

# Gorham Times

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

## 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

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## Gorham Welcomes the New Year



Photo credit Sydney Stultz

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

TOM HASBROUCK  
NYG Coordinator

The 12th annual New Year Gorham celebration took place on a snowy Tuesday. People dug out and made their way to Shaw Gym and the high school for a variety of entertainment. Children’s events began mid-afternoon with a gray fox brought by Wildlife Encounters, and the evening ended with a great fireworks display, celebrating the beginning of Maine’s Bicentennial year, 2020.

The always popular Mad Science shows, an Abracadabra magic show, plus face painting and balloon tying entertained children. Meanwhile, over at the high school the New Year

Gorham Cafe, operated by the Northern Force Robotics team from Gorham and Falmouth High Schools, served great food and robot demonstrations. While the robot rested, singer-songwriter Dean Richardson entertained.

CELEBRATING THE BEGINNING  
OF MAINE’S BICENTENNIAL YEAR.  
HAPPY NEW YEAR GORHAM!

The Don Roy Trio (Acadian fiddling) and the Gorham Community Chorus provided concerts; they are prime examples of the variety of music available right here in Gorham. If people got tired of sitting, there

was a contra dance in the gym. If you don’t know what contra dance is, come next year and try it!

For the first time, the program included a storyteller. USM grad Antonio Rocha, a native of Brazil but current resident of Maine, had children and adults alike laughing and wondering as he wove his tales. In the final performance of the night, the Magic of the Steelgraves prompted the crowd to ask, “How did they do that?” Markus swallowed fire, Angelique disappeared, and doves fluttered where no bird could be.

Dare we say, “a good time was had by all”? Come and join us on December 31st! Happy New Year, Gorham!

## 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.



Photo credit Diane Abramson

DIANE ABRAMSON  
Staff Writer

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

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**GORHAM FOOD PANTRY  
CHANGES - ARTICLE ON PG. 4**



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.

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# A Preview of What's to Come

REP. ANDREW MCLEAN

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 scheduled April adjournment.

We have a number of significant measures to work on when we return. During the offseason 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 last several months, 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 will hold 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 of an "emergency nature" 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 this session that aim to do this. LR 3128, a bill to place a cap on the out-of-pocket cost for insulin, and LD 1453, which seeks to improve dental health 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 K-12 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 pro-

grams 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 last session 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!



Rep. Andrew McLean, D-Gorham, is serving his fourth term in the Maine House. He is House Chair of the Transportation Committee and represents parts of both Gorham and Scarborough. (207) 939-8482, (800) 423-2900, [andrew.mclean@legislature.maine.gov](mailto:andrew.mclean@legislature.maine.gov)

## Letter to the Editor

Letters to the Editor must be fewer than 300 words, signed with a first and last name, typed or e-mailed and include a phone number. The Gorham Times reserves the right not to publish letters that include personal attacks or inflammatory language. Letters are solely the opinion of the writer and not that of the Gorham Times. They are published at the discretion of the Gorham Times and are subject to editing.

Dear Editor,

I would like to thank a town worker who I believe goes above and beyond with regards to my candidacy for Town Council. As a first time candidate, I had many questions and Laurie Nordfors never told me she was too busy for me. If she couldn't answer my question at the time, she would always get back to me. And now with this second election, there are more questions.

I would also like to thank the women at the front desk who always greet you with a smile. They have a tough job dealing with residents who may not always be happy about having to pay their taxes.

Sincerely,  
Rick Davis

## Around Town

A new Mexican restaurant, Azul Tequila, will be opening in the old Blue Pig Diner space at 29 School St.

The Town Council Appointments Committee is seeking citizen volunteers to fill various openings on Town Boards and Committees. For more information, please contact the Town Clerk's office at 222-1671 or email [lnordfors@gorham.me.us](mailto:lnordfors@gorham.me.us). Applications will be accepted until January 31.

