# YOUR COMMUNITY NEWSPAPER www.waterbororeporter.com Locally owned & independently operated

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From left, Tony Cappucio, Tommy Decker, Pat Cappucio, Mike Breen, Ken Guay and instructor Frank Vivier at a knife-making class at 19th Curran Homestead Village in Newfield. PHOTO BY C.J. PIKE

# Bringing back blacksmithing

By C.J. PIKE

Frank Vivier is a master at his craft of blacksmithing, and an instructor at 19th Curran Homestead Village, where he gives classes in knife making.

I stopped by to see what the classes were all about and watched the men working on their knives. It reminded me of the days when I would hang around my grandfather and watch him make horse shoes for his horses. I spent hours with him and it was just fascinating to watch him as he made a horseshoe out of a piece of metal.

There were five men taking the

class and they basically used very similar methods as my grandfather did, except they used a propane burning forge, and were making their knives out of a piece of scrap metal steel. They forged the blade using blacksmithing techniques, and then heat treated the blade with an oil quench. After that, they prepared brass rivets and hardwood scales for a handle, which was applied with epoxy, according to the class standards.

Classes that Vivier teaches are usually two days over a weekend and the students are able to complete the knife during that time. The more extensive class is six

weeks long and covers all of the basics of coal fired forging including safety, tools, materials, heating, bending, piercing, and forming steel objects. Students are also introduced to forge welding.

Mike Breen of Wells, was taking the class for the first time and said that it was going well, he was learning a lot, and he would take it again. He received the class as a birthday present.

The class is open to all ages for both men and women. Most of the men in the class were about the same age, except for Tommy Decker, who is a teenager from

(Continued on page 4)

# **Exploring** the horror

Alfred village cemetery and Alfred Parish Church were recently the setting for a film crew depicting a funeral in 1918. Paul Haley plays **COURTESY PHOTOS** the pastor of a small church.

# Film on 1918 influenza epidemic set in Alfred

One hundred years ago, a deadly influenza strain broke free of its origins in World War I training camps and spread into the general population. The socalled "Spanish Flu" struck down victims in the prime of life, and spread quickly via the new innovations of air, rail, and steamboat

In panic, governments shut down public spaces and public gatherings. In Boston, schools, government buildings, theaters, even retail stores were ordered closed. In Alfred, schools were closed for six weeks during the height of the epidemic and the Parsons Memorial Library closed for two weeks. Young and old were struck down by the flu, and the virus was as cruel as it was inexplicable: one family might be completely slain by the disease, while another across the street was untouched. By the time the epidemic had run its course. the flu would claim more than 675,000 American lives, a greater death toll than that of World War I. In the words of local historian Bruce Tucker, "Germs and disease laid low far more young men than the Kaiser's shot and shell."

A new film, 1918, explores the horror of the first modern pandemic through the lens of a community in Maine caught in its wake. The film was recorded over the summer by Alfred resident Fred Greenhalgh and co-producers Christine Marshall (South Portland) and Jeremy Kasten (Berwick).

"We wanted to do a horror movie that wasn't about a monster that jumps out at you and goes 'Boo,'" said Greenhalgh, "Instead, it's about a greater horror: what's more terrifying than seeing people die all around you and not understand what's happening, or how to stop it?"

The Alfred Parish Church was one of the principal locations of the film; the filmmakers used the historic church to depict scenes where the congregation grapples with the effects of the virus. The Town of Alfred supported the effort by allowing recording in the (Continued on page 3)

### **Support group** for healthy living

By Cynthia Matthews

Theressa Harrigan was thinking about weight loss this summer. "I've been to weight loss groups," she said. "You pay to 'weigh in.' You get on a scale in front of a stranger, and they tell you how much you've lost. You follow their diet and they tell you how much you should lose." It's all about facing a number, and that, says Harrigan, is what gets people discouraged. "People don't want to see numbers on a scale," she said. "They want to be encouraged." After all, it's hard to be healthy in this day and age.

So, Harrigan started thinking about what a good weight loss group would be. Those weigh-in programs just didn't work for her. So, what would?

She thought everyone should measure their success they way they want. It shouldn't be tied to a number. Measurements, whatever they may be, ought to be made in the privacy of one's own home. Third, everyone does their own

thing and sees if it works. "It should be about changing one's diet, not just for weight loss, but for lifestyle changes, healthy changes," she thought. "Seeing your body and making changes that work for your body. You know your own body, and you know your phase of life." She wanted it to be open to all ages, male and female, and everyone helps each other. And, it should be free. "I felt it needed to be accessible to people, to help them with healthy living," Harrigan

"They say if you can envision a support group, you should start one," said Harrigan. So she did.

