

Mary Golden, 101, Awarded the Boston Post Cane

Donna Aikins, Staff Writer



Photo Credit: Courtesy of Gorham House

Assistant Town Clerk Kim Getchell presenting the Boston Cane and certificate to Mary Golden.

Since 1909, the custom of the Boston Post Cane took hold in towns throughout New England, bestowing the honor of receiving a cane on the oldest living citizen of each of 700 towns, including the Town of Gorham. Over the years, some of the canes given to the Boards of Selectmen

of 700 towns around New England, were taken out of the town and not returned to the Selectmen or destroyed by accident. Fortunately, the Town of Gorham has retained its cane, which has been on display at the Gorham Municipal Center for many years. In 1930, after consider-

able controversy, eligibility for the cane was opened to women as well as men.

On Tuesday, Oct. 28, 2025, Mary Golden, 101, was awarded the Boston Post Cane for the honor of being the oldest citizen of the Town of Gorham in an offsite ceremony.

Mary Bothfeld Golden was born on June 7, 1924, in Massachusetts. She had six brothers and no sisters. She is the only surviving member of the seven siblings. Her daughter, Sharon, resides in Kentucky and raises cattle with her husband, Ben. The family moved to Vermont, where they had a farm overlooking the Cabot Creamery. Mary went to Green Mountain Junior College and then to UNH in New Hampshire, where she obtained her degree to become an occupational therapist.

In 1947, Mary moved to Maine to work as an occupational therapist at Maine General Hospital, where she met her husband, Jim Golden. This is when the Children's Hospital on High Street merged with Maine General to become what is now known as Maine Medical Center. Jim worked with the 4-H organization as a leader and was there to work with the children. Mary and Jim were married in 1949 and found land to purchase from the Files family with a barn structure on it in Gorham and

built their home. There they raised registered Ayrshire cows for milking, and sold milk to the HP Hood dairy in Portland.

Mary continued working in occupational therapy and was working at Pineland in Pownal until she became pregnant in 1956 with their daughter, Sharon. In 1964, the Golden's farm caught fire from a lightning strike while they were out of town. Thankfully, all of the cows were out in the pasture and the family was not harmed. After the family sold all of the cows, they raised Morgans and Saddlebred horses while Sharon was in school. Later, they raised hogs for meat and then acquired chickens to raise for eggs.

They attended the West Gorham Union Church for many years, which was right around the corner from the farm. Mary and Jim are well known to many Gorham townsfolk and were active in many ways around town.

Jim passed away in 2003 and Mary continued to live and work on the farm, raising chickens and tending a garden with fresh vegetables and flowers, right up until about a year ago, when she moved into Gorham House in the village. She still owns the house in West Gorham.

Congratulations, Mary. You are an inspiration to many.

GHS Volleyball Wins Third Consecutive State Championships

Katie Brown, Sports Editor

With all the deep playoff runs during the fall sports season of 2025, the Rams Volleyball team finished the race at the top, to bring its third consecutive championship back to Gorham. Gorham faced off with Thornton Academy for the State championship game at the University of Southern Maine Costello Sports complex on Nov. 1 on a very busy day for most Rams teams.

Lauren Dunbar had one of her best kills to kick things off in the first set, the Rams won that set 25-20. Dunbar and Liana Edwards duo was a key factor in the Ram's success. Edwards is a double threat on the court as both a fantastic setter and strong hitter (Edwards was named Gatorade player of the year in 2024).

The Trojans came out strong in the second set but it would be Gorham's night. Emily Fluet had a big night with impressive plays including a nice spike to gain momentum.

The Rams program win over the Trojans is back to back to back state championships for head coach Emma Tirrell. The road during the playoffs for the defending state champs began on Saturday Oct. 25 with a back-



Volleyball State champs

forth match-up against Bonny Eagle. The Rams took the first two sets and the Scots won the next two sets forcing a fifth set. The Rams won the deciding match 15-11 in a nailbiter. The girls then took care of

for the third time in three years.

Team spirit and work ethic is a priority for Gorham athletics and they did not disappoint this fall.

Here are the rest of the results: The Girls Soccer Team rolled into the postseason with 11 wins. The team played a flawless game v. undefeated Falmouth towards the end of their regular season that gave the team the boost they needed.

The Rams took care of Deering 4-0 in the prelims. Rylyn McInnis chipped in a goal and an assist. The defense was once again anchored by Sawyer Vonderhaar (GK), Kyra Nygren and Jackie Parenteau. Freshman Taylor Chadburn was a threat at striker all game and all season long.

The team then traveled to take on #4 Kennebunk in the quarterfinals. The first half of play was dominated by Gorham. Anna Nichols, Neve Hanley, Haley Chandler, McInnis, Doughty and Chadburn were lights out with their relentless attitude and technical skills.

CONTINUED ON PAGE 8

Election results from Nov. 4 will be posted online at
www.gorhamtimes.com

Fighting To Lift Up Gorham's Working Families

Rep. Parnell Terry

Throughout my first year in office, one of the most frequent concerns I've heard from constituents is that the rising cost of living is making it harder for families in Gorham to get ahead. From increasing housing costs to grocery prices, it feels like everything is more expensive now than it was even just a year ago. It's hurting working families and older folks on fixed incomes the most.

In the Legislature, we made it a priority this year to do everything we could to help ease the growing financial burden many Mainers are facing. While there's a lot more work to be done, we took meaningful steps to enact policies that will uplift families in our community. Having raised three daughters myself, I know that every little bit helps.

In 2023, the Legislature created a new state Child Tax Credit for parents and households with dependents, which is putting money directly back into the pockets of working families with kids to be able to spend on essentials. This year, we doubled that credit to \$600 per child for children under six, for families earning up to \$150,000 per year. While Congress let the enhanced federal Child Tax Credits expire at the end of 2021, the Legislature has consistently stepped up

to try and provide more meaningful tax relief with policies like this, which has lifted more Maine kids out of poverty.

This year, we also passed the largest tax cut for first-time homebuyers in Maine history by eliminating their real estate transfer tax. We also adjusted the tax rate on the portion of property sales over \$1 million, which will be used to create a dedicated funding stream for affordable housing production. Together, these measures will hopefully make it easier for families to realize their dream of homeownership and increase the production of housing that is desperately needed throughout our state.

