful sexual contact on charges brought by Westbrook PD.

Community Cares Service for Seniors

The Gorham Fire Department offers a "Community Cares" service to senior citizens who live alone and do not have family in the immediate area. The program is free and simple. Seniors sign up through the Fire Department office by calling 222-1660 and are put on a call list.

Each day, the senior calls the Community Cares number to check in between the hours of 8:30 a.m. and 10:00 a.m. If the Fire Dept. does not hear from a person by 10:00 a.m., it will try to make contact by telephone. If no contact is made, a police officer will be dispatched to do a well being check.

AARON CARLSON for School Committee

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Community Collaboration
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Photo by 3Inspirations Photography

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New Student Voted into GHS School Committee

ZACHERY MCGOULDRIK
GHS Student Intern

Gorham High School junior Kyren Bettencourt was unanimously voted into Gorham's School Committee in October. Bettencourt will join current senior representative, Josephine Smith, as a way to diversify the Committee in the monthly meetings.

Smith stated, "the student representative's purpose is to represent the student body in discus-



Photo credit Zachery McGouldrick

Kyren Bettencourt is Gorham High School's newest student school committee member.

CONTINUED ON PAGE 8

OCTOBER 25, 2017

School Committee Meeting

KATHY CORBETT
Staff Writer

At a special meeting on October 25, the Gorham School Committee (SC) voted unanimously to contract with Harriman Associates for a concept design for renovation and expansion of the existing Gorham High School, including the athletic fields. As approved, the contract and fee must not exceed \$215,500 and "is contingent on funds being appropriated by the Town Council." The council already appropriated \$150,000 toward this phase of the project.

Harriman Associates, located in Auburn, has been providing architectural services for 56 years and has designed a number of educational facilities in the area, including the new South Portland High School. As summarized by Daniel Cecil, principle architect for the project, the firm will meet with a variety of stakeholders and work with the building committee before presenting various options to the SC.

Once a revised design is approved, the Committee will take it to the Town Council, who will then vote to put the project on the ballot as a bond issue referendum. Although the SC initially considered

aiming for a fall 2018 vote, a spring 2019 referendum election would provide more time to arrive at a plan everyone agrees on and for educating the public on its various components.

In other business, the SC met informally with candidates for the four positions to be filled in the November 7 election to give them an overview of SC responsibilities and to answer their questions.

The final draft of the district's Strategic Plan was reviewed and will come before the Committee for a first reading at the November 8 regular meeting. Superintendent Heather Perry explained that the plan was developed by a committee of students, faculty, parents and Gorham residents. It outlines goals for students, student learning, and for broadening student experiences in the community. SC members said that they would be looking at how the plan's initiatives fit in with the district's mission and budget.

The SC also continued to discuss with Kathy Hamblen, Director of Special Education, the need for more staff and space because of the increase in the student population entitled to services, the complexity of protocols required to provide them, and the long-term effect on the district budget.



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GMS Band Visits Portland Symphony Orchestra



Photo credit Kim Mathieu

Gorham Middle School band members visited Merrill Auditorium recently to watch a PSO concert based on the music of Gershwin.

ERIN WENTWORTH
GHS Student Intern

On September 30, Gorham Middle School (GMS) band director Kim Mathieu chaperoned a field trip for interested middle school band members to see the Portland Symphony Orchestra (PSO) concert, “S Wonderful! A Gerhwin Celebration.” The trip was made possible through fundraising as well as the PSO providing special discounted rates.

The concert focused on pieces written by American composer George Gerhwin, ranging in music from the opera “Porgy and Bess” to the jazz piece “Rhapsody in Blue.” The GMS band is currently studying Gerhwin and working on an arrangement titled “Gerhwin Classics” for its winter concert in December, which inspired the idea for the trip. The concert included highlights from many of the pieces performed at the orchestra’s concert.

The 26 concert band students in attendance learned a lot from the performance. The students also got the chance to talk to some of the professional musicians, who said they loved playing Gerhwin, and they encouraged the students to continue

playing their music and pursue it more in the future.

