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## Women's flying event to be hosted in Sanford

By TAMMY WELLS  
Senior Staff Writer

SANFORD — Amelia Earhart was one of the most famous female pilots back in the early days of aviation, but she wasn't the only female flyer.

In 1929, four women involved in aviation sent invitations to the 117 licensed female pilots in the United States, asking them if they wished to form an organization to advance the cause of women in aviation. Eventually, 99 of them responded. They formed an organization that became known as The Ninety-Nines, Inc.

The Ninety-Nines, Inc. has a chapter in Maine, called the Katahdin Wings, and in keeping with the original mission, they're hosting an event 10 a.m. to 3 p.m. Saturday, March 7 at Sanford Seacoast Regional Airport. Women and girls are invited to drop by the airport for a hands-on learning experience about aviation, exploring topics like women in aviation history, careers in aviation, open cockpits and aircraft displays, ground school stations, women aviation professionals, how aviation fits into our world today and more — including free airplane rides on a first

come, first serve, weather permitting basis.

The event is sponsored by the Katahdin Wings and the airport's fixed base operator, Southern Maine Aviation.

Lori Plourd, chairman of the Katahdin Wings, said the group has had similar events at Fryeburg Municipal Airport, but chose Sanford Seacoast Regional Airport this time around because they wanted to reach out to a wider population. And, she said, Sanford airport is a friendly airport.

As to flying, Plourd is licensed to fly single engine aircraft as a private pilot and said it is something she's always wanted to do, but was unable to do so until her mid 30s.

Pilots in the group range from age 17 to 87, she said.

Hannah Speidel is one of the flight instructors at Southern Maine Aviation. Flying for five years, she was working at the desk at the fixed base operation when she got the bug. She began taking lessons, and worked her way up through several licenses, from basic to commercial to flight instructor.

"You feel so free," when you fly, she said. "And in

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## Food pantry offer open, but on hold for now

By TAMMY WELLS  
Senior Staff Writer

WATERBORO — Back in November, a local business owner offered to build a foundation for a new food pantry. When some other construction companies heard about it, they offered to pitch in too. But time passed and so did the moment and the offers are on hold, for now, said Douglas Foglio, who, along with his family, was behind the original offer.

"We have not shut the door," on the offer to build a food pantry, he said Friday. But with contractors anxious to commerce spring building projects, now is not the right time.

"At this point, the contractors don't have the time to do the work," he said.

There used to be a food pantry in town — the Food for Life pantry had operated at St. Stephen's Episcopal Church since 1984, but the church was sold to private interests and closed in the fall.

Volunteers and others say the closure has left a significant gap.

Waterboro selectmen on Tuesday approved, in concept, the lease of town-owned land for a food pantry. While they're eyeing a space adjacent to the town

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Above: University of New England psychology professor Michael Burman, right, is pictured discussing the anatomy of the brain with high school students at a university event last week. Burman recently weighed in on the psychology of fitness bands, explaining how they can help motivate people to exercise more. Below: Pictured is the Fitbit Charge HR, which tracks your heart rate using a LED light sensor.

## Fitness bands: A pocket-sized personal trainer or a fleeting fad?

Local health and fitness experts weigh in on the new technology

By ANGELO J. VERZONI  
Staff Writer

BIDDEFORD — Your sneakers smack the tar at a steady clip, you can feel your heart thumping faster and faster, and sweat trickles down your forehead.

Later a friend might ask, "How was your afternoon run?" and you might shrug and say, "Pretty good."

That is unless you're wearing a fitness-tracking band — one of those sleek straps of rubber that seem to be taking over the exercise landscape. In that case you could tap into your smartphone and within seconds give a much more detailed report: "I ran 2.33 miles in 25 minutes and 16 seconds and burned 312 calories."

Fitness bands come in a variety of sizes, brands, and, of course, prices — from the cheapest devices, which cost about \$50 to \$100, to the most expensive ones, which can cost up to \$250. Essentially, the cheaper the device, the less it can do. The \$100 Fitbit Flex, for example, tracks the number of steps you take, the distance you travel, the calories you burn and your sleeping patterns, while higher-priced bands can track your heart rate, how many flights of stairs you climb and even show you texts and emails.

Most bands can also sync, or connect with, a smartphone, such as an iPhone or Android device, to let users view comprehensive fitness statistics from weeks and even months in the past.

But as more people throw their watches aside in favor of these multi-functional alternatives,

health experts contemplate the benefits — as well as the drawbacks — associated with this new technology. Many wonder, specifically, whether or not these bands are actually changing their users' exercise behavior.

Michael Sheldon, a physical therapist and director of the University of New England's Department of Physical Therapy, said Wednesday that he views fitness bands in both a positive and negative light.

In terms of what's good about them, Sheldon said they allow users to set reasonable exercise goals for themselves, perhaps helping them develop better exercise behavior — at least temporarily.

"With these types of devices you can set reasonable goals," he said, and once you achieve those goals, you become motivated to set and overcome more of them.

Michael Burman, an associate professor of psychology at UNE, relayed a similar theory about fitness bands last week.

"Very specific goals work, and very general goals don't," he said.

For example, said Burman, if you say, "I want to be healthy," that goal isn't specific enough. You'll be instantly satisfied by just saying or thinking it, he said, whereas if you specify your goal, which these bands allow you to do easily, you won't be satisfied until you meet that goal. "When I say, 'I want to take 10,000 steps a day,' I won't be happy until I do it," he said. "The specificity of our goal guides our behavior change."

On Friday, Greg  
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## RSU 21 planning new high school renovation project, vote in June

By LIZ GOTTHELF  
Staff Writer

KENNEBUNK — Residents in Kennebunk, Kennebunkport and Arundel will vote on a revised multi-school renovation project for Regional School Unit 21 this June.

In January of 2014, voters rejected a \$75 million renovation project to renovate Kennebunk High School, Kennebunkport Consolidated School and Mildred L. Day School.

School officials sought feedback through a form on the school district's website, and went back to the drawing board for a proposal with a lower price tag.

"We have made significant progress in our goal to bring the project to the taxpayers at the most affordable cost we could find," said Interim Superintendent of Schools Kevin Crowley at an RSU 21 School Board meeting Monday night.

ON Monday, Crowley said the estimate for the project was about \$57.7 million "and dropping."

He said it was "an organic number ... not a hard number," and he would have a final number for the proposed project at the March 1 school board meeting.

In a unanimous vote, the School Board voted to put the school renovations out to a June vote.

Under the new proposal, the size of suggested remodeled buildings has been scaled down. Other adjustments to the proposal include using composite material instead of brick for an outside courtyard, toning down high school cafeteria renovations, and not replacing an elevator, said Crowley.

School Board member Matthew Fadiman of Kennebunk said bond rates are at "a historic low" and should the vote pass, it would be cheaper to start after a June vote than wait until a November vote.

School Board member Amy Johnson of Kennebunkport said her three children are in the

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• Charles Biehler, Sanford

