Kuech Seeks to Stop Town Council Election

**Kathy Corbett**
Staff Writer

Four people have filed to be on the March 3 ballot for one seat on the Town Council. Paul Smith, Rick Davis, Tyler Gowen and Shonn Moulton are seeking the seat that Janet Kuech won in November. After the Council voted not to seat her, Kuech filed a lawsuit that challenges that decision and has declined to run again for the seat she believes is already hers.

On December 17, attorneys for Kuech and the Maine Education Association filed a temporary restraining order and an injunction to "prohibit a new election for the seat that has been unlawfully denied Kuech."

Previously, on December 12, Jon Goodman, Kuech’s lawyer, had filed a lawsuit against the Town of Gorham for Kuech and Meadow Welch. He argued that Kuech is being denied her Constitutional rights “under the First Amendment,” and Welch, who had voted for Kuech, is being denied her right to have “her lawful vote given its due weight.”

The court filings were in response to the December 3 Town Council (TC) meeting, where councilors unanimously voted not to reconsider their earlier vote that denied Kuech a seat on the grounds that she is an employee of the Gorham School Department. Citing the provision in the Town Charter that they interpret due weight.”

Gorham Welcomes the New Year

New Year Gorham festivities included a visit by Wildlife Encounters, contra dancing, storyteller Antonio Rocha, and the Magic of the Steel-graves. The event was capped off with evening fireworks.

Route 25 Construction Causing Damage to Historic Home

The dining room ceiling in the Leach’s home collapsed as a result of the road construction which caused heavy vibrations throughout the house.

According to Nathan Leach and his wife, Meribeth, their 1860’s Greek revival home located on State Street has experienced pronounced damage due to the recent construction in front of their home.

Their 160-year-old home is one of two similar houses in the downtown Gorham area believed to have been built and designed by the same individual. The home, having been in the same family for several generations, was thought to have been originally built for a sea captain.

The Leaches started experiencing heavy vibrations and shaking of their home, not unlike an earthquake. According to the couple, “we had our dining room ceiling, in the room closest to the road, collapse with no other explanation. Additionally, we have noticed stress cracks appearing throughout the house which we believe are directly related to the construction and heavy truck traffic due to the poor condition of the road.”

The vibrations have gotten worse as construction on Route 25 has continued. They said, “we believe that this damage is directly related to the construction, heavy equipment operation, especially the excavators and other digging equipment, causing a...”
A Preview of What’s to Come

REP. ANDREW M’CLEAN

With the start of the new year comes the second session of the 129th Legislature, commonly referred to as the “short session” because of its truncated April start. We have a number of significant measures to work on when we return. During the off-season I have co-chaired a bipartisan Blue Ribbon Commission to Study and Recommend Funding Solutions for the State’s Transportation System. We have worked for several months to put together proposals to close our transportation funding gap. Industry experts, policy analysts, Maine Department of Transportation officials, legislators and other stakeholders have collaborated to bring recommendations before the Legislature. Over the next several weeks, we have looked at a host of options, from raising fees on hybrid and electric vehicles to shifting revenue from the general fund and raising the gas tax, which has not seen an increase in Maine since 2011. While our December meeting was set to be our last, we on the Commission have asked for an extension to finalize our proposal.

In addition to the pressing issue of transportation funding, we were working closely on public hearings and work sessions for over 400 bills this session, some of which were carried over from last session and some that were classified as an “emergency ‘energy’” by the 10-member Legislative Council made up of legislative leaders. Last session we expanded MaineCare as approved by the Maine voters. Strengthening healthcare remains a priority, and there are several bills I am following closely that this session that aim to do this. LR 31A, 2 to place a cap to the out-of-pocket cost for insulin, and LD 1455, which seeks to improve dental benefits for low-income Mainers, are two such bills. We are also focused on how to better support our students. Last year we increased funding for education and added $35 million for higher education and training programs at Maine’s public colleges. This year we will continue to push for more funding for our schools, and we will also look at reducing student debt, providing additional support to special education programs across the state and better supporting Maine’s career and technical education programs.

We anticipate several bills to come before us from the work of the Indian Land Claims Task Force, which was established with the goal of improving the Land Claims Settlement Act and increasing tribal sovereignty. We must begin to repair our relationship with Maine’s tribes and acknowledge our shared history. I will also continue to serve in my role as House chair of the Transportation Committee.

