

Friendly Village Residents Notified of High PFAS Levels

Sally Fay, Staff Writer

Residents of the Friendly Village of Gorham Mobile Home Park received unwelcome news last month regarding their water supply: recent testing revealed PFAS (per- and poly-fluoroalkyl substances) levels at 20.1 parts per trillion (ppt). The result exceeds the risk threshold employed by Maine and numerous other states.

PFAS are a large group of synthetic chemicals that have been used in industrial and consumer product applications since the 1940s. Research over the past two decades has raised concerns about the health effects of these “forever chemicals,” which persist indefinitely in the environment and have been found to accumulate in body tissues. The chemicals can make their way into water systems via runoff from industrial and agricultural sites, landfills, fire training and response sites, and similar sources.

Maine state regulations require all public water systems to regularly sample and test their water to ensure that it meets federal and state drinking water standards for a range of contaminants. In 2021, the State Legislature addressed the issue of PFAS contamination in drinking water, enacting a law that imposed a standard of 20 ppt in public water supplies for the combined sum of six different PFAS for which the U.S. Environmental Protection Agency had established maximum contaminant levels (PFOA, PFOS, PFHxP, PFNA, PFDA, and PFHxS).

The Friendly Village water supply, which comes from two on-site wells and serves some 760 residents, is classified as a public water system and is therefore regulated by the Safe Drinking Water Act and Maine Drinking Water Program. In 2022, 2023, and 2024, Friendly Village reported PFAS levels

of 15.2, 3.7, and 2.2 ppt, respectively.

According to a Dec. 23 email sent to residents from the office of John Richard, Friendly Village’s licensed water operator, a professional water services firm has been engaged to help research and evaluate options to resolve the issue, with possible actions including treating the water to remove PFAS contaminants and/or drilling new wells. A resolution is anticipated by mid 2027. For now, the email advised residents to “consider actions that may reduce your exposure to PFAS by using either bottled water or another alternative water source that has been verified as PFAS-free, or water that has been filtered through a device capable of reducing PFAS to non-detectable levels for drinking and cooking purposes.”

Friendly Village residents, whose lot rent fees include water provision, voiced concerns over the projected time to reso-

lution of the issue and the additional expense they will bear in having to supply themselves with safe potable water in the meantime. While point-of-use filters such as granulated activated carbon, ion exchange resin, and reverse osmosis systems can greatly reduce PFAS levels, these solutions involve varying levels of cost and maintenance.

The Maine Center for Disease Control and Prevention recommends that Maine residents served by private wells routinely test their water for a variety of potential contaminants. Information about recommendations for water testing and treatment can be found at <https://www.maine.gov/dhhs/mecdc/healthy-living/health-and-safety/drinking-water-safety/private-well-water> or by contacting the Maine CDC’s Toxicology Team by email (ehu@maine.gov) or phone (207) 287-4311.

Rams Hockey: Action-Packed On and Off the Ice

Katie Brown, Sports Editor



Photo Credit: WMTW Sports Staff

Sr. Levi Wagner celebrates a goal & a win with teammates

It's been an action-packed last two weeks in boys hockey. The Rams hosted their third annual holiday classic tournament sponsored by the Gorham Ice Hockey Association and the University of Southern Maine, which brought teams from Massachusetts and Connecticut plus Class A teams in the South Thornton Academy and Scarborough, both consistently high-ranked teams in the state. The boys team started the new year with a victory over the Gardiner Tigers. At the USM ice arena, late in the first period Harley McLean stole the puck at mid-ice for a breakaway that got by the goalie to give Gorham the 1-0 lead. Top scorer

senior Levi Wagner added two goals to give the Rams the 3-1 lead and win. There was another high-energy action-packed game early on during the holiday break, a Gorham vs. Cape rematch of Class B South rivals. The Rams are now 6-2 ...

Wagner and teammate Andrew Collins were named offensive and defensive players of the month.

Coach Sullivan shared in the beginning of the season, “This team has a great shot at getting back to and going deep into the playoffs.” He added, “We have a strong team with a mix of upper-classmen (seniors) and freshmen. Their speed and experience will be key.”

Continued on Page 7

Family Escapes Fire, Receives Community Support

John Ersek, Staff Writer



Photo Credit: John Ersek
Family has harrowing escape from house fire, then receives ongoing community support.

The Orchard Ridge Farm store on Route 237 reopened on Thursday Jan. 8, after being closed for almost a week due to a devastating fire that occurred during the early hours of Friday Jan. 2. Erica Gottshalk woke to the smell of smoke coming from the kitchen, then awakened her husband Will and their two-year-old son. (Their twelve-year-old son was away that night).

All three members of the family who were home that night escaped without injury, but the fire caused severe damage to the 101-year-old

Continued on Page 3

Spreading the Wealth of Climate Resilience in Maine

Sen. Stacy Brenner

The past few years have made clear that climate change has arrived in Maine, and it comes with a steep bill. This summer's drought, among the worst on record, resulted in millions of dollars of crop losses among Maine farmers. Two years ago, winter storms racked up an estimated \$90 million in damage to public infrastructure and untold more to private property. Investing in disaster recovery and resilience is no longer a choice, but an imperative to building and maintaining healthy, safe communities in 21st-century conditions.

Fifty-seven fossil fuel companies were responsible for 80% of global greenhouse gas emissions from 2016 through 2022, roughly consistent with historical trends since the science of climate change solidified decades ago. Despite their disproportionate responsibility for global climate change — and full knowledge about the cascading social and ecological consequences of their business models — these companies take no responsibility to help manage the expensive impacts in Maine and beyond. As it stands, the financial burden of climate change falls on Maine taxpayers, whose resources must increasingly be diverted to local and state responses in areas like stormwater management, sea-level-rise adaptation and public health.

