



# Community News

## Friendly Village of Gorham

### February 2024



#### Dates to remember in February:

- 1 - National Freedom Day
- 2- Groundhog Day
- 2- National Tater Tot Day
- 8 - Nat'l Boy Scout Day
- 9 - National Pizza Day
- 10 - Lunar New Year
- 11 - Super Bowl
- 12- Lincoln's Birthday
- 13 - Mardi Gras
- 14- Valentine's Day
- Ash Wednesday
- 19- President's Day
- 22- Washington's Birthday
- 29- Leap Year



#### Do you need a little extra assistance with your groceries?

The Gorham Food Pantry offers food assistance at no cost to any Gorham resident in need.

Gorham Food Pantry  
299-B Main St., Gorham

Open Thursdays 9-11AM

They are also open on the 2nd & 4th Wednesday of each month from 6-7PM.

For additional information visit the Gorham Town Office.

#### Interested in making your rent payments at a time that works for you?

Call the office if you are interested it being set up to do online payment. Very convenient way to make your lot rent payments.

Call the office, I will be happy to email you the link.



#### Happy Birthday to all residents who are celebrating a February Birthday...

We hope you have a great one!



#### MANAGEMENT CORNER:

So as of today we have been lucky in regards to snow storms – but we have a few more days to go!

That being said please remember not to park on the street during a storm and do not shovel the snow in the road. Also if possible wait till we are down plowing before you shovel the end of your drive

Any change in your household let the office know, added guests, change in pets or updated credit card information.

Just remember the pool will open in 114 days!



*John L. Richard*



## February is National Heart Month.

You may have already thrown in the towel on any New Year's resolutions you made, but don't give up on yourself. Since February is National Heart Month, it is a perfect time to show yourself a little love by taking care of yourself. No, you don't have to join a gym and eat salads three times a day.

1. Start by getting a checkup at your doctor's office. If you have recently had one you already know what health issues you should be concentrating on.
2. The next most important thing is not to stress out about it. (Yes, that is easier said than done.)
3. If you are a smoker, call the Maine Tobacco Help Line at 1-800-207-1234 or visit their website at [www.thequitlink.com](http://www.thequitlink.com). They have a great support system and you may also qualify for nicotine replacement therapy to get you through the rough patch.
4. If you carry extra weight around your belly area, chances are you already realize how bad that is for your health. Again, try not to stress about it, because stress might be a large part of the reason the weight planted itself there in the first place. Get out and go for a walk several times a week. Call a friend and go walking inside the Maine Mall where it is warm and dry and not slippery. When watching your favorite TV shows, don't fast forward through the commercials. Instead, stand up and march in place each time they come on. Grab a couple water bottles or soup cans and do arm curls at the same time.
5. Make healthier choices when shopping, preparing, cooking, and eating meals. Buy organic whenever possible. Especially be aware when reaching for snacks like cookies, chips, and candy bars. Instead, reach for fresh fruit, yogurt, pretzels, popcorn, and veggie sticks.
6. You don't have to measure out all your foods. At mealtime, cover 1/4 of your plate with fruit, 1/4 of plate with vegetables, 1/4 of plate with meat or another protein, and 1/4 of plate with grains such as wheat pasta or bread. Wash it all down with a glass of low-fat milk or fresh water.
7. Visit these websites for great advice on how you can help yourself lead a healthier lifestyle:  
[www.goredforwomen.org](http://www.goredforwomen.org); [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org); and [www.everydaychoices.org](http://www.everydaychoices.org)



