

# Gorham Times

NONPROFIT  
U.S. POSTAGE  
PAID  
GORHAM, ME  
PERMIT NO. 10

Volume 32 Number 9 | May 21, 2026

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

## What's On Your Ballot For June 9 Election Day

Lori Arsenault, *Managing Editor*

The June 9, 2026 primary elections are coming, and the result of these elections will determine who will run for the Democratic and Republican parties in the general election in November. Here, we share some important information for voters in Gorham.

But first, an apology: in the May 7 issue of the Gorham Times, we published some incorrect information in the paper, but corrected it in the online copy. Although the hard copy stated otherwise, Gorham is part of Maine's 1st Congressional District. For state legislative purposes, Gorham is in Senate District 30 and House Districts 108 and 109.

Who can vote in the primary election? The following explanation is from the official State of Maine website (<https://www.maine.gov/sos/elections-voting/upcoming-elections>):

**Semi-Open Primary:** Maine law allows unenrolled voters – those who have chosen not to enroll in a party – can choose either a republican or democrat ballot, but that does not change their party enrollment. They remain unenrolled. These unenrolled voters may only vote in

one party's primary.

Voters enrolled in a party may only vote that party's primary ballot. Enrolled voters do not have the option to select another party's ballot unless they change enrollment at least 15 days prior to the primary (May 26, 2026, for June 9, 2026 primary election). When a voter enrolls in a new party, they may not change their party enrollment again for three months unless they move to a new municipality and establish a new voting residence there.

Official information from the Town of Gorham can be found at: <https://www.gorhammaine.gov/town-clerk/pages/june-9-2026-state-primary-annual-school-budget-election-voting-information>

The following information about Gorham's June 9 election was taken from the sample ballots provided by the Gorham Town Clerk, and will provide you with the questions being asked on the ballots you will be given at the polls on Tuesday, June 9, 2026 (or that you will receive in the mail if voting absentee).

The Town of Gorham ballot has one

issue, the School Budget Validation Election. The only question is, "Do you favor approving the Town of Gorham School Budget for the 2026-2027 school year, which was adopted at the latest Town of Gorham Council meeting held on May 12, 2026?" (A report of that meeting can be found on page 6 of this issue of the Gorham Times. A report of Superintendent Perry's explanation of the budget to the Town Council can be found in an article of the May 7 issue of the Gorham Times on page 5, and in the School Department ad in this May 21 issue on page 11.) When voting on this question, a "yes" vote means you support the budget proposal, and a "no" vote means that you do not support the budget proposal.

On the State of Maine, Democratic Primary Election, House District 108 (128D) and 109 (129D), voting will be for the following contests by ranked choice:

U.S. Senator: David A. Costello, Janet T. Mills, Graham C. Platner, and write-in.

Governor: Shenna Bellows, Troy Dale Jackson, Angus King III, Hannah M. Pingree, Nirav D. Shah, and write-in.

Representative to Congress: Chellie Pingree, and write-in.

State Senator: Eleanor Y. Sato, Sophia Bailey Warren, and write-in.

Representative to the Legislature: Parnell W. Terry, and write-in.

Judge of Probate: Paul Aranson, and write-in.

Cumberland County Sheriff: Kevin J. Joyce, and write-in.

District Attorney: Valerie A. Adams, Jacqueline A. Sartoris, and write-in.

On the State of Maine, Republican Primary Election, House District 108 (130R) and 109 (131R), voting will be for the following contests by ranked choice:

Governor: Jonathan J. Bush, Robert B. Charles, David J. Jones, James D. Libby, Garrett Paul Mason, Owen Z. McCarthy, Benjamin T. Midgley, Robert J. Wessels, and write-in.

U.S. Senator: Susan M. Collins, and write-in.

Representative to Congress: Joshua James Pietrowicz, Ronald C. Russell, and write-in.

State Senator: Harry J. White, and write-in.

## World Fish Migration Day

Chris Crawford, *Features Editor*

World Fish Migration Day will be celebrated on Saturday, May 23 from 12:30 to 3:30 p.m. at Riverbank Park in Westbrook. The free family event with fish-themed arts and crafts will be held along the scenic Presumpscot River.

The Presumpscot River played a major role in the history of our area, and continues to draw us togeth-

er. The river's name means "many falls" or "many rough places" in the Abenaki language spoken by the first people of the region. They survived on the river's abundance and lived along its fertile shores for centuries. It provided transportation as well.

During this time, vast numbers of salmon, shad and alewives swam upriver to spawn. The Presumpscot was also home to land-locked salmon and brook trout. Artifacts from these early ancestors dating back thousands of years have been found in numerous archaeological sites along the banks.

The Presumpscot is a short but mighty river. It flows 25.8 miles from the southern end of Sebago Lake in North Gorham, passing through and draining many smaller streams in Standish, Windham, Gorham and Westbrook before reaching the ocean in Falmouth. The 28-mile-long Sebago to the Sea Trail provides great access for recreation along much of this distance.

The river drops over 270 feet along its 25-mile course, which made it perfect for water-driven mills during the colonial era and for electric generation in more modern times. The river continues to be a vital waterway for

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## Full House at May Planning Board Meeting

Sally Fay, *Staff Writer*



Photo Credit: Sally Fay

Concerned citizens filled the Municipal Center's Burleigh H. Loveitt Council Chambers for the public hearing on the proposed Amazon project.

The Gorham Planning Board met at 7 p.m. on May 4 for its regular monthly meeting, with all members present. On its agenda was a public hearing regarding a proposal by Amazon.com Services LLC to construct a 24/7, "last mile" warehouse and distribution center on Main Street (Route 25), east of the town center. The retail giant submitted a site plan for the proposed 146,280 square-foot warehouse facility, including parking, access

drives for trucks and delivery vans, utilities, and other associated infrastructure, in March.

Around 100 members of the public were on hand to hear the Amazon project team present the site plan. Following their presentation, Planning Board chair James Hager recognized some 40 attendees who wished to comment on the project. Though several people spoke in its favor, citing the potential

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### Guided Alewife Migration Walks at Mill Brook Preserve Will Be Held on the Following Dates:

Saturday, May 23 from 10 a.m. - 12 p.m.

Wednesday, May 27 from 2 p.m. - 4 p.m.

Saturday, May 30 from 11 a.m. - 1 p.m.

Tuesday, June 2 from 2 p.m. - 4 p.m.

Saturday, June 6 from 11 a.m. - 1 p.m.

The walk is 2 miles round trip.

Pre-registration is required at [www.prlt.org/events](http://www.prlt.org/events).

There is a suggested donation of \$10 per person, but no one will be turned away if that is a financial burden.

Learn more about Mill Brook Preserve and the alewife migration at <https://www.prlt.org>

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# A Thank You Note to the Gorham Times

Sen. Stacy Brenner

Navigating the modern news environment is a challenge, even for the most engaged citizens. Federal headlines dominate so much of the mainstream news we consume, constantly highlighting the deep partisanship, hostility and dysfunctionality that now feel inherent to political life in the United States.

I'm sure we've all struggled with some combination of outrage, apathy and powerlessness walking away from the morning news or our social media feeds. Those feelings, as natural as they may be, are rarely constructive. They leave us little reason to meaningfully engage with those around us – to build a sense of community rooted in shared understanding.

The Gorham Times is, to me, an oasis in this landscape. It's a space to learn about our neighbors and what brings them together, from GHS arts and athletics to Baxter Library programs and Lions Club events. It's a space to learn about the teachers, firefighters, public servants and volunteers who care for our community unconditionally and, often, thanklessly. It's a space to learn about, and hold accountable, the prospective and elected public officials charged with representing our best interests in state and local government.

Despite the invaluable community asset they represent, small news outlets like the Gorham Times are increasingly shuttering their doors. The explosion of digital media has left many newspapers with falling readership and rising costs, resulting in the loss of more than 3,200 print newspapers nationwide since 2005.

Maine is no exception to that national trend. Recent years have seen a consolidation of regional and local papers under the Maine Trust for Local News, now the state's largest media company. Last year, the Trust cut its workforce by 13%, reduced publishing frequency across outlets and eliminated print versions of many local papers.

I see this progressive erosion of local news in Maine, within and beyond the Trust, as a very real threat to meaningful civic engagement and robust democracy. For our democratic system to function as intended, voters need to understand what public officials stand for – and how they act, or fail to act, on the values they preach. Without easy access to this information, elected officials lose accountability, and voters lose agency. Local newspapers provide a critical line of communication and transparency through columns like this and routine reporting on

town council and school board meetings.

Local papers also have an important role to play in fostering community cohesion. They ask us to know our neighbors – to celebrate their state championship wins, to attend their theater productions and to mourn the loss of their loved ones. These local stories transcend our many points of difference, and without them, more divisive narratives take center stage. News bites online lock us in information silos that deepen polarization by validating our preconceptions, never asking us to see beyond our own worldview.

I am deeply grateful for the unquantifiable good the Gorham Times does for our community. My ask today is simple: keep reading. Even when punchier headlines vie for your attention, and even when you disagree. We will all be better citizens, advocates and neighbors for it.



*As always, you can contact me at Stacy. Brenner@legislature.maine.gov or (207) 287-1515 for help navigating state services or to share*

*questions, comments and concerns.*

## 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:

Hannah Pingree is the wise choice to be Maine's next governor. She has shown leadership on one of the most important issues facing Maine families: making health care affordable and accessible.

