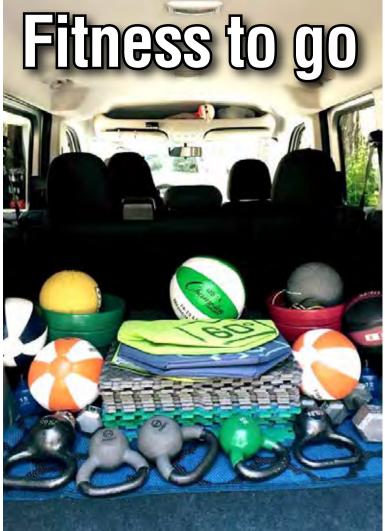
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FRIDAY, JULY 22, 2016





Lea Lehman's utility van stocked with every thing needed to bring her COURTESY PHOTO fitness classes to you.

# ETTING FIT

### **By Cynthia Matthews**

Are you one of the 66 percent of Americans who set a fitness goal and then have a difficult time seeing it through? Well, you don't have to do it alone. There are lots of local classes and groups in the area to keep you motivated and help you reach your fitness goals. The Reporter will periodically feature these local fitness options.

### **Bring it Mobile Fitness**

Lea Lehman is a personal trainer, fitness instructor and wellness coach with years of experience in various sports and fitness activities. She was a founding member of Maine Roller Derby in 2006 and has taught Punk Rope (jump rope with a "twist") classes, indoor cycling (Spin), boot camps (Beach Body) - you name it. In 2013 she got her certification through the National Academy of Sports Medecine (NASM). Her biggest venture now, is her own business. In the past, Lehman worked full-time as a medical coder, and only parttime as a trainer. But one day she realized, "I got 100 percent more back as a trainer," said Lehman. "I got more joy and more fulfillment from it." So, in Sept 2015, she launched Bring It Mobile Fitness.



### Water conservation ongoing in LAC

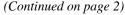
#### By Brigit McCallum brigit@waterbororeporter.com

The lake waters in Lake Arrowhead Community (LAC) are the setting for many kinds of year-round activities, but it is the water that flows from its wells to the community's 1,400 households that is of particular concern in the peak-use summer season, in particular over the recent holiday weekends. This year, around Memorial Day Weekend, there was a need to transport larger volumes of water than the pipes in the current system could convey, producing what LAC Public Works Director Scott Davis called in his June report, "The Memorial Day Water Crisis."

According to LAC Board of Trustees President Dave Sanfason, "It was never a question of the wells running dry, but of 200 households that are sited on high ground in the area of Caribou and Linwood potentially running dry at that time."

Because summer is peak season, with seasonal homes in full operation, and residents filling pools, watering lawns and washing houses, a much higher demand is placed on the water system this time of year. Sanfason also noted that about 50 homes had recently come off foreclosure, and were now renewing their need for water. So what Sanfason calls the "straws" or some of the transmission pipes that draw up the water supply from the wells to supply tanks near Mayfair and Caribou are too small for this demand, and the strain is felt most in the high ground areas around Mayfair and Linwood.

Therefore, this year "peak season" was worse, according to Davis. In his June report to the community, he wrote, "The average daily demand was more than twice what it should be. We asked folks to voluntarily conserve water." Finding and repairing leaks left the system, even with both production wells operating, barely able to satisfy the need, and then what Davis called "a perfect storm," hit. "Just when we needed it most the 50 HP motor on our





Youngsters assemble vehicles for the Lego Race Track under the direction of Librarian Gus Hedden on Festival Day. PHOTO BY ALLISON WILLIAMS The Lego Club meets weekly in Parsons Library.

What does that mean? That

#### Lea Lehman

means that you don't have to go anywhere to get your workout or fitness class, Lehman will come to you. "Lots of people are intimidated by the gym," said Lehman. "They come to me because they don't like the

(*Continued on page 8*)

#### ſ 14 Alfred festival a succ

### **By Allison Williams** awilliams@waterbororeporter.com

### Chili, chowder and pie contest

A new award was added this year to the annual chili, chowder and pie tasting contest during the Alfred Festival. In addition to the usual 1st, 2nd and 3rd prizes awarded, the chili and chowder receiving the most votes were given the "People's Choice Award." The chili award went to the Alfred Country Store for its chili and the chowder award went to Scott Davis for his "Yessha That's Seafood Chowder."

The usual 1st, 2nd and 3rd place winners were the Alfred Country Store's Chili, 1st place; York County Shelter Program for its Lady Diane's Chili 2nd place; and 3rd place went to Cory Canning for his Chili con Canning.

Winners in the chowder contest were Scott Davis 1st place for his "Yessah That's Seafood Chowdah;" Landlocked Lobster Pound 2nd place for its lobster chowder and Caren Gayle was 3rd for her "Buffalo Chicken Chowder."

Winners of the pie contest were Thurston and Peters Sugarhouse 1st place for their frozen maple pie; Susan Pierce 2nd place

for her strawberry pie and 3rd place went to Uncle Ben's Caramel Pecan Pie.