“I went because I love hearing the orchestra play, and going with friends sounded like a lot of fun, which it was,” said Abby Ouellette, an eighth grade trombone player from the GMS band. “The musicians sounded amazing, and the conductor was funny. All of it was amazing, and it left me with a huge grin on my face,” she added.

“It was a truly wonderful performance,” said Mathieu, “and we are working on going to a performance of ‘Magic of Christmas’ in December.”

TOWN OF GORHAM ANNUAL MUNICIPAL ELECTION NOVEMBER 7, 2017

Pursuant to MRSA, Title 21A, Sec 101, you are hereby notified that the Registrar for the Town of Gorham, Maine will hold the following office hours for the purpose of registering voters and making corrections to the voter list:

Tuesday and Wednesday
October 31 and November 1, 8:00 a.m.- 4:00 p.m.,
Thursday, November 2, 8:00 a.m.-7:00 p.m.,
Friday, November 3, 8:00 a.m.-1:00 p.m.,
Monday, November 6, 8:00 a.m.-4:00 p.m. and
Tuesday, November 7, 8:00 a.m.-8:00 p.m.

Laurie Nordfors
Town Clerk

GHS Fall Musical Offers Inspirational Message

ZACHERY MCGOULDRIK
GHS Student Intern

Gorham High School is putting on a performance of “Radium Girls,” a historical drama about several women overcoming big business and creating real change in their industry.

While previous GHS fall plays have been more comedic, director and English teacher at GHS, Josie Tierney-Fife, said, “It felt like a good time to do something that was a little bit more serious, and this show in particular has a really important and inspiring message for our students.”

Issac Martel, one of the actors in the play, stated the play “shows how much we’ve advanced politically and scientifically. I think the play is a testament to how far we’ve come.”

Martel, playing the character Arthur Roeder, said he enjoys the fact that “you get the opportunity to step into someone else shoes. The more we do it, the more

involved we get, and it becomes more compelling to not only the audience but the actors.”

Virginia Hugo-Vidal stated that “as an assistant stage manager I tend to spend a lot of time working with actors on their lines. And for me, my favorite thing is once they have their lines down, you can see them start working on their facial expression, and other little body movements. I love seeing that because it brings a whole other level to the show.”

The high school will complete four showings of the performance: two evening shows on November 17 and 18 at 7:30 p.m., and matinee performances on November 18 and 19 at 2 p.m.

Hugo-Vidal believes that this story is important for people to see because it “is a story that a lot of people don’t know about, even though it’s important to American and labor rights history. We owe it to these girls to tell their story and acknowledge what they did and what they went through.”

School Notes: Check out Superintendent Heather Perry’s latest blog at <https://gorhamsuperintendent.blogspot.com> to find out all the great things happening in Gorham’s schools.



Remember those intricate doilies your great grandmother crocheted? Don’t you have one tucked away in a box in the closet? And the flies your grandfather tied while you watched and he told you fish stories. Some of those are in a little case in a drawer somewhere.

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SCHOOL

School Committee

sions and increase communication between the School Committee or administration, and the students.”

Bettencourt will participate in her first meeting on November 8. “When I heard I was voted into the School Committee, I was very excited because although it is a huge responsibility, I see this as an opportunity to be more involved in the Gorham community and to make sure that students’ voices and concerns are heard,” she said.

Meetings are held on the second Wednesday of every month, and workshop meetings are held on the fourth Wednesday of every month. While representatives are voted in to the School Committee, the meetings are open to the public.

Read to Ride Challenge Winner

Village School principal Brian Porter and Mia DeSanctis congratulated Lucy Orlando as the “Read to Ride” Summer Reading Challenge winner. Orlando received a \$100 gift certificate toward a new bike. To keep Maine kids learning throughout the summer, the Maine Department of Education teamed up with a number of partners to offer exciting and fun resources to help students retain the literacy skills they gained over the past school year, while ramping up their skills for next fall. These resources are free, self-directed opportunities that parents and students can enjoy together.



