



# HALLOWEEN Whitefield News

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Volume 4, Issue 4

Published Monthly

October 2016

## It takes a town to raise a gymnast!

by Pam Kenoyer

Kristen was four when I looked out the kitchen window and discovered her trying to steady herself on the top of the swing set. It was apparent to us from then on that her gene for fear was missing. After teaching herself to cartwheel and flip, she begged by age eight to take gymnastic lessons at the YMCA in Augusta. The lessons turned into a spot on the Y team. That season, it became evident that she enjoyed competition and was at home balancing on a beam and flying high on the uneven bars. The next year Kristen moved on to the Andy Valley School of Gymnastics in Auburn where for five years she was coached by Don White and worked through the United States Gymnastics Federation classifications to become an elite gymnast.

It was during those years that many young girls in Whitefield gained an interest in the sport and many took lessons or competed at the YMCA and Andy Valley. There were always meets at our house. The girls used the homemade and second-hand equipment in a large room known as "the gym". Our daughters, Lynn, Sarah, and Kate, Erica and Michelle Duncan, Allison Stultz, Sara Whitehouse, Ruthlyn and Val Sodano and Shanna Grady (who was also a teammate at Andy Valley), spent countless hours and days competing and taking on the names of the world's famous gymnasts.

Many of the girls participated in local gymnastics exhibitions.



*"Happiness" is scoring a 10! (Kristen at her senior meet, with a standing ovation, in front of 13,000 fans including her Mom and Gram Midge Hopping)*

There were talent shows at school and at the Erskine gym, tumbling routines during the 4th of July parade and a memorable performance at St. Denis during the Irish picnic. These young women stockpiled memories and developed a very special bond. All went on to become successful high school athletes in other sports; some competed at the college level.

In high school Kristen continued to train in Auburn while competing on Cony's

cross country and track teams. It was at the end of her sophomore year that she shocked her parents with the request to train at the closest national training facility, the Parkettes in Allentown, PA. She wanted to pursue her dreams of being on the national team and winning a Division 1 scholarship. She knew that meant more intensive training and more elite competition which Maine did not offer. The next two years were difficult for our family. Kristen was homesick, and we all missed her terribly. There were many weekend trips to Allentown to keep us as close as possible. **Continued on page 2**

## Volunteering in Whitefield Series—*Whitefield Fire and Rescue:* *Answering the call—Find out how you can make a difference*

by Aaron Miller

Living in rural Maine, you must ask yourself, "Who can I count on when disaster strikes?" Most communities in Lincoln County rely upon the sheriff's office, firefighters, and emergency medical services to respond during a time of crisis. Whitefield is no different.

Whitefield Fire & Rescue fills a much-needed role in town protecting the lives and property of residents. These are the men and women who respond to vehicle accidents, hazardous materials incidents, downed trees/power lines and natural disasters.

Like many communities in Lincoln County, Whitefield does not have a full time fire department. Members are paid a small stipend based on the number of calls and trainings they attend. Each member knows it's a big commitment knowing that an emergency can happen at any time. At times, they are relied upon to perform physically demanding work, spend extended periods of time



*Lt. Rick Caron of Whitefield Fire & Rescue participating in a recent*

outside in inclement weather, and respond to calls any time of the day or night.

Returning from a fire, accident scene, or even department training is not like returning from a trip to volunteer at the library. Fighting fire and responding to emergencies are physically and mentally exhausting activities. Interior firefighting especially is physically challenging. There are plenty of other roles on the fire ground which are less demanding. Directing traffic, driving and operating trucks, and manning the base radio are all very important roles which are less physically demanding. Wearing heavy gear and dragging hose lines while working in an emergency mode requires great physical exertion.

Therefore, there is room for all types of people in the fire department. Whitefield has three stations; including Coopers Mills and Kings Mills. Every year, association members from these stations host fundraising activities to alleviate the burden on taxpayers. Whether you are seeking demanding physical activity fighting fire, or less strenuous work raising money for your community, we are calling on you to sign up. There is a tremendous amount of pride and camaraderie within the fire department. To find out how you can make a difference, call Whitefield Fire & Rescue Chief Scott Higgins at 549-7945 or the town office at 549-5175.

*Thank you to Lincoln County Fire Chief's Association for contributing to this article.*

**Kristen from Pg. 1** It was 1988 and with more rigorous training at Parquettes and strong performances in national competitions; Kristen succeeded in earning a spot on the national team and a trip to the Olympic trials.

At the Olympic trials we were thrilled and proud as Kristen marched in holding the state of Maine banner as high as she could. She wore a small wooden lobster buoy on a string around her neck given to her by the Maine gymnastics judges.