I am proud to support Hannah because I have spent my life on both sides of the system — as a family physician caring for patients and as a state senator working to improve policy. I have seen how decisions made in Augusta and Washington show up in exam rooms, at kitchen tables, and in family budgets.

Maine needs a governor who understands that health care is deeply personal. Hannah listens to patients, providers, and employers, and understands what it means when care is out of reach or unaffordable.

As a physician, I know our health is directly tied to the strength of our economy, schools, and communities. Hannah will invest in working families, rural health care, mental health services, and public health infrastructure. She was the first gubernatorial candidate to put forward a plan for a public health option — an important first step toward universal health coverage.

As Speaker of the House and later leading Maine's Office of Innovation and the Future, Hannah showed she can bring people together to get things done.

Maine people deserve a governor with the experience and backbone to fight for them. Hannah Pingree has earned that trust. That's why in June I will rank Hannah Pingree #1 for governor — and I encourage others to do the same.

Linda Sanborn, Gorham

To the Editor:

I hope you will join me in voting for

Ellie Sato for State Senate District 30 in the Democratic primary on June 9. Ellie currently represents Gorham District 109 as a State Representative. I believe she is the right person to step into the seat being opened by outgoing Sen. Stacy Brenner.

As a legislative aide, Ellie earned the respect of Senator Brenner. As our elected representative, her work ethic, her passion for improving the lives of Maine people, and her willingness to reach across the aisle, have made her an effective legislator.

We are grateful to have had Ellie's youthful energy and perspective, addressing issues like climate change, the affordability crisis, and the rights of immigrants. Having had to piece together part-time jobs, she understands the difficulty of making a living in these times. Ellie listens well, speaks well, and acts. She has the temperament,

determination, and the proven track record to represent Gorham and Scarborough in the State Senate.

On June 9th in the Democratic primary, please join me in voting for Ellie Sato as District 30's next State Senator.

Linda Webb, Gorham

To the Editor:

Two years ago, there was a knock on my door, and I opened it up to see Ellie Sato standing before me. She was running in the Democratic primary for the Maine House seat representing District 109, which includes my neighborhood in Gorham. We sat in two Adirondack

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### LEGAL NOTICE:

Bangor Savings Bank, 24 Hamlin Way, Bangor, Maine 04401 is filing an application with the Federal Deposit Insurance Corporation for consent to establish a branch office at 95 Main Street, Gorham, Maine.

Any person wishing to comment on this application may file his or her comments in writing with the regional director of the Federal Deposit Insurance Corporation at its Boston Area Office, 15 Braintree Hill Office Park, Braintree, MA 02184, no later than June 5, 2026 which is fifteen (15) days after the date of publication of this notice. The non-confidential portions of the application are available on file in the Boston Area Office and are available for public inspection during regular business hours.

Photocopies of the non-confidential portion of the application file will be made available upon request.

### TOWN OF GORHAM ANNUAL MUNICIPAL ELECTION

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

Tuesday, Wednesday & Thursday,  
June 2 - June 4, 2026  
7:00 a.m. - 5:00 p.m.  
&  
Monday, June 8, 2026  
7:00 a.m. - 5:00 p.m.

Laurie Nordfors  
Town Clerk

## Gorham Times

BRINGING THE NEWS TO ALL OF GORHAM  
PO Box 401  
Gorham, Maine 04038  
Phone and Fax: (207) 839-8390  
gorhamtimes@gmail.com  
www.gorhamtimes.com

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

**Editor:** editor@gorhamtimes.com

**Features:** ckck5@icloud.com

**Advertising:** gorhamtimes@gmail.com  
or (207) 839-8390

**School:** schoolnews.gorhamtimes@gmail.com

**Sports:** sports@gorhamtimes.com

**Of Interest/Calendar:** loriaam@gmail.com

**Other:** gorhamtimes@gmail.com

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\$25/year in Gorham; \$30/year Non-Gorham

Subscriptions and renewals are available online on our website.

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### ADVERTISING AND COPY DEADLINES

Ad deadline is the Wednesday of the week prior to issue date. Go to gorhamtimes.com and click on the advertising link for schedule.

### EDITORIAL POLICY

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

Printing services by Maine Trust for Local News, 295 Gannett Drive, South Portland, ME 04106

**Upcoming  
Advertising Deadlines**  
May 27  
June 10  
Summer Break (no June 24)  
July 8

chairs on my front porch, and she gave me a brief version of her bona fides. She had an impressive undergraduate resume and an eclectic job history. She'd been a bartender, a dance instructor, and, from my perspective, the most important line on her work history was as a Legislative Aide for the Maine Senate Majority Office. I am a retired Naval Officer, and my first job after leaving the Navy was that same position. Ellie understood that the unique nature of legislative service in Maine - where Representatives and Senators have relatively small numbers of constituents in their districts compared to more populous states - involved a mix of legislation drafting, caucus consensus-building, and constituent services. The Augusta bureaucracy can be daunting for some folks, and having your Representative or Senator direct their staff to help navigate that maze can be invaluable. After that first discussion two years ago, I knew Ellie understood the constituent service side of the job. Watching her over the past two years has shown me she is an outstanding, productive legislator and will be a wonderful Senator. She has my vote and should have yours.

Virgil Bozeman III, Gorham

To the Editor,

As a very vocal community member and the admin of the Gorham ME Scoop, I wanted to give my perspective on why I'm voting yes on the Gorham school budget. Investing in our schools is investing in our entire community. Strong schools help our students succeed, support working families, protect property values, and keep Gorham a place people want to live.

Gorham Schools continue to maintain one of the lowest costs per student in Cumberland County, while also receiving significant state support to offset local costs. The proposed budget also includes increased state funding compared to last year, helping reduce some of the burden on local taxpayers.

At the same time, schools face the same rising costs everyone else is seeing: transportation, utilities, insurance, special education services, and staffing. Saying "yes" to the budget means ensuring classrooms stay supported, students continue receiving the services they need, and teachers and staff have the resources to do their jobs effectively.

No budget is perfect, and it's okay to ask questions and want accountability. But I believe supporting public education is one of the most important investments we can make as a town.

Heather Robinson, Gorham

To the Editor,

I am writing to enthusiastically support Sophie Warren for State Senate District 30. I have had the privilege of knowing and working with Sophie on municipal issues for the past seven years. Throughout that time she has consistently demonstrated a deep and genuine commitment to our community.

Sophie leads with empathy. She listens carefully, shows up for her neighbors, and approaches challenges with a thoughtful, solutions oriented mindset. Whether working on local issues or engaging with residents one-on-one, she brings a level of care and respect that is both refreshing and necessary in public service.

She is also a tenacious advocate for the environment, an issue that is critically important to the long term health and character of communities

like Scarborough and Gorham. Sophie understands that protecting our natural resources and planning responsibly for the future go hand in hand with maintaining a strong, vibrant local economy.

What stands out most is her consistency. Sophie doesn't just talk about community, she invests in it, day in and day out. She has proven that she will do the work, ask the hard questions, and advocate for what matters most to the people she represents.

Scarborough and Gorham would be well served by her continued leadership in Augusta. I encourage others to join me in supporting Sophie Warren for State Senate District 30.

April Sither, Scarborough

To the Editor,

I recently had an opportunity to meet with Ellie Sato, candidate for State Senate District 30. I found Ellie to be intelligent, articulate and energetic. She impressed me with her understanding of the day-to-day concerns of Maine families. Ellie has an impressive record as state representative, working on key issues such as tax relief, housing, support for public schools and affordable day care. These are issues that have a real impact on the day-to-day lives of nearly every citizen of our state.

Like so many of my friends and neighbors, I want our political leaders to focus on ways to improve the future for all of us. Decisions made in Augusta today will be felt by our children and grandchildren. I believe Ellie Sato understands the importance of addressing the problems and concerns currently facing the people of Maine. She will work very hard in the senate to represent her constituents and actively participate in the difficult work of passing legislation.

On June 9, I encourage residents of Gorham and Scarborough to vote for Ellie Sato.

Thomas E. Pryor, Gorham

To the Editor,

To all my constituents in District 30, it has been a pleasure to represent you in Augusta, and I'm looking forward to serving the rest of my term. In the meantime, there is a contested primary to fill the seat for when I leave. I am proud to endorse Ellie Sato as the next State Senator for Scarborough/Gorham in District 30.

For the past two years, Ellie has represented Gorham's District 109 as a State Representative. Prior to that, Ellie worked as an aide in my office in the State Senate. I've seen firsthand that Ellie has a strong capacity to understand the complexity of an issue, and she knows how to move it forward.

Due to her experience both as an aide and a State Representative, Ellie is especially in touch with the concerns of her constituents. Ellie is a strong voice and advocate for her home community. After working with her and having represented District 30, it is my view that Ellie is uniquely qualified to serve in the State Senate.

As I prepare to leave office at the end of my term, I can think of no one better to run for my former seat than Ellie Sato. On June 9th, join me in voting for Ellie Sato to represent Scarborough and Gorham's District 30 in the State Senate.

