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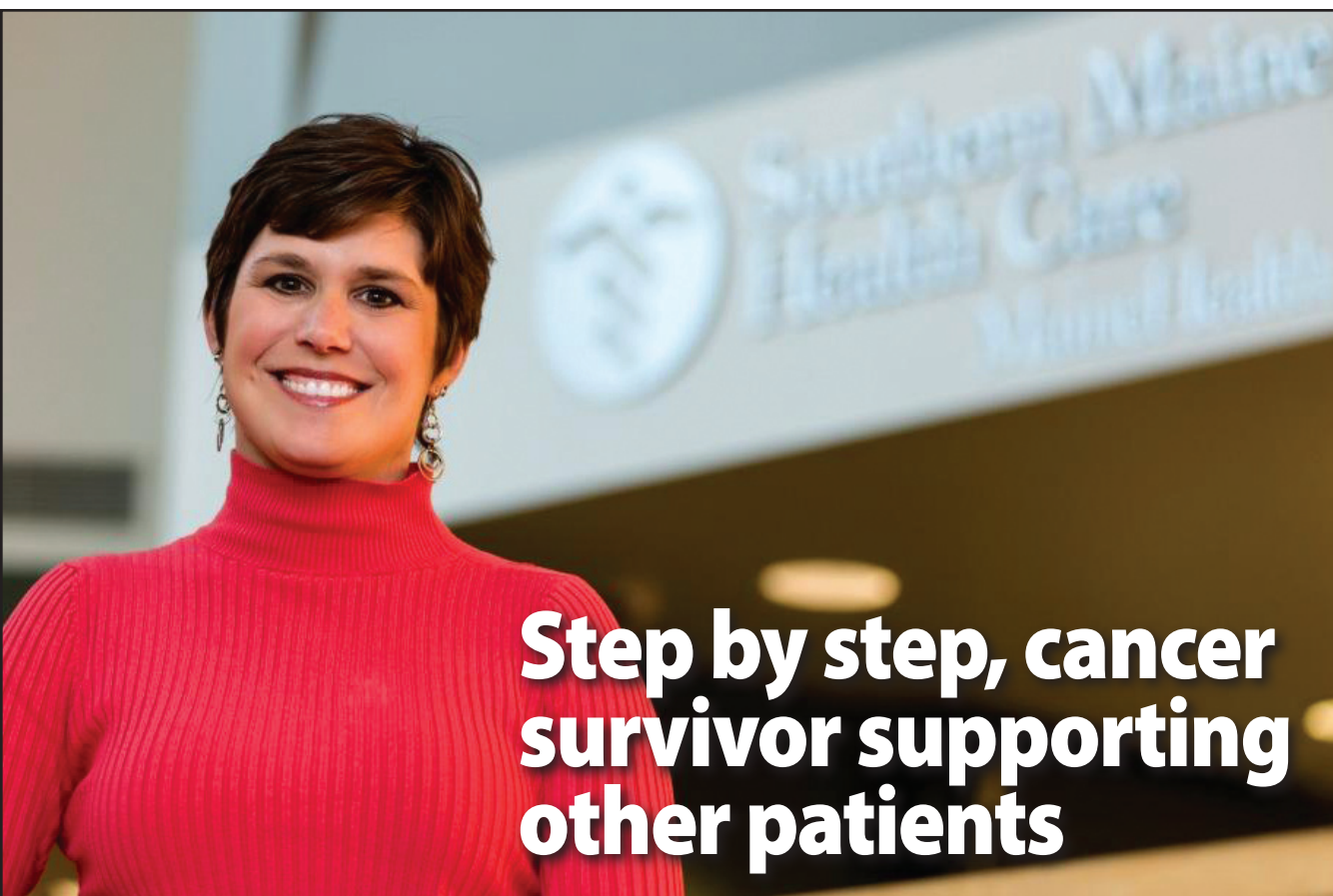
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SUNDAY, APRIL 10, 2016



## Step by step, cancer survivor supporting other patients

SUBMITTED PHOTO/Southern Maine Health Care

Breast cancer survivor and runner LouAnn Tovey of Sanford will be volunteering at two of three races in May to help the Breast Care Center at Southern Maine Health Care help others, the way it helped her. Tovey will be helping out at the Half Marathon and Bosom Buddy Relay May 14. The third race, 2016 Shipyard Maine Coast Marathon takes place May 15. Tovey said she isn't quite ready to run herself yet, but hopes to run a half marathon in the fall.

By TAMMY WELLS  
Senior Staff Writer

SANFORD — When handed a cancer diagnosis, most agree a lot of support is required – and in most cases received.