Judges were John Heini, Elaine Spasotalo and Perley Yeaton in the pie contest; Glenn Dochtermann, Karen Spiliopoulos and Joyce Krahling in the chowder contest and Diane Harvey, Stephen Dochtermann and Harvey Spiliopoulos in the chili contest.

### **Talent show**

On the afternoon of Festival Day, "The Sandalmen" kicked off the talent show in the big tent. This is a local band comprised of (Continued on page 2)



George and Gladys Roberts led the parade on Alfred's Festival Day, as the



The top runners in the Run For fun on Alfred Festival Day were (in order of placement) from left, Andrew Mongiat, Nathan Huppe, Nick Mallory, Hannah Pierce, Charlotte Pierce and Elise Lambert.

### ALFRED FESTIVAL

(*Continued from page 1*)

honorary grand marshals.

middle school and two high school players. When they finished playing the show was on, with many talented youngsters showing what they could do. Each player received a \$10 gift card from Shaker Valley Ice Cream and a participating ribbon. Thanks go to Missy McCarthy who chaired the show.

### Legos, auction, music and more

The most interesting demonstration for children was probably the Lego Club display which attracted them like flies in the Demonstration Tent. Librarian Gus Hedden had set up a race track for their Lego cars which was kept busy most of the time. He had brought in lots of Lego blocks which were quickly transformed into cars and other creations and sent down the track.

There was also a lot of interest in the large doll house created by Almon Williams and for which tickets were sold to benefit the Parish Church. He worked on a canoe paddle during his woodworking demonstration. Other

demonstrations in the tent were chair caning, rug hooking, tiny dioramas and rock splitting.

Winners of the larger items at the penny auction in Conant Chapel were Steve Elkins, who won the kayak, Edna Day who won the 32 inch T.V and Judy Barry who won the large rocking chair. Proceeds benefited the Parish Church.

There were numerous vendors on the green who endured the heat to display their wares.

The Conservation Commission hosted a picnic at the Brother's Beach Town Park on Sunday which provided a relaxing aftermath following the festival activities. No motorized boats are allowed at Brothers Beach, but kayaks and canoes may be launched there.

Also there was a concert of Shaker music by Andy Happle and some of his students at the Shaker Museum on Sunday.

A tractor pull was held on Swett's Bridge Road, occupying the tractor lovers.

Alix Golden chaired the Festival Committee this year, a task which involves being in many places at apparently the same time, and which involves much attention to detail. Her willingness to do this was appreciated.

### **Run for fun winners**

The first place winners in the Run for Fun contest during Alfred Festival were in order of placement, Andrew Mongiat, Nathan Huppe and Nick Mallory for the men, and Hannah Pierce, Charlotte Pierce, and Elise Lambert for the women. Of those coming in first from Alfred were Charlotte Pierce for the women and Jackson Pierce for the men. Alfred is fortunate in having a family of runners to organize this contest each year, led by Rob and Susan in which their offspring participate and frequently place. This is always the first activity of the day, happening while the Massabesic Lions Club is still serving breakfast in front of Town Hall.

### Old Bet remembered

The elephant who came to Alfred and then died here will be given a memorial on Sunday, July 24 at 1 p.m. at the stone erected in her memory on Route 4. The Circus Friends of America will be present, also Bruce Tucker who researched the event and who will read his paper on the real history of Old Bet. The public is invited to attend.





John Sylvester, left, demonstrated the process of rock splitting to a captive audience during Alfred Festival Day. PHOTOS BY ALLISON WILLIAMS

### LAKE ARROWHEAD NEWS

(Continued from page 1)

biggest well pump failed. We then asked for mandatory water conservation from our members."

Repairs have been done and currently the entire community has been asked to participate in a water conservation program, and to not water lawns for more than 30 minutes a day. This situation should be short-term, as the upgrading of the water system is entering phase two of three phases. With phase one complete, Sanfason says that phase two should make this annual challenge a thing of the past through the installation of a 12" water main.

As he wrote in a notice to LAC members, "We plan to install a 12" transmission main next spring to service our main tank at Caribou. This will increase the flow to our water tower by 400 percent, alleviating 90 percent of the tank-filling problems we are experiencing today." The water conservation request applies to residents on the Limerick as well as the Waterboro side of Lake Arrowhead Community. This because, even though the community spans parts of two towns, both sides are fed from the same wells. According to Sanfason, wells in Limerick did not produce water of adequate quality, and the water from the Waterboro side is pristine, therefore water is run through lines under the lake to supply Limerick residents. Because of this unique situation, all LAC residents are asked to conserve during this year's peak season.

