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FRIDAY, JULY 6, 2018

Boy Scout boat race

By C.J. PIKE

Boy Scout Troop #329, their parents, scoutmasters and volunteers gathered at the Limerick Town Dock for the annual Cardboard Boat Race on Monday, June 25. It was a nice night for a race and the scouts looked eager to get into the water with their hand-crafted boats.

Seven scouts competed in this year's cardboard boat race and they were: Eli Roy, Abe and Sam Adams, Andy Michaud, Alden Densmore, Ethan Roy, and Logan Cardona-Simmons. The excitement built up as the scouts rowed out to the marker, 300 feet from shore, and then headed back in.

Alden Densmore was in the lead all the way out and the first to get back to the boat landing with his crafty little raft, which was made by taping together several boxes with duct tape. It proved to

(Continued on page 2)



The 2018 winner of the annual Cardboard Boat Race was Alden Densmore, of Limerick, who paddled his way to the finish line on his hand made cardboard raft. PHOTO BY C.J. PIKE

Sanford mayor sees new track

By ALLISON WILLIAMS

Mayor Tom Cote was the second speaker in the Sid Emery Memorial Forum at the Shaker Museum last week and he had a lot to say about Sanford's "better future." He stated Sanford had been "under-performing" – that "a drive around the city showed rows of long-closed brick mill buildings, signs of its more prosperous past."

But that is past. He noted a new prescription for wellness has been created. Officials had decided "to create sustainable finances, invest in amenities and infrastructure and "reinvent Sanford's economy."

He gave many examples of how that is happening. The new million dollar high school (the largest school construction in Maine's history,) will also be a regional technical center. The

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GETTING FIT LOCALLY

By CYNTHIA MATTHEWS

Tai Chi

Tai Chi is an ancient Chinese martial art, a form of exercise that uses very slow and controlled movements. Perhaps you've seen it in movies – a group of people, quietly performing these slow, controlled movements together.

So what exactly is Tai Chi? It is considered internal exercise, where one focuses on cultivating one's "chi" or vital energy. It uses Qigong as well, a focus on life energy cultivation, using movement, breathing and meditation. As such, coordinated movements are performed with breath awareness. Practicing Tai Chi can help with range of motion, balance, posture, circulation, flexibility, and has many other health benefits. The symbol used for Tai Chi is often the yin/yang, as practicing Tai Chi can help balance the body and the mind.

Tai Chi has become very popular over the years, as it requires no equipment, little space, and can be practiced anywhere.

Recently, Tai Chi has been offered locally at Peck's Family

Acupuncture. "Tai Chi, yoga and Qigong are required disciplines in acupuncture school," said Peck's owner and acupuncturist, Jessica Peck. "Most acupuncturists continue to do self training in these practices as part of daily practice."

Several years ago, Peck met Dennis Fallo, a Tai Chi practitioner and instructor, and when studio space became available, she asked him if he would teach a class. A six-week class, *Beginning Tai Chi for Arthritis and Fall Prevention* began on June 11.

Fallo started studying different types of martial arts as a teen and eventually settled on Shaolin Kenpo, an ancient martial art that can be described as a combination of karate and kung fu. Though he advanced in rank, he suffered lots of banging, bruising and injuries, which he describes as "part of the game!" He finally decided that while he wanted to continue with martial arts, "I wanted to get into 'internal' martial arts and more elements of traditional Chinese medicine," said Fallo. He found Tai Chi, and started his journey 25 years ago.

The five main types of Tai Chi are Chen, the oldest style, which is more athletic and physically difficult, the martial art; Yang, the most common style; Wu, similar to Yang with smaller, more compact movements and more internal chi work; Hao, a rare form, even in China, is

the most internal with the smallest and most subtle movements; and the newest form, Sun, created in the 1900s, has a higher stance and movements that are performed at the same tempo, and a strong Qi-gong emphasis make it more popular with older folks.

There are three components of Tai Chi: Martial Arts, Meditation and Health. The *Martial Arts* focuses on the study of change in response to outside forces, yielding to an incoming attack, rather than meeting it, and neutralizing it. Therefore, it is considered a "soft" martial art. *Meditation* is a key component, providing focus and calmness, relieving stress, necessary for optimum health. Good physical condition is important, and the *Health* aspect focuses on reducing the physical effects of stress on the body and mind.

Fallo decided that he wanted to focus on Health. "Very few [instructors] approach from a health standpoint," said Fallo. In his practice, he had noticed that the instructor often had to modify movements for older adults and seniors. "This caused them, over time, to feel like they were a bother and they would eventually, not return," said Fallo. "Those folks needed a place for 'them' to go and not feel out of place." That's when Fallo found the Tai Chi for Health Institute, created by Dr. Paul Lam.

Dr. Lam is an MD, a family physician, and a Tai Chi master, who created 'Tai Chi for Arthritis' and other programs. According to Fallo, they are all based on different styles of Tai Chi and medical research. "They are medically sound and mature adult user friend-



Students practice before Tai Chi for Arthritis class taught by Dennis Fallo at Peck's Family Acupuncture in Waterboro.