So when breast cancer survivor LouAnn Tovey wanted to return the support, she turned to the 2016 Shipyard Maine Coast Marathon, Half Marathon and Bosom Buddy Relay, proceeds of which will be turned over to the Breast Care Center at Southern Maine Health Care.

She is not quite up to running the May marathon yet – she's building her strength, but will be volunteering at two of the races to help the Breast Care Center help others the way it helped her.

SMHC spokeswoman Leslie Roberts said the Half Marathon and Bosom Buddy Relay will step off May 14 at the University of New England in Biddeford, and Tovey will be there, volunteering her support for the runners. The full marathon is scheduled for the following day. To learn more about the races, visit maine-coast262.com.

"I was an avid runner prior to diagnosis, having run seven half-marathons and three full marathons, and have slowly gone back to running," Tovey said Tuesday. "I just

recently joined a gym to gain strength in my upper body. I'm hoping to run a half-marathon in the fall."

Tovey, 42, of Sanford, was diagnosed with breast cancer two years ago.

"In November 2014 I found a lump in my breast and two weeks later learned that I had cancer," said Tovey. "When you're my age, you don't expect to get a diagnosis like that. My first reaction was complete shock."

"My treatment consisted of 16 rounds of chemo, a bilateral mastectomy, 28 days of radiation and one year of targeted therapy (Herceptin)," she said. "My final Herceptin is Wednesday (April 13) and I will officially be done."

Tovey has high praise for the care she received, and that care is the reason she'll volunteer at the race.

"I am so grateful to Southern Maine Health Care's Nurse Navigators Helene Langley and Peggy Belanger," she said. "They were with me every step of the way and their support meant so much to me. The care I received through SMHC's Center for Breast Care was fantastic and I am now cancer free."

SMHC president Ed McGeachey in a statement said proceeds from the marathons and relay will help the

•See **Cancer Survivor**, Page A3

## Poetic justice for Sanford's 'old codger'

### Deceased woodsman becomes writer's inspiration

From "Some Kind of Hunter":  
He coaxed a pregnant woman  
right across  
the river, and it weren't no easy  
bridge.  
A cousin of an in-law, broke as  
dirt,  
she come up visiting from  
Vermont too poor  
to buy a license. Booker paid it, set  
a rifle in her hands, and took her  
up  
to Perkinstown, the brook side,  
where they come  
upon this bridge, just beams and  
cables, rough.  
Full six months big, a borrowed  
gun; to her,  
that span, it looked like one hell of  
a stunt



By LIZ GOTTHELF  
Staff Writer

WELLS — Megan Grumbling met Bernard Booker in 2004 about the same time she moved back home to Maine after graduate school.

Her father introduced Grumbling to Booker, an "old codger" in his 80s who lived in Sanford on the other side of Ell Pond. Grumbling's father, an environmentalist at the University of New England, knew Booker, a retired arborist and surveyor, through local conservation work, and Grumbling met with Booker initially with the intention to write about the history of the local landscape, but as she got to know him her focus changed.

"I needed to write about him,"

she said.

Booker, who died in 2008, is the inspiration behind Grumbling's first book, "Booker's Point," winner of the Vassar Miller Award and published by North Texas University Press.

"It's a portrait in verse of this old Maine woodsman," she said. She describes the poems as "meditations on home, work, nature, and the importance of elders."

Grumbling met with Booker a few times a week over several months. He would pick her up, they'd go eat breakfast, and then go out and about. They won-

•See **Poetic Inspiration**, Page A3

## Construction to begin as winter ends

By TAMMY WELLS  
Senior Staff Writer

BIDDEFORD — Construction season is fast approaching and when it arrives Biddeford's downtown will be busy.

Although the work may inconvenience some, "Public investment in downtown infrastructure helps drive long-term economic growth," said Bradford Favreau, an economic development and planning analyst for the City of Biddeford, who wants

to make sure people are prepared for the changes to come.