The group started meeting in August at the Bonney Memorial Library in Cornish, a community space, and therefore, a space

(Continued on page 8)



### **COMMUNITY CALENDAR**

TWO-DAY **RUMMAGE** SALE at Cressey Road United Methodist Church, Gorham, off Route 25, 9 a.m. to 2 p.m. on Friday, Oct. 12 and 9 a.m. to 1 p.m. on Saturday, Oct. 13. Clothes, dishes, books, furniture, toys, puzzles, small appliances, house plants, jewelry, etc. at low, low prices. Markdowns on Saturday and "filla-grocery bag for a dollar" from 11 a.m. to 1 p.m. on Saturday. Coffee, muffins, and donut holes in coffee shop Friday morning. One of best recycling events around!

Limerick Boyscout Troop 329 **PASTA DINNER** Saturday, Oct. 13 from 5-7 p.m. at the Brick Town Hall, Main St, Limerick. Proceeds will go to purchase new equipment.

The Hollis Center Public Library will be having a BOOK SALE, BAKE SALE, AND RAF-FLE, on Sunday, Oct. 14, from 10 a.m.-3 p.m. (Rain date Oct. 21). Browse our wide collection of adult, young adult, and children's fiction and nonfiction. We have books by many popular authors, including: Janet Evanovich, John Grisham, Elin Hilderbrand, Stephen King, Debbie Macomber, James Patterson, J.D. Robb, Nora Roberts, Nicholas Sparks, and Stuart Woods. Peruse our many raffle items, including a \$40 introductory rock climbing lesson, 2 guest passes to Coastal Maine Botanical Gardens, and a \$76 gift voucher to Portland Stage.

COMMUNITY CONCERTS
The Bar Mills Community Church located at 13 Hermit Thrush Drive in Buxton will be hosting four community concerts over the next year,

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**Vendor info and application can be found at:** 

https://goo.gl/forms/KquVSolBMSXoBDLr2

& Sunday, Dec. 2 from 11am-3pm

the second concert in this series is Mary Johnston Letellier a Lyric Soprano with Angela Olszta accompanying her on the piano. This performance will be Sunday, Oct. 14 at 3:00 pm. Tickets for the show \$10 per person or a season pass \$35 per person. Purchase tickets at the door. For more information on this event and other upcoming events www.barmillscommunitychurch.org. Mary, a lyric soprano, who lives in Buxton will perform varied selections of the most celebrated arias written from the classical period to the modern day era.

LEGO CLUB Waterboro Public Library is offering a Lego®Club for children in grades K and up. The club will meet on Monday, Oct. 15 from 4 to 5 p.m. All Lego bricks will be provided, just bring your imagination and creativity! Registration is required. Please register at the reception desk or by calling 247-3363. Waterboro Public Library is located at 187 Main St., East Waterboro. For more information visit the website waterborolibrary.org. Events are free and open to the public.

LYMAN HISTORICAL SO-CIETY monthly meeting Oct. 16 at 6 p.m. at the Community Libraty, 10 John Street, Lyman.

AUTHOR TALK Tuesday, Oct. 16, 7 p.m. "Reconsidering the Lizzie Borden Murder Case: The Role of Ethnicity and Gender" with Joseph Conforti, author of seven books on New England history and culture and Distinguished Professor of American and New England Studies Emeritus at the University of Southern Maine. Buxton-Hollis Historical Society, 100 Main St.,

Set up for one

day or both...

same fee!

Bar Mills.

**DISCOVER GIRL SCOUT EVENTS** for potential members and volunteers Oct. 16 at the Carl J. Lamb School, Springvale at 6 p.m. and Oct. 17 at the North Berwick Elementary School, North Berwick at 5:30 p.m. For more information about Girl Scouts or to see a full list of Discover Girl Scout events, visit girlscoutsofmaine.org or call 888-922-4763.

FIRE & ICE: LIMERICK
FIRES & ICE STORM Thurs.,
Oct. 18, 7 p.m. at Limerick Brick
Town House. Presented by Shirley
Keller and Limerick Historical Society. Photos, videos about fires: St.
Matthews, 1989, Main Street Sales,
1991, Limerick Mill, 1994 and Ice
Storm, 1998. If you have photos to
share, please contact Limerick Historical Society prior to this program
date. Light refreshments.

