

Volume 24 Number 2 | January 25, 2018A FREE, Non-profit, Biweekly Community Newspaper since 1995

# Discussions Continue on K-5 School Configuration

#### KATHY CORBETT Staff Writer

In a room filled with parents, the Gorham School Committee (SC) held a workshop on January 10 to discuss options for K-5 configuration in the district's three elementary schools. Chairman Darryl Wright opened the discussion by emphasizing that no decision had been made and that the SC is still in the process of considering options. He expressed appreciation for the input the committee had received from parents.

Previously, at a workshop on December 27, the SC developed a list of priorities to use in making a decision: equality of educational opportunities, long-term planning/efficiency, efficient use of resources, equality in class size, and safe and secure buildings. They also decided to consider two additional configurations as well as the one recommended by a study committee commissioned by the School Committee. That recommendation was to retain the current configuration of three neighborhood schools. All options under consideration would be evaluated in relation to these priorities.

Between the December meeting and the January 10 workshop, 200 parents signed on-line petitions and another 50 sent e-mails to the School Committee that were overwhelmingly in support of maintaining neighborhood schools. At the regular January meeting held before the workshop, eleven parents and teachers urged the SC not to change the current configuration.

At the start of the School Committee's discussion on January 10, Wright listed the themes, or concerns, that appeared most often in communications with parents. These included, among others, long-term vs. short term planning, relationships between students and teachers, neighborhood schools, town growth rate, and not only looking at financial considerations. In discussing long-term planning, the committee reviewed the recent rapid population growth that is driving the need to enlarge capacity in the Gorham schools. If this trend continues, the district would need to add more portables, add on to existing schools, or build a new school within five to ten years. When asked, Superintendent Perry said that although state aid for construction would be possible, Gorham probably

# **Escape to the Tropics with GHS Musical**



Photo credit Amanda Landry Photography

The cast and crew of Gorham High School's drama club presents "Once on this Island" this February. See article on page 9 for show details.

# Historic McLellan House Gets an Overhaul



Photo credit Leslie Dupuis

EDMUND RICKER Contributing Writer If you have not driven by 77 South Street lately, you could be in for quite a surprise. This 1800's era Colonial located in the South Street Historic District is undergoing a major renovation. The house is believed to have been built in 1803 for James McLellan, a descendent of the McLellan family who settled in Gorham 278 years ago.

Currently the windows have been replaced and the well worn exterior siding stripped. The exterior has been covered with house-wrap, commonly used as a vapor barrier between the sheathing and the siding, and is awaiting new siding. The building was sold to Ben LaMarche and Cory Murray, doing business as Standish MODBL Real Estate LLC, in August 2016. At the time of the sale, the building was listed as the first floor being utilized as office space and the second floor as a two bedroom rental apartment.

According to Freeman Abbott, Code Enforcement Officer for the Town of Gorham, the interior of the building is completely gutted, and he estimates the project is currently 25% complete. He further stated that the final use of the building has not been determined and at this point could be either residential or commercial.

# **Don't Forget Your Gorham Times!**



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# Gorham Sightings



CONTINUED ON PAGE 6



to the ice machine on the pharmacy side and next to the juice cooler as your enter the fresh produce section. Be sure to pick up your copy on your next trip into Hannaford.

Photo credit Roger Marchand

Do you know where in Gorham this photo was taken? Join our visual trivia discussion by entering your best guess on our Facebook page at www.facebook.com/gorhamtimes or email us at gorhamtimes@gmail.com. Several readers correctly guessed the location of the photo in the January 11 edition as the entrance to the former White Rock School, now known as Perennial Place.

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<b>5</b> Municipal	<b>11</b> Sports	<b>15</b> Calendar	

## NEWS FROM AUGUSTA

Policy on News from Augusta: The Gorham Times asked our three state legislators from Senate District 30, House District 26 and House District 27 to provide us with "News from Augusta." We publish their articles on a rotating basis. The submissions are devoted to updates of legislative and administrative news, proposed and passed bills and laws, and developments and events that are of interest and have an impact to Gorham residents. The Gorham Times reserves the right to edit the submissions and it further reserves the right to reject any submission, in its sole discretion.

# **Protecting Maine's Vulnerable Citizens**

#### SEN. AMY VOLK

January is Human Trafficking Awareness Month and this is an issue I have focused on in my time in Augusta. Together with my colleagues in the State House, as well as numerous caring professionals, religious institutions and volunteers, we have increased awareness of these crimes statewide.

Modern-day slavery victimizes over 27 million people worldwide, making human trafficking a global concern that affects the United States on federal, state and local levels. In 2012, human trafficking became the second fastest growing criminal activity in the United States, following drug trafficking.

During my time in Augusta, sex trafficking arrests have been made right in Gorham and I have met a number of survivors, some as young as my own children, others older than I am. It's heartbreaking, but by working together and recognizing the warning signs, we are identifying more victims, curbing demand and bringing abusers to justice.

Each legislative session I have sponsored or co-sponsored legislation to protect victims of trafficking and hold traffickers accountable for their crimes; much of that legislation has been successfully passed. This year, I have two pending pieces of legislation: LD 951, "An Act to Adopt the Uniform Act on Prevention of and Remedies for Human Trafficking"

and LD 1740, "An Act to Establish the Crimes of Criminal Forced Labor and Aggravated Criminal Forced Labor in the Maine Criminal Code."

LD 951 will further increase public awareness through strategic signage. It will also expand the affirmative defense I passed a few years ago to include related crimes. Lastly, it will hold businesses accountable if they knowingly engage in trafficking. LD 1740 would better support law enforcement and prosecutors by naming forced labor as a crime, which in turn will help victims in their recovery and bring more offenders to justice.

Another somewhat related bill I have sponsored is LD 1771, "An Act to Stabilize Vulnerable Families." We know that children who experience extreme stress or upheaval are much more likely to become victims of human trafficking as they mature or even before they are grown.

Sadly, due to the opioid epidemic, too many Maine children are growing up in unstable and even frightening environments. In order to save this silent generation, we must find treatment solutions for their parents.

The McAuley Residence in Portland is an example of an antidote that works. In this program, addicted mothers are provided stable housing and a comprehensive array of support services that allow for recovery and reunification with children by treating the entire family system.

LD 1771 would re-direct funding to build on this successful model.

Ultimately, we would like to pilot several housing-based programs, each providing coordinated care in a holistic approach to recovery for vulnerable families affected by opioid dependence.

There are no shortcuts to successful recovery and when there are children involved, we need to ensure that their lives are stabilized and the cycle of dependency and victimization broken. Comprehensive treatment such as what McAuley Residence has been delivering for 30 years results in long-term stability and permanent economic security.

My heart aches when I hear of children who have been taken from their parents and bounced around the foster care system. It breaks when I hear of a child finding a parent overdosed. Every child is precious, but in the oldest state in the country, we cannot afford to allow a single child's life to be turned upside down and destroyed by their parents' dependency. It is time to prioritize the next generation and invest in Maine's future.



Senator Amy Volk is currently serving her second term in the Maine Senate where she serves as Assistant Majoritv Leader. She represents the people

in District 30, which includes most of Buxton, most of Scarborough and all of Gorham.