### WATER CONSERVATION Holiday fun on Lake Arrowhead

The annual Boat Parade took place Monday July 4 on Lake Arrowhead. The parade, sponsored by the Lake Arrowhead Community Board of Trustees, and organized by Event Coordinator Susan Sanfason, drew a field of around 30 boats with their enthusiastic and creative crews. A number of boats involved three generations of member families in their creation. The flotilla began at Allview Beach, and about an hour later arrived at Tower Beach where prizes were awarded and watermelon was served. Prizes for the top five pontoon boats went to: first place for "Finding Dory" to the Piela/Cutter family, second to "Pizza Hut" by the Hart family, third to "Funny Farm" by The Fultz family, fourth to "Batmobile" by the DelloRusso family and fifth to the "Arrowhead Floating Ristorante" by the Krayenvenger family. Honorable Mention Non-Pontoon Boat awards went to "Finding Dory" by the Bottger family followed by "Shark Boat" by the Sanfason family. Representing LACC (Lake Arrowhead Conservation Council), Mark and Karen Harris were hosts on board the Limwater boat, one of two boats used around the lake to remove milfoil. The LAC Annual Meeting will be held on August 6 at 9:00 a.m. at Clubhouse 2, 206 Old Portland Road. Copies of the Annual Warrant and Ballot have been sent to members. Ballots can be filled out and brought to the meeting or mailed to the LAC office at 206 Old Portland Road, North Waterboro, ME 04061.

Balloons!

**Grab Bags!** 

**Bouncehouse!** 

with Kaylee for Autism Saturday, July 23 from 11am-6pm at Friendship Park, Old Alfred Road, Waterboro. Food and goodies for sale: \$1 Hamburgers and Hotdogs! Enter raffle to win a SIGNED PHOTO OF ROB GRONKOWSKI OF THE NEW ENGLAND PATRIOTS, a King James Bible, 4 tickets to York's Wild Kingdom, gift cards and more! SPECIAL GUESTS: Social Significance 11am-2pm.LaDawn Horse Rides 4-5pm. Mainely Clogging Dance Studio 11am & 3pm, The American Self Defense Academy 4pm, Scarborough Walmart Vision Center 11am-5pm.

**Donations to: Autism Speaks 85 Devonshire St.** 

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**Rain or Shine!** 

#### REPORTER

### Friday, July 22, 2016 **PAGE 3**

# Skills and savings, one stitch at a time

In an effort to find "something different," York County Jail (YCJ) purchased a computerized embroidery machine to complement the monogramming machines recently donated by L.L.Bean. In the past, they contracted with a vendor that used a Massachusetts jail program to monogram their uniforms. Administrators liked the quality of work done, and looked into replicating this kind of program.

The embroidery project's goals are two-fold. One goal is to provide inmates with a skill set that is transferrable to a job once they return to the community. Learning a new skill provides an inmate the confidence that he or she can learn something of value.

The other goal is for YCJ to reduce costs. Normally, the monogramming of staff uniforms has been contracted out to a vendor. The average cost for a uniform is \$150-\$200, which does not include monogramming. YCJ is moving from a traditional style uniform to one that is more utility-like and comfortable while still looking professional. As they do so, they would like to cut the outside vendor process, and do the monogramming in-house. This would allow them to have a supply of uniforms ready when needed, allowing for autonomy and quicker access.

As with the greenhouse project, it was natural and logical to work with Massabesic Center for Adult Learning (MCAL) to seek and hire a quality project facilitator. Barbara Gauvin, Director of MCAL, recently hired Sylvie Lamontagne, who owns and operates an embroidery business, to help with the project. With a background in social work and ten years' experience in embroidery, Sylvie is excited about this different kind of venture. "I already have one trustee who is learning the machine. She is learning very quickly!"

While Sylvie recognizes that





many of the trustee inmates she will work with may not be with her long, she understands the confidence boost it can provide. Captain Bean said there have already been positive responses from inmates. They say, "It's nice to have someone else to chat with other than staff!"

Inmates hear about these kinds of opportunities by word of mouth or at the jail's information kiosk, but only the "trustees" - those already cleared or screened to "work" can participate. By working, an inmate who has been sentenced can earn some time off his or her sentence. With a 20-25% increase in inmate population, at a cost of \$100+ per inmate per day, projects like this can significantly reduce operating costs. Sylvie is very creative and resourceful; she is good at maximizing dollars. YCJ can accept certain donations from area businesses that may be closing or restructuring, much like the donation from L.L.Bean.

YCJ has already designed the logo for their uniforms and thanks to Sylvie's experience with the machine, the logos and officers' names are already being placed on the uniform hats. Administrative staff would like to see the project expand to provide name tags for other agencies' uniforms. Captain



Bean assures that YCJ is not looking to put any small business out of business. Knowing they can provide opportunities for their inmates while reducing their budget costs, is a strong case for support: "It is money better spent when we can do it ourselves, and it breaks up the routine for both inmates and staff."

Contracting with outside agencies to provide monogramming services is not a lofty goal; they have seen a similar model program at work, and it is common to try and reduce costs these days. Captain Bean states, "As long as we know our inmates are active, involved, and engaged, there will logically be a decrease in negative behaviors. Any project that provides a skill set or a positive avenue that inmates can follow, we consider a success."



Jodi Macomber at her farm stand and gift shop in Buxton. PHOTO BY CYNTHIA MATTHEWS

### Keeping it local at Buxton farmstand

By Cynthia Matthews

Are you a commuter to Portland, South Portland or Scarborough? Do you travel Portland Road through Buxton? Then you have passed by the Portland Road Farm Stand & Gift Shop. Located at 474 Portland Rd in Buxton, the farm stand is just before the intersection of Routes 22 and 4A, and Broadturn Road. Owner Jodi Macomber has been in business there for about five years now.

