

## Ready to run



Michelle Preston (No. 23), Mike Colucci, right, and a group of runners make their way to the Memorial Park starting line for the Scarborough Frozen 5K road race last Sunday. The race raised nearly \$1,000 for the Scarborough High School track and cross country programs. (Don Penta courtesy photo)

## Black Point concerns voiced

Residents expect increased traffic and trespassing

By Michael Kelley  
Staff Writer

A standing room only crowd turned out at a Jan. 9 Planning Board meeting to air concerns about the Black Point Beach Park and its proposed 370-vehicle lot.

The Sprague Corp. is attempting to get Planning Board approval to construct a 370-vehicle parking lot and multi-purpose building to house a concession stand, changing facility and restrooms on a 64-acre piece of property at 388 Black Point Road between Scarborough Beach State Park and Kirkwood Road.

Many in the abutting neighborhood and the Prouts Neck section of town argue the project is far too big and puts their health and wellbeing and the environment into jeopardy.

Og Hunnewell, a resident of Prouts Neck, said his concern is with increased traffic the park will bring to Black Point Road, the only way in and out of his neighborhood.

He said the hundreds of residents with driveways off Black Point Road will face serious congestion, delays and safety concerns around their homes as a result of increased traffic on the road.

He said he also worries about how emergency response vehicles, such as fire engines and ambulances, will be able to access homes and businesses on the road as a result of the increased traffic.

"This is how quality neighborhoods decline rapidly," he said.

Edith Iler, whose 390 Black Point Road property abuts the site of the proposed park, said she worries about people attempting to access the beach, not by the boardwalk provided but by going through her property.

"My greatest concern – I have several, but my greatest – is that we are going to be buffered on both sides of our property by trespassers," she said.

Russ Kivatisky, who lives at 386 Black Point Road, just before the proposed beach entrance, is also concerned on the impact the park would have on his property. His property, he said, would be impacted on three sides. Vehicles would drive in front of his property, drive to the parking lot along the side of his home and park in the parking lot right behind it.

Jackie Quimby, whose property abuts the beach park property, said the proposed earth berms to keep noise and pollution from disrupting nearby residences will do nothing to ease her concerns about the park popping up in her backyard.

"As far as the berms, they won't do any good at all," she said, adding that on a summer morning she can hear noise from Scarborough Beach, which is much farther from her property than Black Point Beach park would be.

Lucy Lacasse grew up on Prouts Neck and has lived in Scarborough as a year-round resident since 1981. She is concerned about

## Winterfest ready for 23rd year

Annual free event boasts 20 activities

By Michael Kelley  
Staff Writer

If it can be done outside in the winter, chances are it will be happening this weekend at Scarborough Community Services' 23rd annual Winterfest.

The free annual celebration will be held Saturday on the campus around Wentworth Intermediate School with nearly 20 events in which families and individuals can take part.

"This is a free event with activities for all ages," said Ryan Colpitts, recreation program coordinator for Scarborough Community Services and head organizer of the event. "It is a good way for people to spend the day with their families."

The event begins with a free throw competition sponsored by the Knights of Columbus in the Wentworth gymnasium at noon. From there a number of events take place on the lower ice skating rink, including slalom skating at 12:45 p.m., speed skating at 1:45 p.m., backwards skating at 2:45 p.m. and an obstacle course at 3:45 p.m.

Also planned for the event is a candy hunt in the Wentworth playground for children from pre-kindergarten to fourth-grade at 1:30 p.m. and a similar event for children in grades five to eight at 2:30 p.m.

The upper ice rink will play host to a Score-O contest at 3 p.m. and a milk jug curling contest at 4:30 p.m. On the complex's turf field will be a snowball tossing contest at 1:15 p.m., a snow shoe obstacle



Ryan Colpitts, Scarborough Community Services' recreational program manager, prepares to clear the snow off the municipal ice rink last Friday in preparation for this weekend's Winterfest celebration. (Michael Kelley photo)

course at 2:15 p.m. and a human dog sled event at 3:15 p.m.

A snow sculpting contest next to the ice rink will begin at 12:30 p.m. The final results – in three categories: family, 12 and younger and 13 and older – will be announced at 4:15 p.m. The event will also include wagon rides donated by Bailey's Campground, open skates on both the lower and upper ice rinks and an opportunity to get close to a municipal plow truck, fire engine and police cruiser.

New this year, the family that does

the best in the snowball toss, snow shoe obstacle course, human dog sled race and milk jug curling will be dubbed the event's "Royal Family" and have their name engraved on a plaque. The King and Queen of Winterfest in three age groups – pre-kindergarten to second-grade, third-grade to fifth-grade and sixth-grade to eighth-grade – will be named after the slalom skating, speed skating, backwards skating and obstacle course events. Like in years

See WINTERFEST, page 8

See BLACK POINT, page 9




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# Council sets goals for the upcoming year

## New revenue sources and attracting business among key items on list

By Michael Kelley

Staff Writer

Creating a reasonable and fiscally responsible budget, exploring new sources of revenue and attracting businesses to Scarborough were among the ambitions aired last week during a two-hour goal-setting workshop by the Town Council.

It was unanimously decided that the budget will be the council's biggest goal – and challenge – during the next few months.

"My goal would be a realistic budget," said Chairman Ron Ahlquist at the Jan. 4 workshop session. "I thought it was one of the goals we were able to stick to last year."