She was Maine's first elite gymnast and they

were a part of her success. Kristen scored 12th in the nation at the meet and recalls how proud she was to carry the Maine banner.

Her national team status earned her the opportunity to compete in several international meets. It was during the fall of her senior year. She was all packed for a trip to China the following day when she tore a heel tendon during practice. She was devastated and after surgery was forced to wear a cast on her college recruitment trips. After visiting four different schools, she chose the University of Utah, which turned out to be a wonderful match for her. In 2006, she was inducted into the University's Hall of Fame. Included here is a summary of her collegiate gymnastics career taken from the Hall of Fame brochure:

*"As one of the best gymnasts to ever compete at the University of Utah, Kristen Kenoyer accumulated 16 All-American citations during her tenure as a Ute. Fourteen of these were first team All American honors - more than any gymnast in Utah history and the third most in NCAA championships. In 1990 she placed third all around at the NCAA championship and won the 1992 NCAA vault championship.*

*A two-time Utah MVP, in 1999, she was honored as one of Utah's top 25 all-time female athletes. In 1991 she competed at the World University games in London where she won a bronze medal in the floor exercises. In 1993 she was named Utah NCAA Woman of the Year by (Champion).*

*Kristen earned a bachelors degree in biology and a masters degree in nutrition from the University of Utah."*

After graduating from Utah, she married Ed Woodland and is the mother of 5 children. She has owned her own gymnastics school, has been a nutrition counselor, a high school track and gymnastics coach, and a middle school science teacher. Since moving to Texas in 2014, she has been a full time mom and part time gymnastics coach. Her hobby - being a competitive Spartan racer. The fear is still missing and the competitive factor is still strong!

Kristen loves Whitefield and is proud of her Maine roots. Despite living far away, she and her family return every summer. She recently recalled how excited she was when Jerry Lothrop made her a balance beam and remarked how grateful she was to all the people who cooked and attended a public supper to help defray the cost of her flights to national meets and the Olympic trials. The generosity and support of the students and staff at Whitefield School, Erskine Academy, the WAA, and the many many kind townspeople made it possible for Kristen to experience the competition of the Olympic trials and for her family to cheer her on. She cherishes the picture of Dee Dee Crocker hanging the banner at the Superette in her honor. Kristen and her family thank you, Whitefield, for being a supportive, generous community. It takes a town to raise all our children, and we live in a very special one.



Dee Crocker, left, and Pat Wheaton tie down a welcome sign at the North Whitefield Superette this week honoring the return of hometown gymnast Kristen Kenoyer. Kenoyer qualified for the recent Olympic trials in Salt Lake City, Utah where she finished 12th in the nation.

From Kennebec Journal

## Whitefield students helping community

-with appreciation to Karen McCormick (Middle School teacher)

The kids are back in school, and they have a busy year ahead of them. Once again the Whitefield middle school students will be sponsoring several worthy community service events that you might be interested in helping them with. If you can help, give their teacher, Karen McCormick, a call (549-7691 or email her at [kmccormick@svrsu.org](mailto:kmccormick@svrsu.org). She would be extremely happy to hear from you.



Photo by Tony Marple

-Again the year, the students will be making "scent hearts" for infants in the Neonatal Intensive Care Unit at Maine Med. Last year they made almost 500 scent hearts for babies in

intensive care. These fabric hearts are given to moms to wear skin to skin so the fabric might absorb the scent of the mother, and then placed in the baby's isolette or crib so the mother is always with her child. NICU at Maine Med is now out of scent hearts, so it is time to make more. The students are looking for people to donate new cotton prints, fleece or flannel fabric that would be appropriate for a baby. They also would not turn away anyone willing to sew.

-Whitefield Middle School students are also supporting the Ronald McDonald House of Portland again this year. They have a Tab Top Program where soda tabs (and essentially any other aluminum tab) gets collected and turned in for recycling after it is weighed out for \$\$\$ . "Ounce by ounce, pound by pound, you can make a ton of difference for the Ronald McDonald House...the money raised guarantees no family is ever turned away from RMH when a critically-ill child is receiving treatment at a nearby hospital". The Tab Top Program is as easy as 1.2.3. Pull off the aluminum tabs from soda, vegetable soup, pet food can, etc. Save them, and drop them off at Whitefield School when you have a collection.

-Fall means yard work, of course, so once again our Whitefield students will volunteer their time to lend a hand to a community member who might

need a little extra help. Last Spring they energetically helped a Senior with her raking and picking up the winter's debris, and they are ready to help again. If you (or you know of someone) need help with outdoor yard work or stacking wood this Fall , please let Ms. McCormick know ASAP.

-The Harvest Meal project will be back again this November. If you know a family or community member who would enjoy a meal prepared by our students, please let us add their name to our list.