Additionally, we made important investments to help improve the affordability and availability of child care. Right now, child care is impossible to find for too many families, and when spots do become available, it's often way too expensive. I've heard from constituents who have said that the cost of child care for their family is like taking on a second mortgage. It shouldn't be that way. To make progress, the state budget we passed earlier this year includes \$40 million for child care, including \$30 million to support wages in our child care workforce. Policies like these will help more

Gorham families get ahead. When the Legislature reconvenes in January, I will continue to advocate for bills that help Gorham families and better ensure that our state can be a place where people don't just survive, but thrive – and not just today, but for generations to come.

Please feel free to contact me at Parnell.Terry@legislature.maine.gov with your questions and concerns. I am here to serve you, and I can do that best by hearing directly from you. Maine people deserve leaders who are fighting to make sure they can afford to build healthy, happy lives. I remain committed to this, and to maintaining our strong Maine communities and way of life.



Rep. Terry is serving his first term in the Maine House and represents part of Gorham. Terry is a member of the Inland Fisheries and Wildlife Committee and the Veterans and Legal Affairs Committee.

November is Lung Cancer Awareness Month

Gorham Times Staff

Each November, we recognize Lung Cancer Awareness Month; a time to honor those affected by lung cancer, raise awareness about prevention, and highlight the lifesaving impact of early detection.

Lung cancer remains the leading cause of cancer-related death in the United States, taking more lives each year than breast, prostate, and colon cancers combined. The good news is that early detection through low-dose CT (LDCT) lung cancer screening can dramatically improve survival rates. When found early, lung cancer can often be treated successfully; sometimes even cured.

Jeffery Ballard, RN, BSN is a lung cancer screening nurse and Gorham resident who advocates for early detection, smoking cessation support, and preventive health awareness.

"As a lung cancer screening nurse," said Ballard, "I've seen firsthand how early detection changes lives. Many people are surprised to learn that they qualify for screening; and that the process is quick, painless, and covered by most insurance plans. The scan uses a very low dose of radiation, much less than a standard CT scan, and can find small nodules or abnormalities long before symptoms appear."

Who Should Be Screened

You may be eligible for a low-dose CT lung cancer screening if you: are 50 to 80 years old, have a history of smoking

at least 20 pack-years (for example, one pack a day for 20 years), and currently smoke or quit within the past 15 years.

These are the general national guidelines, but some facilities may have slightly different criteria, so it's always best to ask your primary care provider or screening program for specific recommendations. Even if you've already quit smoking, screening can still be an important step in protecting your health.

More Than a Scan

Lung cancer screening isn't just about finding disease; it's about starting a conversation. It opens the door to discussions about smoking cessation, healthy living, and long-term prevention.

While not every risk factor for lung cancer can be changed, smoking remains the single most preventable and modifiable one. Quitting smoking at any age has enormous benefits; improving lung and heart health, reducing cancer risk, and enhancing quality of life. If you've ever thought about quitting, know that support and resources are available, and every attempt is a step toward better health.

Importantly, these conversations should always be free of blame or stigma. Tobacco use is often tied to years of habit, stress, and addiction; not a lack of willpower. Encouragement, understanding, and community support are far more powerful than judgment.

Letters to the Editor

Letters to the Editor must be fewer than 300 words, signed with a first and last name, and hometown. 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 as space allows and are subject to editing. Anonymous letters are published at the sole discretion of the Editor.

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A Community Effort

Lung cancer screening saves lives, but awareness saves even more. As a community, we can reduce stigma, encourage open dialogue, and make sure everyone who qualifies knows that screening exists and is accessible.

This November, take one simple but powerful step: ask your doctor about lung cancer screening. Early detection gives people more time: time to heal, to live fully, and to be with the people who matter most.

Gorham Times

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Upcoming Advertising

Deadlines

November 12

November 26

December 10

Winter Break

Greater Gorham Farmers Outdoor Market Season Ends

Gorham Times Staff



Photo Credit: Gorham Times Staff

The last Greater Gorham Farmers Outdoor Market for 2025 took place on Oct. 25. The good news is that many of the same vendors will be participating in the Greater Gorham Winter Market which will take place on the 1st and 3rd Saturdays at the Gorham Rec Center beginning on Nov. 1. The indoor market will operate from Nov. 1, 2025 through March 21, 2026.

Veterans Day

"On this Veterans Day, let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our veterans and their families who have sacrificed so much so that we can live free." - Dan Lipinski

"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude." - Harry S. Truman

"May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right." - Peter Marshall

"Freedom is the open window through which pours the sunlight of the human spirit and human dignity." - Herbert Hoover

"I think of a hero as someone who understands the degree of responsibility that comes with his freedom." - Bob Dylan

"This nation will remain the land of the free only so long as it is the home of the brave." — Elmer Davis

One School, One Book Gets Support From Local Lions Club

Gorham Times Staff



Photo Credit: Gorham Times Staff

Ken Aldrich, representing the Gorham Lions Club, visited teacher Anna Sedenka's Great Falls class to give her a check to help fund the "One School, One Book" reading program. Then Ken visited Assistant Principal Sean Hanson at Narragansett School to provide funds for vision screening and the snack program.

The Lions thank the community for participating in their various activities, including their newest service, the collection of deposit bottles and cans, with a drop box at the Old Elmwood School at 414 South Street.

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Anchored in Health

Taryn Beaumont, Contributing Writer Since 2020

In our increasingly connected world, the constant hum of notifications, the endless scroll of social media, and the ever-present glow of screens have become the soundtrack and backdrop to our lives. While digital tools offer incredible convenience and connection, many of us are beginning to feel the subtle (and not-so-subtle) toll they take on our well-being. This is where the concept of a "digital detox" comes in – a deliberate, temporary break from screens to reconnect with ourselves, our loved ones, and the world around us.

Think of your smartphone, tablet, or laptop not just as a tool, but as a portal. A portal to information, entertainment, and communication, yes, but also a portal that can inadvertently siphon away our presence, our focus, and even our peace. Studies have linked excessive screen time to increased anxiety, disrupted sleep, reduced attention spans, and a pervasive sense of always being "on."

We're wired to respond, constantly anticipating the next ping, often at the expense of genuine connection or quiet reflection. We feel pressure to respond in immediacy, or we face fear of missing out or someone moving on from us if we don't react quickly enough.