Creating such a budget, he said, will not be an easy task.

"Realistically, with this governor we have, this is prob-

ably going to be the hardest year we have had since I've been around," he said.

While the numbers are far from finalized, Town Manager Tom Hall said the town will start the budget process with at least \$2 million less in funding from state and federal government. The councilors decided, at least for the time being, to shoot for a flat funded budget with a tax rate increase of no more than 3.6 percent.

In preparing for next year's budget, Councilor Carol Rancourt said she would like to look at how the town provides services to its residents and staff.

The idea, she said, is not to cut services but rather find other ways to offer those services, such as regionalizing dispatch or offering a cafeteria-style benefits package for municipal employees.

"There may be another way of doing some of these things," she said. "We may not find a way to save money, but I think we should look in to it."

Councilor Karen D'Andrea said one thing she would like the council to do in 2012 is reassess the town's approach to economic development.

"Economic development has changed in the last 10,

See GOALS, page 11

# Great Person ballots have been counted

By Michael Kelley

Staff Writer

Derek Volk has been named the *Leader's* 2011 Great Person of the Year.

Steve Yescott nominated Volk, the father of four children, who he called "a great guy that serves his family and this community in many ways."

Yescott said one way that Volk has given back to Scarborough and Biddeford, where his company, Volk Packaging is located, is through youth athletics.

"Derek has coached girls softball in town for many years. He has coached softball at Scarborough Middle School and has served as the president of the Southern Maine Flame for many years," Yescott wrote when he nominated Volk.

"In addition to spending many volunteer hours serving the softball community, he purchased a pitching machine and batting net that he set up at his company's building."

Volk, who served as chairman of Scarborough Young Life, a community organization that helps teenagers find spiritual direction, was humbled by the honor.

"I am very honored. There were a lot of great people on the list," he said. "I know some of them and I know some of the previous winners. I am very honored and humbled to be among those people."

See next week's *Leader* for an interview with Volk.

Staff Writer Michael Kelley can be reached at 282-4337, ext. 237.

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# Sports Spotlight

## Skater prepares for national competition

Scarborough freshman will travel to San Jose, Calif., for figure skating finals

By Michael Kelley  
Staff Writer

Scarborough High School freshman Morgan Sewall will be put under the national spotlight later this month when she competes in the 2012 Prudential U.S. Figure Skating Championship in San Jose, Calif. The event, held annually since 1914, is considered the nation's most prestigious figure skating competition. Sewall, 14, will compete in the novice level during the first two days of the event with her short program on Jan. 22 and her long program on Jan. 23. The event, which runs from Jan. 22 to Jan. 29, includes the nation's top figure skaters from the Eastern, Midwestern and Pacific regions and awards top honors in ice dancing, men's, women's and pairs figure skating. Sewall qualified for the event by finishing in the top four at the Eastern Semi-finals competition in Jamestown, N.Y., in

November. She said her goal at the national event is simply to do the best that she can. "I am not expecting too much," Sewall said. "I want to go out and have the best skate I can. I exceeded my goals already by getting to this point. I just want to go out and have fun." Sewall said her performance at the national competition will include a new jump, the triple salchow. She developed the jump after the semifinal qualifier and has yet to use it in competition. "To land that would be incredible," said her mother, Peggy Sewall. "She's been working really hard on that. It is new to her program." For her short program, which cannot be longer than two and a half minutes, Sewall will skate to Clint Mansell's "Requiem for a Dream." Her long program, which lasts roughly three minutes, will feature "Keys to Imagination" by Yann. She currently is working with Carol Pichette, her coach from North Atlantic Figure Skating Club in Falmouth, to choreograph a routine to the songs. See FIGURE SKATING, page 10



Morgan Sewall, a Scarborough High school freshman, seen here skating during the Holiday Exhibition at the Portland Ice Arena on Dec. 18, will be heading to San Jose later this month to compete in the 2012 Prudential Figure Skating Championships. (Courtesy photo)

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# Business Briefs Letters to the Editor

## Maine lawyers receive honors

Bernstein Shur law firm announced that more than one-third of its attorneys, 37 total, from its offices in Portland and Augusta and Manchester, N.H., were included in the 2011 New England Super Lawyers and Rising Stars directories.

Attorney Peter J. Rubin of Scarborough was named to the Top 100 New England Super Lawyers list, one of only four attorneys within Maine to receive the distinction.

Attorneys for the directories are selected by the research team at Super Lawyers, which is a service of the Thomson Reuters Legal Division based in Eagan, Minn.

The following local Bernstein Shur attorneys were recognized in the specified practice areas: bankruptcy and creditor-debtor rights, Leonard M. Gulino of Cape Elizabeth; business litigation, Paul McDonald of Cape Elizabeth; Peter J. Rubin of Scarborough; real estate, Charles E. Miller of Portland, Jaimie P. Schwartz of South Portland and Nathan H. Smith of Portland, Maine; tax, Nelson A. Toner of Portland.

Bernstein Shur attorneys named as New England Super Lawyers Rising Stars are: Lori L. Dwyer of Portland, for employment and labor, Katherine A. Joyce of Scarborough for energy and natural resources; Katherine R. Knox of Portland, for government-cities-municipalities, Daniel J. Murphy of Portland for business litigation; Philip Saucier of Portland for government-cities-municipalities; and J. Colby Wallace of South Portland, for tax.

