

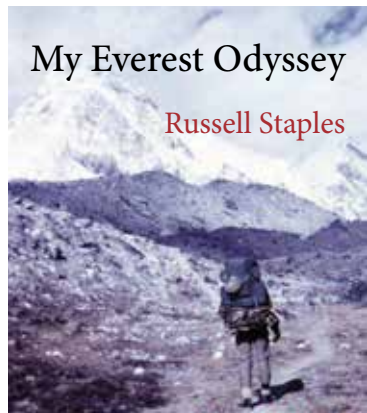
REPORTER

YOUR COMMUNITY NEWSPAPER

VOLUME 18, ISSUE 4

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THURSDAY, JANUARY 30, 2020



My Everest Odyssey
Russell Staples

Join Russell Staples for an author talk on Feb. 6 at 6 p.m. at the Waterboro Public Library.

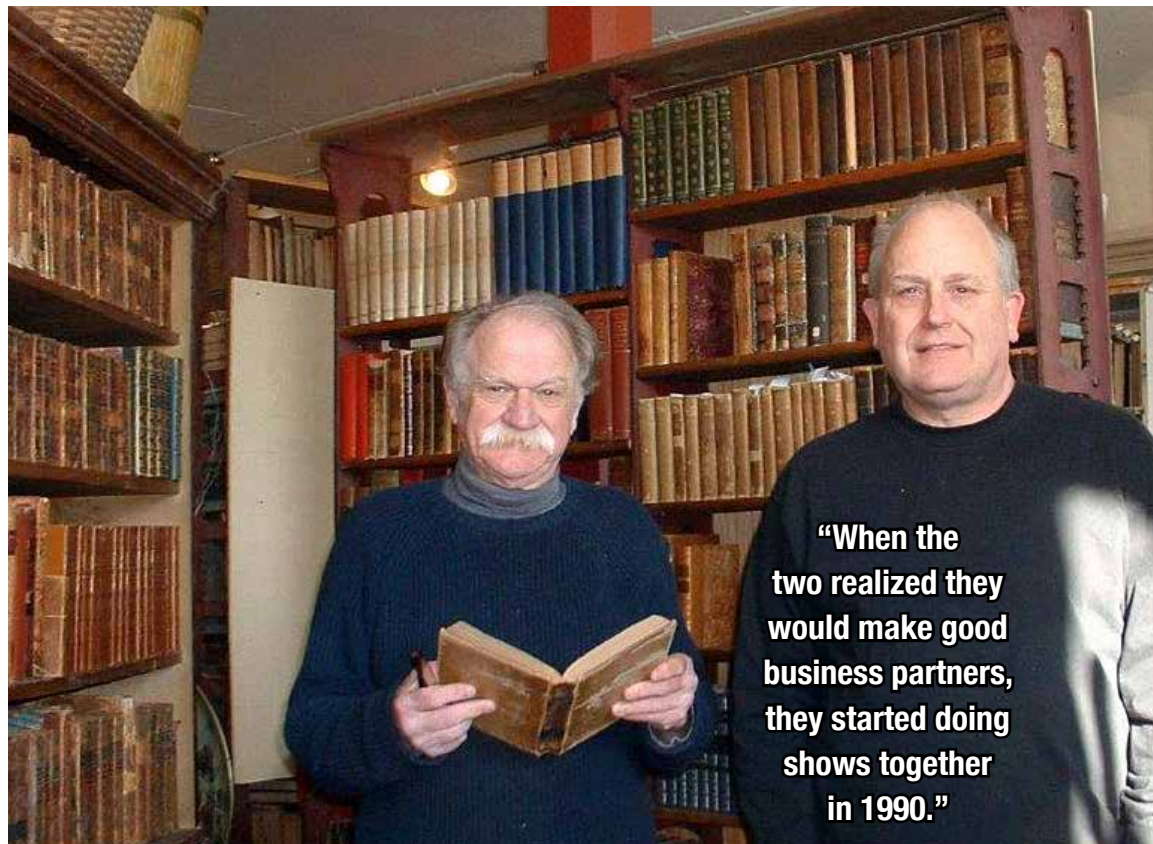
Everest adventure discussed

Author, Russ Staples, a New Hampshire native, will discuss his recently published memoir, *My Everest Odyssey* at Waterboro Public Library on Thursday, Feb. 6 at 6 p.m. More than 50 years ago Russ trekked from Kathmandu to Mount Everest, the world's tallest mountain, in sneakers and a borrowed backpack, making him one of the earliest Americans to set foot at the 17,800 ft. basecamp. Russ was a Peace Corps volunteer in southern India in 1967 and the 22-year old set out with \$200 in his pocket and an abundance of youthful enthusiasm that would serve him well on his often-harrowing, 27-day, and 400-mile journey by foot.

Unlike Everest adventures of today, Staples' 1967 hike was unsupported – the robust Everest tourism industry hadn't yet arrived in Nepal. There were no planes, no hospitals, and certainly no rescues. Instead, he relied on the generosity and kindness of rural Nepali farmers and his own grit and determination. His journey took him by ancient Buddhist monasteries, through neatly terraced fields and pristine Himalayan wilderness as he walked in the footsteps of Sir Edmund Hillary and the 1963 American expedition.

Staples' memoir is based on the journal he kept during his trek and includes incredible, never-before-published photos of an Everest and a Nepal that exist now only in the pages of history books. It is available to check out at the Library.

The Waterboro Public Library is located at 187 Main Street, East Waterboro. For more information, call 247-3363 or visit the Calendar of Events page at waterborolibrary.org. Registration is not required for this event.



Frank Wood, left, and Scott DeWolf, the proprietors of DeWolf and Wood, have a world class collection of books in their Alfred shop.

“When the two realized they would make good business partners, they started doing shows together in 1990.”

PHOTO BY ALLISON WILLIAMS

Alfred's antiquarians

BY ALLISON WILLIAMS

There is a 'book-lovers heaven' in the Alfred center village building at 2 Waterboro Road. Although there are enough books to satisfy any bibliophile, there are also many pictures, china dishes, furniture and what have you, all in a pleasing jumble. It is the kind of place antique lovers love to visit.

The owners, Frank Wood and Scott DeWolf, first met through their interest in the Shakers while working at the Sabbath Day Lake colony. The shop is called DeWolf and Wood, Antiquarians on the Green and is two stories of books, antiques, postcards and paper.