COURTESY PHOTO

ly." Fallo completed the training in Tai Chi for Arthritis program and is now certified. "Maine, as many other states, does not require a Tai Chi instructor to be certified," Fallo

explained, "but to teach the Tai Chi for Health programs created by Dr. Paul Lam, MD, you must be certified."

(Continued on page 7)

Halloween in July for Old Home Days

Waterboro Old Home Days will be celebrated this year on Friday, July 13 and Saturday, July 14 at the Massabesic Middle School. Going along with the Friday the 13th date, the festival will have a Halloween in July theme.

On Friday night, the festival is open from 5 to 9 p.m. with local vendors and fair food. There will be karaoke from 6 to 8 p.m. and the Waterboro Fire Department and Maine Bureau of Highway Safety will be performing Car Seat Safety Checks also from 6 to 8 p.m. To end the night, there will be a drive-in movie showing *Hocus Pocus* starting at dusk. Bring a blanket or lawn chair and join the fun.

On Saturday, the day kicks off with a halloween-themed parade, starting at 10 a.m. at Waterboro Town Hall and running down Route 5 to the middle school. This is a different route than last year. The line-up will begin at town hall at 9 a.m. and anyone can join the parade. You can sign up on the town's website at www.waterboro-me.net/boards_and_committees/old_home_days.php.

The festival will be open Saturday from 11 a.m. to 9 p.m. with fireworks at dusk by Atlas Pyro-Vision. Old Alfred Road will be a one-way starting at 6 p.m. until after the fireworks.



Also Saturday there will be bike giveaways through the day, inflatables for all ages from 11 a.m. to 9 p.m. Beal's Little Acres will be offering \$5 pony rides from noon to 4 p.m. and another car seat safety check will also run at that time. From 1 to 2 p.m. Brooks Dance Center will perform and from 7 to 9 p.m. the band Tickle will be live on stage.

For more information, look for the booklets and posters around town or visit the town's website and click on "Boards & Committees" to find the Old Home Days page.

NEWFIELD

C.J. Pike

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793-8760

BOAT RACE

(Continued from page 1)

be very durable in the water and did not even spring a leak. Densmore used a double ended paddle, and maneuvered the water with no trouble at all. Ethan Roy and Logan Cardona-Simmons tied for second place, and some of the others had a few issues with keeping their boats afloat and falling apart in the water. But it was all in fun and the scouts had a great time swimming and cleaning up the water soaked cardboard after the race. Ice cream sodas were a big hit, and topped off the evening.

J.J. Huff, Jacob Powlesland, and Miles Michaud were the safety scouts patrolling the waters in canoes, in case of any problems. Scoutmaster Jim Dion, Joe Iannazzo and Laurie Thyng were the assistant scoutmasters on hand to supervise. Several parents were also around to supervise.

(See related photo on Page 1.)

A look back at the Shady Nook Camps

The next public program sponsored by the Newfield Historical Society will be held on Sunday, July 15 at the society building on Elm Street. The monthly business meeting will be held from 1 to 1:30 p.m., and the program will begin at 1:30 p.m. Speakers

Elaine Hall and Jane Smith will base their talk on *Shady Nook Camps, in the Kingdom of the Pines*, the book they wrote about this unique summer colony. The program is open to the public with no charge for admission. Refreshments will be served.

The historical society will host a musical program on Saturday, July 21, at the bandstand from 4-6 p.m. Carlton Ming will be playing the keyboard for a beautiful evening of fun. Popcorn, hot dogs and ice cream will be available for sale, so bring the family and come on down. Bring your own chair, if needed.

The new artifacts building will also be open for anyone who wants to browse through to look at the old sleighs, wagons and other treasures that were given to them from the former Willowbrook Museum and local individuals.

Rod and Gun Club upcoming activities

The Northern York County Rod and Gun Club will be at the Sacopee Valley Fair in Hiram from July 12-15. Their annual auction will be held at the clubhouse on Lewis Hill Road on Saturday, July 21 from 9 a.m. to 3 p.m.

They are also having their annual Sportsman's Raffle. Prizes are: two Mossberg Shotguns 12 x 20 gauge, \$300 in cash, a Kayak and Paddle, a Garmin Portable Fish Finder with GPS, and 2 Eyecon Game cameras. The drawing for the raffle will be held at the annual Pig Roast on Sept. 15. Tickets are \$10 each or 3 for \$20. Contact Lou at 793-8556 or Romeo at 793-2046.

Library has 'Endless Summer' quilt raffle

The Endless Summer quilt, hand made by a Maine summer resident, is to be raffled off by the Newfield Village Library, according to librarian Cheryl Cause. Tickets are \$1 each, \$3 for \$5, or 13 for \$10, and the drawing will be held on Labor Day weekend. To purchase tickets stop by the library during regular business hours, which are Tuesdays and Thursdays from 9-11:45 a.m. and 1-4:45 p.m. and Wednesdays from noon to 7 p.m.

Happy birthday!