## Donation Express opens

Goodwill Industries of Northern New England announced the opening of a new Goodwill Donation Express in the Hannaford Shopping Plaza in Scarborough (31 Hannaford Drive).

The express opened Dec. 15. and replaces the attended Donation Center housed at Dunstan Corner.

The Goodwill Donation Express will be open 8 a.m. to 9 p.m. seven days a week.

At 2,800 square feet, the new express model increases accessibility and convenience for donors and provides increased space for employees to sort and process donations.

When a donor drives up, Goodwill staff will help unload donations and give donors a tax receipt. Donations are sorted and then shipped to Goodwill's central warehouse in Gorham for distribution to stores.

Donations are sold in 26 retail stores in Maine, New Hampshire and Vermont and fund programs.

In 2010, Goodwill launched the Donate Movement, a public awareness initiative that educates consumers about how donated goods have the power to make a difference in people's lives.

A list of accepted donations can be found on Goodwill's website: [www.goodwillnne.org/donate](http://www.goodwillnne.org/donate).

# BIG SALE

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## Association chapters assist food pantry challenge

To the editor:

I am writing this letter in honor of our six AARP chapters in Maine that participated in the AARP chapter challenge to collect food and monetary donations for local food pantries.

The chapters collected a colossal amount. In fact, among them, they collected more than four tons of food.

In addition to the food, the chapters donated almost \$2,500 to the pantries which will go a long way toward feeding low-income Mainers who might otherwise go hungry in the coming months.

We heard from the chapter presidents and volunteer leaders that many local businesses and community partners participated in the food drives.

With Maine ranking ninth in the nation for food insecurity, it is especially important for us all to be aware of the needs of others.

## About letters

The Leader encourages readers to submit letters to the editor. The editor reserves the right to edit letters for style, request revisions or reject letters. E-mail is the preferred method for transmitting letters of no more than 300 words to [editor@scarboroughleader.com](mailto:editor@scarboroughleader.com).

Finding ways for communities to work together has resulted in tremendous generosity that will have a huge impact.

The AARP was founded more than 50 years ago by Dr. Ethel Percy Andrus, who was determined to make a difference in the lives of others.

Her motto was "to serve, not to be served."

Clearly, the Maine AARP chapters are to be congratulated for celebrating her legacy through their extraordinary efforts to help their neighbors.

**Charlene Thompson**  
**AARP Executive Council**  
**Saco**

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Bring your own stone or you may borrow one from Dede or purchase one at Magick Bridges. Each student receives a copy of Dede's article about the stone and her original guided meditation.  
Fourth Thursday monthly (please see our schedule to confirm date)  
Magick Bridges, 605 U.S. Rte. One Scarborough ME  
6-7:30 p.m. \$11.00 • Light refreshments provided. \$11.00  
RSVP required. 207/730-7134 or [magickcloset@hotmail.com](mailto:magickcloset@hotmail.com)

**Primus Activation Healing Meditation Group**  
**With Dede Eaton**  
Thursday, January 12, 6:00-7:30 ~ By donation  
Facilitated by Dede Eaton, PAHT Practitioner  
Return to your natural state of wellness and activate your physical and spiritual body through this powerful, yet gentle, meditation. Vibrating in the Primus State encourages a sense of joy, clarity, relaxation, heightened awareness and many more benefits. Dede facilitates the group one of two ways:  
Using the guided meditation on cd by its creator Naisha Ahsian while Dede provides hands-on Primus Activation. Or, Dede personally guides the group through the meditation.  
After the meditation, for those who wish to share, we discuss in depth each person's experience and any symbols or messages received during the meditation. In addition, Dede discusses and shares information about the Primus Activation Healing Technique, the Law of Resonance, the Chakra system and more.

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**Stepping Into The Light**  
**With Debra Snyder, PhD**  
Friday, January 27 ~ 6:00-8:00 • \$20.00  
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Sharing Your Unique Talents with the World  
Join award winning author and HeartGlow creator, Deb Snyder, PhD for an evening of inspired conversation on YOUR career in the spiritual spotlight. She'll discuss her personal story of launching her own speaking career and writing her book, Intuitive Parenting: Listening to the Wisdom of Your Heart (Atria/Beyond Words 2010.) You'll get the inside scoop on publishing, marketing, public speaking and networking in the mind/body/spirit genre. A fun and informative event essential for those who want to take their career to the next level. The evening will conclude with answers to your specific questions and a heart-to-heart dialogue about a career in the inspirational marketplace. It's time to take your work to new heights!  
All proceeds from this event will go to support Deb's 2012 Speaking Tour with Holistic Globe Networks, a non-profit organization.  
*Learn about Deb please visit [www.heartglowliving.com](http://www.heartglowliving.com)*

**Manifestation Mandala**  
With Mark Gerardi  
Sunday, January 22 ~ 10:00-1:00 ~ \$30.00  
**What wishes do you want to come true In 2012**  
Through the use of sacred geometry and the radial design of the Mandala we can begin clearing outdated and potentially unhealthy energy patterns by creating a sacred field in which the seeds of new healthy life patterns and intentions may come to fruition. Tibetan monks and Navajo medicine men created mandalas as a means of healing a dis-eased individual or even the world. Similarly, Taoist shamans used yellow paper talismans adorned with a variety of esoteric symbols to amplify their spiritual intent in order to manifest health, abundance, success, invoke a guardian angel or expel negative energies.  
We will take a guided journey for the purpose of manifestation. We will also create two personal mandalas: one to manifest what we desire and one to release what no longer serves us. Afterwards these creations are burned in a fire ceremony to release their energetic intent to the heavens.

