

Mustangs honored, B1



ALAN BENNETT/Journal Tribune

Biddeford Middle School music teacher Amy Delorge instructs a woodwind ensemble at the school on Tuesday. Delorge is one of 25 semi-finalists nationwide in the contest for music educator of the year.

BMS teacher nominated music educator of the year

By ALAN BENNETT Staff Writer

BIDDEFORD — Out of more than 2,000 nominees nationwide, a Biddeford Middle School music teacher has been selected as one of 25 semi-finalists for music educator of the year.

at BMS, is the only one of 11 nominees from Maine who has advanced to the semi-final round of the contest, sponsored by national music supply store chain Music & Arts. "I'm extremely honored. I know so many amazing music educators and to be considered an outstanding

teacher is just a wonderful, wonderful honor," Delorge said Tuesday. "I'm also thrilled and excited." Every year, Music & Arts recognizes a music educator as the year's winner for outstanding commitment to and achievement in music education. Nominated educators are judged based

on measurable program growth, strong leadership and influence and impact on the surrounding community. Calls for nominations are sent to schools across the country, and those who are

See BMS Teacher PAGE A3

Hollis shooting victim expected to recover

FROM STAFF REPORTS

HOLLIS — Maine State Police say a local woman is expected to recover following a shooting outside her home at 490 River Road Tuesday night. Maine Public Safety spokesman Steve McCausland this morning said that Andria Richardson, 32, underwent surgery at Maine Medical Center in Portland following the 8:30 p.m. shooting.

troopers questioned two men who were at the home at the time of the shooting. No charges have been filed as the incident remains under investigation. McCausland said Richardson's three young children were home when the shooting took place, and arrangements were made for relatives to care for them. He said state police detectives had joined troopers in the investigation.

Saco bypass road could alleviate congestion

By LIZ GOTTHELF Staff Writer

SACO — City officials believe a proposed bypass road from Route 112 to the turnpike will curb safety concerns. City officials have been talking with officials from the Maine Turnpike Authority, Maine Department of Transportation and Portland Area Comprehensive Transportation System to address traffic issues associated with exit 36 of the

Maine Turnpike that impact Industrial Park Road and the Route 112 corridor, according to City Administrator Kevin Sutherland. More than 22,000 cars use the Route 112 and Industrial Park intersection, according to information from the city. Currently there are problems with traffic congestion and at times traffic is backed up at the toll plaza. Several traffic studies have

See Saco Bypass PAGE A3

Promoting healthy eating motivates nutrition coordinator

By ED PIERCE Executive Editor

BIDDEFORD—Helping the community to make better food choices is not going to be easy, but it's a responsibility that Hilary Wiggins is ready to embrace. Wiggins is the new SNAP-Ed Nutrition Education Coordinator for the University of New England College of Osteopathic Medicine's Coastal Healthy Communities Coalition and says eating healthy is the most important solution to overcoming Maine's challenging health problems. "Eating healthier doesn't have to be an 'all or nothing' approach," Wiggins said. "Making small changes over time can lead to adopting a healthier lifestyle and better health outcomes for the long term." She said that one of the biggest misconceptions about eating healthy is that it can be too expensive and not possible for people living on a budget.



SUBMITTED PHOTO

Hilary Wiggins is the new SNAP-Ed Nutrition Education Coordinator for the University of New England's Coastal Healthy Communities Coalition.

"The goal of SNAP-Ed nutrition programming is to help people shop, eat and cook on a budget," Wiggins said. "SNAP-Ed programming provides people with the knowledge, skills and empowerment to plan, purchase and prepare nutritious

meals and get the most out of their SNAP benefits. I am excited to be part of a program that is making huge strides toward improving health through empowering people to be agents of their own change." SNAP (Supplemental

Nutrition Assistance Program) is a federally funded initiative that teaches members of the community about proper nutrition and how to make their food dollars stretch