The Town of Gorham is accepting bids for the purchase of the Municipality's interest in certain tax-acquired property on Wednesday, February 14, 2018.

For a copy of the official notice of tax sale, please contact the Gorham Finance Office at 222-1610, visit the Town's website at www.gorham-me.org, or email the Finance Department at slaflamme@gorham.me.us.

# **Borham Times**

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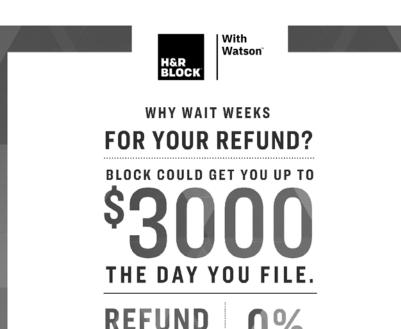
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# **Around Town**

Wescott & Sons on Route 25 in West Gorham, a family business started in 1969, has been purchased by New Hampshire-based MB Tractor.



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# **Collin Tarbox: A Little Boy** with a Huge Heart

JAMIE DOUGLASS AND STACY SALLINEN Contributing Writers

Collin Tarbox loved a good party. He loved giving gifts to family and friends for no reason or to celebrate a special milestone. He was a fan of the New York Giants and tacos. When he grew up, he wanted to drive a food truck with tacos and call it Tarbox Tacos.

A fourth-grade student at Great Falls, Collin was diagnosed at birth with a rare inflammatory genetic disease called Blau Syndrome. Born on June 18, 2007 to Jess Connolly (GHS '02) and Derek Tarbox, Collin spent most of his life in and out of The Barbara Bush Children's Hospital (BBCH) and The Boston Children's Hospital. He lost his battle on January 4.

Collin had an impact on his school, teachers, and classmates. Though he missed a lot of school, he kept up with his school work

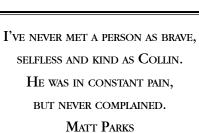
with help from a teacher on staff at BBCH. His first-grade teacher, Terry Bryson, said she visited Collin in the hospital and brought him a gift to make him smile. She left that day feeling

like he had given her more than she had brought him.

"Collin was a selfless kid. He always thought of others. Never asked for anything for himself. Never complained, even when he was sick," recalled Bryson.

Collin moved to hospice care at BBCH in October. He spent the last weeks of life doing what he loved, and planned an extraordinary Christmas party for all the children in the hospital with help from staff. Connolly, his mom, said in true Collin-like fashion, he collected and distributed gifts to the children and didn't keep any for himself.

Patty Larosa, Collin's secondgrade teacher, learned of the party during a visit and noticed that his room was decorated with several paper plate crafts of the Grinch. Feeling inspired, she rallied teachers and students to decorate a hallway with Grinch faces in honor of





Collin Tarbox holds the specialty license plate to benefit The Barbara Bush Children's Hospital.

She wanted Collin to know that his Great Falls family was thinking of him. A short video of the décor was sent to Collin. "He got

a real kick out of them," Larosa said. "The goofier the face the more he liked it."

The Grinch project inspired two of his classmates, Abigail Fortier and Emily Fluet, to

make and sell Grinch ornaments: clear, glass orbs filled with green paper and a red heart painted on the outside. Proceeds were given to Collin's family, who in turn donated half to BBCH.

After two of his friends from the hospital passed away, Collin worked with Matt Parks, Director of Philanthropy, Annual and Special Giving at Maine Med to turn an idea into reality.

Collin played an instrumental role in collecting signatures needed for a specialty license plate to benefit BBCH. Despite not feeling well, Collin didn't let his health stop him from asking customers at local businesses to sign his petition. Parks recalled attending a Portland Pirates game with Collin who was so busy handing out flyers and obtaining signatures that he missed most of the game. He was on a mission.

## **POSTCARDS FROM THE PAST**



GREG CUFFEY Contributing Writer

Old Gorham High School, built in 1868, was located on the corner of South Street and Preble Street, in the vacant lot beside Robie Gym. The High School was in use until 1939. The first floor was converted to a fire station in the late 1950's. At eleven years old, my family moved to South Street, in the early 1970s. Most days I heard what I thought were loud tractor trailer truck horns blaring from the center of town. How strange, I thought. Months later I learned the honking came from a large horn on top of this fire station. Unique patterns of long and short horn blasts told firefighters what street to dash off to to fight a fire. How times have changed.

The building was torn down in 1975 because it was in rough shape and deemed a fire hazard. The town then used the lot as a green space next to Robie Gym, where you could have outdoor sports and/or more parking.

Anyone with questions or further information about this building can contact me at SPHOmaine@hotmail.com.

**GHS GRAD NEWS:** If you, or your son or daughter is a GHS graduate, we would like to share your achievements in the Gorham Times Of Interest section or in a Where Are They Now feature. Of Interest submissions should include the year of GHS graduation and should be no longer than 75 words. Contact Chris Crawford at ckck5@maine.rr.com, Kathy Corbett at ktcorbett@aol.com or Cindy O'Shea at coshea2@maine.rr.com.

## Claude Frederick Daigle Jr., 75

GORHAM - Early Tuesday morning, Jan. 9, 2018, Claude Frederick Daigle Jr., 75, was peacefully called to join our Lord and Savior, in Heaven.

The son of Claude F. and Delina Daigle, he was born in Homestead, Fla., on April 1, 1942. Fred was raised on the family potato farms in Homestead, Fla.; and Gorham, Maine. Sharing time between the two farms, he learned the family farming business inside and out, including many



other aspects of life, through working side by side with his father, whom he loved dearly. Fred's sincere appreciation for others, the Lord, and his many blessings, was evident to all those whose lives he touched throughout his life.

His abundant generosity, witty sense of humor and knack for having just the right story to tell at the right time, are just a mere few of the many endearing traits we remember Fred by. He had a largerthan-life personality and the ability to relate on a personal level to everyone he met.

Some of his favorite times outside of farm life included his college years at UMaine Orono, where he earned his B.S. in agriculture to help improve himself and the family business, and where he met his

#### Collin.

#### Continued on Page 6

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lifelong friend, John Wilson.

Fred's success and knowledge in farming was so profound, there are simply too many awards, board appointments, degrees and certificates to list. Up to his last day, he was always learning, asking tough questions and trying to improve himself and those around him.

Fred lived with a bright passion for the present, yet always reflecting on the many colorful stories of his past while keeping a keen eye on the future. He leaves with us an everlasting legacy of hard work, fairness, humor and humility that can never be replaced.

He was predeceased by his parents, Claude and Dee Daigle; and his niece, Sophie Kecskemethy.

He is survived by his wife of 51 years, Sandy Daigle; his son, Freddie Daigle, and his wife Tracey and their two children, Bailey and Bridget; his daughter, Jennie Sundik, and her husband Greg and their two children, Alexander and Billy; his daughter, Christine Daigle; his sister, Irene Kecskemethy; and many nieces and nephews.

There will be a spring burial.

# **Tax Reform and Form W-4**

#### MISTY D'AMICO Contributing Writer

Tax reform swept through the country with a blizzard of changes affecting individuals and businesses. While most tax accountants are still digging out from the storm, the IRS has begun the process of determining the impact to individuals through the issuance of new payroll withholding rates. Employers must calculate withholding using the new tables no later than Feb 15, 2018.