Birthday wishes this week go to Mary Langlois, who celebrates on July 7, and Mary Ann Burdett, who celebrates on July 8.

Meetings

Cub Scout Pack #329 - July 9, at Line School at 818 Water Street at 6 p.m. Perley Densmore is the Cubmaster.

Boy Scout Troop #329 - July 9, 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 training session - July 10, at the Public Safety Building at 85 Water Street in West Newfield at 7 p.m. New members are welcome to attend.

The Newfield Planning Board - July 11, at the West Newfield Town Hall at 23 So. Effingham Road, at 7 p.m.

The Comprehensive Planning Committee - July 11, at the West Newfield Town Hall at 23 So. Effingham Road, at 7 p.m.

The Limerick-Newfield Lions - July 12, at the Newfield Historical Society building at 64 Elm Street at 7 p.m.

Newfield Firefighters business meeting - July 12, at 85 Water St. at 7 p.m. call Dave at 793-2055

The Reporter is online at waterbororeporter.com

Tai Chi for Arthritis

Next session starts Aug. 6

Classes run 6 weeks on Mondays from 9-10 a.m. with instructor Dennis Fallo. Cost is \$60

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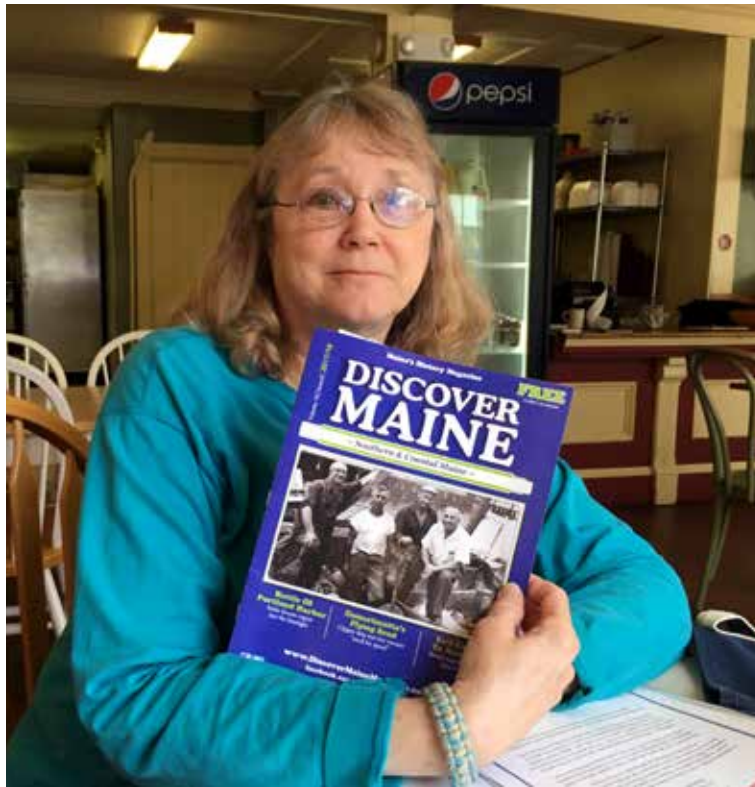
Joanne Bargioni

joannebargioni@gmail.com

Interview with local author

On a warm summer afternoon, I caught up with author C.J. Pike for coffee at the Hungry Hollow Café in Limerick. Pike is also a weekly correspondent for *Reporter* covering Newfield. She recently wrote an article in *Discover Maine* magazine, Vol.26, Issue 8, 17/18, that came to the attention of Steve Parello, Vice President of the Acton-Shapleigh Historical Society. Steve felt that Pike's article on the Newfield Murders of 1900 would be a great topic to be presented at the ASHS. She and Janet Colwell of the Newfield Historical Society spent many hours researching the Newfield Murders and together they gave the presentation to a crowd of about 40 people interested in the subject.

The presentation was held on May 5 and Pike and Colwell began to unfold the grisly details of this multiple murder. George Goodwin, his adopted son Scott Spencer Goodwin, a housekeeper Elsie Horne and a hired hand Fred Bertsch were murdered on their farm in West Newfield and a fire was set to cover up the crime. Goodwin was a prosperous farmer and had recently sold part of his land for \$2,300. It was believed that money was the motive for the murders. A neighbor saw the fire and the Sheriff arrived on the scene and the four bodies were discovered and identified. Judging from the condition of the bodies, the Sheriff concluded it had been foul-play. Further investigations into the crime led them to a suspect named George Champion who was an unexpected out of town visitor staying at the Goodwin farm. Within three days Champion had been arrested and transported to the York County Jail in Alfred. Champion told



C.J. Pike holds copy of *Discover Maine* magazine which includes her story on the Newfield Murders. PHOTO BY JOANNE BARGIONI

the Sheriff he left the farmhouse that evening and walked 19 miles to New Hampshire and from there he took a train to Boston. Champion declared his innocence but he was caught wearing the shoes of one of the murder victims. Champion was found guilty of murder and spent the rest of his life in Maine State Prison.