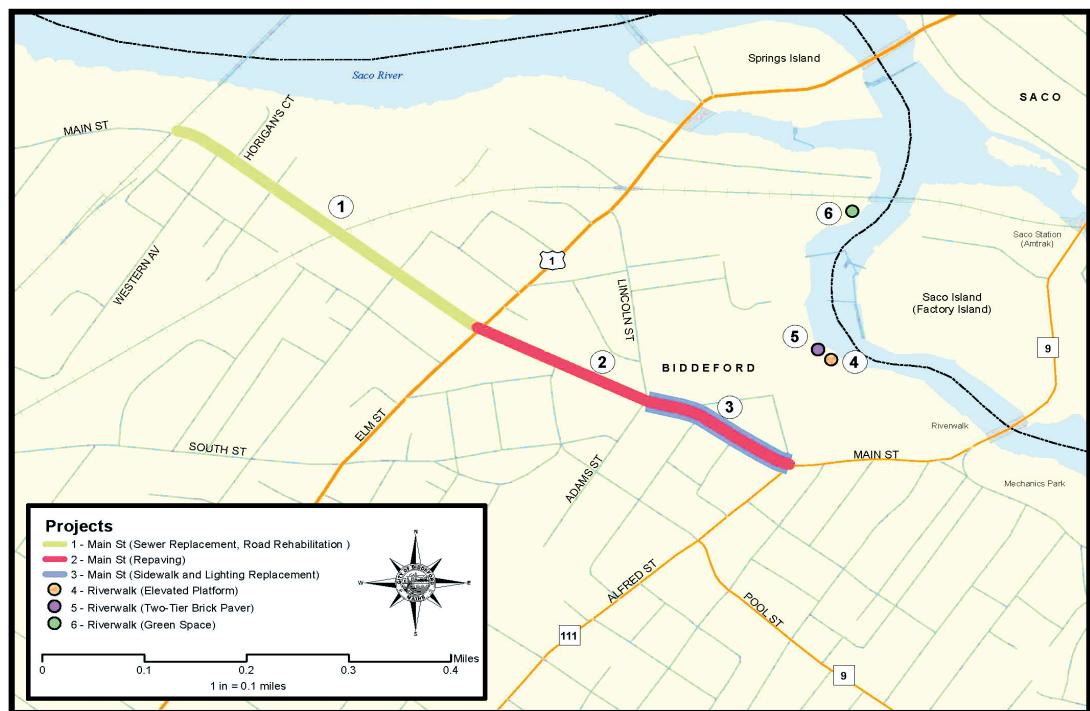
The majority of the work will take place in the city center and mill district; it includes two construction projects on Main Street, new sidewalks planned for a portion of the downtown, and projects associated with the Biddeford RiverWalk that includes a park and rebuilding a dilapidated utility platform.

One project, funded with an approximately \$312,000 Housing and Urban Development Community Development Block Grant, will see new sidewalks and lighting and trees on Main Street, from Alfred Street to the Adams/Franklin street area. Biddeford Community Development Manager Linda

Waters said a public meeting will be scheduled soon so people can view the plans and provide input. That project should go to bid in early May, said Waters, with construction set to start around June 1. Waters said the city hopes to use historic Biddeford cobblestone as decorative elements (though not as the sidewalk surface).

As to road work, one construction project on Main Street beginning at Elm Street, heads west, out of the downtown core, and ends at the second set of railroad tracks in the direction of South Street. That project, which includes repairs to the roadway and sewer repair or replacement, is set to begin in a couple of months.

"The western Main Street portion will likely begin in June with work lasting all summer, at an estimated cost of \$950,000," said Robert Betz of the Maine Department of Transportation. "The city sewer district is also add-



The City of Biddeford, Maine  
Geographic Information System  
March 28, 2016

SUBMITTED IMAGE/Courtesy of City of Biddeford

Construction projects numbered 1-5 are scheduled for downtown Biddeford this summer and fall, including paving, sewer and roadway rehab on parts of Main Street, new sidewalks and bumpouts on a portion of Main Street and projects associated with RiverWalk. Project 6 is planned for next year.

ing significant upgrades to the contract at an additional estimated cost of \$1 million," he said, pointing out that the

sewer work is entirely funded by the city. "Crews will be working with alternating one-way traffic, and travelers

should expect delays. ... The contract completion date will be June 2017, but the bulk of

•See **Construction Season**, Page A3

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# Mommy's Corner

## Playpen and paper

When my publisher first asked me to write a weekly column about the bleary-eyed but abundantly blessed experience that is parenting, I was fresh off the heels of my first maternity leave. I'd been a parent a few short months, but my list of lessons already learned, pumping dysfunctions and comical adventures was absolutely endless. I quickly accepted the task, because I was eager to share extraordinary can't-make-this-stuff-up mama mishaps and tribulations with our readers.

But even more enticing than jumping into written wit was the opportunity to record these stories for my family, stories that'd be too numerous to remember for the long run.

Not until one is fully immersed in new, uncharted parenthood waters is it realized that parenting is truly an ever-transforming journey in the making, filled with everything from profound moments to poo jokes, and it is these very nuances that make one's family story sincerely unique.

Birthing classes and parenting literature point you toward the starting line, but they don't teach you everything.

