

# Gorham Times

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GORHAM, ME  
PERMIT NO. 10

Volume 27 Number 10 | May 13, 2021

A Free, Not-for-Profit Newspaper Serving Gorham Since 1995

## Gorham Food Pantry Plans Major Food Drive May 22

Rob Roy, Contributing Writer

Photos courtesy of Rob Roy (Photos taken prior to the COVID-19 pandemic)



*The Gorham Food Pantry would like to thank the individuals, businesses and organizations that have been so generous with financial and food donations.*

Due to COVID-19 many food collection events such as the United States Postal Service Stamp Out Hunger food drive cannot be held or are being postponed this year. To compensate for some of the food that would normally be received from these food drives, the Gorham Food Pantry (the Pantry) will hold a major food drive on Saturday, May 22 from 8 a.m. to 12 p.m. Food donations and monetary contributions will be accepted at the Gorham Hannaford parking lot

nearest to Mr. Bagel and also at the Food Pantry in the St. Anne's Church parking lot.

If you are unable to make a donation that day but would like to participate, consider calling in a "Hannaford to Go" order for us to pick up on Saturday; just reach out via the the Pantry Facebook page to make arrangements. Donations of Hannaford gift cards can also help Pantry clients supplement their pickup with fresh fruits and vegetables and other important items.

If possible, gift cards that specify no alcohol or tobacco are best.

Please see the Pantry ad on page 11 for suggested food donation items that are most requested or needed. The list will also be available at the Pantry table in the Hannaford parking lot during the drive, so please feel free to swing by for the list before heading in to do your weekly shopping. Cash donations can be made via PayPal at the Pantry website at [www.gorhamfoodpantry.org](http://www.gorhamfoodpantry.org) with the PayPal donation button.

The Pantry is also thrilled to announce they have been awarded a

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### Fire Safety Tips from the Gorham Fire Department

Charles Jarrett, Fire Inspector

As the weather has warmed up, many are again enjoying outdoor cooking. To reduce incidents and injuries, the Gorham Fire Department wants everyone to keep these fire safety tips in mind:

Cooking appliances should be used at least ten feet from buildings.

All appliances should be checked for wear and/or damage prior to use, especially propane hoses.

Use long-handled tools and avoid wearing loose clothing when cooking to prevent burn injuries.

Keep children and pets at least three feet from the appliance when in use.

As with cooking indoors, avoid leaving the cooking unattended.

Remove build-ups of grease before you begin cooking; once the grease ignites it may produce a fire that is not easily controlled and extends beyond the appliance.

For more fire safety information please visit <https://www.usfa.fema.gov/prevention>

## Assistant Superintendent Dr. Record Leaves Gorham for Cape Elizabeth

Kathy Corbett, Staff Writer

Dr. Chris Record, who served eight years as principal of Gorham High School (GHS) and the past five years as the district's assistant superintendent, is leaving in July to become superintendent of Cape Elizabeth Schools.

While in Gorham, Record was named Maine Assistant Superintendent of the Year (2020) by the Maine School Superintendents Association and was a two-time finalist for Maine Principal of the Year.

Looking back at his time in Gorham, Record said, "It has been 13 incredible years with wonderful students, dedicated teachers, and supportive parents."

"It hit me that I came to Gorham when the current seniors were in kindergarten," said Record. "We are both graduating to go on to something new."

He leaves behind a record of leadership that facilitated many changes and new initiatives, including the ASPIRE program and collaboration with the Business Roundtable to increase employment opportunities for Gorham graduates.

He sees his role in implementing ALICE, the district's emergency plan, and Diversity and Equality initiatives as important contributions to the district. Among his administrative responsibilities, programmatic contributions, and many committee assignments, Record chaired the GHS Renovation/Expansion Committee.

Record, however, is "most proud of helping to build a positive culture in Gorham Schools and of facilitating more staff collaboration." And he counted observing first-year teachers, over 100 in the last five

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Photo courtesy of Dr. Chris Record

Assistant Superintendent Dr. Chris Record, shown here with Superintendent Heather Perry, was named Maine Assistant Superintendent of the Year in 2020. In July, Record will become superintendent of Cape Elizabeth schools.

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Policy on News from Augusta: The Gorham Times asked our three state legislators from Senate District 30, House District 26 and House District 27 to provide us with "News from Augusta." We publish their articles on a rotating basis. The submissions are devoted to updates of legislative and administrative news, proposed and passed bills and laws, and developments and events that are of interest and have an impact to Gorham residents. The Gorham Times reserves the right to edit the submissions and it further reserves the right to reject any submission, in its sole discretion.

# Health Insurance is Complicated: There are People Here to Help

Sen. Stacy Brenner

It's not surprising to hear someone complain about our confusing health insurance system. Between deciding which plan is right for you and getting covered, the seemingly endless bills and charges you don't understand, there's a lot to take in. We all want the same thing: affordable health coverage that fits our needs and is there for us in case of an emergency. So where do we turn when we have questions? We don't want to go to the insurance companies, and although our friends and family may give well-meaning advice, it isn't always the best. Thankfully for us, we have Maine Consumers for Affordable Health Care (CAHC), a nonprofit organization whose sole mission is to help Mainers find quality, affordable coverage and to help us understand this confusing system. I recently sponsored legislation that would ensure Maine CAHC has funding to keep helping Mainers, so I wanted to take this opportunity to share some information about this underutilized service.

My bill is LD 631, "An Act To Provide Funding for Maine's Health Insurance Consumer Assistance Program," and it would provide \$200,000 in funding for the next two years to support Maine CAHC and its mission. The bill recently

had its initial votes in the Senate and House, and appears to be on its way to becoming law. The reason I'm excited about this measure, and the reason I chose to sponsor it, is because of how critical a resource Maine CAHC is for folks in our state. The organization is staffed by experts who live right here in Maine, who know the insurance system inside and out. They operate a consumer assistance helpline Monday through Friday, from 8:30 a.m. to 4:30 p.m., run informational workshops, and have a plethora of information on their website at [www.mainecahc.org](http://www.mainecahc.org). Have I mentioned that all of their services are free of charge? If you have questions on choosing a plan, think you were overcharged, or have any other concerns, the staff at Maine CAHC is there to help.

I would also be remiss to not remind folks that we are currently in a special enrollment period because of the pandemic, when anyone is allowed to shop around the Affordable Care Act marketplace to find coverage. Typically, the ability to shop the marketplace is limited to a six-week period beginning in November, called open enrollment. When President Biden took office, however, he declared a special enrollment

period to help people who have lost their health coverage because of unemployment. This special enrollment period will remain open until August 15. In addition, there are new subsidies available to folks of all income brackets that make health insurance through the marketplace even more affordable. In fact, four out of five enrollees will be able to find a plan for \$10 or less per month after tax credits! You might be surprised at the number of quality, affordable plans that are available to you right now. Don't miss your chance to sign up.

While you're looking through plans, don't forget that Maine Consumers for Affordable Health Care is there to help. Don't hesitate to contact them with any questions or issues you come across. And for other questions, comments or thoughts, you can always send me an email at [Stacy.Brenner@legislature.maine.gov](mailto:Stacy.Brenner@legislature.maine.gov) or call my office at 287-1515.



Senator Stacy Brenner  
Stacy.Brenner@legislature.maine.gov  
207-287-1515

## 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,

On Saturday, April 17, the community came together to make the first Gorham Cleans Up event a resounding success.

The Gorham Conservation Commission thanks the 100-plus com-

munity members who volunteered their time on a cold, rainy day to pick up trash on roads and trails. The snow melted just in time for volunteers to collect nearly 200 bags of trash plus odds and ends that included everything from old hoses and foam panels to tires and mailboxes.

Thanks also go to the many individuals, organizations and groups that supported the event: Gorham Village Alliance, Gorham Outdoors, Gorham Public Works, Gorham VIPS & Public Safety, Gorham Business Exchange, GHS Eco Club, GHS Track and Field Team, GHS Boys Lacrosse Team, GHS

Jobs for Maine Graduates, GHS Interact Club, GMS Green Trees Club, Girl Scout Troop 1054, Gorham Recreation Dept., Gorham Times, GoCAM, Chalmers Insurance, Gorham Hannaford, Rob & Amanda Lavoie, Tina Ruel, and to those who picked up trash on their streets and in their neighborhoods.

Despite the weather, everyone seemed to have a good time helping and, based on feedback, the GCC will be organizing another clean-up day in the fall.

Thank you again,  
Bill Moreno  
Gorham Conservation Commission

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

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**Advertiser Coordinator:** Stacy Sallinen  
**Design/Production:** Shirley Douglas  
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### Advertising and Copy Deadlines

Ad deadline is the Wednesday of the week prior to issue date. Go to [www.gorhamtimes.com](http://www.gorhamtimes.com) and click on the advertising link for schedule.

### EDITORIAL POLICY

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

Printing services by Masthead Maine Press, 295 Gannett Drive, South Portland, ME 04106

## Upcoming Deadlines

May 27  
June 10  
June 24  
Summer Break

# Connection: The Loneliness Cure

Delvina Miremadi-Baldini

The restrictions due to COVID-19 have stripped away or changed every social interaction we used to have. How we work, how we go to school, how we gather with friends and family, how we worship, even how we communicate with strangers in the grocery store has all changed. While many of us are hopeful for the light at the end of the tunnel, the sense of loss and loneliness may have already taken its toll on our well-being. Prior to the pandemic, one in three adults age 45 and older were lonely. We can only assume that number is significantly higher during these difficult times. But rather than continue down the path of deepening loneliness, this pandemic may be able to provide us with a new lens and a new way forward.