Most workers in the U.S. remit their income taxes through employer withholding from their wages as determined by the worker's choices made on a Form W-4. The new withholding rates change the impact of these choices on your paycheck, and in most cases, through less tax withheld. Less tax withheld seems like a good thing, however, the goal of withholding is to pay in the correct amount of income tax over the course of a year. The new withholding tables may not work in every tax situation, so you should review your W-4 choices.

The W-4 calculation works based on choices you make with regard to tax filing status and number of withholding allowances. Tax filing status refers to single (including head of household) or married. Withholding allowances is simply a means to reduce withholding for the tax impact of personal exemptions (no longer applicable for 2018) and deductions. Your choices on the W-4 do not have to reflect actual tax filing; you can choose to have withholding calculate as a single filer with no withholding allowances even if you are married with five children. Consider it your W-4 alter ego. While the calculations may seem difficult, it is just math; math that the

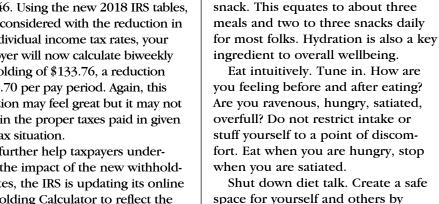
average person can understand and math that leads to the proper income tax paid to the government.

The math is actually issued by the IRS in table form and can be reviewed in Publication 15, Employer's Tax Guide. IRS Notice 1036, released on January 11, 2018, provides the new withholding rates pending release of Publication 15 for 2018. This may be accessed online at www.irs.gov.

As an example of the impact of the new rates, let's say that you have taxable wages of \$2,000 each biweekly period and have elected married with two withholding allowances on your W-4. Using the percentage method under the 2017 IRS tables, your employer would have calculated biweekly withholding of \$167.46. Using the new 2018 IRS tables, when considered with the reduction in the individual income tax rates, your employer will now calculate biweekly withholding of \$133.76, a reduction of \$33.70 per pay period. Again, this reduction may feel great but it may not result in the proper taxes paid in given your tax situation.

To further help taxpayers understand the impact of the new withholding rates, the IRS is updating its online Withholding Calculator to reflect the new rates. The new calculator should be available by the end of February and can be found on the IRS website. Tax reform will impact everyone, so consider reviewing your tax situation with your tax advisor and updating your W-4 in 2018.

Misty D'Amico has over 25 years tax experience in public accounting and private industry. She has lived in Gorham for six years with her family. She (infrequently but passionately) blogs on a variety of topics at www.taxchowder.com.



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**Ditch the Diet** 

CAROLYN MILLES

of 2018 is really no diet at all? That

you could experience food freedom

and let go of restrictive habits alto-

gether? Below are some strategies

for ditching the diet and tuning into

Nourish. Fueling the body con-

sistently keeps our blood sugars in

check and helps avoid those "I could

eat everything in my kitchen includ-

ing the cabinets" moments. It is best

to eat something about every three

hours, never allowing more than 4

hours to go by without a meal or

What if I told you that the best diet

space for yourself and others by eliminating negative body and food talk. Statements about weight and the latest fad diet do not contribute to healthy relationships in any arena.

Practice mindfulness. Are you eating in front of the TV? Computer? Looking at your phone? While driving? Turn off the screens and engage all of your senses, allowing the digestive process to fully take place. What are you tasting, smelling, hearing, feeling, seeing? Put your fork down between bites while appreciating your company and environment.

Find joy in movement. Do you enjoy dancing? Walking? Being outside? Yoga? Lifting weights? Make exercise less of a task and more of a self-care routine. Move naturally



throughout the day. Rest is equally important, so do not be afraid to take a hot bath or read a book instead. Treat your body with kindness while moving and resting intuitively.

Consider your relationship with food. There is no good or bad food as all have a place in nourishing your body. Restriction can lead to binging, shame, and various other poor outcomes. The more we adopt an "all foods fit" mentality, the better we are able to eat in a way that feels good. When we allow ourselves to savor the foods that we enjoy and live out of compassion rather than willpower, food takes up less "mental real estate". Mood, energy, and relationship with self are all often improved as a result.

Research has proven that 95% of all dieters will regain their lost weight in one to five years. In fact, restrictive habits cause the brain to notice food more while making "no-no" items more appealing and increasing overall appetite. Metabolism slows down and the body holds onto fat mass while decreasing muscle tissue as well as the desire for movement. Improving your relationship with food via mindful and intuitive eating is not only sustainable, it is liberating. Tune into your body and provide what it needs in order to feel optimal physical, mental and emotional wellbeing. Don't let food rules steal your joy and connection.

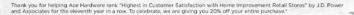


Carolyn Milles, RDN, LD is a thirdgeneration dietitian who believes life is for living, not restricting. She happily serves individuals in their

journeys to nourish, move, create balance and be well in the Gorham area.







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## MUNICIPAL

# Planning Board JAN. 8, 2018

• W.A. One's request for a nine lot subdivision located off Madison Way (private way) was approved.

 Goodwill Industries of NNE's request for approval of 27 additional parking spaces at their property on Hutcherson Drive was discussed and moved to the next available consent agenda.

• Pike Industries' request to remove 5.279 acres from their Buck St. gravel pit and to convey it to CMP on property located between

Shaw's Mill Road and Buck St. was approved with findings of fact and conditions of approval.

• The amendment to allow mobile vending units in roadside commercial, industrial, Narragansett Development, agricultural/industrial, urban commercial and Gorham Village Center subject to performance standards was discussed and moved to the next planning board meeting for a public hearing.

# **Big Plans for 18 Elm Street**



Construction continues at 18 Elm Street after the former house was razed to make room for a new mixed use building which includes two commercial areas on the first floor and two residences on the second floor. A new kickboxing gym, 9Round, is scheduled to open in March and will occupy the left side of the building. Carter's Green Market, a specialty retail store which will offer gourmet food, craft brews. artisan wines, housewares and grocery items as well as new grab 'n go entrees, will reopen on the right side of the building. Owner Holly Carter is targeting an April opening date.

# Main St. Transformation





Photo credit Loopnet

Great Falls Construction has completed the renovation of 81 Main Street and a new tenant, Saco Bay Physical Therapy, has moved in to the former Subway space. Village Hair still operates a salon in its existing location. The building is owned by Jon and Cindy Smith.

POLICE NOTE

The next Citizens Police Academy is scheduled for the end of February. There are still some slots available. Anyone interested in participating can check the Town website for an application.

# **New Stop Signs**

The Gorham Police Department is reminding drivers that there are newly posted stop signs at Elm Street and Railroad Avenue near the Station Square construction. Please be aware that the signs are there. The GPD will be giving this area extra attention to assure that everyone is stopping.



# **September Arrests**

Waterboro man, 49, was arrested for OUI (1 prior).

Brackett Road man, 45, was arrested for violating conditions of release.

Hiram man, 27, was arrested for OUI. Meadowbrook Drive man, 38, was arrested for domestic violence assault.

