School Committee Sends Approved Budget to the Town Council

KATHY CORBETT
Staff Writer

On April 11, the Gorham School Committee (SC) voted (6-1, Benson) to submit a $59,288,505 Fiscal Year 2019 budget to the Town Council for approval. This represents an increase of 4.43% in expenditures over last year. However, since the district lost $1.2 million in state subsidy, a decrease of almost 8%, if approved, the budget would result in an approximate mill rate increase of $1.55 per $1,000 valuation. This equates to an increase of approximately $464 on a home valued at $500,000.

As nearly 70% of the budget is for personnel, much of the increase is explained by a 2% increase in the base salary for teachers and for step increases based on experience and levels of degree attainment for a combined average of 4.2%. Gorham, with many experienced, highly educated teachers, pays its teachers an average of $59,111. According to Superintendent Heather Perry, Maine’s average teacher salary is $48,430.

Increased enrollment projections requiring staff and facilities, additional special education personnel, textbook and computer upgrades, and higher insurance costs account for some other increases to the budget.

The SC will hold a joint public meeting with the Town Council (TC) on May 15, and the Town Council will vote on the budget on June 6. The budget, as approved by the TC, will come before the voters on June 12.

During the public comment portion of the meeting and prior to the SC vote, Gorham residents Andy Levesque and Jim Means spoke in opposition to the budget.

Back to the budget. The $7,451,000 was 48% over the budgeted amount. It is the only firm to submit a bid for the reconstruction. Their bid of $8,451,000 was 48% over the budgeted amount of $5,020,888. This is the second year that the Town has sought bids for this work with the bids coming in significantly higher than the budgeted amount.

Portland Water District needs to install new water mains as the ones under Main St. are more than 100 years old. There is also concrete that will need to be removed and the road will have to be restored. Everyone has limits on the fund available for any given project and the Town plans to meet with the MDOT and Portland Water District to see what possible changes can be made to help this project move forward or come to an agreement as to doing some of the work.
Policy on News from Augusta. The Gorham Times asks our three state legislators from Senate District 30, House District 25 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.

Tax Conformity

Sen. Amy Volk

It is officially crunch time in Augusta. With just days or even hours left in the Second Regular Session of the 128th Legislature, the House and Senate are working hard to process a sizable workload in a very short period of time. When this legislative ends, we will have managed nearly 2,000 separate bills, not including amendments, over the course of two years.

As always, there are a number of important matters yet to be decided: the Marijuana Legalization Committee’s second stab at correcting the flawed referendum law, ranked-choice voting, which is currently in the hands of the courts as they decide constitutional concerns, and funding for voter-approved Medicaid Expansion as well as the more than 150 bills that have passed and now sit on the Appropriations table.

Another very pressing matter that remains is an issue you may have heard very little about: tax conformity. Most states conform to the federal tax code automatically, but Maine is different. We are a static conforming state, meaning the legislature must vote to adopt changes that happen at the federal level. Typically conformity is a minor issue, but this year is different in light of the federal tax reform package that recently passed and resulted in the largest overhaul of the federal tax code in more than 30 years.

While some people are more supportive of the federal tax reforms than others, it is incredibly important that we act this session to confirm our state tax code in order to take advantage of the significant benefits that come with conformity. Failure to conform makes Maine an outlier state, placing us at a competitive disadvantage.

Tax conformity carries major advantages, for both filers and the state. When Maine conforms to the federal code, Maine Revenue Services is able to rely on the Internal Revenue Service to review returns and conduct audits. In the absence of conformity, the state would have to increase staffing at Maine Revenue Services to audit state returns. For filers, conformity streamlines the process and makes tax preparation more affordable. It also ensures that taxpayers have the option to audit one government bureaucracy rather than two.

If we fail to conform before we adjourn, there will be far-reaching impacts, not only for Maine businesses, but also for individual filers. Many tax filers in Maine use programs such as TurboTax to file their state and federal tax returns. Because of the amount of time required to develop state-specific software, delaying conformity decisions until next session would quite possibly mean these services would not be available for Maine filers next year.

Should the 128th Legislature fail to come to an agreement on conformity, the issue will be put until the next legislative session, which will not convene until January 2019, after the next tax season begins. If you realize a factor in the time required for an agreement to be reached and signed into law, in addition to the time needed for Maine Revenue Services to update, print and distribute forms, the majority of Maine filers would have to amend their returns and refile with the State.

Failure to conform in some fashion now will expose Maine filers to extra paperwork, additional costs and excised from the increased risk of a dreaded audit. Life in Maine can be challenging enough without these added hassles. Therefore, I intend to advocate for conformity until the 128th legislative adjourns “sine die.”

Amy Volk is serving her second term in the Maine Senate and represents the people of Senate District 30 which includes Gorham and parts of Scarborough and Buxton. She is the Senate Assistant Majority Leader, the Chair of the Labor, Commerce, Research and Economic Development Committee and is also a member of the Environment and Natural Resources Committee.

NEXT GORHAM TIMES DEADLINE: APRIL 25

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 coshee2@maine.rr.com.

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Gorham Fire Department is reminding residents that all open burning requires a permit. A free permit can be obtained by going online to www.burningpermit.com or visiting Central Station at 270 Main St. on weekdays from 9:00 a.m.-4:30 p.m. and weekends from 8:00 a.m.-12:00 p.m.