Human connection is as important as water and food. We are social creatures who rely on eye contact, hugs, and shared laughter to survive. A range of research suggests low social connections can have a tremendous adverse effect on our physical health. In fact, loneliness can be as bad for your health as smoking 15 cigarettes a day. But, thankfully, the science of well-being gives us a new hope: that while the pandemic makes it difficult to foster relationships the way we used to, there are still many ways we can build connection. The following seven Science-based C.O.N.N.E.C.T. tips can help you foster a positive, resilient path away from loneliness.

## C – Compassion

When we are feeling lonely, we are much more likely to engage in self-criticism and judgment. We ignore our strengths and focus solely on the negative which perpetuates our feelings of loneliness and creates a vicious cycle of shame and fear. We can break this cycle by showing ourselves kindness through a dose of self-compassion. We are much more likely to do this for others rather than for ourselves. By being mindful of our painful feelings and understanding that this suffering is a common part of the human experience, we can extend caring and compassionate support to ourselves, just as we would a friend. Next time you feel yourself in the loneliness cycle, ask yourself: what would I say to a friend right now? Chances are you will choose kindness over judgment.

## O – Others

Work obligations and busy family schedules can often leave little time for deep, meaningful connections with those around us. When we are experiencing loneliness, tunnel-vision may make it difficult to see or feel the love that surrounds us. According to Dr. Murthy in his book, *Together: The Healing Power of Human Connection in a Sometimes Lonely World*, we need three levels of connection—intimate (partner or spouse), relational (circle of friends), and collective (community)—to avoid loneliness. So, even if it feels unnatural in that moment, it's critical that you make time for others in your day-to-day life. Reserve an hour a day for private time with your partner, take your child for a bike ride on your lunch break, call and check on a friend, or drop a meal off at a neighbor's house. No matter what you do, go for quality over quantity; be present, listen with your whole heart, have fun, and let the creation of beautiful memories overshadow any lingering loneliness!

## N – Nurish

The experience of loneliness is not just about a lack of connection with others, it's also about a lack of connection to ourselves. Time alone can be enjoyable, balancing, and grounding. There is no better time than now to prioritize self-care and develop a nourishing relationship with your mind, body, and soul. Try to build three intentional activities into your daily schedule that will benefit your mind, your body, and your soul.

**Mind:** Try a few minutes a day of breathing exercises, gratitude journaling, meditation, or laughter.

**Body:** Try light stretching, yoga, a brisk walk, or jog.

**Soul:** Try a creative project, watch a documentary about a topic that is meaningful to you, or volunteer in your community.

## N – Nature

Research shows that a walk in the woods, planting an herb garden on your patio, or even just viewing a nature scene, can have a profound impact on your brain and your behavior. Besides the undeniable emotional and physical health benefits of reducing anger, stress, anxiety, blood pressure, heart rate, and muscle tension, being in nature also increases our ability to connect with others. So, even though this pandemic has limited your time with friends and family, we still have the forgotten friend: nature. Step outside and let nature fill in to lessen the suffering you feel from human separation.

## E – Engagement

While the pandemic has put restrictions on how we engage with our friends, family, and community, there are many other ways we can

engage in our everyday lives that promote connection and resilience. Flow is a state of being when you are so highly immersed in that moment's activity that you lose all sense of time and self-consciousness. According to research, a regular experience of flow is related to increased happiness, self-esteem, and performance. So, whether your flow state occurs when you are knitting, playing tennis, or preparing a meal, make a conscious effort to bring more flow into your life.

## C – Create

Channeling your feelings into creative art can be a very therapeutic form of connection when you are experiencing loneliness. Rather than the hectic daily chatter of our pre-pandemic lives, the solitude experienced during this pandemic does have a silver lining. This pause in life as we knew it has given us a gift of stillness: time for introspection and clarity. Use this moment to express your inner experience that is so commonly drowned out by the rush of modern life. Make jewelry, journal, build a bird house, write your own music, redecorate your office, make up your own recipe. Whatever it is,

CONTINUED ON PAGE 4

*Perhaps, with all that the Pandemic has stripped away, we may actually be able to more clearly examine our needs as human beings.*

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*Items acceptable for shredding:*

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## Connection: The Loneliness Cure

CONTINUED FROM PAGE 3

Let your creativity soar and carry you out of your lonely state.

### T – Thankful

Gratitude, the powerful quality of being thankful, fosters the confident, open mindset that makes new connections more likely to happen. When we express or receive gratitude, our brain releases dopamine and serotonin, otherwise called the ‘feel good’ hormones. They enhance our mood and tap into our brain’s reward system, making us feel happy and eager to get more. Consciously practicing gratitude every day can strengthen the pathways in the brain that focus on what you have instead of what you lack, ultimately deepening your relationships through a positive, and caring nature towards others.

Perhaps, with all that the pandemic has stripped away, we may actually be able to more clearly examine our needs as human beings. The tips of CONNECTION can help build a “new normal,” one that is intentionally designed, that prioritizes human connection (at work, at school, in our homes, in our communities) and, therefore, creates the deep, meaningful relationships everyone needs to live a happier, healthier, more thriving life.



Dr. Miremadi-Baldini has dedicated her education, research and career to helping individuals, schools and organizations foster resilience and lead more positive purposeful lives.

## TOWN/MUNICIPAL

### Planning Board

#### Meeting 4/12/21

Town of Gorham’s request for approval of improvements at Narragansett School to include a 1,307 sq. ft. storage shed, sidewalk, paving and student drop-off improvements was approved with additional conditions of approval.

Burnham Road Solar’s request for approval of a ground mounted solar energy generation facility on 35 acres located off Nonesuch Road was granted a waiver from a requirement of an increase in storm water runoff and site plan was approved.

Hans Hansen’s request for an amendment to his Stargazer subdivision, to combine six existing residential lots into condominium and mixed commercial and residential uses was granted preliminary approval.

Plowman Development Group’s request for a 10-lot subdivision on Burnham Road was approved.

Proposed landscaping features for the Gorham Industrial Park West Campus were granted a waiver of a Class A soil survey.

### Did You Know?

Al Capone’s business card said he was a used furniture dealer.

## Arrests

Angeltun Lane woman, 38, was arrested for domestic violence assault and violating conditions of release.

Portland man, 28, was arrested for violating conditions of release (two counts).

Newell Street man, 28, was arrested for domestic violence assault and unlawful possession of scheduled drugs.

Steep Falls woman, 22, was arrested for OUI (alcohol).

South Portland man, 37, was arrested for unlawful possession of cocaine base (priors), probation hold, unlawful possession of methamphetamine (priors).

Standish man, 27, was arrested for OUI (alcohol).

Buxton woman, 33, was arrested for OUI (alcohol).

Fort Hill Road man, 49, was arrested for assault on an officer, domestic violence reckless conduct and refusing to submit to arrest.

Fort Hill Road man, 49, was arrested for improper victim contact (pre bail; two counts).

Parsonfield man, 34, was arrested for OUI (alcohol).

Westbrook man, 39, was arrested for unlawful possession of scheduled drugs

and violating conditions of release.

Cornish man, 35, was arrested for violating a protective order.

Cornish man, 35, was arrested for domestic violence stalking, violating conditions of release and violating a protective order.

Westbrook man, 31, was arrested for OUI (drugs or combo), operating while license was suspended, failure to provide correct name, and unlawful possession of methamphetamine.

Main Street woman, 31, was arrested for OUI (drugs or combo) operating while license was suspended/revoked, failure to provide correct name and unlawful possession of methamphetamine.

Main Street woman, 44, was arrested for unlawful possession of drugs, endangering the welfare of a child, and OUI (alcohol).

Fort Hill Road man, 49, was arrested for OUI (alcohol), no test.

Saco man, 54, was held for another agency.

Cornish man, 35, was arrested for violating a protective order (priors) and violating conditions of release.

## April Grand Jury Indictments

Matthew Dyer, 41, of Portland was indicted for burglary and theft by unauthorized taking on charges brought by Gorham PD.

Jonathan Geisinger, 54, of Gorham was indicted for unlawful trafficking in scheduled drugs, unlawful possession of scheduled drugs and violating conditions

of release on charges brought by Scarborough PD.

Eric Goldberg, 33, of Gorham was indicted for aggravated unlawful furnishing of scheduled drugs on charges brought by Falmouth PD.