The good news? You don't need to move to a remote cabin in the woods to experience the benefits of a digital detox. It can be as simple as setting boundaries in your daily life. Start small: set aside just one hour a day to be without your device. Silence or turn off non-essential notifications so they don't distract you from daily tasks or personal time. Designating "no-phone zones" in your home, like the dinner table or bedroom, can work wonders as well. If you have young or teenage children, think deeply about the boundaries you set for them, and then model those behaviors in your own life.

For those ready to dive deeper, consider a full day or even a weekend

unplugged. Imagine waking up without immediately reaching for your phone. What would you do instead? Perhaps read a physical book, enjoy a leisurely breakfast, take a walk in a local park, or simply sit with your thoughts. This isn't about deprivation; it's about liberation. It's about creating space for activities that truly nourish your soul – engaging in hobbies, spending quality time with family and friends without distraction, or simply savoring moments of solitude.

The initial withdrawal might feel strange, even uncomfortable. You might experience a phantom vibration or an urge to "just check" something. This is a sign of how deeply ingrained these habits have become. Push through it. Embrace the quiet. Notice the details you usually miss. Engage in conversations where you truly listen and make eye contact. You might be surprised at the clarity and calm that emerges when the digital noise fades.

A digital detox isn't about abandoning technology forever; it's about conscious consumption. It's about reclaiming control over your attention and prioritizing your mental and emotional health. By taking intentional breaks, we can return to our digital lives with a fresh perspective, greater focus, and a healthier relationship with the very tools designed to serve us. Turn off the screen, look up, and rediscover the richness of the present moment. You might just find a calmer, more present you waiting on the other side.



Taryn Beaumont
has been a Doctor of Physical Therapy for over 12 years, currently working in home health care. She is also a mom, a Lymphedema Specialist, and fitness lover.

You're in the Know. Gorham Times

CryptoVerse by A. Logophile

BHAODI'U FHAID HMMETHANEPU HDI GIDJ AEOLW;
UECI SMHTIU LIA AEE COTW, UECI BEA IBEOLW.
XHCHNTH NU YMEEZIZ, CHNBI'U ZDJ HU H REBI;
TMNCHAI TWHBLI WHU H CNBZ EY NAU EFB.
CLUE: B = N

SOLUTION ON PAGE 11

Living a Champion Life: The Future of Wellness Tech

Stacey Coleman, Contributing Writer Since 1999

Trying to stay healthy can sometimes feel like a part-time job that you never signed up for. Trends change faster than your laundry pile. And most of us are just trying to get through the week without falling face-first into a bag of chips.

After two decades of working hands-on in wellness, I've seen what truly supports people, and what tends to over-complicate things. Now, I'm part of a movement shaping what's next: wellness tech rooted in real life and designed to support the way we actually live.

It's a quiet but powerful shift, and one I'm seeing more clearly every day. Wellness technology is finally getting easier to use, and beginning to adapt to your life as it is, not some ideal version. No more forcing yourself into perfect meal plans or rigid fitness routines. This next wave of support is flexible, intuitive, and built to meet you where you are.

You know the kind of day. The rhythm wasn't yours to begin with, but you're doing your best to keep up. You're running on caffeine, a handful of crumbs, and the half-eaten snack your kid left in the cupholder. Lunch, if it happens at all, is something grabbed between school drop-off, soccer practice, a flood of emails, and digging through the laundry for the missing maroon soccer sock your child needs for a game that starts in twenty minutes. By 4 p.m., your brain is foggy, your energy's gone, and ordering pizza for the third time this week feels like the most reasonable plan you've made all day.

That's when the next generation of wellness support, powered by tech and designed for real life, can quietly step in. Not to critique or control, but to help you notice the patterns. The meals you never sat down for. The coffee that doubled as breakfast. The way dinner turns into whatever's left on your kid's plate again.

And steadily, with more awareness and a lot more grace, things begin to shift. You start caring for your own wellness the way you care for everyone else's; without guilt or hesitation. And when that happens, you don't just feel better. You show up steadier, clearer, and more present for the moments and people that matter most to you.

It doesn't stop with food. This kind of thoughtful support can shape how you move, how you rest, and how you speak to yourself in the quiet moments no one else sees. It's not about tracking every detail or getting it all right. It's

about returning, again and again, to rhythms that actually work for your life.

This isn't about high-tech gimmicks. It's about tech-backed systems designed with real humans in mind. Quiet, steady tools that offer just enough support to help you shift out of survival mode and into something more grounded and sustainable, so you can rise into the version of yourself you know you're meant to be. Let the technology take care of the simple things, so you can show up for what matters most to you.

Some start the day with a workout. Others are just trying to eat one meal sitting down. There's no right way to do wellness. There's only what works for your body, your life, and your season.

That's exactly what this next generation of tools is being built to reflect; not rules, but rhythms. Support that flexes with you, not against you.

You don't need to track every calorie, color-code your life, or overhaul everything to feel well. You need support that lightens the load. Something that helps you show up for your body, your energy, and your well-being a little more often. And if smart tools can do that with less stress and more clarity? You're not cutting corners. You're building better ones.

The next chapter of wellness isn't about doing more. It's about doing what matters most, with just enough support to make it stick.

And while pieces of that support exist now, the real shift is still ahead. A new kind of wellness tech is taking shape; rooted in real life and built to simplify what's been made too complicated for too long. It's being created with intention, by people who believe wellness should adapt to you. The future is intuitive, practical, and designed to give you what you need, then step back so you can thrive.



Stacey Coleman
is a lifelong Gorham resident, co-owner of Living a Champion Life, and co-creator of ChampionRx and Hey Coach.

She's a Certified Personal Trainer, Fitness Nutrition Specialist, and Behavioral Change Specialist helping busy people build sustainable health.

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Ordinance Committee Meeting, Oct. 9

Sally Fay, Staff Writer

The monthly meeting of the town's Ordinance Committee was held via Zoom on Thursday, Oct. 9, with Councilor Seven Siegel (Committee Chair) and Councilor Lou Simms in attendance and Councilor Phillip Gagnon absent. The following current business was addressed:

Review amending the Land Use Development Code to allow for additional driveway curb cuts on low-traffic roads for accessory dwelling units: A motion was passed to send the proposed amendment to the Town Council for review.

Consider Form-Based Codes in part(s) of the Gorham Village Districts: Discussed.