BRUSH @ 80 Huston Rd.
Saturday, May 5, 2018
and
Saturday, May 19, 2018
From
8:00 a.m. to Noon

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Asperger’s: More Than a Diagnosis

CHRIS CRAWFORD
Staff Writer

Gorham native, Charlie Remy (Cheverus ’03), an Electronic Resources Librarian/Assistant Professor at the University of Tennessee at Chattanooga, is dedicated to spreading information and dispelling myths about Asperger’s syndrome, a neurological disorder on the autism spectrum. Remy was formally diagnosed when he was 25 while attending graduate school at Simmons College in Boston where, in 2010, he earned a MS degree in Library and Information Science. Remy, like all those on the spectrum, is so much more than his Asperger’s diagnosis: he is smart, generous and kind, hard-working and very brave.

According to experts in the field, Asperger’s Syndrome is one of the most misunderstood developmental disorders on the autism spectrum and is fraught with stereotypes and prejudices. Remy believes it is important to confront these myths head on. To that end, he has presented at conferences, taken part in panel discussions, and written about autism and libraries.

According to Remy, “Autism is a neurological difference that should be embraced. It is not a cruel disease in need of a cure.” Asperger’s Syndrome is a unique way of seeing the world that comes with its own set of strengths. Indeed, people with Asperger’s tend to have unique abilities including impressive attention to detail, a strong work ethic, excellent verbal skills and high intelligence. Most children with Asperger’s grow up to be highly functioning adults who are capable of leading independent lives. Remy said, “The reality is that each person with autism has different strengths and challenges – when you’ve met one person with autism, you’ve met one person with autism.”

Asperger’s can also present challenges. Typically, children struggle in social situations, and may be more comfortable relating with adults than with peers. They have difficulties expressing emotion and reading non-verbal social cues such as facial expressions or body language. This makes every personal interaction stressful. Making friends is a challenge due to language. This makes every personal interaction stressful. Making friends is a challenge due to language.

Remy’s advice to parents, teachers, family and friends is that they “…balance empathy and understanding while also challenging individuals on the spectrum to get out of their comfort zone. This is where growth occurs and, although it can be painful and difficult at times, it’s beneficial.” He encourages parents to embrace their child’s obsessive special interests, as in most cases, this energy and passion can be channeled into something very beneficial to society.

Remy has always loved libraries which influenced his choice of a profession. “My parents exposed me to the richness that libraries offer starting as a young child attending story hour at Baxter Memorial Library. I’m so thankful for my parents who instilled the value of lifelong learning and libraries at such an early age,” he said. As a young boy, a patient librarian taught him how to use the Internet at Scarborough Library. His passion for the experience continued through his undergraduate program at Elon University (North Carolina), where he graduated in 2007 with a B.A in Spanish and Gender Studies. During that time, he attended a month-long program in Santiago de Compostela, Spain and also studied for a year at Universidad Alberto Hurtado in Santiago, Chile. As the Electronic Resources and Serials Librarian/Assistant Professor at the University of Tennessee at Chattanooga, Remy is in charge of all aspects of E-resources (ebooks/e-journals/streaming video and audio, etc.) which make up the bulk of the acquisitions budget for the University library. He said, “This subfield of librarianship is constantly changing with new business models, content/
Land Trust to Establish Nelson Preserve

COURTESY OF RACHELLE CURRAN APSE
Presumpscot Regional Land Trust

As part of Jane Nelson’s legacy, she generously offered the gift of a 37-acre forested parcel of land in Gorham for conservation and public access to the Presumpscot Regional Land Trust. The Nelson parcel is part of a 300+ acre undeveloped block of forest that includes Brandy Brook, which the state has identified as habitat for wild brook trout.

The land trust board of directors voted to accept the gift, provided the necessary funds are raised to cover the transaction, the stewardship, and the trail-building costs. As a community-based nonprofit, every new conservation project, even when the land is donated, comes with costs that need to be covered before the land trust can commit to hold the conservation land in perpetuity.

The land trust priorities for the future Nelson Preserve will be to ensure a healthy forest for wildlife habitat and to provide a public access one-mile loop trail. This will offer low impact recreation in a region of Gorham, just west of downtown, that currently has no open space.

Cindy Hazelton, Gorham Parks and Recreation Director, said, “The proposed forested walking trail to be developed as a result of this gift will create a great place to take a walk so you not only can get active, you can enjoy the benefits of being outdoors too. According to research, short walks significantly improve your mood and your ability to think. Nelson Preserve is the perfect place for walkers of all ages and abilities.”

The future Nelson Preserve near Brandy Brook in Gorham.

CONTINUED ON PAGE 6

LIVING

Much To Gain By Saving Your Brain

DR. JOE KERWIN

How often do you think about your brain? It impacts all areas of our life, from our happiness and health to our relationships, movement and sleep. Yet we often take for granted the miracle of how our brain functions.

Grain statistics are now revealing that changes in our brain may be driving many of society’s ills. One in five children between the ages of 3-17 suffers from some form of mental disorder; the most prevalent of which is ADHD. Over half of all adolescents prescribed are to people with mental health challenges, as 46% of Americans fit a diagnosis for one form of mental illness. A study done by AAA shows rapid increase in road rage. There are 3.8 million concussions annually from sports and recreational activities, and chronic traumatic encephalopathy is now seen at an increasing rate with repeated head trauma.