Stacy Brenner, Scarborough

To the Editor,

Ellie Sato is a fighter for working-class

# Baxter House Museum Announces Expanded Summer Hours

Virginia Wilder Cross, Baxter Library Trustee



Photo by Janet McKenney, Chair of the Baxter House Museum Committee

The Library Board of Trustees is pleased to announce the Baxter House Museum will be open from 10 a.m. to 1 p.m. the first Saturday of each month through September. This is in response to requests from interested residents who could not get to the Museum during their working hours.

This historical treasure, first built in 1797, holds precious artwork and rare household items of interest dating from the 1700s through the 1800s. Visitors can use a self-guided tour to move through the formal Parlor, where they will see a chair belonging to Captain Gorham (our town's namesake) among other items, and into the War Room, where they will see military uniforms of the 1800s and an 1818 reproduction of the Declaration of Independence.

Other rooms include the music room, the kitchen, and the Baxter bedroom, to name a few. Even the hallways and stairwells exhibit historical artwork. Visitors will see a large hand loom in working condition, several curious-

looking musical instruments and other valuable items, too numerous to list.

All Gorham's third graders visit the Museum as part of a unit about the history of Gorham. A docent takes them through the House pointing out and describing individual pieces of particular interest.

For those of you who've often wondered what's inside the Baxter House Museum, here's your chance to experience one of Gorham's "best-kept secrets." In addition to the self-guided tour, volunteer docents will be available to answer specific questions. The Museum is open free of charge, but donations are always appreciated.

You can learn more by stopping at the Museum booth in the Farmer's Market on the first Saturday of each month. Weather permitting, folks will be treated to storytelling and other live demonstrations. A special program is planned for July 4 in commemoration of the country's 250th birthday. More to come as details are confirmed.

Mainers. I can say without doubt that Ellie doesn't 'just' care; she isn't 'just' putting in the work to fix known issues. Ellie stays connected to the people of Maine, so when issues do arise, she is ready for them. I have rarely met someone in politics who doesn't pander to constituents. Worse, so many hand-wave away citizens' concerns. Ellie has demonstrated time and again that she cares about what Mainers struggle with. She's building a coalition of people willing to fight for what's good for Mainers. She knows what it takes to win for working-class rights in this state, and I hope people know that the best choice for representation for Gorham and Scarborough is Ellie Sato for State Senate. I hope you join me in supporting her on June 9th and in November.

Christopher Jacques, Gorham

To the Editor,

Sophie Warren would be a fantastic senator for Maine State Senate District 30, which includes Scarborough and Gorham.

I have been a supporter of Sophie Warren since she first ran for the Maine

House of Representatives in 2020.

I campaigned for her, put up lawn signs for her, and wrote some notes to friends for her.

She rewarded our efforts with hard work at the Statehouse.

Now, she would like to move from the House of Representatives in Augusta to the Maine State Senate. She believes she can get more done in the Senate for people of Scarborough and Gorham.

Sophie has been a warrior in the fight against the harmful effects of climate change.

She has been an outspoken critic for six years of the illegal activities of I. C. E. and the barbaric practices of the federal government when it comes to immigration, minorities, and people with brown and black skin.

On June 9, 2026, I will be voting for Sophie Warren for Maine State Senate in District 30, Scarborough and Gorham.

Please join with me.

We need good young aggressive leaders like Sophie in our future in the state legislature!

Sincerely,

Steve Truncellito, Scarborough

# Balancing Act

Linda Mulski, Contributing Writer

We live in an amazing era of medical miracles, for ourselves as well as our pets. Many of our furry, feathered, and scaly friends can also benefit from medical advances and achieve comfortable extreme old age. The diagnoses (such as heart or kidney failure) that previously meant “prepare yourself for goodbye” within weeks to months can often result in excellent quality of life...for years.

Unfortunately, some patients will not respond well to treatment. Sometimes the care regimen is not achievable for owners with complicated lifestyles. The financial burden can be overwhelming. As owners, we are faced with decisions regarding what can, or should, be done for our beloved companion. What is possible vs. what makes sense?

Over decades of treating patients and their support humans, I have come to understand that every case is individual. We must respect the bonds that can be the most essential to our individual well being. Where dogs and cats are concerned, it can seem like mere minutes for “Max” to metamorphose from tiny to ancient. Parrots can need decades more care than what we are able to supply, as we transition to elder care facilities. Can my backyard menagerie survive my children’s travel sports schedules? When debilitation strikes either pets or owners, our situation can change rapidly.

Having honest discussions with ourselves and caregivers is essential. We may be encouraged to slowly do more diagnostic tests and treatments, which could lead to unbelievable financial and emotional cost. Try to think ahead to the end game. Ask yourself and your family the difficult questions.

What is the realistic outcome for my pet, considering the level of care that I can give despite my busy schedule? How long can this be sustained? What level of emotional and general well-being should I expect to achieve for my pet and their most important humans? What will be the financial burden on myself and my human family? Will it be a one-time investment, or need long-term funding? This is impor-

tant to determine before a treatment regimen begins. Would a CT or MRI result change my personal decision to have brain surgery or an amputation for my pet?

Does my pet’s temperament make treatments feel like loving care or torture to them? This can be of particular concern for incapacitated prey species unable to flee.

Know your buddy’s natural life expectancy. Have I, through my care, extended their life to the point where they are merely existing rather than enjoying our shared time? When is it time to consider humane euthanasia as a final gift, to limit future suffering? Are we prolonging discomfort rather than providing a quality life?

For many, our pets are “our people.” They ground us and improve our emotional state. Be foresighted in your decisions. Keep finances in mind. Consider insurance or the equivalent of a health savings account for your young pet.

I am deeply saddened when significant spending on the cancer of an extreme geriatric pet has prevented the care for a youngster with a simple fracture. ASK QUESTIONS! Understand likely outcomes before you are drawn into an unsustainable situation.

I am delighted when my patients overcome previously incurable situations. Our goal should be the best use of resources and opportunities for all of us, with optimal quality of life for all in our extended families.



Linda Mulski, VMD, veterinarian, has worked in Maine for 33 years. She and her husband, Tom Niedermeyer, VMD, own the Animal Hospital of South Gorham, where

a wide variety of pet species are welcome. They have raised six daughters here in Maine.

# Wellness That Fits Your Life

Stacey Coleman, Contributing Writer

So many people feel they are failing at wellness. Not because they don’t care about their health, but because they are trying to fit unrealistic health expectations into very real, very full lives.

After over 25 years coaching fitness, nutrition, and behavior change, I’ve learned something important: most people do not need more guilt. They need a more realistic approach.

Real life is beautifully full of responsibilities, changing priorities, family dinners, stressful moments, meaningful relationships, unexpected detours, and all the imperfect moments that somehow become the ones we treasure most. In the moment, it’s work deadlines, sports schedules, helping aging parents, non-stop school events, packed calendars, and trying to figure out what’s for dinner at 5:30 when everyone is already hungry.

In the midst of all that, many people quietly feel frustrated because they can’t maintain the “perfect” routine. But maybe the routine was never designed for real life in the first place.

What if wellness has become far more complicated than it needs to be? Many people today feel pressure to optimize everything: sleep, steps, protein, water, workouts, stress levels, supplements, morning routines...the list goes on. Meanwhile, people are simply trying to take better care of themselves while managing the responsibilities of everyday life.

That effort deserves more credit than people often give themselves, and wellness should support your beautiful, chaotic life, not take it over.

In my experience, the healthiest people are rarely the ones chasing extremes. They’re usually the ones focusing on the basics; walking regularly, strength training a few times a week, prioritizing sleep, drinking water, and striving to prepare balanced meals.

Those habits may sound simple, but they’re powerful because they create a

foundation of support for real life during busy seasons, stressful weeks, schedule changes, and all the unpredictability that comes with being human. That’s what makes wellness sustainable. Not perfection, but the ability to return to habits that help you feel strong, energized, grounded, and well cared for over time.

Which is why wellness should never become another source of guilt or pressure. It should help you feel more present in your life, more confident in your body, and more capable of showing up for the people and moments that matter most.

I think one of the biggest mindset shifts people can make is understanding that consistency matters more than perfection. A missed workout does not erase your progress. One stressful week does not mean you failed. And taking care of yourself does not have to look “all or nothing.”

Real wellness is built over time through habits you can return to again and again during every season of life. That approach may not be trendy, but it’s sustainable, and it works.

And honestly, I think more people need to hear this: You do not need to become a completely different person to get healthier. You probably do not need a more extreme plan, a more restrictive diet, or a more complicated routine. You may simply need a healthier approach that fits the life you already have. Wellness was never meant to become your entire life. It is meant to help you enjoy your life more fully.



Stacey Coleman is CEO of Hello Wello wellness app, which helps people build sustainable health habits that fit real life. She is a Certified Personal

Trainer and a Fitness Nutrition Specialist with more than 25 years of experience.



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SOLUTION ON PAGE 15



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# “You Once Had An Aunt” Opening Reception

Gorham Times Staff

Join the University of Southern Maine Art Galleries for the opening reception of “You Once Had An Aunt,” a solo exhibition by 2026 Artist-In-Residence Peter Bruun, at the Gorham Art Gallery on the USM campus. The cost is free.

This immersive exhibition brings together 100 paintings by Peter Bruun, inspired by the birth of his grandson and the absence of the aunt the child will never know. An audio collage of voices weaves through

the installation, offering reflections on grief, love, and memory. At the opening reception, representatives from Loose Ends Project and the Center for Grieving Children, whose missions align closely with the spirit of this exhibition, will share their work.