## 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 (ed tech), Kuech would not be subject to the charter prohibition that a councilor "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 item cuts or increases.

With the exception of Shonn 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 courts or by the voters in March. 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 Paraschak 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 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!

ROB 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 in your future.

Dr. Stuart McGill, professor emeritus, University of Waterloo and a

leading expert on lower back pain, describes the following as being risk factors for low back pain:

- Prolonged sitting
- Stationary posture for long periods
- Frequent bending, twisting, lifting/pushing/pulling, and generating power from your back

If that does not describe the typical Mainer getting up early to clear their driveway so they can sit in commuter traffic for 40 minutes en route to their 40 hour desk job, I don't know what does. It is the perfect storm (pun intended again).

Shoveling snow involves bending down to pick up an object with pushing and pulling movements repeatedly. Often, these motions are interrupted and need to be altered, as in snagging the shovel on a chunk of ice. Our muscles also need to adapt to the variations in the load that they will receive. As you know, the snow at the end of the driveway weighs a lot more than the snow on your walkway. So how can we prevent hurting our backs from shoveling? First, let's look at the mechanics of the body.

A normal spine and back is designed to be stable but provide some flexibility. Strength to lift an object and carry it comes mostly from our pelvis and legs. When you properly lift an object that is at ground level, your hips will

hinge back and your knees will bend until you are able to reach the object. During this motion, a stable back will remain straight and resist 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 shovel.
  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.



Robert Lavoie, D.C., CCSP® is the owner of Chiropractic Clinic of Gorham.

## Route 25 Construction

### Causing Damage CONTINUED FROM PAGE 1

large amount of vibration throughout the house."

Although surrounding homes and businesses have experienced similar effects, they do not seem to be as damaging. "We believe, based on discussions with workers involved in the project, that our house sits on some sort of granite vein or other geologic formation that transfers energy from the road to the house more directly than others nearby."

The Leaches have contacted various local and state officials, such as the MDOT, the Gorham Director of Public Works, Gorham Sand & Gravel, the Wastewater Chief Operator, and the Department of Agriculture, Conservation and Forestry.

According to town officials, Mr. Leach first contacted the Maine Department of Transportation last year, before the start of the Route 25 construction project. At that time, the Portland Water District did repair a manhole cover, which seemed to abate some of the issues.

Robert Burns, Gorham Public Works Director, visited the house after Mr. Leach's initial letter to the MDOT. According to Burns, "traffic was light and I didn't experience a loaded truck making the vibrations he described, but I think it is quite likely that the Portland Water District sewer manhole on the corner of State Street and Academy Street and the general condition of the roadway pavement in spots are the culprits. Hopefully, the MDOT project for Main Street will alleviate the problem."

Although the Main Street project has started, the Leaches feel as though the problem has gotten worse due to the heavy machinery, not better. "Some people feel like we are attacking the project. That's certainly not the case. The actual issue here is whether all is being done to minimize the impact to the residents affected by this project. Our goal is simple, to have our home and largest investment, and other residents' homes, protected from damage due to the road conditions, traffic, and construction activities. In cases like ours where damage has occurred, the participants should take responsibility for repairing any damages."

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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,



Photo courtesy of Deb Tanguay

The staff at the Food Pantry (shown left to right) includes Wendy and Bill Couch, new Co-Directors; Deb Tanguay, former Director; and Kris Clough, new Inventory Coordinator.

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](http://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

LAURIE 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-me.org](http://www.gorham-me.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 a 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.

**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](mailto:ckck5@maine.rr.com), Kathy Corbett at [kcorbett@aol.com](mailto:kcorbett@aol.com) or Cindy O'Shea at [coshea2@maine.rr.com](mailto:coshea2@maine.rr.com).

# 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*

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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, CCS), 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 reasons to employment, but it also includes quitting for yourself or someone else. It is also important to decide what and how many substances you are quitting.

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 harm-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.

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.