Review amending the Streets and Sidewalks Ordinance to allow for overnight parking in village areas of the Town of Gorham providing there is no snow-removal parking ban in effect: A motion was passed to send the proposed amendment back to the Town Council with a recommendation for no action.

For review and recommendation from staff including Gorham School Department, consider creating a stand-alone ordinance or policy that would ban or modify the use of harmful pesticides on municipal facilities: After discussion, the Committee agreed to table the item for further discussion and evaluation.

Review and propose updates to the Solid Waste Flow Ordinance: After discussion, the Committee decided to revisit the ordinance with more direction for the updates.

Consider updating the Town's Mobile Home Park Ordinance to consider restricting excessive increases in rent and fees and ensuring landlords invest in proper maintenance of property infrastructure on a regular basis, and report back to Town Council with recommendations: After discussion, the Committee agreed to gather more information and input from residents before proceeding with any changes to the ordinance.

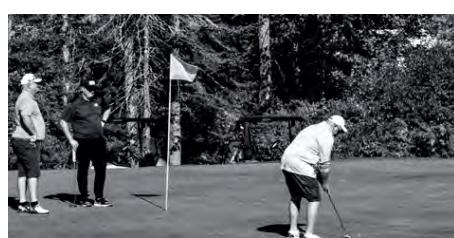
The Committee also discussed the status of a number of items that had previously been referred for future meetings/actions. Regarding the matter of reviewing possible new school impact fees and reporting back to the Town Council with a recommendation, a motion was passed to recommend no action.

The Committee will continue discussion on the Form-Based Codes, Pesticide Policy, Solid Waste Flow Ordinance, and Mobile Home Park Ordinance at next month's meeting, tentatively scheduled for Nov. 13.

Complete Ordinance Committee agendas and minutes can be accessed at <https://www.gorhammaine.gov/ordinance-committee>

Gorham/Westbrook Rotary Golf Classic Results

Gorham Times Staff



The Gorham/Westbrook Rotary Club Charities held their 31st Annual Rotary Classic Golf Tournament at the Val Halla Golf & Recreation Center in Cumberland, Maine on Sept. 22, 2025. Proceeds from the tournament benefit local high school and vocational school scholarship programs, a 4-day Rotary Youth Leadership Awards program, and more. Here are the results:

First Place Gross – Morton Leasing 55

Ethan Morton
Nate Rossignol
Jonah Chapell
Jack Heary

First Place NET - Nelson Property Services 47.1

Joe Nelson
Bob Nelson
Rudy DiMillo
Andy Holt

Second Place NET - Hub International 49.4

Sue Joyce
Dan Stevenson
Jay Joyce

Third Place NET - Chalmers Insurance Group 50.8

Ethan Johnson
Mike Anderson
David Willis
Jeff Woodbury

Closest to the Pin Hole #3

Rudy DiMillo - Nelson Property Services

Closets to the Pin Hole #11

Jack Heary - Morton Leasing
Christine Emerson - Atlantic Federal Credit Union

50/50 Raffle Winner of \$430!!

Jeff Hanson - Energy Management Consultants



Photo Credit: Mike Robinson

Historic Preservation Commission Sept. Meeting

Sally Fay, Staff Writer

The Gorham Historic Preservation Commission convened for their monthly meeting on Sept. 22, 2025. Three commission members were in attendance (Chairman Larry Petersen, Noah Miner, Linda Whitten) and four were absent (Tyler Gowan Matt Miller, Bruce Rouillard, Marsha Weeks Traill). Gorham Town Planner Carol Eyerman was also present. John Graham, Vice Chair of the Topsham Historic District Commission, attended as a guest.

After approval of the Aug. 25 meeting minutes, Mr. Graham shared information about the Topsham HDC and the town's Historic District, which is made up of about 300 buildings. The Topsham HDC adopted the National Park Service Standards, which enables Topsham to obtain tax credits for projects. Non-contributing buildings within the Historic District must ensure the front facing of the building conforms with the character of the district. The same ordinance applies to vacant lots: new builds must

conform with the character of the district.

After much discussion, it was agreed that the Gorham HPC would consider drafting a letter to the Gorham Town Council with recommendations to revise/expand the current Historic Ordinance. It was also agreed that members of the Gorham HPC would meet informally with Town Council members to better understand their goals and suggestions regarding the current historic ordinance. Carol Eyerman agreed to research other towns that have historic districts so a comparison can be made for HPC review.

Larry Petersen inquired about historic barns in Gorham and if/how they were documented. As additional historic districts are considered, the barns will be included for consideration.

Before adjourning, the commission confirmed plans to continue review and discussion of other towns' historic ordinances at the next meeting, scheduled for Oct. 27 at the Gorham Municipal Center.

School Committee Workshop Oct. 22

Michael Lortie, School News Editor

On Oct. 22, the Gorham School Committee held a workshop meeting with three items on the agenda. Five members were present. The three candidates for school committee seats were also in the audience.

The first item on the agenda was a presentation by Elementary Principals; Erin Eppler, Becky Fortier and Cheryl Fetter on the possible creation of a new PreK-5 program that they are calling the Transitions Program. The three principals presented the current situation, existing at all three buildings, of students with unique challenging behaviors who are having serious impacts on classrooms and the schools. The principals have spent considerable time researching literature, brainstorming ideas and looking at the ways that other school systems are approaching the issue.

The resulting proposal, the Transitions Program, would be an alternative program involving a teacher and an educational technician supporting interventions and individualized strategies to provide academic and behavioral support, social-emotional support, behavioral coaching, check-ins and earned time and family partnerships. The educational technicians would be staffed by the current Alternative Education technicians at each building.

The implementation of this program would be done in two stages. The first, done this year, would be to hire a Transition Interventionist Teacher to work at Village School. This teacher would pilot the program, collect data, and work collaboratively with the PreK-5 administration to prepare for the expansion of the program to Narragansett and Great Falls Schools in the fall of 2026. The school committee will need to consider this proposal at a future official meeting.

All three principals spoke about the need

for this program to help provide safety for all students and staff within the buildings, and to cut down on the interruptions to learning.

The second presentation by Kathy Hamblen, centered on the state plan for public schools to provide Free and Appropriate Public Education (FAPE) for 3-5 year olds, which will be required of all schools by 2028. Special Education services currently provided by Child Development Services (CDS) will be the responsibility of the public school system, although the state will cover the costs of preschool educators and therapists.