The gallery will be open 11 a.m. to 5 p.m. Thursday, May 21 through Saturday, May 23, and by appointment by contacting (207) 780-5409 or [usmartgalleries@maine.edu](mailto:usmartgalleries@maine.edu).

## Fish Migration Day CONTINUED FROM PAGE 1

fish migration, transportation, energy production, recreation and tourism. It always was and continues to be a vital economic engine for the area.

The river was a major transportation hub. The historic Cumberland Oxford Canal, which was opened in 1832, used flat-bottomed horse-drawn boats to carry lumber and ice out of Long Lake and Sebago Lake down to the Fore River estuary in Portland for shipment all over the world. Remnants of the canal can still be seen along the riverbanks in Shaw Park near White Rock in Gorham.

In that same area, and an easy walk from the same parking lot at Shaw Park, are the ruins of another significant industrial site from the Civil

War era. The Gambo Gunpowder Mills operated from 1824 to 1905. They provided 25 percent of the gunpowder for Union troops. The round stone mills that ground the necessary ingredients are still visible. If you’ve never been, it’s a great place to visit.

In recent years, several dams have been removed from the river to allow for fish runs to occur. In Westbrook, a fish ladder provides access for them to make their way upstream to spawn.

World Fish Migration Day is celebrated worldwide and is sponsored locally by Presumpscot Regional Land Trust, Friends of the Presumpscot River, Discover Downtown Westbrook, Portland Trails, and Trout Unlimited.

# Jumping Worms

Chris Crawford, Features Editor

According to the [maine.gov](http://maine.gov) website, an invasive and destructive species of *Amyntas* worm, commonly called jumping worms (JW), has been found in 13 of Maine’s 16 counties, including Cumberland, since 2021. Two populations were discovered in Augusta (one at the Viles Arboretum) and two populations were found in Portland. They have also been found in a rhododendron garden at the Coastal Maine Botanical Gardens in Boothbay (<https://bangordailynews.com/2018/01/06/homestead/crazy-worms-may-be-wiggling-to-a-garden-near-you/>).

Jumping worms are smaller than night crawlers and earth worms, typically measuring about three to five inches in length. They have a distinctive whitish collar-like band (clitellum) around their bodies and are known for their thrashing, snake-like movement when disturbed. Their skin is smooth and rubbery, rather than slimy.

These worms are annuals with a life span of one year. Juveniles appear May into June and can produce two hatches per season. They are very small at this stage (a few inches) and have no white band yet, making them hard to identify.

Jumping worms live in the top three inches of soil and have a huge appetite. Gardeners should be on the lookout, as these worms can ruin the soil in our gardens and harm plant roots, leaving soil that resembles coffee grounds.

They are a threat to forest soils, as well.

It is illegal to import these worms. The worms now found in Maine were brought here through the soil of nursery plants, in compost or in the crevices of hiking boots and tires. It is also illegal to sell them as bait.

For small infestations, hand removal followed by placement in soapy water can be effective. For easier identification, it’s best to wait until July or August after the worms have developed their characteristic white band. Although they die off each winter, they leave very small soil-colored cocoons, which are difficult to see. To make matters worse, they reproduce without mating.

There is no pesticide in current use to destroy them. To keep them in check, mix 1/3 cup of ground mustard with a gallon of water and pour it directly on the soil. This will bring them to the top to be scooped up; put in tightly sealed plastic bags and leave in the hot sun to destroy.

Solarization during the peak of summer heat is one of the most effective eradication methods. Spread a layer of infested soil (6 to 8 inches deep) on a sheet of black plastic, leaving an ample amount of uncovered plastic around the edges. Cover with a second layer of plastic and seal the edges to prevent escape. Leave in direct sun so the temperature exceeds 104 degrees for two to three consecutive days.

You're in the Know. **Gorham Times**

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# Town Council Special Meeting May 12

Michael Lortie, School News Editor

The Gorham Town Council held a special meeting to approve the school and municipal budgets on Tuesday, May 12. Chairperson Suzanne Phillips called the meeting to order and all members were present.

During the public hearing on the school budget, five members of the public spoke. Four, including three School Committee members speaking as citizens and not representing the committee, spoke in favor of the budget and the need to fund the schools. One speaker expressed concern with the increase particularly for senior citizens who are financially struggling at this time.

Several members of the council expressed support for the budget but questioned Superintendent Heather Perry and School Committee Chair Nicole Yeo-Fisher on specific items and lines in the budget. Council Member Hamblen also questioned school population trends and how the same number of students has led to such a large increase in the past seven years. Council Member Kuech, who has attended many of the school budget meetings, commented on the cuts that have already been made by administrators and the School Committee.

The council voted (7-0) to remove \$50,000 from the budget at the request of the School Committee. The council then voted to approve the school budget (5-2, Phillips, Dearborn). This will result in an increase of 83 cents on the mill rate.

During the public hearing on the municipal budget, four members of the public spoke. Three objected to the elimination of the membership for the Greater Portland Council of Governments (GPCOG) and the fourth spoke about

the need for a communications person in the budget to assist local businesses.

The municipal budget was presented. The council had a long discussion about the impacts of the change in trash collection and the implications on the budget. The town has committed to a mechanical collection model, which was going to start in the spring of 2027. However, because the totes have already been purchased and because of the ability of the company to begin in the fall, that decision will result in the loss of income for the town of approximately \$315,000. The council voted (5-2, Phillips, Kuech) to begin the mechanical collection of trash in the fall.

The council voted (7-0) to add into the budget the membership of the town in GPCOG.

After failing to eliminate the proposed position of Communications Coordinator in the budget (2-5, Hamblen, Simms), they voted (6-1, Hamblen) to delay the position until January, thus saving one half of the salary (reduction \$66,042). They voted (6-1, Kuech) to eliminate the proposed public works foreman position (reduction \$75,263). They voted (7-0) to authorize the town manager to use TIF funds to pay a portion of the communications coordination position and the GPCOG membership.

After recalculating these changes to the municipal budget, the council approved a town budget of \$26,082,135 and Cumberland County property tax of \$1,897,592 (4-3, Phillips, Hamblen, Dearborn).

For a complete account of the meeting, a copy of the minutes and a recorded video of the meeting may be found on the Gorham Town Council website.

# Town Council Meeting May 5

Michael Lortie, School News Editor

The Gorham Town Council met for their monthly meeting on Tuesday, May 5. Chairperson Suzanne Phillips called the meeting to order and six members were present (Simms). Their first action was to approve the minutes of the April 7 regular meeting. (6-0)

Four members of the public addressed the board. All expressed concerns about the Amazon project and concerns about the wetlands, quality of life and the town's ability to enforce the town laws and comprehensive plan.

Each council member was provided the opportunity to provide updates. Council Member Siegel wished all of the teachers a happy Teacher Appreciation Week and explained that Council Member Simms needed to leave to attend to an important issue. Council Member Willis thanked the organizers and volunteers of Gorham Cleans Up. Council Member Hamblen mentioned the Planning Board meeting and the large number of Gorham citizens who attended. He also expressed concerns about hearing from some Gorham neighbors who are considering moving out of town because of this project. Council Member Kuech noted Educators Appreciation Week and implored everyone to pay attention to the little ones out in the community. Chairperson Phillips spoke about the upcoming Taste Walk on May 31 and the Cherry Hill Market will be opening soon from 9 to 1 on Wednesdays.

Town Manager Ephrem Paraschak thanked the audio department for the new microphones in the chamber, and mentioned the budget validation process coming up and the availability of absentee ballots beginning on May 11. He reminded the public of upcoming projects including South Street sidewalks and continued work on Robie Park and the completion of the sewer project on lower Main Street.

The School Committee chair, Nicole Yeo-Fisher, provided an update to the council. She mentioned the budget process timeline resulting in a May 12 council vote and a June 9 referendum vote. She also announced that the superintendent evalu-

ation survey link may be found in the superintendent's blog and on the school website. She thanked all of the teachers and educators in the district for their hard work during this recognition week.

The council voted (6-0) to issue a new massage license to Stacy Marcoux and a new medical marijuana license to Grove Cannabis, owned by Davis Cowan.

Three members of the public spoke in opposition of the proposal to adjust the zoning map for Atlantic National Trust from rural to suburban residential zoning. The council took no action on this request.

The council discussed an amendment to amend the zoning map and create new zoning districts and performance standards for the Little Falls Village Area, which aligns with Windham's standards on the other side of the bridge. The council voted (4-2 Siegel, Hamblen) to remove a parcel from the affected area and voted (6-0) to approve the changes with the lot removed.

The council voted (6-0) to table until next month a proposal to amend the Land Use and Development Code to exempt accessory dwelling units on private ways from the requirement of being considered a dwelling unit as it pertains to private ways.

The council voted (6-0) to authorize the town clerk to issue a warrant for the School Validation Election and appointed a roster of wardens, clerks and substitutes.

The council voted (6-0) to instruct staff to review long-term restrictions for Robie Park to preserve the use of this land as a public park.

The council voted (6-0) to adopt a proclamation in support of May as Bike and Walk Month in Gorham.

Finally, the council voted to table an action to authorize staff to implement walking and safety measures in and around Gorham Village. This seemed to duplicate an issue already on the agenda of the Capital Improvements Committee.