Macomber has been crossstitching as a hobby for over 30 years, and usually does a little every day. One day her boyfriend said, "Why don't we open a little shop?" At first, Macomber was apprehensive. "It made me nervous," she said, "but gave me the opportunity to step out of my confort zone." Now, her crossstitch (and crochet) are her fulltime job. She makes bookmarks. ornaments, and other cross-stitch pieces. She crochets baby blankets, booties, washcloths, and towel holders. In addition to these items, Macomber puts together baby bath sets, homemade bath salts, manicure kits and Spa in a Jar. She also features other local crafters in the gift shop: candles and soaps from a local woman, wooden toys and birdhouses made by a local man, and stained glass and other items from Bee Creations. Local Businesses are welcome to put their business cards on the board by the checkout counter for a little local advertising. "All local, whatever we do," is Macomber's motto.

But that's not all Macomber does. There is a greenhouse out back, and the "fruits" of the greenhouse provide the "fare" for the Farm Stand, and also set her calendar. The farmstand and gift shop is open from May 1 to Dec. 24.

This spring, she offered flowers and plants, and still has some to choose from. Her boyfriend, Walter Black, makes the hanging baskets for her. Currently, she has fresh peas, but soon, the veggies will be coming in. Not only will she offer fresh veggies, such as cucumbers, zucchini, beans and tomatoes, Macomber will also be doing some canning, keeping her busy. Her shelves will be filled with pickles, both dill and bread and butter, (which she says are hard to keep on the shelves), dilly beans, and homemade salsa, both hot and mild. In the fall, Macomber has pumpkins, then wreaths and cemetery baskets for the holidays.

Macomber's biggest seller? Eggs. She has a lot of people coming back for her eggs (the chickens are out back), which she sells yearround. "If the egg sign is out, I have eggs."

Caught in traffic on the way home? Considering stopping in!

Portland Road Farmstand and Gift Shop is open Tuesday thru Sunday at 10 a.m. and only accepts cash or local checks. You can also find it online at portlandrdfarmstand.com or on Facebook.





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#### REPORTER



Front row, from left, Governor and Schooner, both rescued by NELR. Back row, from left, Cindy Greenlaw, SIS Bank branch in Limerick; Heather Labbe, founder of NELR; Kelly Noel and Faith Smith, SIS Bank branch in Limerick; Linda Nadeau, SIS Bank main office.

Lab Rescue is a non-profit, all-vol-

### **Homeruns for Good**

SIS Bank is happy to announce the donation of \$450 to New England Lab Rescue (NELR) as a result of the Bank's "Home Runs for Good" campaign.

Through the promotion, SIS gives \$50 to a local non-profit organization for every home run hit by a Red Sox player at Fenway Park throughout the regular season. Each month, a different area charity is aided.

New England Lab Rescue was the beneficiary of the money earned by the nine home runs hit by the Sox at home in June. Based out of Limerick, New England

unteer organization that is dedicated to saving the lives of Labrador retrievers who would otherwise be euthanized in southern shelters for lack of space. The canines are put into safe foster homes by New England Lab Rescue, which then has them vetted, treated and neutered or spayed-at a cost of up to \$175 per dog—all paid for through public funding. The organization's mission is to take these displaced and discarded labs and eventually find them loving forever homes where they thrive. Since beginning in 2010, New England Lab Rescue has found more than 1,500 secure homes for Labradors throughout

Maine, New Hampshire, Massachusetts and the entire East Coast.

"We are delighted to make this donation to New England Lab Rescue, who so selflessly cares for and works to save our animal friends," said SIS Bank President and CEO Mark T. Mickeriz. "Their altruism serves as a great example for doing good in your community and beyond."

Further details about New England Lab Rescue can be found at www.newenglandlabrescue. com. For more information about SIS Home Runs for Good, visit https://secure.banksis.net/homepage/2016-home-runs-good.



### **INLAND FISHERIES & WILDLIFE NEWS**

### Maine to help with Loon Restoration

The Maine Department of Inland Fisheries & Wildlife is partnering on a national restoration effort for the Common Loon designed to strengthen and restore loon populations within their existing and former range in New England.

"Maine is home to 75% of the territorial pairs of loons in New England and New York, making Maine the stronghold for the northeast loon breeding population," says Danielle D'Auria, wildlife biologist with MDIFW. "We are pleased to play a role in the restoration of this species to its historic range in Massachusetts."

IFW and Maine Audubon are assisting Biodiversity Research Institute (BRI) on this program known as "Restore the Call," which will relocate older loon chicks (> 6 weeks old) from areas with dense loon populations in Maine and New York to a release lake in southeastern Massachusetts.

The program is designed to boost the population and number of breeding pairs in Massachusetts. Adult loons are slow to colonize new areas, as they generally stay within 2.5 miles of the previous year's breeding territory and loon chicks usually return to lakes within 7-8 miles of the lake where they were raised. Chicks translocated to southeastern Massachusetts will likely return to that region to breed as adults in 4-6 years, the age at which loons start to claim territories.