As always, please feel free to contact me with your questions or if you are having trouble navigating state agencies. Hearing your thoughts on the issues before our state is crucial to the work we do at the State House. It is an honor to continue to serve as your state representative.

Happy New Year!

Kuech Seeks to Stop Town Council Election

Continued from Page 1

to mean that no town employee should be permitted to serve on the Town Council, they held it would be an inherent conflict of interest. They also felt that seating Kuech opened up the possibility that the TC could eventually have all town employees. Town Attorney Mark Bower, however, gave a legal opinion to the Council that he believed, as an educational technician, Kuech would not be subject to the charter prohibition that a councillor “shall hold no office of emolument or profit under the Town Charter or Ordinances.”

Although the TC votes to approve the annual budget submitted by the School Committee and has the right to increase or reduce the funding request before sending the budget for a referendum by the voters, the Council may not make specific cuts or increases.

With the exception of Shawn Moulton, who is a former town councilor, all those seeking election for the contested Town Council seat ran for the position in November. Paul Smith was an incumbent. Councilor Ben Hartwell has said he would sponsor an agenda item for the January meeting to have Smith fill the vacancy until the situation is resolved, either in the courtroom or by the voters in May. Chairperson Suzanne Phillips overruled Hartwell’s attempt to re-seat Smith at the December TC meeting.

As of January 1, 2020, no date had been set for the hearing to rule on whether or not the election would be stopped. Nor is there a court date for the lawsuit. Town Manager Ephrem Parashak said he “did not have an estimate for any costs that the Town may incur” during this process.

When asked to comment on questions related to the lawsuit and pending injunction, Phillips replied, “Unfortunately I have been advised that comments need to be limited since we are engaged in litigation.” She said that they would meet in executive session with their attorney before the regular Town Council meeting on January 7.

The Town of Gorham is being represented by Durwood Parkinson in this matter.

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Let it Snow, Let it - Oh, My Back!

Robert Lavoie

The four seasons make Maine a majestic place to live and play, and our snowy winter season provides ample opportunity for recreation. Yet, winter also tends to fill waiting rooms with one very common complaint—lower back pain.

Winter sports are notorious catalysts for lower back injury. Skiing, snowboarding, skating, and snowmobiling are all reasons people seek care for lower back pain as well as slips and falls on ice. Though injuries are common with these activities, there is nothing quite like shoveling snow to cause that all-too-familiar ache.

What makes shoveling snow so devastating to our backs? I hope to clear a path for you on this (pun intended) but first, let’s talk about back pain.

Low back pain is one of the leading causes of disability in the US. It is estimated to be a $25 billion dollar drain on the US economy. Studies show that if you have injured your lower back in the past, there is a 60% chance you will experience another episode in the future. To make matters worse, in Gorham you have a 100% chance of wet heavy snow to shovel—it is at ground level, your hips will bend back and your knees will bend until you are able to reach the object. During this motion, a stable back will remain straight as stress flexing. Think of flexing as rounding or arching your back. To return to standing, now with additional weight of a shovel full of snow, your body relies on strength in your legs and buttocks. That strength allows your back to remain straight and stable. If strength is lacking in legs and buttocks, your back will want to round. Trying to lift a weight with a rounded back can cause failure in stability of the lower back, thus causing injury. More so, repetitive motions with this posture, and even without weight, can cause injury.

You can avoid injury during shoveling snow by following these simple guidelines:
1. Warm up your muscles before shoveling. Do some jumping jacks, light stretches, squats without weights.
2. Focus on hinging at your hips and keeping your back straight.
3. Keep the weight (snow) as close to your body as possible.
4. Return to a standing position before twisting and throwing your shovelful.
5. Bite off only what you can chew. Fifteen lighter scoops of snow is better than four super heavy scoops.
6. Take breaks and listen to your body. If it doesn’t feel right, put the shovel down.

If you still have back issues from shoveling or cannot perform the proper bending motion, you are in luck. We live in a great community. Gorham has many doctors, physical therapists, and trainers who are skilled at teaching proper lifting techniques. Don’t be in that 60%. Give one of us a call.

The Gorham Lions Club, first founded in 1954, salutes the residents and businesses in Gorham who have supported all the Lions projects to raise funds to spend locally for those in need and to support student and youth organizations.