BAKED HAM SUPPER Friends of Old Corner Church is sponsoring its 12th baked ham supper at the Masonic Lodge, Route 202 (165 Waterboro Road) in Alfred, from 4:30 to 6:30 p.m. Saturday, Oct. 20. Funds raised will support restoration efforts for the historic 1804 church. Donation: \$8 for adults; children under 10 free. Take-out is available. For more information, contact Bud Jamieson at 247-3635.

BAKED BEAN AND PASTA SUPPER Sat. October 20, 4:30 to 6 PM. at the M.L.Day School Gym, Limerick Road, Arundel. Two kinds of beans, mac and cheese, hot dogs, cole slaw, cornbread and rolls, homemade desserts, coffee and drinks. Historical displays and information- raffles. \$7/person, children under 5 are free. Proceeds to benefit the Arundel Historical Society

9TH ANNUAL HARVEST DANCE to benefit YCSP Food Pantry & Thanksgiving Basket Program on Saturday, Oct. 20 from 7 to 11 p.m. at the Sanford Elks Lodge, 13 Elm Street, Sanford. Bring non-perishable item to be entered into drawings. Door Prizes, 50/50, and much more. Tickets \$10 each, cash bar. For more info contact Patty at 432-1890.

FREE COMMUNITY DIN-NER Sat. Oct. 20, 5-6:30 p.m. at Goodwins Mills Advent Christian Church on the Mill Pond, Rt 35, Goodwins Mills. Beans and hot dogs, rolls and brown bread, cole slaw, fruit crisps

FREE-WASTE RECY-CLING DAY Saturday, Oct. 20, 8-11 a.m. at St. Joseph's Church, 178 Elm Street, Biddeford. Help Catholic Charities keep e-waste out of landfills. We are collecting, TVs, computers, computer parts and printers, leftover stereo equipment. Questions? Call 956-1457 or e-mail bwood@ccmaine.org.

CALLING ALL QUILTERS! The Evergreen Quilt Guild will meet on Monday, Oct. 22, from 6-9 p.m., at St. David's Episcopal Church, Route 1, two miles south of Kennebunk Village. Evergreen Quilters usually meet the 4th Monday of each month except July and December. Newcomers are always welcome.

COFFEE HOUSE AT MHS Massabesic High School Choral Department is hosting their annual Coffee House. Great food, coffee, and wonderful performances by students and staff. Oct. 24, from 6-8 p.m., admission is \$5 at the door.

Thriving in Place York County will host a **FALL SENIOR MIX- ER** on Saturday, Oct. 27, from 5-9 p.m. at the Trafton Senior Center, 19 Elm Street, Sanford. The cost is \$5 per person. Come and meet friends—old and new. There will be food, drinks, and dancing to your favorite tunes! Tickets available at the Trafton Center and York County Community Action Corporation, 6 Spruce Street, Sanford. For more information, contact Robin Hewitt Bibber at 459-2989.

ART IS COMMUNITY IX - Starts Friday, Nov. 2 at The Old White Church, 15 Salmon Falls Rd., Bar Mills. FREE, Reception with the artists Friday, Nov. 2, 4-8 p.m. Gallery hours, Saturday, Nov. 3, 10 a.m. – 5 p.m. and Sunday, Nov. 4, 10 a.m. – 2 p.m.. For more information or admission by appointment, call Pat Packard at 929-6472 or Susan Orfant at 642-4219. Sponsored by Saco River Art League, this annual, juried show and sale of regional art and crafts, includes paintings, sculptures and child-friendly interactive art-making for visitors during the opening weekend. The show remains hanging through December 8th. Donations are appreciated. A portion of the proceeds will benefit Saco River Theatre.

# **EMAIL**

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VILLAIN: DEBLANKS -Saturday, Nov. 3 · 2:30 p.m. (for Kids) and 7:30 p.m. (for Grownup Kids) - Saco River Theatre, 29 Salmon Falls Road, Bar Mills. Tickets are Donate-what-you-can! Reservations: 929-6472 or www. sacorivertheatre.org. This "Day of Giving" fundraising event will include a raffle and prizes. SRT will split the proceeds of the evening show with Sexual Assault Response Services of Southern Maine. An uproarious improvisational comedy where the cast says words you put in their mouths! The audience provides nouns, adjectives, and verbs (the wilder, the better) and the actors provide the laughs-uncensored and unrehearsed-as they solve the mystery of Philip DeBlanks' untimely demise. It's "Clue" meets Mad Libs, performed by some of your favorite SRT actors!

ARTISANS FAIR Sanford Art Association artists and craftsmen will be participating in Springvale Public Library's "Annual Artisans Fair", Saturday, Nov. 3, 10 a.m.-3 p.m., 443 Main Street, Springvale. Free admission.