In Massachusetts, there are only 45 breeding pairs in the state. The majority of loon pairs that have recolonized Massachusetts are on or near the Quabbin and Wachusetts Resevoir, and few loons have dispersed and formed breeding pairs outside of this region.

"Restore the Call aims to help

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expedite expansion of the loon population into this formerly occupied area of the state," says Andrew Vitz with Massachusetts Division of Fisheries and Wildlife. "Without these efforts, establishing nesting loons in southeastern Massachusetts would likely take decades if it happens at all."

Last year, seven loon chicks were successfully translocated from New York's Adirondack population to Massachusetts. This summer, New York and Maine hope to contribute a combined 10 chicks to this project. "No more than 10 chicks would be moved from Maine, which constitutes a small proportion of the total offspring from this healthy population," says D'Auria. "This contribution will not significantly impact the overall viability of Maine's loons." Additionally, chicks will only be translocated from highly productive lakes with a history of successful reproduction.

Once transported to Massachusetts, chicks will be kept in aquatic enclosures on the rearing lake to ensure their safety as they continue to grow and mature. These enclosures allow biologists and wildlife veterinarians to easily monitor their feeding and behavior without being seen by the loons (due to blinds and visual barriers). After several weeks, the chicks will be recaptured and physically examined before being released onto the lake. From that point, the chicks are then visually monitored until they fledge (fly off the lake). The rearing lake and lakes in the region will be monitored for years to come in hopes of detecting the return of these individuals.



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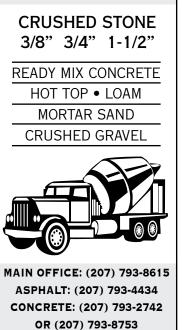
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# SPORTS

### AMERICAN LEGION BASEBALL



The Massabesic American Legion Baseball team, front row, from left, Brandon Dyer, Jake Gregoire, Robert Matthews, Matt Allen, Derek Coulombe, Dawson Renaud, Adam DeAngelis. Back row, from left, Coach Leon Renaud, Manager Mike DeAngelis, Ethan Daigneault, Nick Hooper, Seth Wakefield, Braden Daigneault, Devon Martin, Coach Jeff Cessario. Missing from photo, Weston Bergeron.

## **Massabesic finishes 11-8**

### By Michael DeAngelis

m deangel is @waterbor or eporter.com

Massabesic's American Legion Baseball (MALB) team made the Zone 4 playoffs with a clutch 7-4 win over visiting Sanford on Sunday, July 17, the final day of the regular season. Brandon Dyer pitched six innings, fanning eight and giving up just two earned runs.

After a sluggish 3-6 start, MALB turned it around with excellent starting pitching, clutch hitting and solid defense. They rattled off eight wins in their final nine contests to finish fourth in the Zone 4 standings.

Sanford pushed a single run across in each of the first three innings, but Massabesic used a threerun second inning, after plating a single run in the first, to grab the lead for good.

Ethan Daigneault walked to begin the inning and Jake Harmon moved him up with a one-out walk of his own. Jake Gregoire singled Dyer bounced out sharply to third with the infield in to keep the runners from advancing, but Adam DeAngelis rifled a triple into right field to score both runners and make it 6-3.

Massabesic fell to Marshwood 7-1 in the first round of the playoffs on Tuesday, July 19. Dyer went 4-4. Coulombe went 1-3 with a walk and the lone run. Marshwood had traveled to Massabesic on July 12 and fell 6-2 behind excellent pitching from Jake Gregoire; two hits and two runs from both Weston Bergeron and Renaud.

MALB will return for its 12th season in June of next year. The team is sponsored by Kasprzak Insurance and Builders. Their annual fundraiser golf scramble will take place at Dutch Elm on Saturday, Aug. 27.





to load the bases and leadoff man Dawson Renaud delivered two runs with his second double of the game.

Derek Coulombe brought the third run of the inning home with a sac fly.

Dyer, who chipped in with a pair of hits at the plate, got himself in a solid groove midway through the game as the tall righty retired twelve of the final fifteen men he faced, with a pair of errors causing the only blip.

Still, the game was in doubt until Massabesic added on two key runs in the bottom of the fifth.

Renaud kept his day perfect with a leadoff walk. With one out, team captain Matt Allen doubled to put men on second and third.

Brandon Dyer pitching vs. Sanford on July 17. PHOTO BY MARK WAKEFIELD

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SUZANNE HOLLAND NELSON of Buxton. Petition that the name of Suzanne Holland Nelson may be changed to Holly Nelson, presented by Suzanne Holly Nelson of 27 Cornfield Road, Buxton, Maine, 04093, telephone number – 710-1170.

EARLON RUEL EUGLEY a/k/a EARLON R. EUGLEY, late of Waterboro, deceased. Petition with Respect to Supervised Administration with Petition for Formal Probate of Will and that he may be appointed Personal Representative, without bond, presented by Richard Hildings of Vinalhaven, Maine. Attorney for the Petitioner is Andrews Bruce Campbell of P.O. Box 119, Bowdoinham, Maine, 04008, telephone number - 666-5601.