Due to the generosity of the Gorham families, the Lions just completed another successful Christmas Tree sale. Thanks, too, goes to Gorham Ace Hardware for hosting the sale. The tree sale proceeds will again enable the Gorham Lions to give four scholarships to GHS graduating seniors in June.
Gorham Food Pantry Announces Staff Changes

GORHAM TIMES STAFF

The Gorham Food Pantry’s (GFP) Board of Directors has announced that Bill and Wendy Couch have been named its new Executive Co-Directors. The Couches will replace Deb Tanguay, who is stepping down from the position after nearly three years of service to focus on her family, as well as a part-time job that she started in Youth Services at Baxter Memorial Library.

Bill and Wendy Couch moved from Minnesota approximately five years ago to be closer to family. They come into their new roles with a sincere desire to serve the Gorham community, and more than 30 years of experience of running their own business. For the past couple of years, they have been instrumental volunteers in the school district’s Backpack Program.

The GFP also announced the promotion of Kris (Kristin) Clough, a dedicated volunteer, to the position of Inventory Coordinator. She has been fulfilling this role since October.

The Pantry serves nearly 400 households in Gorham with an average of 100 families using the Pantry each month. Located at 299B Main Street in Gorham, the Pantry offers perishable and non-perishable goods, as well as essentials, such as toothpaste, laundry detergent, and deodorant to any Gorham resident in need.

Open hours are Thursday mornings, 10 am–noon, and the second and fourth Wednesdays of the month from 6–7 pm.

Donations can be made in person, during open hours, or at the following locations during their normal business hours: Baxter Memorial Library, Casco Federal Credit Union, St. Anne’s Church, or – NEW – the Gorham Police Dept. Monetary donations can also be made online or to P.O. Box 547, Gorham, ME 04038. The Pantry’s “Five for Food” campaign, encourages reoccurring automatic donations of $5.00 per month. See gorhamfoodpantry.org for more details.

The GFP would like to thank the entire Gorham community for its many generous donations over the holiday season.

Clerk’s Corner

LAURE NORDFORS
Town Clerk

The Town Clerk’s office wants to thank many Gorham families and businesses for their generous Christmas help to adopt families who needed a little extra to get through the holidays this year. We were able to help ten families put presents under their trees.

We also have received several generous donations to our Fuel Fund which is available to assist Gorham residents with heating fuel for the heating season.

We are very thankful that we have such caring residents and businesses who step up to help. If any one would like to contribute to this fund which is a year-round account, please send in your check made out to: Town of Gorham, c/o the Town Clerks Office, 75 South Street, Gorham, ME 04038.

The final push to get dogs registered for 2020 is on. The deadline is January 31. Owners can register online through our Town website (www.gorham-maine.org) or by visiting the Town Clerk’s Office during open business hours: Monday through Wednesday from 8 a.m.–4 p.m., Thursday from 8 a.m.–6:30 p.m., and Friday from 8 a.m.–1 p.m. On February 1, the $25 State imposed late fee goes into effect on top of the dog registration.

Gorham Police Warn of Mail Theft

GORHAM TIMES STAFF

On the evening of January 5, mail was stolen from a number of businesses on Sanford and Hutchinson Drive in the Gorham Industrial Park. One suspect appeared to be a black male with a goatee or beard. The second suspect, a woman driving a light colored SUV, was parked nearby and also directly involved in the theft of mail from nearby businesses.

Mail belonging to several businesses was recovered in a ditch. Police believe the perpetrators were trying to obtain banking and/or credit card information. Anyone with information is asked to contact Officer Dean Hannon at 222-1660.

Gorham Republican Caucus

January 25, 2020

Gorham Republicans will hold their biennial municipal caucus at the

Gorham Municipal Center
75 South Street, Gorham, Maine

Doors open at 9:00 AM
For new voter registrations by Town Clerk

Speeches by candidates beginning at 9:30 AM
Municipal caucuses to follow

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Need to Stop Vaping? Try These Seven Steps

LYDIA VALENTINE
GHS Student Intern

Vaping is becoming more of a prevalent issue, especially with teens. As it becomes more popular, more stories about exploded lungs and deaths fill the news. Gorham High School (GHS) is taking action by giving advice on how to quit.

Recently, Claudine Emerson (LCSW, LADC, LCS), a social worker at GHS, gave a presentation entitled "Stop Vaping in Seven Steps."

Not only did the presentation break down each step but it also gave explanations as to why quitting is important and provided resources for addicted minors.

Emerson started with explaining the why. The two main chemicals involved with addiction are adrenaline, which stimulates the body through increased blood pressure and heart rate, and dopamine, the source of the pleasure sensation.