According to their website (www.dwbooks.com), in 1989 DeWolf began selling Shaker books, ephemera, photographs and manuscripts. Wood had been selling used and rare books since the 1970s. “When the two realized they would make good business partners, they started doing shows together in 1990.”

A common interest in antiques led to their purchase of the Alfred

building for a store, formerly used by the Masonic Lodge and Eastern Star (on the third floor). The Masonic Lodge had a 100-year lease which expired in 1969 and the Eastern Star, a branch of the Lodge, also met there.

It has been a commercial enterprise as far back as when the Littlefield brothers ran a store there, post Civil War era. Subsequent owners either sold antiques or ran it as a general store. For many years Herbert Fernald ran it as a general store – I'm told his picture hangs in the back of the store. When John

Roberts ran it as a general store his sister “Marnie” Roberts became famous locally for her cooking and the courthouse workers all headed down to the store for their noon lunch. For several years the Canney family lived there and operated a store.

DeWolf and Wood have occupied the store for 26 years – on April 1 it will be 27! Both have a particular interest in books on history, especially Maine history, the Shakers, Americana and native Americans. Their large collection is the result of traveling all over the country to auctions and to rare book shows from Pasadena, California to New York City.

The lower level looks like a well-stocked library. When I confessed I have no more room for books in our home, Wood offered that they are good insulation! At present, Wood is living on the third floor but it is a temporary arrangement while his daughter and grand-daughter occupy his home. But living that close to his books must give him great satisfaction. Book lovers will understand.



DeWolf and Wood's shop at 2 Waterboro Road, Alfred.

Coping with an addict

BY CYNTHIA MATTHEWS

A new local support group called “Coping with an Addict” was started by Matthew Baron of Limerick. Baron's brother suffers from a heroin addiction and over the last five years, Baron has tried to find ways to help his brother, and to help himself cope. But there is simply a lack of resources. He was able to get ahold of a few books, but nothing out there really helped. He found a support group in Portland about a year ago, and began attending their meetings. “But that also began to wear me down,” he said, “driving an hour into Portland in the evening, for an hour and half meeting, and then driving another hour home.”

Baron thought, why not do something locally? We know that drug addiction is in our communities. So, he decided to do the training and recently became a certified recovery coach. Just before the holidays, he posted the group's first meeting on Facebook. Why Facebook? Why not? That's where many of us spend our time looking for information. And he began to get messages right away. He contacted a selectman and told him what he was doing and asked if he could use the town hall. Six people came to the first meeting a month and a half ago, and it continues to grow.

“Everyone is at a different level,” Baron explained. “We don't give advice, we share our experiences.” Baron talked about his brother, whom he has tried to support as much as he can. But, it's hard. “Coping with someone who suffers from a substance abuse disorder is one of the most difficult things any family member or friend could ever encounter,” said Baron. “Going through the period when somebody decides to stop

(Continued on page 3)

NEW EVERY THURSDAY!

Find out what's going on in YOUR LOCAL community every Thursday!

LOCAL NEWS • LOCAL EVENTS • LOCAL FACES • LOCAL BUSINESSES



Community Calendar

EMAIL NON-PROFIT EVENT LISTINGS TO: NEWS@WATERBOROREPORTER.COM

UPCOMING EVENTS

ABC IMPROV GOES TO THE CIRCUS a fundraiser for Odyssey of the Mind at Massabesic High School, Friday, Jan. 31 from 7 to 9 p.m. in the high school auditorium. Tickets are \$10 for adults and \$7.50 for kids. If you like "Whose Line is it Anyway," you'll love the professionals of ABC Improv: Steve Corning, Nate Greene, Amanda Kinsey, Bob LeBlanc, Brian Files and Joe Swenson. This is a family-friendly event.

ALFRED REPUBLICANS CAUCUS Jan. 31 at 6 pm, at the York County Office Building, 149 Jordan Springs Road, (Rte. 4), Alfred. The purpose of the caucus is to elect Delegates and Alternates to the State Convention, elect delegates to the York County Republican Committee, elect your Republican Town Committee officers, and organize for the upcoming elections. All Alfred Republicans are urged to attend and participate in this caucus. The Town Registrar will be available a half hour prior to the start of the caucus to register republicans who are not registered, are registered as unenrolled, registered republicans who have relocated.

CORNISH REPUBLICAN TOWN CAUCUS is going to be held on Saturday, Feb. 1, at 10 a.m. at Pike Memorial Hall, lower level, 17 Maple Street in Cornish. Pike Memorial Hall (Cornish Town Hall) is next to the Cornish Hardware store. All registered republicans in Cornish are invited and requested to attend the upcoming town caucus. The town clerk will be available prior to the caucus to enroll new republicans. Doors open after 8 a.m. Call 651-8645 for more information.

WRITERS! ANNUAL FEBRUARY WRITER'S GROUP hosted by Maine author, Carolyn Chute on Saturdays, Feb 1, 8, 15 and 22 from 11 a.m. to 4 p.m. at the Limerick Brick Town Building. Bring an original piece to read and discuss. Potluck lunch. Presented by Limerick Parks and Recreation.

FREE ADVANCED CARE PLANNING INFORMATION SESSION Southern Maine Health Care is hosting a free informational session on Tuesday, Feb. 4 from 2 to 4 p.m. about Advanced Health Care Planning Documents, which includes: Advanced Health Care Directive; Do Not Resuscitate (DNR); and POLST forms. When you need medical help but are not able to speak for yourself, a written plan can make your wishes known. Our experts will explain these documents, why they are important, and how to complete them. Presenters include Shirley Frederick, MD, Southern Maine Health Care Family Medicine and Britton Ryan Garon, Esq., LL.M., Attorney at Bergen & Parkinson, LLC. Southern Maine Health Care, Sanford Medical Center Conference Room, 25 June Street, Sanford. For more information, call Barbara Steele at 490-7977.

ABENAKI DRAFT HORSE ASSOCIATION WINTERFEST 2020 on Feb. 23 (March 1 alternate date) from 11:00 AM - 2:00 PM at 117 Duke Lane, Lyman. Horse drawn sleigh rides/Wagon rides, Food and Music. Free Admission. Sleigh ride prices -- Adults \$5, 15-18 years old \$3, Children under 14 free if accompanied on ride by an adult. Questions? Call Tom Bragg 207 651 5282 or email David Oleson: oleson@midmaine.co

REGISTER TO VOTE, CHOOSE PARTY BY FEB. 14 Mainers can register to vote or enroll in a party on Election Day. Those already enrolled in a party and decide they would like to make a change cannot do so after Feb. 14. Those not enrolled in a party may enroll on Election Day.