Dated: July 8, 2016

Caral J Imejay

Carol J. Lovejoy **Register of Probate** 

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### **COLLEGE** NEWS

### **Dean's List**

Tufts University recently announced the dean's list for the Spring 2016 semester. Among these students are Olivia Bradley of Waterbor (Class of 2018) and Zoe LeBlanc of Lyman (Class of 2019).

The following local sytudents made the Dean's List at Rochester Institute of Technology for the spring 2016 semester: Savannah Bayse of Alfred, who is studying film and animation and Adrian Izbicki of Lyman, who is studying mechanical engineering. Izbicki received a BS in mechanical engineering from RIT's Kate Gleason College of Engineering.

Andrea Pelayo of Hollis achieved dean's list for Spring 2016 at Merrimack College in North Andover, Massachusetts. Pelayo earned a BS in Business Administration at the college's 66th Commencement Exercises in May.

Amber Rose Rollins of Lymans and Gabrielle Sawyer of Lyman were named to the University of Rhode Island's Spring 2016 Dean's List.

Ian Wyman of Limerick, who is studying Emergency Medical Services Management, and Ryan Dodge of Shapleigh who is studying Health Science/Pre-Physician Assistant were named to the dean's list at Springfield College in Springfield, Massachusetts for academic excellence for the spring 2016 term.

Claire Harrison of Lyman, named to the Spring 2016 Dean's List at Husson University in Bangor. Harrison is a senior who is enrolled in Husson's Bachelor of Science in Entertainment Production program.

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"Mom LOVED playing slot machines.

### Philip W. Thompson Sr.

Philip W. Thompson Sr., 80, of Buxton and South Carolihusband na,

of Connie, passed away on March 28, 2016 in South Carolina A memori-

fire



**Thompson Sr.** 

will be held on Sunday, July 24 at 2 p.m. at the Hollis Center Baptist Church, Rt. 202 in Hollis.

Arrangements have been entrusted to Chad E. Poitras Cremation and Funeral Service, Buxton, www.mainefuneral.com

In lieu of flowers, memorial contributions can be made to the Hollis Center Baptist Church Food Cupboard, P.O. Box 180, Hollis Center, ME 04042.

### **Michael Roy Petrin**

Michael Roy Petrin, age 59, passed away on July 17, 2016 at his home in Limington.

He was born in Portland on June 17, 1957.

Michael is predeceased by his father Jean Paul Petrin and brothers Stephen and David Petrin.

He is survived by his mother-Rosemary Petrin of Limington; sisters Theresa Bilodeau, Paula Gemmell, and Maria Benner; many nieces and nephews; sisterin-law Carolyn Petrin; and many great nieces and nephews.

Visiting hours will be held on Sunday, July 24, from 3-5 p.m., followed by a prayer service at 5 p.m. at the Chad E. Poitras Cremation and Funeral Service Chapel, 498 Long Plains Road (Rt. 22) in Buxton. Burial will be at Calvary Cemetery. Online condolence messages can be submitted at www.mainefuneral.com.

### **Obituaries are a FREE service** in the Reporter.

TO SUBMIT AN **OBITUARY AND PHOTO** EMAIL TO: news@waterboro reporter.com



on Sunday, July 24, from 6 to 8 p.m. at the Autumn Green Funer-

al Home, 47 Oak St., in Alfred. A

Funeral Service will be held on

Monday, July 25 at 10 a.m. at the

Alfred Parish Church 12 Kenne-

bunk Rd., in Alfred. Immediately

following the service, you are in-

vited to a reception next door in

the parish hall. Committal prayers

and burial will be at the Abbott

lence for the family, visit www.

donations may be made in Judy's

name to the Ross Corner Fire &

Rescue, 1787 Gore Rd., Shap-

Home is respectfully handling ar-

Helen Salch Kerns

The Autumn Green Funeral

Helen Salch Kerns, 83, died

Thursday, June 14, 2016 at the

autumngreenfuneralhome.com.

To leave a message of condo-

In lieu of flowers, memorial

Family Cemetery.

leigh, ME 04073.

rangements.

Monarch Cen-

10, 1933. She

### Judith N. Abbott

Judith N. Abbott, 77, of Shapleigh, beloved wife of Herman and

beloved matriarch of the Ross Corner Fire Department, died July 16, 2016 at the Greenwood Center in was

Judith Abbott

26, 1939 in Madison, Wisconsin a daughter of Mae Kerswick and grew up with a brother, Ted and two sisters, Joyce and Joanne. She was a graduate of West High School in Madison and soon found herself teaching dance classes with the Arthur Murray Dance School. With her warm smile and being light on her feet, she kept the couples reeling with waltzes, the tango and of course the jitterbug! With Judy's first marriage, she moved to Louisville, Kentucky and worked in a Chrysler Dealership doing warranty and recall work.

Upon moving to Maine, Judy met and fell in love with Herman Abbott. They made their home near Ross Corner and gave generously of their time and talents to building the Ross Corner Fire Station. With Judy's big heart, she would put together sandwiches, hot coffee and water for the firemen when they were out fighting a fire. Usually it was Judy's face you'd see upon returning to the station late at night. Judy was a dedicated and hard worker who was employed at Emery-Waterhouse and the Federal Government Credit Union in Portland.

