

### Mount Merici welcomes nursery school teacher

Mount Merici School in Waterville welcomes Vicki Zemrak Harding as the new head teacher in nursery school.

Harding has eight years of teaching experience in elementary education at St. John Regional Catholic School in Winslow and for the past 13 years taught children at the former ABC Schoolhouse, a successful pre-school program she owned in Winslow. She is a graduate of University of Maine at Machias where she received her bachelor's degree in Early Childhood Education.

Harding and Edwina Phillips, educational technician, teach a daily, two-hour program for students ages three, four and five, at Mount Merici School. Openings are available in the program, which also offers morning and after school care. For more information, please call the school at 873-3773 or email info@mount-merici.org.

### Army National Guard announces promotions

Major General John W. Libby, The Adjutant General, Maine National Guard announces the promotion to the rank specified for the following Maine Army National Guard Soldiers: Shane Hill, SPC, of Augusta, 152d Maintenance Company; Thomas Nadeau, PFC, of Belgrade, 488th Military Police Company; Nicholas Bickford, PFC, of Pittston, 488th Military Police Company; Nathan Prince, PFC, of West Gardiner, 251st Engineer Company (SAPPER); and Cory Staples, PV2, of Winthrop, 488th Military Police Company. Soldiers were promoted in August 2010.

### Augusta woman earns degree

Kristy Cusick Rowe, a resident of Augusta, has earned a Bachelor of Science from Excelsior College in Albany, New York.

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### Thanks for support for SAL

To the editor:

I am writing on behalf of the Sons of the American Legion (SAL), Grover Hinckley Post 14 Fairfield. Founded in 1932, Sons of The American Legion, a nonprofit corporation, exists to honor the service and sacrifice of Legionnaires by supporting veterans and their families, promoting patriotism and Americanism, and promoting programs which benefit the youth of our country.

Due to an increasing demand for vet assistance, we have begun to ramp up our fundraising efforts, one of which *The Town Line* wrote about in the August 26 issue on page 13: Day of fun raises funds for homeless veterans.

Thank you for the exposure on this very important issue! Because of the success of this event and the community's participation, The Sons were able to donate \$500 to a shelter for homeless veterans.

Judy Gregory-Robert on behalf of S.A.L. Grover Hinckley American Legion Post #14 Fairfield

### Support for those willing to run

To the editor:

I'm writing to thank all the folks who decide to give up "normal" life and run for public office. There are lots of reasons for doing such a thing, but making money and having an easy life aren't two of them! I'm prompted to make my feelings public because a friend, Helen Sahadi, of Thorndike, has decided to run for the office of representative to the legislature in Maine, hoping to serve the towns of Troy, Burnham, Unity, Thorndike, Knox, Freedom, Liberty, Montville and Palermo. (John Piotti, our current rep is "sunsetting" out and is running for a senate seat.)

I've known Helen for donkey's years: watched her girls grow up, admired the family's strength in dealing with David's long coma after he tangled with a moose enroute to work (many know his fine photography at the Sentinel), read with interest the reports of the SAD 3 school board when Helen was on it, as she learned how to balance the needs and wants of her town with the district-wide requirements and needs and to effect change by working with the other members, diverse as they were (and are) and have been delighted by the success of her yarn store in Belfast, a success won by her

incredibly hard work, strong dedication to be of service, hard-headed business sense, resourcefulness, smarts and just plain friendliness.

I was amazed that she'd give up time at the store and with her family and put herself in the public spotlight by running for office. I know a little of what it means to cross that line from private to public. I know there are some who figure anyone who does that is egotistical, self-serving, hypocritical and has a hidden agenda of aiming to do special favors for friends, and is therefore fair game for abuse. To such folk all candidates and those who get elected are part of the gang of thieves that want only to rob us of our liberties and take our money under the guise of government. These folk are few, but often loud. Why, I wondered, would she put herself and her family in the line of fire from such?

Helen answered my question with a simple, "I thought, because of what I learned serving on the school board and listening to people, that I could really represent people from my district and try to do some good." (I may not have that word for word, Helen, but that was the gist, I think).

I'd like to think that's what motivates other candidates, too, and to all of them, and especially Helen, I say thank you! and thanks to their families, too. You go, girl!

Judy Rock Troy

### Take back those medications

To the editor:

This Saturday, September 25, we all have a chance to "Take Back" and do something good for ourselves and those we care about. A wide range of local groups have partnered with local and federal law enforcement agencies for a "Take Back" event – to help us dispose of unused drugs that we no longer need but that do need to be kept out of the wrong hands and out of our environment.

Many of us used to think that just tossing medications in the trash or down the drain was the "safe" thing to do to keep them out of the wrong hands. But, of course, we've all learned that these drugs find their way into our lakes and streams, our drinking water, and our soil, where they can cause real harm to us and to many other living things.

But leaving drugs to sit where they can be accidentally or purposefully taken by the wrong people is also clearly not wise.

So please get your unused drugs together, and stop by between 10 a.m. and 2 p.m. at one of the many places—including the China Transfer Station and other sites in Kennebec County—offering this great service that can help us, our natural resources, and our communities be healthier and safer places to enjoy. This is a national initiative, so for a list of collection sites anywhere in Maine or the rest of the country for this Saturday, please check out www.dea.gov, and "Take Back" those medications this weekend.

Susan Cottle South China

### Need to do more about substance abuse

To the editor:

An unbelievable one third of the United States population, approximately 55 million individuals, struggle with substance abuse issues everyday. Why aren't we, society, doing more to prevent this? It is my understanding that the government has mandated that schools may only teach the "just say no" model of substance abuse prevention. Through research, this method has been proven ineffective. So, why not adopt a harm reduction model? This model would teach children, from a young age, skills they need to keep themselves safe and healthy. These skills would consist of assertiveness, stress management, anger management, communication and relationship

skills, emotional regulation, as well as many more including, safe substance use. The last is where the controversy begins. One may ask themselves, why would we want to teach our children how to use substances? Most of the United States youth is not educated on the topic of substances, but is at some point faced with the decision of whether or not to try them, most choose to do so. The large amount of youth that choose to do so do not have the tools or the knowledge to understand how to use the substances and remain safe, such as the appropriate amount to use and how it may alter their bodily functions, thoughts, and decision making skills. We need to start talking to our youth about this topic. By talking we are opening the lines of communication for teaching, for making adults approachable for youth who are questioning, experimenting, or who need help. By staying silent we have closed these lines of communication and watched our children slowly slip into the hands of addiction and sadly for some, death.

Venessa Folsom graduate student, UMO

### POLITICAL LETTERS

In order to be fair, letters to the editor concerning political candidates must contain 250 words or less, and be submitted for publication prior to the October 21 issue. The only letters published in the October 28 issue will be rebuttles to letters on October 21. The election day is Tuesday, November 2.

### 'Behavioral Health at the Confluence'

a statewide conference with Dr. Gary Burlingame and Dr. Anthony Hemmelgarn presenting

Oct. 22, Maple Hill Conference Center, Hallowell Tickets, which cost \$49 each, includes lunch buffet

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