Since vaping takes only ten seconds to get to the brain, it learns very quickly that this experience brings lots of pleasure, a reward.

"I think that most students don’t quit because they don’t see the long-term risks involved," said Emerson.

The first of the seven steps to quitting is "Know Why You Are Quitting." This could be anything from health concerns, to depression, and anger among others. It is important to familiarize oneself with withdrawals and have ways to cope.

The second step is "Identify Triggers." These are things, both internal and external, that cause a person to vape as a sort of coping mechanism. Internal would include things like vaping every time someone is stressed or sad while external would be hanging out with a group of friends where it seems vaping is all they do, or going into a convenience store where they are sold. Identifying triggers can help people stay away from them or control their urges if avoidance is not possible.

The fifth step is to "Prepare for Cravings and Withdrawals." Quitting is not easy and is accompanied by an array of symptoms including: tiredness, great- er or decreased appetite, irritability, depression, and anger among others. It is important to familiarize oneself with withdrawals and have ways to cope.

The sixth step is "Tell Your Friends You Are Quitting." This is more important than anything it creates accountability. Maybe another friend needs support also and quitting can be done together. Having support when going through an experience feels helpful and encouraging. In fact, the success rate goes up when quitting with someone.

The seventh and final step is "Change a Habit with a Habit." This means finding different and new hobbies to take the space of vaping. If vaping is being used due to sadness or anxiety, finding something like calling a friend or listening to music will replace that.

A tip is to think of coping skills from A-Z, coming up with one thing for each letter no matter how small or big it is. The more variety the better.

Emerson also talked about additional resources for minors. She always advises to talk to a doctor, privately or family trying to quit.

The second step is to "Set Your Quit Date." It is important to set a reasonable timeline with a set day. It is also important to let people around you know that on a certain date and time you will be quitting. This places priority on it and sets accountability.

The third step is to "Quit Cold Turkey." Emerson cited that harming reduction models, such as the cutting and setting accountability.

The fourth step is to "Identify Triggers." These are things, both internal and external, that cause a person to vape as a sort of coping mechanism. Internal would include things like vaping every time someone is stressed or sad while external would be hanging out with a group of friends where it seems vaping is all they do, or going into a convenience store where they are sold. Identifying triggers can help people stay away from them or control their urges if avoidance is not possible.

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The third step is to "Quit Cold Turkey." Emerson cited that harming reduction models, such as the cutting down model, still activate all the chemicals in the brain and make it less likely to succeed. She also mentioned that assistants like patches and lozenges have helped but cold turkey is what is advised.

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Gorham Middle School
Student an Inspiration for All

Brady Mercier, a 13-year-old student at Gorham Middle School (GMS), has more personal experience at The Barbara Bush Children’s Hospital (BBCH) than any child should ever have. His BBCH journey began at birth with a one-month stay in the neonatal intensive care unit (NICU) and has been followed by a dozen surgeries, including open-heart surgery, over the course of his young life. This year, Mercier approached GMS principal, Quinton Donahue, with the idea of hosting a silent auction to benefit the children’s hospital. With the overwhelming support of the school administration, his family, and the Gorham business community, Mercier’s event was a great success with $610 raised for BBCH. When Mercier is not attending school and raising money for his local children’s hospital, he can be found auditioning for (and landing) lead roles at his local playhouse. Mercier is a true inspiration in his desire to give back to the children’s hospital. With his heart of gold, determined spirit and leadership qualities, nothing would surprise the Gorham School Department to see Mercier on Broadway someday.

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What is Your Story?

Gorham Middle School’s sixth grade students recently enjoyed several aspirations-focused sessions with Gorham area business and community members, as well as with a group of Gorham High School students (pictured) during the sixth grade career day. This is part of Gorham’s continuing ASPIRE work. Remember: everyone has a story.

Interpreting Art

Village Elementary School’s alternative education community art students from grades 3 to 5 toured the Portland Museum of Art in November. Docents guided students on the Visual Thinking Strategies tour. Through open dialogue, students build communication skills through the viewing of art with peers and adults. Students were encouraged to share what they saw by looking closer at all details of the artwork as well as to predict or suggest the overall artist’s intent of each piece viewed.

School Notes

Upcoming Dunk and Discuss Events with Superintendent Heather Perry at Aroma Joe’s in Gorham will be held Tuesday, Jan. 21, Thursday, Jan. 23, and Monday, Jan. 27. All sessions will run from 4:30-5:30 p.m.