Large oil and gas companies have known

for years about the negative impacts of climate change, and it's time they pay their fair share of the bill. This session, the Legislature is considering a bill I introduced seeking to establish a superfund to equitably realign this cost burden in a way that aligns with relative responsibility for climate-warming emissions.

LD 1870, "An Act to Establish a Climate Superfund Cost Recovery Program to Impose Penalties on Climate Polluters," is modeled on similar legislation in Vermont and New York. It would require companies that have emitted more than one billion metric tons of greenhouse gas emissions between 1995 and 2024 to pay a one-time fee for the detrimental impacts caused by such emissions. LD 1870 is not about punishing fossil fuel companies, but rather creating a more equitable pathway for Maine to recover a portion of the public costs directly from the global companies whose pollution over the past 30 years continues to damage our communities today.

Last year, the Legislature passed LD 1 with strong bipartisan support, recognizing the urgent need to invest in climate resilience, public health infrastructure and emergency response systems now under intense pressure from a changing climate. LD 1870 is a natural extension of that commitment. Like LD 1, this bill has broad

support and represents a fiscally responsible, common-sense approach to protecting Maine's future in the face of climate change.

LD 1870 aligns with the Maine Climate Council's Climate Action Plan, which places a strong emphasis on climate resilience. Thirty-five percent of this legislation's revenues would be used for climate adaptation projects in communities that have the most significant exposure to climate change, including rural, disadvantaged and low-income communities. This legislation ensures that climate resilience investment benefits are equitably distributed across our state.

I'm excited to see how LD 1870 progresses, and I hope my colleagues on the Environment and Natural Resources Committee see its promise and its importance.



As always, I am a resource for you — please reach out to me at Stacy.Brenner@legislature.maine.gov or (207) 287-1515 if you

have questions, comments or need help navigating a state agency.

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.

To the Editor,

For more than six months, construction at the local high school has imposed ongoing disruption on the surrounding neighborhood. Work frequently begins early in the morning. Large trucks idle for extended periods on residential roads, block passage, pull onto private lawns, and leave machinery running overnight. The result is a continuous low-frequency mechanical noise that propagates through the surrounding area, enters homes at a distance from the site, and reverberates through walls and furniture.

These conditions are not isolated. Issues connected to the high school have been documented for years, including illegal parking, speeding, and delivery vehicles causing early morning disruption. The current construction is a continuation of this pattern, not an exception.

Residents have contacted police. Letters have been sent to town leadership. The problems persist.

This is not an argument against construction. Great Falls Construction could complete its work while respecting the people who live here. Controlled idling, maintained access for residents, protection of private property, and enforceable limits on overnight noise are standard requirements. Town leadership has the authority to mandate these conditions and ensure compliance.

Town leadership must immediately impose and enforce clear operating restrictions on this project, require

corrective action from the contractor, and establish oversight that prevents further disruption. Optional expansion does not justify ongoing harm to residents' safety, access, and quality of life. This issue requires decisive action, not further tolerance.

Roger Smith, Gorham

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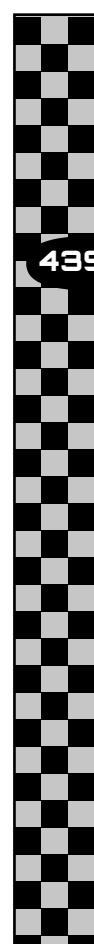
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Photo Credit: Olivia Mason

Fire Chief Ken Fickett, Owner Erica Gottshalk and Reed Allen member Peter Mason

farmhouse. Firefighters were unable to stop the fire from spreading due to the old house's construction methods. The farmhouse was damaged beyond repair, and the water system for the farm was damaged and cut off.

The Gottshalks began receiving offers of assistance almost immediately. At the same time, Erica Gottshalk's mother, Mary Walker, who is the co-owner and co-operator of the farm,

heard about the fire while visiting in Virginia. She immediately returned to Gorham to assist the Gottshalks.

Walker and the Gottshalks were surprised when representatives of several Gorham businesses offered free assistance with the complex task of getting the water system working, which included using their employees and construction equipment. Even a temporary fix was challenging because the water connection is in the basement, and the entire house was severely damaged. Also, a neighbor offered the Gottshalks the opportunity to stay in an unused house that he owns.

The Orchard Ridge Farm store successfully reopened on Thursday Jan. 8. Walker and Gottshalks thanked all the community members who helped make the reopening possible, the Gorham Fire Department and other first responders. Gottshalk commented that it has been very gratifying to see so many people show up so quickly to help neighbors in need.

The Reed Allen Community Fund is leading fundraising efforts to assist the Gottshalks with their ongoing needs. They announced that all funds donated during January will go toward assisting the Gottshalks. Reed Allen recently presented Erica Gottshalk with a check for \$18, 000.

GHS AI Committee

Jade Tibbetts, GHS Student Intern

In recent years, schools have seen a significant increase in the use of artificial intelligence among students, driven largely by the rapid rise in popularity and accessibility. AI tools have become widely available and are incredibly easy to use, making them appealing to students. With intuitive features and fast results, AI is now frequently used to complete homework assignments, conduct research, and help with writing essays and other academic tasks.

While these tools can offer educational benefits, their growing presence has also raised concerns among educators about academic integrity and ethical use. In response to these concerns, the Gorham School District has formed an AI Committee to address how artificial intelligence should be used within schools.

The purpose of this committee is to develop a comprehensive handbook for teachers, students, and community members. This handbook will provide clear guidelines designed to promote healthy, ethical, and safe use of AI in academic settings. It will help educators learn how to integrate AI appropriately into classrooms while also teaching students how to use these tools responsibly.

Importantly, the committee's goal is not to eliminate AI use in schools entirely. Instead, it aims to ensure that AI is used as a supportive learning tool rather than a shortcut for students. By setting clear expectations and encouraging responsible practices, the Gorham School District hopes to prepare students for a future where AI can play a role, while still maintaining strong academic values.