**Discover the Universal Archetypes Aligned with your Journey**  
**With Mark Gerardi**  
Sunday, February 5th, 2012, 10:00am - 1:00pm ~ \$30.00

**Recognizing the Root of your Pain**  
**With Mark Gerardi**  
Sunday, February 19th, 2012, 10:00am - 2:00pm ~ \$30.00

**Mondays:**  
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# Kids use book to teach about disease

Sales of book will help families with Huntington's

By Gillian Graham  
Staff Writer

An adventure story created with their grandfather has turned into a tangible way for three York County children to teach others about a devastating genetic disorder.

Back in 2008, Brandon, Karissa and Elizabeth Irving and their grandfather, Mike Fernald of Saco, started talking about the oversized muffins sold at a Buxton store. That discussion evolved into a muffin song, muffin persona for each child and elaborate stories about the "Muffin Kids" adventures.

Three years later, the Limington children and their grandfather continue the adventure with a colorful children's book about the Muffin Kids, which they both sell and give away at various local events to raise awareness about Huntington's disease.

Thirty percent of proceeds benefit families of people with Huntington's disease through the nonprofit organization Deshalamar, which helped the family publish the book. Deshalamar sells products to support charitable donations to causes related to veterans, domestic violence and Huntington's.

See MUFFIN KIDS, page 11



The Irving children, front from left, Elizabeth, Karissa and Brandon, and their cousin, Ally Irving, rear, hope their book, "The Adventures of the Muffin Kids," will help others learn about Huntington's disease. Ally's father has the rare genetic disorder. (Gillian Graham photo)

# Robbery suspect nabbed in Hollis

By Michael Kelley  
Staff Writer

The man suspected of robbing the Shaw's Supermarket on Payne Road has been caught and Scarborough police are currently working to present a case against him.

Christopher Dimastrantonio, 23, of Gorham, was arrested Jan. 3 shortly after allegedly robbing the Hannaford in Waterboro.

He was arrested nearby in Hollis and charged with robbery and violation of conditions of release. Several days before that, on Dec. 28, Dimastrantonio, dressed in a tan Carhartt coverall, dark blue knit cap and a light blue scarf around his face, allegedly entered Shaw's Supermarket at 417 Payne Road and threatened the clerk at the service desk and demanded money.

Although he changed his attire from one robbery to the next, Dimastrantonio allegedly used the light blue scarf to cover his face during the robberies of Olympia Sports, Domino's Pizza and U.S. Cellular Store in Gorham in early December and

Hannaford on Forest Avenue in Portland on Dec. 31.

With the help of witnesses to the Waterboro robbery, police were able to track the vehicle Dimastrantonio left the supermarket in and follow it to Route 202 in Hollis where he was stopped.

"Further investigation and coordination, York County Sheriff's Office detectives and detectives from Gorham Police Department linked Christopher Dimastrantonio to several robberies over the past two months in Gorham, Scarborough and Portland," said Detective Sgt. Michael Hayes of the York County Sheriff's Office.

"We are in the process of putting the case together," Scarborough Detective Sgt. Rick



Christopher Dimastrantonio

Rouse said late last week. "We, along with Gorham and Portland will go in together and have the district attorney review it. It will most likely go to grand jury, probably in March."

According to York County Sheriff Maurice Ouellette, Dimastrantonio's girlfriend, described as a young woman in her early 20s, was driving the vehicle when it was pulled over and had been waiting for him in the Dunkin' Donuts parking lot near the Waterboro Hannaford parking lot.

On Dec. 19 Dimastrantonio was arrested in Gorham and charged with burglary.

He also was summonsed Dec. 2 in Freeport on two charges of theft by deception and in South Portland on Dec. 27 for bur-


glary. He could face additional charges in connection to his alleged crimes in Gorham, Portland and Scarborough.

"We could have had just a Scarborough case, a Gorham case and a Portland case, but from our standpoint it made sense to get it all together and have one prosecutor handle it," Rouse said.

He said Scarborough police will ask that Dimastrantonio be charged with robbery, but that will, in the end, be up to the district attorney.

Dimastrantonio is currently being held on \$250,000 bail at York County Jail.

Staff Writer Michael Kelley can be reached at 282-4337, ext. 237.



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# Fastest of the Frozen 5K field

Scarborough Frozen 5K over-all winner Chris Kibler, left, races to the finish line in a time of 14:55, five seconds ahead of Chris Harmon. Last Sunday's race attracted about 130 running enthusiasts. Right, Erin Flynn placed first in the women's divison and seventh overall. Flynn covered the 3.1-mile course in 17:43. Race proceeds benefitted the Scarborough High School track and cross country programs. (Don Penta courtesy photos)



## Winterfest

Continued from page 1

past, the king and queen of each age group will receive a trophy.

Colpitts, a 2003 graduate of Scarborough High School, said the event provides the public a good incentive to get out and active, at least for the day.