-And, of course, we can't forget the PUMPKINS! The pumpkins planted on last spring's Day of Caring were harvested; all 184 of them! The Whitefield PTA will be selling them at their Fall fundraiser event.

-Did we say "busy"? Oh yes! Besides hitting the books and getting their homework done, these are just a few of the events our Whitefield students are involved with this Fall. Please lend them a hand and encouragement with any and all of these worthwhile projects that you have the time for this year. Thank you!



Photo by Tony Marple

**Whitefield Historical Society**  
**"Just Yesterday"**



This is a picture of the house at 98 Mills Rd; next to the Clary Water Mill where Albert Boynton now lives. The photo was taken circa 1900, and the people in the photo are Dan Glidden, his wife Martha, and Dan's daughter, Iva. The house was later sold to Dr Joseph Ordiorne and then back to Dan Glidden again. The Boynton family purchased it in 1927.

Albert tells the story of how his mother's aunt came to visit after he was born. At the time, they lived in the little red Mill House by the Clary lake dam. His great aunt was unhappy with the conditions of the Mill House and purchased this house across the road for the family. When his great aunt bought the house, she put it in Albert's mother's name. Therefore, when the mill was lost during the Depression, the house was saved.

A fire in the summer of 1966 heavily damaged the house and destroyed the barn which was nearly full of hay.

**RSU 12 Encourages Lifetime Sports**

by Anthony Anderson

If you ask most kids if they are interested in sports, they might say their favorite sport is soccer, basketball, or baseball/softball. Youth athletics are a fantastic venue to learn sportsmanship, positive attitude, work ethic, and fundamental sports skills. There are several other sports that students can participate in that offer many of the same benefits, but focus more on lifetime activities.



*Sullivan Anderson hits a drive earlier this summer at Sheepscoot Links*  
 Photo by Anthony Anderson

For the past several years, through community partnerships, RSU 12 has offered a Run Club for youth in grades PK-5, Middle School cross country, and even a summer youth golf program. Beginning in the spring of 2013, Whitefield hosted its first Run Club - a weekly fun run for kids in grades PK-4. Run Club meets also this fall for the 4th year, beginning on Monday, September 19th. This past summer, through a partnership with Sheepscoot Links Golf, RSU 12 hosted a second summer of golf for area youth with about 20 students participating. Finally, Whitefield Elementary School is going into a second season of Middle School Cross Country for all students in grades 5-8. These lifetime sports gives all students opportunities to be successful and build character without the pressures of the athletics of the more competitive nature.

For more information about the PK-4 Run Club, Middle School Cross Country, youth golf, or you are interested in volunteering, please call Anthony Anderson at 441-9738 or email aandersonfi5@gmail.com.



**Chicken Pie Supper**  
**Mark Your Calendar!**

By Judy Maldovan

On Saturday, Oct. 22nd, from 5-7pm, Kings Mills Union Hall will hold its well-known annual Chicken Pie Supper. The menu includes its traditional homemade chicken pies along with mashed potatoes, homemade biscuits, fresh vegetables, desserts and drinks. In the late 1970's and early 1980's chicken pies were made in volunteers' homes by cooking whole chickens. Since the mid 1980's the chicken pies have been prepared at the hall. The popularity of this fundraiser is shown by the long line of patrons at the door. Many locals and folks from neighboring towns come an hour early to be sure of early seating. Fundraiser proceeds are used for the restoration and maintenance of the building. Volunteers are always welcome!



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Contact Mary Lemieux 549-2684



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# OCTOBER 2016 COMMUNITY EVENTS CALENDAR