Carnation Drive man, 26, of was arrested for OUI (1 prior), operating while license suspended/ revoked, theft by unauthorized use and

violating conditions of release. Acorn St. man, 32, was arrested for

failure to appear. Limington woman, 24, was arrested

for OUI (1 prior).

Shamrock Drive man, 55, was arrested for Domestic Violence Criminal Threatening.

Standish man, 33, was arrested for six counts of theft by unauthorized taking.

Saco man, 28, was arrested for violating conditions of release and operating without a license.

O'Brien Drive man, 30, was arrested

- for operating while license was suspended or revoked and unlawful possession of scheduled drugs.
- Sebago Lake Road man, 48, was arrested for OUI.

Pelham, NH man, 24, was arrested for theft by unauthorized taking.

Equestrian Lane man, 21, was arrested for OUI.

Standish man, 56, was arrested for OUI.

Portland woman, 30, was arrested for theft by unauthorized taking.

Hemlock Drive woman, 22, was arrested for violating conditions of release.

Westbrook woman, 30, was arrested for OUI.

Massachusetts man, 22, was arrested for OUI.

Portland man, 36, was arrested for operating with a suspended/revoked license, violating conditions of release and OUI.

Rumford man, 21, was arrested for OUI and violating conditions of release.

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ns may apply. See institution for details

## Collin Tarbox: A Little Boy with a Huge Heart CONTINUED FROM PAGE 3

The Transportation Committee signed the bill into law on January 9, five days after Collin died. His legacy lives on. Parks said he hopes people will be reminded of Collin's kind and selfless ways every time they see a specialty plate on the road.

Collin was loved and well known by many people. "He had so many friends and connections that we didn't know about," his dad said. Always full of surprises, Collin had his friend from Day's Jewelers deliver an unexpected gift, a necklace with a silver cross, to his parents and sisters, Shawna Laskey, a freshman at Gorham High School and Brooklyn Tarbox, a sixth grader at Gorham Middle School, on the day of his service.

Collin frequently FaceTimed with former First Lady Barbara Bush and went out on special outings with Frank 107.5 radio personality Heidi Knight.

Described by his parents as caring, selfless, and wise beyond his

years, Collin was known for his ability to orchestrate an event from his hospital bed. Christmas day was spent quietly with his family. His only wish was to take a bath. Too weak to shower on his own and too big for the tub in his room, he picked up the phone and called the labor and delivery department to reserve a room with a large jacuzzi tub. Connolly said no one had any idea this was happening until Collin's on-duty nurse received a call about him making a hotel-like reservation. His wish came true.

Connolly said Collin taught her a valuable lesson: no matter how hard you have it, someone else has it worse. "I watched Collin struggle every day for ten years," she said. "How can I complain? I don't want his life to be lived in vain. Look at what he accomplished from his hospital bed."

Editor's Note: The family has set up a GoFundMe page in Collin's name to help cover expenses.

## **K-5 Configuration** DISCUSSIONS CONTINUED FROM PAGE 1

would not be a high priority. As questions of local funding involve approval by the Town Council (TC), the committee felt it was important to meet with the TC to discuss long-term plans before making any decisions.

The School Committee did not eliminate any options during the meeting, but agreed that they will need to make some decisions about next year soon as any costs to be included in the FY19 budget need to be determined by April.

They asked that the Administration's Leadership Team report back on what would be necessary to maintain the current K-5 configuration next year. This would give the School Committee more time to make a decision in line with a long-term plan.

The January 10 workshop was an opportunity for the SC to discuss these issues, not a forum for comments from the public. Those wishing to express opinions may do so at the next Town Council meeting scheduled for February 6 during the time set aside for public comment on items not on the agenda.



# **Speak Out Gorham**

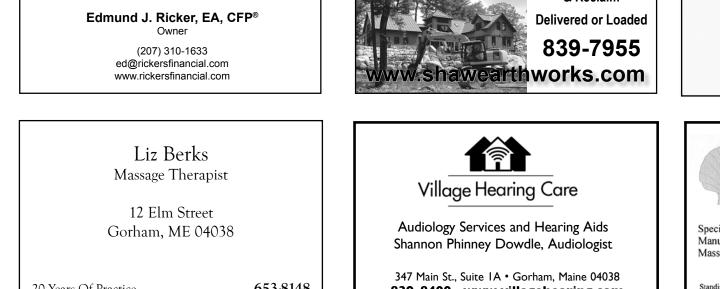
The Gorham Times recently introduced a new feature, Speak Out Gorham. Our staff of volunteers will periodically invite readers to share their thoughts and opinions on a selected topic or question. Readers who respond must do so in less than 100 words, and present his or her position in a clear, concise, well-reasoned manner. Our goal is to allow you, our readers, a chance to sound off on a variety of topics. Good hearted humor is encouraged.

## What's your favorite **Super Bowl memory?**

Responses must be emailed to editorgorhamtimes@gmail.com with "Speak Out" in the subject line no later than February 2 to be considered for publication. Please include name and phone number. The Gorham Times reserves the right to refuse submissions and edit for length, clarity and civility.

# BUSINESS DIRECTORY





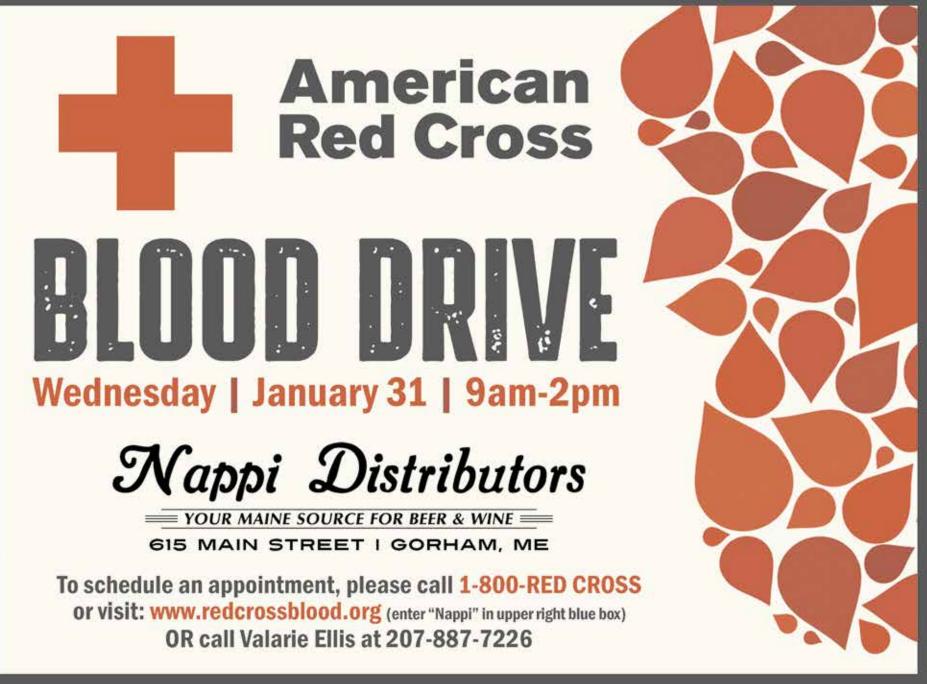
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THE SQUARE

# **JANUARY 10, 2018 School Committee Workshop**

#### KATHY CORBETT Staff Writer

The School Committee welcomed members of the GHS Civil Rights Team to the January 10 regular meeting. Students invited the committee to attend the school's Unity and Diversity Day on January 24. As a program designed to promote understanding of different cultures, religions, and opinions, topics will include "Free Speech or Hate Speech" and "Ask a Muslim."