Currently, Gorham has four half-school-day classrooms, as well as partnerships with four preschools serving a total of 121 four-year-olds. This program has been extremely successful as students involved in past years are requiring 25 % less intervention in kindergarten and grade one.

Gorham's current plan is to next year focus on four-year-olds with special needs and then take on FAPE for three-year-olds in the 2027-28 school year. It would involve adding a self-contained program for four-year-old students, an administrative position, a speech therapist, increased Occupational and Physical Therapy and secretarial support. Gorham is expecting to provide Special Ed Services for approximately 120 students, but it could be as high as 150. They will also utilize the services and support hub of their partnership with the Greater Sebago Educational Association (GSEA) for services that can be shared across districts.

The third agenda item was a review of the school committee self evaluation tool led by Vice Chair, Michelle Littlefield. The results were extremely positive, and the committee hopes to implement a public feedback component in the future.

SCHOOL

GHS Homecoming Dance

Gorham Times Staff



Photo Credit: Kyle Petrin, Student

On Saturday, Oct. 18, GHS held a Homecoming Dance as the culminating event of their very successful Homecoming Week. The activities also included spirit days, a full school rally and home games for all of the fall sports teams. The students had a great time celebrating all of these annual events.

Pumpkin Painting At Narragansett

Erin Eppler, Principal, Narragansett School



Photo Credit: Kyle Petrin, Student

Every year students at Narragansett School are invited to decorate a pumpkin at home then bring it to school. The pumpkins are lined up in the bus loop and classes take "pumpkin peaking" walks to check out everyone's creativity. Students Hattie and Lilly show off their painted pumpkins for the annual Pumpkin Walk.

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Maine Construction Career Days 2025 Draws Record-Breaking Crowd

Kelli Deveaux, Staff Writer



Photo Credit: Michelle Bourget

Some of the 35 GHS students sporting their new hardhats, required on the "jobsite" of Construction Careers Day

As part of Aspire Gorham, 35 lucky Gorham High School students recently got hands-on experience with myriad jobs and skills required in the construction and trade industries in Maine.

Armed with swag and exciting interactive activities, industry leaders large and small took time out of their day to engage with and recruit students from across Southern Maine. The annual Maine Construction Careers Day is hosted by the National Association of Women in Construction on the campus of MidCoast Maine Excavation in West Bath. The day is designed to inspire and equip the next generation of construction professionals.

The Gorham students were among a record 1,000 registered students from high schools across the state, where they interacted with over 50 construction career-related exhibitors, showcasing the industry's vast opportunities. Exhibitors included Bath Iron Works (BIW), Central Maine Power (CMP), Great Falls Construction, and S.W. Cole Engineering, to name a few. All underscored the construction sector's critical need for diverse, skilled talent, with Maine's construction workforce projected to continue to grow over the next decade amid booming infrastructure projects.

When asked why she went, Cameryn Allen, a Gorham High School Grade 9 student said, "My dad works for a construction company, and I always thought what he does is interesting, but I didn't know what I wanted to do yet. I was doing some

research in my intro to tech class, and I thought maybe electricity or carpentry was most interesting to me, but going on the trade trip made me realize that my number one interest right now is construction."

Alexia Lowell, also a grade 9 GHS student, wanted to go on the trip because civil engineering has been a big interest for her, as she really likes math and science.

"Construction has also been an interest, because every time I see a construction site, I don't see a lot of girls working there," she noted. "I think that the most amazing thing [about the experience] was seeing how many opportunities that there are for high school students. And the exhibitors showed everything they do, which was really interesting, and you could see how they love their job."

Kelly Flagg, Gorham resident and executive director of Associated General Contractors of Maine (AGC Maine), added, "The students who joined us left inspired, informed, and ready to step into roles that will shape Maine for generations. We hope they will choose to take the next step and apply for our Maine Construction Academy Immersion Programs offered across the state. These programs will provide a deeper dive into construction and provide basic certifications to start their careers."

Last summer, 18 students accessed the program that was offered here in Gorham in partnership with AGC Maine, the Aspire Program, and area industry leaders. The program will be offered again in the summer of 2026.

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2023

Best Places to Work in ME



Medical Professionals Bring Healthcare Careers to Life at GHS

Kelli Deveaux, Staff Writer



Photo Credit: Sarah Drury

GHS students Grayson Cole and Stella Wu prepare to practice inserting an IV.

Recently healthcare professionals with ties to the Gorham community shared their expertise with students of Sarah Drury's Sports Medicine and Anatomy semester-long classes at Gorham High School.

Sports Medicine and Anatomy is available to students in grades 11 and 12 with an interest in pursuing careers in the medical field. In class they learn First Aid and CPR, 14 emergency procedures, anatomy and physiology, basic prevention, evaluation and treatment of athletic injuries, as well as an investigation into various healthcare careers.

Over two days, the local professionals shared their expertise through a panel discussion, before leading the students through various hands-on experiences or simulations related to the tasks and skills utilized in their specific job in healthcare. Professionals included a nurse, athletic trainer, strength and conditioning specialist, physical therapists, an occupational therapist, a physician assistant, and nurse anesthetist. The hands-on activities included practice and instruction around manual therapy techniques, suturing, IV placement, intubation, and ultrasound.

Eleventh grade student Anna Nichols said of the experience, "Hearing these professionals helped me get a feel for the pros and cons of their jobs, and the hands-on activities got us engaged and painted a picture of what these careers involve." Nichols intends to study nursing in the future.

GHS Graduates and Teacher, Honored with Awards

Press Release from Creative Visions

Two recent graduates from Gorham High School have been recognized by Creative Visions for their work in Creative Visions' mental health campaign, #CreateConnectCare. Meghan Gendron has earned a Visionary Spark Award for her video, "Walking into the Light" and Madison Tibbals earned the Imagination Catalyst Award for her poem, "One Day at a Time." In addition, Lucinda Stein, a teacher at GHS, has been recognized as an Educator Champion. The global #CreateConnectCare initiative celebrates youth creativity as a tool for promoting mental health awareness, fostering emotional connection, and supporting community care.

The Educator Champion Award honors teachers who go above and beyond to create safe, responsive spaces for student

expression—empowering young people to share their stories, explore their emotions, and use creativity to foster connection and healing. Ms. Stein was one of three educators selected from across the country for this honor. Meghan and Madison were alongside 55 youth awardees whose work spans literary arts, media arts, performing arts, STEM, and visual arts. Their bravery and creativity helps spread the messages promoting mental health awareness.