**POETRY WORKSHOP**, Limerick Public Library, 2nd Thurs. of every month from 6:30 to 8 p.m. All poets from beginners to advanced are invited to bring an original poem to discuss.

WRITERS GROUP at the Waterboro Public Library: Mondays from 6 to 8 p.m. (when the library is open). All writers are welcome. Bring a short piece to read and discuss.

NO FINES FOR LATE BOOKS WITH FOOD DONATION The Goodall Memorial Library in Sanford is offering fine amnesty for the month of October. We will erase your fines when you donate non-perishable food items. All donations will go to the York County Food Pantry, to be distributed to local families in need.

# TOWN OF WATERBORO

# NOTICE OF PUBLIC HEARING

The Waterboro Board of Selectmen will hold a Public Hearing at the Waterboro Town Hall, 24 Townhouse Road, on Tuesday, Oct. 23, 2018 beginning at 6:00 p.m.

Public Hearing is to hear public comment concerning the November 6, 2018 referendum questions.

The referendum questions are available on the town website, www.waterboro-me.gov and at the Town Hall during normal business hours.



# TOWN OF LYMAN

NOTICE OF SCHEDULED PUBLIC HEARING BY THE SELECT BOARD

The LYMAN SELECT BOARD will hold a PUBLIC HEARING on Monday, October 22, 2018 at 6:30 pm at the Lyman Town Hall, 11 South Waterboro Road. This hearing is to hear public comment on the referendum question that will be the on November 6, 2018 Municipal Special Election Ballot regarding the following referendum question:

To see if the voters will vote to authorize the Municipal Officers to sell the building and land known as Cousen's School (6.20 acres) at 382 Goodwins Mills Road (Tax Map 11 Lot 122) and to execute those documents that are necessary to accomplish the purpose of this article.

Select Board, Town of Lyman

### 1918 FILM

(Continued from page 1)

adjacent cemetery, where the film crew staged a 1918-era funeral. The crew also filmed at Alfred resident Ned Daly's farm on Kennebunk Rd, the Seashore Trolley Museum in Arundel, City Theater in Biddeford, and Kasten's farmhouse in Berwick.

1918 is the first film created by Greenhalgh, who has been producing audio stories in his Alfred-based home for ten years. Kasten recently moved to Berwick from Los Angeles and has a long filmmaking career; Marshall has been a force in Maine's film and theater community for over a decade and recently started the Dirigo Talent Agency to showcase the depth and breadth of Maine-based talent on a local and national level.

1918 is part of Maine horror film festival Damnationland, now in its ninth-year, and premieres this Friday, October 12th, at the State Theatre in Portland. Other screenings throughout October are planned throughout Southern Maine.

-Submitted by Fred Greenhalgh

# GOT NEWS? We want to hear from you! news@waterboro

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### **ALFRED**

Allison Williams
awilliams@waterbororeporter.com
324-5823

# Great influenza epidemic

It seems surreal today, to encounter a disease so contagious that whole families would be affected, and die, and in World War I whole regiments. Although it happened 100 years ago, and is not well remembered, according to Paul Auger, a Sanford High School teacher, speaking to the New Century Club this past week. He stated it "grabbed a cell like a pirate ship," and was a virus carried by wild aquatic birds. It was the most infectious disease in the world.

At that time illness was considered caused by some kind of imbalance in the body. Treatment had been unchanged in 2,000 years. There were purgatories, mustard plasters, bleedings and other unpleasant treatments. There were several pandemics per century, infecting only the respiratory system. It was constantly mutating. After the white blood cells were defeated specialized white blood cells remained in the body. If new variations of the virus remained in the body, the body may or may not recognize them. A pandemic could infect 15 to 40 percent of the population.

Because it was not a reportable disease, containment was difficult. Symptoms were violent and rapid. In WWI the biggest killer was



Paul Auger (center), a teacher at Sanford High School, speaks to Bruce Tucker and Marge Anderson following his presentation on The Great Influenza Epidemic. PHOTO BY ALLISON WILLIAMS

not combat but disease. The largest threat to handle was burials. In mid-April when the British army struck, 36,473 men were admitted to the hospital. Spain was neutral but King Alphonse of Spain contracted the flu, which is why it became known as the Spanish flu. It hit Shanghai like a tidal wave. In May, June and July when the U.S. Army arrived at Camp Devens 19.6 percent of the camp became ill.