Twenty-eight million baby boomers (born between 1946-1964) will develop Alzheimer’s disease, and those that don’t may be caring for someone who does. The World Health Organization predicts that by 2050, 1 in 6 adults will be living with dementia and elderly dementia facilities will be in critical demand.

Many common medications can have detrimental effects on our brains. Proton pump inhibitors, used to treat heartburn or acid reflux, negatively impact Vitamin B12 absorption. This can exacerbate problems with vitamin deficiency/absorption that many aging Americans already struggle with. Medications for diabetes, heart disease and cholesterol can have an effect on CoQ10, an antioxidant that is essential to all cellular function in the brain and we make less of it as we age.

Fortunately, most approaches to these challenges are reactive and involve chemical intervention. However, if you want to boost your brain power and reduce mental aging without the use of chemicals – there is good news.

Strategies that involve lifestyle changes can have a profound effect on your brain's ability to age well. Optimizing vitamin D levels, adequate sleep, and brain exercises combining mental and physical activities can all contribute to brain health. However, one of the best steps you can take to increase brain health is to stop eating processed foods found in boxes, bags, cans and cartons with long ingredient labels.

Replace these harmful sugars, grains, and vegetable oils with healthy saturated fat. Sixty percent of the brain is composed of fat, so strive to incorporate saturated fat such as tuna, salmon, sardines, eggs, real butter, avocados, walnuts, almonds, sunflower seeds and hormone-free meats and cheeses. Start adding coconut oil to your diet, which contains medium chain triglycerides that are fuel for the brain.

Controlling blood sugar is another key component of brain health. Our brains run on glucose, but when our insulin levels are affected with too much glucose our brain begins to atrophy or starve. In fact, some researchers are referring to Alzheimer's as "Type III Diabetes" because sugar creates chronic inflammation that drives Alzheimer’s.

Fortunately, our brain can run on another type of energy source called ketones. Ketones are what our body produces from fat, which is why fat is so important in our diet. Omega-3 fats are essential to brain health but your body cannot produce them so you must get them from your diet. Most Americans are deficient in omega-3s and must supplement for this.

A final important component of brain health is our digestive health, or gut health. Toxins in the gut can affect the brain by way of the vagus nerve which runs directly from the brain stem to the gut. This is why the gut is called the "second brain."

Diet, lifestyle and behavioral changes are the most powerful steps one can take to prevent and actually reverse chronic disease. Take the steps today so that you will not need to be reactive to the inevitable results of ignoring brain health.

Dr. Kerwin is a chiropractor and nutritionist who has been practicing and living in Gorham with his wife for 28 years. They have three grown daughters.

Dr. Joseph M. Kerwin
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jkerwin1@maine.rr.com • www.kerwinchiro.com • 839-3181

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Do you suffer from chronic fatigue or low energy?

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Your Brain

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North Maine is beginning to sort out food waste from the rest of the trash. For any questions on what is recyclable and what is trash, visit ecomaine.org/recyc- pedia. There is also an application available on smartphones.

Councilor Benner also said that the METRO Bus Service in Gorham should be able on smartphones. There is also an application available for METRO Bus Service in Gorham should be able on smartphones.

Maine Optometry’s request for approval at Denny’s on Congress St. and there was a further confrontation. Joyal was stabbed three times in the back and later died at a local hospital. Police found the knife covered in Joyal’s Blood. After interviewing 60 people, Seita Srey was identified as a suspect after a 15-year-old girl told police that Srey had confessed to her. Other witnesses pointed to other sus- pects, but Srey was eventually arrested and jailed for two years before the charges were dropped due to weak- nesses in the evidence. Joyal’s mother, Father, thinks that gang members may have told him to...
Public Meeting Held on Libby & Main Street Intersection

SHERI FABER  
Staff Writer

The Maine Department of Transportation presented its plans for the installation of a traffic light and other improvements to the intersection of Libby Ave. and Main St to approximately 20 people, primarily residents of Libby Ave. or side streets off of Libby Ave., at a meeting on April 4. 

PACTS (Portland Area Comprehensive Transportation System) makes determinations as to what work needs to be done on local roads and the Maine Department of Transportation (MDOT) pays for the project and hires contractors to do the work. The project has a cost of $430,000 with $130,000 budgeted for engineering and design and $300,000 for construction.

MDOT has nine possible reasons they use to consider improvements to local roads and the intersection of Libby and Main met three of them, including the volume of traffic between 7:15-8:15 a.m. and 4:30-5:30 p.m. leading to lengthy delays for vehicles attempting to cross or turn onto Rt. 25. Additionally, there have been a number of accidents at this location. The MDOT predicts that in 20 years there will be a half-mile long back up for vehicles waiting to turn left onto Rt. 25 during peak travel times.

The MDOT plans to install traffic lights at this intersection and widen shoulders so that vehicles wanting to turn right may be able to go around vehicles waiting for the light to change. Existing curbs and sidewalks will be moved back approximately three feet to provide a 10 foot wide shoulder and crosswalks will be moved back to make them safer.

Numerous residents asked questions and talked about how problematic this intersection is for them. A major concern is vehicles speeding on Libby Ave., which is a connector road for many drivers. Fire Chief Robert Lefebvre asked when the evaluations had been done, noting that during USM’s school year, the traffic on Rt. 25 is much heavier.