CONTINUED ON PAGE 14

### Restaurant Hours

Sun-Thurs:  
11 am to 10 pm

Fri & Sat:  
11 am to 11 pm



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**Focusing on Greater Portland to the Lakes Region and all points in between**

# Gorham High School Third Quarter Honor Rolls 2020-21

## Grade 9 – High Honors

Cole Allen  
Lillian Andreassen  
William Armstrong  
Kate Auricchio  
Gabriel Badeau  
Dylan Bauer  
Emily Bennett  
Moortada Beshir  
Chloe Blanchard  
Elsie Bradshaw  
Amber Bretton  
Luke Burns  
Addison Canty  
Ethan Castonguay  
Jordan Cenate  
Andria Cloutier  
Cory Coyne  
Dakoda Coyne  
Dylan Cummings  
Rita Cummings  
Thomas Curtis  
Jack Decrow  
Grace Desmond  
Sophia DiPhillippo  
Isaac Dobson  
Giselle Doucette  
Ella Downing  
Anna Dumais  
Brooke Farquhar  
Taylor Farr  
Abigail Fecteau  
Nolan Feyler  
Lydia Fluet  
Jayden Forgitano  
Aiden Fortier  
Summer Gammon  
Sophie Gunn  
Addison Harjula  
Natalie Haskell  
Emerson Homa  
Brinn Irish  
Jesse James  
Anthony Jordan  
Noah Kennedy  
Eleanor LaBarge  
Aidan Lee  
Emily Lemont  
Meryk Lewellen  
Corey Lorfano  
Jack Luciano  
Channitra Ly  
Aislyn McLean  
Libbie Merrill  
Gabriel Michaud  
Lillian Miner  
Mia Mitchell  
Jacob Mora  
Amy Morin  
Caroline Morrell  
Jackson Morrell  
James Morrison  
Arianna Morse  
Kaitlyn Nichols  
Lillianna Noel  
Abigail Noyes  
Erica Nygren  
Riley Ottoson

Collin Page  
Samuel Parenteau  
Paige Perreault  
Dylan Phillips  
Elizabeth Phinney  
Alicia Poschke  
Makayla Quintal  
Brayson Reed  
Kaleb Reed  
Lily Rubin  
Hadley Scaplen  
Brayzel Smith  
Caden Smith  
Emma Smith  
Tristan Smith  
Kyleigh Staples  
Jonathan Stein  
Madison Stewart  
Logan Vail  
Noah Vaughn  
Julia Wareham  
Zackary Waters  
Makenna Wheeler  
Samantha Whidden  
Cole Whitehead  
Anna Yahwak  
Izak Young

## Grade 9 – Honors

Sydney Adams  
Brendan Ancil  
Brady Arsenaault  
Hannah Bickford  
Leen Bob  
Claire Boudreau  
Jackson Brassard  
Macey Brenner  
Camryn Caruso  
Elijah Castro  
Gage Cathcart  
Alex Chase  
Khove Chubbuck  
Zoe Coleman  
Ayress Cook  
Dayton Crockett  
Aidan D'Ambrosio  
Alexis Deschaine  
Michael Distasio  
Emily Donnelly  
Hilary Douglas  
Owen Duplisea  
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Sarah Franklin  
Elizabeth Gay  
Kaylee Gonneville  
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Trevor Krouse  
Cruise LaBrie  
Ella LaBrie  
Roman Landre  
Jackson Landry  
Caden Lavoie  
Nadia Lyons  
Kyleah Mack  
James McColl  
Brady Mercier  
Josephine Minchev  
Jayden Moore  
Abigail Nason

Corliss Ordway  
Haden Pelletier  
Jenna Pequinot  
Thomas Pritchard  
Christian Randall  
Alexander Robbins  
Ethan Sadowski  
Blake Small  
Cole Smith  
Olivia Spickel  
Ava Spitzinger  
Austin Stoddard  
Ambrose Svoboda  
Dylan Taiani  
Brooklyn Tarbox  
Seth Theriault  
Nicholas Tinkham  
Miguel Torres  
Jayden Towns  
Jason Verrill  
Faith Warren  
Deven Weeks  
Cameron Whittemore  
Gretchen Wilichoski Dixon

## Grade 10 – High Honors

Benjamin Allison  
Julia Altham  
Hayden Anderson  
Hayden Battaglia  
Lucien Beardsley  
Cole Bishop  
Kyle Brown  
Olivia Bryant  
Christian Butler  
Klarha Cajuste  
Lexi Caron  
Miranda Chasse  
Junbei Chen  
Abigail Cloutier  
Faith Connolly  
Jasper Crane  
Rachel Cummings  
Annie Cunningham  
Patrick Cyr  
Makenna Delaney  
Angela Dellasala  
Zoe Diffin  
Maevie Donnelly  
Jonah Doucette  
Madeline Downey  
Sadie Fiore  
Noah Flynn  
Kylie Foley  
Julie Goldman  
Brooke Gordon  
Tedi Gould  
Marin Graham  
Lotus Graves  
Kayleigh Greenlaw  
Corinna Hahn  
Kyra Hamblen  
Keegan Hanscome  
Graham Henderson  
Olivia Hopkins  
Jude Huckaby  
Josephine James  
Grace Johnson  
Elizabeth Keil

Ella Kitchen  
Samantha Kovacs  
Quinn Lachance  
Alexis Landry  
Samuel Larkin  
Erin Lawrence  
Jacob Lehmann  
Kevin Luo  
Trevin Macomber  
Sofia Mankin  
Brady Marquis  
Kate Martin  
Michelle Meacham  
Kaci Mollison  
Hannah O'Reilly  
Mikaela Pellerin  
Claudia Peterson  
Madison Quimby  
Qasim Rabbani  
Sarah Rathbun  
John Reidy  
Tyler Reynolds  
Lauren Rioux  
Keira Rosario  
Abigail Rosingana  
Emma Sands  
Cody Sellick  
Eli Sjostedt  
Mason Sommers  
Alexandra Sutton  
Eleanor Szostalo  
Rylee Tenuta  
Megan Wentworth  
Kieran Wilkins  
Hailee Willey  
Delaney Wright  
Peter Wu  
Lillian Zidle

## Grade 10 – Honors

Wael Ahmed  
Anthony Arsenaault  
Owen Ballard  
Ryleigh Beltran  
Basil Bob  
Justin Chasse  
Bode Coleman  
Ian Connors  
Ryan Cooper  
Cameron Dearborn  
Quinn Dillon  
Devin Dobson-Jacques  
Owen Dugas  
Holly Dupra  
Julia Edgar  
John Frank  
Ty Gammon  
Andrew Gaudreau  
Brooke Gerry  
Jayden Gilman  
Haley Hamann  
Austin Hanscom  
Owen Harmon  
Lucy Hyde  
Braeden Johnson  
Shaun Kemp  
Nolan Landry  
Madeleine LaPierre  
Savannah Lyon

Aedan MacDougall  
Tyler Matheson  
Lucas Ouillette  
Zachary Paradis  
Jacob Parker  
Cameron Parker  
Nicholas Phinney  
Jayden Racine  
Whitney Randall  
Malachi Scribner  
Andrew Scribner  
Brady Smith  
Ryker Spear  
Trent Stevens  
Reagan Tibbals  
Daniela Trias  
Cameron Walbridge  
Elizabeth Willette  
Hermayla Wilson  
Jett Wing  
Brady Wintle

## Grade 11 – High Honors

Erin Abrams  
George Allison  
Drew Baber  
Lauren Bachner  
Noah Badeau  
Curan Bassingthwaite  
Gisele Berry  
Landon Bickford  
Allison Bishop  
Kaylin Brown  
Kiely Burns  
Connor Callahan  
Alyvia Caruso  
Lucas Castles  
Erin Castonguay  
Morgan Chapman  
Nathan Chase  
Ainsley Christianson  
Kathryn Cloutier  
Sydney Connolly  
Hunter Connors  
Nathan Corey  
Calvin Cummings  
Parker Curry  
Kaitlyn Cushing  
Sadie Cyr  
Michelle Darling  
Izabella Densmore  
Aiden Dever  
Mary DeWitt  
Alden Dimick  
Quinn Doyle  
Sarah Duff  
Katherine Dupuis  
Sadie Dyer  
Hailey Edwards  
Zachary Emmons  
Madeline Fadrigon  
Asa Farley  
Owen Farr  
Samuel Farr  
Carl Feagans  
Emily Feagans  
Benjamin Fecteau  
Annie Frey  
Elizabeth Frey

Charles Gay  
Luke Goodwin  
Riley Grant  
Emma Green  
Jasmyne Green  
Bryce Gunn  
Sydney Haskell  
Madisson Hatch  
Kiara Hodge  
Timothy Holman  
Finnegan Irish  
Stephanie Labrie  
Kyle Landry  
Alexandra Light  
Marie Ange Lohomboli  
Elisabeth Loranger  
Ian Luciano  
Bryce Lambert  
Anyia Mazaris-Atkinson  
Rory Meserve  
Sophia Michaud  
Andrea Mitchell  
Ambrosia Moore  
Dylan Morrell  
Isabella Morrell  
Jillian Morrill  
Emma Mullin  
Alexandra Myles  
Anyia Nagle  
Anna Nelson  
Julia Ordway  
Jenna Parker  
Hunter Pellerin  
Ellie Perry  
William Perry  
Madison Philbrick  
Shannon Randall  
Courtney Rent  
Phoebe Richards  
Quentin Riiska  
Thomas Sallinen  
Brady Sawyer  
Thaddeus Shain  
Benjamin Shields  
Clara Shvets  
Emma Stevens  
John Sutton  
Colby Tucker  
Sarah Valeriani  
Dylan VonderHaar  
Nicole Walker  
Morgan Walton  
Alexandra Waterman  
Megan Wentworth  
Violet Wilson-Wood  
Quentin Wise  
Elijah Wyatt  
Megan Young