The announcement was shared in observance of World Mental Health Day on Oct. 10, a global moment to reflect on the urgent need for youth support and emotional well-being. With one in seven adolescents worldwide experiencing mental health challenges, the program highlights the importance of creative outlets and caring adult allies.

GorhamTimes *Your Community Paper*

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GORHAM FAIRWAYS

Behind the Curtain at "Our Town"

Jade Tibbets, GHS Student Intern



Photo Credit: Jade Tibbets

Gorham High School cast of "Our Town."

Have you ever wondered how the process of a play works? Well Gorham High School is currently preparing their fall production of "Our Town," so here's a behind the scenes look at how the process works.

The planning starts long before opening night — sometimes one or two years in advance. Directors choose which production to stage based on the students who are likely to audition and the skills they bring to the table.

For the fall play, drama director Joshua Hurd leads the process. The musical, however, is co-directed by Josh and Matthew Murray, who oversee all things music, along with choreographer Mariel Roy from Atlantic Dance Studio. Together, they select shows that they believe will be successful based on the students' talents.

Once the production is chosen the next step is auditions. An audition is a lot like a job interview but instead of them asking you questions, you perform a scene from the play. Students can decide between roles to audition for and what scene to perform based on that role. This process can be a very stressful time for students but also very exciting. Waiting for the cast list is also one of the extra stressful times as everyone is waiting to find out if they got the role they wanted and who's playing who.

After the cast is set, rehearsals begin. Rehearsals start by focusing on blocking where students learn where to stand, move and interact with props on stage. As rehearsals continue, dialogue, movement and timing slowly come together.

Toward the end of the rehearsal process comes "tech week." This is when they start to include technical or "tech" crew so that they can learn lighting, sound and prop cues for everything to move smoothly. The week starts with what's known as "Q-2-Q" a long day when everyone runs the show repeatedly while adding technical elements. Rehearsals continue throughout the week; they are usually from 6 to 10 p.m., especially during the musical, when the live band can only rehearse in the evenings.

Finally, it is performance time. A mix of excitement and nerves as students showcase months of hard work to their community. Once the curtain falls, the cycle begins again as they prepare for the next production.

"Our Town" by Thornton Wilder (1897-1975), directed by Joshua Hurd, will be performed at Gorham High School on Nov. 7 and 8 at 7 p.m. and Nov. 9 at 2 p.m. Tickets for the performance are \$15 and can be purchased at the door or by going on the website. Learn more at <https://tinyurl.com/3ecka6vu>

Consecutive State Championships

CONTINUED FROM PAGE 1

The entire team was moving the ball well. With 31 minutes left in regulation, McInnis got open and took a shot from the 18 that flew past the Kennebunk goal keeper to take the lead. With 1:49 left on the clock the home team got a break and tied things up, forcing a playoff sudden death overtime.

The two teams battled back and forth through two overtimes, which forced penalty kicks to decide the outcome. Kennebunk (3-1 in PK's) to advance. This Gorham squad left everything on the field that night.

On the same night, Oct. 28, the field hockey team was on the road to take on rival Scarborough. The Rams tied the game with Annie Collier taking charge and scoring to send their game into sudden death overtime.



Photo Credit: Katie Brown

Girls soccer in action.

Collier took matters into her own hands again with a strong, precise pass to teammate Sydney Quimby who finished with a goal to walk off with the quarterfinal win.

The team traveled to Fitzpatrick stadium early Saturday morning to take on defending state champs Cheverus on Nov. 1 in the semis. The Rams lost a tough game but not without a strong positive season after a shaky start.

On the boys side of soccer, the varsity team was in playoff contention once

again. The team finished #4 (getting a "bye") and hosted Kennebunk the following night on Oct. 29.

The Rams scored six goals total (five in the second half). Goal scorers and assist leaders in that match included: Moritz Deppner, Moises Ntango, Rowen Reed, Cohen Landry, Colby Jordan and Tyler Olson. The Rams faced #3 Falmouth on Saturday in the semis Nov. 1 at Falmouth.

The Navigators scored two goals before the half and were able to hold that lead until the finish line that stopped the Rams and their post season run.

Rounding out the Rams teams that also competed in post season action: The football team went in as the #6 seed in Class B South and traveled to #3 seed Falmouth on Oct. 31. The Rams fell to the Navigators in the quarterfinal game, concluding their season.

The XC team placed 2nd in the SMAA championship on Oct. 26 at Twin Brook in Cumberland earning them a trip to the states. Individually, Owen Cummings placed 7th, Harry Crider 13th, and Harvey Crider 15th.

The community is very proud of the efforts put forth by all of the sports teams. Congratulations to all of the Rams teams this season.



Photo Credit: Katie Brown

Girls soccer OT action.



Photo Credit: GHS Athletics

The Volleyball team celebrates the class A championship

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A community partnership of businesses and volunteers is once again offering a Thanksgiving Dinner for people in our community spending Thanksgiving alone, or who are unable to fix a thanksgiving dinner. The free meal can be picked up, or if recipients are unable to travel, can be delivered on Thursday, Nov. 27. Delivered meals will arrive at different times throughout the afternoon. To make a reservation or request delivery, call Roxanne Hanscom Moody at (207) 839-4516, or email trmoody75.rm@gmail.com. Include your name, phone number and address, and include any diet restrictions such as diabetes. Roxanne will return your call to confirm. This is a free meal; if you choose to donate, proceeds will benefit the Gorham Ecumenical Food Pantry and the Backpack Program.

Members of Gorham Memorial VFW Post 10879 will host a fundraising event at Sam's Club in Scarborough, Saturday, Nov. 8, 10 a.m. to 4 p.m. Proceeds will support programs that directly benefit local veterans and their families. Community members are encouraged to stop by, meet local veterans, make a donation, and learn more about how the VFW continues to serve those who have served the nation. FMI: Contact: Quartermaster Jakob Bauder (207) 607-0370, vfwpost10879@gmail.com. Post 10879 supports local veterans and their families through community service, patriotic programs, and veteran outreach. Regular Post 10879 meetings are held on the second Tuesday of each month at 5:30 p.m. at the Gorham Fire Station. FMI, vfwpost10879@gmail.com, facebook.com/vfw10879, or call Quartermaster Jakob Bauder at (207) 607-0370.

