EST. 1884

By TAMMY WELLS

Senior Staff Writer

SANFORD — Organizers

say folks should be prepared to

be dazzled. The community's

Stars," production, where local

professionals to win bragging

Saturday, Nov. 1 at Memorial

rights for a whole year, is set for

The production, now in its

own "Let's Dance with the

"stars" perform with dance

YORK COUNTY'S ONLY DAILY NEWSPAPER

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Bustin' a move to kick out cancer

Vol. 2 No. 16

Dr. Lara Carlson, a University of New England professor, recently completed a study on the physical demands placed on race car drivers.

The strain of the race

UNE professor's study shows race car driving does require exertion

By DINA MENDROS

Staff Writer

BIDDEFORD — "It's a stereotype," said University of New England Professor Dr. Lara Carlson, "that race car drivers aren't athletes."

"People joke," she said, about 'what's so hard about driving a

However, her 2012 research of stock car drivers at the Oxford Plains Speedway in Oxford shows that those drivers can experience many of the same thermoregulatory and cardiovascular stresses as other

The results of her first-of-itskind study, "Physiological strain of stock car drivers during competitive racing," were published in August in the Journal of Thermal Biology.

Until she conducted her research, said Carlson, no one nad studied what the bodies of drivers go through during a

She found that her hypothesis was correct, and that their bodies do go through a tremendous amount of stress.

First of all, said Carlson, race car driving is extremely hot. The temperature in the confined cockpits of the cars during a race can be as hot as 130 degrees and above. While driving, racers are wearing multiple layers of flame-retardant clothing and helmets with minimal air venting.

Plus, there is a physicality to that kind of driving, she said.

See Race Car Study PAGE A3

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Community **A4** Family Sports B1-2 TV/Puzzles **B3** Classifieds

Lifestyle

Sanford dance competition will benefit charity

fifth year, benefits the Maine Children's Cancer Program. Volunteer Joanne Livingston said the program raises more than \$10,000 for the MCCP annually.

"The key to its success is the dancers," said Livingston. "The time and commitment that they put into preparing for the dance is incredible."

Teams this year include Katie Brooks, who owns Brooks Dancer Center and Rick Smith, EMT with the Sanford Fire Department; YMCA Director Andy Orazio and Mary Ann Ratteree, owner of Deeply Touched Reflexology and Healing Arts; well-known hip-hop teacher Bruce Tracy and Jennifer Provencher, who

works at Kennebunk Savings Bank; Diane Higgins, owner of Diane's School of Dance and Sanford Mayor Tom Cote; Kendra O'Connell, owner of Jazz Tappin' Dance Academy and Jim Paquette, who owns Back Street Grille and Mill 67; Heather Roux, owner of Northern Explosion Dance Studio and Mike Dinardo,

an active community member who works at Pratt and Whitney; and Cherie Monson of Steppin' Out Dance Center and Dr. William Kiley of Southern Maine Health Care.

Cote, the mayor, said this year will be his first foray into Let's Dance with the Stars.

"Dancing is one of those things that does not come nat-

See Sanford Dance-off



DINA MENDROS/Journal Tribun

A finding in print

Pictured recently in his Biddeford home is Jim Saucier, holding copies of the Biddeford Journal that were published during World War II, one dated Aug. 17, 1944 and another dated Aug. 20, 1944. He said he found them in box in his home that was built by a now-deceased relative. Saucier said he is interested in finding people who were mentioned in the paper. He can be reached at 282-0304.



Plans rolling ahead for Kennebunk skatepark

By JEFF LAGASSE

Staff Writer

KENNEBUNK — Parson's Field. All that's left is to make it official

For weeks, the town-owned recreation field has been the top candidate for a new skatepark that has been proposed in Kennebunk - one that will feature a modern design crafted by WhoSkates, a firm that creates and installs skateboard facilities throughout the country.

On Tuesday, officials are expected to approve the draft design for the park in anticipation of presenting it to residents – all in preparation of an eventual vote, which could kick-start a new era of skateboarding in the region.

And in preliminary discussions thus far, Parson's Field has become the de facto front-runner for the site's location. That's partly because the field is already home to a baseball diamond and basketball court: Chris Osterrieder. town engineer and director of community development, has said it makes sense to place a skateboarding area in a part of town that's already home to recreational athletic facilities, used primarily by children

and families.

Largely, though, the site is really the only viable option left, after shortcomings were found in the only other parcel under serious consideration, Factory Pasture Lane. That site, said Osterrieder, features a lot of jagged terrain, which would make development tricky and drive up costs. It's also a less-centralized location that's difficult to monitor.

With the location all but settled, the current focus is on getting the draft design right. To do so, Osterrieder and Town Manager Barry Tibbetts have been meeting with various contingents to make sure it meets everyone's needs.

"We'll bring all the skateboarders in to take a final look at that design," said Tibbetts.