## Grade 11 – Honors

Colin Albert  
Brett Barney  
Ryan Bechtel  
Owen Begley  
Caroline Bishop  
Brylee Bishop  
Sean Boylen  
Zackery Cloutier  
Sakara Crawford

Nathan Doane  
Tessa Dol  
Deseray Doucette  
Abigail Emerson  
Olivia Falagario  
Jillian Feyler  
Breshia Flett  
Nikolas Gagne  
Maya Garand  
Kylie Green  
Riley Griffin  
Rachel Gross  
Brooke Guimond  
Caleb Hendrix  
Ethan Ho  
Abigail Houpp  
Josiah Irish  
Taylor Keene-Jordan  
Killian Kolb  
Keagan Lindsay  
Morgen Look  
Shantearra Ly  
Grant Mahaney  
Annika Mankin  
Paige Marchand  
Mikayla Martorano  
Owen McCaffrey  
Benjamin McInnis  
Shawn McKeage  
Daniel McKeage  
Aidan Meredith  
Madison Michaud  
Calli Moore  
Eliza Morris  
Cheyanne Osmond  
Hunter Pelletier  
Grace Perreault  
Grace Pierce  
Nelly Popov  
Anna Provost  
Brayden Pyle  
Abraham Rabbani  
Hannah Reed  
Alexandrea Rivera  
Vanessa Russell  
Evan Russo  
Brandon Sadowski  
Arzou Sayed  
Kyle Skolfield  
Jackson Smith  
Hannah Spickel  
Hayley St. Cyr  
William Stein  
Jacob Tatam  
Blake Therrien  
Brandon Verrill  
Bradley Weed  
Jacob Weisman  
Emily Wilcox  
Malachi Wilson

## Grade 12 – High Honors

Luke Adams  
Tatyanna Biamby  
Corey Blake  
Grace Bradshaw  
Logan Butler  
Kiely Callahan  
Beck Carrier

Haley Crosby  
River Cummings  
Samantha Cummings  
Sierra Cummings  
Aidyn Curlee  
Kelly Curran  
Ava Dolley  
Robert Dowdle  
Katherine Downey  
Kirsten Drew  
Andrew Duncan  
Emily Duncan  
Olivia Duong  
Julia Edwards  
Nathan Eichner  
Aidan Enck  
Paige Fogg  
Gracie Fougues  
Lauren Fotter  
Campbell Fowler  
Sydney Fox  
Sophie Gagne  
Lydia Gaudreau  
Nolan Gava  
Mary Gwlick  
Gregory Hannaford  
Brayden Harjula  
Devyn Harrington  
Shawn McKeage  
Hannah Heady  
Reed Henderson  
Catherine Higgins  
MacKenna Homa  
Dakota Hunnewell  
Sia Hyson  
Leah James  
Riley Johnson  
Sophia Kaufman  
Isabelle Kovacs  
Katherine Kutzer  
Gabrielle LaBarge  
Joshua LaChance  
Sophie Lachance  
Kylea Laughlin  
Shannon Lawrence  
Maya Lee  
Nevin Libby  
Tess Libby  
Griffin Loranger  
Lily Lovley  
Natetra Ly  
Kylie Mathieson  
Ashley Meacham  
Jacob Tatam  
Olivia Michaud  
Oliver Milliken  
Jaden Munroe  
Molly Murray  
Adele Nadeau  
Grant Nadeau  
Emmeline Nelson  
Ian Obrey  
Emily Paruk  
Alice Peterson  
Brooke Phillips  
Charles Pierce  
Skylar Prince  
Caitlin Randall

Molly Rathbun  
Cassidy Rioux  
Morgan Roast  
Megan Roberts  
Devin Robichaud  
Eva Rodrigue  
Erin Sands  
Delaney Seed  
Gage Sjostedt  
Garrett Smith  
Madigan Thibodeau  
Ryan Topham  
Alison Walker  
Bailey Wentworth  
Marissa Wilson  
Amelia Yahwak

## Grade 12 – Honors

Reighley Adams  
Oluwasheyi Ajayi  
Dawson Allen  
Griffin Banks  
Jesiah Bickford  
Jordan Blakeslee  
Madison Brown  
Elijah Bullard  
Veronica Corbeau-Hasenflu  
Garrett Davis  
Abigail Decrow  
Gabriel Densmore  
Hayden Desmond  
Warren Donnelly  
Anthony Dugan  
Samuel Estey  
Grace Flynn  
Brandon Gordon  
Andrew Goschke  
Stacey Hakizimana  
Ryan Harjula  
Tatiana Jonk  
Jamie Kelley  
Evan Koenig  
Mason Laskey  
Joshua Lehmann  
Zakaria Lembarra  
Christopher Lewis  
Andrew MacFeat  
Joshua Martin  
Kaylyn Migliorini  
Kathryn Morin  
Ryan Murray  
Liam Nickerson  
Bradley Parker  
Tatum Philbrook  
Matthew Phinney  
Alexander Pierson  
Emma Poitras  
Samuel Pritchard  
Anthony Romero  
Thomas Ruby  
Benjamin Tukey  
Cailyn Wheeler  
Nicholas Williams  
Jordan Williams

# Gorham Middle School Third Quarter Honor Rolls 2020-21

## Grade 6 – High Honors

Daniah Al Asadi  
Zachary Bourgoin  
Maia Downing  
Lily Keene  
Lucas Lane  
Audrey Livingston  
Larissa Moore  
Hailey Racine  
Jasmine Radjabova  
Madison Rogers  
Henri Wichmann

## Grade 6 – Honors

Alexis Alfreds  
Landon Ancil  
William Andreassen  
Rigel Arlet  
Ryan Bachner  
Seamus Bailey  
Fatima Beshir  
Arwen Bravo  
Lillian Burgos  
Luna Button  
Sheila Casco  
Piper Cathcart

Ayden Croteau  
Owen Cummings  
Jack Cyr  
Bennett Deveaux  
Erica Donnelly  
Antoine Dube  
Evalina Dukette  
Jackson Durgin  
Liana Edwards  
Hunter Finck  
Baxter Flagg  
Jack Foisy  
Jordyn Fotter  
Eli Gow  
Rachel Hale  
Evan Hall  
Brennan Ham  
Kailey Hanscom  
Everett Hurder  
Ryan Johnson  
Claire Kennedy  
Sean Kenny  
Jaylin King  
Tyler Krouse  
Gillian Lachance  
Cohen Landry

Brandon Levesque  
Noah Lewellen  
Destiny Lewis-Keller  
Hannah Manchester  
Kylie Martorano  
Emily McLean  
Jack Mesires  
Drew Milligan  
Logan Mills  
Elsie Moreno  
Ishami Munyaneza  
Haylie Nicely  
Anna Nichols  
Cael O'Sullivan  
Samuel Ottoson  
Molly Peters  
Dean Peyton  
Rory Pigeon  
Keaton Pollard  
Sydney Quimby  
Ian Reckert  
Rowen Reed  
Logan Rench  
Stephen Richards  
Lauren Roy  
Adriana Russo

Nicholas Sallinen  
Madison Sampietro  
Milo Saucier  
Max Shvets  
Cecelia Sloat  
Isabelle Smith  
Sawyer Smith  
Alex Stueber  
Acadia Sylvia  
Owen Todd  
Alexander Tukey  
Ayden Tuttle  
Annabelle Vail  
Isaac Vail  
Lola Vance  
Aylla Vaughn  
Charlotte Wallace  
Kaityln Wallack  
Cooper Whitehead  
Alexa Whittemore  
Sarah Wilson  
Tatum Wing

## Grade 7 – High Honors

Kaleigh Bauer  
Laurel Emerson

Elle Hanley  
Reece Leclerc  
Derek Luo  
Eleanor Morgan  
Amanda Nicholson  
Addyson Simcock  
Graham Staples  
Haley Vickery  
Sawyer VonderHaar  
Elle Woodman

## Grade 7 – Honors

Ali Abdulzaha  
Devin Antonya  
Cadyn Arsenaault  
Gianna Berthiaume  
Logan Brassard  
Miles Brenner  
Benjamin Brown  
Abigail Buckelew  
Bria Bush  
Cole Chasse  
Jocelyn Clark  
Grayson Cole  
Aubriana Cossitt  
Ruby Couture

Grace Cunningham  
Abigail Dalphonse  
Isabella Davis  
Zoe Dellinger  
Ava DeVinney  
Liam Doyle  
Aidan Dudley  
Lauren Dunbar  
Taylor Ernest  
Emily Fluet  
Abigail Fortier  
Brooklyn Giroux  
Madison Hatch  
Henry Holland  
Benjamin Keil  
Aidan Lane  
Eben Lorfano  
Lorisse Matta  
Rylyn McInnis  
Tessa McNally  
Maya Moores  
Stella Moores  
Tyler Olson  
Jacqueline Parenteau  
Terra Rioux  
Shawn Rumery

Ruby Soule  
Brooklyn Spearin  
Elizabeth Springer  
Thomas Sylvia  
Sasha Weston  
Adia Wezowicz