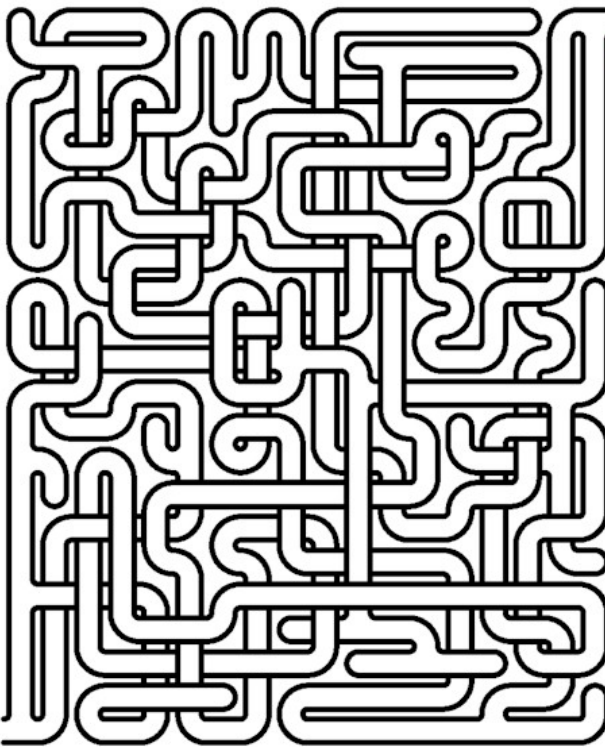
"I try to eat healthy. I never sprinkle salt on my ice cream, I only eat decaffeinated pizza and my beer is 100% fat free."

Can you help this plumber find his way through to the end of this leaky pipe maze, so he can repair the leak for his very wet customer?

For more mazes visit: <http://www.mazestoprint.com/>



start



finish



**Valentine's Day** is celebrated on February 14 in countries all over the world. It is a chance to show how much you adore or love a special someone, whether they are a friend, child, relative, or sweetheart. All kinds of gifts are given, but the most common ones include: cards, chocolates, jewelry, flowers, and romantic dinners.



**February 2, Groundhog Day**, originated on this day back in 1887 in Punxsutawney, PA, by German settler's. If the groundhog comes out of its hole and sees its shadow, we will have 6 more weeks of winter. If it does not see its shadow, we will have an early spring.

German Proverb:

"The badger peeps out of his hole on Candlemas Day and if he finds snow, walks abroad; but if he sees the sun shining he draws back into his hole."

## Chocolate Covered Strawberries

### Ingredients:

1 -cup pretzel rods (optional)  
1 -cup almonds (optional)  
3 -(4 ounces) bars semi-sweet chocolate, melted  
8- long-stemmed ripe strawberries

### Directions:

Chop pretzels and nuts and place in 2 separate bowls.

Chop chocolate.

In a double boiler, melt chocolate until smooth and velvety. Dip strawberries in chocolate and then in pretzels or nuts. Place covered strawberries on a tray lined with waxed paper. Allow to set at room temperature and serve.

Read more at: <http://www.foodnetwork.com/recipes/>



## Shrimp Scampi with Linguini

Level: Easy Total: 40 min Prep: 15 min Cook: 25 min

Yield: 4 to 6 servings

1 pound linguini  
4 tablespoons butter  
4 tablespoons extra-virgin olive oil, plus more for drizzling  
2 shallots, finely diced  
2 cloves garlic, minced Pinch red pepper flakes, optional  
1 pound shrimp, peeled and deveined  
Kosher salt and freshly ground black pepper  
1/2 cup dry white wine Juice of 1 lemon  
1/4 cup finely chopped parsley leaves

### Directions:

For the pasta, put a large pot of water on the stove to boil. When it has come to the boil, add a couple of tablespoons of salt and the linguini. Stir to make sure the pasta separates; cover. When the water returns to a boil, cook for about 6 to 8 minutes or until the pasta is not quite done. Drain the pasta. Meanwhile, in a large skillet, melt 2 tablespoons butter in 2 tablespoons olive oil over medium-high heat. Sauté the shallots, garlic, and red pepper flakes (if using) until the shallots are translucent, about 3 to 4 minutes. Season the shrimp with salt and pepper; add them to the pan and cook until they have turned pink, about 2 to 3 minutes. Remove the shrimp from the pan; set aside and keep warm. Add wine and lemon juice and bring to a boil. Add 2 tablespoons butter and 2 tablespoons oil. When the butter has melted, return the shrimp to the pan along with the parsley and cooked pasta. Stir well and season with salt and pepper. Drizzle over a bit more olive oil and serve immediately.