For a complete account of the meeting, a copy of the minutes and a recorded video of the meeting may be found on the Gorham Town Council website.

## Planning Board CONTINUED FROM PAGE 1

for job creation and property tax benefits, remarks against the project dominated the public comment portion of the meeting. More than 30 speakers raised concerns that included traffic, safety and environmental issues; negative impacts to quality of life; and the project's incompatibility with Gorham's Land Use and Development Code.

Following the conclusion of the public comments, the Board voted, per Planning Board rules, to extend the meeting for discussion of site plan issues and neces-

sary waivers with the Amazon team representatives. Before adjourning at 11:07 p.m., the Board granted the applicant's requested waiver for three curb cuts rather than the allowed single curb cut (7 Ayes), as well as a waiver for overhead utilities across the Portland Water District easement area (6 Ayes, 1 Opposed (Nichols)).

Project review will continue at the next applicable date, pending site plan revisions.

The meeting can be viewed in its entirety at <https://www.gorhammaine.gov/boards>.



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## GORHAM REAL ESTATE EXPERT

# Citizen Committees Safeguard Town History

Sally Fay, Staff Writer

Among the functions of Gorham's municipal government are the preservation and stewardship of the Town's historical sites and resources, currently addressed through the work of the Historic Preservation Commission (HPC) and the Cemetery Advisory Committee.

The former was established in 2016 via the Town Council's adoption of the Town's Historic Preservation Ordinance; the latter, via an order approved by the Council last year. Both entities are made up of citizens appointed by the Town Council.

Recent HPC actions include the approval at its Jan. 27 monthly meeting of an application to demolish

a garage at 62 School Street, in the Gorham Historic District. Although the dwelling at the location, built circa 1910, is on the National Registry of Historic Places, the garage had been determined to be a noncontributing building to the Historic District.

The Cemetery Advisory Committee also met in January to discuss conditions at Town-owned cemeteries, including costs for stone repairs. Committee member Dennis Morton briefed the HPC about the maintenance needs and projected costs during the HPC's March 23 meeting, where it was agreed that grant funding opportunities should be explored.



- 6/1 Planning Board Meeting, 7 p.m.
- 6/2 Regular Town Council Meeting, 6:30 p.m.
- 6/9 Primary elections for Democratic and Republican parties, and School Budget Validation Election

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# UMaine and Gorham Businesses Train Safe Farm Tractor Operators

UMaine Extension and Gorham Times Staff



Photo Credit: Jason Lilley

Gorham Tractor Safety Course participants and facilitators: Garrett Thoms, Brian Kriebel, Justin Tom, Charleigh Fortin, Silvan Shawe, Danielle Russell, Danette McGee, Noelle Ballard, Kenny Richard, Stephen Willette, Addison Wagner, Maxwell Rawson, Helen Tuchmann, Tina Cormier, Roscoe Howe, Travis Neily, Jason Lilley, Allison Pollock, Jeff Grant, Tim Bartlett.

Farming can be a risky business, especially for youth and those new to the farming environment. To minimize the chance of injuries to those working on Maine farms, University of Maine Cooperative Extension offers five-part tractor safety courses every spring at locations throughout the state.

This May, 16 youth, new farm workers, and tractor owners successfully completed the federally certified course in Gorham. These participants learned about the risks of farm work and equipment

operation, and basic maintenance skills. They also gained hands-on experience in safe tractor operation, and awareness of the prevalent hazards. Youths ages 14 and 15 received the federal certification required to operate equipment on farms owned by non-relatives, opening up opportunities for employment on local farms.

The course was made possible by Shaw Brothers Construction, staff at Cherry Hill

CONTINUED ON PAGE 14



Photo Credit: Jason Lilley

Course participants learn how to safely attach tractor implements outside at Shaw Cherry Hill Farm.



Photo Credit: Jason Lilley

Course participants complete tractor parts identification activity in the barn at Shaw Cherry Hill Farm.



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# GHS Thespian Society Inducts Seventeen New Members

Jocelyn Miller, Drama Department Producer



Photo Credit: Jocelyn Miller

The entire GHS Thespian Society gathered to celebrate the new inductees.

On Friday, May 8, 17 students were inducted into the International Thespian Society Troupe #7533. Their names are:  
 Carmen Thibault Tardif  
 Ruthie Zaninelli  
 Leila Schmoyer  
 Aaron Samara  
 Link Mathews  
 Zack Carlson  
 Faith Lajoie

Finn Senatore  
 Doria Crockett  
 Katelyn Pyle  
 Fiona Lane  
 Loretta Vo  
 Jacob Palmer  
 Dekarai St. Germain-Simms  
 Abigail McCrillis  
 Lucy Ciampa  
 Kasey Plaud



Photo Credit: Jocelyn Miller

This year's Thespian officers: Logan Mills, Auxiliary Officer; Isabelle Smith, Secretary; Elle Woodman, Treasurer; Alexandria Gossen, President; Isabel Phinney, Vice President; and Alex Tukey, Auxiliary Officer.



Photo Credit: Jocelyn Miller

Also honored were this year's graduating seniors: Isabel Phinney, Alexandria Gossen, Noah Williams and Elle Woodman.



On May 17, members of the Lions Club placed flags on telephone poles throughout Gorham village for Memorial Day, with assistance from a Phillips Autobody truck.

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# USM Baseball Host NCAA Division III Regional Championship

Katie Brown, Sports Editor



Photo Credit: Jodi Polchies

## Southern Maine LEC champs celebration

The University of Southern Maine rallied past Keene State 11-5 to clinch the LEC championship on May 9. Sophomore Caleb Vacchiano (Cornish, Maine/Sacopee Valley) drove in six runs, including four on an eighth-inning grand slam, to lead the top-seed University of Southern Maine Huskies to their seventh Little East Conference Baseball Tournament title with an 11-5 win over the second-seed Keene State Owls. The Huskies were trailing 5-3 entering the inning before rallying for eight runs on eight hits to take an 11-5 lead. Vacchiano earned the tournament's Most Outstanding Player Award after finishing the tournament with four hits, 10 runs batted in and five runs scored. Junior Carter Higgins (Truro, Nova Scotia) led the Huskies with three hits, while junior Mike Anquillare (North Haven, Conn.) and freshman James Main (North Stonington, Conn.) each had

two hits. The Huskies had a strong performance from junior starter Carson Black (Porter, Maine/Sacopee Valley) as the righty struck out five over eight innings of work to earn his seventh win of the season. Anquillare led the Huskies with nine hits in the tournament, followed by senior Kyle Douin (Augusta, Maine/Cony) and junior Peter Koblinsky (Ellsworth, Maine) with seven each.

According to the University of Southern Maine's Athletic Media Associate, Riley Driscoll, the LEC Champion University of Southern Maine Huskies will begin its 2026 NCAA Division III Baseball National Championship Tournament run at home, as Southern Maine has been selected as one of 16 regional site hosts for the tournament. The complete 64-team field for this year's tournament was announced on May 11. Southern Maine will be making its first

appearance in the NCAA tournament since 2021, and its 27th overall, after defeating Keene State College to earn the program's seventh Little East Conference tournament title and the conference's automatic bid. The Huskies are 30-10 on the season, and went 4-0 in the LEC Tournament, outscoring their opponents 46-25 over the four games.

The Huskies are the No. 2 seed in the region, which also consists of No. 1 seed Rowan University (32-5), the New Jersey Athletic Conference champions; No. 3 seed Babson College (26-15), the New England Women's and Men's Athletic Conference (NEWMAC) champions; and No. 4 seed Rochester Institute of Technology (24-13), who won the Liberty League title. The first game of the regional will feature Rowan vs. RIT at 11 a.m. on Friday, May 15. The Huskies will take on Babson at 2:30 p.m. in the second game of the day. The tournament is double elimination. Rowan University will be a tough opponent, according to Southern Maine's head coach Scott Heath. With that said, he added, "Being selected to host can be a huge advantage with high-energy

hometown crowds and create a challenging environment for the opposing teams." In 26 NCAA tournament appearances, the Huskies have won eight NCAA Division III Regional Championships (1989, 1991, 1992, 1997, 2000, 2001, 2013, 2014) and two National Championships (1991 and 1997).

The winners of each of the 16 regions will be paired up for a three-game super regional series with the winner earning a spot in the 2026 Division III College World Series at the Classic Auto Group Park in Eastlake, Ohio. Best of luck to the Huskies.

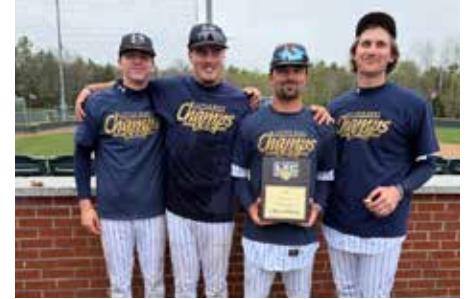


Photo Credit: USM Athletics

Former Gorham players part of LEC Championship (from L-R): Josh Polchies, Quinn Dillon, Kyle Skolfield, Colin McDonald



Photo Credit: USM Athletics

The Southern Maine Huskies clinch the LEC championship

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**When** | Tuesday, June 2, 2026  
10:30 - 11:30 AM | RSVP by May 22

**Where** | North Gorham Public Library  
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# Amber Bretton and UConn Softball Win Big East

Katie Brown, Sports Editor



Photo Credit: Veronica Bretton

Former Gorham standout Amber Bretton (sophomore pitcher) made 15 appearances this year for UConn.