See Healthy Eating PAGE A2

York County food pantries feel holiday strain

By ALAN BENNETT Staff Writer

YORK COUNTY — It'll be Thanksgiving in a little over a week. While many families will be celebrating to excess, many others will find it hard to feed their loved ones as they struggle to make ends meet. While there are many food pantries across York County, several of them are also struggling themselves to feed those in need as the holiday season begins. And those who aren't struggling are still often in need of donations. The Biddeford Food Pantry is currently serving about 5 percent more customers than it did this time last year, Don Bisson, president of the food pantry, said

on Monday. On Monday, the BFP had served more than 73 families. Bisson said the pantry is currently looking for donations of turkeys, in addition to other traditional Thanksgiving accoutrements. "The main thing people do every year is they come for their turkeys," Bisson said. Bisson said the pantry did buy 20 turkeys for distribution, and Hannaford Supermarkets donated 40, but supplies are still limited and beginning to run out. Bisson also said the pantry, because it distributes three weeks' worth of food

See Donations Needed PAGE A2

Unfit for habitation

Sanford council acts on Hanson's Ridge property

By TAMMY WELLS Senior Staff Writer

SANFORD — Exposed electrical wiring, broken windows, missing stairway balusters, broken and missing plaster, no smoke detectors, animal waste throughout the home and a litany of others code violations prompted the City Council Tuesday to declare the 1850s Colonial farmhouse at 335 Hanson's Ridge Road a dangerous building.

Under state law, that means unless the owner moves to clean up the property, within 30 days, the city may take court action, demolish it and bill the owner for doing so. The old farmhouse and attached barn were once in fine condition — but those days are in the distant past. The building was first

See Dangerous Building PAGE A2



TAMMY WELLS/Journal Tribune

Citing numerous code violations including exposed wiring and a litany of other problems, Sanford City Council declared the old home and barn at 335 Hanson's Ridge Road a dangerous building Tuesday. The action paves the way for the city to demolish it and bill the owner.

INDEX: 12 PAGES

- Local/Region A3
Community A4
Opinion A5
Obituaries A6
Sports B1-2
Television B3
Comics B4
Classifieds B5

DEATHS, A6

- Anthony DeTeso, Kennebunk
• Jonah Cook, Shapleigh



Dangerous Building

FROM PAGE A1

deemed unfit for human habitation in 2008 and again in March and May of this year, said Codes Enforcement Officer Shirley Sheesley.

"It would take tons of money," to make all the required repairs, she said. A list of violations discovered during her Oct. 6 inspection runs to two pages.

As well, the council cited another property for land use violations and accepted a quit claim deed on a third property Tuesday.

The three actions are a continuation of the city's stance on cleaning up properties deemed to be unfit for habitation or violating land use codes.

Lorraine Belanger of Biddeford told the council she purchased the Hanson's Ridge property in July 2015 for use by her granddaughter and great-grandchildren, with a view to making renovations. She said she obtained a temporary occupancy permit, obtained a new hot water tank, got the well going and made other renovations.

"This wasn't all caused by us," she said regarding the property's condition, noting

she had just purchased the property a little more than a year ago.

Her family members didn't sleep there last winter, Belanger said, adding that they returned to her home in mid-October. She said some of her family had moved out of state, while another who had lived at the Hanson's Ridge property was staying with her.

She said she has a purchase and sale agreement on the property, with a Dec. 15 closing date. She said the new owner plans to demolish the house and barn.

Dep. Mayor Maura Herlihy noted the barn is also unsafe, and noted the numerous violations in the home and barn.

The City Council voted unanimously to move forward with declaring the property a dangerous building.

As well, the council agreed to cite the owner of the home at 11 Grammar St. for land use violations, citing vehicles used for storage, and violations at the entry and with the swimming pool. The property was purchased in October 2015 by Grammar Property Maintenance LLC.

The council approved acceptance of a quit claim

deed from Raynald and Joan Lebel for the property at 6 Goodwin Court. The owners moved out in December 2014. The house burned in the spring of 2015. The owners told the council a year ago that they were unable to repair or demolish the property.

Councilor Fred Smith on Tuesday said now that the city owns the property, they will seek bids for demolition of the building.