Information for parents on vaping and other updates can be found in Perry’s latest blog post at: https://gorhamsuperintendent.blogspot.com/.

Two Gorham High School (GHS) students earned top honors at the NATS (National Association of Teachers of Singing) annual Musical Theatre Singing Competition held on November 23 at Bates College. Emelia Bailey, a freshman, earned first place in Division II with her presentation of songs from the Broadway shows “She Loves Me” and “Big Fish.” Tessa Dol, a sophomore, earned second place in Division II with her songs from Broadway shows “ Anything Goes” and “Jekyll and Hyde.”

Meet Your TEAM...

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The Accolades Keep Coming

MARTIN LORIE
GHS Musical Producer

Gorham High School (GHS) has announced this year’s musical, “Big Fish,” the story of Edward Bloom, a charismatic teller of tall tales. The story is told in flashbacks that include encounters with a giant, werewolf, witch, and mermaid, which entertain his wife but infuriate his adult son. This leads to a significant conflict between father and son.

“Big Fish,” written by John August and music and lyrics by Andrew Lippa, has been described as creative, fun, magical, and fantastic. The musical is based on the novel by Daniel Wallace and the Columbia Motion Picture also written by August.

This year’s musical is directed by Joshua Hurd with musical direction by GHS music teacher Matthew Murray. Choreography is designed by Mariel Roy, a GHS graduate who is also the studio director for Atlantic Arts Studio in Gorham.

This team has worked together for the past three years, collaborating to ensure that the show is of the highest quality experience for the students and audience alike.

Gorham has a history of presenting excellent musical theater and this year’s presentation will be no exception. The production features 40 talented students with an additional 12 students working backstage.

“Big Fish” will run from January 31 through February 9. Performances will be Friday and Saturday nights at 7:30 p.m. and Sundays at 2:30 p.m. Tickets are $12 for adults and $10 for students and seniors 65 and over. Tickets will be available at the door but may also be reserved by calling 859-5754.

The Accolades Keep Coming

GHS to Entertain with Tall Tales in Upcoming Musical

Susan Adolf, grade 4/5 teacher at Narragansett Elementary School, received the Glen Nerbak Excellence in Teaching award at the Maine Council for the Social Studies conference.

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Boys’ Varsity Soccer Coach Stepping Down

After two decades at the helm of the Gorham High School boys’ varsity soccer team, Tim King has made the decision to step down as head coach. During his tenure, King amassed a regular season record of 205-58-19 and an overall record of 251-75-19 while leading the Rams to multiple state championship appearances.

Gorham’s Athletic Director, Tim Spear, said, “Coach King led the program through a transition from Class B to Class A in 2005 and was able to accomplish this without diminishing the expectations of success.”

In 19 of 20 seasons, Gorham finished regular season play with a winning record. The boys’ soccer team qualified for post-season play in all 20 years under King. Over the last couple of years, King had planned in his mind for this to be his last season. With his son, Kyle, finishing up his sophomore soccer season at Emmanuel College, King said, “I really enjoyed watching his games, but the time commitment it takes to run a varsity soccer team made it difficult to make as many college games as I would have liked. Now with my son Brady just finishing his last year of high school soccer and planning on playing in college next year, the time seemed right to step down and have more time to watch them both play in college.”

King came to Gorham in 1990, and his coaching career began immediately. He was the eighth grade coach at Gorham Middle School for a few years, he spent five years as the boys’ JV coach, and two years as the girls’ varsity coach. In 2000, King was hired as the boys’ varsity soccer coach. Spear said, “Coach King was able to hold his players to an extremely high level of expectation while making both practices and games fun to be a part of. With this balance, the program participation levels have risen to the highest ever with over 60 student-athletes participating in soccer. Coach King has had a positive impact on hundreds of Gorham student-athletes and has been an outstanding ambassador for Gorham Athletics.”

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Hamblen was also very impressed by the effort his coach put in to prepare their team for games. "He would scout other teams and send out very long and descriptive emails to the team on how we should play and what we would most likely expect from our opposition," he shared, adding, "He would be missed for sure in the Gorham soccer program but will most definitely be remembered as one of the greatest coaches in Maine."

**WHILE IT'S THE END OF AN ERA FOR KING, HE IS LOOKING FORWARD TO THE FUTURE. KING AND HIS WIFE ELIZABETH PLAN TO ATTEND THEIR BOYS' SOCCER GAMES, AND VISIT THEIR DAUGHTER, WHITNEY, WHO IS A SENIOR AT URL.**

Rent said Coach King is a great role model for all of the players, and someone their team has tremendous respect for. "I think his programs the past few years have really shown his effort and commitment to the team," Rent said.