This is a intriguing story of murder and money which could easily be placed in a modern crime novel. After the presentation, Pike and Colwell answered questions and passed around pictures and newspaper clipping of the murders.

Pike has just completed a new book called *Snapshots Across America - Newfield and Beyond*. This book is a photographic journal compiled from her many travels. It should be available later this year. She is also working on a collection of short stories concerning family, friends and country life. Pike is originally from Bridgton and is the author of a children's book entitled *Amelia's Garden* which is available at Amazon.com.

ASHS Yard Sale Held

Although it was a cloudy day on Saturday, June 23 you could not dampen the enthusiasm of the volunteers and vendors at the ASHS yard sale.

The yard sale was held to help finance the many projects that the ASHS is sponsoring. These include but are not limited to the renovations to Mousam Lake Pavilion (formerly the Mousam Lake Grange) which is located across the street from the Town Hall on Back Rd., cemetery cleanups, and maintenance to the Old Schoolhouse which houses the ASHS on Emery Mills Road. Inside the ASHS building a bake sale was being held as well as members attending an information booth regarding the history of Shapleigh and Acton. Past-President of the Society, Debbie Petersen, also had her book for sale entitled *Shapleigh and Acton*. If you missed the yard sale you may



Carol Morin, left, and Becky Turgeon members of the Acton-Shapleigh Historical Society at the ASHS Yard Sale. PHOTO BY JOANNE BARGIONI

also purchase this book from the ASHS, 122 Emery Mills Road.

Lions Club Pancake Breakfast

The Acton-Shapleigh Lion's Club will be sponsoring a Pancake Breakfast on Saturday, July 7 from 8 to 10 a.m. at the Acton Town Hall, 35 H Road. The breakfast includes pancakes, sausage, eggs, beans, toast, coffee and milk all for \$5 per person.

Community Days

Shapleigh Community Days will be held on Friday, July 20 and Saturday, July 21. The Acton-Shapleigh Lion's Club will sponsor a Spaghetti Dinner at the First Baptist Church, 600 Shapleigh Corner Road at 4 p.m. on Friday followed by a free Concert in the Commons featuring the Cedar Mountain Blue Grass Band at 6 p.m. and culminating with Fire-

works across the street from the Athletic Field on Route 11 at 9 p.m. On Saturday, the parade will kick off at 9 a.m. from Shapleigh Memorial School, 467 Shapleigh Corner Road to Shapleigh Commons on Back Road. Spend the afternoon perusing the fair with food concession stands and vendors, silent auctions, crafts and more.

Shapleigh Memorial School


Shapleigh Memorial School has announced that RSU 57 will be offering free meals for all kids at the Massabesic Middle School, 134 Old Alfred Rd., East Waterboro from Monday, July 2 to Friday, Aug. 10. Breakfast is served from 8 to 9 a.m. and lunch is served from 11:30 a.m.- 12:30 p.m. All children under the age of 18 years are welcome.

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LETTERS

Why I volunteer

He was smiling the biggest smile showing off his small shining teeth. His eyes crinkled as the sound of pure joy escaped his mouth. That sound. The infectious full bellied laugh that instantly makes you smile and laugh yourself. A child's laugh.

His mother handed him another plate covered in whip cream. She lifted him up, holding him high enough to plant another "pie" in my face. His reaction to being allowed to throw food at someone, priceless. That laugh and that smile. Eyes twinkling in excitement. The happiness of a child. That is why I volunteer.



Write to us at:

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The opinions expressed on the Reporter's OPINION pages are not necessarily those of the newspaper or its employees. Letters are edited for grammar and clarity and are published as space allows. Please include name, town and phone number for verification.

It didn't start that way for me. I first volunteered for something out of fear. My daughter, four at the time, got out of the house. I frantically called 911 and tried to report her missing through tears and sobs when I couldn't find her. Thankfully she was found quickly but that moment, still seared into my heart moved me. I didn't want any other mother to feel that so I joined a search and rescue team. With time constraints and two small children I didn't stay on the team long, but I did find another job when my oldest began doing sports. I then became a coach. For any of you that have taken on that responsibility, you understand that even with all the work and heart you put into it, even though you are doing it for the children, it is still a thankless job. But one that is worth every smile, every goal achieved, every lesson learned for you and for the kids.

When my coaching job ended I had my sights on something different. The Town festival had been cancelled one year because of lack of volunteers. I couldn't wrap my head around the fact that no one wanted this job! After all, the year before I had seen that little boys smile while working a booth to raise money for the

league I coached through. I applied and found other people willing to take it on with me. We had no idea what we were in for.

Our first year we were lucky enough to have guidance from past committee members who agreed to stay on and help. They taught us the ropes and helped us to have a successful festival. The applause and shouts at the end of the fireworks display was enough to tell me I was doing something special and the work was worth it.

The following year we were on our own and because our town finally updated the sports stadium, we were in a whole new venue. You may say we were starting from scratch with no direction. Almost everything we had learned we had to forget and begin on our own. That first year at the middle school venue it rained every day we were there but we pushed through. At dusk when the fireworks were set off our crowd was much smaller but the cheers and clapping were there. The uncertainty of whether to cancel or go for it paid off and the grand finally brought tears to my eyes even in the drizzle.