Gorham/Windham/Westbrook TRIAD meets on the 2nd Wednesday of every month at Gorham Police Station. The next meeting will be on Nov. 12 at 11 a.m. with guest speaker Kathy Damon from Home Instead. TRIAD's mission is to reduce the criminal victimization of older citizens, enhance the delivery of law enforcement services and improve the quality of life for seniors in the community.

The Environmental/Social Justice Committee of First Parish UCC-Gorham will host a presentation, "Growing Our Own Food and Reducing Food Waste," followed by a question and answer period. The presenter, Fred Horch, is co-founder of Sustainable Practice, a company that publishes resources to empower people committed to living sustainably. He has over 30 years in the field of sustainability and has a Master Gardener certification. All are welcome, Friday, Nov. 14 from 6:30 - 8 p.m., One Church Street (enter via parking lot, take elevator to the third floor Sanctuary).

Redeemer Lutheran Church is holding a Christmas Fair on Saturday, Nov. 15 from 9 a.m. - 3 p.m., 410 Main Street in Gorham. Shop the Homemade Crafts and Food Market featuring festive foods and food gifts. Get in the Christmas mood and join in the Christmas carol sing-along. FMI: <https://www.redeemermaine.org/home> or <https://facebook.com/RedeemerMaine>.

West Gorham Union Church will have a Christmas Fair on Saturday, Nov. 22 from 9 a.m. - 3 p.m. with craft tables, baked goods, slightly used knitted items, and quilted items, as well as swags for your front door. RADA knives for sale, a raffle for a queen-sized quilt or a \$150 gift card from Pitstop Fuels, or a Christmas basket loaded with items. Have lunch or a snack including fish chowder, sandwiches, sweets and drinks. Located on Route 25, 3 miles west of Gorham.

Gorham Schools is looking for old and unwanted GHS yearbooks that are out in the community. If you have one to donate, contact Sarah Dolley at sarah.dolley@gorhamschools.org.

NEIGHBORS HELPING NEIGHBORS

The Gorham Medical Loan Closet is available to Gorham residents in need of medical equipment temporarily. Wheelchairs, walkers, canes and scooters are just some of the items available. The closet is only open Monday thru Thursday, and only by appointment. Call Gerry Day at (207) 756-2210 or (207) 839-3859.

The Mission of Hope Clothes Closet is open the first and third Saturday of each month from 9 a.m. to noon at Cressey Road Christian Church on Cressey Road to anyone who needs clothing. The Closet also takes donations of clean clothing, and now has all types and sizes of fall clothing. Share a cup of coffee with the staff while you browse.

The Gorham Food Pantry, located at 299-B Main Street (parking lot of St. Anne's Catholic Church) is open every Thursday morning from 10 a.m. to noon and is free for any Gorham resident in need. FMI, (207) 222-4351, visit www.gorhamfoodpantry.org or contact the director at director@gorhamfoodpantry.org

SENIOR NEWS

The Senior Meal Site at St. Anne's Church takes place weekly on Wednesdays at noon, 299 Main Street Social time begins at 11:30 a.m. Suggested donation is \$4. Meal site is closed if school is closed or delayed due to such reasons as weather. For updates on the meal and dates open/closed, visit <https://gorhamrec.com> or call (207) 222-1635.

PUBLIC SUPPERS

Buxton Centre Baptist Church will hold a public bean supper on Saturday, Nov. 8 from 4:30 - 5:30 p.m. at Long Plains Road, Route 22 in Buxton. Homemade kidney and pea beans, American chop suey, hot dogs, coleslaw and rolls, pies and desserts. \$10 per person. Take out orders are available if you call ahead, (207) 929-3011 and leave a message with your name, phone number, and order.

There will be a bean supper at Cressey Road Christian Church in Gorham on Nov. 8 from 5 to 6 p.m. Beans, hot dogs, rolls, coleslaw and pies. Adults-\$10, 7-17-\$5 dollars, under 7 free.

UNIVERSITY OF SOUTHERN MAINE NEWS

The USM Art Gallery's exhibit "20 Walks: Lin Lisberger" is open and running through Dec. 10. For more information, visit <https://usm.maine.edu/gallery/exhibitions/20-walks-lin-lisberger/>, or contact usmartgalleries@maine.edu, (207) 780-5409.

The USM Office of Admissions will hold one more open house for prospective students this fall. The next open house will be on Saturday, Nov. 8 on the Gorham Campus with Portland options. Each open house offers prospective students and their families an opportunity to explore the campuses, connect with faculty and staff, experience the USM community firsthand, and enjoy a catered lunch. FMI: admitusm@maine.edu, or (207) 780-5670.

Find more events at the University of Southern Maine at <https://usm.maine.edu/events>.

*Send calendar items, public service announcements and events to
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11/3 Planning Board Ordinance Committee Workshop, 6 p.m.
 11/3 Planning Board Meeting, 7 p.m.
 11/10 Town Council Organizational Meeting, 6 - 6:30 p.m.
 11/10 Special Town Council Meeting, 6:30 p.m.
 11/13 Ordinance Committee Meeting, 6 p.m.
 11/17 Planning Board Optional Meeting Date, 6 p.m.
 11/18 Regular Town Council Meeting, 6:30 p.m.
 11/18 Conservation Commission Meeting, 7 p.m.
 11/19 Gorham Economic Development Corporation Meeting, 8 a.m.
 11/20 Capital Improvement Improvements (CIP)/Economic Development (ED) Committee Meeting, 11 a.m.

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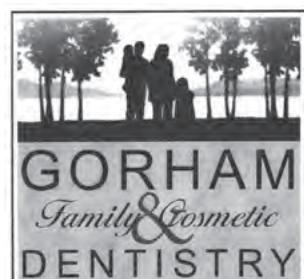
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CALENDAR

Thursday, Nov. 6

Baxter Memorial Library, Toddler Storytime, 10 - 10:30 a.m.
 Baxter Memorial Library, Book Group, "The History of Sound," 10:15 a.m.
 Baxter Memorial Library Trustees Meeting, 6 p.m.