MDOT staff could not say whether their traffic evaluations had been done while USM was in session. A question was raised about whether the MDOT had considered a rotary for this location. It had but rotaries cost about $1.5 million and the volume of traffic at this location did not warrant that expense.

The MDOT plans to advertise the project in late 2018 and expects the construction to be done in the summer of 2019. They estimate the project will take two to three months to complete.

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Land Trust to Establish Nelson Preserve

Continued from Page 5

The Nelson Preserve budget is $77,200. The land trust has 95% of the funding and has only $4,000 left to raise this spring in order to open the Nelson Preserve this year. The PRLT would like to thank the Town of Gorham for donating $10,000 from the Open Space Impact Fee Fund towards this conservation project.

Lars Nelson and Susan Nelson Carver, son and daughter of Jane and Clifford Nelson, explained, “Our parents loved their land in Gorham and always hoped to share it with the community. As children we found ourselves walking the trails with our parents and dogs. Jane and Clifford made provisions in their will for the local land trust to inherit the property so it would be conserved.”

If you want to see more land conserved forever in Gorham, providing access for the public to get out and enjoy the forests now and into the future, please consider making a donation to Presumpscot Regional Land Trust, P.O. Box 55, Gorham, Maine 04038 or visit online at www.prlt.org, designating the gift to the Nelson Preserve.

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School Committee Sends Approved Budget

Chairman Darryl Wright would like to provide more direction to the superintendent at the beginning of the process. He said “we need to know what a great school district we have and that knowledge does affect population growth.”

Administrators presented three Program Reviews on initiatives that directly benefit students. Ryan Watts, Program Reviews on initiatives that have and that knowledge does affect population growth.

GMS principal Bob Riley and the three direct benefit students. Ryan Watts, Program Reviews on initiatives that have and that knowledge does affect population growth.

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Gorham Teams Compete at Odyssey of the Mind Competitions

Over the past several months, 50 students from Gorham participated on eight competing teams to solve problems offered by Odyssey of the Mind, an international educational program promoting creative problem solving. Students learned how to collaborate, develop skills for life, and find an outlet for creative thinking. All teams presented their solutions to audiences during Regional and Primary Tournaments in March, with five teams earning an invitation to advance to the State Competition in Biddeford on April 7.

At the State Tournament, all five Gorham teams earned a trophy: three first place and two second place, in their respective divisions.

The Gorham High School Vehicle Team earned first place in Div. III for their humorous “Star Wars” theme and efficiently designed vehicle. The team was coached by Ben Wilkins.

The Great Falls Performance Team earned first place in Div. I for their creative and colorful alien skit that entertained the audience. This team was coached by Bethany Emerson and Matthew Paul.

The first place Gorham Middle School Performance Team in Div. II amazed the crowd with their creative use of set, props, and lyrics. The team was coached by Misty D’Amico.

“It’s a lot of hard work,” said Emma Mullin. “Odyssey teaches us skills for life. Like how to manage a budget and become a better writer.”

Will Stein said, “I’m glad we can go to World Finals. It was my goal.”

The GMS Div. II Classics Team was coached by Sara Castonguay and earned second place for their creative skit based on the classic story, “Charlotte’s Web.”

“I love seeing the problems each year and how they make them new and different,” said Clara Shvets.

Village School’s Div. I Classics Team earned second place for their entertaining twist to the classic tale, “Alice in Wonderland.” The team was coached by Jennifer Dubail.

Congratulations to the three other Gorham teams for their hard work and creative solutions. The Village Performance Team was coached by Adam Rush and presented during the Discovery Tournament.

In addition, Gorham’s two Primary Teams performed their original solutions depicting a cooking show in.
The sixth grade girls’ and the fifth grade boys’ Gorham Travel Basketball Teams both earned “Tournament Champion” status to end their four-month seasons. The boys’ team (left to right) is: front row: Mason Finck, Gage Beaulieu, Lucas LeGage, Owen Spera, and Reichen Albert. Back row: Coach Chuck Nadeau, Griffin Gammon, Wyatt Nadeau, Andre Dube, Jeffrey Legere, Jack Karlonas, and Coach Mike Karlonas. Pictured for the girls’ team (left to right) is: Summer Gammon, Andy Cloutier, Claire Boudreau, Marissa Reno, Brooke Farquahar, Maddie Miers, Hannah Bickford, Ellie Gay, and Sophia DiPhilippo. The team was coached by Neal Gammon and Dean Boudreau. Congratulations to the players and coaches, and special thanks to the Gorham Basketball Travel Board for a great season.

Two-Time Champ

The Knights of Columbus State Championship Free Throw Championship was held on March 10 at Old Town High School. Gorham was represented by sixth grader Gabe Michaud who won by hitting 20/25 shots. This was the second year in a row that Michaud won the State Championship after winning the Gorham and District crowns. Pictured from left to right is Dave Roy, Michaud, Mike Foster and Anthony Alfiero, all representing Gorham.

Outstanding Student Athletes

Lucas Roop (l) and Anna Slager (r) were Gorham’s recipients at the SMAA Citizenship Awards Banquet on April 10. They were both recognized for their leadership in school, in their communities and in their respective sports.
SPORTS

GHS Spring Sports: Coaches Preview

BASEBALL

Last season the team had an overall record of 17-5 and were SMAA Playoff Champions. They lost to Cheverus in the Semi-Finals.