**POLICE - FIRE- RESCUE,**  
**Emergency dial: 9-1-1**  
**Non-emergency dial: 839-5581**  
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**For Friendly Village  
Maintenance Emergencies:  
Water-Sewer-Power  
Dial Friendly Village Pager:  
207-400-0368**  
**For Use In An Emergency Only**  
**Weekends & After Office Hours**

**Friendly Village of Gorham,**  
5 Ash Drive, Gorham, ME 04038  
Phone: 839-5577 Fax: 839-3233  
[friendlyvillage@mainemobilehomes.com](mailto:friendlyvillage@mainemobilehomes.com)

[www.mainemobilehomes.com](http://www.mainemobilehomes.com)  
[facebook.com/friendlyvillage.ofgorham](https://facebook.com/friendlyvillage.ofgorham)  
Office Hours: Mon-Thurs 8:30 to 4 Closed Fridays  
(Hours subject to change w/out notice.)



Notary services are available in  
the Friendly Village Office.

**Snow Plowing & Shoveling**  
Dylan Perry  
615-1146

**Roof Shoveling**  
Robert Moore  
207-450-1041  
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**Handyman Services Call**  
**Ryan Simoneau**  
**400-5711**

## TIME TO START THINKING ABOUT HOW TO HAVE A BETTER LAWN

### LAWN CARE

#### LAWN TREATMENT PROGRAM

- **Early spring:** Your lawn needs extra nutrients to maintain color and density. At this time you need to apply a quick release fertilizer. Now is also a great time for spring maintenance.
- **Spring:** With the weather turning warmer apply a slow release fertilizer that prepares your lawn for summer. Apply a preventative crabgrass control at this time. Rule of thumb for timing: apply crabgrass preventative before forsythia blossoms fall.
- **Early Summer :** Grub control/Insect control is applied, giving season-long control against grubs and the damage they cause. Grub control is highly recommended to keep your lawn healthy.
- **Summer:** Summer conditions can stress your lawn. To prepare for the warm season ahead, fertilize, look for problems and treat weeds as necessary. Remember to water, preferably in the early morning. Tip: set out a tuna can to collect the sprinkler water, and time, once you reach an inch of water in the can, that give you the amount of time to set your sprinkler to give adequate water for your lawn.
- **Late Summer:** Care needs continue with a fertilizer application that helps maintain color without encouraging excess growth. Treat weeds if necessary, and if grubs are present another application of grub control will help.
- **Early Fall:** Your lawn needs help rebounding from summer stress. Apply a fall fertilizer and now is a great time to aerate your lawn and seed any bare areas.
- **Late Fall:** Apply a late fall/winter fertilizer, lime your lawn if needed all of this allows root growth and food storage to help your lawn survive during the winter months.

**LAWN SEE TIP: LOOK FOR LOW AMOUNTS OF ANNAL RYE GRASS (THIS IS JUST A FAST GROWING GRASS TO GREEN YOUR LAWN UP QUICKLY AND PROTECT THE IMPORTANT PERIENIEL GRASSES FROM SUN, BIRDS AND LOSS OF MOISTURE. CREEPING FESCUE WILL SPREAD QUICKLY, DROUGHT TOERANT AND HOLDS UP TO BEING WALKED ON. WHITE CLOVER MIXED IN (THEY HAVE IT AT BLUE SEAL) STAYS GREEN ALL SUMMER, DOG URINE RESISTANT AND GIVES OFF NITROGEN IN THE SOIL FOR THE GRASS NEARBY.**