Auger related how when the "City of Exeter" liner was docked in Philadelphia there was a brief ship quarantine which worked. When 300 sailors arrived there was no quarantine and many became ill.

Doctors and nurses were becoming ill. In a hospital designed for 120,000 beds it held 6,000 men at Camp Devens. Care was almost nonexistent. It appeared like the most intense pneumonia.

There were fines for spitting on the sidewalk and Philadelphia failed to cancel its Liberty Loan Parade; within 10 days hundreds of thousands were dying, there were no grave diggers, 4,597 died the week of Oct. 16. Among things which didn't work were those mustard plasters, creosote on the lymph nodes, hydrogen peroxide. Auger listed lessons learned; no public gathering, have street quarantines, more mechanical respirators, diversify vaccine production.

Those who heard his talk will probably remember to get their flu shots.

### **Alfred Historical Society**

The fire of 1861 was a disastrous one for Alfred, with the loss of the town hall and a village school. Historian Bruce Tucker will speak on this event during the Tuesday October 16 meeting of the Alfred Historical Society which will be a potluck supper in Parsons Memorial Library at 6 p.m. Also on the program will be a reading of the fates of the 56 Signers of the Declaration of Independence. The list was recently found during some cleaning at Alfred Town Hall. None of those signers were from Alfred but we owe our thanks to all of them. Anyone is welcome to attend the Alfred Historical Society meetings. You do not have to join to attend.

### Parsons Memorial Library

Among New fiction which has arrived at Parsons Library is "Bury the Lead" by Archer Mayor; "Button Man" by Andrew Gross; "Legion" by Brandon Sanderson; "Lethal White" by Robert Galbraith; "Red War" by Kyle Mills; "Transcription" by Kate Atkinson.

Non-fiction includes "Leadership in Turbulent Times" by Doris Kearnes Goodwin; "The Perfect Weapon" by David E. Sanger; "These Truths: The History of the United States" by Jill Lepore.

### Parish church

Two activities are planned for Saturday, October 20. It will be clean-up day by the trustees, which means the Alfred Parish Church grounds will be raked and all hands are invited to help.

A "Tots to Teens Yard Sale" will be held at the lower level of Conant Chapel with toys, books, games and stuffed animals, some new, all in good repair, beginning Friday, Oct. 19, to benefit the Parish Church. The sale begins at 10 a.m. and closes at 3 p.m., continuing on Saturday, Oct. 20, at the same hours.

Jennifer Ouelette will lead a conversation on mental health and substance abuse issues on Sunday, Oct. 28 which is open to all church members and friends. This will follow a potluck luncheon. Her brief presentation will be followed by a question and answer period.



Post news, events and photos at "Reporter207"



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On Sept. 17 and 24, local women participated in a class held at Massabesic Center for Adult Learning called "Dress a Girl," instructed by Nancy O'Connell. Dress a Girl Around the World makes lovely sundresses for girls in developing countries. For more info visit www.dressagirlaroundtheworld.com/



Becky Turgeon, left, Past-President of Acton-Shapleigh Historical Society and Carol Wood, right, look on as Pam Christopher displays her quilts at their recent Quilt Show. PHOTO BY JOANNE BARGIONI

### **NEWFIELD**

C.J. Pike

fudgecupboard@yahoo.com 793-8760

### **KNIFE MAKING**

(Continued from page 1)

North Waterboro.

Vivier has been an instructor for about 4-5 years at the museum, and loves teaching the class. Although the class is open year round, it is "very popular this time of year," he said. He also makes knives to sell.

For more information on the class, call Robert Schmick, Museum Director at 205-4849, or contact by email at: rpschmick1@ aol.com. The tuition is \$225 for the weekend class.

# Maine guides to talk at historical society

Newfield Historical Society will host Jannah Park and Lorenda Day-Coombs, who are both Maine guides, and will talk about "Outdoor Recreation and Hunting." The program will be held on Sunday, Oct. 21 at 64 Elm Street, at 1:30 p.m. and is a public program with refreshments served afterwards. Everyone is welcome to attend. A business meeting will be held at 1 p.m. for the election of officers.

### Touch-a-Truck cancelled

The annual Limerick-Newfield Lions Touch-a-Truck program originally scheduled for Saturday, Oct. 13 at the Industrial Park has been cancelled for this year. For more information on the local Lions membership, the meetings are held on the 2nd. Thursday of the month at the Newfield Historical

Society building at 64 Elm Street at 7 p.m.; or call Cynthia Vermette at 793-8140.