## Grade 8 – High Honors

Abigail Chamberlin  
Ashley Connolly  
Gwyneth Dubail  
Lucia Dubail  
Emily Fadrigon  
Piper Fougues  
Hadley Foster  
Meghan Gendron  
William Johnson  
Sophie Kaczmarek  
Kathryn LaPierre  
Ryan Morrill  
Timothy Nagle  
Julia Reed  
Evelyn Rush  
Victoria Sands  
Vanessa Walker

John Adams  
Raiyah Babinsky  
Whitney Ball  
Emily Beal  
Brianna Beaulieu  
Jakob Buckley  
Laura Burt  
Abigail Capponi  
Katelyn Cyr  
Cecelia Delosso  
Riley Dever  
Anastasia Dolley  
Patrick Downey  
Holden Edenbach  
Gavin Edwards  
Mason Finck  
Aryana Flett  
Griffin Gammon  
Cameron Gasbarrone  
Layla Gillihan  
Bailey Hatch  
Finn Henderson  
Kuba Kaczmarek  
Jack Karlonas  
Alivia Keniston

Parker Lafortune  
Lucas LeGage  
Adam Lembarra  
Chafek Matta  
Jack Mazaris-Atkinson  
Kayla McLean  
Natalie Miner  
Lindy Moreland  
Amelia Olaru  
Payson Plummer  
Abigail Rogers  
Sarah Rosingana  
Sarah Rosingana  
Mina Sayed  
Ella Senatore  
Jacob Shvets  
Casey Skolfield  
Aidan Smith  
Alison Smith  
Natalie Smith  
Brooke Stevens  
Denali Tetrault  
Bailey Thibodeau  
Madison Tibbals  
Lily Tukey  
Madisson Willey  
Logan Wilson

# Congratulations GHS and GMS Students!

# GHS Class of 2022 Gives Back to Gorham

Erin Castonguay, GHS Student Contributing Writer



Photo courtesy of Gorham High School

Gorham High School Class of 2022 class officers Kate Dupuis, Erin Castonguay, Dylan Morrell, and Brady Sawyer decided to focus on giving back to their Gorham community this past year instead of the typical fundraising events for their class.

The COVID-19 pandemic has left families and communities reeling, and hardly anything about anyone's daily lives today is the same as it was a year ago. As students and teachers, we have had to completely change the way we learn, just as doctors and nurses have had to change the way they treat people.

Each class at Gorham High School (GHS) elects four officers at the end of each school year for the following school year. The officers are responsible for fundraising for the

class to save money for their senior year activities and are responsible for making sure their class feels involved.

The four officers for the Class of 2022 elected this year are: president Kate Dupuis; vice president Erin Castonguay; secretary Brady Sawyer; and treasurer Dylan Morrell.

Coming into this school year, we had no idea if we would even be able to host any class fundraising events like we had in previous years. Like everyone else during this time, we were also forced to rethink our approach and find new ways to make money for our class.

When we really started thinking about what we wanted to do, we all agreed that our class was in a good place financially, and that fundraising could be put on the back burner

for now. Instead of using our time to plan fundraisers, we really wanted to use this year to give back to our community. We brainstormed some ideas, and then reached out to our class, because we wanted them to be passionate and involved in whatever we decided to do.

In the end, we decided we really wanted to do something for the Gorham House community because they have been so isolated during the pandemic. We compiled holiday messages from our class into a video that we sent over to the residents. We also reached out to the Gorham Backpack Program to see if there was anything we could help them with, which resulted in a Jelly Drive, donating 75 bottles of squeezable jelly.

CONTINUED ON PAGE 14

# Beloved Gorham Bus Driver Retires

Grace Johnson,  
GHS Student Intern



Photo courtesy of Kimberly Warren

Larry Warren is retiring from Gorham Schools after driving students to and from school for the past 27 years.

At the end of this 2020-21 school year, Larry Warren will be retiring from his job as a bus driver after driving Gorham students to and from school nearly every day for the past 27 years.

*Warren has thoroughly enjoyed his career at Gorham and will never forget some of the memories he made with the kids.*

Warren has thoroughly enjoyed his career at Gorham and will never forget some of the memories he made with the kids. His favorite part about his job has always been interacting with the children and helping each one of them to start their day off in a positive way. He will miss the kids and his co-workers but he says it is time to turn the page.

"Larry made each child, no matter

CONTINUED ON PAGE 13



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## MEET YOUR NEIGHBOR

# Ken O'Brien

Patrick O'Shea, Contributing Writer

Little did Ken O'Brien know what was in store for him when he decided to change careers in 2017. After a 35-year career in integrated circuit manufacturing, development and design with Bell Labs and Fairchild that had taken him to many interesting places, like a six-month assignment living in Japan, he decided to become a nurse.

The impetus behind this change is an interesting story. Ken always told people, "While I have a challenging job and I enjoy it, my most interesting job was as a 20 to 22-year-old college student." While attending Rutgers University, Ken was working a part time job as a closing shift manager at a local McDonald's. He realized he needed to find something that had more to do with his future career. With the assistance of an aunt, he landed a part-time job in a hospital's computer lab running diagnostics and backing up data. There was a shortage of phlebotomists, so he was recruited to work as one.

As Ken says, "In those days they let any 20-year-old with a pulse and a few hours of training draw blood." He added a couple of hours to his shift and after a few months, he joined the phlebotomy staff. His 12 to 16 hour a week part-time college job turned into 30 plus hours most weeks. It was this memory of a job as a 20 year old that would lead him to apply to the USM accelerated nursing program 35 years later.

Ken was accepted into the accelerated program. He said, "It was a big adjustment to go from expert with years of experience to fall back on being the person in the room who often knew the least." Ken completed the 16-month accelerated nursing pro-



Photo courtesy of Ken O'Brien

gram, passed the RN exam and started his present job at Maine Medical Center in November 2018. Other than the struggle to address staffing issues because of the national nursing shortage things were going along fine. Then COVID hit.

Ken's unit, the respiratory unit, had six negative pressure rooms, so he saw many of the earliest COVID patients. There was a lot of uncertainty, fast-paced developing knowledge and policies that were always in flux. Ken says the pull-together and teamwork was amazing, and this helped to offset the stress and uncertainty. Ken felt what really mattered was the ability to do something about what was happening in the world.

Ken and his wife Anne live in Gorham with their new addition to their family, Cora, a Portuguese Water Dog puppy. Their pleasure activity is bike riding and bike trips. Ken rides 50 to 100 miles per trip just for fun! They have taken their tandem on trips around New England, Hawaii, Italy, and France. If you see a couple riding a tandem around Gorham it's probably Ken and Anne.

## LIVING

# Volunteer Opportunities

Presumpscot Regional Land Trust



Photo courtesy of <https://www.prlt.org/water-trail>

There are lots of fun ways to get outdoors, do good work, and get involved with the Land Trust. To sign up for any of the volunteer opportunities listed below go to at [www.prlt.org/get-involved](http://www.prlt.org/get-involved) or email [toby@prlt.org](mailto:toby@prlt.org) for more information.

### Water Quality Monitoring Stewards

Spring marks the start of the Presumpscot Regional Land Trust's data collection season for water quality throughout the region. Volunteer water stewards attend a training via Zoom, led by the Maine DEP and then collect water samples and data every other Saturday morning from mid-May through mid-September. You do not need to be available for all 10 volunteer dates.

### Fish Count Volunteers

Mill Brook supports the largest migratory fish run in Casco Bay, as alewife travel from the ocean to Highland Lake. Research on this run is ongoing, and it is important to have accurate data to learn more. You can support

these efforts by becoming a Fish Count volunteer. Volunteers count fish at the Highland Lake Dam in Westbrook for 30 minutes at a time, mid-May to mid-June.

### Fish Migration Ambassadors

Thousands of visitors come to see the largest migratory fish run at our Mill Brook Preserve. Ambassadors will engage with visitors at the two fish viewing pools, welcoming visitors, answering questions and supporting a successful fish migration. No prior skills are needed. Training will be provided. Volunteer shifts will be mid-May to mid-June and hours are flexible.

### Trail Work Volunteers

We always have projects happening on our preserves during the spring, summer and fall. Volunteers help create trails, build kiosks, post new signage, and perform trail maintenance throughout the region. You can volunteer on your own or with a small group, whatever fits your interest and schedule.



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# Gorham Times



## SPORTS EDITOR

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Are you a sports legend or die-hard sports fan? The Gorham Times is seeking a Sports Editor to collect, edit and write about Gorham athletes, from mainstream to school and the off-beat athlete. This is a great opportunity to meet interesting people and learn more about community organizations.

Email Destiny Cook for more information.  
[gtimesports@gmail.com](mailto:gtimesports@gmail.com)  
[www.GorhamTimes.com](http://www.GorhamTimes.com)

# Signs of Spring in Gorham



*Pictured top/left: Always a harbinger of spring, the dazzling colors of the season's first hummingbird are caught in mid-flight by avid bird photographer, Wilma Gould Johnson.*

*Pictured bottom/left: The sweet, whistling call of the Baltimore Oriole is always a welcome melody in the spring. You can attract them to your yard with fruits such as oranges, apples and bananas. They also love suet mixed with berries or peanut butter.*



Photo credit Wilma Gould Johnson

## Paddle Up!



Photo credit Chris Crawford

*Gorham Pickleball players can be found at the outdoor courts at Little Falls this spring. As long as the courts are dry, there is usually a group playing most mornings, supervised by their Mascot Cooper.*

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# Spring is in the Air and Back in Our Steps

Destiny Cook, Sports Editor

There's something about the smell of spring that changes my mood. When I look outside and see the fresh cut green grass and blue skies, I can't help but feel happy. Don't get me wrong, I love all the seasons, and our amazing state has so many opportunities to stay active in the winter. My own family just put away their skis and snowboard for the season, but for me, spring is different, almost an awakening of sorts.