Coach Chuck Nadeau has a group of experienced young men on his team this year with seven senior starters returning from last year’s SMAA Championship team. “Our challenge will be to replace All Conference Pitcher Logan Drouin (10-0) as well as All Conference Catcher Jason Komulainen, both currently freshman at USM.

Athletes to Watch: Sr. Captain Ben Nelson, Shortstop, 1st Team SMAA; Sr. Captain Kyle King, 3B, 1st Team SMAA; Sr. Captain Nolan Brown, CF, 2nd Team SMAA; Sr. David Drew, OF, 1st Team SMAA; Sr. Captain Brogan McDonald, Catcher, SMAA Honorable Mention; Sr. Will Prescott, 2B, and Sr. Lucas Roop, LF.

Nadeau’s outlook for the season: “I expect that we will be competitive, but our ability to challenge the top teams in the SMAA and go deep into tournament play will depend on how effectively we develop a competitive pitching staff.”

First game: GHS at Cheverus on April 20 at 11 a.m. Home Opener: Biddeford at GHS Tuesday April 24 at 4 p.m.

SOFTBALL

Coach Renee Whipkey said her team has many key seniors returning this season. Shay Harris, Emily Murray, Katie Perry, Michelle Rowe and Grace McGouldrick have all had meaningful minutes throughout their careers.

Coach Whipkey said, “Grace McGouldrick will especially be one to watch. She is a pitcher and shortstop who batted 0.645 last year, she had 30 runs, 22 RBI’s and 10 stolen bases.” McGouldrick was named to the SMAA first team and All-State team as named by the Maine Sunday Telegram. She will be heading to the University of Maine to play softball and coach said, “she has had an amazing softball career at GHS and will be a strong leader for our team.”

Coach said the first two teams will bring back some stronger pitchers in the SMAA conference, and they hope to get off to a good start.

First game: GHS at Portland on April 19 at 4 p.m. Home Opener: Noble at GHS on April 21 at 11 a.m.

BOYS’ TRACK

Coach Jason Tanguay in his 9th year of coaching, said his team finished 13th in SMAAs and 22nd in the Class A State Meet.

Key Athletes: Seniors: Jason Catoggio, pole vault; Anthony Chase, distance; Luke Gowen, sprints; Garrett Higgins, jumps; Wil Rossignol, distance. Juniors: Dylan Lamont, racewalk; Simon Roussel, sprints and jumps. Sophomores: Wes Brinengar, hurdles and jumps; Ryan Farr, sprints and jumps; Tyler Rollins, sprints; Andrew Tinkham, distance. Freshmen: Aidan Bell, jumps and sprints; Reed Henderson, distance; Nate Smith, hurdles and jumps. Key Meets: Regular season match-ups with Bonny Eagle and Westbrook.

Coach Tanguay said, “We are looking at one of our largest boys’ teams in the past many years with nearly 50 athletes out so far. Many of these competitors are new to the sport or freshman so our success will rely on the progress made by these inexperienced athletes.”

With many returning scorers from last year, he is looking for the team to be somewhere in the middle of the pack, with hopes of moving up from there.

GIRLS’ TRACK

Coach John Caterina is in his 30th year coaching. Last year the girls were 6th in SMAAs and 10th in the Class A State Meet. Captains: Anna Slager, Meadow Fortier, Evelyn Kitchen, Avery Germord. Key Athletes: Seniors: Hayley Bickford, racewalk; Meadow Fortier, mid-distance; Alexis Fotter, hurdles, sprints; Sarah Johnson, mid-distance; Maddie Rossignol, sprints, pole vault; Anna Slager, distance. Juniors: Lauren Barden, pole vault; Avery Germord, sprints; Evelyn Kitchen, jumps and javelin; Sara Slager, javelin. Sophomores: Iris Kitchen, distance; Stf Meacham, racewalk; Kate Tugman, distance; Quinn Young, jumps. Freshmen: Nevaeh Moore, sprints. Key Meets: Regular season match-ups with Scarborough are always a good indication of team strengths.

Coach Caterina said, “Gorham has a veteran team with lots of talent this year. After successful XC and Indoor Track seasons, Gorham should be considered a contender for both SMAA and Class A honors along with Cheverus, Scarborough and Thornton Academy.”

Slager returns as a perennial scorer in the distance races, along with Meadow Fortier, Iris Kitchen and Kate Tugman. He said, “This foursome will be one of the favorites in the 4 x 800 relay, an event where they broke the state record during the indoor season.” Evelyn Kitchen is a returning scorer in the javelin, long jump and triple jump and she will be adding a fourth event this spring. Gorham should also score some significant points in the 1600 Racewalk as both Bickford and Meacham will be among the top racers in the SMAA.

“If Gorham can continue to improve in the sprints and hurdles, they will be a top threat at the league and state meet levels,” added Caterina.

CONTINUED ON PAGE 11

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GIRLS' LACROSSE

Last season, Coach Mary Guimond's team finished its regular season 7-5 and went on to win its first playoff game in the last six years. They fell 4-1 in the regional semi-finals to the eventual state champs, Massabesic. Captains: Brooke Greatorex, Bridget Rossignol, Kayla Stickney, and Hallie Shiers

Key Returning Players: Bridget Rossignol, senior attacker, was second-team all-conference last season, and brings hustle and heart to our attack. Faith Dillon, a sophomore attacker, led the team in draw controls and ground balls last year. Brooke Greatorex, a senior defender, returns to a leadership role after a solid junior season. Sarah Walker, a junior defender, led the team in caused turnovers last season. Juniors Hallie Shiers and Hailey Morrill, along with sophomore Carson Battaglia, bring speed and intensity to the midfield.