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SCHOOL

GHS Announces Winners Of Poetry Out Loud Competition

Lucinda Stein, English Teacher, GHS



Photo Credit: Lucinda Stein

Poetry Out Loud winners, Rataj Nasr, Fatima Beshir, Sarina Alden, Matilda Arturo, Jessica Loiselle, Emelia Frederick, Abigail McCrillis, Robin Boissonneault.

help build confidence, and teach them about literary history. Since the program began in 2005, more than 4.5 million students across the country have participated in Poetry Out Loud. On Jan. 8, GHS students participated in the Poetry Out Loud competition at the McCormack Performing Arts Center (MPAC).

Rataj Nasr will advance to the Southern Regional Finals POL competition on Feb. 10 at the Public Theater in Lewiston. The state finals are in Waterville on March 10. The Maine state champion will receive \$200 and will advance to the national finals next spring in Washington, DC where \$50,000 in awards and school/organizational stipends will be distributed. The representing school or organization of the Maine champion will receive \$500 for the purchase of poetry materials and the first runner-up will receive \$100, with \$200 for their school or organization. Mid Atlantic Arts provides and administers all aspects of the monetary prizes awarded and travel arrangements for the Poetry Out Loud National Finals. Poetry Out Loud is managed in partnership with Mid Atlantic Arts.

Poetry Out Loud is presented in partnership with the Maine Arts Commission and the National Endowment for the Arts. The program lifts poetry off the page, creating community and connection. High school students across the country participate in a dynamic poetry recitation competition that is designed to improve their public speaking skills,

To learn more about Maine's Poetry Out Loud competitions, contact program director Khristina Kurasz via email at khristina.kurasz@maine.gov or visit PoetryOutLoud.org.

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The Real Reason Most People Quit the Gym (And How to Avoid It)

Ryan Hayes, Contributing Writer

Every January, gyms fill up. People arrive hopeful, motivated, and ready for change. By March, most of them are gone. This is not because people are lazy or because discipline is lacking. And it is not because exercise does not work.

Most people quit the gym for one simple reason: Once inside, there is no clear plan. Without direction, workouts become uncertain. A little time is spent here, a little time there, and the session ends without confidence that progress was made.

Motivation isn't the problem. Motivation gets people started. Structure keeps people going. Many adults join a gym with good intentions and a loose idea of what to do: cardio a few days a week, some strength training, figuring things out along the way.

That approach works briefly. Then daily responsibilities take over. Work schedules fill up. Energy drops. Results feel slow or unclear. Confidence fades. When uncertainty replaces clarity, consistency suffers.

Overwhelm kills consistency. Modern gyms offer endless options: dozens of machines, hundreds of exercises, conflicting advice online. Without a clear plan, every workout becomes a mental task before it becomes a physical one.

Common questions begin to surface. Is this being done correctly? Is this enough to make progress? Should something different be happening?

When each visit requires constant decision-making, workouts start to feel heavy instead of helpful. People do not quit because exercise is difficult. They quit because constant guessing is exhausting.

Simple plans work best. Those who stay consistent rarely follow extreme programs. Instead, they rely on simple rules: the same days each week, the same core movements, a clear progression over time.

There is no chasing soreness. There is no chasing trends. What works gets

repeated. Consistency builds confidence, and confidence builds momentum.

Why willpower fails, relying on motivation means relying on emotion. Emotion changes daily, structure does not.

When workouts are planned ahead of time, debate disappears. The plan is followed, the workout is completed, and the day moves on. This is why structured routines consistently outperform improvisation.

Instead of asking whether motivation is strong enough, a better question to ask might be, is the plan simple enough to follow when life becomes busy? Because life always becomes busy.

To avoid quitting, those who maintain fitness long term tend to follow three principles: decision-making is minimized; progression is clearly defined; and guesswork is removed.

Success comes from systems, not willpower. The bottom line is that most people do not quit because they lack discipline. They quit because they are guessing. Fitness becomes sustainable when the plan is clear, structured, and built for real life—not extremes.

Those who succeed long-term rarely do it alone. Guidance, structure, and proven systems remove uncertainty and create consistency. When the plan is clear, consistency becomes manageable—and results follow.



Ryan Hayes is the owner of RYZE Personal Training in Gorham. He has spent over a decade helping adults build strength, consistency, and sustainable fitness habits through structured training and behavior-focused coaching.

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SOLUTION ON PAGE 11

Make Financial Resolutions Stick

Pete Watt, Contributing Writer

As the calendar flips to a new year, millions of Americans pledge to improve their financial lives. But without a concrete plan, those well-intentioned resolutions often fade quickly. Financial goals consistently top the list of New Year's resolutions. A 2025 CFP Board study shows that financial resolutions are prominent, with saving more money (45%) and reducing debt (32%) ranking among the top three goals.

Unfortunately, most resolutions don't last. A 2023 Forbes Health poll found that over half of people give up on resolutions by the four-month mark and only 1% make it the full year.

The challenge isn't a lack of desire for change. People may set the same resolution year after year, revealing a disconnect between intentions and action. Or it may be that they try to tackle too many goals at once, or aim higher than is realistic, setting themselves up for disappointment.

Set smart financial goals. Before crafting your action plan, consider which financial priorities matter most to you. If you need ideas, here are some areas where you may want to focus in 2026. Regularly review your financial goals and track progress toward meeting them.

Increase your 401(k) contributions or max out your IRA and/or HSA contribution. Pay down debt strategically and negotiate lower interest payments. Build an emergency savings fund of 6 to 12 months. Save more consistently. Be specific. Vague resolutions like "save more money" rarely succeed.

Instead, make goals specific and measurable. For example, rather than making a resolution to start an emergency fund, commit to a specific goal, such as, "I will put \$100 a month into an emergency fund." This shift from general to specific transforms wishful thinking into actionable steps. When goals are attainable, it's

easier to track progress and stay motivated.