Photo Credit: Veronica Bretton

Congratulations to Amber Bretton and the UConn Softball team on winning the Big East championship for the second straight year.



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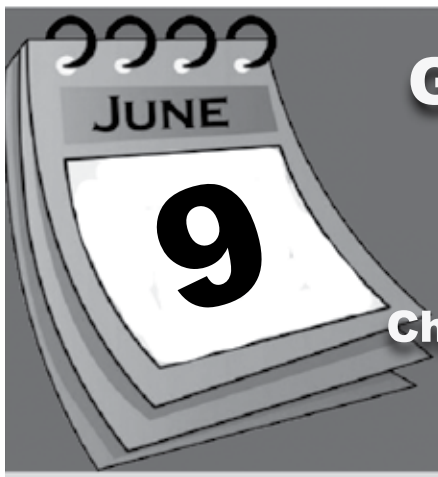
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# Gorham School's Proposed FY 27 Budget ANNUAL SCHOOL BUDGET REFERENDUM

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Dear Gorham Community Members,

I am writing to share important information about the proposed FY 27 Gorham School Department budget, which totals \$60,432,408.00. This proposal reflects the lowest overall increase in expenditure since 2022 and maintains our status as having the 2nd lowest per pupil cost in all of Cumberland County.

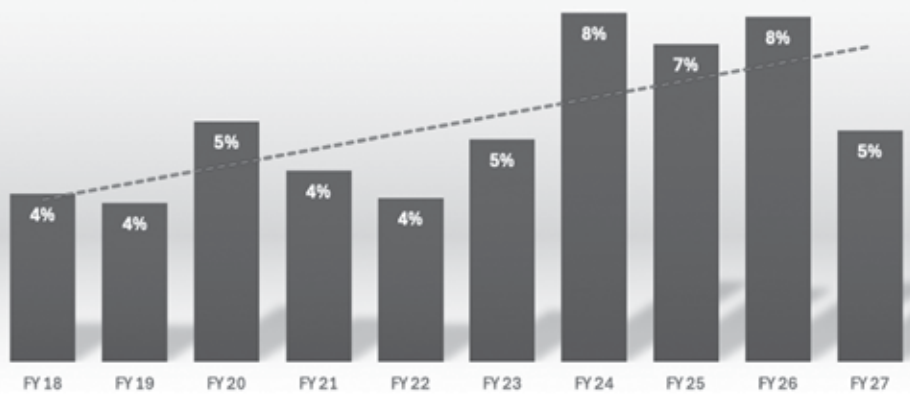
### Commitment to Excellence

This budget reflects our School Committee's beliefs that these funds are essential to sustain the high-quality educational services our students deserve. It supports the programs, people, and infrastructure that make Gorham Schools a place where all children can thrive.

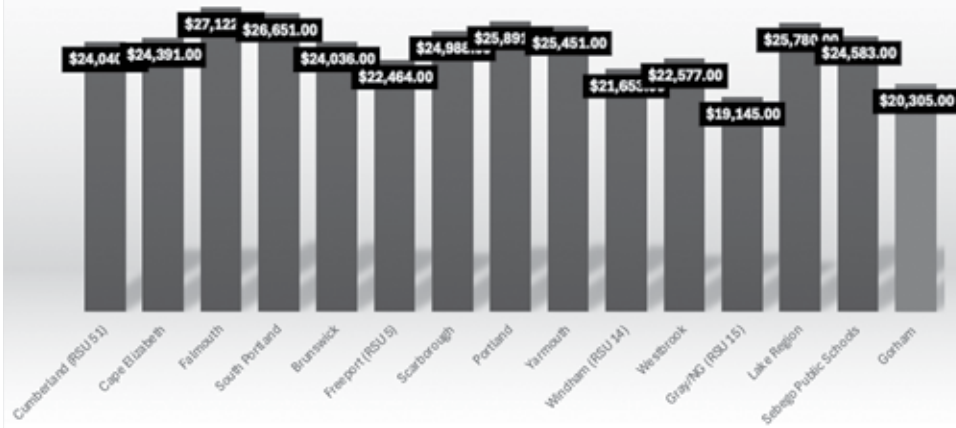
Thank you for your time and commitment to our schools and our community.  
- Heather J. Perry, Ph.D. Superintendent of Schools

### General Fund Historical % (+/-)

Dear Gorham Community Members,  
I am



### FY 26 Per Pupil Expenditure



For a Gorham home valued at the median of \$500,000, this proposed budget would result in an increase of \$415.00 for the year, or approximately \$35.00 per month.

### Key Cost Drivers:

The increase in this year's budget is primarily attributed to three major factors:

#### 1. Maintaining Existing "Status Quo" - \$1.65 million

This "status quo" investment reflects the rising costs of maintaining current staffing levels. It includes standard, contractually obligated annual salary increases and increases to our health insurance premiums. Notably, approximately 78% of our budget is dedicated to staff, the heart of our educational mission.

#### 2. Items Needed to Sustain Current Programming - \$902,000.00

We have zero new initiatives in this budget. Instead, these items are needed to meet the changing demographics and needs of our students. Costs in this category include added staffing to maintain class size guidelines, special education case loads, and addressing significant behavioral needs for regular education students in our elementary schools. Items also include added safety items such as replacement of radios used for emergency communications.

#### 3. Capital Improvements - \$300,000.00

These investments include funds needed to maintain existing facilities, such as repointing work at Great Falls, Repair of Heat pumps at Great Falls, and upgrades to HVAC controls. Even with this increase to our capital improvement lines, we fall short of the recommended \$2M in annual investments to maintain our existing facilities.

### Revenue Highlights

We had several revenue losses this year, which is mainly what is impacting anticipated increases to the mil rate. Those include the loss of \$250,000 in lease space reimbursements from the state, as we have exhausted those funds. We also lost about \$100,000 in CDS reimbursements to the general fund, and we were unable to contribute as much to fund balances, creating a gap of approximately \$700,000 in revenue. Even with these losses, we were able to keep the total mil rate to support public schools at 10.32, far under the 13's, 14's, and 15's of the early 2020's.

## So What Do We Get for An Investment In Our Public Schools?

- 96.5% Graduation Rate at GHS, well above the state's average of 88%.
- Only 6 school systems, out of 15 in Cumberland County have achievement scores in ELA and math that are above ours. Given that we have the 2nd lowest per pupil expenditures in the county, this is a strong Return on Investment (ROI).
- 82% of the class of 2025 went on to college or apprenticeships, 14% entered the workforce, 1 % entered the military, 3% chose a gap year. 100% of our graduates graduated with a plan.
- 75 GHS students have participated in CTE programs at either WRVC or PATHS, which have maxed out our available seats.
- 131 GHS students have participated in credit-bearing Extended Learning Opportunities (ELO) focused on their career aspirations with 50+ community mentors. 250+ community members have mentored GHS students on their career aspirations through programs such as job shadowing experiences, apprenticeships, Career X events, and more.
- 189 students earned 1588 college credits via USM Dual Enrollment or AP courses at GHS, saving families over \$660,000 in future tuition costs.
- Just over 60% of GHS students participate in extracurricular clubs and activities - our students are active and engaged!
- 70% of our students meet or exceed standards in ELA, and 61 % in Math, as measured by State Assessments, compared to 63% in ELA and 49% in Math at the state average.
- 93% of our families feel positive about our PK-12 schools.



**We have excellent, caring students in Gorham who LIVE our Code of Conduct and understand the importance of respect, honesty, courage, compassion and responsibility! That's no accident! That's a successful whole-community endeavor!**

**Please Vote On June 9th!  
Thank you!**



# School Committee Meeting

## May 13

Michael Lortie, School News Editor

The Gorham School Committee held their regularly scheduled monthly meeting on May 13. Six members of the committee were present (Thistle). They approved the minutes of the Regular Meeting of April 8 and the Special Meeting of April 29. (6-0)

Two GMS students, Rataj and Leila, reported on their creation The GMS Rams Rack. Inspired by the altruistic spirit of the Back Pack Program and a visit to the Maine Needs Program, the students approached Principal Witham about the idea of a clothes donation service. This would be a welcoming space where students are able to pick out something new for a confidence boost or a pick-me-up, as well as essential needs. They have handled every aspect of this project: securing a space, cleaning and designing it, advertising for donations, sorting donations and staffing the room. It is truly a wonderful example of students "giving back" to their community.

Superintendent Heather Perry gave a monthly report to the committee. She commented on the wonderful student artwork in the Municipal Chambers and the two student artists displaying their work at Sullivan House Bakery. She mentioned the governor's budget had passed and the implications for school districts. She also thanked the Town Council for approving the school budget and encouraged community members to vote on June 9.

