

Deborah M. Hewson Clinton P. Merrill

SOUTH CASCO — Deborah M. Hewson and Clinton P. Merrill were married Sept. 5 at Luther Gulick Camps. A reception followed.



will reside in Brunswick.

The bride is the daughter of Roger and Charlotte Hewson of South Casco. The bridegroom is the son of Eleanor P. Merrill of Portland and the late Clinton D. Merrill.

The bride is a graduate of Gould Academy and Portland School of Art. She is employed by Imageset. The bridegroom graduated from Deering High School and Massachusetts Institute of Technology. He is employed by Bath Iron Works. Mr. and Mrs. Merrill

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Deb Hewson is 31, she's a graphic designer, and she lives in Brunswick. She was brought up in Montreal, and spent her summers at Wohelo, a girls' camp on Sebago Lake which is owned and run by her family.

Deb started running at age 18 and ran her first race 7 years ago. She started running triathlons 3 years ago. During the past year she entered 27 races, including biathlons, triathlons, running, cycling, and cross-country skiing races, and she won 9 of those events. In her training last summer she averaged 5 miles a week swimming, 150 miles cycling, and 40 miles running. Deb says she especially enjoys the running and couldn't live without it. During her runs she experiences a sense of mental quietness, and enters into a soothing, meditative state of mind. A necessary balance in a busy life!

Deb's favorite place to run is the Durham Road in Brunswick, which she describes as great for hill training. Her favorite race is the Kingfield 10K because it's such a fun social event, although the Cape Challenge rates high as well.

In the winter Deb trains on a mountain bike in order to cope with tricky road conditions. She also enjoys roller blading, which is like cross-country skiing on pavement, and a great workout for the upper body as well as the legs. She offered a helpful tip for runners, cyclists, and other athletes who must share the road with vehicular traffic: wear bright colorful clothing so you can be more easily seen by motorists.

Deb's most recent acquisition is a racing canoe. She loves the process of learning and is always open to a new athletic challenge.

(Editor's note: Deb is a graphic designer with ImageSet Associates, Computer Publishing and Design. The layout of this newsletter is her creation, and the fact that the newsletter gets out at all is due to her help in cutting, editing, and paste-up at her office each month late into the night.)

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