"Especially in the winter, it seems people are always huddled up inside if they don't have a ski mountain to go to or something like that. This sort of brings everyone together outside of the regular school day or workday. It's a good way to bring everyone outside and have some fun competitions," Colpitts said.

With a full slate of activities and events throughout the day, Colpitts said the hardest part of the event is making sure people get to do everything they want to do and see everything they want to see.

"Sometimes kids have their ice skates on all day going to and from events," he said.

Colpitts said the event is always changing with new and

different activities introduced every year.

"In past years it has been heavy in the skating events. We have started to try to give people who maybe don't want to skate the option of coming and having events to participate in," he said.

New this year will be the snowshoe obstacle course, candy hunt, milk jug curling, ice sculpture demonstration by Brilliant Ice Sculptures and the crowning of the Royal Family.

Colpitts said throughout the years, the event, which concludes with a fireworks show at 5:15 p.m., has received support from area businesses, such as Saco and Biddeford Savings Institution, which will sponsor the sculpting demonstration and hand out free s'mores and hot chocolate during the event. This year more than 40 businesses and organizations have donated items to the event, many to be given away during the raffle and silent auction.

"The local donations from businesses around town, whether it's gift bags, gift certificates or money donations, really help make this possible," Colpitts said.

Don Lauzier, vice president of community relations for Saco and Biddeford Savings Institution said Winterfest is exactly the type of event the bank and its employees look to support as part of giving back to their communities.

"It is a great opportunity to get people together. It gives us a chance to support something that gets people outdoors having fun," Lauzier said. "It is a great family event. We are very family oriented. It is a great fit for us."

Colpitts said he expects somewhere between 500 to 600 people at the event, but the final number depends on weather the day of the event.


Winterfest will be rescheduled for Jan. 15 if the ice rink is not frozen enough on Jan. 14, but the event will run with or without snow on the ground. Colpitts said event organizers have already developed a plan to modify some of the events if there is not any snow.

In case of inclement weather, call Community Services at 730-4150 or the ice rink at 883-7645.

Staff Writer Michael Kelley can be reached at 282-4337, ext. 237.

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# Black Point

Continued from page 1

the project's impact.

"This huge project will change the character of the Black Point area, which my family, as well as many others, call home. I am also very concerned about the piping plover population, which likewise call this area home," she said.

The piping plover is a small shorebird that became a protected species in 1986 under the federal Endangered Species Act. The plover population along the East Coast has continued to decline.

"Scarborough Beach should be a success story for the plovers, but they are always being pushed out," she said..

Rick Davies, a resident of 348 Black Point Road, just north of the site, argues the plan proposed by Sprague Corp. is in direct conflict with the town's Comprehensive Plan, which was last updated in 2006.

"I oppose this development because of the size and scope and its impact on our coastal community," he said.

Bob Gould, president of Prouts Neck Association, agreed and said the plan also goes against the Comprehensive Plan, which he called "the prevailing document" for Scarborough's future and growth.

He said the Comprehensive Plan defines the area the Sprague property is located as a place for carefully designed light commercial use and should remain a rural area with limited development. It becomes tricky, he said, because the Comprehensive Plan also calls for the town to promote additional points of public access to beaches.

"For the betterment of our town, I urge you to deny this application," Gould told Planning Board members.

Mary Anne Rodrigue, a resident of the nearby Atlantic House Condominiums, said she, like others she has talked to, fears the new beach park would lead to the demise of Scarborough Beach State Park because that area of town does not need two beaches.

"To do anything to threaten the viability of that beach would be a shame," she said of the state park.

Betsy Chase, Spurwink Road resident, argued as it is, Scarborough Beach State Park rarely attracts a full parking lot. She said the lot was only full five times in 2008, 13 times in 2009 and eight times in 2010.

"The parking lot is going forward based on the economic need of the applicant," Chase said. "It has nothing to do with a need for parking and it has nothing to do with fitting into the neighborhood."

After hearing more than two hours of public comments, Planning Board Vice Chairman Corey Fellows said the board would take the comments and concerns under advisement, but doesn't expect the board to make a decision on the plan anytime soon. The Sprague Corp. is also waiting to hear back as to whether or not the plan meets Department of Environmental Protection approval.

"I don't think we expect to see this on our agenda for the next couple of months," he told the crowd. "It will be some time before we take the next step on this."

Staff Writer Michael Kelley can be reached at 282-4337, ext. 237.



Russ Kivatisky, right, airs his concerns with the Black Point Beach Park plan, which proposed next to his Black Point Road home, at the Jan. 9 Scarborough Planning Board meeting. (Michael Kelley photo)

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## Things to Do

The Leader accepts calendar listings from nonprofit organizations. Submissions must be received 10 days prior to publication. Please e-mail your listing to [editor@scarboroughleader.com](mailto:editor@scarboroughleader.com) and indicate the date of your event in the reference line. Listings also may be mailed to: The Leader, 180 Main St., P.O. Box 1894, Biddeford, ME 04005.

### Monday, Jan. 16

**Republican town committee meeting,** 6:30 p.m., Chicago Dogs Restaurant, Route 1, Scarborough. FMI, e-mail [scarboroughgop@gmail.com](mailto:scarboroughgop@gmail.com).

**Overeaters Anonymous,** 10 a.m., West Scarborough Methodist Church on the corner of Route 1 and Church Street.

### Tuesday, Jan. 17

**Food Addicts in Recovery Anonymous (FA),** 9 to 10:30 a.m. at Maine Medical Center Scarborough Campus located at 100 Campus Drive, just off Route 1. FMI, call 775-2132.