In regard to key match-ups, Guimond said, "The classes have been moved around, so we'll see a lot of new people this year." She said they'll see heavy-hitters in Kennebunk and Greely, along with the usual tough games against Massabesic, Marshwood, and Thornton Academy.

“We have some seriously fast sophomores who will be breaking into the varsity lineup this year, pushing our upperclassmen to be even stronger,” Guimond added. The team will rely on their grit, speed and athleticism to compete with the best teams in the state.

BOY'S LACROSSE

The boy's lacrosse team has a new coach in Clayton Jones. Last year the team was 8-4 on the year. Key loss: All-American goalkeeper Carter Landry. Key Returners: Sam Burghardt (D), Jake Dupuis (A), and Ben Nault (M), Holden Edwards (D), Hunter Poirras (D), Chris Tucker (A) and Dominic Lerrolo (A). Key newcomers: Connor Dougherty (A) and Giuseppe Brown (G).

Coach Jones joked that he is the wild card. Joining the team just before the start of pre-season, he brings a fresh approach and a wealth of experience. Excitement abounds as everyone looks to see what changes he might bring to an already solid program.

Jones said, “Burghardt leads what should be a solid defensive group, while newcomers Dougherty and Brown will challenge for playing time at both ends of the field.” There is lots of enthusiasm and potential at every position, and Jones said it could turn into a great season for the Rams. Key match-ups include Thornton Academy in the opener and an early contest with Falmouth. “With lots of change comes lots of opportunity. If the Rams can put all the pieces together, they could be dangerous,” Jones added.

BOYS' TENNIS

Coach Aaron Landry said, “Last year we lost to the eventual State Champions, Thornton Academy, in the Quarterfinals.”

Players to watch are: Seniors Sean Pooock, Ben Donohue, John Scribner, Colby Lewry, and Aaron Farr as well as Junior, Jayden Gaudreau.

Landry said, “We have a big team with a lot of athletes and several freshmen who look to contribute.” He added that they are a competitive team with lots of players fighting for ladder spots. The first match is on April 23 against Deering.

GIRLS’ TENNIS

Coach Nicole Bergeron said last year’s record was 11 and 1 in the regular season, 12 and 2 including playoffs. Key losses include #3 singles Whitney King, #2 singles Jenna Cowan, #1 doubles Delaney Burns, and #1 doubles Avery Arena.

Key returning player is Sophomore Jocelyn Bolt, who is playing #1 singles. Key newcomer: senior Sarah McKnight.

Key match-ups: Thornton Academy and Scarborough

Coach Bergeron said, “I’m encouraged by what I’ve been seeing in practice and by the improvement of the players. They’re competitive and they’re all looking forward to regular season play.” The first match is on April 23 at GHS against Deering High School.

GHS Spring Sports: Coaches Preview

CONTINUED FROM PAGE 10

GMS Track Athletes Set New SMAA Records

Eighth grader Andrew Farr ended his middle school indoor track season by breaking the previous SMAA 240 record of 30.1 with a time of 29.5. The girls relay team of Emma Green, Sydney Connolly, Jillian Morrill and Alyvia Causso (pictured left to right) are the new SMAA record holders in the 4 X 210 relay with a time of 2:02. The meet was held on March 31 at the Portland Expo.

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Asperger’s: More Than a Diagnosis
CARrying Forward Page 3

Charlie Remy would like to promote the high-quality databases provided free to all Mainers via MARVEL, a service of Maine InfoNet. The excellent resources include full-text newspapers, encyclopedias, journals, ebooks, reference materials and more. All you need is an existing library card or you can also create your own MARVEL account. Check it out at http://libraries.maine.edu/main databases/

ASPERVER’S INFORMATION
Asperger/Autism Network (AANE) at www.aane.org/
Autistic Self Advocacy Network at autismselfadvocacy.org/

The Complete Guide to Asperger’s Syndrome by Stephen M. Shore
Beyond the Wall: Personal Experiences With Autism and Asperger Syndrome by Stephen M. Shore

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Remy said, “She was kind, hard-working, ethical, intellectually curious, and a world traveler. She was a tireless advocate for students with different kinds of disabilities during her 30+ year career in the Gorham schools.”

Remy lives in Chattanooga, Tennessee where he owns a home in a location that affords him a nice balance between urban amenities and the natural beauty that surrounds the area. Thanks to a municipally-owned electric company that provides fiber optic internet throughout its service area, Chattanooga has some of the highest internet speeds in North America, starting at 100 mbps and going up to 10 gigabits per second.

In his free time, he likes taking long walks/hikes, speaking Spanish, and keeping informed about current events. He enjoys domestic and international travel and sitting on his front porch when the weather’s nice.

Remy has been fortunate to have several mentors who have guided him. He has fond memories of Donna Anderson, a special education teacher at Gorham Middle School, who was a positive role model for him as a teenager. Remy said, “She was kind, hard-working, ethical, intellectually curious, and a world traveler. She was a tireless advocate for students with different kinds of disabilities during her 30+ year career in the Gorham schools.”