Our second year at the middle school we were met with parade route issues and amusement ride cancellations among other things. Our small group of seven was stretched thin parking cars and

running a festival with a huge turnout to see a very popular band and of course the fireworks. Although we were all exhausted, we agreed it was successful, we all had images of bike winners smiling in our heads.

Now, in 2018 we are gearing up and ready to go again. We've made it through the town's first budget ballot vote unsure if we would have to cancel. We've been planning cautiously not wanting to spend taxpayers dollars early if the Town decided to reject our budget. We have found a safer parade route and rented inflatables for entertainment because of lack of amusement rides. We are ready. Ready to hear the applause, and the laughter. We are ready to see the smiles.

We are also in need of more volunteers. People who take joy in the work they've done to bring happiness to the people of our town. People who know that without volunteers there would be less smiles from our children. So please keep that in mind when you come out to join us.

The challenges of working for free, yes it's work, can definitely make you question why you volunteer. But in the end, the laughter and that little smile is worth it.

- April Tucker
Waterboro Old Home Days Committee

How big are your dreams?

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." (The Declaration of Independence)

The pursuit of happiness is housed in the heart of every one of us. It's this spark of imagination that catapulted this nation into unprecedented creative innovations. Generations before us dreamed big and imagined remarkable things. Investigate all the innovations originating in this country since the 1700s and you will discover that up to that point, technology through the ages had not changed much. Take farming for example. The same crude methods were used since the beginning of time. Liberty provides the soil from which creativity sprouts. It takes creativity to imagine new things. We declared independence from the lack of freedom that shackled the common man and woman giving them no options. We now celebrate the freedom to imagine, to create, to pursue dreams and to be all you could be. We celebrate the freedom to try, the freedom to buy, the freedom to sell, the freedom to fail.

Our Independence Day celebrates these freedoms and so many more. Let's keep the dreams alive. Happy Independence Day!

- Rep. Heidi Sampson
Dist 21: Alfred, Newfield, most of Limerick, Shapleigh & Parsonsfield

BRIEFS


Campgrounds remove minimum night stay

Maine's Bureau of Parks and Lands has announced that beginning July 1, customers can make a reservation at the 12 State Park campgrounds without any minimum night stay limits. This is an added customer service allowing campers to book a single Friday or Saturday night for reservations between July 1st and the end of the camping season.

Make Your Camping Reservation now online at www.CampWithME.com or call the call center for Maine residents at 800-332-1501.

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TOWN OF WATERBORO

NOTICE
Town hall recycling containers to be discontinued on July 18, 2018

Because of excess plastic bags and other trash contaminating our recycling loads, the two silver recycling containers located at town hall will be removed. Continuing the collection of such contaminated loads will cost taxpayers tens of thousands of dollars in fines every year. Consequently, the containers will be removed on Wednesday, July 18, 2018.

Please bring your recycling to our transfer station during its hours of operation, Wednesday (12-7), Friday and Saturday (9-5) and Sunday (1-5).

We apologize for the inconvenience.

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SPORTS

SMAA releases Spring awards

The Southern Maine Athletic Association recently released its spring sports awards and Massabesic athletes were well represented. In girls' lacrosse it was Hallie Benton, Logan Champlin, Madi Drain, Morgan Pike, Skylar Renaud and Kaylee St. Laurent all making first team all-conference. Benton, Champlin, Pike and St. Laurent each made the all-academic team as did Abigail Chaves, Brooke Cox, Alexis Kidder and Lydia Wasina.

For boys' lacrosse it was Cam Roy making second team all-conference while Garrett Stubbs made the honorable mention team.

For track and field it was Jarrod Hooper making third team all-conference and the all-academic team. Emily Cyr, Teneyce Nadeau, Johannes Ahrend, Josh Castonguay, Aiden Galbraith, Jebediah Johnson and David Phinney also made all-academic.

For softball it was Grace Tutt making first team all-conference. Cayleigh Morris and Janelle Spedakos made the honorable mention team. Ashley Collin, Alyvia Cormier and Sara Woodward made the all-academic team.

Jake Gregoire made the honorable mention team for baseball.

For tennis it was Daniel Boler, Ryan Townsend, Joel Van Tassel, Amy Burke and Rachel Raymond making the all-academic team.

By Michael DeAngelis, Sports Editor
sports@waterbororeporter.com

Kennebunk/Wells takes L.L. crown

Julianna Pike struck out 15 and allowed just one hit, helping to lift Kennebunk/Wells (KW) to a 7-2 win in the District 4 Small Stars title game over Shaker Valley Little League (SVLL) on Monday, July 2 at Massabesic High School.

Kennebunk/Wells had forced the so-called "if" game after a 4-3 triumph over SVLL the night before. SVLL had topped KW 10-1 in the prelims earlier in the tourney.

In the final, KW put two runs on the board in the top of the first and they added a single run in the second that turned into the game-winner on a home-run by Savannah Tardiff who laced a ball down the line in right field that made it all the way to the fence.