**Zumba,** 6:15 to 7:10 p.m., Scarborough Middle School, 44 Gorham Road. FMI, call 730-4150.

**Zumba toning,** 7:15 to 7:45 p.m., Scarborough Middle School, 44 Gorham Road. FMI, call 730-4150.

### Wednesday, Jan. 18

**55+ Senior WOW lunch,** 11:30 a.m., Hillcrest Recreation Center, 108 Hillcrest Drive, Scarborough. Meal features Salisbury

steak. Program features Making Smart Choices for Home Safety presented by Jane Mullen.

### Thursday, Jan. 19

**Overeaters Anonymous,** 10 a.m., West Scarborough Methodist Church on the corner of Route 1 and Church Street.

**Zumba,** 6:15 to 7:10 p.m., Scarborough Middle School, 44 Gorham Road. Stop by class or register at Scarborough Community Services. FMI, call 730-4150.

**Zumba butts and gutts,** 7:15 to 7:45 p.m., Scarborough Middle School, 44 Gorham Road. FMI, call 730-4150.

### Friday, Jan. 20

**Bingo,** 11:30 a.m., Hillcrest Recreation Center, 108 Hillcrest Drive, Scarborough. Transportation to Bingoo for 55+ Senior WOW program members. FMI or to register for transportation, call Community Services at 730-4150.

### Sunday, Jan. 22

**Maine Essential Tremor support group,** 2 to 3:30 p.m., Maine Medical Center Scarborough Learning Resource Center meeting room, 100 Campus Drive, Scarborough. Event features representative from Maine Department of Education CITE program, review of assistive devices and technology, discussion and suggests about living with neurological disorder. FMI, call 510-1402.

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## Figure Skating

Continued from page 4

Sewall has been training with Pichette since she first started skating at 6 years old. Sewall, who also likes to downhill ski at Sugarloaf and Sunday River ski resorts, was first introduced to figure skating when her mother took her to an open skate event.

"I saw a bunch of people doing these beautiful spins," Sewall recalled, "and I wanted to learn how to do that, so we started taking group lessons."

From there, her love of the sport only grew. So too did the time and dedication Sewall put into figure skating.

Today, Sewall skates an hour or two five days a week. The challenge, her mother said, is finding the ice time, especially this time of year. Throughout the week, Sewall skates at ice rinks in Falmouth, Biddeford and Portland, including both the Portland Ice Arena and Cumberland County Civic Center.

"We have to go wherever we can find ice time this time of year," Peggy Sewall said. "Hockey has been a havoc on our schedules."

Sewall, who also plays trumpet in the high school concert band, said she does not find it difficult to balance her academics and her athletic career.

"It's not as hard as you might think it to be. They are separate lives for me," she said, adding that she usually gets home from skating practice around 6:30 p.m., which gives her plenty of time to devote to school work.

Peggy Sewall and her husband, Arthur, have been some of their daughter's biggest supporters along the way, but as Peggy Sewall said, she still gets nervous seeing her compete on the ice.

"Us moms have to support each other out there," she said. "I get really nervous and just hope she has a good, clean skate."

In fact, Peggy Sewall said, none of this would have been possible without the support she and her daughter have received.

"All the support has been great," she said. "Between her friends here in Scarborough and the skating community, we have had some incredible backing this year. We appreciate the support we have received."

After the national competition, Sewall will attempt to qualify as a junior ice skater, the next level up from novice.

Staff Writer Michael Kelley can be reached at 282-4337, ext. 237.

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Muffin kids

Continued from page 7

The heartache of watching family members struggle with the rare genetic neurological disorder is familiar to Fernald and his grandchildren. Chris and John Irving – Fernald’s stepsons and the Irving children’s uncle – are in the final stages of Huntington’s disease and are completely dependant on Fernald and their mother, Raima, for care.

Huntington’s is a genetic disorder inherited from a parent. Early symptoms include mood swings, depression, irritability and difficulty making decisions. As the disease progresses, patients lose control of voluntary movements and have severely diminished reasoning ability and speech.

There are about 30,000 people in the United States who have Huntington’s disease, according to Huntington’s Disease Society of America.

Nicholas Irving, father of Brandon, Karissa and Elizabeth, did not inherit the mutated Huntington’s gene from his father

as his brothers did. Chris and John Irving, who are in their late 30s, are cared for at home by their mother and stepfather after spending years in medical facilities.

Fernald said caring for Huntington’s patients is expensive, a reality that motivates his family to help others in similar situations.

“The kids wanted to do something to help the Huntington’s community. I thought it was just awesome,” Fernald said. “They see their uncles and they just want to do something to help.”

Brandon, Karissa and Elizabeth first started helping other Huntington’s families by forming Wilderness Kids Fire Wood. They collect and bundle sticks, which are sold at convenience and grocery stores across York and Cumberland counties.

They went a step further with “The Adventures of the Muffin Kids,” which follows Captain Bran Muffin, Bibeth Blueberry Muffin, Rissa Raspberry Muffin and Ally Applesauce Muffin as they search for a cure for an ailing rabbit.

“It’s about a bunny that gets sick and we

bring food to help him,” said Karissa, a 6-year-old kindergarten student.