Though the boys didn’t win a gold ball and Andrew wished they could’ve done that for him. "Regardless he is still one of the most successful coaches around and there wasn’t a time I can remember when he wasn’t thinking about tactics to try and make us get better," he said.

Matheson said King watched them grow in the sport as well as helping them become the players they are today. "My favorite memory of Coach has to be beating Scarborough 4-0 last year, in my junior season. To beat our rival school, 4-0, had never happened since he has been the coach," Matheson said. While it’s the end of an era for King, he is looking forward to the future. King and his wife Elizabeth plan to attend their boys’ soccer games, and visit their daughter, Whitney, who is a senior at URL.

"Next fall will certainly be different for me. I definitely will miss working with a group of young men and all of the challenges/accomplishments that come with navigating through a season," he said.

"I’m sure he’s going to miss coaching a great deal, but stepping down will allow me to watch him play at Maine Maritime Academy, and my brother Kyle, at Emmanuel College," Brady said. "Overall, I would just like to say that my time playing under my dad is something that I wouldn’t trade for the world."

"It’s been an absolute pleasure to have coached the Gorham High School boys’ soccer team for the past 20 years. I will miss it a great deal."

"Gorham High School thanks Tim King for his dedication, hard work, and leadership of the boys’ soccer program for the past 20 years," said Spear. The search for a new coach will begin immediately.
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The Gorham Times, since 1994, has been a valuable resource within our community by:

• Providing in-depth coverage of local news events and activities
• Showcasing Gorham businesses, students, and athletes
• Giving annual scholarships to Gorham students
• Offering quality local advertising to new and established businesses
• Providing working internships to local student writers
• And above all, featuring the many good deeds in our town.

Every other week, the Gorham Times is produced by countless volunteers who contribute articles and photos, design ads and format the paper, distribute the paper throughout town, mail subscriptions, serve on the board, and so much more.

The Gorham Times needs your support to continue offering this quality, non-profit community service. Your tax-deductible donation will help defer the many costs of publishing our community paper.

Join our list of celebrated Gorham Times Friends today by donating $50, $75 or $100 or any other amount. Please send your contribution to: The Gorham Times, PO Box 401, Gorham, ME 04038 or donate online at www.gorhamtimes.com, and click on the Friends of the Gorham Times button.

Join us in support of our local newspaper by being a Friend of the Gorham Times and keep the tradition going!

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COMMUNITY

OF INTEREST
The Baxter Memorial Library was recently designated as a national Family Place Library meaning it demonstrates a strong commitment to being a community center for early literacy and learning, early childhood development, parent education, and community-based information. To achieve these goals the library reorganized the Youth Services floor, improved the dramatic play area, held fun “Play-to-Learn” Workshops, and runs evening Family Discovery Time for all ages. Check the calendar in each issue of the Gorham Times for the Library’s calendar of events, or visit the website, baxterlibrary.org. Coming up on February 6: Baxter Memorial Library’s 4th Annual Harry Potter Night!

Griffin Germond (GHS ’15) recently published a book titled “ECHL 2 NHL: Developing NHL Players” which is available on Amazon.

The U.S. Department of Labor awarded Goodwill Industries of Northern New England, Gorham, $1,227,101 as part of an effort to support and expand YouthBuild programs across the country. YouthBuild provides at-risk youth between the ages of 16-24 with education and occupational skill development to obtain employment in construction and other in-demand industries.

Gregory Barden, of Gorham, was recently honored for his poetry by Dr. Stephen E. Caldwell, Associate Professor of Music at the University of Arkansas. Caldwell discovered Barden’s poem “Upon the Sand” on the Poetry Soup website and transformed it into a musical composition which can be found on YouTube [https://youtu.be/1okdZkp_b-0]. The narration to the individual piece begins at about 44:10.

The Gorham Lions will meet from January through April at the Department of Public Works on Hunting Road. Regular dinner meetings are the 2nd and 4th Tuesday of each month 6:30 p.m. New members are always welcome. The next meeting is January 14, FM 929-9182.

The Gorham Food Pantry, located at 299-B Main St (parking lot of St. Anne’s Catholic Church) is open every Thursday morning from 10 a.m. to 12 p.m. and the second and fourth Wednesday of every month from 6-7 p.m. Free for Gorham residents in need, FM 222-4351 or visit www.gorhamfoodpantry.org.