Photo credit DaraLyn McCol

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That’s a Lot of Socks!



Photo credit Lori Gurney

Narragansett “blew the socks off” of Socktober by collecting 2,580 pairs of socks. With donations from many families, and one generous 2000-pair donation from a parent of a student in Mrs. Gurney’s classroom, the school exceeded its goal of 500 pairs and is proud to be able to help those in need. Pictured is Mrs. Gurney’s second grade class in front of the many boxes of donations.

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).

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Gorham and Bonny Eagle Volleyball “Dig Pink”



Photo credit Earle Christianson

HAL D’AMICO
Sports Editor

On Tuesday, October 10, the junior varsity and varsity volleyball teams hosted Bonny Eagle as well as their first “Dig Pink” event. In a show of support and solidarity for people affected by breast cancer, the players, when not competing on the court, displayed tee-shirts with a pink volleyball player graphic and pink lettered “Gorham vs. Bonny Eagle, October 10, 2017.” Some of the student-ath-

letes donned solid pink or trimmed socks. “Dig Pink” games and rallies are gaining traction nationwide, and JV coach Hallye Anderson had participated in a similar event in Wisconsin. Varsity coach Emma Tirrell noted that, “Lots of surrounding schools have one, and we thought it would be a tradition to start at Gorham.” Tirrell added, “We do not have any seniors, so instead of celebrating a senior night, we had a ‘Dig Pink’ night.”

CONTINUED ON PAGE 13

Vienna Farm: For the Love of Horses



Photo credit Hal D’Amico

HAL D’AMICO
Sports Editor

Gorham resident Maggie Ray in the saddle, with trainer Amy Libby. Ray has been connected to the farm for years and participated in the working student program while growing up.

Tanya Rennie spoke into a headset in brief, even phrasings. “Shoulders down. Left hind, right shoulder. Haunches in. Good. Stay supple. Good.” The rider and horse made adjustments as they moved in controlled conjunction around the

indoor arena. The spacious arena simultaneously hosted another team receiving similar instruction from trainer Amy Libby. This is routine activity at Gorham’s Vienna Farm, which occupies nearly eighty picturesque acres at the corner of Fort Hill and

CONTINUED ON PAGE 10

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Fall Sports Recap - Part I



Photo credit Hal D'Amico

Gorham girls cross country had numerous scorers at the regional meet on October 21. Pictured (l to r) are Kate Tugman, Carson Battaglia, Hayley Bickford, Sarah Johnson, Anna Slager, Meadow Fortier and Iris Kitchen.

HAL D'AMICO
Sports Editor

Football: Coach Andy Hager's program showed a big turnaround following a tough 2016 season. The

Rams went 3-4 in the regular season, earning a playoff berth. On September 1, Gorham dropped a tough fought season-opener nail-biter, 14-13, to Mt. Ararat. The following Friday night, under the lights and in front of the home town crowd, the Rams trounced Noble 35-7. The victory ended an 18-game losing streak, and the guys rolled into a new and improved streak, taking Medomak 20-6 the following Friday. The Rams ended the regular season on a high note, with a 42-19 home victory over Westbrook. The team's quarterfinal game and well-done gridiron time concluded with a 35-9 loss to Kennebunk.

Golf: Coach Scott Nevers wrote: "The season went well, and very fast! We finished with a record of 7-3, and we beat the top team, Thornton Academy. We were able to qualify for states and compete with the state's best teams. Ryan Kaczmarek played great at Natanis (October 7) shooting a 78, while Lucas Roop shot an 80. We will definitely miss Roop, and Kaczmarek, but the future looks bright. We had 32 kids on the golf team, with a handful of underclassmen playing well this season." Roop qualified for the state individual tournament, held at Natanis on October 14, and placed third with a score of 72.

CONTINUED ON PAGE 13

Vienna Farm CONTINUED FROM PAGE 9

Spiller Roads. Rennie and her husband, Jim Jaeger, have owned the farm since 1984, with growth in both property and structures since then.