During the time for public comment, 11 parents and teachers spoke in favor of retaining the current K-5 school configuration citing many of the arguments for neighborhood schools covered in the report of the study committee. The configuration issue was not on the SC agenda, but was the subject of a discussion workshop that followed the meeting (See Page 1).

Superintendent Heather Perry announced that the F19 budget process is underway. She said that the district should not expect the increase in State funding that happened last

year and that there may even be a decrease.

School Committee member Kate Livingston expressed the committee's appreciation to the district's bus drivers, maintenance workers, and Public Works for their efforts during the snow and cold weather.

Assistant Superintendent Chris Record presented an update on the district's formative and summative assessment policies and test results compared to other districts in Maine and the nation. Gorham is "consistently higher than the state average," he said, "although we have the shortest school day in the region." He expressed concern that it is difficult to track long-term trends because the State keeps changing the tests used for summative assessments.

The Committee unanimously voted to approve changes in the The Post Secondary Enrollment Options Policy that updates language based on Proficiency Based Learning (PBL) requirements.

The capital portions of Portland Arts&Technology High School

CONTINUED ON PAGE 11





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# **GHS Introduces Future Stories Day**

ABBIE VANLULING GHS Student Intern

On December 6, Gorham High School (GHS) hosted its first Future Stories Day, organized by faculty member Janis Weed, with the support of principal Brian Jandreau, Superintendent Heather Perry, Adam Parvanta, and more.

Weed was inspired to hold the event when she witnessed the benefits of showing high school students the inner workings of businesses in the nearby community. She and other staff members wanted to introduce students to these different types of careers because "any exposure and opportunities we can give our students to prepare for the future is beneficial," said Weed.

The process of pulling the event together was complicated. A date had to be selected, presenters had to be contacted, and they had to figure out where the 40 plus presenters were going to park. Communication was essential.

The presenters were selected after students at GHS completed a survey designating what career fields interested them the most. The team at GHS reached out to the community, staff, alumni, and used other resources to invite the presenters.



Photo credit Janis

Peter Herring, Maine Game Warden, is pictured with GHS junior Hannah Lowell during GHS' inaugural Future Stories Day event.

On the day of the event, students attended individual sessions of their choice. In addition, two grades at a time attended a 90-minute session with GHS alum and Gorham business owner Shawn Moody, who discussed his childhood experiences, what it means to be successful, and the importance of giving back to the community.

The event was a huge success, with each presenter putting a great deal of time and effort into working with GHS every step of the way. Jandreau noted the significance of the day, hoping that "students left the day with a better sense as to what they might want to do after high school and what they might need to do to prepare."



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# Winter Musical Will Warm Hearts this Season

#### GORHAM TIMES STAFF

It's that time of year again when the snow's been around just a little longer then we might like and we are all living in fear of Storm Center. But, in Gorham, it's also that time when Gorham residents can look forward to the high school musical that is always a crowd pleaser.

This year, the production team behind the musical program, "Once on this Island," which is currently running on Broadway, is working hard to make sure they don't disappoint. Based on the book 'My Love, My Love,' by Rosa Guy, this musical takes the tale of the Little Mermaid and sets it on a tropical island with Caribbean style music.

This is the third musical under the direction of Joshua Hurd who took over the program in 2016.

"I've always said I think this community really supports the high school musical. Even when I was in college here at USM (University of Southern Maine) I knew that the GHS (Gorham High School) production was important," said Hurd. "It's a real privilege to be getting to oversee this program now."

Over the years, GHS has seen hits like "The Wizard of Oz," "West Side Story," "Oklahoma," and many others. Last year, the school presented "Footloose," which was a huge success for both the students and the community.

"There was so much excitement behind that show, and I think audiences really loved the music, and the staging of it," said Matt Murray, the musical director at the high school.

Along with over 40 high school students performing in the show, and 10 high school students working behind the scenes, there are also six elementary students from Great Falls and Narraganset Elementary Schools, pulling even more of the community together for this year's show.

"The story is full of music and dancing, something that I think Gorham really finds appealing in the annual musical," said Hurd. "Only this story is about the music and the dancing. It's a very unique musical and I think people will leave the theater really happy and warmhearted in the end."

"Once on this Island" is a musical full of love, music, and heart performed by an incredibly talented cast. Performances are at GHS February 2 through 11 with evening shows on Fridays and Saturdays at 7:30 p.m. and Sunday matinees at 2:30 p.m. You can reserve tickets by calling 839-5754.





Photo credit Amanda Landry Photography

# **School Note**

Superintendent Heather Perry has a new blog post focused on updates to several significant topics affecting Gorham schools. To read the latest, visit: https://gorhamsuperintendent.blogspot.com.

A joint workshop was held on January 17 to provide another opportunity for the Town Council and the School Committee to collaborate on the proposed high school expansion project. The purpose of the meeting was to update the Town Council on the work of the Gorham High School Building Committee.



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## **Introducing 9Round 30-Minute Kickbox Fitness**

9Round 30-Minute Kickbox Fitness is a global fitness brand that operates in eleven countries and has more than 600 locations in operation with hundreds more scheduled to open in the next 12–24 months. Gorham will be home to Maine's first 9Round, which is scheduled to open March 1st at 18 Elm Street next to Carter's Auto. Additional Maine locations will open in Scarborough and Westbrook in 2019.

9Round was founded by Shannon Hudson, a world-champion kickboxer, and his wife Heather in 2008. The 9Round program utilizes the same training techniques and principles designed to prepare boxers and kickboxers for competition but is adapted to accommodate and work for virtually anyone, regardless of fitness level.

The 9Round program is focused on efficiency and effectiveness. 9Round believes the duration of a workout matters far less than the intensity of the workout. The 9Round workout is designed to quickly elevate a person's heart rate into the optimum fat burning zone and keep it there through the entire 30-minute workout. This is accomplished through carefully selected exercises and drills delivered in a circuit format and utilizing a combination of free weights, various punching and kicking bags, and body-weight exercises.

9Round utilizes heart rate monitoring technology, which provides members and trainers with real-time HR feedback through multiple TV monitors. Adjusting intensity based on workout objectives, such as fat loss, endurance, or high intensity interval training, is guided by the HR monitoring system.

Because of its circuit format, the 9Round workout can accommodate people of any fitness level. At 9Round, you work out at your own pace. If you are taking that first step towards achieving your health and fitness goals, 9Round will work for you! If you are fit and looking for a new challenge, 9Round will challenge you!

The 9Round workout is a full-body workout that incorporates all three critical fitness elements: aerobic training (using oxygen to make energy), anaerobic training (making energy without oxygen), and resistance training. For more advanced training, the 9Round workout accommodates high-intensity-interval-training (HIIT), which builds endurance while maximizing fat loss and conserving lean muscle.