This is why, my friends, we have to write down our experiences, so that we can re-read these little moments later on.

Parenting today falls within the good fortune of having nonstop snapshot-taking at our disposal.

By the time our firstborn arrived home from the hospital, he'd already been photographed more times than the total number of photos in my own entire baby album.

Documenting, visually, is a different world today from yesterday's film developing.

But what's always captivated me about my faded box of baby albums is that my mother wrote little notes in the margins of my baby book she'd so painstakingly assembled. These brief passages are what amuse me most.

In one side note in the periphery of my second birthday photographs, my mother detailed that I often pronounced my 'th' sounds like 'f', and described her horror when I attempted a "Thank You" to my paternal grandparents. What can I say? Our household was predominantly French-speaking, and the 'th' sound is not really part of French linguistics. Nevertheless, that moment rendered me labeled as a fowl-mouthed tot.

I figured out my sounds eventually. But I digress.

This just shows one of the many little nuances that wouldn't otherwise be captured in a photograph.

Had my mother not recorded small bits of commentary about our childhood habits and mini-milestones, they'd be forever forgotten.



Michelle Cote  
The Rookie Mama

There are just so many mini-phases that take place as kiddos today rapidly transition from newborn to tot and beyond. It would be to our benefit—and even amusement—to journal what we can, before short-lived phases quickly fade, replaced by newer, wittier stages.

Think of your children's early speech patterns and habits, or your biggest anxieties that turned out to be small potatoes in hindsight. We all know kids say the darnedest things, and so we should jot down these quips while they're fresh in memory, even if abbreviated in a bedside notepad.

For those who don't like to write, there are downloadable apps designed specifically to mark down sweet moments at one's convenience.

So observe what happens and write it down.

Photos tell a story, but they don't tell the whole story.

The entries you keep will range from outrageous to poignant to events not suitable for shouting from the social medial rooftops.

But one day, you'll look back upon these moments stitched together that form the pages of a story that's uniquely yours.

You may even find that what worried you at one time makes you laugh today.

Like a fine wine, these stories will get better with age.

So write your family's story, no matter how grammatically incorrect your writing or seemingly insignificant the occurrences.

You'll devour these jotted notes years later to help fill in the gaps when memory no longer can, and your future generations will be the ones who benefit most.

— Michelle Cote is the art director of the Journal Tribune. She enjoys cooking, baking, and living room dance-offs with her husband, two boys and a dog. She can be contacted at [mcote@journaltribune.com](mailto:mcote@journaltribune.com).

# Big sister clarifies the big picture

When I was around 7 years old my teenage sister and her best friend allowed me to join in on their personal photo shoot. Not one to miss an opportunity, I bolted to my room and whipped on my favorite paisley dress that my grandmother had sewn for me.

As cars sped down the main road we lived on, unaware of this important mission, my idols at the time took turns posing on a grassy hill in the park by our house. With crossed arms, serious stares and Cher hair that had been ironed straight, they struck a barefoot pose, snapping angled pictures of each other the way they imagined real photographers would stage their models.

When it was my turn I was directed to keep a serious expression, turn to the side, clasp my hands behind my back and cross one foot over the other. I would have done somersaults if they had said so — anything to stay in the company of the big girls.

I keep a photo in my bedroom drawer from our photo shoot, reminding me that even though my sister and I are nine years apart, the silliest of ties can still bind us.

We've come a long way since the days of my sister bossing me around and my telling mom when she went over her time limit on the phone. Like most siblings, we can both recall some sweet memories of our childhood together even with the nine-year age difference. There are also a few less savory ones, like the time I bit her on the stomach. Hey, she was gripping my shoulders and shaking me for some alleged infraction and she wore a hal-

ter top. It was sanctioned.

We were also occasional accidental comrades growing up. Both of us had long since left the nest when we came clean about the living room cartwheels that resulted in the Panasonic nameplate dangling precariously on the front of the family stereo. It wasn't my cartwheel but I knew I wouldn't be cleared of all charges, since I had been sitting at the top of the steps watching my sister and her friends goofing around way past my bed time.

You would think everyone could have a good laugh about it all these years later, right? A few years ago my sister and I reminisced about that incident, giggling head to head ... that is, until our mom's steely gaze hit us. The Panasonic stereo may have been ancient history, but apparently the demise of its sturdy nameplate remained clear in her mind.

Last week I hopped a plane to Kansas to visit the city where my sister, her husband and my mom moved to last summer. My cousin, who is



Janine Talbot  
Mom of Many Words

very close to my age, joined us from North Carolina for some fun family time. It went by much too quickly but we fit a lot into those few days.