The foundation of their enterprise and lifestyle is horses. Their website states, "While the cornerstone of Vienna Farm's services is horseback riding in our lesson program, and the training of Dressage horses, we are many things to a wide variety of clients. Equestrian center, riding academy, boarding stable, and horse farm are some of the terms that have been used to describe Vienna Farm."

While they've produced serious and successful competitors, including two recent young riders who qualified for the only international dressage competition held in the United States, it didn't take long to understand the scope and purpose runs broader and deeper than grooming for competition.

With engaging enthusiasm, Jaeger began a discourse on the history of dressage which reaches back to the ancient Greeks. He described the military use of cavalry, and defined dressage in its origins as "to train" or "to school" via keen observation of wild horses and their movements, striving to make horse and rider most effective in battle. Dressage evolved and centuries ago became a sport whose goal is to have the horse under saddle move as if in its natural, free state.

It's worthy to note that the variety of Olympic equestrian events are mixed gender. Jaeger mentioned the renowned, historic Spanish Riding School of Vienna, Austria, and the Lipizzan breed of horses whose origins are credited to the Hapsburg nobility, and are

known for classical dressage performance. Although one would suspect that Vienna Farm was named after this, Jaeger confirmed it came from a favorite Billy Joel tune.

Jaeger didn't grow up around horses, like Rennie did. Since the late 1990s, however, he's been working alongside her full time at the farm. There's a lot of work, with about twenty-four horses currently in the stable, many owned by the farm, others by some students and general boarders.

In addition to Joe Hannaford, who wears many hats, and trainer Amy Libby, sisters Chrissy and Nancy Smith of Gorham are also employees, and have been connected to the farm for nearly twenty years. As young riders they participated in the work-

ing student program, which typically includes 8-10 participants, and helps defray costs. Libby has been riding since age five, and has been at Vienna Farm since she was twelve, a 25-year tenure.

Vienna Farm hosts clinics and competitions that attract people from wide distances. Jaeger walked the outskirts of the property and pointed out the trail network, while Rennie displayed continuing dedicated attention to students. Both want people to visit and enjoy the beautiful space. Of riding, Jaeger said, "It's a great physical pastime for people. You can always get better. There is the emotional aspect of connecting with another living being. Horses are very social animals. You can take up riding in the same way people take up tennis or golf."

First paragraph refrain: "We are many things to a wide variety of clients." For more information, visit www.viennafarm.com.

USM Weekend Home Schedule

- Friday, November 3**
Men's Hockey vs. Hobart, 7 p.m.
- Saturday, November 4**
Men's Hockey vs. Skidmore, 4 p.m.
- Friday, November 10**
Women's Hockey vs. UMass.-Boston, 4 p.m.
Men's Hockey vs. UMass.-Boston, 7 p.m.
- Saturday, November 11**
Men's/Women's Cross Country NCAA Regional Championships, Gorham CC, 11 a.m.
Women's Hockey vs. Salve Regina, 1 p.m.
Men's Hockey vs. Babson, 4 p.m.

*Schedules subject to change.
www.southernmainehuskies.com

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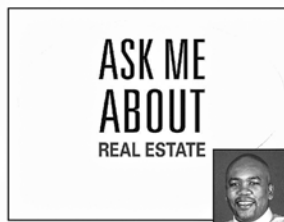
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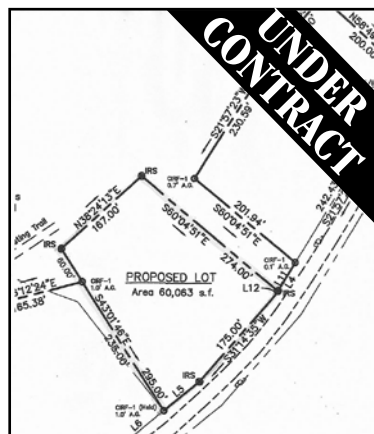
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ENGAGEMENTS

Alex Bailey (GHS '07) and **Corey Perkins (GHS '08)** moved back to Gorham this past July after almost five years of living in Bunbury, Australia. The couple was engaged while on vacation in Singapore last December, and plans a late summer 2018 wedding.