The characters are named for Karissa, Brandon, 11, Elizabeth, 9, and their cousin Ally, 13. Ally’s father is John Irving.

Brandon said he feels the firewood business and book will go a long way to help his family teach others about Huntington’s disease.

“There are a lot of people out there suffering from it. They can’t talk, they can’t walk, they can’t do anything without help,” he said. “It’s really hard for them. I think they deserve to be treated with the right care.”

Elizabeth said the book is fun to read, even though Huntington’s disease is a very serious topic to think about.

“I feel sad because it’s sad to sit and watch (my uncles) be sick. They can’t do anything,” she said. “I feel good the way we help them.”

Ally Irving, who lives in Rhode Island, said she doesn’t think many people understand Huntington’s disease. People who don’t understand how the disease affects people

tease some patients, she said.

“You have to watch them struggle to remember how they used to be normal like you,” she said. “I think it’s good to raise money to try to help find a cure.”

Brandon said his family plans to continue to raise money and awareness with the firewood business and a second installment of Muffin Kids.

“I realize how lucky I am I didn’t get Huntington’s disease,” he said. “It makes me feel better to help.”

Wilderness Kids Fire Wood and “The Adventures of the Muffin Kids” is sold at Ace Hardware and 8 Corners Pizza in Scarborough; Radley’s Shop and Save, Shelly’s and Red Rocket in Old Orchard Beach; Hillview Market and Mobile in Saco; Pizza Plus in South Portland; Lowe’s Variety and Timberline Country Store in Buxton; 1<sup>st</sup> Stop Variety in Gorham; and Elm Street Getty and Karen’s Sub Shop in Biddeford.

More information about the book series is available on “The Adventures of the Muffin Kids” Facebook page.

Goals

Continued from page 3

15, 25 years,” she said. “We need to look at what does it look like today and what does it mean for Scarborough. What does Scarborough really need?”

One way to stimulate the economy, D’Andrea suggested, is supporting the tourism industry more and actively advertising the natural resources Scarborough has to offer. She said Scarborough’s natural resources can easily draw people into town. In fact, D’Andrea said she has hosted visitors who came from Europe to bird watch in Scarborough Marsh, which is home to 27 endangered, threatened, rare or declining species of birds and more than 70 percent of water-dependent bird species in the state, according to the Maine Audubon Society website.

Ahlquist, a park ranger at Crescent Beach State Park, said the town could definitely do a better job publicizing

Scarborough’s natural beauty.

“We don’t promote our beaches or our marshes. We need to do a much better job with that,” he said. “In the tourism industry, birding is probably the fastest growing thing out there.”

D’Andrea said promoting tourism and attracting visitors to town is just one of the “new and different ways” to bring revenue into Scarborough

**James Benedict, a retired** construction professional who joined the council in November, said his overarching goal is to make it easier for businesses to operate in Scarborough. Scarborough, he said, has the reputation of being a difficult place to do business. If Scarborough is going to succeed that reputation has to change, he said.

Particularly frustrating is the slow growth of Haigis Parkway, an industrial

complex between Route 1 and the Maine Turnpike, Benedict said.

“It is ridiculous that Haigis Parkway isn’t full,” he said. “It can’t be because of location.”

That frustration is not lost on Hall.

“We need to look at what is affecting Haigis Parkway because the town has invested a lot there and in my opinion it is one of our best options for economic development,” Hall said.

With the idea of making the town operate more efficiently, Councilor Jessica Holbrook suggested taking a look at town committees and how they operate. Some of them, she argued, are not active and are no longer needed.

Councilor Richard Sullivan agreed and said he would like to see committees do a better job keeping the council and residents better informed about what they are doing and what they are accomplishing by

publishing meeting minutes on the town’s official website.

**Other goals set forth** at the workshop session included continued work on public transportation in town, implementing some of the recommendations from the Oak Hill Pedestrian Study and inventorying historic property and public use spaces in Scarborough.

Sullivan said he worries the council, despite its good intention, will not accomplish some of the goals set forth.

“To try to make realistic goals we can meet will be difficult,” he said. “I think we are looking at a huge mountain to climb in meeting these goals.”

The council will again examine its goals at the Jan. 18 meeting.

*Staff Writer Michael Kelley can be reached at 282-4337, ext. 237.*

Business Briefs

Prime Mercedes announces new hires

Prime Mercedes of Scarborough has hired David Waldecker and Kallie Newcomb as sales and leasing agents.

Waldecker lives in South Portland and is

a graduate of South Portland High School. He studied at the University of Maine in Orono.

Newcomb is a resident of Scarborough and a graduate of Scarborough High School.

She studied communications at the University of Southern Maine.