ONGOING EVENTS

SCRABBLE with FRIENDS meets every Wed. at 1 p.m. at Soldiers Memorial Library, 85 Main Street, Hiram. New members welcome. Library Hours: Tues. 2-5 p.m., Wed and Thurs 10 a.m. - 5 p.m.; Sat. 9:30 a.m. - 12:30 p.m. 625-4650 www.soldiers.lib.me.us.

MONDAY WRITERS at the Waterboro Public Library, first Monday of every month (when the library is open) 6-8 p.m. All writers are welcome. Bring a short piece to read and discuss.

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

The Center for Grieving Children is currently seeking volunteers for our Spring 2020 Sanford facilitator training. Those interested in learning more about supporting grieving children and families are invited to attend a one hour Orientations in Sanford on Tuesday, Jan. 21 - 5:30-6:30. FMI or to register, contact Beth at volunteer@cgcmaine.org or call 775-5216.

ALZHEIMER'S SUPPORT GROUP Free and open to anyone that has a loved one diagnosed with Alzheimer's or any form of dementia. Understand the process of the disease and allows for sharing and questions. Third Wednesday of each month 10 a.m. to 12 p.m. in the Southern Maine Health Care Pavilion Conference Room, 35 July Street, Sanford. FMI 490-7600 Kathy or Jeri.

SANFORD MAINE STAGE is seeking volunteers to help the theatre in various capacities. We are looking for volunteers to help in selling concessions, to work backstage during shows, help with costumes, sets, lights & sound, raffle table, etc. We have 5 shows scheduled for this year starting with "When Irish eyes are smiling" on March 14 at 7pm and March 15 at 2 pm. Other shows, dates, times will be posted on our facebook page next week. If you are interested please let us know via our facebook page or marya.Troopstair@gmail.com. This is a good way to get credit hours for those of you in high school.

SUNDAY SERVICES of The Church of Jesus Christ of Latter-day Saints is from 9 to 11 a.m. at 25 Westview Drive, Sanford or

from 10 a.m. to noon at 15 Smith Lane, Saco.

LYMAN COMMUNITY LIBRARY WEEKLY PROGRAMS Tuesdays drop-in knitting and fiber optics group; Wednesdays at 3:30 p.m. children's and family movies in the activity room; Fridays at 10 a.m. and Saturdays at 10:30 a.m. is preschool storytime. The library is located at 10 John Street. Call 499-7114 FMI.

TOPS is a weight loss support group that meets every Wednesday from 5:45 to 6:45 p.m. in the lower level of the Springvale Public Library. Meetings are open to all. For more information, contact group leader Linda Rose at lrose4180@yahoo.com or 676-9063.

FIBER ARTS GROUP Do you love to knit, crochet, sew, or spin? Waterboro Public Library invites you to join us every Thursday from 2 to 3:30 p.m. for an afternoon of crafting and conversation with fellow artists. Sharing is encouraged. Bring your own tools, materials and current project with you. Assistance with knitting will usually be available. We welcome crafters of all skill levels. Registration not required.

*** ABC IMPROV GOES TO THE ***
CIRCUS
 MASSABESIC HIGH SCHOOL
 7 - 9 PM, JANUARY 31ST
 ODYSSEY OF THE MIND FUNDRAISER
 TICKETS \$10 ADULTS, \$7.50 KIDS

10TH ANNUAL Ice Fishing Derby

Sokokis Lake public boat launch, Route 11, Limerick
Sunday, Feb. 2
7 a.m. to 3 p.m.

Early sign-up: Feb. 1 at noon
SNOW DATE FEB. 9

- 1ST PLACE CHILD - \$200
- 2ND PLACE CHILD - \$100
- 3RD PLACE CHILD - \$50

All three child winners also receive a trophy!

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 Please include name, town and phone number for verification.

INVEST IN YOUR COMMUNITY.
Shop Locally!

COPING WITH ADDICT

(Continued from page 1)

enabling and letting go is a period of time where it feels like you are going through hell.”

“You’re always on edge,” said a group participant. “You’re always waiting for that phone call. You can never relax,” she said, “There’s always a constant crushing feeling...”

“It’s like the loved one was in a traumatic accident and you don’t recognize them anymore,” added Baron.

“It’s physically and emotionally tiring,” said another group participant. “You’re just trying to put one foot in front of the other.”

“But,” she continued, “There’s a lot of shame to it. Along with addiction comes breaking the law, and other stuff, too. There’s so much to it.”

“When I first saw it (the post) I was at my worst,” she explained. “I needed something. I was being consumed. Being here and sharing with everyone has helped me so much. If I’m here, maybe I can help and support someone else as well. We are supporting each other.”

“Talking about it just helps deal with it all,” said Baron. “Communicating has made me feel better, and has provided huge growth to me as a person.”

“Here, everyone has some level of pain, anxiety,” added a group participant.

“We all understand each other,” Baron continued.

At this meeting, Baron handed out some literature, an article York County Sheriff Bill King wrote for Sheriff & Deputy magazine in March/April 2017, and an article on how addiction affects the brain. In the first article, Sheriff King states, “In a state with only 1.33 million residents, we are battling an unprecedented heroin epidemic.” He continued to explain that, on average, “one person in the state of Maine dies from a heroin overdose every day.” He stated that according to the Center for Disease Control and Prevention (CDC), “in 2015, 52,404 people died from drug overdoses, a rise of 11 percent.” And it’s getting worse.

According to the Maine Opioid Summary from the National Institute on Drug Abuse, Maine was among the top ten states with the highest overdose deaths involving opioids in the US in 2017. “There were 360 overdose deaths involving opioids that year – a rate of 29.9 deaths per 100,000 persons, compared to the average national rate of 14.6 deaths per 100,000 persons.” (<https://www.drugabuse.gov/opioid-summaries-by-state/maine-opioid-summary>)

The second article stated that, “Opioid addiction changes the way the brain functions,” and goes on to explain those changes. It concludes by saying that “Addiction is not simply a behavioral problem that people choose to stop... those behaviors are more like the symptoms of the underlying brain disease we’ve come to know as addiction.”