The Gorham Medical Closet located at the Municipal Center 75 South St is free and available to Gorham residents in need of wheelchairs, shower seats, commodes, walkers, canes, crutches and more. FM 839-3859; 839-2484; 839-3228; 329-4976; 839-3494; 839-6450. Hours are by appointment only with one of the volunteers. If you don’t reach a volunteer, leave a message and they will return your call.

SENIOR NEWS
A Senior Meal Site is held on Wednesdays at 12 p.m., St. Anne’s Church. Social-time begins at 11:30 a.m. Suggested donation is $4. The Meal site is closed if school is closed or delayed due to weather. Volunteers are needed to assist in meal prep and clean up. FM call 839-4857 or 222-1630.

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 Sue Chester-Doherty, 272-3095; Tuesday crafts and card games, FM Avia 892-0296; the Memor Writing Group meets the last Wednesday of the month, FMI David 892-9634; Thursday Table games at 9:30 a.m. and Friday Art Workshops at 9 a.m. FMI 892-0299.

The Lecky Brown Center for Seniors, located on the 3rd floor at First Parish Church, 1 Church St, is offering weekly events as follows: Mondays Cribbage Club @ 10 a.m., Hand Chime Ringers @ 2 p.m.; Wednesdays Originals @ 10 a.m. Coffee, Conversation & A Speaker every week; Fridays ARTAgaeous Seniors @ 10 a.m. (January 10, 17, and 22) will be exploring Acrylic painting on canvas, paper and fabric. Painting prompts will be provided and techniques demonstrated. Participants are welcome/encouraged to bring their own painting ideas to class. ONGOING: sign up for the Yellow Dot program. FMI: Lisa Becker at 835-9379 or leckybrowncenter@gmail.com.

USM NOTES
Close to Gorham, the University presents many events that are open to the public, including daily planetarium shows at the Southworth Planetarium, the Pope-Cheney Art Studio Exhibition at the Wishcamper Center until February 28, a photographic exhibition “Appearances” by Jack Montgomery and Ralph Gibson on display at the Glickman Library until January 27, basketball and ice hockey at the Costello Sports Complex on the Gorham campus. The School of Music and Department of Theatre have a full spring season of events. Find all of this and more on the web at usm.maine.edu/events, /art, /athletics, /music, /planet, /theatre. For students interested attending or transferring to USM, visit usm.maine.edu/admissions.

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Officer responded to disturbance on School St. and determined the issue was over coffee and names had been called. Parties were advised to stay away from each other.

Following a complaint about harassment, officer called man who requested that the police tell his sister to mind her own business.

Officer learned a woman needed dog food for two dogs, three cats and a rabbit. He met her in Little Falls and gave her four bags of dog food and six cans of cat food.

Officer checked on a man hitchhiking to the store for cigarettes. He reminded him to stay away from the edge of the road.

Officer found a mother and three kids walking. Kids attended Gorham schools. Mother’s vehicle had broken down. Officer picked them up and brought them to their respective locations.

Flaggy Meadow Road caller wanted to report being honked at by a bus that put its flasher on too late.

Suspicious male on New Portland Road seemed “messed up” on something. Man was extremely intoxicated and was given a ride home to Dow Road.

Caller’s vehicle was dropped off by a tow truck on White Birch Lane and had been there almost a month. Contact was made with the owner and the vehicle was moved.

Caller reported a subject walking by the drive thru window looking for change on the ground.

Goats were in roadway on North Gorham Road. Owner came out and collected them.

Suspicious person on Sanford Drive in the Industrial Park was a man teaching a woman how to drive.

Suspicious person on Robie Street told officer he had parked on the side of the road while using the internet. He was asked to leave the area as kids were arriving at school.

Man relinquished his shotgun to the Gorham Police Department “to do with as they will.”

Officer checked on man in a red truck at the Park & Ride. He had gotten into an argument and decided to leave before it got more heated. He had blankets and was going to let things cool off before he went back home.

A pig was reported loose on Sanborn Street. Pig was located and returned to its owner on Dingley Spring Road.

Officer checked on a vehicle parked against the wood line on White Birch Lane. Registered owner was in the parking lot checking his e-mails before going to work.

Suspicious vehicle with three occupants parked at Carnation and Connor was occupied by three men who worked for a moving company and were waiting for a truck to arrive.