### **Craft Fair coming**

Members of the Newfield Farmers and Artisans Market will have their annual craft fair on Veterans weekend, Saturday and Sunday, Nov. 10 and 11, at Newfield Historical Society building at 64 Elm Street from 10 a.m. to 4 p.m. Watch for more information later on.

### **Meetings**

Cub Scout Pack #329 will meet on Monday, Oct. 15, at Line School at 818 Water Street at 6 p.m. Anastasia Ferguson is the Cubmaster.

Boy Scout Troop #329 will meet on Monday, Oct. 15, at the Scout Hall, at 7 School Street in Limerick at 6:30 p.m. New members are welcome. Jim Dion is the Scoutmaster. Call Joe Iannazzo at 850-6237

Newfield Firefighters will have a training session on Tuesday, Oct. 16, at the Public Safety Building at 85 Water Street in West Newfield at 7 p.m. New members are welcome to attend.

Tea Time will be held on Wednesday, Oct. 17, at the Newfield Village Library at 637 Water Street at 3 p.m.

Northern York County Rod and Gun Club will meet on Friday, Oct. 19, at the clubhouse at Lewis Hill Road at 7:30 p.m.

### Happy birthday!

Cheryl Cause celebrates on Oct. 13 and Barbara Thorne on Oct. 14; Eleanor Smith and Janet Maxfield both celebrate Oct. 18.

Send your news to: news@waterboro reporter.com



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# **SPORTS**

By Michael DeAngelis, Sports Editor sports@waterbororeporter.com

FIELD HOCKEY

# FH team wraps regular season

Massabesic's varsity field hockey team finished their regular season in 11th place with a 5-9 mark after splitting their final two contests. On senior day, Oct. 6 Massabesic dropped Marshwood 2-1 in overtime. Marshwood got their only goal early in the second half, but Anna Snyder tied it for Massabesic with just under eight minutes left and regulation time expired with the game locked at 1-1.

In overtime Lacey Bean made a nice defensive play on a Hawks (7-7) threat and drove the ball up field where Micaela Jacobs collected it. Jacobs played give-and-go with Snyder and banged home the winner with 3:51 left in the extra period. Scarborough (11-2-1) came away with a 3-2 win on their senior night three days later on Tuesday, Oct. 9. Massabesic appeared likely to visit Cheverus (8-6) in the preliminary round of the playoffs. The two teams met on Sept. 8 at Massabesic for a contest that the Mustangs won 4-3.

The Mustangs are scheduled to play their first playoff game vs. Cheverus at Deering High School's Memorial Stadium at 4:30 p.m.



The Massabesic Girls Varsity Field Hockey team held their senior game on Saturday, Oct. 6. Seniors from left, Grace LaFrance, Lacey Bean, Marissa Thyng, Zoey DeAngelis, Maddy Pomerleau, Sydney Sawtelle, Jenessa Duckworth and Grace Tutt. PHOTO BY KERRY DEANGELIS

CROSS COUNTRY

Lacey Bean vs. Marshwood.

### **XC** men tops at Noble Ladies second

Jeffery Waters was first with a 17:38.94 and the Mustangs took five of the next six spots to

pace an easy win in men's Cross Country at Noble on Friday, Oct. 5. Jakob Saucier was second with an 18:23.03, edging Marshwood's Avery Beale and Massabesic captured spots four through seven to total just 18-points. Noble was second with 62-points, Marshwood had 73 and Sanford finished

Kylie Johnson was third and Syeira New was eighth pacing the lady Mustangs' cross country team to a second place finish with 54-points at Noble on Oct. 5.

Marshwood was first with 22-points, Noble was third with 64 and Sanford had 106.



Grace Tutt vs. Marshwood.













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### **EMPLOYMENT**

### TOWN OF LIMERICK **Position Available**

The Limerick Board of Selectmen are seeking applicants for anyone interested in working in the capacity as Secretary to the Board of Selectmen and General Assistance Coordinator for a minimum of 25 hours per week. The ideal candidate will have:

- Extensive secretarial skills
- · Strong computer proficiency including Microsoft Office
- The ability to deal with the public in a courteous manner
- Work effectively with other office personnel
- The ability to work under minimal supervision
- The ability to multitask
- Availability to attend weekly nightly meeting of the Board of Selectmen
- Experience in a municipal office is a plus but not a requirement

Pay rate will be commensurate with experience

Please submit your application and resumé in a sealed envelope marked "Secretary Position" to: Town of Limerick, 55 Washington Street, Limerick, ME 04048 on or before 10/29/18.

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### **Bucket Operators Abbott Hill Tree** Service

Class C license required, Class B preferred. \$15/hour and up, depending on experience.