This winter was different of course, with COVID-19 still looming, it was marred by outbreaks and cancellations, all while we tried to find a balance of sanity and safety. Spring seems to be looking up however, with Mainers getting vaccinated. Governor Janet Mills recently lifted the restriction for wearing masks in an outdoor setting, though Maine CDC recommends that people wear face coverings in outdoor settings where it is difficult to maintain an appropriate physical distance. With over one million Mainers having had their first dose of the vaccine and over 500,000 having their final, Maine seems to be on an upswing to a new normal.

Sports, it seems, is returning to "normal" as well. Student athletes are able to have their sports seasons, and parents are excitedly post-



Photo Credit The Cook Family

Sports Editor, Destiny Cook and her son Seth watching the Red Sox take on the Toronto Blue Jays recently.

ing photos of being at the game watching their children play. While protocols are still in place for safety, it feels good to see these athletes out doing what they love and working toward their goals.

For me personally, spring always means getting back outside. On a beautiful day a few weeks ago, my son Seth asked me to play catch. When he was young, it was the surest sign of spring; we would head

out even when there was snow on the ground to have a quick game of pass. While we were both a bit rusty, soon the cobwebs were gone and our aim got better. It's a tradition I will miss when he graduates from college and moves out on his own, but I always tell myself, anytime he asks I will always play.

Last spring, as the pandemic set in and we were seemingly stuck inside, like many others, I looked for opportunities to get outside while social distancing. I was able to go on a few hikes and create new traditions with my cousin Paige. For those looking to hit a trail, the AllTrails App is a great resource to find hikes in your area or another part of the state. What I liked most about this app is it logs your stats, it has reviews of hikes, it stores your photos from each trip and you can connect with friends. Personally, I found the reviews incredibly helpful because as dense as the Maine wilderness is, it gave us tips on directions and how hard the hike was, as well as amenities around the area.

Another tradition for Seth and me is going to the Red Sox and New England Patriots games; yet another thing that came to a screeching halt because of COVID-19. For those of us in New England, we were not able to go to any professional sports

games last year as no fans were allowed in the stadiums. While we were able to watch them on television, we missed the live game experience, it just wasn't the same.

Fortunately, the Red Sox are offering limited seating in Fenway and Seth and I were able to go to a game recently. When you are used to over 37,000 fans at a game, it was very strange to be there with only about 3,500 people (that number was recently increased to 9,400). Despite that, we were so happy to be there, enjoying the game we love. Like the Portland Sea Dogs locally, we had to wear masks unless we were actively eating or drinking, and for us that night, the masks actually kept us warm during our April game! It was the smallest sacrifice to be able to hear those words "Play ball!", and getting out of Boston and home in less than two hours was a bonus.

Finally, I wanted to remind our residents of the new Gorham Outdoors group. They will be organizing many activities this spring and summer and I encourage you to check their Facebook page for updates. This family friendly group has been working hard to come up with fun activities for Gorham

CONTINUED ON PAGE 10

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# 10 Questions to Ask During the College Recruiting Process

Stan Skolfield, ATC, CSCS

Over the past 25 years working in the sports medicine and sports performance industry, I've had the opportunity to help hundreds of kids get recruited to or walk on at various college programs. Throughout the process of selecting a program to play for there are some important questions to be asked along the way. Some are more important than others and questions will apply to each individual's unique situation. Here are what I feel are some of the most important questions to ask during College Recruitment:

**Does the school have the academic program you are interested in?** Does this major mix well with athletics? Have you had similar athletes in the past? Are you looking to major in a science that requires quite a few evening labs that will conflict with your sport? If you have a field of study like this, make sure this has not been an issue in the past with a player in the program

**How are conflicts between academics and athletics handled?** You want to get an idea of what happens when you have to miss school for road games, tournaments, etc.

**Are there summer skill/strength programs you are expected to follow?** Most schools have training programs they expect their players to follow during the summer. Make sure you understand what is expect-

ed of you during your summers.

**Will you play right away?** If not, are you comfortable waiting?

**How many players do you project you will recruit at my position for my graduation year?** This is an incredibly important question to get a straight answer on. If it sounds like the coach might be dancing around the question, this should be a big red flag. It isn't unusual for schools to over-recruit, which will be a big surprise to the recruits when they show up freshman year.

**Can you describe your coaching style and approach towards player development?** Not doing due diligence with this type of question is a major reason why so many athletes end up transferring after their freshman year. Whether it's coach temperament, player development philosophies, or something else, it's incredibly important to understand how the coach runs their program. Beyond the coach's answer, seek out current and former players on social media to get their take.

**What is the team's Athletic Training staff like?** What is their approach to treating athletes? Are they managing the rehabilitation of athletes or farming it out to a local physical therapy facility? Are they up to date on current manual therapy and treatment techniques

or still just using ultrasound?

**Are there team or athletic study halls? Is tutoring available?** Depending on the division, some schools have tutoring available for athletes.

**What is the team's graduation rate?** These questions, along with a few other quick tips will give you good information on which to base your decision. Speak with some of the alumni of the program and/or the seniors. What do they have to say about the program and the coaching staff? You should also plan to attend a practice and/or game of any college program you are seriously considering. How well are they organized from warm up to the end of the game or practice? Certainly, there are many more questions that can be asked and again, they will be specific to each individual's situation. I hope this list helps you in your decision making as you take the next step in your athletic career.



Stan Skolfield is the owner of Skolfield Sports Performance, a goal based, results driven sports performance training company. He has been training, developing, and rehabilitating athletes from 7 years up to the pros for over 2 decades.

## Spring is in the Air and Back in Our Steps CONTINUED FROM PAGE 9

residents. This month they will host a Bike and Bow on Saturday, May 15 from 9 a.m. until noon on the Shaw Cherry Hill Farm trails next to the Sebago Brewing Tasting Room. This is for ages 13 and over and is limited to 50 people. For more information on this event or to sign up, visit <https://www.eventbrite.com/e/bike-and-bow-biathlon-tickets-152328403355>.

As we continue to navigate the lingering pandemic, it's important to remember where we were just one year ago and how far we've come. I am trying to find the positive in all the opportunities that we have before us. Our physical and mental health took a toll, but while we were down, we were not out. Things are looking up, all you have to do is step outside, take a deep breath in and remember spring is in the air.

## Did You Know?

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# Gorham Sightings



Do you know where in Gorham this photo was taken? Join our visual trivia discussion by entering your best guess on our Facebook page at [www.facebook.com/gorhamtimes](http://www.facebook.com/gorhamtimes) or email us at [gorhamtimes@gmail.com](mailto:gorhamtimes@gmail.com).

## Gorham Food Pantry CONTINUED FROM PAGE 1



grant for a cargo van, issued through the HUD Community Development Block Program. Individual volunteers have always had to use their own vehicles to pick up and deliver donated food, so having a vehicle will be a huge help. The Pantry will now have the ability to transport larger loads in a more efficient manner and the deliveries will sheltered from the weather. No cash donations made to

the Pantry will be used toward the purchase of the van. The grant covers all costs including shelving for the van, signage, and additional costs associated with operating the van during the first year.

The Pantry Board and dedicated volunteers are very grateful for your continued support as we partner together to serve our neighbors here in Gorham. Thank you.

**Please send us your FUN photos to be considered for publication!**

Email: [gorhamtimes@gmail.com](mailto:gorhamtimes@gmail.com)

# SPRING FOOD DRIVE

**Saturday, May 22 8 am - NOON**

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## COMMUNITY

### ACADEMIC ACHIEVEMENT

This is the time of year we celebrate and congratulate all our graduates at every level, at home and away. This year may have been a greater challenge, but perhaps a greater achievement. Well done, graduates!

### OF INTEREST

**Calling all Gorham churches, community organizations, clubs, neighborhood groups, businesses, school groups, sports clubs and groups, and anyone else wishing to be part of the Memorial Day Parade!** Together our community will shine with patriotic themed parade units and make this our collective "Thank You" to our local veterans! We need you to join us to make this parade a truly "community parade." Get all the details at [gorhamrec.com/info/activities/](http://gorhamrec.com/info/activities/) or call 222-1630.

**The Gorham Lions'** next meeting is Tuesday, May 25 at the Old Elmwood Schoolhouse. Regular meetings are the second and fourth Tuesday of each month at 6:30 p.m. New members are always welcome. FMI 929-9182.

**Veterans of Foreign Wars, Gorham Memorial Post 10879** invites you to join us in honoring our veterans during the Memorial Day Parade and the ceremony following in Eastern Cemetery on May 31. If you are interested in more information about the VFW, please contact the Post at [vfwpost10879@gmail.com](mailto:vfwpost10879@gmail.com).