It is not always easy to make scheduled class times let alone spend an hour or more in the gym. Because of the circuit format of the 9Round workout, there are never any class times. As soon as you arrive you can begin your workout. Convenience, or lack thereof, is the most common obstacle preventing people from achieving their health and fitness goals. At 9Round you benefit from a quick and effective 30-minute, full-body workout on your schedule.

Shedding body fat and getting fit can be really tough. We know all about it. We've been there too. For nearly everyone, it requires expert support and guidance. The challenge today is the expense of that support and guidance. Hiring personal trainers and nutritionists to help you reach your goals is not cheap and most people can't afford it. Because of how 9Round structures its program, a trainer is always included at no additional cost. 9Round



## **Meet the Riouxs**

My name is Melissa Harris-Rioux. I am a registered nurse at Maine Medical Center. Athletics, health, and fitness have always been an important part of my life. I was a three-sport varsity athlete in high school, played division I softball at the University of Maine, and continue to compete today in the sport of figure and physique bodybuilding. In addition to my BS in Nursing, I also hold a BS in Health & Fitness and am certified as a Fitness Nutrition Specialist through the American Council on Exercise (ACE). Of the various roles I've held in my life, none compare to the joy of being mother to my daughter, Terra. We are so excited by the opportunity to have a positive impact on the Gorham community, which we have especially learned to love and appreciate as Terra becomes more engaged in school and community activities.

I'm Terra. I'm a fourth grader at Great Falls Elementary School. I love all the teachers, staff and my schoolmates at Great Falls. I love sports, especially softball and basketball. I also love to sing in chorus. In February I will be part of the GHS musical production of Once on This Island. I'm having a lot of fun in rehearsals. I have a dog, Jessie. She is a Labradoodle. I have two Maine Coon Cats, Big Kitty and Little Kitty. They are boys. Big Kitty is actually smaller than Little Kitty, but he's older. I'm Ted Rioux, the proud husband of Melissa and father of Terra. I've spent nearly 20 years in the business world in sales and distribution roles. That career had me away from home a lot, traveling all over the US and Canada and missing much of my daughter's early childhood. After many years of getting increasingly out of shape, I decided to follow my wife's example and began making my health and fitness a priority. Now, our family lifestyle is all about health and fitness and a focus on quality of life. Extensive travel exposed me to many fitness options available in big markets that just don't make their way to Maine. When I found 9Round, I knew I had to bring it to our wonderful community of Gorham and our great state of Maine.

also offers an easy-to-understand nutrition guide that unlocks all the "secrets" to eating right. This, combined with an on-line member portal for meal planning and calculating BMI and caloric needs, puts you on track to succeed. We also have a line of supplements and a library of healthy recipes to support your plan.

Everything I've shared with you above is a result of the wonderful work 9Round has done to develop a truly world-class fitness option. As a franchise owner, my responsibility is to execute their program and create an environment where people want to be.....where they feel welcomed, appreciated, and understood. I know, and I am hiring trainers who know, that it takes courage to make that decision to regain control of one's health and fitness. There is nothing easy about it. As the owner of 9Round Fitness in Gorham, you have my commitment to provide a clean, safe, caring, friendly, and energetic environment where you can excel and become a better, healthier, happier you. We would be honored if you chose us to help you achieve your health and fitness goals. We look forward to meeting you in March. Please come visit us!

Ted Rioux, Owner 9Round Fitness Gorham 207-839-2860 18 Elm St., Gorham

# **JMG Program to Host Chili-Chowder Cook-Off**

ZACHARY McGouldrick **GHS Student Intern** 

Gorham High School (GHS)'s Jobs for Maine Graduates (JMG) program will be conducting the school's first ever Chili-Chowder Cook-Off during the month of February.

The JMG program helps GHS students gain high school credits while gaining real life experience and work hours. Its mission is to partner with public education and private businesses to offer results-driven solutions to ensure all Maine students graduate, attain post-secondary credentials, and pursue meaningful careers.

Trevor Stout, a student currently enrolled in the program, said that the program's career association goals include leadership development, career development, social awareness, civic awareness, and community service.

The Cook-Off event will be held in the GHS cafeteria on Sunday,

#### School Committee CONTINUED FROM PAGE 8

(PATHS) and Westbrook Regional Vocational Center (WRVC) budgets were approved (7-0). Committee members would like to see an increase in participation by Gorham students in these programs. Kyle Currier said that she was glad there are more programs that appeal to girls.

An increase in the FY18 budget of up to \$15,000 was approved (7-0) for a temporary position to assist the Special Education Director.

The committee approved moving \$124,500 from the Capital Improvements budget (CPIS) allocated for HVAC upgrades at the middle school to pay for design work and site surveys necessary before portable classrooms can be erected at the three elementary schools and the high school. This did not include funds for several other small projects also proposed by Norm Justice, Facilities and Transportation Director.

A separate proposal to allocate funds for engineering work on the bus loop at Narragansett School was defeated (5-2, Livingston, Whitehead).

February 11, from 11 a.m. to 2 p.m. The event is open to everyone and tasting tickets will be sold for \$5/ person, however entering an item for the event is free.

The tasting ticket includes admission, sampling, voting, and one ticket for a kidney bean guessing game. Raffle tickets will also be sold and drawings will be held for different packages. A JMG gift basket consisting of local business gifts and gift cards will be awarded to the most popular chili or chowder.

Funds raised from this event will be used to create a "Dressed for Success" clothing closet for JMG students so that those who either don't have access to formal apparel, or cannot afford it, can dress for success during their interviews and other formal events.

Proceeds will also be used toward transportation costs to Thomas College for students to compete against other schools in JMG's Career **Development Conference (CDC)** in events that include essential skills like teamwork, interviewing, communication, resume building and applications, and public speaking.

If interested in entering a chili or chowder, e-mail trevor.stout@ gorhamschools.org or ryan.chicoine@ gorhamschools.org.

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# SPORTS

# The Right Mix for Ice Skating

COURTESY OF CINDY HAZELTON Gorbam Recreation Director

Gorham has a public ice rink behind the Gorham Fire Station and next to Narragansett School. Parking is located behind the Fire Station. The rink has a light that can be turned on until 10:00 p.m. by using a switch on the pole at the rink.

The ice rink is simply natural ice. It is not refrigerated outdoor ice. When Mother Nature cooperates, we have great skating.

This year, the staff of Public Works plowed the rink after the first couple of snow storms as it is best to have the ground freeze prior to adding any water. They then brought in a water tanker truck and filled the area to create a rink.

Freezing takes some time and patience as the area is quite large. If you can picture your basic ice tray in your freezer, making outdoor ice is a very similar process only there are external forces at work that can make it tricky.

Temperatures at night must be at or below freezing to maintain outdoor ice. Our recent deep freeze stretch of weather guaranteed that we'd have great skating ice for a few days for sure. During the day, temperatures cannot rise too far above 32 degrees for any sustained period of time or the ice begins to thaw.