“Addicts are not bad people, they just make bad choices,” Baron added.

“It’s okay to love an addict,” said Baron. “Love them, spend time with them, be the best person you can be.”

For more information on the group, contact Baron at 694-6988, send an email to copingwithaddict@gmail.com, or find them on Facebook. Coping with an Addict meets on Thursday evenings at 6pm at the Old Brick Town Hall in Limerick. All meetings are open to anyone who would like to attend for self wellness and get support. Meetings last about 1.5 hours and are private and confidential.

Coping with an addict is a support group for family and friends to come together and not be judged for loving someone that is going through addiction. Each week, they have various resources and speakers available to come in and share their knowledge of addiction. Communicating with others and being able to express yourself is a key to our own recovery in overcoming enabling and codependency.

“Instead of judging an addict, take the time to find out the story. No one wakes up one day and decides, ‘I want to be an addict.’” Quote from the Addiction Hotline, 1-800-815-6308, that Baron recently posted on the Coping with an Addict Facebook page.

Sanford Regional Technical Center seeking applicants for 2020-2021 school year

The Sanford Regional Technical Center (SRTC) provides career and technical education opportunities to students from eight area high schools in York County as they prepare for their lives after graduation. Current 10th and 11th grade students from the following high schools are invited to apply for a program (currently offering 20) of their choice: Kennebunk, Marshwood, Massabesic, Noble, Sanford, Traip Academy, Wells and York. Homeschooled students who reside in the communities served by these

schools are also eligible for participation in SRTC programs.

More information regarding the programs available can be found at www.sanford.org/o/sanford-regional-technical-center. Applications are available on our website and must be completed for first round consideration by March 6. To complete the online application, choose “Menu” from the home page and then “Admissions/Apply Online.” Contact SRTC if you are unable to complete the online application and someone will assist

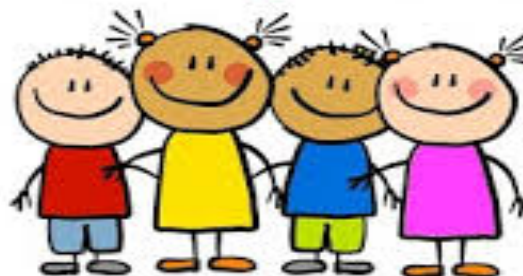
you with the process.

Interested students and adults in their life are invited to attend an Open House on Wednesday, Feb. 26 from 6 to 7:30 p.m. to learn about the programs offered at SRTC, tour the center and meet our staff. SRTC is located at a new location, 100 Alumni Boulevard in Sanford.

If you have any questions regarding programs or the application process, contact Deanna Farrell, Student Services Counselor, at 324-2942 or dfarrell@sanford.org.

**REGIONAL SCHOOL UNIT NO. 57
2020/2021**

Pre-K Registration



**Children MUST be
4 years old by
OCTOBER 15, 2020!**

**PRE-K LOTTERY REGISTRATION INFORMATION
AND DEADLINE**

Pre-K programs seek to serve our local schools first (Alfred Elementary, Lyman Elementary, Line Elementary, Shapleigh Memorial and Waterboro Elementary). Each child registered for the lottery will have an opportunity for selection. Once all openings have been filled by local residents (meeting the identified district criteria), we will reach out to district community members who are on a waitlist to determine interest in program admittance should spaces become available.

**FORMS MUST BE COMPLETED AND SUBMITTED BY
FEBRUARY 28, 2020**

DOWNLOAD FORMS AT

<http://www.rsu57.org/parents/registration>

For more information call: (207) 247-3221 ext. 2264



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Drawing to be held 3/31/20. Raffle to benefit the John H. Carroll Scholarship Fund.

NEWFIELD

C.J. Pike

fudgecupboard@yahoo.com
793-8760

A fond farewell to James Campbell

This week's column will be a little tribute to our former State Representative, James Campbell, who passed away on January 16, at this home in West Newfield with his family by his side.

Campbell was like any other man who loved his family, the town where he lived, politics and life in general. He enjoyed living in Newfield and was always ready to volunteer in any capacity, where he could do the most good.

Whenever I would bump into him at the post office, he always had a friendly hello, and a smile, and he was like that with everyone. He knew practically everyone in town, and during his term in Augusta, he was the man to contact with any local issues. I remember when Thelma Connell was alive, she would always say, "Call Jim Campbell, he can help out." And, he was the guy who would help to get things done, especially for the elderly.

He served eight years under the leadership of Governor John E. Baldacci, and from what I heard, he truly enjoyed their morning meetings for coffee and conversation. In 2012 he ran for office again, and served another four years. He was an advocate for the elderly in Maine, and was always available to listen to his constituents and help in any way possible.

In addition to his service on the state level, locally, he was actively involved with the York County Area Agency on Aging, Northern York County Rod & Gun Club, Limerick-Newfield Lions, Saco



Shown here are participants from the first paint night at the Newfield town hall. PHOTO BY C.J. PIKE

River Corridor Commission and several other local organizations.

A Celebration of Jim's Life will be held on Saturday, June 27 at the West Newfield Town Hall at 23 So. Effingham Road, from 1- 4 p.m. Any donations in his memory, can be made to a charity of your choice.

Campbell leaves his wife of 63 years, Shirley Wade Campbell; his daughter Jayme Lee Schreinemachers and her husband Matthias (Matt); and his son and namesake James (Jimmy) J. Campbell, Jr. and his partner Holly Flynn. All are from the Newfield area. He leaves a granddaughter Jessica Wade Campbell and a great grandson Dylan Campbell of Sanford. And several other relatives, as well.

Final ice harvest

The final Ice Harvest will be held this Saturday, Feb. 1, from 10 a.m. to 3 p.m. at 19th Century Curran Village at 70 Elm Street. Get involved in an old time ice harvest with the tools of that era, wagon rides, assemble a life size Model T and much more. Food concessions and blacksmithing are also part of it. Fun for the entire family.

Recreation news

Game Night will be held tonight, Thursday, January 30, at the West Newfield Town Hall at 23 So. Effingham Road from 6:30 to 8:30 p.m. This is a free event; bring your own snacks and drinks, no alcohol, please. Bring along your favorite game, too, if you wish.

