

Fitness

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Hatheway, a sports performance coach at the OA Performance Center in Saco, put this notion of goal setting into terms of the technology's ability to let its users "quantify a baseline." A baseline, as it relates to exercise, is simply a person's starting point. For example, on day one, how much can you bench-press? How fast can you run a mile? How many pull-ups can you do without stopping?

"I think they're great as far as being able to quantify a baseline of what people are doing day to day," Hatheway said about fitness bands. "If you're someone who's looking to just increase your activity level, and you know your baseline amount of steps per day is 500, obviously it's easy to increase that to 1,000. ... So I think as far as being a measuring tool, they're really beneficial for someone who's working out on their own. It gives them an idea, numbers-wise, of what they can do, what they need to do to improve." Hatheway stressed that it's harder to increase your level of exercise when you "have no objectifiable measurement of what you've been doing every day."

Similarly, Melissa Densmore, a personal trainer at Saco Sport and Fitness, spoke Friday about fitness bands' ability to motivate people to exercise more. "The more information people have, the better choices they can choose to make, so I do think that they certainly have a place," she said. "They're valid. They're a useful tool, and I really like the ones that monitor heart rate. ... I think the ones that do the heart rate and calories and track your steps and all of that are a great motivating tool for people."

But, at the same time, Densmore said she doubts whether the lower-priced fitness bands, which "mostly just track your steps," are worth their price tag.

But while health experts may see plenty of benefits tied to fitness bands, that's not to say they don't raise any concerns at all. For one, explained Sheldon, they're a very young technology, which means the long-term effects they have on their users isn't fully understood yet.

"They've really not been around that long," he said, and while some research suggests there's a link between fitness bands and a short-term behavior change pertaining to exercise, "those same studies have pointed out ... they may not hold that motivation in the long-run."

Burman brought up a similar point. Although it's easy to set and meet goals using fitness bands, it's just as easy to forget about meeting those goals, he said. It's not like you have a personal trainer breathing down your neck, urging you to take one more lap or push through one more rep.

Sheldon said he thinks there are currently two tangible drawbacks to fitness bands. One, they are prohibitively expensive to some people. "I would question whether there's accessibility across the socioeconomic scale," he said.

And two, they can be difficult to use – at least to their full potential – for people who aren't very tech savvy.

Furthermore, said Sheldon, we see tech trends come and go all the time, so who's to say fitness bands aren't just "a novelty" – merely "the newest 'next

big thing"?" That conjecture aside, he thinks fitness bands are here to stay – and in a potentially revolutionizing way to boot.

When you go to the doctor's and have your heart rate and blood pressure measured, that only provides physicians with data from a single point in time, said Sheldon. But as fitness bands become more technologically advanced and perhaps even able to measure blood pressure, they could be incorporated into the health information system, he said, helping keep both patients and doctors more informed and 24-7.

"You bring (the band) with you ... and the physician gets a look at your activity level since the last time they've seen you," he said. "That's going to be a very powerful health information tool."

Specifically in the world of physical therapy, Sheldon said he sees these bands becoming a valuable tool for determining whether a patient is continuing to be active after, for example, being released from a rehabilitation facility.

"(A person) may go to rehab," he said, "and then they get discharged from that setting, and a question that everybody's interested in knowing is: When they go home, do they continue to be active?"

But Sheldon also acknowledged that as this technology dives deeper and deeper into medicine, more and more privacy issues will likely surface.

"I don't think that's been well thought through with these devices, because now, all of a sudden, I'm carrying around a bunch of protected health information," he said. "I can see the potential for misuse of this health information."

And while some may be weary of fitness bands, others simply don't see the need for them. Kyle Sikes, owner and trainer at CrossFit207 Training Center in Sanford, said Friday that while these bands may have a place somewhere, he doesn't think that place is CrossFit.

CrossFit, a form of exercise that has gained popularity in recent years, measures how quickly you can do things, such as lift a certain weight, said Sikes.

"It's just generally about work capacity," he said, so a simple timer does the trick in assessing a person's progress in CrossFit. In other words, there's no need for all the frills of an expensive device.

So, what's the verdict on fitness bands? For the most part, health and fitness experts agree they're a valuable tool for exercise. But the jury is still out on just how valuable.

When looking at the "big picture," Sheldon said he's undoubtedly on board with anything that might get people exercising – or even just moving – more frequently.

"A lot of the chronic diseases we deal with as a society have some relationship to inactivity," he said, and one of the best things about these bands is the fact that they allow people to find a means of increasing activity through everyday life.

"People may not be thinking about taking the stairs at work ... versus taking the elevator as exercise," he said, but these bands change that. "(They) get people to re-conceptualize what exercise is, and they can do it ... in the course of their daily life."

— *Staff Writer Angelo J. Verzoni can be contacted at 282-1535, ext. 329 or averzoni@journaltribune.com.*

Women Flying

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complete control. There's no feeling like it."

All are welcome to the event, Plourd said, and are asked to bring a non-perishable food item to donate to benefit organizations within Sanford.

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

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school system, and one night at the dinner table, two of her children told her there were buckets in the classrooms.

"I think June is the time for us to do this and take action," she said. "I don't think we can afford to wait."

— *Staff Writer Liz Gotthelf can be contacted at 282-1535, ext. 325 or egotthelf@journaltribune.com.*

142 apply for town job

From Staff Reports

WATERBORO

— The town has received 142 applications for a position in the town's business office, Town Administrator Gary Lamb told selectmen Tuesday.