Each committee member reported on recent events. The student representatives reported on a May 1 pep rally, AP exams, music department concerts, senior internships and a drunk driving simulation to help keep students safe during prom time. Lowansa Tompkins thanked all of the district teachers for their hard work this year. Mia DeSanctis acknowledged emails about class size received

from staff and thanked the committee members who spoke passionately at the Town Council meeting as citizens. Jeffery Ballard thanked the Town Council and acknowledged the thorough review done on the budget by this committee because of the need for fiscal restraint for the community. He also read a persuasive essay that he had received from a student at Narragansett School imploring the committee to consider three-day weekends for students. Michelle Littlefield mentioned the student music concerts and acknowledged a data point error that she had made at a previous meeting. Nicole Yeo-Fisher thanked the Town Council for approving the school budget and thanked Town Council member Janet Kuech for attending all School Committee meetings and budget workshops.

The committee voted (6-0) on two annually required votes. First, they voted to move a list of probationary teachers from year one to year two probationary status and to move a list of teachers from probationary year two to continuing construct status. Secondly, they authorized the superintendent to transfer up to 5 percent of the budget between cost centers, if necessary, at the end of the fiscal year. The superintendent will notify the committee of any changes made.

In their review of School Board policies the committee conducted a first reading of the following policies: Private School Students - Access to Public School Co-Curricular, Interscholastic, and Extra-Curricular Activities (JJIAA), Student Educational Records (JRA) - No changes recommended, Relations with SRO's and Law Enforcement Authorities (KLG), Hazing (ACAD) and Evaluation of the Superintendent (CBI).

# Logan Doughty Wins Prestigious Award

Katie Brown, Sports Editor



Photo Credit: Colleen Healy

GHS senior basketball player Logan Doughty receives one of the highest honors for a female athlete in the Southwestern Maine Activities Association (SMAA) in recognition of her athletic talent and sports-womanship. Pictured here is Doughty with Lisa Blais Manning, widely considered one of the best female high school athletes in Maine history, having won four state championships at Westbrook High School and a D-1 championship at Old Dominion in 1985. For this award, Doughty was evaluated on her performance on the court as well as her conduct and academic standing.



Photo Credit: Laugn Berthiaume

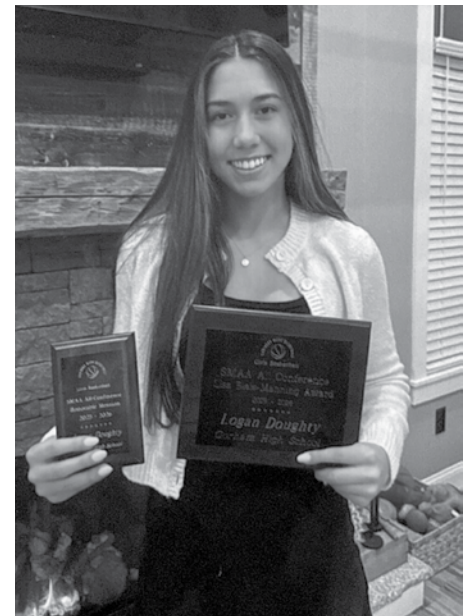


Photo Credit: Angela Doughty

# Gorham Residents Help the Animal Refuge League

Larissa Moore, GHS Student Intern

The Animal Refuge League of Greater Portland strives to help as many homeless and displaced animals as possible. They provide a home for pets in need, build animal and human connections, and support animal wellness. They wouldn't be able to achieve their success without all of their hardworking volunteers.

Thirty-six of the ARLGP's volunteers and 19 of their fosters come from the town of Gorham.

Terri Harmon, a Gorham resident, has been volunteering for rescue animals for over two years. She started her journey with the Maine State Society for the Protection of Animals. Then she eventually took the opportunity to join the ARLGP's volunteering team as well.

Today, Harmon continues to work as a picker in the paddocks for the MSSPA, and a kennel cleaner at the ARLGP. She is proud to be a part of the Animal Refuge League, and their dedication to "helping ALL small companion animals mend their health and their hearts."

Her love for animals stems from her

childhood, where she used to help care for stray cats around her neighborhood. To this day she gives back to animals, and treats them how they deserve to be treated.

Two more ARLGP volunteers from Gorham, Sarah and Anna Faatz, work with the kittens at the shelter. They enjoy feeding the cats and doing whatever they can to nurture the young kittens.

On top of this, Anna Faatz aspires to be a veterinarian one day, and her volunteering at the ARLGP provides her with experience around her future career environment.

This mother-and-daughter duo say, "It's important to us that animals who haven't yet found their permanent homes have a safe, comfortable, and caring place to stay in the meantime."

Overall, people of any background have a place at the Animal Refuge League of Greater Portland. Terri Harmon emphasizes, "There are SO MANY volunteer roles to be filled at the ARLGP! Be curious." The ARLGP can never have enough volunteers, and any kind of donations can benefit the shelter, and the wellbeing of animals within it.

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**GRADUATIONS**

Michael Darasz, Exercise Science, Regis College, Boston Massachusetts

**University of Southern Maine Gorham Graduates**

- |                              |                              |
|------------------------------|------------------------------|
| Erin Elizabeth Abrams        | Ahmed Abdulkadir Mohamed     |
| Steele Garrett Boyce         | Sara Mower                   |
| Anneka Jean Bryant           | Sandra Muehle                |
| Erin Olivia Castonguay       | Patience Munezero            |
| Ryan Joseph Cook             | Iana Cathia Munyaneza        |
| Jules Cooper                 | Maxwell William Ornstein     |
| Brianna Maria DiDonato-Duran | Ellie Dawn Perry             |
| Marie K. El Ammoury          | Madison Elizabeth Philbrick  |
| Abigail Grace Emerson        | Anthony Gene Phillips        |
| DeAnthony Eujan Evans        | Kiana Elizabeth Plumer       |
| Asa Reed Farley              | Jordan Rayne Fletcher Rinker |
| Samuel James Farr            | Gabrielle Candice Sawyer     |
| Nancy Neill Flagg            | Krystal Victoria Sawyer      |
| Benjamin Niklas Franklin     | Devan Sherry                 |
| Olivia Madelayne Gobel       | Hillary Leigh Simpson        |
| Jacqueline Grace Hamilton    | Jacob David Singelais        |
| Jennifer Lynn Jubinsky       | Kyle T. Skolfield            |
| Julia Marie Kratzer          | Paul Martin Thiemens         |
| Ryan David Kratzer           | Brent Michael Todorich       |
| Martha Elise Lachance        | Isabella Walsh               |
| Blainor Elizabeth McGough    | Eleanor Noelle Walton        |
| Samantha Alexandra Mengual   | Megan Elora Wentworth        |
| Rachel Rose Miller           | Meghan Marie Yaskula         |

**RESIDENT'S LIST**

- Lindy Moreland, Southern New Hampshire University, Manchester, New Hampshire  
 Bode Coleman, Southern New Hampshire University, Manchester, New Hampshire  
 Zoe Coleman, Southern New Hampshire University, Manchester, New Hampshire  
 Maddie Clough, Southern New Hampshire University, Manchester, New Hampshire  
 Kristen Dore, Southern New Hampshire University, Manchester, New Hampshire

**DEAN'S LIST**

- Lucien Beardsley, University of the Cumberlands, Williamsburg, Kentucky  
 Logan Hoffman, Cedarville University, Cedarville, Ohio

**OF INTEREST**

American Red Cross Blood Drive will be held at Cressey Road Christian Church on Thursday, May 21 from 1 - 6 p.m. Call (800) 733-2767 or visit <https://www.redcrossblood.org> to make an appointment.

Veterans of Foreign Wars Gorham Memorial Post 10879 will be holding a Memorial Day Weekend fundraising event on Saturday, May 23, from 10 a.m. - 2 p.m. at Sam's Club in South Portland. The purpose of the event

is to help raise funds in support of local veteran assistance programs, memorial and cemetery preservation efforts, youth and community outreach activities, and ongoing initiatives honoring veterans within the Gorham community.

The Gorham Garden Club is celebrating 95 years as a garden club. They are holding a Plant Sale and Garden Tour on May 30 from 9 a.m. - 1 p.m. at Treworgy Gardens, 120 Flagg Meadow Road in Gorham. There will be plants, planters, and culinary delights, along with a garden shop full of inspirational and useful gardening items for sale accepting cash, check, or credit.

Gorham Troop 73 is hosting a community rummage sale on Saturday, May 30 from 9 a.m. to 2 p.m. next to Baxter Memorial Library. Proceeds from the sale will support the troop's activities like camping adventures, community service projects and merit badge/rank advancement requirements. Tables can be rented (\$50) to sell your own wares. Reach out to [mitchellzaninelli@gmail.com](mailto:mitchellzaninelli@gmail.com) for more information. Tables are being provided by Party with Confetti Rentals.

Gorham House is seeking donations of gently used mother of the bride/groom dresses for their upcoming semi-formal prom on June 5. To arrange a drop-off time, please contact our programming team at (207) 839-5757.

Gorham Public Works will be conducting maintenance repairs in the area surrounding the Tannery Brook Dam this spring. During this time, residents may notice equipment, crews, and temporary activity near the site. The public is asked to use caution and respect any posted signage or restricted areas to ensure everyone's safety. Patience and understanding will be appreciated as this important work to maintain our infrastructure is completed.

The Friends of the Presumpscot River, in association with Presumpscot Regional Land Trust, Portland Trails, and Trout Unlimited are offering a free one-mile waterfall walk on Saturday, May 23 at Riverbank Park in Westbrook from 12:30 - 3:30 p.m. The event will feature art activities, trail walks, and an opportunity to celebrate the alewives and rock fish as they make their annual migration from the ocean upstream to Westbrook, Falmouth, Gorham, and Windham. There will be a rock fish ceremony at 2 p.m. Learn more about long term efforts to restore fish runs and river ecology along the entire length of the Presumpscot River, all the way to Sebago Lake, as well as including the Little Sebago Lake area in Raymond.