Meetings

Cub Scout Pack #329 - Feb. 3, at Line School at 818 Water Street at 6 p.m. Anastasia Ferguson is the Cubmaster.

The American Legion - Feb. 3, at the Brick Town Hall at 11 Main Street in Limerick at 7 p.m.

Newfield Selectmen - Feb. 4, at 23 So. Effingham Road at the West Newfield Town Hall at 6 p.m.

Newfield Firefighters training session - Feb. 4, at the Public Safety Building at 85 Water Street in West Newfield at 7 p.m. New members are welcome to attend.

Tea Time - Feb. 5, at the Newfield Village Library at 637 Water Street at 3 p.m.

Boy Scout Troop #329 - Feb. 5, at the Brick Town Hall at 11 Main Street in Limerick at 6:30 p.m. New members are welcome. Jim Dion is the Scoutmaster. Call Joe Iannazzo at 850-6237.

The Comprehensive Planning Board - Feb. 5, at the West Newfield Town Hall at 23 So. Effingham Road, at 7 p.m.

Newfield Planning Board - Feb. 5, at the West Newfield Town Hall at 23 So. Effingham Road, at 8 p.m. following the comprehensive planning board meeting.

Newfield Rescue training session - Feb. 6, at the Public Safety Building, at 85 Water Street, at 7 p.m. Anyone interested in volunteering may contact Dick or Hazel McGlincey at 793-2045 or any rescue member.

LIMERICK



Dick McGlincey has retired! Come celebrate with him, and thank him for all his years of service on the Limerick Fire and Rescue, this Sunday, Feb. 2, from 1 to 3 p.m. at the Limerick (Brick) Town Hall, 11 Main Street.

ALFRED

Allison Williams

awilliams@waterbororeporter.com
324-5823

Bicentennial library read-a-thon underway

It has been 200 years since John Holmes led Maine to statehood. That is a special reason to celebrate. Parsons Memorial Library is providing an opportunity for readers to enjoy Maine authors and perhaps win a prize for their efforts. The list of prizes includes tickets to Smitty's Cinema, or Maine Made Handspun Yarn or a gift certificate to Shaw's Ridge Gifts or Wild Maine Blueberry Jam, etc.

One entry per patron, per month and all entries will be included for an end-of-the-year grand prize! All ages are invited to participate.

New junior fiction at the library includes "Layla's Happiness" by Mariahadessa Ekere Tallie; "Listen" by Holly McGhee; "My Heart" by Corinna Luyken; "Small and Warm All Day, Three Stories about Two Friends" by Tina Kugler; "Stitchin' and Pullin': A Gee's Bend Quilt" by Patricia C. McKissack; "Strictly No Elephants" by Lisa Mantchev; "Sulwe" by Lupita Nyong'o; "What Miss Mitchell Saw" by Hayley Barrett.

For young adults there is "The Complete Persepolis" by Marjane Satrapi and "Night Country" by Melissa Albert.

Parish Church's 236th annual meeting

Sunday, Feb. 2, the 236th annual church meeting will be held at 11:30 a.m. following the morning service. A potluck luncheon will follow the meeting, both will be held in Conant Chapel. The annual reports are now available, one per family.

Sunday School will also be held on Feb. 2.

Weekend sledding on Ricker Hill

An exciting weekend for youngsters will be the event being sponsored by Three Rivers Land Trust. On Saturday, Feb. 15, from 11 a.m. to 1 p.m. there will be sledding at 235 Swetts Bridge Road (known as Ricker Hill). There are also indoor fun events planned. So polish your sleds and sliders, kids, and join the fun.

WATERBORO

Old Home Days theme will be a luau

The Waterboro Old Home Days committee recently announced that the theme for this year's Old Home Days will be a luau on July 10 and 11.

So, get your Hawaiian shirts and hula skirts ready! Lots of fun exciting ideas for this year.

The committee's next planning meeting will be held on Thursday, Feb. 27 at town hall (old side entrance) at 7 p.m. All are welcome to attend.



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Read the REPORTER online at www.waterbororeporter.com

BRIEFS

Girl Scout sign-ups

Girl Scouts of Maine (GSME) announces that it will host new member sign-up events for potential members and volunteers at locations throughout the state.

“Girl Scouts helps girls develop their full potential,” says Joanne Crepeau, CEO of Girl Scouts of Maine. “When a girl becomes a Girl Scout, she grows into a young woman who is self-confident, strong and compassionate. She learns how to build and maintain healthy relationships. She becomes more aware of the world around her and uses her skills and talents to make her world a better place.”

Here is a list of upcoming sign-up events in your area:

Feb. 3: Shapleigh Memorial School, Shapleigh, 6 p.m.

Feb. 4: Central School, South Berwick, 6 p.m.

Feb. 10: Kennebunk Free Library, Kennebunk, 6 p.m.

Feb. 11: Alfred Elementary School, Alfred, 6 p.m.

Feb. 13: Line Elementary School, West Newfield, 6 p.m.

For more information about Girl Scouts visit girlscoutsofmaine.org or call 888-922-4763.

SPORTS

ICE HOCKEY

BOOM ties up Ice Cats

By MICHAEL DEANGELIS
news@waterbororeporter.com

Bryce Pray scored late in the third period to help BOOM (Biddeford, Old Orchard, Massabesic) hockey escape with a 3-3 tie against the Ice Cats (Lake Region, Fryeburg, Oxford Hills) at Biddeford Ice Arena on Saturday, Jan. 25.

Logan Magnant had a first period goal and BOOM (4-5-3) led 2-1 after two periods thanks to Pray, who hooked up with linemate Jamie Sperlich for the lone goal of the middle period.

The Ice Cats (5-5-1) scored twice in third to go up 3-2, but Pray (Sperlich assisting) got the game even with less than one minute left and a scoreless overtime sealed the tie.



Gavin Sperlich (goalie) makes a save against Thornton Academy on Jan. 28 with brother, and BOOM teammate, Jamie (#12) looking on. BOOM lost to TA 3-0. PHOTO BY JASON GENDRON

INDOOR TRACK

Galbraith wins hurdles

Massabesic's Keara Galbraith won the 55-yard-hurdles with a 9.87, edging Deering High's Darcy Lally who posted a 9.94, at an eight-school indoor track meet held Saturday, Jan. 25.