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9th Boys and Girls	- Feb 5th 2:30-3:30
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# Thanks

## Holiday light show doubles fundraising

### To the editor:

We would like to extend a sincere and heartfelt thank you to everyone who came, listened, viewed and donated to the third annual Sullivan Lane musical holiday light show during the month of December in Saco.
 A check for just over \$600

was sent to the Maine Cancer Foundation, which we are delighted to report was double from last year's donations.
 Your generosity will be much appreciated. The fourth annual show is in the works with continuing plans for charitable donations.
 We look forward to visitors again in December 2012.
 Gabe Letourneau and family
 Saco

# In the Know

## Resiliency requires plans, action and communication

By B. Michael Thurlow
 Special contributor

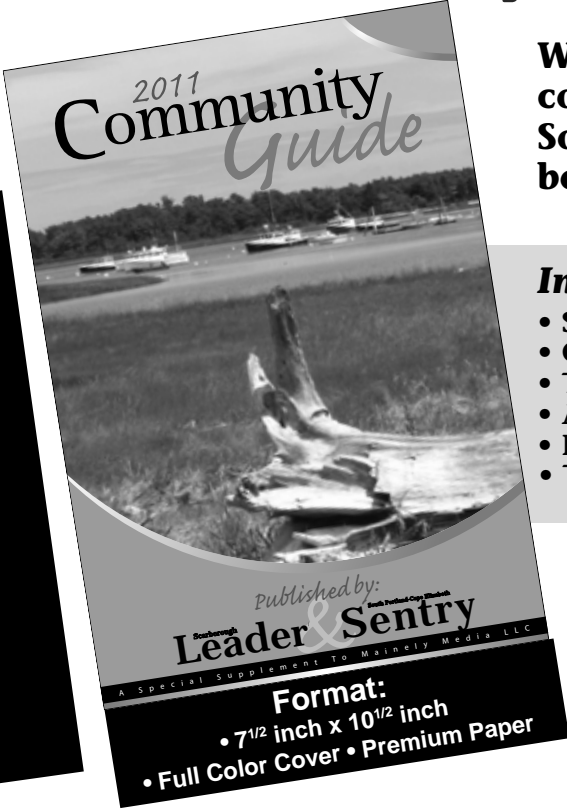
This article is a continuation of the series examining the 11 resiliency skills that are important for everyone to possess.
 This week I will discuss three more of the resiliency skills that support the community-wide pilot program that I have written about in previous columns.
 They include being able to make realistic plans and take action, being able to communicate well and problem solve and the ability to manage strong feelings.
 Being able to make realistic plans and take action to carry them out is a critical skill. Being able to see what is, rather than what you would like is also part of this skill. In order to be resilient it is important to be proactive rather than reactive, assertive rather than aggressive or passive. Instead of waiting for something bad to happen and deal with it reactively, be prepared and proactive.
 Consider taking a CPR or first aid course, put together a go kit and a family emergency kit for your home and teach others how to be better prepared.
 Once an appropriate course of action is identified, don't be afraid to carry out your plan and follow through with

action. Don't be afraid to be assertive, drive the bus and be committed to your cause or mission.
 If you are upset with someone confront them by expressing your feelings appropriately and be willing to participate in change and the conflict resolution process.
 The ability to communicate well with others and problem solve is another core skill of resiliency. It is also a skill that is becoming more difficult to master in this digital age of text messages and e-mails.
 People don't seem to take the time to write a personal note or letter, or pick up the phone or have a face-to-face conversation. Those, along with being a good listener, are critical skills.
 When adversity strikes the need to have developed the ability to have frank discussions, develop a plan to solve the problem, and work cooperatively as a team member within a family, your neighborhood and our community.
 The third skill I want to discuss this week is the ability to manage strong feelings. This means being able to take action without being impulsive or responding out of emotion. It means being able to put emotions aside in those instances where clear thinking and decisive action is required.
 Adversity generally brings out fear and anger in people. Those are normal reactions and it is alright to admit it.

The key is how you manage those emotions. Talk through your emotions assertively. Let family and friends know how you feel. Think before impulsively acting and develop the emotional intelligence to deal with your and other people's emotions, fear and anger in productive ways.
 When we are angry, scared or hurt we generally don't make good decisions. Once you master this skill you will be in a better position to make good decisions not only about yourself and your family, but also as part of the larger community.
 If you are interested in learning more about the community-wide resiliency project, visit our new website: [www.library.scarborough.me.us/resiliency/index.html](http://www.library.scarborough.me.us/resiliency/index.html). It contains a wealth of information and resources that any individual or group can use to become more resilient and better neighbors and community members.
 A second phase of train-the-trainer sessions will be offered with the goal of reaching out to the business community, faith based organizations, civic and neighborhood groups and others that are interested in participating. If interested in participating in the upcoming train the trainer sessions contact me at [mthurl1@ci.scarborough.me.us](mailto:mthurl1@ci.scarborough.me.us) or 730-4201.

B. Michael Thurlow is fire chief for Scarborough.

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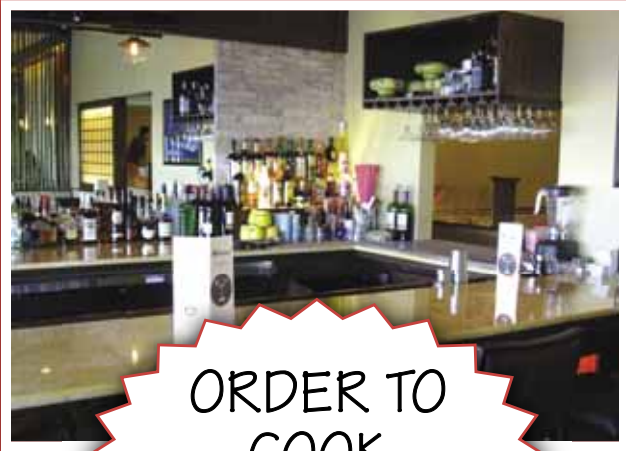

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