OF INTEREST

Mikalah Wright was recently named to the 2017 Bob Jones University Symphony Orchestra. She was also recently named to the 2017 Horn Choir. Wright is a junior majoring in accounting.

White Rock Community Clubhouse, 34 Wilson Rd., will hold a **Bean Supper on November 4** from 4:30 to 6 p.m. Homemade kidney and pea beans, hot dogs, cole slaw, potato salad, macaroni and cheese, homemade biscuits, as well as homemade pies for dessert. Adults: \$8/Children under 12: \$4. FMI, whiterockcommunityclub@gmail.com.

A History and Geology Walk will be held on November 19 at 10 a. m. on the Presumpscot Regional Land Trust's Hawkes Property. Lindsay Spigel of the Maine Geological Survey will discuss evidence of landslides in the area over the last 10,000 years; Don Wescott will talk about the history of the C & O Canal and Towpath and the logging legacy; and Toby Jacobs will lead the group to the brand new bridge recently built by land trust staff and volunteers. The event is free and open to all ages. RSVP is required at www.prlt.org/events.

Spending Thanksgiving alone? Unable to fix a Thanksgiving dinner? Mister Bagel, 13 New Portland Rd., will once again host a Thanksgiving Dinner with all the fixings on November 23 starting at noon. Meals will be delivered for those who are unable to travel. Transportation is available upon request. For FMI, reservations, or requests for transportation, contact Roxanne Hanscom Moody, 839-4516 or tmoody6@maine.rr.com. Free, donations are appreciated and will go the Gorham Food Pantry.

The Gorham Health Closet needs your help. They will only accept clean and sanitized medical items that can be safely reused by others. Prior to returning an item, please schedule the drop off by calling just one of the telephone numbers listed below in Ongoing Events (839-3630, 839-2484 or 839-3859). The Gorham Health Closet is also seeking volunteers. FMI, call Gerry at 839-3859.

Galilee Baptist Church is offering a weekly GriefShare® group to assist those who are grieving the loss of a loved one. Meetings are on Fridays from 10:00 am to noon at Galilee Baptist. For more information, call 839-6985.



Gorham couple David and Kim Orsi celebrated their anniversary on Friday the 13th at Spooky World presents Nightmare New England and the Haunted Hayride in Litchfield, NH, with daughter Emilee Orsi and her boyfriend, Chris Beauchesne, and some of their "hauntingly" good friends. The couple was married 22 years earlier at Spooky World on Friday the 13th.

First Parish Church, 1 Church Street, will hold a **Chicken Pie Supper** on November 11 from 5 to 6:30 p.m. \$10 adults/\$5 children under 12. FMI, 839-6751.

Saint Anne's Church, 299 Main St., will hold a **Public Dinner** on November 18 from 5 to 6:30 p.m. Oven-roasted pulled pork, baked beans, hot dogs, potato salad, coleslaw, corn bread, and pies. \$8/adults; \$3/children 12 and under. FMI, 839-4857.

LOCAL HOLIDAY FAIRS

North Gorham Public Library will host its annual Holiday Craft Fair & Book Sale on December 2 from 9 a.m. to 2 p.m. Crafters may reserve a table for \$10 or half table for \$5. FMI, libng@north-gorham.lib.me.us or 892-2575.

West Gorham Union Church, 190 Ossipee Trail, will hold their Old Fashioned Christmas Fair on November 18 from 9 a.m. to 3 p.m. Raffles, craft tables, baked items, candy, slightly used Christmas decorations, jewelry, knitted and quilted items, and hand made crafts. Rada Cutlery will also be for sale. Enjoy lunch of fish chowder, sandwiches, sweets, and drinks. FMI, 839-5946

Home for the Holidays Christmas Fair at Saint Anne's Church, 299 Main Street, will be held on November 18 from 9 a.m. to 4 p.m. Featured will be crafts, raffles, jewelry, knitted items, Gramma's Attic room, baked goods, light breakfast, lunch and much more. FMI, 839-4857.