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### **NOTICES**

### **Snowplow Bid Request**

LAKESIDE COMMUNITY **CHURCH** in North

Waterboro is requesting bids for plowing and sanding our parking lot this 2018/2019 winter.

Contact Chris Dudley, Deacon of Buildings and Grounds for specific requirements at

cdudley@lcctoday.org or 207-432-7118 (text or leave voicemail)

### **BANKS**

### **BIDDEFORD SAVINGS BANK**

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Massabesic Middle School Student Council

Fall Craft Fair November 3, 2018

MMS Cafeteria

Time: 8:00 am - 1:00 pm

Proceeds to benefit the MMS Student Council's Annual Veterans Dinner on November 29

Crafters/Vendors Wanted - \$30.00 for 10' x 10' area (bring your own table) One donated raffle item to benefit Veterans Dinner. Contact: MMS Student Council Advisor, Ruth Miller, ruthmiller@rsu57.org or 247-6121 ext 2228 to reserve your space.

# **OPINION**

### **LETTERS**

### **Growing Maine's Economy**

A recent study by the Maine Dept of Labor concluded Maine is on track to create only 97 new jobs by 2029. One reason for this lack of growth is the decline in numbers of our working-age residents. The study concludes that to change this outcome we must attract young, working-age people to Maine—the oldest median-aged state in the country. As a 39-year-old native Maine business owner with young children, I would like to offer some ideas on what can be done to attract more young people and their families.

First, we need excellent public schools. When starting a family, one of the top considerations for where to live is the quality of local schools. Maine is suffering from a lack of students and a lack of teachers creating a strain on our schools, budgets, and property taxes. By investing in competitive teacher wages and properly funding schools, we can attract qualified educators and their families, as well as new families that want a high-quality education for their children, all of whom will support our businesses and grow the state's economy. The students of today become the workers and entrepreneurs of tomorrow.

Second, we need statewide reliable, high-speed internet. It is a necessity in today's economy. Maine has the 8th slowest internet speed in the country ranking between Louisiana and Alaska. We need to change this. As

more people work remotely (my spouse being one of them) or start small businesses from home (like I did), Maine should be uniquely positioned with our natural beauty and quality of life to attract businesses and workers who can live anywhere in the country. But most of these people can't consider moving to a state that isn't reliably connected to the rest of the country and world.

Third, our state government needs to be effective, cooperative, and respectful of each other and its constituents. By 2020, 46% of all workers will be millennials. For us to grow our economy and sustain our aging population, it is clear we must make our state more attractive to this increasingly mobile generation. Even in the face of challenges like climate change and an economy that, for the first time in history, is producing a decline in our standard of living, young people remain optimistic about the future. Every survey conducted on the priorities and opinions of young people shows they place a high priority on cooperation, transparency, and respect. To attract young families and young workers and to entice our young people to stay here in our great state, Maine must exemplify values that are important to them. Government shutdowns, chaotic obstruction, name calling, low wages, poorly funded schools, and a win-at-all-cost mentality do not represent the ideals of current Mainers or the population we want to attract.

Cooperation, compromise, common respect, and good governance are standards that must be elevated through the people we elect. I invite you to join me in continuing this conversation with our elected officials.

Kelcy McNamara Alfred District 21 Maine State House Candidate

### **Re-elect Sheriff Bill** King

Sheriff Bill King is the clear choice for Sheriff. As a Republican, I am a bit disappointed with the candidate running under our ticket. I do not think King's opponent is equipped to handle the second largest jail in the state, a

Patrol force that provides policing services to nine communities and a civil process division that is the second busiest in the state of Maine.

My research has shown King's opponent to be a nice guy – but an informed voter will not waste his/ her vote on somebody without the education or experience to be successful at the position.

These are serious times – we are facing an opioid crisis that the state has never before encountered. The jail is filling up with drug couriers from New York and Massachusetts. We need Sheriff King's experience to continue his outstanding work. Please join me on Nov. 6 and keep King.

Donna Flanagan Springvale

### Here we go again?

Voters in Maine can be very proud of the fact that despite the actions of Republicans in the Maine House and Senate who disregarded several of our votes which became law in 2016, we now can use a fairer and more democratic way to vote for the people who work for us in government-Ranked Choice Voting (RCV). Those of us who voted in the primary in June experienced RCV for the first time, and there was a very positive response about the experience.