Find an accountability partner. Don't go it alone. Having someone to check in with can help you stay on track. This could be a spouse, friend or family member who shares similar goals.

Consider working with a financial advisor who can help you create a realistic plan, monitor your progress and adjust strategies as needed. A professional can provide expertise and accountability, making it easier to stay on track throughout the year.

Start small and build momentum. Rather than overhauling your entire financial life all at once, focus on one or two priority areas. Identify where the largest gap exists between your current situation and where you want to be, then concentrate your energy there.

Breaking larger goals into smaller, manageable actions makes them less overwhelming and more achievable. Each small win builds confidence and momentum for tackling the next challenge.

The new year offers a fresh start and renewed motivation to improve your financial health. With specific goals, a solid action plan and the right support system, this could be the year your financial resolutions finally stick.



Pete Watt has been with Edward Jones since 2015. He loves working closely with clients to help them develop successful and personalized strategies to achieve their financial goals. This article was

written by Edward Jones for use by your local Edward Jones Financial Advisor.

Citizen Volunteers Needed for Town Boards and Committees

Gorham Times Staff

The Town Council Appointments Committee is seeking citizen volunteers for various boards and committees to serve a 3-year term. The board and committee vacancies available are as follows:

Planning Board - 1
Conservation Commission - 2
Fair Hearing Board - 1
Board of Voter Registration Appeals - 2
Revolving Loan Fund Committee - 1
Board of Health - 1

To apply to serve on any Town board and/or committee, or for more information, please visit the Town Clerk's Office, call (207) 222-1670, or email Town Clerk Laurie Nordfors at lnordfors@gorham.me.us. The Committee Volunteer Application is also available online at <https://www.gorham-me.org/home/webforms/town-gorham-committee-application>.

Applications will be accepted through Thursday, Jan. 29, 2026.

The Appointments Committee will schedule short informal interviews with applicants starting in February

and the Town Council will appoint applicants at their March meeting.

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Jan. 2026 Town Council Meeting

Michael Lortie, *School News Editor*

The Gorham Town Council met for their regular monthly meeting on Tuesday, Jan. 6. Chairperson Suzanne Phillips called the meeting to order and all seven members were present.

Their first action was to approve the minutes of the Dec. 2 meeting. (7-0)

Eight members of the public spoke to urge the council to reject the deal to sell town property to Amazon. Issues raised by citizens included traffic concerns, quality-of-life concerns, the incongruity of this sale with the town's comprehensive plan and public sentiment about the treatment of Amazon employees by this company.

Virginia Wilder Cross thanked the council and community for the support for the highly successful New Year Gorham program. Ginny, one of the organizers of the event, noted that over one thousand people attended the events this year and she thanked all of the town departments for their assistance with the celebration as it has grown the past 18 years.

Each councilor had the opportunity to speak about recent town events. Several, including Councilors Simms, Dearborn and Willis, spoke about the recent fire at the Orchard Ridge Farm and thanked the first responders for all that they did that evening. They also directed the public to consider donations to ReedAllen.org, as all proceeds this month will be directed to Orchard Ridge. Councilor Siegel thanked Public Works for the plowing and clearing of roads that has taken place this winter, and Councilman Willis noted the need for several new members on town boards and committees listed on the town website. Chairperson Phillips noted an upcoming informational meeting and groundbreaking for a new arts building at USM.

Town Manager Ephrem Paraschak noted the municipal budget process is underway and that dog licenses are due for renewal

by Jan. 31. He also announced that town departments would be updating the council on their work during these monthly meetings.

Town Clerk Laurie Nordfors offered an update on the work of her department. This year, they have added a new clerk, managed two elections and registered an increased number of vehicle registrations.

Nicole Yeo-Fisher, chair of the Gorham School Committee, provided a monthly update. The school budget process is underway, with the first draft due to be presented to the committee in early February. She also announced that there are three new preschool partners for the Public Pre-K Program for children who will be four years old by Oct. 15, 2026.

Winter athletics are in full swing, as is preparation for the school musical, "Something Rotten." Lastly, she noted that Superintendent Heather Perry is one of four finalists for the 2026 Superintendent of the Year Award by the American School Superintendents Association.

The council voted 7-0 to renew 12 applications for Medical and Adult Use Cannabis licenses for 2026. Gorham does not allow storefront cannabis operations.

The council formally endorsed (7-0) two Community Development Block Grants, which include ADA accessibility, drainage and safety concerns at the Little Falls Activity Center and the purchase of a walk-in refrigerator and freezer at the Gorham Food Pantry. Each town in Cumberland County is able to submit two requests to the county for possible funding.

The council voted 7-0 to forward the findings of the Gorham Wayfinding Project to the Capital Improvements Committee for additional councilor input.

The committee took no action on two proposals and tabled a proposal of a rent-control ordinance for mobile home parks to the February meeting.

Planning Board Results

Sally Fay, *Staff Writer*

The Planning Board addressed a full slate of agenda items at its Jan. 5 meeting.

Item 1, a site plan amendment sought by CMF Transportation & Logistics for construction of a 19,200 SF trucking facility/warehouse building with an attached 2,500 SF loading area and associated infrastructure, was approved with conditions (5 ayes, Crisafulli, Delaney absent).

Item 2, a preliminary subdivision and site plan for Thistle Petite Condominiums, comprising 32 units of multifamily age-restricted housing with associated infrastructure on County Road, was approved with conditions (5 ayes, Crisafulli, Delaney absent).

Item 3, a master site plan amendment for Connector Commons - Jordan, a three-phase mixed-use development (two 8,500 sf and one 25,000 sf buildings) on Washburn Drive, was tabled pending further information (5 ayes, Crisafulli, Delaney absent).

Item 4, an amendment to the Land Use and Development Code (LUDC) to establish abutter notification requirements for projects before the Planning Board to 500' from parcel boundaries except when required otherwise by state law, was sent to the Town Council with a recommendation for adoption (5 ayes, Crisafulli, Delaney absent).