When we are between fluctuating

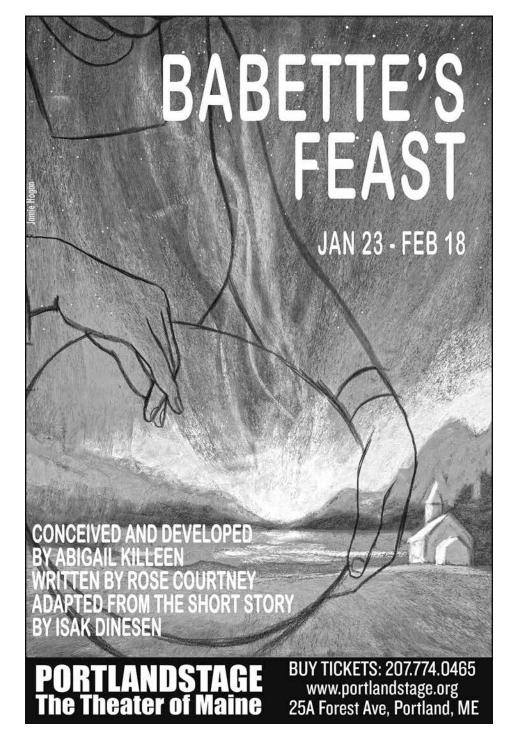
temperatures, folks really need to stay off the ice. Going on the ice when it is slushy makes a mess that freezes in. The additional flooding required to fill the mess is very time consuming, and in turn, results in having to wait even longer until it freezes back over.

Snow is a great insulator on the ice so once Public Works has an opportunity to remove snow after storms, the ice can already have begun to melt. This requires more time to reset and freeze again.

The moral to our story is this: when all the pieces of making outdoor ice are right, we have a great skating area in Gorham. Being patient through freezes, thaws, rain, freezing rain, snow storms is all we can ask for. When the elements are right, we are back at it again making skating ice for everyone to enjoy.

The Public Works crew does a great job keeping up with the rink at Narragansett as well as a fairly new addition of skating surfaces up at Little Falls Recreation Area, behind the Old Robie School.

I would be remiss if I did not mention the guys at Gorham Fire Department who often support the rink, too, when they clear the snow or add some water. We appreciate the teamwork that goes into making and maintaining outdoor ice in Gorham. Here's to just the right mix of temperatures and water for smooth skating this winter.





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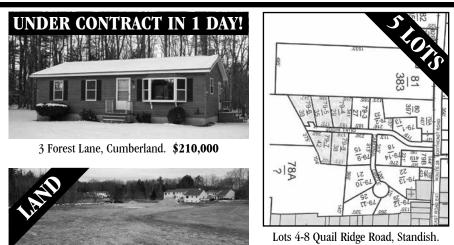


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## **SPORTS**

# **Smith Rewrites GHS Record Book**



Photo credit Sue Smith

GHS junior Caelyn Smith, daughter of Lee and Sue Smith, set a new school record in the 100 meter butterfly on January 12 in a meet against Scarborough at Davan Pool in Westbrook. Smith's 1:05.74 broke the record held by current Assistant Coach Lindsey Thomsen (GHS '13), pictured above with Smith.



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# **GMS Athletes Declare Victory over Teachers for First Time**



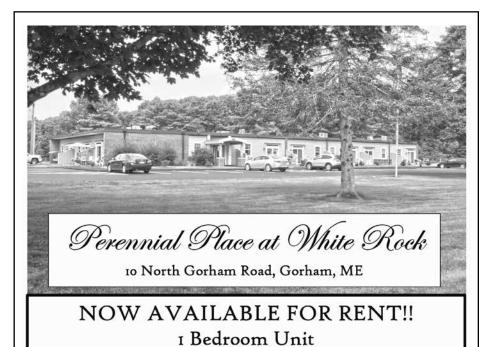
The boys and girls combined eighth grade basketball teams have been challenging the middle school teachers in a pick up game for bragging rights since 2001. The entire school gathered in the gym to watch the showdown before December break. This year, for the first time ever, the students finally declared victory in an exciting back and forth game ending in a 39-36 final score. Gorham High School's Adam Parvanta was there to capture the moment on video. To watch history being made check out: https://vimeo.com/249558300.

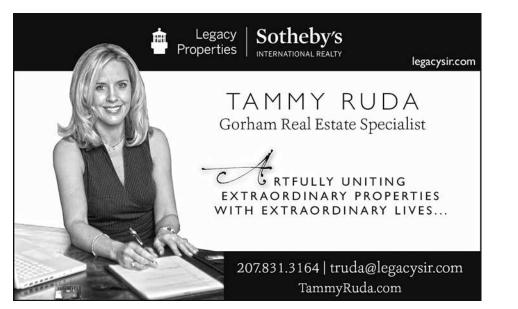
# Sports Etc.

The Knights of Columbus will be holding a Free Throw Championship on Saturday, January 27, at 1 p.m. at Shaw Gym for boys and girls ages 9-14 (need to provide proof of age at sign up). Registration begins @ 12:45 p.m. Best score out of 15 free throws with prizes for winner in each age group. Winners advance to the District Contest. FMI: Call Ben @ 436-0223 or Mike 839-3963.

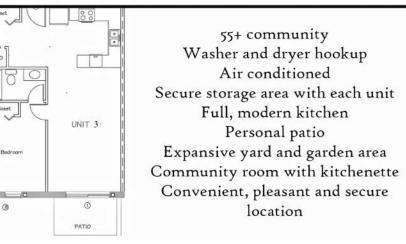
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#### **OF INTEREST**

Full Moon Snowshoe will be hosted by Presumpscot Regional Land Trust on Saturday, January 27, at 4:30 p.m. at Randall Orchards in Standish. Hot cider from apples grown and pressed on-site will be served after the one mile snowshoe. The program, lasting about two hours, is free however an RSVP is required at https://www.prlt.org/

**First Parish Church, 1 Church Street, will hold a Chicken Pie Supper on January 27** from 5 to 6:30 p.m. \$10 adults/\$5 children under 12. FMI, 839-6751.

**The Gorham Garden Club will hold its next meeting on Tuesday, January 30**, at 7 p.m. at First Parish Church. Eric Topper of the Maine Audubon Society will present "The Story of the Monarch Butterfly & Why Its Habitat is Important." This meeting is open to the public.



Photo courtesy of DSOM

**Dance Studio of Maine Dancers recently traveled to Boston for the NYCDA and the Radix Dance convention and competition.** Many dancers received notable scholarships, including Aiden Fortier, Abigail Fortier and Mikki Leskowsky who were awarded Full Convention Scholarships. Matilda McColl, Audrey Caron, Ainsley Gray, Macy Grant, Kyleigh Staples and Lily McDonald were all recognized with class scholarships. Pictured (left to right) Matilda McColl, Audrey Caron, Mikki Leskowsky, Aiden Fortier, Ainsley Gray, Macy Grant, and Kyleigh Staples **The North Gorham Chess Club will meet on Saturday, February 10**, from 10:15-11:30 a.m. at the North Gorham Public Library. FMI John Morgan, jclmorgan26@gmail.com and/or 766-8554.

**First Parish Church will be hosting a Cribbage Tournament** to raise funds for housing assistance loans for new immigrants on Saturday, Feb. 10, from 6:30-9 p.m. Suggested entry donation of \$3-5. FMI 839-6751.