The fifth step is to 'Prepare for Cravings and Withdrawals.' Quitting is not easy and is accompanied by an array of symptoms including: tiredness, greater 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, 'Tell Your Friends You Are Quitting,' is more important than anything as 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 not. The tobacco helpline at 1-800-207-1230 is a helpful resource and can help people under the age of 18. The only thing they can not do is send a prescription to a pharmacy if the patient is under 18. The hotline is also available for people looking to support friends or family trying to quit.

"I think people think it is exciting and there is a risk involved; they are bored and it is something to do. The problem is people start for one reason but they continue for another reason," said Emerson. "Once they become addicted a tolerance starts to build and they need more nicotine, they create a dependency. It then becomes a maladaptive coping skill."

# School Committee Meeting

DECEMBER 11, 2019

KATHY CORBETT  
Staff Writer

At the last regular School Committee (SC) meeting, Superintendent Heather Perry introduced Eliza Kenigsberg, Career and Community Coordinator. Gorham High School (GHS) students Mia Donnelly, Alexander Leary, and Ava Pitman, who participate in the ASPIRE program, described the recent Future Story Day when students held conversations with a realtor, dentist, lawyer, and others in a variety of careers, and spoke about making community connections through the "Rules to Live By" program. Leary and Pitman visited local engineering firms where they were introduced to "many careers under one roof."

Perry announced that state certification rules will remain as they are until pending rework in 2020. She reported that the K-5 attendance zone changes are progressing well with staff assignments to be announced at the end of January. SC member Darryl Wright commended the students who spoke at the Wreaths Across America program at GHS.

Superintendent Perry presented an overview that highlighted progress on six areas of her 2019-2020 goals. She announced that capital needs at GHS will be the subject of a joint SC and Town Council (TC) workshop on January 14, and that the SC has formed a Facilities subcommittee to discuss capital needs at all district and town buildings with the TC. The World Languages Committee has made a FY21 budget proposal. Slow, steady progress is

being made on understanding diversity, she said. The district is working with a consultant to develop appropriate programs for teachers and staff. The Aspire program is active in many areas, including making connections with childcare providers, working with USM to offer early closeness credit, and using new software for college and career planning.

She spoke briefly about the District's Strategic Plan, emphasizing the need to develop measurement strategies as called for in the Mission and Vision document. She gave as an example the work currently underway to create a "portrait of a graduate" based on measurable criteria.

Bill Benson reported increased participation in vocational programs available to Gorham students. He said that there is a need for trained workers for existing good jobs.

The SC voted 6-0 to approve changes in five district policies. They revised truancy and attendance policies to include five-year-old students, and added gender identity as a category in the policy related to harassment of employees. The hazing policy was revised to give the superintendent the final decision in settling complaints.

They also voted unanimously to retain the superintendent as required by state law, although in Gorham the superintendent's contract is voted on in the spring. They authorized Superintendent Perry to proceed with the lease/purchase contract for the Narragansett modulars which is required in applying for some state funding.



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# Gorham Middle School Student an Inspiration for All



Photo courtesy of Gorham School Department

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.

# What is Your Story?



Photo courtesy of Gorham School Department

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



Photo credit DaraLyn McColl

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."



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# State Champs Reunited on the Court at USM

DESTINY COOK  
Sports Editor

Back in 2017, the Lady Rams varsity basketball team came back from a nine point deficit against Oxford Hills. After a hard fought game, the girls brought home the gold ball that year. It was a time to remember for all the players, and it was the last game Kristen Curley (GHS '17), Michelle Rowe (GHS '18) and Brittany Desjardin (GHS '19) all played together, until now. They are reunited again this season sharing the court for the University of Southern Maine Huskies.

Curley, in her junior year at USM, has continued to rack up many accolades including Northeast Region Rookie of the Year, New England Women's Basketball Coaches' Association (NEWBA) Rookie of the Year, and most recently Little East Conference Player of the week for her season high, 29 point game against Western Connecticut. She was one of the team captains of the GHS team in 2017 and has many great memories about that time.