Remy lives in Chattanooga, Tennessee where he owns a home in a location that affords him a nice balance between urban amenities and the natural beauty that surrounds the area. Thanks to a municipally-owned electric company that provides fiber optic internet throughout its service area, Chattanooga has some of the highest internet speeds in North America, starting at 100 mbps and going up to 10 gigabits per second.

In his free time, he likes taking long walks/hikes, speaking Spanish, and keeping informed about current events. He enjoys domestic and international travel and sitting on his front porch when the weather’s nice. He can be reached at remycharlie@gmail.com.

He is the son of George and Heidi Remy.

Continued from Page 3

REALTOR® Kelley’s PUP OF THE MONTH

Remy would like to promote the high-quality databases provided free to all Mainers via MARVEL, a service of Maine InfoNet. The excellent resources include full-text newspapers, encyclopedias, journals, ebooks, reference materials and more. All you need is an existing library card or you can also create your own MARVEL account. Check it out at http://libraries.maine.edu/main databases/
SCARBOROUGH $99,000 - It only took 2 months to get short sale approved and now closing in 2 weeks. This seller is thrilled to be avoiding foreclosure.

7 JOANNA DR $339,000 - Sunlit open concept w/ a white shaker kitchen, granite counters, ss appliances, tile/HW flrs, rear deck, master bedroom w/bath & walk-in closets in desirable Saco location.

GORHAM $212,500 - Gorgeous 1920s bungalow featuring wood floors throughout, soapstone kitchen sink, living room FP, built in china closet, ornate trim details & gorgeous pilastered entryway.

WESTBROOK $339,900 - This multi-family unit is a great opportunity for owner occupied investment, features 3 units. Great location for commuters.

BUXTON $99,900 - Terrific opportunity to build a new facility. Buxton’s Business/Commercial Zone allows for a variety of uses. Great location, low tax rate & business friendly!

GORHAM $419,900 - Custom designed 3000sqft 3BR, 2.5ba home. Wood flrs, master suite w/ double walk-ins, custom built-ins, FP, cherry kitchen, walkup 3rd flr & finished bsmt.

GORHAM $341,999 - Beautiful 3BR ranch features HW & tile flrs. Open concept LR & dining area w/ cathedral ceilings. Master bedroom suite w/ double vanity on 1.42 ac.

10 Thompson Way $374,500 - Gourmet kitchen, HW flrs, master suite w/ tiled shower & jet tub, gas FP, finished basement, heated garage, deck & porch overlooking 3.7ac in Standish.

1 Quail Ridge Dr $394,900 - Gorgeous reproduction with carriage house in Gorham. Offers 3BR, 2.5Ba, 2821sqft of finished living space on a 3.67ac private lot.

Coming Soon! Stonefield Condos at Pheasant Knoll in Gorham. 26 units where every unit is an end unit. Enjoy one floor living with 1 & 2 car garage options.

GORHAM $341,999 - Beautiful 3BR ranch features HW & tile flrs. Open concept LR & dining area w/ cathedral ceilings. Master bedroom suite w/ double vanity on 1.42 ac.
Mariel Roy of Atlantic Dance Arts in Gorham donated the use of her studio recently for a surprise birthday party for Katie Creedon of Buxton, who was born with a rare genetic disorder known as CDLK5 deficiency. Creedon has frequent seizures and cannot speak. Those who met her through a Make-A-Wish Maine event pulled together a princess party after discovering she had never had a real birthday party. Entertainment, including ten actors dressed up as princesses, and food were both donated for the cause.

SENIOR PROGRAMS

The Lecky Brown Center for Seniors, located on the 3rd floor at First Parish Church in Gorham, will be hosting a free roundtable discussion, “End of Life Issues: The Importance of Sharing Your Thoughts and Wishes, part 2/3” led by Bill Jenks, president of Home Instead Senior Care, on Thursday, April 19, from 12-1:30 p.m. Bring your lunch and join us. FMI 839-6751.

OF INTEREST

The Gorham Lions Club has returned to its “Den,” the former Elmwood School House on South Street (Rt. 114) for regular meetings as of April 10. Regular dinner meetings are on the second and fourth Tuesdays each month, starting at 6:30 p.m. all are welcome. FMI, Ken Aonich 929-9182.

North Gorham Public Library will welcome author Anne Weber on Thursday, April 19, at 7 p.m. Weber is the author of “Constitutional Tales,” a collection of short stories that describes the hilarious escapades of a woman (Weber) who becomes a reluctant constable on a small island in Maine. FMI 892-2575.

Joseph Smith (GHS ’18), a business student at Saint Anselm College, provided leadership in charitable work as part of the college’s Spring Break Alternative. Smith was one of 16 students who volunteered at Saint Benedict’s Preparatory School, an all-boys junior high and high school in inner city Newark, assisting in classrooms, shadowing and mentoring students, and providing after school tutoring.

First Parish Church, 1 Church Street, will hold a Chicken Pie Supper on Saturday, April 28, from 5-6:30 p.m. $10 adults/$5 children under 12. FMI 839-6751.

West Gorham Union Church, 190 Ossipee Trail, is hosting a concert, Let Music Lift You, by Erica Brown & the Bluegrass Connection on Sunday, April 29, from 2-4 p.m. to benefit the Lift Project (to install an elevator for handicapped access to the Fellowship Hall). There will also be a Quilt Raffle and refreshments will be served. Tickets are $15 in advance, $20 at door of concert. Advance tickets available at Eventbrite.com, or at West Gorham Union Church after worship on Sundays in April.

