



# Community News

## Friendly Village of Gorham

### February 2025

#### February Dates to Remember

- 2 Groundhog Day
- 4 Rosa Parks Day
- 9 Super Bowl Sunday
- 12 Lincoln's Birthday
- 14 Valentine's Day
- 20 National Love Your Pet Day
- 22 Washington's Birthday
- 25 National Clam Chowder Day
- 28 National Pancake Day



Happy Birthday  
to all residents who are  
celebrating a  
February Birthday...  
We hope you have a  
great one!

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

Call the office at  
839-5577  
to discuss the options!



#### MANAGER'S CORNER

I know that we have had little snow to speak of, but I still would like to remind you of the following:

No parking on the streets during snowstorms so that we may get the streets as clean as possible. Vehicles will be towed at your expense.

Keep pathways to your oil tank and water shut offs clear of snow.

Snow should be removed from your roof after 6 or more inches have accumulated.

And remember if you see icicles, you have a chance for water back, causing damage to the interior of your home.

February can be a very snowy month, so we're not out of this winter yet!

Also, if you have a programmable thermostat or one that takes batteries you should change the batteries yearly. Furnaces will not run if the batteries are bad!

**JOHN L. RICHARD**



## American Heart Month: Be Prepared to Save a Life

In 1964, President Lyndon B. Johnson issued the first proclamation declaring February American Heart Month. Each year, this is a time to spotlight heart disease, by bringing awareness and sharing how to take steps to prevent this deadly disease.

According to the American Heart Association, heart disease is a leading cause of death in the United States for both men and women. They also offer tips on action items you can take to prevent heart disease:

- Know your risk.** Knowing your risk can help you make lifestyle changes.
- Eat a healthy diet.** Start making healthy choices that include daily vegetables and less processed foods.
- Be physically active.** Move more – it's one of the best ways to stay healthy, prevent disease, and age well.
- Watch your weight.** Stay at a healthy weight for you.
- Check your blood pressure and cholesterol.** These are two main risk factors that could lead to heart disease.

Raising awareness is essential not only in the month of February but also year-round. It's the awareness that can ultimately save a life and on the first Friday of February, the nation celebrates National Wear Red Day to bring greater attention to heart disease as a leading cause of death for Americans.

It's also the perfect time to take training from the American Red Cross on how to perform Cardiopulmonary Resuscitation (CPR) and how to use an Automated External Defibrillator (AED) to help save lives. Cardiac arrest claims thousands of lives every year. Red Cross CPR/AED classes can help you save a life when every moment counts.

Take a lifesaving class today, at [redcross.org/take-a-class](http://redcross.org/take-a-class).

*Written by Maria Arango, American Red Cross Public Affairs*

**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.



**PLEASE**

**DO NOT CLEAN THE SNOW  
FROM YOUR VEHICLES IN  
THE ROADWAY**

**THANK YOU!**



## February Events

### February Flower Bar

February 8<sup>th</sup>, 9a-2p  
Snell Family Farm  
1000 River Road, Buxton

### Nature Story Time

February 12<sup>th</sup>, 10a-11a  
Pride Preserve, Westbrook

### Maine Tattoo Arts Festival

February 14<sup>th</sup> 2p-11p  
February 15<sup>th</sup> 11a-11p  
February 16<sup>th</sup> 11a-8p  
Thompson's Point  
15 Resurgam Place, Portland

### ADAPT Showcase

Atlantic Dance Arts, LLC  
February 15<sup>th</sup>, 5p-7p  
Gorham High School  
41 Morrill Ave., Gorham



**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.



## Creamy Chicken Tortilla Soup

by Stephanie on December 4, 2024

Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes

Servings: 13 cups

This Creamy Chicken Tortilla Soup recipe is easy to make on the stove top or the Crock Pot. Make it with fresh, leftover, or rotisserie chicken. Cheddar and Cream Cheese add a hint of creamy indulgence!

### Ingredients

- 2 Tablespoons butter
- 1 small yellow onion, diced
- 1 jalapeno pepper, diced
- 3 cloves garlic, diced
- 1 Tablespoon tomato paste
- 1 15 oz. can corn, drained
- 1 10 oz. can Rotel diced tomatoes with green chilies, undrained
- 1 15 oz. can black beans, drained and rinsed
- 5 cups chicken broth
- 2 small boneless skinless chicken breasts, or 2 cups shredded chicken
- 1 pinch Cayenne Pepper
- 1 teaspoon cumin
- 1-2 teaspoons hot sauce
- 1 oz. packet taco seasoning, about 3 Tbsp.
- 1 1/2 cups cheddar cheese, shredded
- 1/3 cup cream cheese, softened

### For Topping

- Corn or Flour Tortillas

### Instructions

1. Heat 2 Tbsp. butter over medium heat and add the diced onions and peppers. Sauté for 4 minutes, then add the garlic and cook for 1 more minute.
2. Add all remaining ingredients EXCEPT for the cheddar cheese, cream cheese, and garnish ingredients. I also recommend starting with 2 Tbsp. of Taco Seasoning and add more to taste toward the end if preferred. (I end up using all of it.)
3. Let the soup gradually come to a gentle bubble, partially covered. If the chicken boils rapidly, it becomes tough. Cooking it slowly keeps it nice and juicy.
4. Remove the chicken after 20-25 minutes, once cooked through. (Timing depends on the thickness of the chicken.) Use 2 forks to shred, then return to the soup.
5. Reduce heat to low and gradually sprinkle in the shredded cheese and softened cream cheese. Stir until smooth and creamy.
6. Taste and add any additional seasonings as needed. Garnish and serve!

### Frying Tortilla Strips (For Garnishing):

- Cut corn or flour tortillas into strips.
- Heat vegetable or canola oil over medium-high heat in a high-walled skillet. Use just enough oil to submerge the tortilla strips.
- Fry the strips in batches until crisp and slightly browned. Remove and set on paper towels, sprinkle with salt.



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

The Gorham Food Pantry, located at 299-B Main Street, offers food assistance at no cost to any Gorham resident in need. The pantry is open on Thursdays from 9-11 a.m. For more information, contact the Gorham Town Office.



### Community Guidelines Spotlight

#### 4. VEHICLES AND TRAFFIC SAFETY STANDARDS

d) All roadways must remain open to allow access for snowplows and emergency vehicles. Community owner reserves the right to tow any vehicles that are not parked in accordance with this requirement.

## JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

CENUL

GINVE

AMPIRI

CAUNNE

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THAT SCRAMBLED WORD GAME  
 By David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Ans. here:    THE

SOLUTION ON BACK PAGE

**POLICE - FIRE- RESCUE,**  
**Emergency dial: 9-1-1**

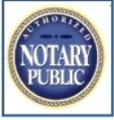
**Non-emergency dial: 839-5581**  
 \*\*\*\*\*

**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-Fri 9-4

Notary services are available in  
 the Friendly Village Office.



**Anyone who would like to  
 advertise snow removal  
 services, etc., please call the  
 office to advertise here on  
 the newsletter, 839-5577**

**TIME TO START THINKING ABOUT LAWN CARE**

- **Early spring:** Your lawn needs extra nutrients to maintain color and density. At this FAST-GROWING 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 FAST-GROWING. 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 FAST-GROWING 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 RE: THE SOIL FOR THE GRASS NEARBY.**

**Classic Jumble Answers**  
 UNCLE  
 GIVEN  
 IMPAIR  
 NUANCE  
 Surprise puzzle answer  
 Though they weren't likely to win the marathon,  
 they were happy to be – **IN THE RUNNING**  
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