- 1st** **MUSHROOM IDENTIFICATION FOR FORAGING** Midcoast Conservancy is holding this workshop at Hidden Valley Nature Center from 9 am to 3 pm. Participants are invited to bring fresh mushrooms from home to add to the collections. call (207) 389-5150.
- 2nd** **RACE THROUGH THE WOODS**, 2016 will feature a complete 1/2 marathon (21.4km) , as well as a 5.5mi (8.8km) race. Both races will start together at 9am. Take a look at the map to the left for a complete picture of the race. Racers will traverse a substantial portion of HVNC's 1,000 acres. The races will take you up and over granite ridges, along the pond shore, and through miles of fall foliage. It's not a walk in the park, but this is a great challenging, welcoming race! Come join us!
- 3rd** **COOPERS MILLS FIRE DEPT.**, All are welcome. No obligation. 7 pm
- 4th** **KINGS MILLS FIRE DEPT.**, 7 pm
- 4th** **SELECT BOARD**, Fire Station, 6 pm
- 4th** **KINGS MILLS UNION HALL BOARD MEETING** - Public Welcome 7 pm
- 5th** **ARLINGTON GRANGE MEETING**, Pot Luck Dinner 6 pm, Meeting 7 pm
- 5th** **WHITEFIELD HISTORICAL SOCIETY** meeting 6:30 pm
- 6th** **SENIOR MEN'S GROUP**, Sheepscot General, 10 am
- 7th** **TIMBER FRAME WORKSHOP RUNS THROUGH THE 10TH**, Class will run 8am-4pm each day. Camping space is available, and HVNC huts are available at a discount to students. To register click link: [https://secure.lglforms.com/form\\_engine/s/bVQsb5cpI6G60hHxaXMfzQ](https://secure.lglforms.com/form_engine/s/bVQsb5cpI6G60hHxaXMfzQ) or call (207) 389-5150.  
\$450 Midcoast Conservancy Members \$500 Non-Member
- 8th** **WHITEFIELD FOOD PANTRY**, St. Denis Hall, 1-3 pm
- 8th** **MAKE A BOKASHI "COMPOSTING" BUCKET WORKSHOP** from 9:30 am to 12:30 pm at Sheepscot General Store and Farm
- 9th** **WHITEFIELD ATHLETIC ASSOCIATION (WAA)**, Whitefield School, 6 pm
- 10th** **WHITEFIELD MUNICIPAL FIRE DEPT.**, Fire Station, 7 pm
- 11th** **WOMEN OF WHITEFIELD**, Sheepscot General, 10 am
- 11th** **SELECT BOARD**, Fire Station, 6 pm
- 13th** **SENIOR MEN'S GROUP**, Sheepscot General, 10 am
- 13th** **RSU SCHOOL BOARD MEETING** Chelsea School, 6:30 pm
- 15th** **RECREATIONAL GUIDE TRAINING- HIDDEN VALLEY NATURE CENTER 1 OF 2**  
Obtaining a Maine Guide License allows one to lead day and overnight canoeing and stand-up paddle boarding on inland waters, backpacking, hiking, x-country skiing, snowmobiling, and ATV trips. Students will work to develop the essential skills required for pursuing a Maine Guides License. Price: \$495 For more info or registration, please call 207.236.8797 or email Tim Barker [tim@mainesport.com](mailto:tim@mainesport.com)
- 15th** **CRAFT FAIR** Sponsored by St. Dennis & the Whitefield Food Pantry  
10 a.m. to 3 p.m. St. Denis Hall Table \$20 Contact Mary Lemieux 549-2684
- 18th** **DRUMMING CIRCLE**, Sheepscot General, 6:30 pm. Open to the public, all ages
- 18th** **SELECT BOARD**, Fire Station, 6 pm
- 19th** **PLANNING BOARD**, Fire Station, 6:00 pm
- 20th** **SENIOR MEN'S GROUP**, Sheepscot General, 10 am
- 21st** **RECESS PROGRAM AT HVNC**, Come join us for RECESS! For Homeschoolers-- a chance to connect with each other for larger group games, just hanging out, and exploring Hidden Valley Nature Center's trails, wildlife and water at the end of the week. For directions and more information about the place, go to [HVNC.org](http://HVNC.org) or [Midcoastconservancy.org](http://Midcoastconservancy.org), or [kmohrstone@yahoo.com](mailto:kmohrstone@yahoo.com) . Pass it On!
- 21st** **OPEN-MIC NIGHT**, Sheepscot General, 7-9 pm
- 22nd** **ANNUAL CHICKEN PIE SUPPER, KINGS MILLS UNION HALL, 5—7 PM**
- 25th** **WOMEN OF WHITEFIELD**, Sheepscot General, 10 am
- 25th** **SELECT BOARD**, Fire Station, 6 pm
- 26th** **YOUNG AT HEART SENIORS**, Whitefield Lions Club, Coopers Mills 12 pm
- 27th** **SENIOR MEN'S GROUP**, Sheepscot General, 10 am
- 29th** **CHAINSAW SAFETY COURSE**, This one-and-a-half day course is designed for beginners.  
\$ 130 Midcoast Conservancy Members \$ 150 Non-Members call (207) 389-5150  
To register [https://secure.lglforms.com/form\\_engine/s/fsdgZ8aWshn7zVyK5wyw6w](https://secure.lglforms.com/form_engine/s/fsdgZ8aWshn7zVyK5wyw6w)
- 31st** **Halloween**



*Do you have an event? Contact [whitefieldtownnews@gmail.com](mailto:whitefieldtownnews@gmail.com)*

*Deadline for newsletter submissions is the 15th of the month. Email [whitefieldtownnews@gmail.com](mailto:whitefieldtownnews@gmail.com)*

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