Judy was a natural caregiver and was known to help her neighbors and friends. She was a talented ceramics painter whose lighthouses have become cherished gifts of family and friends. Judy was a gifted cook and her home was a warm and welcoming place. Of course, Judy had the joy and companionship of many faithful dogs through-out the years. She liked doing home projects and growing vegetables in her garden. It goes without question, "Ross Corner has lost one of its finest." Judy will never be forgotten by her family and community.

She is lovingly survived by her husband of 35 years, Herman schools and did volunteer work Abbott of Shapleigh and the many for the American Red Cross and neighbors and friends within her the American Cancer Society. Helen was a homemaker until her community. Friends and family may call children were in their teen years



**Helen Salch** Kerns

is survived by her brother, Robert Salch of Little River, SC and was preceded to the Lord by her siblings Leo, Raymond, Edward, Carol Risner and Thomas.

Helen graduated from New Rochelle High School with honors and went to work for Esso Corporation in Manhattan as a Bookkeeper and Stenographer. She met Eugene Kerns while vacationing at the Jersey Shore, marrying in 1958. Helen and Gene completed their family with 3 children who mourn her passing, son Robert Kerns of Phoenix, AZ; daughter Nancy Sobanik (Bertram) of Lyman, and daughter Linda Kellogg (and Terry) of Raleigh, NC. She was beloved Grandma Helen to Justin Corv. James Sobanik, Kate Sobanik, William Larter and Richard Larter. Helen is also survived by many beloved nieces and nephews; her greatest joy was her family.

She was involved as a member of the PTA in the Fairfield, CT

force. Her excellent communication skills led to a successful career for over 20 years at People's Bank in Westport, CT, starting as a teller and rising to positions of head teller and then customer service representative. She attended Norwalk Community College taking business courses. Helen enjoyed hobbies, in-

and then returned to the work

cluding sewing and knitting, sketching, and oil painting. In later years she crafted wreaths and ornaments, many of which were donated to the Shelton, CT Senior Center holiday fairs. She loved the ocean, spending memorable vacations in Cape Cod, MA, Ocean City, MD, and Hilton Head, SC. She enjoyed camping trips in CT with her best friend and sister-inlaw, Lucille Salch. In retirement, she was proud to be a weekly volunteer for many years at the Wesley Heights Nursing Home in Shelton, CT providing recreation to residents. She was a member of the church council at St. Paul's Lutheran Church, Bridgeport, CT and after moving to Maine joined the Alfred Parish Church, UCC.

She was afflicted with Alzheimer's disease and resided with Nancy and family for 6 years before moving to the Monarch Center for the last year of her life.

Family and friends may call on Friday, July 22, from 4 to 5:30 p.m. at the Autumn Green Funeral Home, 47 Oak St., in Alfred. A Memorial Service will follow at 6 p.m. at the Alfred Parish Church, 12 Kennebunk Rd., in Alfred.

To leave a message of condolence for the family, visit www. autumngreenfuneralhome.com

In lieu of flowers, memorial donations may be made to the Alzheimer's Foundation of America.

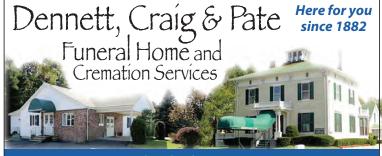
Judy born on March

Sanford. Philip W.



### That was her enjoyment and relaxation. Our family all smiled as everyone left a chip by her picture."

It is not about the final journey, or the right music or even a favorite poem. It is about helping you create a fitting tribute. So that we make sure we understand exactly what you want, and provide you with everything you need to help say goodbye, please schedule an appointment with us today.



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#### REPORTER

### WATERBORO

### Brigit McCallum brigit@waterbororeporter.com

### Saturday a busy day in Waterboro

There will be a number of ways to support the Waterboro community on Saturday, July 23:

• Waterboro Library Summer Book, Bake and Plant sale from 9 to 1 at the library in East Waterboro. Call 247-3363 or contact librarian@waterborolibrary.org

• 7th Annual "Fun, Flap and Play with Kaylee for Autism" Fundraiser at Friendship Park on Old Alfred Road from 11 a.m. to 6 p.m. Host Candy Rabida Lurvey writes, "We are raising awareness for autism as well as raising money for Autism Speak for research. In 6 years we have raised over \$7,000.00 for our cause. As of today 1 in 68 children is diagnosed with autism. We started this event in honor of our daughter Miss Kaylee. For more information on autism or about Autism Speaks: www.autismspeaks.org'

• Waterboro Food Pantry Framing Bee! Mike Fries writes, "We're framing walls for the Waterboro Food Pantry July 23 and 24 starting at 8 a.m. Easy stuff. No experience needed. Bring a hammer and gloves if you can. Looking for a bunch of people!"

The food pantry is located right next to the town hall annex at 24 Townhouse Road in East Waterboro, next to the community garden. Contact Mike Fries for more info at 205-3622.