Carrie Phinney was third in the high jump and she finished fifth in the triple jump. Elizabeth Bates-Torrey took second place in the 600-yard-run and the lady Mustangs got a second place finish from their 4 x 800 relay unit.

Saucier second

Jakob Saucier was second in the two-mile and he was fourth in the 800.

SWIMMING

Girls top Westbrook

The lady Mustangs got wins in 6 of 12 events, helping them to a tight 94-76 win over Westbrook on Thursday, Jan. 23.

Massabesic got two wins from Emma Hartigan. The sophomore won the 50-freestyle and she won the 100-backstroke. Evelyn Soule-Parent won the 200-freestyle and Aleena Beneszewski won the 500.

The lady Mustangs won the 200-medley-relay and the 400-freestyle-relay.

Conner Robles won the 500 and Jeremiah Van Tassell won the 200-freestyle for the men, but Westbrook came away with a 54-20 victory.

— By Michael DeAngelis

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, February 11, 2020 beginning at 6 p.m.**

Public Hearing is to receive comment regarding a Special Amusement Permit for the Town of Waterboro for the Blues Festival scheduled for August 22, 2020 in Friendship Park.

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, February 11, 2020 beginning at 6:00 p.m.**

Public Hearing is to receive comments regarding a Write-In Candidates in Municipal Elections Ordinance.

The proposed ordinance is available at Waterboro Town Hall and on the town's website at www.waterboro-me.gov.

WRESTLING

Wrestlers perfect at Sanford

Massabesic wrestlers went undefeated at a five-school meet held Jan. 25 at Sanford High.

The Mustangs beat Fryeburg Academy 66-6 and they topped Cheverus 57-24. Massabesic took care of the hosts as well, handing the Spartans, who also fell to the Monks 54-18, a 53-30 loss.

BASKETBALL

Girls hoop team 9-6

The 9-6 lady Mustangs fell 53-52 to host Bonny Eagle on Jan. 24 and they dropped a 73-57 decision at Noble on Tuesday, Jan. 28.



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All our best to you and yours for a happy and healthy 2020!

Obituaries

Paul S. Verrell

Paul S. Verrell, 73, a longtime resident of Waterboro, passed away unexpectedly at his home on Jan. 23, 2020, with his family by his side.



Paul S. Verrell

Paul was born in Lynn, Massachusetts on Dec. 10, 1946 the son of Frederick H. and Dorothy M. (Buskett) Verrell Jr. He grew up in Lynn, Massachusetts a graduate of Lynn Trade High School in 1963. Paul learning valuable skills in electrical wiring, and worked in the electrical field as well as security positions from 1963 to 1965.

In 1964, Paul decided to enlist in the U.S. Navy, in May the following year Paul completed his electrician's mate class training and was advanced to the rank of fireman where he was awarded the national defense service medal for service during the Vietnam era. Paul was honorably discharged from the U. S. Navy in 1967 at the rank of E5. During his time in the Navy Paul attended Electrician's Mate School, Great Lakes Illinois training center.

Paul always took advantage of every opportunity to further his interests and training in public safety and the service of others.

During the years of 1972 and 1985 Paul completed many training courses, including radiological monitoring through the Civil Defense of Massachusetts; Emergency Medical Technician-Ambulance through the Lynn Hospital; E.M.S. communications at Washington County Maine; Maine Criminal-Justice Academy, Reserve Police Officer Certification; PR-24 Police Baton Training with Sanford Police Department along with attending a seminar offered through the Portland Maine Police Department regarding the laws of search and seizure.

Paul had an extensive work career in the field of public safety, including the Lynn, Mass. Fire Department; Princeton, Maine Police Department; Kennebunkport, Maine Police Department; Wells, Maine Police Department from which he retired from in June 1990.

Even after retirement Paul continued to volunteer and work as a

civil servant, volunteering as a firefighter for the Town of Waterboro and as the Waterboro's Constable/Animal Control Officer.

Paul's ability to run into burning buildings without much regard for himself showed how much he cared for other's; this quality was also carried over to his family. A simple phrase or three short words that carry the greatest example of fatherhood could be "Best Dad Ever." Paul was very protective of his children but was always present to lend a helping hand when they needed him, his love for his grandchildren could be seen on his face each time they visited with him. "Grampy" was soft, loving, and gentle; it was not uncommon to see this gentle giant sitting on the couch teasing and laughing with his grandchildren asking for hugs and kisses.

Paul loved to collect John Wayne and fire fighter memorabilia; many special-edition John Wayne and fire-fighter trains are carefully displayed throughout his home.

He also believed in being prepared and was very well organized so in the event of a power outage; he made sure everyone in the house had a flashlight on hand just to be on the safe side.

Paul enjoyed hunting and fishing in Northern Maine, and he would often reflect on spending time with his father and friends during these trips.

Paul's son Paul Jr. shared in their first Moose hunt in 1987, and his father was successful in "bagging a moose."

Both Paul and Paul Jr. went out hunting last year, and although they did not see any deer Paul Jr. recalls that his dad did get in a "great nap."

Paul loved to cook; he was super organized and always went by the recipe if Kraft Macaroni and Cheese asked for two tablespoons of milk, he added exactly two tablespoons of milk. He loved making his lasagna and meatballs; when Paul Jr. married his wife, Paul baked six pans of lasagna for the wedding. He also cooked for his fireman family at the Lynn Fire Department on many occasions.

Paul was certainly the patriarch of his family; his loss will weigh heavy on all the hearts that loved and had the pleasure of calling him a friend.

Paul is survived by one son Paul S. Verrell Jr. and wife Melissa of Waterboro; one daughter Bethany L. Paul and husband Justin of Waterboro; two sisters Carol Helinsky of Florida and Gail Ladd and husband Jim of New Hampshire; one brother

Mike Verrell and wife Debbie of Massachusetts; four grandchildren; many nieces, nephews and cousins.

Paul is predeceased by one brother Steve Verrell, who passed away in 2008 and one brother-in-law Robert Helinsky.

Paul's service with full military honors will be held on Jan. 31 at 10 a.m. at the Autumn Green Funeral Home, 47 Oak St., in Alfred with Deacon Paul Lissandrello officiating; friends and family are invited to share stories immediately following the service.

In lieu of flowers and keeping with Paul's passion for public service, please consider making a donation to your local fire department, his fire-fighting brothers do much for their communities but ask for little in return.

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

The Autumn Green Funeral Home is respectfully handling the arrangements.