The position was advertised after a long-time town employee retired.

Lamb told selectmen he hopes to whittle the number of applicants to 14, conduct telephone applications and then interview "six or so" applicants in person.

He said he hopes to have a recommendation for hiring by the end of March.

Publisher's Note

Many companies say they want to know what you think, but sometimes it seems like those are just empty words. I want you to know, every one of our readers and everyone in the community, that we truly care about what you think and want. We intend to be the very best community newspaper in the region. If you would like to see information in the paper that we don't publish, please email us at jtcommunity@journaltribune.com or call 282-1535, and let us know. The Journal Tribune is the community newspaper for us all. Help us make it as great as we all want it to be!

Thank you for reading,
Bruce M. Hardina



**Good for you,
Good for our local Farmers!**

March 2 day to celebrate reading

Since 1997, the National Education Association has chosen March 2, the birthday of Dr. Seuss, as a day to celebrate reading in the United States with Read Across America Day.

This year in Maine, the Unique Maine Farms' project has collaborated with the Maine State Library to see that every town, city, and college library in Maine receive a complimentary copy of "Unique Maine Farms," a 296-page book

that profiles 178 farms found throughout the state. Through the generosity of several foundations, organizations, businesses and individuals, funding was raised for the donation of the books.

The Maine State Library has stepped forward to assist with the distribution of the 302 books to the libraries through their van delivery and mailings.

Mary Quinn Doyle,

author of "Unique Maine Farms," expressed her gratitude to all those who have played a part over the past 2 1/2 years in supporting the volunteer project and in validating the importance of books and reading. She was particularly pleased that the donated books, which celebrate agriculture in Maine and the national Read Across America Day, were printed in Maine on Maine paper.

Food Pantry

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hall, Tuesday's approval is not tied to a specific land parcel.

Cleo Smith, who was a volunteer at the old pantry, told selectmen Tuesday she has 42 volunteers from six churches ready to help.

Foglio on Friday said selectmen took three months to decide, in concept, to lease space for a food pantry. But by then, the contractors had their minds on upcoming projects – and the end of the

financial year had passed.

"Its not a dead issue," said Foglio. He said he truly expected, when the offer was originally made, that one or two of the selectmen would "hop on board" with the plan, but that didn't happen. As well as the building the structure – with the help of other contractors who offered to pitch in, Foglio said his offer included setting up a non-profit corporation for the pantry.

Selectmen didn't speak about the building offer Tuesday, but discussed the land lease and said their

conceptual approval gives Smith and the volunteers a step forward to get started. The group must attain non-profit status to lease land, selectmen agreed.

In a 2013 posting on the Food for Life Facebook page, a pantry spokeswoman said the pantry fed 408 families in 2006, and 1,050 families in 2012.

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Public Safety

DOG AT LARGE

BIDDEFORD

— Cameron Christian Neumann, 23, of 10 Greenfield Lane, was summonsed Jan. 19 and charged with allowing a dog to be at large and keeping an unlicensed dog.

ASSAULT

BIDDEFORD — Michael Sean McCann, 32, of 1 Round Hill St., was summonsed Jan. 19 and charged with assault.

WARRANTS

BIDDEFORD

— Anthony Bombie Bracamonte, 34, of 399 Main St., Apt. 2, was arrested Jan. 19 on a warrant and charges of operating while license suspended or revoked with a prior offense; failure to give cor-

rect name, address or date of birth; and possession of a suspended license.

BIDDEFORD — William C. Day, 40, of Oxford St., Portland, was arrested Jan. 20 on a warrant.

BIDDEFORD — Carlito John Jr. Rodriguez, 34, of 32 Pool St., Apt. 2, was arrested Jan. 20 on a warrant.

BIDDEFORD — Kaleb Wilhelm Lehmann, 18, of 16 Chapel St., Apt. 202, was arrested Jan. 20 on a warrant.

BIDDEFORD — Henry A. Lavalliere, 66, of 111 High St., Apt. 3, was arrested Jan. 22 on a warrant.

OPERATING WHILE SUSPENDED

BIDDEFORD — Seth R. McCallum, 23, of 68 E Grand Ave., Apt. 2, Old Orchard Beach, was sum-

monsed Jan. 20 and charged with operating while license suspended or revoked.

DOMESTIC VIOLENCE

BIDDEFORD — David Matthew Martineau, 43, of 1 North Park St., was arrested Jan. 20 on a warrant and charges of domestic violence assault and stealing drugs.

BIDDEFORD — Richard Petrucci, 42, of 5 Bay View Terrace, Saco, was arrested Jan. 20 and charged with domestic violence assault.

BIDDEFORD — Jean Harrison Coleman, 39, of 10 Clifford St., Apt. 001, was arrested Jan. 23 and charged with domestic violence criminal threatening.

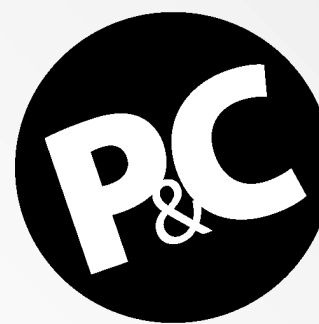
BIDDEFORD — Jessica Lynn Grondin, 27, of 74 South St., Apt. 202, was arrested Jan. 25 and charged with domestic violence assault.

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