My sibling is a vegan and she did the majority of the cooking for our dinners. This may sound like a challenge when carnivores come to call, but she did a great job of filling our tummies while making adjustments for her own palate. When we had chicken she had ... not chicken. It has a more technical name but that's what I'm going with for now.

We spent our time chomping on the best barbecue, driving by historic sites and strolling through a shopping center with colorful rooftops and an abundance of unusual water fountains. A photo of the four of us girls with windblown hair and carefree smiles by the Kansas City World War I Memorial holds my favorite memory of our visit.

That day long ago when my sister let me be a part of the picture, she brought us a little closer when our age difference was still a big deal. These days we have more in common and we approach some things in a similar manner. For instance, I believe if we had to do it all over again, we'd both agree to keep the cartwheel story to ourselves.

— Janine Talbot lives in Saco with her husband Chuck and their dog and cats. She writes about adjusting to the empty nest and not voting her spouse off the island at [www.momofmanywords.com](http://www.momofmanywords.com). Contact her at [janinevtalbot@gmail.com](mailto:janinevtalbot@gmail.com).

### •Poetic Inspiration, From Page A1

dered about the woods and went canoeing. And though she had grown up on Ell Pond, he opened her eyes to the history of the pond and surrounding area, and introduced her to a good spot for blueberry picking. "I had a lot of affection for him," she said.

And though the book

of poems is inspired by her specific hometown, Grumbling said she believes there are messages that will resonate with others, such as the concept of home is not black and white, and can change, and dealing with the past and the future while living in the present.

Grumbling currently lives in Portland and teaches at UNE and Southern

Maine Community College. She was scheduled to kick off a series of book readings on April 6 at Space Gallery in Portland.

Upcoming dates include:  
• Monday, April 18, 2:30 p.m. - Reading at the University of New England, Board Conference Room in the Ketcham Library  
• Sunday, April 24, 2 p.m. - Reading for Poetry Month

with open mic, Graves Library, Kennebunkport

• Thursday, May 5, 7 p.m. - Reading with Mort Mather at Wells Reserve, Post Road, Wells  
• Thursday, May 26, 6 p.m. - Reading at Rice Library, Kittery  
— Staff Writer Liz Gotthelf can be contacted at 282-1535, ext. 325 or [egotthelf@journaltribune.com](mailto:egotthelf@journaltribune.com).

### •Cancer Survivor, From Page A1

hospital provide extra programs and services to breast cancer patients.

Tovey encouraged folks to set up a pledge page, make a pledge to a runner or make a donation — which can be accomplished at: [crowdrise.com/MaineCoast](http://crowdrise.com/MaineCoast).

Tovey said her initial reaction to her diagnosis was fear.

"I was terrified I would not survive — my kids were 10 and 14 years old at the time. Once I had a treatment plan, a lot of the fear subsided and my focus was on getting better," she said.

And for those facing a cancer diagnosis, Tovey has this to say:

"Don't be afraid to rely on your family, friends, co-workers, and anyone else that can offer support," she said. "I leaned on a lot of people, from the staff at the cancer center to my nurse navigator and my friends and family."

— Senior Staff Writer Tammy Wells can be contacted at 282-1535, ext. 327 or [twells@journaltribune.com](mailto:twells@journaltribune.com).

### •Construction Season, From Page A1

work will be completed this year."

The second Main Street construction project, paving Main Street from Alfred to Elm streets, is scheduled to begin in September. Betz said crews will mill out the existing surface, and then pave the roadway. The estimated cost is \$160,000. The project is expected to last about six weeks. There will be alternating one-way traffic while the work takes place.

Both Main Street road projects are funded by Portland Area Comprehensive Transportation System, with

the city and state each contributing 10 percent, and the remaining 80 percent coming from federal funds.

The RiverWalk projects include creation of a park at the former Florida Power and Light lot, and rebuilding the elevated platform at the north corner of Building 15 in the mill district; both are planned to begin this month.

Another project, likely to take place next year, will transform about one acre at the former MERC lot into green space, said Biddeford Chief Operating Officer Brian Phinney.

Phinney said the brown-fields redevelopment on

the former FPL lot will be funded by a \$200,000 federal Environmental Protection Agency grant and about \$102,000 from the city's mill district TIF fund.

Rebuilding the vehicle platform on city-owned land within the mill district will use about \$648,000 from the mill district TIF fund. According to Phinney, the platform is degraded to a point where municipal utility lines are at risk. That project is scheduled to be completed by June.

— Senior Staff Writer Tammy Wells can be contacted at 282-1535, ext. 327 or [twells@journaltribune.com](mailto:twells@journaltribune.com).

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