Item 5, an amendment to the LUDC to allow for fewer paper copies of application materials and allow for digital sub-

missions, was sent to the Town Council with a recommendation for adoption (5 ayes, Crisafulli, Delaney absent).

Item 6, an amendment to the LUDC exempting accessory apartments from the requirement of being considered a dwelling unit as it pertains to private ways, was sent to the Ordinance Committee for review and recommendations (5 ayes, Crisafulli, Delaney absent).

Item 7, an amendment to the LUDC to change the number of rooms that constitute an "Inn," was sent to the Town Council with a recommendation for adoption as amended (5 ayes, Crisafulli, Delaney absent).

Item 8, a request by Big Moose Harley Davidson (673 Main St.) for allowance of a 50% increase in the size of a building-mounted sign, was approved with conditions (5 ayes, Crisafulli, Delaney absent).

Item 9, a pre-app/sketch plan for construction of nine contractor/tradesman units in two buildings on Eastern Drive was discussed but no action was taken.

Item 10, a proposal to construct a 1,050 foot gravel private way off Dingley Springs Road to access 4 new buildable lots, was approved with conditions (5 ayes, Crisafulli, Delaney absent).

Item 11, an amendment to the LUDC to allow additional driveway curb cuts to access accessory dwelling units on low-traffic roads, was moved to the next available Planning Board meeting for a public hearing (5 ayes, Crisafulli, Delaney absent).

**Advertise your home business
or yard sale with a classified ad.
Only \$9 per ad!**

Ordinance Committee December Meeting

Sally Fay, *Staff Writer*

The town's Ordinance Committee met on Monday, Dec. 8, with Councilor Seven Siegel (Committee Chair), Councilor Lou Simms, and newly appointed Councilor Kelly Dearborn in attendance.

Also present were Ephrem Paraschak, town manager; Tom Poirier, director of community development; Carol Eyerman, town planner; Terry Deering, director of public works; Ken Fickett, Gorham fire chief; Tim Spear, Gorham School Department athletic director; Ed Smith, Gorham School Department groundskeeper; Mark Curtis, Gorham Economic Development Corporation and Board of Appeals board chair; and a member of the public.

The meeting comprised a review of all items previously referred by the Town Council for future meetings and actions:

A. Consider Form Based Codes in part(s) of the Gorham Village Districts.

B. Consider creating a stand-alone ordinance or policy that would ban or modify the use of harmful pesticides from use on municipal facilities.

C. Review and propose updates to the Solid Waste Flow Ordinance.

D. Consider updating the Town's Mobile Home Park Ordinance to consider restricting excessive increases of rent and fees, and ensuring landlords invest in proper maintenance of property

infrastructure on a regular basis.

E. Review the Town's Wastewater Ordinance to allow for private clustered wastewater systems.

F. Review and provide recommendations on an ordinance that would ban the sale of flavored tobacco and vaping products in the Town of Gorham.

G. Work with staff to review and propose public utility impact fee(s) for the purpose of expanding water and sewer availability in the Town of Gorham where extensions are possible.

H. Bring back several recommendations on modifications to the Land Use and Development Code (LUDC) that would help preserve the rural nature of Gorham for further review and action by the Town Council.

I. Create a Smart Growth Policy to provide guidance on the modification and adoption of ordinances promoting smart growth for the Town of Gorham wherever possible.

J. Examine performance standards for multi-family housing to promote effective multifamily development and recommend amendments to the LUDC.

K. Review increasing the number of allowed dogs in a kennel from the current maximum of 10 and make recommendation.

L. Review a University District for the parcels occupied by the University of Southern Maine.

M. Review and make recommendation regarding amending the Fire Suppression Systems Ordinance to allow for one- and two-family unit exemptions based on minimum lot size and distance from fire-suppression water sources.

N. Review and make recommendation regarding amending the LUDC to restrict large-scale data centers.

Mr. Paraschak clarified that the list is not intended to be discussed all at once, but rather is to help the Committee prioritize items for action or future discussion.

Given that School Department staff were present for a previously reviewed item, the Committee addressed the pesticide issue (item B) first, and agreed to send the item back to the Town Council with a recommendation for no action; 2 Ayes, 1 abstention (Dearborn).

The Committee also took action on the issue of increasing kennel capacity (item K), passing a motion to recommend no action; 3 Ayes.

Before adjourning, the Committee agreed to continue meeting on the second Monday of the month and outlined an agenda for the Jan. 12 meeting, where they will discuss the town's fire suppression systems ordinance (item M) and wastewater ordinance (item E) and will review the proposed University District (item L).

Public Works

Kelly Meslin, *Office of Public Works*

The Public Works office and garage will be closed Monday, Jan. 19 in observance of the Martin Luther King, Jr. holiday.

There will be NO changes to the trash collection schedule the week of Jan. 19. Leaves and Christmas trees are accepted at the Public Works Department, 80 Huston Road, any time throughout the winter season in the designated area on the left-hand side of Public Works Drive. Please do not leave your leaf bags behind.

There is no parking on any public road or public easement roadway from Nov. 1 to May 1, midnight to 6 a.m. or during any parking ban declared by the Public Works Department.

Winter sand is available to residents at the Public Works Department, 80 Huston Road. There is a resident sand shed on the left-hand side of Public Works Drive. You will need to bring your own buckets/shovel and we ask that you only take 2 five-gallon buckets per storm.

Please give the plows room to do their job. They are keeping the roads clear for your safe travel.

For all information regarding Gorham Public Works, follow us on: Facebook: Gorham - ME Public Works Department.

For all information regarding Gorham Public Works, subscribe to: Town Webpage: <https://gorhammaine.gov/public-works-department>

GHS To Present The Musical "Something Rotten!"