The Gorham, Windham, Wesbrook Triad is proud to present a charity basketball game featuring the New England Patriots Former Greats vs Gorham/Windham/Westbrook High School All Stars on Friday, March 9, Gorham High School at 7 p.m. (doors open at 6 p.m). FMI http:// www.gorham-me.org/police-department/pages/triad

The Lakes Region Senior Center, in Gorham, is seeking volunteers who would be willing to teach an art class or a craft on a Friday morning, or early afternoon. It could be for a one-time class or a succession of classes. If you are interested, please call Gerry at 839-3859 or Blanche at 892-5604.

#### **ON-GOING EVENTS**

**The Gorham Food Pantry**, located at 299-B Main St (parking lot of St. Anne's Catholic Church) is open every Thursday morning from 9-11 a.m. and the second and fourth Wednesday of every month from6-7 p.m. Free for Gorham residents in need. FMI, 222-4351 or visit www.gorham-foodpantry.org.

**Lakes Region Senior Center**, located at the Little Falls Activity Center, 40 Acorn St. is open Monday through Friday from 9 a.m. to 1 p.m. Join them daily for coffee, tea, and socializing. Ongoing daily activities include Mahjong on Mondays – beginners welcome. FMI, Diane 892-9529: Tuesday crafts and card games. FMI, Avis 892-0298; The Memoir Writing Group meets the last Wednesday of the month. FMI, David 892-9604; Thursday Table games at 10 a.m. and Friday Art Workshop at 9 a.m. FMI 892-0299.

**The Gorham Medical Closet** located at the Municipal Center 75 South St is free and available to Gorham residents in need of portable wheelchairs, hospital beds, shower seats, commodes, walkers, canes and more. FMI 839-3630, 839-2484, or 839-3859, or 839-3228.

**Gorham Cancer Prayer and Support Group** meets the first Tuesday of every month at the Cressey Road United Methodist Church, 81 Cressey Rd. from 6-7:30 p.m. This monthly non-denominational event is a prayer and support group for anyone dealing with cancer including patients and caregivers.

#### **CLOSE TO HOME**

Scarborough Free Baptist Church, 55 Mussey Rd., will hold a homemade bean supper on February 3 from 4 to 6 p.m. Two kinds of beans and hot dogs, chop suey, cole slaw, biscuits, and dessert. Half of the proceeds will go to the Youth Group trip to Kentucky. FMI, 423-5851.



Kyleigh Staples.

White Rock Community Clubhouse, 34 Wilson Rd., will hold a Bean Supper on Saturday, February 3 from 4:30 to 6 p.m. Homemade kidney and pea beans, hot dogs, cole slaw, potato salad, macaroni and cheese, homemade biscuits, as well as homemade pies for dessert. Adults: \$8/Children under 12: \$4. FMI, whiterockcommunityclub@gmail.com.



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## CALENDAR

#### **THURSDAY JAN 25**

- Baby and Me (birth to 18 mos), 9:30-9:50 a.m. Baxter Memorial Library.
- Toddler Time (18-36 mos), 10-10:30 a.m. Baxter Memorial Library.
- Sewing Club (ages 7 and up), 2:30-4:30 p.m. Baxter Memorial Library.
- Book Club, "Being Mortal: Medicine and What Matters at the End" by Atul Gawande, 10 a.m., Baxter Memorial Library.

### SATURDAY JAN 27

• Chicken Pie Supper, First Parish Church, 1 Church Street, 5 to 6:30 p.m.

#### **TUESDAY JAN 30**

- Preschool Story Time (ages 3-5), 9:30-10:15 a.m. Baxter Memorial Library.
- Gorham Garden Club meeting, 7 p.m. First Parish Church.

#### WEDNESDAY JAN 31

- Baby and Me (birth to 18 mos), 9:30-9:50 a.m. Baxter Memorial Library.
- Toddler Time (18-36 mos), 10-10:30 a.m. Baxter Memorial Library.
- Sewing Club (ages 7 and up), 2:30-4:30 p.m. Baxter Memorial Library.

#### **THURSDAY FEB 1**

• Hogwarts House Party, 6-7:30 p.m. Baxter Memorial Library.

#### FRIDAY FEB 2

• Sensory Friendly Story Time 10-11 a.m. Baxter Memorial Library.

#### SATURDAY FEB 3

• Bean Supper at White Rock Community Clubhouse, 34 Wilson Rd., 4:30-6 p.m.

### TUESDAY FEB 6

• Preschool Story Time (ages 3-5), 9:30-10:15 a.m. Baxter Memorial Library.

### WEDNESDAY FEB 7

- Baby and Me (birth to 18 mos), 9:30-9:50 a.m. Baxter Memorial Library.
- Toddler Time (18-36 mos), 10-10:30 a.m. Baxter Memorial Library.
- Sewing Club (ages 7 and up), 2:30-4:30 p.m. Baxter Memorial Library.

#### **THURSDAY FEB 8**

• Book Club, "The Voyage" by Philip Caputo. 10 a.m. Baxter Memorial Library.

#### SATURDAY FEB 10

- North Gorham Chess Club, 10:15-11:30 a.m., North Gorham Public Library
- Lego Club, 10 a.m. 12 p.m. Baxter Memorial Library.

## **CLASSIFIEDS**

## FOR RENT

**FOR RENT.** 1 bedroom/1 bath apartment available in 55 plus community in North Gorham. \$975/mo + util. Please call Wendi at 839-2744.

## **HELP WANTED**

**HELP WANTED.** Make a difference in lives of local seniors as a Personal Support Specialist. Flexible full- or part-time hours, good pay, sign-on bonus. Meaningful work. In-Home Senior Services, Gorham. 222-0740.

**HELP WANTED.** Professional Gorham office seeking PT help, 15-20 hours per week, some flexibility. School schedule hours. Data entry, processing orders, filing, general duties, light lifting. Proficiency in MS Office required. Email resume, references to bgermond@surgicalsystemsinc.com.

**HELP WANTED.** Part or full-time experienced Compressor Tech wanted. Our shop is in Gorham, but we cover most of Maine. Semi-retired Facilities &/or Refrigeration Tech could work. Call 207-647-2999.

## **SERVICES**

**CREATIVE HOME SEWING SHOP**. Specializing in custom home décor. Re-upholstery, slipcovers, cushions, pillows, soft window treatments. Free labor/fabric estimates. 839-7300. HomeSewing75@gmail.com.

**DOG TRAINING CLASSES** with The Dog Academy at Gorham Growl every Friday night. Puppies at 5:30 pm, older/stronger dogs at 6:30 pm. Field trip training. Unique and relaxed, ongoing session, small class size. Pay as you go. CCTS.DOGACADEMY@GMAIL.COM

**TUTORING K-7** for success and confidence in literacy and math. 31 years teaching experince and currently turoring. Please call Sue Small at (207) 839-5925 or email suesmalltutoring@gmail.com.

# Gorham Times Deadline January 31st

# Happy New Year from our family to yours!



# 207-808-9557 TheJohnandJaniceTeam.com



# GORHAM HIGH SCHOOL PRESENTS

# FEBRUARY 2 11, 2018

the tropical musica

Book & Lyrics by Lynn Ahrens Music by Stephen Flaherty based on the novel '*My Love, My Love*' by Rosa G

Directed by Joshua Hurd Musical Direction by Matthew Murray Choreographed by Mariel Roy