The White Rock Friendship Club, located in the Community Building on Wilson Rd., will hold a Christmas Craft Fair on November 18 from 9 a.m. to 2 p.m. Local crafters, white elephant table, 50/50 raffle, bake sale, coffee and donuts. Enjoy lunch of corn chowder, hot dogs and homemade pies. Proceeds will support the Friendship Club's Gorham High School Scholarship Fund. FMI, Fran Perry, 892-9521.

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 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; Tuesday crafts and card games. FMI, Avis 892-0298; The Memoir Writing Group meets the second and fourth Wednesday of the month. FMI, David 892-5604; Thursday Table Games at 10 a.m. and Friday Art Workshop 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 839-3630, 839-2484 or 839-3859.

Gorham Cancer Prayer and Support Group meets the first Tuesday of every month at the Cressey Road United Methodist Church, 81 Cressey Rd., from 6 to 7:30 p.m. This monthly non-denominational event is a prayer and support group for anyone dealing with cancer including patients and caregivers.

CLOSE TO HOME

The Story Mill, a night of true stories, told by real people: a benefit presented by the USM School of Nursing Rural Community Partnership, Leavitt's Mill Free Health Center, and Saco River Theatre, November 3, 7:30-9:30 p.m., The Old White Church, 15 Salmon Falls Rd., Bar Mills, ME. FMI or to book tickets, www.sacorivertheatre.org or 929-6476. Cost: Pay-what-you-can, but tickets are limited and will be cash only at the door. Sales benefit the USM School of Nursing Rural Community Partnership's Community Health Initiative.

Highland Lake Grange, corner of Rt. 302 and Hardy Rd., Westbrook, will hold a roasted turkey dinner on November 11 from 4:45 to 6 p.m. Enjoy turkey, mashed potatoes, vegetables, stuffing, bread, desserts and beverages. \$8/adults; \$4/children 12 and under.



Saco River Theatre, 29 Salmon Falls Rd., Bar Mills, presents Choro Louco, a Portland-based band that plays a Brazilian musical genre that combines elements of European folk and classical, ragtime, jazz, Latin, and African music. November 11 from 8:30 to 9 p.m. Adults \$20; Seniors & Students \$18. Reservations advised 929-6472 or www.sacorivertheatre.org.

Sebago Lake Congregational Church, 410 Northeast Rd., Sebago Lake Village, Standish, will hold their Annual Christmas Fair on November 18 from 9 a.m. to 2 p.m. Come for baked goodies, hand knit goods, cat toys, jewelry, white elephants, holiday items, quilted bags, and hand crafted gifts. Enjoy warming soups and sandwiches for lunch. FMI, 892-3874.

A Juried show and sale of regional art and crafts, "Art is Community VII" will be held at the Old White Church, 15 Salmon Falls Rd., Bar Mills. A reception with the artists will be held on November 17 from 4 to 8 p.m.; gallery hours will be November 18 from 10 a.m. to 2 p.m. and November 19 from 10 a.m. to 2 p.m. Free. FMI or admission by appointment, Pat Packard, 929-6472 or Susan Orfant, 642-4219.

HAVE SOMETHING INTERESTING TO SHARE?
EMAIL GORHAMTIMES@GMAIL.COM

Both coaches were impressed by the fun and fundraising achieved by the collaboration between the two programs. Anderson exclaimed, "It was so awesome to see two communities come together for the same cause and both sides be so passionate about it." Over \$500 was raised through pre-event tee-shirt sales, a 50/50 raffle, concessions, and donations. The money will be donated to the Cancer Community Center in South Portland.

The term "dig" in volleyball refers to an essential move to return a spike attack. The dig requires a stable, yet agile and prepared body position ready to move to the anticipated spike, with a 'platform' created by both arms, wrists, and hands that will be used to dig a return before the ball hits the surface for a point. No metaphor was lost on the teams and their fans that night.