SVLL got a run in the second inning, and they threatened for more, but Pike wiggled out of a bases loaded jam with a strike out.

KW added two more runs in the third. Payton Fazzina led off with a sharp single and she took off for second on the first pitch to Pike. Fazzina beat the throw and the ball bounced into the outfield, allowing her to race all the way home with their fourth run.

Pike hit the next pitch for a single and a carbon copy of the Fazzina play ensued: She took off on steal attempt, the ball got through the infield, and Pike raced all the way home for an insurmountable 5-1 lead.

ALFRED

Allison Williams

awilliams@waterbororeporter.com
324-5823

SANFORD MAYOR

(Continued from page 1)

elementary schools will be reorganized. The old high school will become a middle school (grades 5 to 8) and Sanford will no longer use modular classrooms. Its fiber optic network will be "one of the fastest in the Northeast" with speeds faster than the national average.

This being Sanford's 250th anniversary year, a better future is planned. To start Sanford on a better path officials looked at traditional indexes such as poverty level, which had been nearly 20 percent. In York it was 8.1 percent; in the state, 12.5 percent. Less than 18 percent of residents held a bachelor's degree. For York County and the state of Maine it was nearly 30 percent.

Other changes are coming. In 2019 Sanford will have the largest "solar array at any airport in the U.S." It will be enough energy to power 20,000 homes and the revenue will help property taxes.

New facilities have developed in health care. There was a Southern Maine Health Care Center, a new Walk-In Care Center and the "three million investment "in York County's only radiation therapy facility." York County's only radiation therapy facility and Life-flight of Maine will be at Sanford's airport.

The Sanford International Film Festival attracts videos from around the world, construction of

housing projects and senior residences are underway and private businesses are investing in structures and equipment. Mayor Cote summed up all these developments by saying Sanford is now "a happening place."

The next speaker on Sunday, Aug. 26 will be Eleanor Phillips Brackbill speaking on her book, "The Queen of Heartbreak Trail: The Life and times of Harriet Smith Pullen, Pioneering Woman" "about a Klondike Gold Rush character who became a legend.

A video of Babe Ruth impersonator Steve Fulven is now on the Shaker Museum's web site at www.alfredshakermuseum.org.

Festival plans

Several new activities have been added to the Alfred Festival Plans. Because the Alfred Festival is celebrating Parsons Memorial Library, children at Alfred Elementary School have been asked to draw a picture illustrating their favorite book. These will be hung around the big tent for fairgoers to admire. Also, the climbing wall is being reinstated, also the cloggers.

There will be demonstrations in the demonstration tent, as usual, and anyone wanting to join this group is asked to contact Susan Pierce, the festival chairman at 324-7263. There will be many crafters and vendors as usual. Parks and Recreation is planning an obstacle course in a bounce house (which sounds interesting) and a movie is planned for Saturday. One of the demonstrators (a goat owner) plans to make goat cheese. The tee shirts will celebrate the library and there will be first, second and third places awarded for the best floats in the parade.

The next meeting of the Festival Committee is at 6:30 p.m. in Parsons Library on July 9.

Celebration/open house

Two loyal town officers will be leaving their positions this month. Darcy Hobgood, the tax collector, is leaving for another position on Mt. Washington but doesn't plan to repeat her hike on the Appalachian Trail. Andy Bors is retiring as town clerk. Both will be missed for their loyal service to the town. When Andy was asked what he plans to do in retirement he stated "Nothing!"

A farewell and open house celebration will be held Thursday, July 12, in the Oak Street Bistro between 4 and 6 p.m. Townspeople are invited to attend. Hors d'oeuvres will be served.

Andy's monthly report for June included 2 births, one death, five burial permits, one marriage, 5 altered dogs licensed, 3 unaltered dogs, and 11 hunting and fishing licenses sold.

The code enforcement officer, Jim Allaire's monthly report reveals two new homes are being built, on Mouse Lane by David LeBrun and Colin's Meadow Lane by Patco. Jeff Webb applied for a permit for a detached garage; Michael Remillard applied for a permit to install a swimming pool; Juanita Provencher of Golden Era Circle applied for a permit for a shed addition; John Morin of Middle Branch Drive for a deck; Justin and Leanne Payer of Avery Road for a shed; Diane Lachance of Middle Branch Drive for two decks and John Perodeau of the shoreline district, permission to remove a hazard tree.



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We would like to thank our generous sponsors for their financial support of our trip to the OM World Finals competition at Iowa State University. It would not have been possible without you!

Danny, Logan, Colby, Bennett, Marissa, Calvin, Matthew

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FIREWORKS and your pets



Summer fireworks are an exciting time for us, but can be a very stressful time for pets. Some pets can be afraid of the loud noise of fireworks and may experience such things as shaking, vomiting, diarrhea and aggression. Dogs can cause injuries to themselves in an attempt to escape from the noise of loud fireworks as well as be destructive.