West Gorham Union Church, 190 Ossipee Trail, will be having a public supper on Saturday, May 5. Ticket sales start at 4 p.m., serving starts at 5 p.m. Beans, chicken pie, clam casseroles, corn, sausages, hot dogs, jello salads, cole slaw, homemade pies, coffee and punch. $8 adults/$3 children under 12. FMI 839-5946.

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Officer advised person to call right away Narragansett St., the party had broken up. Caller reported a noisy party on of them had been smoking. Officer spoke with three adults in a vehicle into the woods to hunt coyotes. Driver of a suspicious vehicle parked on using it. Several people called about being abused on Facebook. They were advised to stop another vehicle came by, rolled their win– broke down on County Road, reported that insulted her. Officer suggested she obtain a Protection from Abuse court order. Call was made to 911 complaining that someone had moved his laundry. Roommate said she did not move his pants nor had she touched his laundry. Vehicle was observed partially parked in Gray Road. It was snowing and was deemed to be in the way of the plow. Officer contacted vehicle owner who said he was not surprised and figured it would go back to work. Narragansett St. caller reported his roommate had moved his laundry. Roommate said he was not surprised and figured it would be in the way. He moved the vehicle.

Cressey Road caller reported he had left his Cresses Road caller reported his room– mate had moved his laundry. Roommate said she did not move his pants nor had she touched his laundry. Vehicle was observed partially parked in Gray Road. It was snowing and was deemed to be in the way of the plow. Officer contacted vehicle owner who said he was not surprised and figured it would be in the way. He moved the vehicle.

The Lecky Brown Center for Seniors, located on the 3rd floor at First Parish Church, 1 Cressey Rd. From 9 a.m. to 1 p.m. Join them daily for coffee, tea, and socializing. Ongoing events at the Lecky Brown Center for Seniors, located on the 3rd floor at First Parish Church, 1 Cressey Rd. From 9 a.m. to 1 p.m. Join them daily for coffee, tea, and socializing.

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CALENDAR
THURSDAY APRIL 19
• Author Event with Anne Weber, 7 p.m. North Gorham Public Library
FRIDAY APRIL 20
• Apples to Apples Afternoon, 1-3 p.m. Baxter Memorial Library
SATURDAY APRIL 21
• Family Game Time, 10 a.m.-12 p.m. Baxter Memorial Library
TUESDAY APRIL 24
• Preschool Story Time, 9:30-10:15 a.m. Baxter Memorial Library
WEDNESDAY APRIL 25
• Baxter Memorial Library Closed for Staff Development Day
• Toddler Story Time, 10-11 a.m. North Gorham Public Library
THURSDAY APRIL 26
• Baby and Me, 9-30-9:50 a.m. Baxter Memorial Library
• Toddler Time, 10-10:30 a.m. Baxter Memorial Library
• Sewing Club, 2:30-4:30 p.m. Baxter Memorial Library
SATURDAY APRIL 28
• Greater Gorham Winter Market, 9 a.m.-1 p.m. Gorham Rec. Department
TUESDAY MAY 1
• Preschool Story Time, 9:30-10:15 a.m. Baxter Memorial Library
WEDNESDAY MAY 2
• Toddler Time, 10-10:30 a.m. Baxter Memorial Library
• Toddler Story Time, 10-11 a.m. North Gorham Public Library
THURSDAY MAY 3
• Baby and Me, 9-30-9:50 a.m. Baxter Memorial Library
• Toddler Time, 10-10:30 a.m. Baxter Memorial Library
• Book Group Discussion of “A Gentleman in Moscow” by Amor Towles, 10 a.m. Baxter Memorial Library

Future Stars Shine

Twenty one middle and high school students were judged by vol– unteers Kyle Aarons, Christy Comeau– Pierce, and Jocelyn Miller who gave comments about performances and eventually chose the winners. The first place prize of $100 went to last year’s winner, seventh grader Emelia Bailey, who sang “Bring Him Home” from “Les Misérables.” When asked how it felt winning two years in a row she replied, “It is really exciting. But honestly, it is not about winning a contest. I just really love getting the opportunity to perform for an audience,” proving that her personality truly matches her beauti– ful singing. The second place prize of $75 went to eighth grader Tessa Dol, who stunned the crowd with a spot– on performance of Adele’s “All I Ask.”

Senior Kalie Perry took home the third place prize of $50 with another crowd pleasing Adele song, “When We Were Young.”

Sophomore Julie Cooper won the People’s Choice Award with her enchanting playing of the ukulele and singing of “La Vie En Rose.” Other crowd favorites included Kasey Cummings and her perfor– mance of “How Can It Be,” by Lauren Daigle; Isaac Martel’s impressive mul– titalking piano skills demonstrated through “For Forever,” a Dear Evan Hansen song; and Anya Mazaris– Atkinson’s and Sierra Cummings’ ren– dition of “Fix You,” by Coldplay. Year after year this show contin– ues to bring out the best Gorham has to offer, from the smallest violin player to the biggest high school chamber singer, and this year was no exception. Gorham’s Got Talent is a place for anyone of any age to exhibit their skills, and, as Tessa Dol said, “in a really great and positive environment.”

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

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