Joshua Hurd, GHS Musical Director

Gorham High School will be presenting the musical "Something Rotten!" on Fridays and Saturdays; Jan. 30 and 31, and Feb. 6 and 7 at 7:00 p.m., and Sundays; Feb. 1 and 8 at 2:00 p.m.

"Something Rotten!" is a hilarious musical comedy about two brothers, Nick and Nigel Bottom, struggling playwrights in Elizabethan London, who, overshadowed by the rockstar William Shakespeare, consult a soothsayer who predicts the next big thing will be "A Musical!" The show follows their madcap attempt to write the world's first musical, a meta-love letter to Broadway packed with Shakespearean jokes, catchy tunes, and over-the-top characters, celebrating the absurdity of theater while satirizing both Shakespeare and musicals themselves.

The production team at GHS consists of director Josh Hurd, musical director Matthew Murray, choreographer Mariel Roy and producer Jocelyn Miller. Don't miss this incredible production!

CAST:
Shakespeare: Alex Tukey
Nick Bottom: Logan Mills
Nigel Bottom: Zack Bourgoine
Nostradamus: Sadie Woodman
Bea: Elle Woodman
Mother Jeremiah: Isla Rutherford
Portia: Ally Gossen
Tom Snout: Rigel Arlet
Robin: Finn Senatore
Peter Quince: Daniel LaBarge
Acting Troupe: Link Mathews
Acting Troupe: Mitchell Neff
Acting Troupe: Aaron Samar
Snug: Dekarai St. Germain-Simms
Minstrel: Elle Woodman
Lady Clapham: Izzy Phinney
Shylock: Noah Williams

Ensemble Cast:

Ruthie Zaninelli
Elle Rector
Sophia Proulx
Finely Caban
Hannah Symanski
Laurali Vail
Faith Lajoie
Carmen Thibault
Loretty Vo
Alexander LaBarge
Jay Bennet
Emily Watson
Clover Mae Bayly-Schram
Lydia Smith
Ceryc McCormack
Amara Vincent
Lucy Ciampa
Doria Cocket
Jade Tibbets
Hanna Martel
Fiona Lane



Support GHS Seniors!

GORHAM HS
CLASS OF 2026

SUPPORT 2026 PROJECT GRAD!

What is Project Graduation?

The mission of the Project Graduation Committee is to provide a safe, fun and substance-free graduation night for our seniors.

We are seeking support to create a memorable and worry-free celebration for the Gorham High School Class of 2026 after their graduation ceremony on June 7, 2026. Our goal is to give our seniors one last night together to celebrate everything they've accomplished—surrounded by the teammates, classmates, and friends who have been such a big part of their journey.

How can you help?

- Donate funds
- Become a Sponsor
- Provide in-kind donations of snacks, gifts, gift cards
- Provide services
- Assist with fundraising
- Volunteer your time

DONATE TODAY!

Send a check made out to:
Gorham High School
ATTN: Project Graduation
41 Morrill Ave Gorham, ME 04038

Your support helps us create a joyful, substance-free celebration with great food, entertainment, activities, and moments they'll remember long after they leave the halls of GHS.

Thank you for your support!

Reach out to Emily to get involved, make a cash or in-kind donation or become a sponsor!
emilyaldrichclark@gmail.com

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¹Annual Percentage Rate as of 11/7/2025. Rates subject to change without notice. Not all applicants will qualify for the lowest rate or be approved. Membership eligibility requirements apply. Account holder must live, work, worship, or attend school in Androscoggin, Cumberland, Lincoln, Oxford, Sagadahoc, or York counties, or have an immediate relative who meets our field of membership requirements. Advertised rate is based on risk based & relationship pricing discounts. For more information, visit egcu.org/auto. Evergreen Credit Union is federally insured by the National Credit Union Administration.

SPORTS

GHS Hockey CONTINUED FROM PAGE 1

Next up, the Rams will host Greely/GNG and then will be on the road for three

straight games. Best of luck to the Gorham Hockey programs the rest of the way.



Photo Credit: Gorham Ice Hockey Association

Boys Hockey team helping out with the annual Burn off the Turkey 5k event



Photo Credit: Gorham Ice Hockey Association

Hockey team helping out at the annual Christmas Tree Lighting



Gorham Youth Lacrosse Association Registration for Spring 2026 is Open

Season runs from April through the second week in June.

Age groups for Boys and Girls Divisions

Grade K

- Cost: \$105 (includes a reversible for practice and play)

Grades 1-2

- Cost: \$105 (includes a reversible for practice and play)
 - 2 Practices/Skills and Drill Sessions per week
 - Grades on Sundays

Grades 3-6

- Cost: \$275 (includes a reversible for practice)
 - 2 practices during the week
 - Games on Sundays

Register before January 17 & get a 10% Early Bird Discount

Registration Link

https://gorhamlacrosse.demosphere-secure.com/_registration

Registration closes February 15

Questions/FMI: gorhamramsyouthlacrosse@gmail.com

A large advertisement for Northern Light Mercy Hospital. On the left, there is a large text block in yellow and white that reads: "Hello, EXPERTISE WITHIN YOUR REACH." Below this, there is a paragraph about the hospital's facilities and services. On the right, a man wearing a white helmet and gloves is smiling while riding a bicycle. He is wearing a white long-sleeved shirt with the Northern Light Mercy Hospital logo on it. The background is a blurred image of a city street.

Reintroducing Northern Light Mercy Hospital.
With new and expanded facilities, compassionate care has never been more convenient. From cardiology and orthopedics centers to a main campus in Portland with added specialties, there have never been more reasons to take another look at Mercy.

How are you?

Connect with us at northernlight.org/hello

 **Northern Light** Mercy Hospital

PROJECT WARMTH

Sponsored by
Cressey Road Christian Church

*Making sure no one in our community
is cold this winter*



Project Warmth was created to help those in our community who need fuel assistance or help repairing their heating system. Our goal is to make sure that no one in our community is cold this winter.