Russell S. Haskell

Russell S. Haskell, 81, a longtime resident of West Newfield, died peacefully with his loving family by his side on Jan. 17, 2020.



Russell S. Haskell

Russell was born in Portland on Nov. 21, 1938, the son of Earle and Eleanor (Cook) Haskell.

Russ served proudly in the U.S. Navy from 1958 to 1962. Following his discharge, Russ worked for the Portland Fire Department, where he was a well-liked and respected Lieutenant. He served in various fire houses throughout Portland. It was not unusual for Russ to hold three jobs at a time to provide for his family. He volunteered at the Portland Fire Museum and enjoyed telling the children how the fire department operated "back in the day."

Following his retirement from the Portland Fire Department, Russ was employed as a bus driver for 14 years for MSAD #57. There was no-nonsense on his daily bus route. He could be stern, but deep down he wanted to protect the kids getting them to and from school safely. Russ possessed a strong work ethic and was committed to his family. He could make a penny squeak and his

ingenuity came in handy for many home projects and working with metal. During the summer months, he'd spend hours on his John Deere Tractor. Russ enjoyed hunting and going camping. He loved to travel by train and spent many hours putting his model trains together with country villages.

Russ enjoyed the companionship of Mabel Gregoire for 28 years. They took a Caribbean cruise together and enjoyed traveling to see the children and grandchildren. They both enjoyed being at home where they watched the wildlife in their back yard. Together they attended church fairs and suppers. Russ was an animal lover, especially dogs, of which he had many by his side. And, he dared friends to chase the African Geese in his yard (They were better watch 'dogs')

Russ will be remembered for being compassionate; the ultimate helper and would do anything to help a friend in need. He was a man of strong principles. When he gave you his word; there was never any doubt it would change. Russ was a man who showed his love through his actions, not so much with is words. When the grandchildren were born, his authoritative demeanor lessened. He was extremely proud of his children and grandchildren.

Russ will be dearly missed, and his many life lessons will continue from one generation to the next. He was a man who forged a life for his family and it can be said, "Rest easy Dad" We love you. . .

Russ is lovingly survived by his companion Mable Gregoire of West Newfield; his daughter, Dawn Hunt of Florida; his two sons, Russell Haskell, II and Stephen Haskell, both of Virginia; his grandchildren, Bobby, Brian and David Hunt, Andrew, Michelle and Evan Haskell; and five great grandchildren; his brother William Haskell and many nieces and nephews.

Russ was predeceased by his brother Warren Haskell and sister Elizabeth Tatarcyk.

A Celebration of Russell's life will be held in June and will be announced. Committal prayers and military honors will be privately held for the family.

To leave a message of condolence for the family, visit [www. autumngreenfuneralhome.com](http://www.autumngreenfuneralhome.com).

In lieu of flowers, memorial donations may be made to the Portland Fire Museum, 157 Spring St., Portland, ME 04101.

LETTERS

New law could help Mainers save for retirement

It is a stark reality that on average, working households in Maine have just \$2,500 in retirement account savings. As the current AARP Volunteer State President, a Portland Maine resident, and a former small business owner, I am very interested in changing this situation.

Our great State of Maine has over 175,000 small businesses who could help provide a mechanism for its employees to begin to save for their own retirement. In our 2020 legislative session, a simple solution to address this growing and critical savings program will be considered. AARP strongly supports LD 594, the Maine Retirement Savings Program, sponsored by Senator Eloise Vitelli (D-Arrowsic).

Under this new law, employers would be able to offer their employees a way to save for retirement through payroll deduction. Employees would be automatically enrolled in this program unless they opted out of it. However, a survey we just released showed that 98 percent of voters in Maine who are working believe it's important to save for retirement at work. And 84 percent of workers without access to a workplace savings program would take advantage of one if it were available. Over time, even a small contribution can make a big difference.

If you are one of the thousands of Mainers concerned about saving for retirement, please urge your legislators to support LD 594. It's time for Maine lawmakers to give employees the opportunity to increase their savings and take control of their future.

*Pat Pinto
AARP Maine Volunteer State
President, Portland*



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Health education program offerings for February

Southern Maine Health Care (SMHC) is offering the following health education programs. This listing is also available on the SMHC website at www.smhc.org under Healthy Communities.

CLASSES/EVENTS

Total Joint Replacement Education Class

Designed for those considering total joint replacement. Participants will learn what to expect before, during and after their procedure and stay in the hospital. Open to anyone interested.

First Thursday (Feb. 6), 1 to 2:30 p.m. and third Thursday (Feb. 13), 3 to 4:30 p.m. at SMHC Medical Center, 1 Medical Center Drive, Biddeford, 1st floor, Classroom 1. Free. To pre-register (not required), call 283-1126.

Weight Loss Surgery Information Session

Is weight loss surgery the right decision for you? Have you tried the other weight loss methods and nothing seems to work? If you're considering weight loss surgery, then this introductory class is for you. Information will be presented about nutrition, resources, and other topics to help with the lifestyle and emotional adjustments you face.

Second Wednesday of each month (Feb. 12), 5 to 6 p.m. at SMHC Medical Center, 1 Medical Center Drive, Biddeford. Third Thursday of each month, (Feb. 20), 1 to 2 p.m. at SMHC Sanford Medical Center, 25 June Street, Sanford. Free. Registration is required, call 284-2630.

Smoking Cessation Sessions

There's never been a better time to quit. Southern Maine Health Care offers a smoking cessation program involving one-on-one sessions designed to offer the tobacco user all the information and tools required to become tobacco free. The Certified Tobacco Treatment Specialist will offer insights into smoking habits, stress and the relationship it has to smoking, as well as nicotine replacement options available. Ongoing support is also valuable in guiding the tobacco user to become tobacco free.

Free individualized sessions at SMHC Pulmonology, 9 Healthcare Drive, Biddeford. Call 283-6408 to schedule an appointment.

SUPPORT GROUPS

Alzheimer's

Open to anyone that has a loved one diagnosed with Alzheimer's or any form of dementia. The group helps participants understand the process of the disease and allows for sharing and questions.

Third Wednesday of each month (Feb. 19) 10 a.m. to 12 p.m. at Pavilion Conference Room, 35 July Street, Sanford. Free. For More information, call 490-7600 and ask for Kathy Wadden or Jeri Bogan.