"We had a such a great team, we all got along really well, and played well together. Luckily, moving on to a new team in college, not much was different," she said. "The greatest memories of all were the two state championships we won, which Britt and Michelle were a huge factor in. When you form that kind of bond with a team, and are successful, that is something that never dies out."

Rowe, also shared memories of the years they played together at GHS, saying practices were some of her favorite times. One memory in particular was when they were at the Augusta Civic Center for a practice right before states. "We had the whole place to ourselves and had the music blaring and we were dancing and having fun even though it was a few days before the biggest game of the year."

Rowe, who is entering her sophomore year at USM, knew she wanted to play D3 ball but she wasn't sure where. "I didn't seriously start considering USM as an option until around November or December of my senior year. When basketball season started, I came to a lot of games to watch Kristen and started talking to



Photo courtesy of Kristen Curley

GHS grads (shown left to right) Michelle Rowe, Kristen Curley and Brittany Desjardin.

the coaches a lot more," she said. She confided in Assistant Coach Rachele Burns (GHS '09) regarding the opportunity to play at USM. Burns encouraged her to consider USM believing she would appreciate living closer to home and having the community surround you.

Curley was thrilled to hear Rowe was going to join her team. "Michelle brings a certain work ethic to the team that is undeniable, she is a workhorse out there, always grabbing rebounds, as well as being a great shooter," she shared. Curley gave her the same advice as Coach Burns.

"A lot of people are against staying close to home for college, but I did not have any reason to escape the Gorham community seeing as they have only ever been good to me," she said. In turn, Rowe said it was fun to be able to watch Curley play her freshman year at USM. "Being so close to home was weird at first, but it was helpful having talked to Kristen about how living on campus really does give you a different experience," said Rowe.

Brittany Desjardin, the youngest of the three, was a freshman when the girls won their gold ball together at

CONTINUED ON NEXT PAGE

# GHS to Entertain with Tall Tales in Upcoming Musical

MICHAEL LORTIE  
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 839-5754.

# The Accolades Keep Coming



Photo courtesy of Gorham School Department

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.

If you have school news you would like to share, email [SchoolnewsGT@gmail.com](mailto:SchoolnewsGT@gmail.com)



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# Boys' Varsity Soccer Coach Stepping Down



Photo credit Amanda Landry Photography

Tim King is shown with his son, Brady, and his wife, Elizabeth, on Senior Night.

DESTINY COOK  
Sports Editor

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 231-75-19 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."

CONTINUED ON NEXT PAGE

## State Champs Reunite CONTINUED FROM PAGE 7

GHS. Now she is entering her freshman year as a Huskie and looking forward to playing with Curley and Rowe again. She remembers fondly her friendships on the GHS team. And she said the feeling of winning the state championship was like no other.

"I think the most vivid memory I have was after the game on the bus ride when we were all singing to 'We are the Champions,' with the windows down, screaming the lyrics out of the window, while getting escorted through Gorham," Desjardin shared.

She chose USM for its business program but being able to play basketball was

a big factor. "I loved the players and the coaching staff and thought that I would fit in well," Desjardin said. Having Curley and Rowe on her team already was very reassuring to her.

"It was nice just to have a couple of friendly faces coming in because I did not know anyone else. It is also nice to have played with them throughout high school because I know how they play which makes it easier for us to play together," she said. Curley shared, "Britt brings a whole new level of fast pace to the game, she knows how to push the ball, and take care of it at the same time. She has improved immensely over the past

month or so, and has become a serious threat scoring wise."

All three ladies are looking forward to playing together this season for the Huskies. For Curley, she just wants to be a good teammate and do what she can to help her team win. "I am very excited to see what this team can do, and how far we can push ourselves!" she shared.

Rowe said despite the struggles the team had in the second semester last year, she feels they have what it takes to make a run in the playoffs this year. "I think it would be really cool if we won a conference championship this year and/or next

year with me, Britt and Kristen on the team," she said.