For over 25 years, the **Gorham Food Pantry** has served the needs of the hungry in Gorham. Our Pantry was founded and is sustained by the efforts of many local churches, schools, businesses, generous donors and hundreds of active volunteers. Hours are 10 a.m. to noon on Thursdays. Learn more at [gorhamfoodpantry.org/](http://gorhamfoodpantry.org/).

**The UMaine Cooperative Extension** has been putting university research to work in Maine for over 100 years, with federal support through the USDA, state support through the University of Maine, and local support through Maine county governments. Educational efforts focus on the Maine Food System, and Positive Youth Development through 4-H programs with a focus on STEM disciplines. Are you getting ready to plant your garden? Do you need some advice, or will you be willing to learn about and avoid plants that are invasive to Maine? Learn about the Extension's services, programs and resources available to Gorham residents at [extension.umaine.edu/about/](http://extension.umaine.edu/about/). View a comprehensive events calendar at [calendar.umaine.edu/events/category/cooperative-extension/](http://calendar.umaine.edu/events/category/cooperative-extension/).

**Presumpscot Regional Land Trust** is holding a self-guided family-friendly field event at Black Brook Preserve in Windham from Saturday, May 9 through Sunday, May 16th. Hike the newly updated Family-Friendly loop trail, with scavenger hunt questions posted along the trail and then stop at the new Fairy and Gnome Village to create a home from nature materials. Send photos from your adventure and we will share them on social media. The trail is generally flat and easy and can typically be hiked by children aged 4+, and by

younger children if they can be carried for short stretches over bridges. The event is free but Registration is required at <https://www.prlt.org/event-sign-up-bbsscav/> If need be, it can be shortened and go under the Memorial Day parade entry.

### LIBRARY NEWS

**Baxter Memorial Library** offers the following upcoming Facebook virtual events: 9:30 a.m. Toddler Discovery Times on Thursday, May 13 and 20 at 9:30 a.m. and Preschool Discovery Time on Tuesday, May 18 and 25. Virtual Steam Activities on Facebook are "Homemade Wind Chimes on Thursday, May 13, "Homemade Granola" on Wednesday, May 19 and "Building a Simple Shelter" on Wednesday, May 26. The Friends of Baxter Memorial Library invite all members to their Annual Meeting on May 13 at 6 p.m. on the lawn next to the Library. Social distancing and masks are required. Learn about all the library's offerings and events at [baxterlibrary.org](http://baxterlibrary.org).

**The North Gorham Public Library**, serving Gorham and Standish since 1897, is located next to the fire barn at the corner of Standish Neck Road and North Gorham Road. The library serves the surrounding community with a focus on fiction for adults and children, although most any book is available through inter-library loan. The library has WiFi service and computers for patron use. The library is open on Wednesday evenings and Saturday mornings. Home delivery and contactless parking lot pickup is also available. Visit on the web at [north-gorham.lib.me.us](http://north-gorham.lib.me.us).

### USM NOTES

**The USM School of Music** has posted many of this year's performances on Facebook. Find music for a variety of musical tastes at [usm.maine.edu/music](http://usm.maine.edu/music) and on Facebook at [facebook.com/Music.USM](https://facebook.com/Music.USM). In a most difficult year for musicians, congratulations to the students and staff for your achievements.

### Visit the USM Art Department online for On the Line: Juried Student Exhibition 2021.

This show fosters student preparation for professional art settings and processes, provides feedback from art professionals in the community, and exposes their work to a wide range of viewers. Visit [usm.maine.edu/gallery](http://usm.maine.edu/gallery) to visit the work of all 49 participants, including the winners, 1st place: Alyson Peabody, 2nd Place: Samantha McKenna, 3rd place: Aiko Acevedo, and Honorable Mention: Anna Labbe.

**The University of Southern Maine's African American Collection** has unveiled the first of six new digital exhibitions, highlighting 200 years of families in Maine. The first exhibit, "We Exist: Evidence of Maine's Black Families from 1800 to the 20th Century," specifically highlights images from the Gerald E. Talbot Collection, as well as others from the African American Collection, part of the Jean Byers Sampson Center for Diversity in Maine, Special Collections, University of Southern Maine. "We Exist" is the first in a series of six digital exhibitions on Black inhabitants in the state of Maine that seeks to tell their stories through a variety of institutions. Find the exhibit at [digitalcommons.usm.maine.edu/we-exist-exhibit/](http://digitalcommons.usm.maine.edu/we-exist-exhibit/)

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MOTHERHOOD, & SOME VERY BAD DATES

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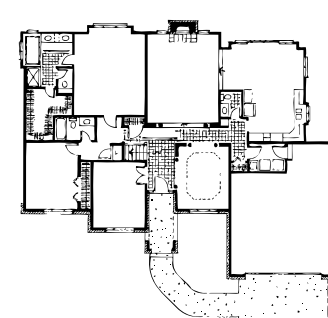
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## Baseball Trivia and Jokes

Why did Cinderella get kicked off the baseball team? *She always ran away from the ball.*

What did the baseball glove say to the ball? *Catch ya later!*

Did you hear the joke about the pop fly? *Forget it. It's way over your head.*

What's the difference between a pick-pocket and an umpire? *One steals watches and one watches steals.*

Jackie Mitchell, a 17-year old female pitcher for the AA Chattanooga Lookouts, once played the New York Yankees in an exhibition game and struck out Babe Ruth and Lou Gehrig in succession.

While playing for the Boston Red Sox, Babe Ruth hit his first career home run against the New York Yankees on May 6, 1915. He was later traded to the Yankees for a mere \$125,000.

On September 7, 1974, in a game against the White Sox, California Angels player, Nolan Ryan became the first player to break the 100 mph barrier when one of his pitches was officially clocked at 100.8 mph.

## RECIPES

### Southwest Nacho Chicken

1 ½ T chili powder  
1 T ground cumin  
1 T garlic powder  
2 chopped onions  
2 or 3 cups cooked cubed chicken  
1 can (14 oz) black beans  
14 oz frozen corn

2 cans seasoned diced tomatoes  
1 jar salsa (of your choice)  
2 cups shredded Mexican cheese (taco or pizza blend)  
1 cup sliced black olives  
1 cup broken up Nacho Cheese flavored Doritos

Preheat oven to 350 degrees. Mix seasonings, onions, chicken, beans, corn, diced tomatoes and salsa. Add 1 cup on the shredded cheese and mix. Spread evenly in a 8x12 baking dish. Layer black olives, Doritos, and remaining cup of shredded cheese. Bake in oven for 25 minutes or so until golden on top.

Questions about this recipe can be e-mailed to Barbara Schneider at [bts@maine.rr.com](mailto:bts@maine.rr.com).

### Chocolate Zucchini Cake

1 stick of butter  
½ cup oil  
1 ¾ cup sugar  
1 tsp. vanilla  
1 tsp. baking soda  
½ tsp. salt

2 large eggs  
½ cup sour cream or greek yogurt  
2 ½ cups of flour  
¾ cup cocoa powder  
3 cups finely shredded zucchini  
1 cup chocolate chips

Grease and flour 9x13 pan. Preheat oven to 350 degrees. Melt stick of butter in microwave/do not boil. Mix all dry ingredients in large bowl and whisk them together. (Take out 1 cup and set aside.) In separate bowl mix sour cream, eggs, vanilla and oil together. When blended drop ½ cup into hot butter and mix to "season" eggs. Then add butter and eggs to rest of wet ingredients. Combine dry and wet ingredients then add zucchini and "reserved" flour and fold into batter, along with chocolate chips. Pour into prepared pan and bake 45 minutes to one hour. Toothpick in center comes out clean when done.

You can sprinkle with powdered sugar after cake is cooled or top with whip cream.

## Beloved Gorham Bus Driver Retires

CONTINUED FROM PAGE 6

their age, feel important and cared about," said Kimberly Warren, Larry's wife. "Every child was important to Larry and he wanted them all to feel special."

Some of Warren's most memorable moments include helping young kids to learn the ABC's while waiting to drop them off; bubble gum contests; and water fun on the last day of school.

Warren has visited children in the hospital with bouquets of lollipop flowers, blasted "Happy Birthday" when driving up to students' houses, and celebrated victories alongside kids who overcame difficult situations.

During his career, Warren also designed and implemented a curriculum to train new bus drivers. Over the last 20 years, he has helped more than 100 drivers get their licenses using his method.

"He was awarded bus driver of the year in 2000 for the State of Maine - an award that once hung in his bus because it was the children that made that honor possible," said (Kimberly) Warren.

Warren is looking forward to spending more time with his family, and with three teens at home, his wife says the adventure will hopefully never end.

He has had a huge impact on so many kids who have ridden his bus. His kindhearted nature, loving heart, and sense of humor has helped numerous students in different ways throughout the years.

The Gorham Schools will not be the same without Warren and they would like to thank him for all his hard work and wish him luck in whatever comes next.

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## Assistant Superintendent Dr. Record Leaves Gorham for Cape Elizabeth

CONTINUED FROM PAGE 1

years, as one of the most the enjoyable aspects of his job.

Record was quick to say he had learned a lot from working with Superintendent Heather Perry in his most recent position as assistant superintendent. Perry, in addition to praising Record for "helping facilitate many positive changes in various leadership roles and for being my 'work partner' for the last five years," said, "his positive energy, his jokes, his 'can-do' attitude, and his knack for asking the right questions at the right time will be truly missed."