Smith has been vocal about the condition of some homes in the city.

"Last week I was in a property where there was no running water," and the (tenants) had just moved out," he said.

Mayor Tom Cote pointed out that the city will continue to cite property owners.

"This is not the last one," he said of the declaration of 335 Hanson's Ridge Road as a dangerous building. He noted that although the buildings there were in sorry shape, trash strewn about outside "could have been picked up anytime," by the owner.

— Senior Staff Writer Tammy Wells can be contacted at 324-4444 (local call in Sanford) or 282-1535, ext. 327 or twells@journaltribune.com.

Donations Needed

FROM PAGE A1

at a time, is also looking for donations of its most popular items. Those include cereal; canned tuna or chicken; dry pasta and sauce; boxed food mixes that help stretch meals; peanut butter; and marshmallows for the elderly to enjoy as dessert.

The Biddeford Food Pantry, located at 162 Elm St., Biddeford, it is open Tuesday through Thursday from 9-11 a.m.

In neighboring Saco, the Saco Food Pantry is seeking "everything but the kitchen sink, and that, too," said Operations Officer Bob Nichols. Except turkeys — the pantry has 200 frozen turkeys and 100 chickens for families to carve on Thanksgiving. Aside from those, Nichols said the pantry is looking for the same items as most other pantries.

"Overall, we're all in the same boat. We need everything that makes a turkey dinner: potatoes, sweet potatoes, cranberry sauce, all of that," he said Monday.

Nichols did request those who wish to donate canned goods only donate 16-ounce cans, rather than those labeled "family size." Because the pantry serves families numbering from one person to 10 people, having smaller cans allows the pantry to tailor its packages to the exact number of family members.

Beyond the holidays, Nichols said the pantry is always looking for pantry staples to feed the 250 families it serves — about 600 to

650 people. Food products needed include rice, boxed mashed potatoes and pastas and sauces.

The Saco Food Pantry, 67 Ocean Park Rd., is open Monday through Friday, also from 9 a.m. to 11 a.m., and the last Tuesday of each month from 5 p.m. to 7 p.m.

The Old Orchard Beach Community Food Pantry has found itself in a difficult situation, this Thanksgiving. Formerly, the pantry would feed 175 families for Thanksgiving, providing the turkeys, stuffing and trimmings. But this year, amidst the closure of their supplier, York County Food Rescue in Alfred, the pantry is hoping to serve as many families as it possibly can.

Carol Davis, president of the pantry, said this year the St. Margaret Parish is helping to provide food for 25 of the pantry's larger families. But many families may be without aid, Davis said.

"In years past, we would start in October taking down names for people who actually wanted to cook that day," Davis said. "This year, because we didn't know, we've only just started this week. We're kind of working on doing as many families as we can in the short amount of time we have left."

Davis said people are welcome to donate the classics, including stuffing, mashed potatoes, gravy and canned vegetables — they have plenty of cranberry sauce — but space is limited.

Gift certificates or cash donations would be most

beneficial, she said. That way, the pantry can give those to the families to purchase food, or purchase the food itself for distribution.

On a monthly basis, the food pantry serves about 200 families, around 500 individuals, and that number won't go down after Thanksgiving.

"Right after Thanksgiving is Christmas, and our families living on the edge would definitely appreciate help with their Christmas meal as well," Davis said.

Again, Davis said, cash and gift certificates would be welcome to assist families with their Christmas dinners. She also said the pantry has recently begun adopting families for Christmas, having already adopted two, for whom the pantry donates gift cards to help them buy gifts for their children.

People are welcome to donate gift cards, for stores such as Wal-Mart or Target, if they want to help those in need during the Christmas season.

The OOB Community Food Pantry, at 155 Saco Ave., is open Mondays from 2 p.m. to 7 p.m., and Tuesdays and Thursdays from 9 a.m. to noon.

Both Biddeford and Old Orchard Beach have more than one food pantries.

To donate to the food pantry in your community, check with your municipalities general assistance or welfare department.

— Staff Writer Alan Bennett can be contacted at 282-1535, ext. 329 or abenett@journaltribune.com.