The skate park was originally approved two years ago, and it was then that town officials met with representatives of WhoSkates - formerly owned by Tom Noble, a Kennebunk High School graduate, and subsequently taken over by his wife, Sandy, after his death. Tom Noble had stated at the time that his firm would install the park at

See Skatepark Kennebunk

PAGE A3

OOB to host live music with silent film

By LIZ GOTTHELF

Staff Writer OLD ORCHARD BEACH

— There will be action, adventure, romance and live music Oct. 12, with Buster Keaton on the big screen and musical accompaniment performed on an antique theater organ.

The Pine Tree Chapter of the American Theatre Organ Society maintains a 1927 Wurlitzer, which is housed at McSweeney Auditorium at Loranger Middle School through a long-standing agreement with the town.

The chapter is hosting an organ concert and silent movie at Loranger on Oct. 12 at 2 p.m.

Showing will be "The General," a 1926 movie based on

the true story of the Andrew's Raid that occurred in 1862 during the beginning of the Civil

The organist will be Dennis James, who is a well-known theater organ player, said Pine Tree Chapter member Robert Kroepel.

"He's outstanding," said Kroepel.

The Wurlitzer was once located at RKO Proctor's Theatre in New Rochelle, New York, where it was used to accompany silent movies and for intermissions and shows. The Pine Tree Chapter acquired the organ in 1969, after the theater offered organs to local chapters at no charge, according to history on the Pine Tree Chapter's website.

The theater organ has three keyboards, 32 pedals and 13 sets of pipes, said Kroepel.

Theater organs have a wide range of sounds and can replicate an entire orchestra to provide sound effects for movies, said Kroepel. Music was used to convey emotion in movies, such as "soft, lush music" for romantic scenes and "loud, brassy music" for scenes with galloping horses, gunfights or car chases, he said.

Tickets are \$15 for adults and \$7.50 for children 11 and younger at the door. Tickets can be purchased in advance for \$10 for adults and \$5 for children by sending a check or money order

> See 00B Silent Film PAGE A3



This 1927 Wurlitzer, maintained by the Pine Tree Chapter of the American Theatre Organ Society, is housed at Loranger Middle School in Old Orchard Beach. It will be played by Dennis James for a showing of "The General" on Oct. 12.



What if it were all 'free time'?

The Youth

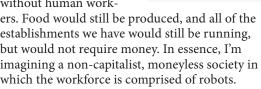
Marissa Heffernan

View

inated by things we have to do. We have to go to school, to work, to the gym or to the store. We have to do this, complete this task, follow this path.

But what would happen if we didn't?

I'm not focusing on the probable collapse of society that would occur. Pretend that those things we "need" to do would not affect our survival. For example, stores would still be open, even without human work-



I'm also not focusing on how creepy that

I'm simply thinking on one question: If we didn't have to do anything, if we were free to choose, would we chose to do nothing at all, or would we spend our time on activities that we currently cram into our free time?

I love to write, draw, hike, read, and do many other things. Often, I pull myself away from those things I love so that I can complete the required activities, moaning about how I wish I wasn't prevented from doing my favorite things by my "necessary" things. Yet when I do have free time, I tend to waste it by napping or watching Netflix.

I tell myself that I do those things because I'm exhausted from doing the things I must, but is that true? If I did not have any required activities, would I still veg out and do nothing, or would I really spend my time on those specialized things I enjoy so much?

I'd like to think that I – and humanity as a whole – would put the time into those other activities. I even have some evidence to back me up. When humans first started farming instead of gathering food millions of years ago, they suddenly developed greater technology and experienced job specialization. In other words, when they had more free time due to the new ease of acquiring food, they created art, pottery, textiles, jewelry and metal work. They created tools and the wheel among other things. They learned to write, and then wrote poetry.

And this wasn't a singular event. Societies across the world developed along the exact same lines, even when they had no contact with each other. So perhaps good use of free time is in human nature, and a world that freed humans of necessary work entirely would allow for greater inventions and a more cultured society, more immersed in pleasure activities. That would, of course, mean that people would be happier as

Sure, there would probably always be those few people who would decide to do nothing anyway, but I guess that's also human nature. I don't know if this will ever come about, but I'd be interested to see what would happen if it did. Would we really reach new heights, or would we

— Marissa Heffernan is a senior at Biddeford High School.



Dancers Heather Roux and Steve Horne wowed the crowd at Sanford's "Lets Dance With the Stars," event last year - and organizers say this year's event, set for 7 p.m., is also set to please. The annual event benefits the Maine Children's Cancer Program.

blast learning the moves. We

Sanford Dance-off FROM PAGE A1

urally to me, but I am happy to help support the Maine Children's Cancer Program in any way I can," Cote said. "When I first agreed to participate, I warned my partner, Diane Higgins from Diane's School of Dance, that she had her work cut out for her. I let her know that I have virtually no dancing ability, so we would be starting from scratch. So far, our dance is coming along well, and I am having a

will be sophisticated, yet edgy. I hope everyone comes out to support this great cause."

Judges include George Kane, Lianne Penley and Merilee Perkins. Organizers say a limited number of reserved table seats are available at \$15 per person. General admission bleacher seats are \$10 each. Doors open at 6 p.m., and the competition steps off at 7 p.m. Tickets are available at Diane's School of Dance, Jazz Tappin' Dance Academy, Northern Explosion Dance Studio, Steppin' Out Dance Centre, Sanford Institution of Savings (Sanford, South Sanford and Springvale locations) or by contacting Livingston.