CELEBRATING 5 YEARS OF HELPING THOSE IN NEED

We would like to thank and recognize those who have already generously contributed to *Project Warmth* this heating season:

*Alan Mayse
Alan Potthoff
Bob & Sue LaBrie
Carter's Auto Service
ChanCorp, Inc.
Custom Coach of New England
Dearborn Bros. Construction
Demetria Real Estate
Dolby, Blais & Segee
Emerson Apparatus
Frost and Flame
George Eiskamp
Gorham Flag Center*

*Gorham House of Pizza
Gorham Sand & Gravel
Great Falls Construction
In-Home Senior Services
Junction Bowl
Knowles Industrial Service
Lake Region Energy
Maine Metal Buildings, Inc.
Mainely Plumbing & Heating
Marsha Weeks Traill, P.A.
Maurice & Patricia Morang
Michael and Kelly Smith
Moody's Co-Worker Owned*

*Nappi Distributors
Nathan Brackett
Northern Industrial Sales
O'Donal's Nursery
Plummer's Ace Hardware, LLC
Po-Go Realty
Port City Graphics
R.J. Grondin & Sons
Shaw Brothers Construction
Timberland Drywall, Inc.
Village Physical Therapy
Willis Real Estate
Wyman's Auto Body, Inc.*

We are continuing to accept donations as Maine winters are long and cold and the need is great. Donate or apply by calling Cressey Road Christian Church at 207-839-3111 or mail your contribution to:

Cressey Road Christian Church, PO Box 607, Gorham, Maine 04038

Checks should be made payable to "CRCC" with "Project Warmth" in the memo line

'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' ~Matthew 25:40

Gary Slipp – Coordinator



Joseph Saunders - Pastor

COMMUNITY

PRESIDENT'S LIST

Zoe Coleman, Southern New Hampshire University, Manchester, New Hampshire
Kristen Dore, Southern New Hampshire University, Manchester, New Hampshire
Olivia Falagario, Southern New Hampshire University, Manchester, New Hampshire
Lindy Moreland, Southern New Hampshire University, Manchester, New Hampshire
Sarah Richardson, Southern New Hampshire University, Manchester, New Hampshire

DEAN'S LIST

Jackson Banks, Southern New Hampshire University, Manchester, New Hampshire
Bode Coleman, Southern New Hampshire University, Manchester, New Hampshire
Giselle Doucette, Saint Anselm College, Manchester, New Hampshire
Logan Hoffman, Cedarville University, Cedarville, Ohio
Arianna Morse, Lasell University, Newton, Massachusetts

OF INTEREST

The Gorham, Westbrook and Windham police TRIAD group will hold their January meeting on Wednesday, Jan. 14, at the Gorham Police Department from 11 a.m. to noon. The speaker will be Kim Crabill from Hospice of Southern Maine.

Portland Water District (PWD) launched a major project to replace nearly all 55,000 water meters across the service area with the latest technology in Advanced Metering Infrastructure (AMI). Installations began in October, 2025, and will continue over the next three years. Watch for a letter in the mail from PWD with all the details. There are no additional out-of-pocket costs to customers for an appointment. Participation is required as the old meters will no longer be operable after this project.

NEIGHBORS HELPING NEIGHBORS

The Gorham Medical Closet is available to Gorham residents in need of medical equipment. The Closet also accepts CLEAN donations. They are open Monday through Thursday by appointment only. Due to health issues, please do not call Gerry Day but call Carol Robinson at (207) 400-7171 or Anne Murphy at (207) 671-5971 and they will assist you.

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.

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 winter clothing. Share a cup of coffee with the staff while you browse.

*Send calendar items, public service announcements and events to
Lori Arsenault, public service coordinator: loriaam@gmail.com*

PUBLIC SUPPERS

Living Waters Church on Parker Farm Road in Buxton will have their Haddock Supper Buffet on Saturday, Jan. 31 at 5 p.m. Suggested donation is \$10 Adult, \$5 Child, \$20 family. Takeout containers option available.

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.

LIBRARY NEWS

The North Gorham Public Library is a small, non-profit community library, looking for a dedicated volunteer with experience in fundraising and grant writing. Supporting North Gorham and Standish, the library is open Monday 3 – 6 p.m., Tuesday 10 a.m. to 1 p.m., Wednesday 10 a.m. to 1 p.m. and 3 – 6 p.m., Thursday and Friday closed, Saturday 10 a.m. to 1 p.m., Sunday closed. FMI: email libng@north-gorham.lib.me.us. Sign up for the library's email weekly newsletter.

Baxter Memorial Library offers many reading events each week. On Tuesday, Feb. 24 at 6 p.m., Heather Perry, superintendent of schools, will hold the "Community Forum: Our Schools, Our Future." Check the calendar in this issue for what's coming up soon at the library. Children under the age of 8 require adult supervision. Library hours are 9 a.m. to 4 p.m. on Mondays and Fridays, 9 a.m. to 7 p.m. on Tuesdays, Wednesdays, and Thursdays, 9 a.m. to 1 p.m. on Saturdays, and closed on Sundays. FMI: (207) 222-1190.

UNIVERSITY OF SOUTHERN MAINE NEWS

The University of Southern Maine recently announced the opening of a new cybersecurity classroom on the Gorham Campus designed to train students for professional work in the field. For more information, contact the USM Department of Technology at (207) 780-5440, or visit the department online at <https://usm.maine.edu/technology>.

AMAZON'S "PROJECT GIDEON" PLANS FOR GORHAM

A Public Informational Meeting was held on Wednesday, Jan. 7 at 6 p.m. at the Burleigh H. Loveitt Council Chambers at the Gorham Municipal Center. The meeting was held by the local agent for amazon.com Services LLC, 401 Terry Avenue North, Seattle, WA 98109 as a part of the licensing application process with the Maine Department of Environmental Protection (MDEP). The purpose of the meeting was to inform the public about the development proposal and anticipated environmental impacts associated with the Project Gideon warehouse site development located on Main Street in Gorham. The meeting was well-attended. The questions and concerns that were raised and gathered will be included as part of Amazon's application to MDEP.