Most veterinarians have over the counter calming medications or treats that can be administered around the holidays. Thunder shirts (a special shirt that applies gentle constant pressure similar to swaddling) can have a relaxing effect in some animals. Pheromone sprays and collars can also help relieve stress. Stronger prescriptions that have a sedative effect can be prescribed by your veterinarian for animals with severe anxiety.

Remember that we may enjoy fireworks, parades, and social gatherings, but the safest place for your furry family member is contained in the safety of their own home.

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OBITUARIES

George F. Tucker

George F. Tucker, 68, of Sanford, died June 28, 2018, at the Maine Veterans Home in Scarborough. George served in the U.S. Army during the Vietnam Era.



George F. Tucker

George was born on Dec. 21, 1949, the son of George Tucker and Lorraine (Newman) Tucker.

George could be best described by his family and friends as a "gentle giant" quiet, and reserved. George's day would not be complete until he met his coffee buddies at Dunkin Donuts on Main Street in Sanford.

With his lifelong love of cars, it was no surprise that as an adult George found work in the automobile industry. In his spare time, he worked tirelessly on his 1955 Chevy and over the years was able to restore this classic car back to its original grandeur. What a beauty she was!

George found pleasure riding his Honda Shadow motorcycle during the warm months to Colebrook, N.H. and to bike week in Laconia, N.H. At the end of a long day, he enjoyed listening to his favorite play list on his iPod. George looked forward to his trips to Foxwoods or the Oxford casinos; where he loved to play the slot machines.

While attending a singles dance in Rollinsford, NH, George met the love of his life, Barbara Michaud. He loved to dance and would join anyone on the dance floor while the music played; but now his dance card was reserved for his honey, Barbara. They were together 27 years and within

their union George gained a step daughter, Cara and he loved his grandson, Jaylen. Upon seeing Jaylen, George would announce to the world, "Here comes' my boy!" There was no doubt that George loved them unconditionally. George will be missed by his family and by his many friends.

He is survived by his loving wife, Barbara Tucker of Sanford; his step-daughter, Cara Cooney and favorite grandson, Jaylen Snow.

A graveside service with military honors will be held on Friday, July 6 at 11 a.m. at the Southern Maine Veterans Cemetery, 83 Stanley Road, in Springvale.

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

In lieu of flowers, please consider donating to the Activities Fund @ Maine Veterans Home, 290 US Route 1, Scarborough, ME 04074.

The Autumn Green Funeral Home is respectfully handling arrangements.

CDR Harry Walter Kinsley, Jr., USN

CDR Harry Walter Kinsley, Jr., USN (Ret), age 87, of Limerick, passed away on Oct. 30, 2017, at the Gosnell Memorial Hospice, Scarborough, after a period of declining health.



Harry Walter Kinsley, Jr.

He was born in Norwalk, Connecticut, on July 10, 1930, the only son of Harry Walter and Alice (Isbell) Kinsley. Harry attended local Norwalk schools, and was a grad-

uate of Phillips Exeter Academy, Class of 1948, and Yale University, Class of 1952.

After graduation, he enlisted in the U.S. Naval Reserve, and subsequently was ordered to active duty at the Naval Officer Candidate School, Newport, Rhode Island. During his career he was assigned to 10 ships, serving in various capacities, including Officer in Charge of the USS Coolbaugh (DE 217), and the USS Greenwood (DE 679), and Commanding Officer of the USS Terrell County (LST 1157), and the USS Tuscaloosa (LST 1187).

His shore assignments included Recruit Training Command, Great Lakes, Illinois; Naval Postgraduate School, Monterey, California, where he earned an MS with distinction in Economics Analysis and Personnel Management; Plans and Programs Officer for the DX/DXG/DXGN program (which ultimately became the Spruance class destroyer) in the office of the Chief of Naval Operations, Washington, D.C., and the Naval War College, Newport, Rhode Island, where he completed the Naval Warfare Course, the equivalent of a Master's degree in International Relations.

His last duty station was Washington, D.C., on the staff of the Chief of Naval Operations, Department of Naval Education and Training. His years of service spanned the Korean and Vietnam wars. His decorations include the Bronze Star Medal with Combat "V," Meritorious Service Medal, Navy Commendation Medal, Meritorious Unit Commendation, National Defense Service Medal with Star, Navy Expeditionary Medal, Armed Forces Expeditionary Medal, Vietnam Service Medal with nine stars, Republic of Vietnam Campaign Medal with Device, and the Vietnam Cross of Gallantry--Unit Commendation.

During a stay in Bethesda Naval Hospital he met Navy nurse Mary Kerr Thing, and they married the next year on November 26, 1960, in Tampa, Florida.

Harry served on active duty for 26 years, and upon retirement, relocated with his family to Limerick, Maine, where he spent the rest of his days.

He returned to school and attended the University of Southern Maine, earning a bachelor's equivalent in Accounting. He then embarked on a career as a Business and Tax Consultant, based for many years in an office on Main Street, Limerick. He was very proud of the 15,000 tax returns he prepared for people in Limerick and neighboring towns.

Harry stayed involved and connected with his Yale and Exeter classmates. He served as

Class Correspondent for his Exeter Class for nearly forty years.