As for Desjardin? While being a freshman can be scary and nerve-racking, she said that everyone has made her transition very easy. She is most looking forward to forming a bond with her new teammates. "I hope to form friendships that will last a lifetime while playing the sport that I love. I am also looking forward to seeing what great things this team can accomplish," she said.

To catch the GHS alum in action for USM, check out the Huskies' schedule at [www.southernmainehuskies.com/sports/wbkb/2019-20/schedule](http://www.southernmainehuskies.com/sports/wbkb/2019-20/schedule).

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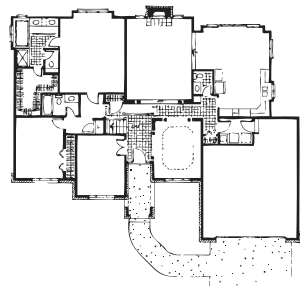
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## Boys' Varsity Soccer Coach Stepping Down after 20 Years CONTINUED FROM PAGE 8

King has many special memories during his tenure as head coach which include four straight appearances in the Regional Finals during the last four seasons, the crowds, and the excitement generated during home play-off games. "Coaching in two state championship games was certainly a thrill, but regretfully we were never able to bring home the gold ball," King said.

During his years as head coach, King's sons Kyle and Brady both played on his team. "Coaching my two boys has also been something I really cherished," he said. Brady, who was a senior captain this year during his father's final season, said being a captain for GHS has long been a goal. "I have been around this program ever since I was born, so I've seen all the teams throughout the years," he said. He had always dreamed of wearing the captain armband while his dad was the coach and that dream came true for Brady this year.

Though having your father as a coach isn't always easy, Brady said his dad did a good job when presented with the challenge. "He never treated me differently than any other player," he said.

Andrew Rent, Kyle Hamblen and Travis Matheson were also captains of the team this year. Hamblen said King was "always pushing his players to be the best and I believe that every year we went out there and proved it. He knew how to motivate us and improve upon ourselves when we were in difficult moments."

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 will 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 URI.

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 URI.

"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 him to watch me 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."

King said, "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.

## Sports Etc.

Faith Dillon was selected to the 2019 Maine Field Hockey Association All-State team. She received the honor at the Maine Field Hockey Association All-State banquet on December 8 at the Augusta Civic Center which she attended with her coach, Becky Manson-Rioux.

Tyler Rollins, a senior linebacker for GHS football, was named to the All-State football team. Rollins was in on 51 tackles, 4.5 for loss, with one forced fumble. He also rushed for 1,320 yards and 14 touchdowns and racked up more than 550 return yards, taking two punts and one kickoff back for touchdowns.

**Knights of Columbus Free Throw Contest:** January 25, 1 p.m., at Shaw Gym. Registration begins at 12:30 for boys and girls ages 9-14 (must provide proof of age at sign up). Winners in best of 15 free-throw contest will advance to district competition. FMI call Ben at 207-436-0223 or Mike at 207-400-1814.

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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, holds 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](http://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](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 Huston 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 Tuesday, January 14. FMI, 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. FMI, 222-4351 or visit [www.gorhamfoodpantry.org](http://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. FMI 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, 299 Main St. 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. FMI 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 Chesler-Doherty, 272-3095; 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 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 ARTageous 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](mailto: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/](http://usm.maine.edu/events/), /art, /athletics, /music, /planet, /theatre. For students interested attending or transferring to USM, visit [usm.maine.edu/admissions](http://usm.maine.edu/admissions).

## STAY INFORMED WITH THE GORHAM TIMES!

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the *Courtesy of the Gorham Police Department*  
**blotter**

### COFFEE CONTROVERSY

**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 truck 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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#### 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.

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# Local Hospitality Heads to the White House



Photo courtesy of Kathy Powell

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



Photo courtesy of The Bookworm

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.

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