Saturday, Nov. 8

Gorham Memorial VFW Post 10879 Fundraising Event at Sam's Club, 10 a.m. - 4 p.m.
 USM Admissions Open House, FMI: admitusm@maine.edu, or (207) 780-5670.
 Buxton Center Baptist Church Public Bean Supper, 4:30 - 5:30 p.m.
 Cressey Road Christian Church, Bean Supper, 5 - 6 p.m.

Friday, Nov. 11

Veterans Day
 Baxter Memorial Library closed: Veteran's Day

Wednesday, Nov. 12

Baxter Memorial Library, Baby Storytime, 9:30 - 10 a.m.
 Gorham/Windham/Westbrook TRIAD meeting with Kathy Damon, Gorham PD, 11 a.m.

Thursday, Nov. 13

Baxter Memorial Library, Toddler Storytime, 10 - 10:30 a.m.
 Baxter Memorial Library, Daniel Tiger's Grr-ific Literacy Tour, 3:30 - 4:30 p.m.
 Baxter Memorial Library, Friend of BML Meeting, 6:15 p.m.

Friday, Nov. 14

First Parish UCC Church Presentation, "Reducing Food Waste," 11 a.m.

Saturday, Nov. 15

Redeemer Lutheran Church Christmas Fair, 9 a.m. - 3 p.m.
 Baxter Memorial Library, Pokemon Club, 10 a.m. - noon.

Tuesday, Nov. 18

Baxter Memorial Library, Preschool and Kindergarten Readiness Storytime, 10 - 11 a.m.
 Baxter Memorial Library, Lizards Love Literacy, 4 - 5 p.m.

Wednesday, Nov. 19

Baxter Memorial Library, Baby Storytime, 9:30 - 10 a.m.
 Baxter Memorial Library, Author Event: Renée S DeCamillis, 6 p.m.

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the blotter

Officer checked on a vehicle that stopped in the middle of the road. They were dropping a friend off at a house, and was all set.

Caller reported that he had found a mysterious black bag on their porch. Searching the bag, we found promotional pamphlets and sample handouts for home siding panels. There did not appear to be anything suspicious or illegal in the bag. Then he explained that he was working on building a shed and he may have been given the bag in relation to that. He asked that the bag be left for him.

Standish passed along an attempt to locate (ATL) for a Ford Edge with no known plate heading toward Gorham while driving dangerously. Sergeant Hatch and I checked the area of Ossipee Trail but did not find the vehicle.

Attempt to locate on a truck that crashed on County Road. Officer checked the area along with another officer and the vehicle was gone on arrival.

Caller reported a male wearing a head lamp had stopped in front of his driveway, and had been wandering

around the neighborhood for some time. Officer checked the area, and did not find anything of note.

Officer had a vehicle approach and state the blue Ford Escape in front of them had been all over the road. After officer gathered their phone number, officer tried to find the vehicle but did not see it anywhere. Officer had dispatch notify Standish Deputies in case it went that way.

Caller advised dispatch there was a dark colored sedan veering into oncoming traffic. The caller was unable to give any specific description of the vehicle and was out of position.

A citizen called in because her car would not move when in gear. Officer arrived on scene and had her show the officer what it was doing. Officer advised her the parking brake was on and turned it off for her. The car moved freely after that.

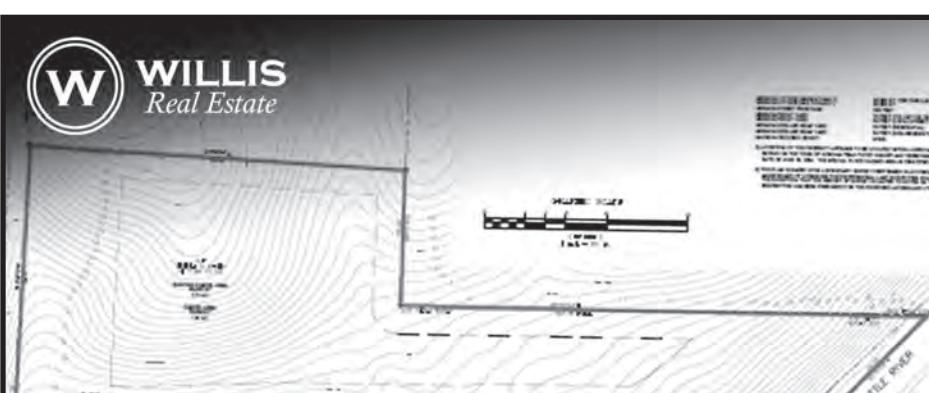
Officer received a report for a deceased cat at the intersection of Buck Street and Spiller Road. Officer checked the area and located a deceased raccoon in the roadway. Officer removed the animal from the roadway.



Photo Credit: John Ersek

Marina Steller of Old Wells Farm in Limington at the first Greater Gorham Winter Market of the season on Saturday, Nov. 1. Marina is one of the vendors. The winter market takes place from 9 a.m. to 1 p.m. on the first and third Saturdays of the month, from November through March.

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CLIMATE CHANGE HAS A MIND OF ITS OWN.

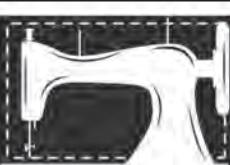
JAMAICA IS FLOODED, MAINES DRY AS A BONE;

SOME PLACES GET TOO MUCH, SOME NOT ENOUGH.

NATURES WATER ALLOCATIONS ARE VERY TOUGH;

The Gorham Times acknowledges the lands and waters of the Dawnland, where we live and do our work, as the unceded homelands of ancestral peoples indigenous to these places. We honor them. We acknowledge the difficult truths of our nation's period of colonization as well as the healing work that remains for us to do.

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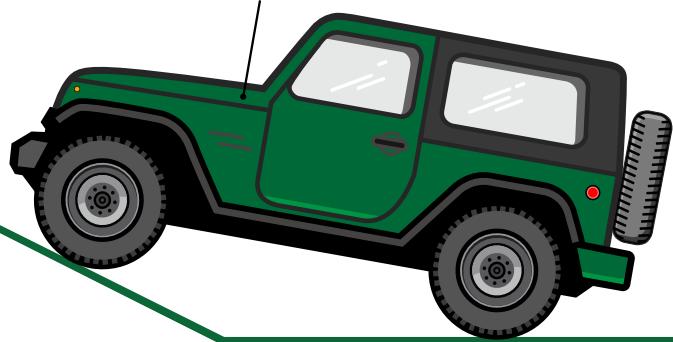
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29**

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