Healthy Eating

FROM PAGE A1

further. It is offered locally by the Coastal Healthy Communities Coalition, which is a local health coalition serving the communities of Arundel, Biddeford, Buxton, Dayton, Hollis, Kennebunk, Kennebunkport, Old Orchard Beach and Saco. Wiggins said proper nutrition continues to be a concern in Maine and across the country because of its direct impact upon health and wellness.

"Nutrition is vitally important today as many people suffer from nutrition-related chronic diseases such as Type II Diabetes and cardiovascular disease, yet much of this can be prevented through proper nutrition and physical activity," she said. "My nutrition philosophy is that we should eat a well-balanced, whole foods, plant-based diet."

She said as a nutrition professional, she resents how complicated nutrition has become as our food system has been flooded with highly processed foods that are often energy dense and

nutrient poor.

"I sympathize with the public's frustration and confusion regarding nutrition, it can be difficult to know what to eat when there is an overwhelming surplus of contradictory information available, much of which is not backed by sound, scientific evidence," Wiggins said. "I believe that increasing nutrition education and physical activity in schools can help set the record straight and instill healthy eating behaviors in generations to come."

According to Wiggins, food has always played an important role in her life. Her father works in the catering business and her mother is an excellent cook.

"Community nutrition is the perfect fit for my compassionate nature and love of food," she said. "I stumbled across the field of public health nutrition as a pre-med major at Marist College. I had dreamed of being a doctor until I realized during an internship that hospitals were not my favorite place to be."

Completing a master's degree in community nutrition at the University of Massachusetts in Amherst,

she taught a course in nutrition for healthy lifestyles and finished a certificate program in dietetics before moving to Maine.





Her passion for promoting health through nutrition and lifestyle modification is evident.

"Hippocrates once wisely stated, 'Let thy food be thy medicine,' and I strongly agree that a proper diet and lifestyle can prevent countless, chronic health problems," Wiggins said. "I want to help people choose healthier food behaviors and empower them to take ownership of their health. I am particularly inclined to improve food security in communities with low incomes, as these populations tend to have poorer health outcomes yet have fewer resources to improve their health."

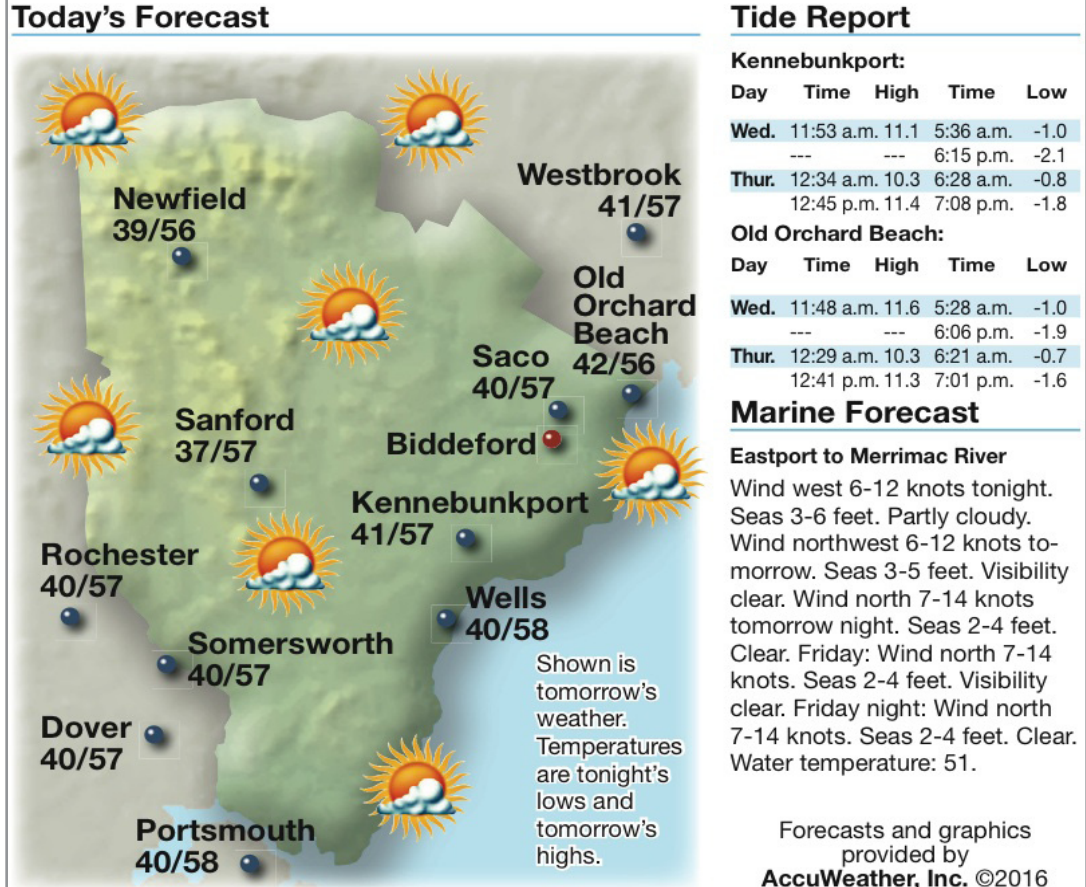
For more information about SNAP-Ed and the Coastal Healthy Communities Coalition, call 602-3596 or visit une.edu/chcc/snap-ed.