His enthusiasm for education and working with young people started when Record worked as a camp counselor during his undergraduate years at Bates College and continued at a youth alternatives wilderness school in North Carolina. From there, he went on to earn his secondary teaching certification in Massachusetts and an M.A. and Ph.D. in educational leadership from the University of Southern Maine.

Before coming to Gorham, he taught history and was assistant superintendent at Oxford Comprehensive High School

in Paris, Maine. Record lives in Scarborough with his wife and two children and continues to enjoy wilderness activities.

As he leaves the district, Record said he is "proud of how staff and students persevered during a challenging school year and how they are positioned to have five-day in-person school in the fall." He does regret that Gorham was unable to renovate and expand the high school while he was there. He is hopeful, though, that the district will change start times for high school students, something he has advocated for since he was principal of GHS.

In his May report to the Town Council, School Committee Chair Darryl Wright praised Record for his service as a "tremendous leader in our District."

Hollis Cobb, the district's business manager, echoed many of Record's colleagues when she said, "Working with Chris has been an absolute pleasure. He led and inspired many in Gorham with passion, positivity, and integrity. He is one of a kind and will be greatly missed by our students, staff, and community."

## Arrests

CONTINUED FROM PAGE 4

James Libby, 49, of So. Portland was indicted for criminal OUI (two priors), violating conditions of release, leaving the scene of an accident involving property damage, failure to give correct name and failure to report incident on charges brought by Gorham PD.

Jeffrey Mais, 38, of Gorham was indicted for forgery on charges brought by So. Portland PD.

Crystal Reimer, 38, of Gorham was indicted for theft by unauthorized taking and violating conditions of release on charges brought by Gorham PD.

Craig Reimer, 42, of Freeport was indicted for theft by unauthorized taking and violating conditions of release on charges brought by Gorham PD.

Aaron Rondeau, 33, of Buxton was indicted for criminal OUI (alcohol, two priors, refusal to submit to test), operating beyond license conditions/restrictions, failure to give correct name, violating conditions of release and criminal mischief on charges brought by Gorham PD.

Stephen Tracy, 42, of Westbrook was indicted for aggravated trafficking in scheduled drugs (fentanyl), unlawful trafficking in scheduled drugs and unlawful possession of scheduled drugs and criminal forfeiture on charges brought by Gorham PD.

## GHS Class of 2022

CONTINUED FROM PAGE 6

The Class of 2022 is also currently involved in a pen-pal program with two first grade classes from Great Falls Elementary School. Juniors have been paired up with a first grader, and every couple of weeks they will write letters that can be dropped off at the elementary schools, and the first graders will have a chance to write back and ask questions.

This is an awesome opportunity for Gorham's younger students to form relationships with high school students and learn about the high school experience, which is especially important in a year when most visiting mentor programs are not allowed. We are hoping to expand the program later to include more elementary classes and more juniors.

Overall, this year has been extremely rewarding for us as officers, and for many members of our class, to know we are making a difference in our community, and, hopefully, making this difficult time better for many people in the community.

Moving forward, giving back to our Gorham community will continue to be a big part of what we do as a class; we only have a little over a year left as Gorham students, and we want the legacy we leave to be a positive one.

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# Gorham Times

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the *Courtesy of the Gorham Police Department*  
**blotter**

Caller was concerned about numerous vehicles stopping at a North Gorham house to ask for directions. She thought they might be casing the house. Officer determined which vehicles belonged at the house and has been increasing patrols in the area.

Officer responded to Wilmer's Way for a welfare check. Officer found that there was a suppressed order on the caller in which the Wilmer's Way people were the protected parties. Topsham Police were notified and served papers on the caller that day.

Sebago Lake Road resident got into an argument on Facebook with people who had been bombarding him with private messages. She has now blocked them and they have stopped sending messages.

Meadowbrook Way caller had locked herself out of the house. Officer was unable to open the door and brought her to the Police Station to wait for a friend with a key.

Main Street caller was concerned that a traffic light was blowing in the wind at Main Street and Mosher Road. Caller was advised that the signal is firmly secured and designed to move with the weather.

Officer assisted a woman with getting a traffic cone out from under her car in the Police Department parking lot.

Officer picked up a stray dog on Libby Avenue and Shepard's Way. He noticed construction workers nearby and a man

said if it was a yellow lab, it was his. Dog confirmed it was his owner.

Main Street business called about a female who was shopping and not wearing a mask. Caller was unable to identify the woman who had left the store. Officer told the manager to call if she came back in again and she would be trespassed from the store.

Man was brought to the Police Dept. to for a breath test. He was not being very cooperative. Officer ended up taking him to Cumberland County Jail.

Officer responded to an Ossipee Trail business for a report of an intoxicated male in the store. He was given a ride to his residence on Fort Hill Road.

Vehicle was reported to be swerving all over the road on Ossipee Trail. Officer spoke with the driver who was not under the influence. He was a visitor from another country and had never driven in the US. The registered owner of the vehicle was teaching her to drive. Officer told parties not to drive until she had a Maine driver's license.

Officers responded to Tink Drive for a verbal argument between two parties. They told dispatch they had over-reached by calling. Both had been drinking and both were warned for disorderly conduct.

Distant Pines Drive caller reported his vehicle had been burgled.

**CALENDAR**

**Thursday, May 13**

Baxter Memorial Library  
 Join Ms. Deb on Facebook for a virtual STEAM activity. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home.  
 Toddler Discovery Time, Join Ms. Dani for a Virtual Discovery Time on Facebook as she reads a picture book to our youngest listeners (18 months to three years), 9:30 a.m.  
 Friends of Baxter Memorial Library Annual Meeting The Friends of Baxter Memorial Library invite all members to their Annual Meeting on May 13 at 6 p.m. on the lawn next to the library. Social distancing and masks are requested.

**Tuesday, May 18**

Baxter Memorial Library, Preschool Discovery Time. If you love picture books watch Ms Heidi on Facebook as she reads a new book each week. (ages three to five), 9:30 a.m.

**Wednesday, May 19**

Baxter Memorial Library, Join Ms. Deb on Facebook for a virtual STEAM activity "Homemade Granola." Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home, 10 a.m.

**Thursday, May 20**

Baxter Memorial Library, Virtual Toddler Discovery Time. Join Ms. Dani for a Virtual Discovery Time on Facebook as she reads a picture book to our youngest listeners. (18 months to three years), 9:30 a.m.

**Tuesday, May 25**

Baxter Memorial Library, Virtual Preschool Discovery Time. If you love picture books watch Ms Heidi on Facebook as she reads a new book each week. (ages three to five), 9:30 a.m.  
 Gorham Lions regular meeting, Tuesday, May 25, Old Elmwood Schoolhouse, 6:30 p.m.

**Wednesday, May 26**

Baxter Memorial Library, Join Ms. Deb on Facebook for another STEAM activity, "Building a Simple Shelter," geared toward K-5 learners, and require minimal supplies. 10 a.m.

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**SERVICES**

**DECK PAINTING.** Time to plan spring projects. We power wash, scrape, sand, two coats of your choice. We are insured, 6 years experience, excellent references. Call/text Lori 207-838-0132.

**ESTATE YARD SALE.** Saturday, May 29, 8 am-3pm. 16 Long View Drive, Gorham. Old, used, fixer uppers, vintage, primes, frames, pictures, chairs, baskets, pottery, dishes, gently used kitchen, architectural pieces.



Chris Burton



Julie Chandler



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**GORHAM \$459,900** - Newly built contemporary colonial offering an open floor plan with 3 bedrooms & 2.5 bathrooms. Features a granite kitchen, gas fireplace, 2nd floor laundry room & more. Sidewalks to Gorham Village.



**UNDER CONTRACT**

**WESTBROOK \$464,900** - 3-Unit w/excellent rental history. 2/10 mile to the bridge, over the Presumpscot River, to access the River Walk for shopping & restaurants. On the bus line, close to public pool & recreation fields. New roof, updated electrical, newer water heaters. Tenants pay hot water & electricity.



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**WESTBROOK \$329,900** - Sunlit floor plan w/HW & tiled flrs, updated kitchen w/subway tile backsplash, DR open to a spacious LR w/cozy fireplace, 1st flr full bath & laundry make it ideal for 1 flr living. Private master suite on the 2nd floor includes a newly renovated bath w/tiled walk-in shower & a rear balcony.



**SOLD**

**I Quail Ridge Dr \$575,000** - A Bryan & Rogers reproduction on a gorgeous & private 3.67acre lot. Enjoy dinner on the screen porch or relax on the back deck, both overlooking beautiful perennial gardens & mature landscaping. 2 car carriage house w/walkup storage above. Quiet Gorham location, just 5 miles to Village.



**UNDER CONTRACT**

**HOLLIS \$300,000** - Brand new 28x42 ranch featuring 3BRs / 2 full baths. Sunlit open concept w/cathedral ceilings in kitchen, living & dining area. Spacious kitchen w/plenty of counter space.



**NEW**

**GORHAM \$749,000** - 85 acres within walking distance to Gorham's Middle School. The main access is from Waterhouse Road but there is access from the end of Weeks Road as well. This parcel is in the process of being re-zoned under Gorham's Village Expansion Zone.

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**Sale Starts Sunday May 16<sup>th</sup> - Saturday May 22<sup>nd</sup>**

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