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## Classifieds
### Help Wanted
- **School Custodians Wanted.** BSC Cleaning has FT evening roles available from 3-11 pm. Benefits include Health/Dental, 401k, Holiday pay, $500 sign-on bonus and more. To apply, visit bsccleaning.com or call 207-775-1615.

### Services
- **My Advice Spiritual Hotline:** 1-808-201-1236 ext. 4567 M-F 12pm-5pm. Call today about any subject matter. 1st three minutes FREE: talk as long as you need to talk.

## Calendar
**Thursday, January 9**
- Baxter Memorial Library
  - Toddler Discovery Time (18mos-3yrs), 9:30-10 a.m.
  - Sewing Club, 2:30-4:30 p.m.

**Saturday, January 11**
- Baxter Memorial Library, Lego Club (All Ages), 10 a.m.-12 p.m.

**Tuesday, January 14**
- Baxter Memorial Library
  - Preschool Discovery Time (3-5 yrs), 9:30-10:15 a.m.
  - Chess Club, 3-5 p.m.
  - Gorham Lions Club meeting, 6:30 p.m., Department of Public Works, Huston Road

**Wednesday, January 15**
- Baxter Memorial Library
  - Baby Discovery Time (Birth-18mos), 9:30-9:50 a.m.
  - Early Release Day: No Bake After School Snacks, 12:30-1:30 p.m.
  - Music Fun w/ Mr. Jeff (birth to 5yrs), 6-6:30 p.m.

**Thursday, January 16**
- Baxter Memorial Library
  - Toddler Discovery Time (18mos-3yrs), 9:30-10 a.m.
  - Sewing Club, 2:30-4:30 p.m.
  - Peter Michael Talbot-Author Event, “Copperline,” 6:30-7:30 p.m.

**Tuesday, January 21**
- Baxter Memorial Library
  - Preschool Discovery Time (3-5yrs), 9:30-10:15 a.m.
  - Baxter Digs Reading, 3:30-4:30 p.m.

**Wednesday, January 22**
- Baxter Memorial Library
  - Baby Discovery Time (Birth-18mos), 9:30-9:50 a.m.
  - Music Fun w/ Mr. Jeff (birth to 5yrs), 6-6:30 p.m.

### Business Directory
- **Village Hearing Care**
  - Audiology Services and Hearing Aids
  - Shannon Phinney Dowdle, Audiologist
  - 347 Main St., Suite 1A • Gorham, Maine 04038
  - 839-8400 • www.villagehearing.com

- **SHAW EARTHWORKS**
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- **Liz Berks**
  - Massage Therapist
  - 12 Elm Street
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  - 20 Years Of Practice
  - 653-8148

- **Sturgis Plumbing & Heating, LLC**
  - Gorham, Maine 04038
  - 207-615-1600
  - Jeff Sturgis - Your Friendly Plumbing & Heating Specialist
  - Master Plumber, Master Oil Heat & Solid Fuel Tech, Gas/Propane Tech
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- **MAPLEWOOD DENTAL ARTS**
  - 405 Main Street Gorham ME 04038
  - www.dentistgorhamme.com
  - (207) 839-6266
Local Hospitality Heads to the White House

Kathy Powell, Owner/Innkeeper of the PineCrest Inn at 91 South Street, was selected to serve as a Hostess/Greeter for “The Spirit of America” Christmas by the White House on December 4. Powell shared her expertise as a local business owner and greeted the guests from the Grand Foyer that were visiting the “Christmas at The White House,” an annual holiday tour which is themed by the First Lady each year.

Main Street and Beyond

The winner of the 2019 Annual Tree Festival was announced at New Year Gorham by Dan Nichols from Gorham Village Alliance (GVA) and Cindy Smith of Great Falls Construction. The Bookworm was awarded the traveling plaque for its tree based on the book, “Red and Lulu.” Second place went to Gorham House for its Maine-themed tree, and third place went to Mister Bagel for its breakfast pastry tree. A group of GVA members visited the trees and judged each of them on theme, creativity and overall appearance. Other participating businesses included Atlantic Dance Studio, TD Bank, Gorham Co-Op, Norway Savings Bank, Chiropractic Clinic of Gorham, Great Falls Construction, Gorham Historical Society, Willis Realty, Erin Flett Design, On Purpose Well Being Center, Junction Bowl, Aroma Joes, Art’s Nails, Goodwill, Gorham Arts Alliance, and ACE Hardware.