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GHS Goes to Eggs and Issues

Kelli Deveaux, Staff Writer



Photo Credit: Wohler & Co.

GHS AP Environmental Science students join Gulf of Maine Research Institute (GMRI) President/CEO Glenn Prickett (left) and Chief Impact Officer Dr. David Reidmiller (2nd from right) at Portland Chamber of Commerce's December Eggs and Issues.

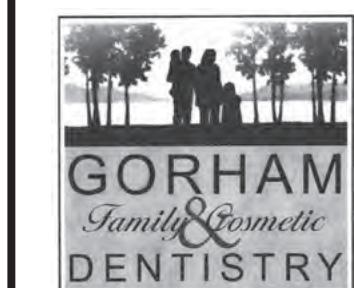
On a brisk December morning, five Gorham High School students and two educators took the Husky Bus to the University of Southern Maine to attend the Portland Chamber of Commerce's "Eggs & Issues" breakfast forum, "Rising Tides: Realizing Growth in a Changing Climate," featuring leaders from the Gulf of Maine Research Institute (GMRI).

Senior students in Nan Acker-Wolhagen's Advanced Placement Environmental Science class were invited and supported through the Aspire Gorham program to connect their classroom climate science curriculum with real-world eco-

nomic and community challenges facing Maine's coastal communities.

Facilitated by Portland Chamber CEO Quincy Hentzel, the discussion highlighted the history and future of the Gulf of Maine through the lens of science and the expertise of GMRI President and CEO Glenn Prickett, joined by Dr. David Reidmiller, GMRI's chief impact officer.

The conversation explored how sea-level rise and coastal flooding are affecting Portland, new climate science tools for community decision-making, the economic risks of inaction, and actionable steps for businesses to build a resilient coastal economy in Maine.



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CALENDAR

Thursday, Jan. 15

Baxter Memorial Library, Toddler Storytime, 10 - 10:30 a.m.

Saturday, Jan. 17

Baxter Memorial Library, Pokémon Club, all ages welcome, 10 a.m. - noon.

Tuesday, Jan. 20

Baxter Memorial Library, Preschool and Kindergarten Readiness Storytime, 10 - 11 a.m.

Baxter Memorial Library, Lizards Love Literacy, sign up to read to Frankis, 4 - 5 p.m.

Wednesday, Jan. 21

Baxter Memorial Library, Baby Storytime, 9:30 - 10 a.m.

Baxter Memorial Library, Big Blue Blocks Afternoon, 1 - 3 p.m.

Baxter Memorial Library, Dungeons and Dragons, 4:30 - 5:30 p.m.

Thursday, Jan. 22

Baxter Memorial Library, Toddler Storytime, 10 - 10:30 a.m.

Baxter Memorial Library, Sewing Class Intermediate, 4 - 5 p.m.

Saturday, Jan. 24

Baxter Memorial Library, RPG Club, 11 -noon.

Tuesday, Jan. 27

Baxter Memorial Library, Dungeons and Dragons, 4 - 5 p.m.

Send calendar items, public service announcements and events to Lori Arsenault, public service coordinator: loriaam@gmail.com

CLASSIFIEDS

Pampered care for petite paws for small dogs in our home. Just like your home you can travel rest assured that your pup will have lots of love, socialization and be safe. At our cozy haven your pup becomes a cherished member of our pack without the use of gates or crates. With a spacious fenced in backyard and dog proof interior we ensure a safe and comfortable environment. 21 years and insured. Dog walks weather permitting and if pup enjoys. We also offer day care on Tuesday and Wednesday. Many dogs need socialization time - call or text Lorie (207) 838-0132. <http://www.smalldogsicare.com/>

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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.

Courtesy of the Gorham Police Department

the blotter

A caller reported a male that was on the walking trail that she got a "bad vibe" from. She just wanted to report it and did not want to speak with an officer.

Gorham Police received a report of a vehicle that was involved in two hit-and-runs, one from Westbrook and one from Portland. The description was a silver SUV with front-end damage. Officer checked the area but did not locate the vehicle.

A citizen called in because she was on her way home in her electric wheelchair when it died on the side of the road; she needed assistance getting home.

A citizen called in because she locked her keys and phone in her car and needed assistance getting back in. Officer was able to get the vehicle unlocked and checked her license to ensure she was the owner.

Subaru called dispatch to advise that one of their customers had hit the emergency button in their vehicle.

Officer arrived on-scene and spoke to someone via a ring camera. They stated they accidentally hit the button but didn't know how to turn it off. They were all set.

A tablet was found in August and was posted on Facebook. The owners of the tablet were contacted and will be coming in to pick it up. Officers were made aware.

Officer responded to assist the School Bus Department as one of their buses had broken down on its route. Officer arrived with Public Works who were already directing traffic. Once the mechanics arrived, they were able to roll the bus out of the roadway and no longer needed assistance. The kids meanwhile had been transferred to a different bus and brought home.

A citizen had dropped off a shotgun shell to the front desk and left before speaking with an officer. He had apparently found it in the road near MK Kitchen. Detective threw it in with the other found loose ammo. No need to investigate at this time.



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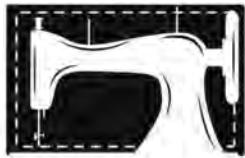
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PHEASANT KNOLL



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Amy Foley (207) 730-3071

Signature Homes Real Estate Group
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TREE SERVICE

- Tree Removal
- Licensed, Fully Insured Arborists
- Diseased Tree Analysis
- Whole Property Tree Evaluations
- Pruning/Trimming
- Stump Grinding
- Firewood
- Spring/Fall Cleanups



Scan the code to submit a request for service online

or call to talk to our scheduling staff- we'd love to chat!

207-222-2932