**PUBLIC SUPPERS**

Living Waters Church will have a Haddock Supper Buffet on Saturday, May 30 at 5 p.m. at Parker Farm Road in Buxton. Suggested donation is \$12 adult, \$5 child, \$20 family. Takeout containers are available.

**NEIGHBORS HELPING NEIGHBORS**

The Gorham Medical Closet is available to Gorham residents in need of medical equipment. The closet also accepts CLEAN donations. Wheelchairs, walkers, canes and scooters are just some of the items available. They are open Monday through Thursday by appointment only. Call Carol Robinson at (207) 400-7171 or Anne Murphy at (207) 671-5971 and they will assist you.

The Mission of Hope Clothes Closet is open Thursdays 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 spring and summer clothing. Share a cup of coffee with the staff while you browse.

CONTINUED ON PAGE 14

# Third Space MARKET

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# Gorham Taste Walk

**SUNDAY MAY 31ST**

Maps

11am-2pm



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PRE-ORDER & DAY OF EVENT

Pick up maps next to Robie Gym  
 For more information:  
<https://me28.younglife.events/taste-walk-2026>

sponsored by The Swanson Group

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 <https://www.gorhamfoodpantry.org> or contact the director at [director@gorhamfoodpantry.org](mailto:director@gorhamfoodpantry.org).

**SENIOR NEWS**

Gorham Seniors Co-op meets weekly at 34 School Street in Gorham, Mondays at 10 a.m. for Games and Puzzles, and Wednesdays at 10 a.m. for Coffee and Conversation. Seniors from Gorham and neighboring communities are welcome. For more information visit: <https://www.gorhamarts.org/seniorscoop>.

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**

Baxter Memorial Library offers many reading events each week. 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.

The North Gorham Public Library will host Avita of Stroudwater, Memory Care Community in Westbrook for their presentation about dementia, "Join My Journey," on Tuesday, June 2 from 10:30 - 11:30 a.m. at the library. Avita will also provide lunch, and the library will give participants a library bag with comfort items inside. Then on Saturday, June 6, from 9 a.m. - 1 p.m. the library will hold a plant, book and yard sale. Space for your own yard sale table is \$10. Donate plants in pots the week before the sale. Donate books anytime (please, no textbooks, encyclopedias, or Readers Digest condensed books). The NGPL supports North Gorham and Standish, and 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@northgorham.lib.me.us](mailto:libng@northgorham.lib.me.us). Sign up for the library's email weekly newsletter. FMI: [northgorhampl@gmail.com](mailto:northgorhampl@gmail.com), or call (207) 892-2575.

**Tractor Course** CONTINUED FROM PAGE 7

Shaw Farm, Jeff Grant of Findview Farm in Gorham and Tim Bartlett of Applewood Farm in New Gloucester who volunteered their time as co-instructors for the course, and the Town of Gorham. Cumberland County 4-H staff also provided educational support for youth in the course.

The contributions of other sponsors like Bassett Healthcare Network of Cooperstown, New York, and the Northeast Ag Safety Coalition

ensured all students had access to up-to-date textbooks and other materials.

The next farm tractor safety certification course in Cumberland County will be held in Topsham in 2027, and will then return to Gorham in 2028. To request a local tractor safety training, contact Jason Lilley at (207) 781.6099 or [jason.lilley@maine.edu](mailto:jason.lilley@maine.edu). More information about existing offerings and resources can be found on the Farm Tractor Safety Course webpage.

# Two GHS Artists Display Art at Sullivan's Bakery

Gorham Times Staff

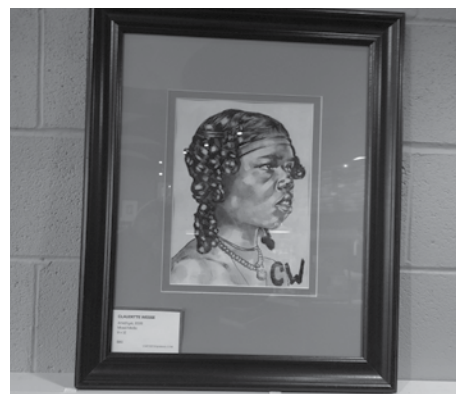


Photo Credit: Michael Lortie

Amethyst by Claudette Weisse.



Photo Credit: Michael Lortie

Sunset on The Lillies by Will Sturm

Two talented artists from Gorham High School are displaying their work at Sullivan House in Gorham. Seniors, Claudette Wesse and Will Sturm are each displaying ten original pieces in an Art Show and Sale. Prints might be included in the showing. Both Claudette and Will have shared their work in shows at the Baxter Library and around town. Stop in to see their artistry while enjoying coffee and a bakery treat, as the show continues until May 31.

**CALENDAR**

**Thursday, May 21**

Baxter Memorial Library CLOSED ALL DAY for staff development  
American Red Cross Blood Drive at Cressey Road Christian Church, 1 - 6 p.m. by appointment.

**Friday, May 22**

Baxter Memorial Library, Play to Learn Workshop, 10 - 11:30 a.m.

**Saturday, May 23**

VFW Gorham Memorial Post Fundraising Event fundraising event Sam's Club, South Portland, 10 a.m. - 2 p.m.  
Baxter Memorial Library, RPG Club, 11 a.m. - 12:30 a.m.  
Friends of the Presumpscot River, World Fish Migration Day, Riverbank Park, Westbrook, 12:30 - 3:30 p.m.

**Monday, May 25**

Baxter Memorial Library, CLOSED Memorial Day

**Tuesday, May 26**

Baxter Memorial Library, Author Event: Amie Lynne Martin 6 p.m.

**Wednesday, May 27**

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

**Thursday, May 28**

Baxter Memorial Library, Book Group: "A Marriage at Sea" by Sophie Elmhirst, 10:15 a.m.

**Saturday, May 30**

Trewoy Garden, Plant Sale/Garden Tour, 120 Flaggy Meadow Road, Gorham, 9 a.m. - 1 p.m.  
Living Waters Church Haddock Supper Buffet, 5 p.m.

**Tuesday, June 2**

Baxter Memorial Library, French language discussion group, 5:30-6:30 p.m.  
Gorham Troop 73 Rummage Sale next to Baxter Memorial Library, 10 a.m. - 2 p.m.  
Living Waters Church Haddock Supper, Parker Farm Road, Buxton, 5 p.m.

Send calendar items, public service announcements and events to  
Lori Arsenault, public service coordinator: [loriaam@gmail.com](mailto:loriaam@gmail.com)

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**BUSINESS DIRECTORY**

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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# blotter

A caller called in a welfare check on a female that had come inside, gone to the bathroom, and when she came out was acting strange. The caller also reported that the female went out to her vehicle, which was parked in front of the property and has been sitting there for about a half hour. Officers made contact with the female, who appeared to be asleep in her car. The vehicle was not running.

CMP hired an officer for an outside detail in the area of South Street while they worked on removing a gate. While they had some equipment issues, the detail itself was uneventful and cleared before noon.

A caller reached out to dispatch asking if there was anything that could be done about someone dumping trash in his dumpster. Officer went to the residence listed on the call. The individual stated they did not know it was illegal to dump trash, they just missed trash day and were trying to move. Officer told them they could go get their trash and take it somewhere else, and owner would be content with not pressing charges, but they would be trespassed. They agreed and said they would take care of it soon. Officer wrote out two criminal trespass notices and explained it to them. Officer then returned to the caller and advised him they would be back to pick up the trash. A later text indicated the trash had been picked up by the same vehicle that dropped it off. Caller was advised to call police if they return.

A vehicle was pulled over on Fort Hill Road. Officer made contact with the operator who told officer that his wheel broke out of its ball joint and he was waiting for a tow. The vehicle was safely out of the

roadway, and the operator showed the officer that the tow was 8 minutes away. Before leaving, the officer told the operator to call PD if he needed any assistance.

Vehicle parked at Fort Hill Park after dark. Officer made contact with the vehicle occupant who told officer that she did not know she was not supposed to be there after dark.

An officer was dispatched to an attempt to locate call in the area of Ossipee Trail. It was reported there was an erratic driver who did not look fit to drive. A female driver and a male passenger left the lot in Standish headed towards Gorham. They were reported to be driving a little blue car, hatchback style with an unknown plate. Officer checked Ossipee Trail to the Standish line with negative contact, and further checked the area with no contact.

While on routine patrol, and officer observed a box truck with hazard lights stopped in the middle of the road on a steep hill. The box truck was bearing State of Maine registration. Officer spoke to the operator and was advised that the vehicle just stopped running but that the wrecker was turning around right down the road. Officer remained on scene and assisted with traffic until the vehicle was cleared from the roadway.


Caller had questions about her vehicle. During the conversation she told dispatch that she was already working with State Police. She was referred back to them.

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<sup>1</sup>Annual 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. Advertised rate is based on risk based & relationship pricing discounts. For more information, visit [egcu.org/auto](http://egcu.org/auto). 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. Evergreen Credit Union is federally insured by the National Credit Union Administration.



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