He served on the MSAD 57 School Board, State School Board Association, several Limerick committees, and was the speaker for many years at the Limerick Memorial Day and Veterans' Day ceremonies. He was a licensed lay reader in the Episcopal Church, and was also involved in his children's activities, including Cub and Boy Scouts, and youth sports.

An athlete in his youth, he closely followed college and professional sports, in particular, Yale, and his beloved New York Yankees. He was a Mason, member of the Independent Royal Arch Lodge, No. 2, F. and A.M.

Harry loved games and puzzles, to sing and to read (mostly history). Involved in the Limerick Historical Society from its inception, he served for many years as its historian. In retirement, he became very interested in genealogy, and spent many hours in libraries and cemeteries, tracing his and his wife's roots. He was very active in genealogical organizations, especially the Mayflower Society, Sons of the American Revolution, Order of the Founders and Patriots, Society of Colonial Wars, and the Piscataqua Pioneers.

He was predeceased by two sisters, Mary Jane (Kinsley) Lole, and Carol (Kinsley) Murchie. Harry is survived by his wife of nearly 57 years, Mary; his children: Margaret and her husband David Johnson of Washington, D.C., Harry III "Hank" and his wife Katie of Cary, North Carolina, John and his wife Beth of Scituate, Massachusetts, and Sarah and her husband John Choi of Cape Elizabeth, Maine; Harry's sister, Alice (Kinsley) Clark of Hamden, Connecticut, and ten grandchildren: Nathaniel, Mary Charlotte, and Seth Johnson; William Kinsley; John Jr., Louisa, and Amelia Kinsley; and Theodore, Christopher, and Andrew Choi.

Burial will be at Arlington National Cemetery, Arlington, Virginia. A memorial service will be held 10 a.m. Saturday, July 14 at St. Alban's Episcopal Church, Cape Elizabeth, Maine. Online condolence messages can be submitted at www.mainefuneral.com. Gifts in his memory may be made to: General Scholarship Fund, Military Officers Association of America, 201 N. Washington St., Alexandria, VA 22314; Washington National Cathedral, 3101 Wisconsin Ave., NW, Washington, D.C. 20016-5098; or Animal Refuge League of Greater Portland, 217 Landing Road, Westbrook, ME 04092.

TAI CHI

(Continued from page 1)

"My program at Jessica Peck's practice, Tai Chi for Arthritis and Fall Prevention, presents Sun style Tai Chi and Qigong rolled together, into an easy to learn program for excellent health benefits," Fallo explained. "We have two rules... Be safe! and Have fun!" Peck said that there has been a very good response to Fallo's class at her studio. "Most were new to Tai Chi, and eager to learn something that would improve balance and mobility," said Peck.

"This program not only helps folks to function with different types of arthritis, but is also effective for physical and mental balance, better focus, increased flexibility and also helps with many other diseases, including Diabetes, Parkinson's, back issues and other illnesses," explained Fallo.

The class at Peck's will continue on Monday mornings from 9-10:15 a.m. If you are interested in joining the class, you are encouraged to drop by and observe a class in session. A new class will begin on Monday, Aug. 6.

Fallo also teaches Tai Chi at Mind Body Soul Holistic Wellness in Cornish. Tai Chi for Arthritis Intermediate Class begins on July 13 and a new Tai Chi for Arthritis Beginners Class will begin on Aug. 24. Both classes will run for 6 weeks, from 8:30-9:30 a.m.

If you are interested in joining one of Fallo's classes, stop by Peck's Family Acupuncture at 813 Main Street, Waterboro, call 247-7388 or visit their website at www.peckfamilyacupuncture.com; or Mind Body Soul Holistic Wellness in Cornish at 31 Maple Street, call 619-0994 or visit their website at www.maineholisticwellness.com.

Peck said that Fallo is doing some further training. "In the near future I will be introducing Dr. Lam's newest program, Tai Chi for Heart Condition," Fallo added. Peck said they may be offering that class in 2019.

Fallo says, "I always tell my classes: I am also on a Tai Chi journey, my own pathway, so look at me as your guide, not a teacher, but a guide, that will take you on a journey to discover yourself."

"I'm grateful for his contribution to wellness in the community, and I hope more people, young and old, take up this ancient mind body practice," added Peck.

Fallo isn't the only Tai Chi instructor in the area. Al Delany of Tai Chi at Moderation Corner has been teaching Tai Chi in this area for years, both at the studio at Moderation Corner in Buxton, and at through Standish Recreation. He currently has a class on Thursdays from 9:30-10:30 a.m. at the Standish Town Hall Sebago Room, now through Aug. 9, for ages 18-103. For more information, contact jderice@standish.org, call 642-2835 or visit their website, www.standishrec.com. You can also call Delany at 247-3482.

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TRAFFIC NOTICE FOR SATURDAY, JULY 14:

The parade will line up at Waterboro Town Hall and travel down Route 5 to the Massabesic Middle School. Old Alfred Road will be a ONE WAY on Saturday starting at 6 p.m. until after the fireworks.