— Executive Editor Ed Pierce can be contacted 282-1535, ext. 326 or by email at editor@journaltribune.com.

BIDDEFORD AREA FORECAST 

TONIGHT	THURSDAY	FRIDAY	SATURDAY
			
Mainly clear	Partly sunny	Plenty of sunshine	Times of clouds and sun
▼ 40°	▲ 57° ▼ 37°	▲ 57° ▼ 38°	▲ 54° ▼ 43°

Today's Forecast



Tide Report

Kennebunkport:

Day	Time	High	Time	Low
Wed.	11:53 a.m.	11.1	5:36 a.m.	-1.0
	---	---	6:15 p.m.	-2.1
Thur.	12:34 a.m.	10.3	6:28 a.m.	-0.8
	12:45 p.m.	11.4	7:08 p.m.	-1.8

Old Orchard Beach:

Day	Time	High	Time	Low
Wed.	11:48 a.m.	11.6	5:28 a.m.	-1.0
	---	---	6:06 p.m.	-1.9
Thur.	12:29 a.m.	10.3	6:21 a.m.	-0.7
	12:41 p.m.	11.3	7:01 p.m.	-1.6

Marine Forecast

Eastport to Merrimac River

Wind west 6-12 knots tonight. Seas 3-6 feet. Partly cloudy. Wind northwest 6-12 knots tomorrow. Seas 3-5 feet. Visibility clear. Wind north 7-14 knots tomorrow night. Seas 2-4 feet. Clear. Friday: Wind north 7-14 knots. Seas 2-4 feet. Visibility clear. Friday night: Wind north 7-14 knots. Seas 2-4 feet. Clear. Water temperature: 51.

Forecasts and graphics provided by **AccuWeather, Inc. ©2016**


DENTAL Insurance

Physicians Mutual Insurance Company

A less expensive way to help get the dental care you deserve

- ✓ If you're over 50, you can get coverage for about \$1 a day*
- ✓ Keep your own dentist! NO networks to worry about
- ✓ No wait for preventive care and no deductibles – you could get a checkup tomorrow
- ✓ Coverage for over 350 procedures – including cleanings, exams, fillings, crowns...even dentures
- ✓ NO annual or lifetime cap on the cash benefits you can receive

FREE Information Kit



Here's the information you requested on Dental Insurance


FIRST-CLASS MAIL

Your Name Here

1-800-974-4362

*Individual plan. Product not available in MN, MT, NH, RI, VT, WA. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN)

6096D MB16-NM001Dc



Have you checked out the Journal Tribune lately?
Don't miss another day!
in print, online and mobile!
www.journaltribune.com