The event is sponsored by Kennebunk Savings Bank, Sanford Institution for Savings and Southern Maine Health

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

OOB Community Watch has accomplished much unity Watch Council

and community, which helps

children behaving badly back

to go through the law enforce-

ment route. This is a process

which entails many people in

enforcement and school facul-

ty. A circle is formed consisting

of people who have been hurt

lets the guilty individual know

people, the school, community

and bringing these individuals

forward and back into society

with a more positive outlook

on life. If the process fails, then

the individual goes through the

law enforcement route and may

Our first year assisting the

students was an eye opener. We

succeeded bringing in the top

dog of the federal government

Business, Housing and Sponsor

program who participated in

the Chamber of Commerce

Orientation. Many issues

came up during the summer

town with J-1 international

have to serve time.

and themselves. It is working

by the actions. This process

how their actions affected

the community, family, law

into the fold without having

Written by the CWC Board Members

ld Orchard Beach Community Watch Council is a volunteer group consisting of 13 board members and one law enforcment chairperson. Our mission is to improve the quality of our neighborhoods through positive interaction, community encouragement and increased public awareness between law enforcement and the citizens of Old Orchard Beach and Ocean Park. We continue to be a work in progress, evolving to meet the needs of our residents. We can see our efforts working, from the responses and witnessing the interaction in our town. Our accomplishments are many and our goal is to sustain the programs we have

CWC spent many years gathering information regarding bullying and even went to Augusta to speak about it. It was a moment of elation for us when the bully law was put into place. We were thrilled to bring into the OOB schools an antibullying program to help the teachers and staff handle bullying in a positive manner.

CWC worked with and accomplished having restorative justice in the schools

because of the lack of housing for these youth. These J-1s became a challenge for everyone involved. CWC hopes 2015 will run smoother with housing in place before these students

Neighborhood Watch is ongoing and helps the community to communicate when issues pop up. We are a working group opening the eyes and ears of the community to report any suspicious activity, to stand up and be heard when it comes to improving their

neighborhoods. Our CWC Senior Advocate works tirelessly with the General Assistance Office at Town Hall and also with the police department. She has been a blessing in disguise, helping the needy and elderly receive the help they need in our community.

Some of you may wonder or ask yourselves, why do we need this council? We need it because we believe in public safety, we communicate, we reach out, we help, we listen, we inform, we encourage, we mediate and we have proven who we are. We are an organization that cares deeply for the people in Old Orchard Beach because "we are all in this together."

Race Car Study

FROM PAGE A1

There is constant pedal work as well as the muscles in the neck, legs and body that are being exerted against countergravitational forces.

Carlson's findings suggest that drivers experience elevated skin and core body temperatures, increased cardiovascular strain, and potential fluid losses during competitive stock car racing in hot conditions.

These factors "can lead to accidents and catastrophic injuries," said Carlson.

She noted that following the

00B Silent Film

payable to PTC-ATOS in a

self-addressed, stamped enve-

lope to Pete Haskell, P.O. Box

98, South Freeport, ME 04070.

at the Richmond International Raceway, in Richmond, Virginia, on Sept. 6, driver Jimmy Johnson collapsed after the race due to dehydration. Carlson, who plans to con-

Federal Auto Parts 400 Race

duct more studies with racers, said she hopes her work will lead to improvements that will create safer conditions for drivers.

"This is a personal journey also," she said.

Her interest in the sport began when she and her brother in the 1970s and 1980s used to go to stock car races together throughout New England.

For more information, go to

— Staff Writer Liz Gotthelf

http://theatreorgans.com/me/

can be contacted at 282-1535,

ext. 325 or egotthelf@journaltri-

pinetree.

Carlson's brother died from cancer at age 52.

Her research, said Carlson, "is something for me to keep the passion of the sport going even though he can't be in the stands with me.

"I think he'd be proud of me," she said.

Carlson will be presenting her research in January at the 2015 annual NASCAR Summit in Concord, North Carolina.

— Staff Writer Dina Mendros can be contacted at 282-1535, ext. 324 or dmendros@journaltribune.com.

> Have some news or a story you would like

> > Tell us about it.

Email Kristen at kristenm@journaltribune.com

174 US Route 1 Scarborough 885-0121

a favorable price, and Sandy has adhered to that pledge, delivering a conceptual mock-up based

on input from the public and from skaters themselves. Selectman David Spofford said at a recent meeting that a

final design should reflect the opinions of those who know

Skatepark Kennebunk

FROM PAGE A1

about the sport. "Not being a skateboarder, it doesn't make a lot of sense to me," said Spofford. "I'm hoping the people who actually use it

will get to have some input." The projected size of the mostly concrete skate park is 130-by-55 feet, for a total footprint of 7,150 square feet. The size was settled upon by using statistics to estimate the number of children and young people who are expected to utilize the

facility. - Staff Writer Jeff Lagasse can be contacted at 282-1535, ext. 319 or jlagasse@journaltribune.com.



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