Cross Country: On October 21, the girls' team WON the Class A Southern Maine Regional Championship held at Twin Brook Recreation Area, racing to a 72-101 gap over runner-up Falmouth. The first five Ram finishers impressively placed in the top 22 of 122 girls. They were: Anna Slager (fourth), Iris Kitchen (ninth), Kate Tugman (16th), Sarah Johnson (21st) and Meadow Fortier (22nd). The boys team also qualified for the October 28 State Meet.

Look for more cross country, volleyball, field hockey and soccer recaps as well as the Fall Sports Awards in the next issue.

Sport Etc.

Break the Ice, a youth hockey program designed for those who are interested in trying hockey but aren't sure if they are going to love it, runs from November 2 through December 9. This 10-session program is FREE to first-time skaters who have not participated in a previous free program with Southern Maine Youth Hockey. For more information, visit www.southernmaineyouthhockey.com.

In the Zone

Indoor Field Hockey: Hannah Prince, a 2010 graduate of Gorham High School, recently captained Team USA to the Gold Medal at the Indoor Pan American Cup. A 2-1 victory over world #13 Argentina in the final qualified Team USA for the Indoor World Cup. Prince said, "Winning the gold medal was the culmination of an incredible team effort." She added, "We are proud to be the first U.S. Women's Indoor Team to qualify for the Indoor World Cup. I look forward to continuing to train and preparing for the Indoor World Cup." Stay tuned for an upcoming article on Prince.

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Photo credit Leslie Dupuis

In Honor of Our Veterans

CONTINUED FROM PAGE 4

pression socks that help, but I still feel it every day, not just in winter."

I learned that this Marine is Jim Hughes, a Gorham resident. He went over to Korea as a teenager serving with the 7th Division and has been interviewed for the Portland Press Herald as one veteran who won't forget.

When I told my new friend that my wife Blanche served in the Air Force at that time. He said, "The Air Force saved us over there, as did the Navy. Be sure to tell her that." He had nothing good to say about General Douglas McArthur except, "He just wanted us to push North."

All veterans are not alike; most never saw combat. And those that did often don't talk about their experiences. Because, they say, "I don't like to recall," or "Just keep pushing away." There are those who do want to pass on their experiences and realize there are only a few years left to do so.

My friend Porter Leighton, for example, enlisted in the Air Force just out of high school in 1950. He only got as

far as Newfoundland. But when after discharge he stepped off the train in Newcastle, his hometown, a lady bearing coffee and donuts greeted him with, "Did you just get back from Korea?"

"No," Porter replied, "I just returned from Illinois."

"Oh, well," she inquired, "Are there any REAL soldiers on the train?"

After 80 years we all have memories, good and bad, humorous and life changing, to pass on.



Photo courtesy of David Alexander

Editor's Note: David Alexander is a retired engineer who has lived for 34 years in the White Rock neighborhood of Gorham. Although he has had a longtime interest in military history, he was never called for service. Alexander participates in a memoir writing group at the Little Falls Senior Center and writes, he says, "to save my memories for my grandchildren."

Moody's Collision Centers held a 40th anniversary party on Saturday, October 14, to celebrate and honor its many employees. Nearly 1000 people attended the free event which included a performance by Bob Marley, a demolition derby, a bonfire, food trucks and fireworks.

Last Bean Supper of 2017



Photo credit Kathy Corbett

The last monthly bean supper of the 2017 season drew a crowd to the UCC church in North Gorham. Last spring organizers bought 100 dry pounds of yellow eye, red kidney, and pea beans to cook in their "beanhole" behind the building. Since May, they have served beans along with donated salads and pies and more than 200 pounds of red hot dogs. Proceeds provide about 20% of the church's annual budget.

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Something to Crow About



Photo credit Chris Crawford

A festive scarecrow keeps watch over the fields at Martin's Farm in Gorham.



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