• Roger Wilcox, chair of the Johnson Mill Committee, has set up a cleaning for Saturday, July 23, at 9 a.m. at the Johnson Mill on Route 5 in North Waterboro (between Dollar General & Merrill's Store). This is in preparation for an open house at the mill on Aug. 20. Any help is appreciated.

### **Elder Grey 90th Pilgrimage Service**

The Elder Grey Meeting House Association is holding its 90th Pilgrimage Service on Sunday, Aug. 9 at 2 p.m. The Rev. Todd Glacy, who refers to himself as a "Teacher of Happiness and an Instigator of Joy" and shares his ministry of "Sacred Sound and Living" through his talents as a musician, public speaker and faprovide music.

Twelve people have written one or two paragraphs sharing their memories of attending pilgrimage services over the years at the Elder Grey Meeting House. These memories have been compiled in a pamphlet entitled "Remembrances & Reflections," and it will be distributed as part of this year's 90th anniversary observance. Following refreshments and socializing, the annual meeting of the association will take place. All are invited.

After months of research and collaboration Elder Grey Meeting House-Cemetery Association members Linda Hanscom and Debby Downs are excited to announce the launching of the Elder Grey website at www.eldergrey. org. The site contains substantial historical information of interest to anyone seeking to know more about the meeting house and the surrounding area.

Hanscom, who is treasurer of the Association, had been dismayed to find accounts of the Meeting House online that contained incorrect information. So a major goal of creating the website was to provide anyone interested with the best and most complete information available to members of the Association.

Another goal of Hanscom and Downs is to raise funds for the continued restoration and maintenance of the historic building and cemetery on Chadbourne Ridge Road. In doing so, both Hanscom, Downs, and other Association members follow in the tradition of a long line of their ancestors in valuing this first site of historical interest to be listed in the National Register of Historic Places in the town of Waterboro.

### **Craft Fair at Taylor House**

The Waterborough Historical Society will hold its 9th annual craft fair at the Taylor/Frey/ Leavitt House Museum, 6 Old Alfred Road at the intersection of Route 5 in Waterboro Center, Aug. 13 and 14 from 10 a.m. to 4 p.m., rain or shine. A 12-foot by 12-foot craft space is available at \$35 for the weekend or \$25 for one day. Crafters should provide their own tables and tents. For more information, contact Jim Carll at 247-5878 or email carlli@sacoriver.net.

### **GETTING FIT LOCALLY**

(Continued from page 1)

traditional gym experience, or they've been going to the gym and don't see results." Lehman herself is not exactly traditional. "I get bored easily, and I like to try new things," she stated. "My home gym is like a lab. I like coming up with my own stuff (moves, exercises, etc) and testing it out."

If Lehman's home is her lab, her van is her office. "I did a lot of research before purchasing my van," Lehman said. "I knew exactly what I wanted." The van can be used as a family vehicle, but technically, it is a utility van. "It is perfect for me." added Lehman. It opens in an unusual way, and carries all the equipment Lehman might need for any given workout. There are racks on top for her paddle board and kayak, for her own pleasure, or to use with a client if they so desire. Lehman is an avid mountain biker, and can load her bike into the van standing up, so all she has to do is pull it out and go. The van can hold more than 20 tires, hoola hoops, mats, pogo balls, and more. "I have a mix of standard equipment and creative stuff. I like having fun elements,

and I try to make a lot of things on my own." Tires can be used for a variety of workouts, and Lehman can often pick these up from the side of the road. Bosu balls can be rather expensive, so Lehman found a way to make something similar on her own, less expensive. One thing's for sure, Lehman gets her own workout by moving equipment from her house to the van to workout space and back again.

Lehman does still teach fitness classes, but believes it best to keep groups small, no more than eight, so that people get the attention they need and deserve. Monday nights are reserved for small groups. The 'True Blues' are a bunch of women that have been getting together to work with Lehman for a couple of years now in Alfred. Tuesdays, during the school year, Lehman works with groups (a lot of teachers) at Massabessic High School. Wednesday nights you'll find her at Holdsworth Park in Springvale. Thursday nights she holds a Boot Camp at her house in Shapleigh. And in the fall, she'll be teaching Spin Strong classes at the new Brooks Dance Center in Waterboro. She has also worked with a daycare, providing fitness

for groups of staff who take turns while the little ones nap. Contact Lehman if you are interested in joining any of these groups, or bringing some kind of fitness routine to your work space.

But don't forget, you can work with Lehman on your own, or form your own group or class. Lehman does one-on-one sessions, bring a friend for a duo session, or get a bunch of friends together for a group session or class. Lehman will meet with you for one or two times, to get to know you and to see if you have chemistry. "It's not fair to ask people to commit to four-week sessions if you don't get along," said Lehman. After the first week or so, clients pay up front for a session. Prices vary. "I want people to be able to afford what I'm doing," said Lehman. It's worth it. Lehman was voted the Best Personal Trainer in Portland for 2016 on Thumbtack.com.

If you are interested in learning more about Bring It Mobile Fitness, contact Lea Lehman at 590-2510, by email bringitmobilefitness@gmail.com or find Bring It Mobile Fitness on Facebook, where you'll find recipes, fitness tips, and her "Coffee with a shot of gratitude" posts.

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