Breast Cancer Survivors

Second Thursday of each month (Feb. 13) and the fourth Thursday (Feb. 27), 5:30 p.m. to 7 p.m. at SMHC Medical Center, 1 Medical Center Drive, Biddeford, Webber Building, 2nd floor Conference Room. Free. For more information, contact Helene Langley at 283-7805.

Nursing Moms' with Janice Lessard

Empowering you through mother to mother support. This free support group is a great opportunity to meet other new breastfeeding mothers in your community, share experiences, and receive postpartum and newborn care information and support.

A lactation consultant is on hand to answer your questions, provide guidance, and perform infant weight checks.

This group is held every Thursday from 10 to 11:30 a.m. in the Webber Building Conference Room on the second floor. Free, no registration required. Call 207-283-7335 with any questions.

Cancer Survivor - Saco

We welcome those affected by cancer and their family/friends. Support, information, and networking will be provided by skilled facilitators.

Third Monday of each month (Feb. 17), 10:30 to 11:30 a.m. at SMHC Walk-In Care, 655 Main Street (entrance on Ross Road), Saco - 2nd floor Conference Room. Free. Registration required by calling 283-7327.

Cancer Survivor - Sanford

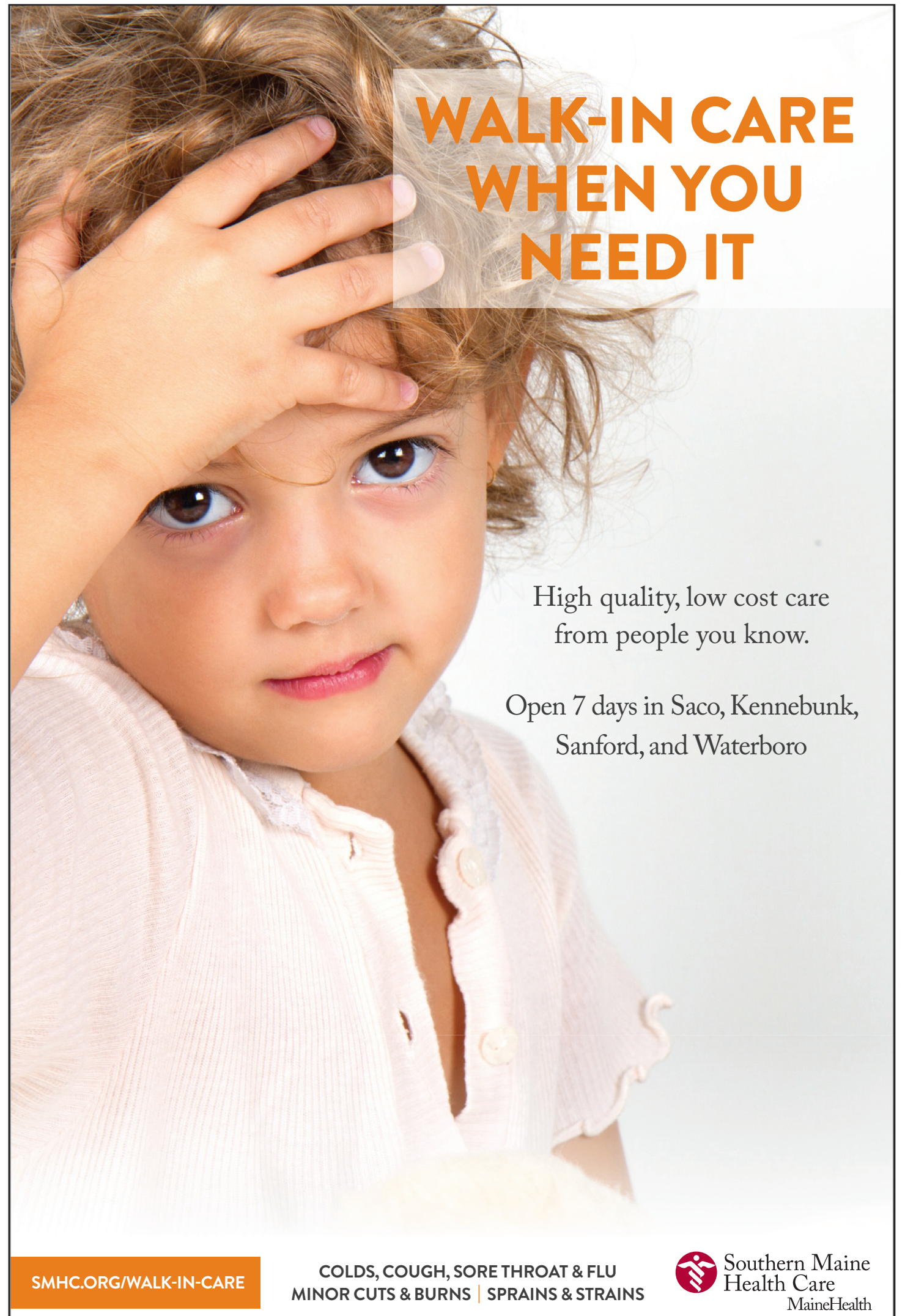
First and third Friday of each month (Feb. 7, 21): 3:30 to 5 p.m. at MaineHealth Cancer Care Center York County, 27 Industrial Avenue, Sanford. For more information contact facilitator Jess Welch, LMSWcc at 459-1666 or jmwelch@smhc.org.

Parkinson's Disease

A place to share information and support for people with Parkinson's disease, their families, caregivers and those in related health fields.

Second Thursday of each month (Feb. 13), 2 to 4 p.m. at Huntington Common, Ross Road, Kennebunk. Free. For more information, call Christine George 767-9773.

Southern Maine Health Care (SMHC) is a national award-winning healthcare organization with a non-profit mission "to improve the health and health care of the communities we serve." SMHC includes a full service, acute care medical center in Biddeford, with York County's only inpatient mental health unit. Emergency care, surgical services and diagnostic and therapy services are available at SMHC's Medical Centers in Biddeford and Sanford. SMHC offers primary care and multi-specialty physician services, diagnostic and therapy services and Walk-In Care centers in York County communities including Biddeford, Kennebunk, Saco, Sanford and Waterboro. SMHC is Joint Commission accredited and has been recognized for quality excellence by numerous outside organizations. SMHC is part of the MaineHealth system, a growing family of health care services in northern New England. To learn more, visit www.smhc.org.




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