In the upcoming midterm elections however, there is an important fact that we all need to keep in mind. While Maine will use RCV for US Congress and US Senate contests, RCV is not yet available in the general election for Governor, Maine House, and Maine Senate. For those elections, and until we can persuade our representatives to amend the the Constitution, we will use traditional voting methods. For instance, you won't get to rank your choices for Governor. Since we have 4 candidates—a Democrat, a Republican and 2 Independents running, there is a very strong possibility that the spoiler effect will again result in the winning governor being elected with less than a majority—just like in 2010 when Paul LePage won the race with only 37.6 percent of the vote. That was because votes were spread over multiple candidates with no chance for a runoff so that one candidate would emerge as the majority winner. RCV would have prevented that.

So when you are voting on Nov. 6, remember what effect voting for an Independent will have. The spoiler effect doesn't happen in states where only 2 candidates

(one from each major party) are on the ballot. But since we have distinguished ourselves as the first state in the nation to adopt RCV, we must be very careful how we vote until RCV is the law in ALL elections. Don't throw away your vote. The spoiler effect is a very real possibility this year.

> Denise Schwartz Harpswell

### Thank you **Poland Spring**

I really am at a loss for words to express the gratitude that I feel for Poland Spring Company in Hollis. Poland Spring recently donated fifty cases of water to North Shore Behavioral Health, LLC for our Shore Club Activities.

The generosity of Poland Spring allows Shore Club Attendees a healthy option when choosing a drink at Shore Club. As a new company, to be able to utilize our limited funding to provide quality services, enjoyable events and healthy food choices for the children attending Shore Club, this is important. Shore Club is a great opportunity for the children of North Shore Behavioral Health to some together in a community setting to socialize, learn different life skills, and play together. The donation of fifty cases of water should allow North Shore Behavioral Health to provide healthy drink options for the next year at all our Shore Club Events! Companies like Poland Spring are a great asset to our community!

Thank you to Poland Spring and all the employees that work hard to create opportunities such

> Kimberly Meyer BHP/Events Coordinator



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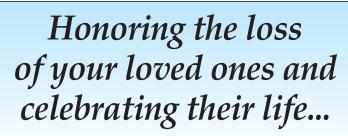


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### news@waterbororeporter.com

Please include name, town and phone number. All letters are verified with a phone call.

The opinions expressed on the Reporter's OPINION pages are not necessarily those of the newspaper or its employees. There will be no political letters the week before the election.



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# **GETTING FIT** LOCALLY

(Continued from page 1)

that is free. People that come assess their week - How did I do? How did it help me? "It's not all or nothing," said Harrigan. "It's 'What percentage was I successful this week?' which turns into 'It's better than what I WAS doing!' or 'That was better for me!" Harrigan explained that by looking at a percentage of success, it stops you from throwing your hands in the air and giving up. Meeting with others and talking about it holds you accountable, and gives you a place to start for the next week.

Harrigan, who has a background as a Clinical Mental Health Counselor, doesn't run the group that way, but brings that training to the group, especially in terms of goal setting. Instead of setting a goal for the number of pounds lost, Harrigan works with members of the group to set SMART Goals - Specific, Measurable, Attainable, Relevant and Timely. "You need to be realistic for yourself," Harrigan said. Everyone does their own thing. "It's about making small changes," Harrigan explained. "For some people, it might be eating breakfast. For others, it may be planning and packing their lunch during the work week, and for others it might be cutting carbs at one meal."

Each week when they meet, participants have the opportunity for reflection. What were your successes? What were your struggles? "It's about problem-solving," said Harrigan. "How to work around your struggles." And reminding everyone that there are varying degrees of success.

The group was not able to meet in person this past week, due to the Monday holiday. "There are lots of Monday holidays," Harrigan said, "and, soon, there will be weather issues." So, in addition to the face-to-face meeting, Harrigan has created an online group. She sends an email out, and everyone in the group gets it. They then have a chance to reply, and everyone in the group sees the reply. This week's email asked, 'How did you do?' and 'What would you like to accomplish?' "There are different categories," Harrigan explained. "There is a place to post successes, to post articles, etc." With the online component, members of the group can connect each week, rain or

"This is the perfect group," Harrigan added. "It's exactly what I wanted."

The Support Group for Weight Loss and Healthy Living meets at the Bonney Memorial Library in Cornish on Monday evenings from 6 to 7 p.m. It's free, and there's no registration, no signing up – just let Harrigan know if you are coming by emailing her at theressa.harriganarc@gmail.com. And then, show up!

To purchase tickets online visit: www.eventbrite.com/e/comedy-hypnosis-featuring-dan-candell-tickets-50925725215

For more information, call 206-5639 or email kldesign@roadrunner.com