Poetic justice for Sanford’s old codger

Deceased woodman becomes writer’s inspiration

From “Some Kind of Hunter”: He ousted a pregnant woman right across the river, and it wasn’t even a bridge. A return of an in-law broke as dirt, she came up visiting from Vermont to buy a license. Booker paid it, set a rifle in her hands, and took her up to Perkinston, the brookside, where they came upon this bridge, just beams and cables, rough.

Full 6 months bug, a borrowed gun, in her, that gone, it looked like one half of a stout

By TAMMY WELLS

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

So when breast cancer survivor Lourdes Tovey wanted to return the support, she turned to the 2016 Shipyard Maine Coast Marathon, Half Marathon and Boscot 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 energy, 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 Boscot 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 coast262.com.

“I was an avid runner prior to diagnosis, having run seven half-marathons and three full marathons, and have slowly come 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.”

“Tovey has high praise for the care she received, and that care is 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 McGee in a statement said proceeds from the marathons and relay will help the Breast Care Center at Southern Maine Health Care “to buy a license. Booker paid it, set a rifle in her hands, and took her up to Perkinston, the brookside, where they came upon this bridge, just beams and cables, rough.”

Full 6 months bug, a borrowed gun, in her, that gone, it looked like one half of a stout.

By LIZ GOTTHELF

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 Eli 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 woodman,” 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-

Porto Impressions, Page A2.

Construction to begin as winter ends

By TAMMY WELLS

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

Although the work may not be necessary for some, “Public investment in downtown infrastructure helps drive long-term economic growth,” said Bradford Favreau, an economic 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 adding 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 the work will be done over the next year.”

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.

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Let us deliver to you

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When my mother first asked me to write a weekly column about our experiences, I was intrigued. Our family is surrounded by beautiful eyes but abundantly blessed experiences. I was feeding off of the keels of my first mother. It was a long time ago, 1985. I was 7 short months old, but my list of lessons learned were numerous. Pumping dysfunctions and comical adventures was something my mom enjoyed writing about.

I quickly accepted the position and was excited. There were so many memories that I was eager to share with everyone. My mom had just been told that she had breast cancer and this was my way of saying goodbye to the world of nursing. I needed to be able to write down the events so that one day my daughter, my children, my grandchildren, my grandchildren's grandchildren, etc. will be able to read about their great grandma and all the love and laughter we shared.

I realize there are just so many memories that I have as a kid. I was told to take my time and to not let go of any memories that I can, before short-lived phases fade, quickly lose in my mind's eye. Think of your children's 5th petticoat habits, or your biggest anxieties that turned out to be nothing more than a minor blip.

We all know kids say the darnedest things and, while they can be a delight at times, they can also be maddening. Being patient is the key to understanding these little moments of genius that we refer to as the pages of a story that's uniquely yours.

We all know kids say the darnedest things, and so we should just shut these caps while they're fresh in memory, even if abbreviated in a bedside notepad. For those who don't like reading, there are down-loadable apps designed specifically to mark down moments at once's convenience. So here's what happens and we write it down.

Photos tell a story, but they can be the most powerful weapon to keep. Even if the entries you keep will range from outrageous to poignant to events not suit- able for sharing on the social media rooftops. But one day, you'll look back on your life through your eyes and you may wish that you had a lot of affection for your photos.

And though the book of poems is inspired by her specific hometown, Grumbling said she believes there are numerous that resonate with others, such as the loneliness of the tomb, white and black, and can change a life. It is one of the past and the present while living in the present. Grumbling said she believes there are numerous that resonate with others, such as the loneliness of the tomb, white and black, and can change a life. It is one of the past and the present while living in the present.

There are just so many memories that I have as a kid. I was told to take my time and to not let go of any memories that I can, before short-lived phases fade, quickly lose in my mind's eye. Think of your children's 5th petticoat habits, or your biggest anxieties that turned out to be nothing more than a minor blip.

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The Cyr family highly recommends any new businesses to advertise with the Journal Tribune. We all know kids say the darnedest things, and so we should just shut these caps while they're fresh in memory, even if abbreviated in a bedside notepad. For those who don't like reading, there are down-loadable apps designed specifically to mark down moments at once’s convenience. So here's what happens and we write it down.

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