

REPORTER

YOUR COMMUNITY NEWSPAPER



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Time for clocks

By JOANNE BARGIONI

There is something soothing about listening to the sound of a ticking clock. Russ Creteau, the owner of the Clock Shop at 281 Owl's Nest Road in Shapleigh repairs clocks that have stopped working. He has converted his garage into a clock repair workshop where he also sells restored clocks.

"I've always had an interest in clocks," says Creteau. When he was a child, he loved to put models together. When he was older, he joined the Army and demonstrated proficiency in disassembling and assembling weapons. The ability to take things apart and put them back together led to a resurgence of his childhood fascination with clocks and how the mechanisms worked.

Creteau's grandfather was also intrigued by clocks. When the Portland Railroad Station upgraded their clocks to electricity, the railway station passed the old Portland Clock to the Sanford Post Office. When the Sanford Post Office went electric, Creteau's grandfather was given the Post Office clock and brought it home, where it was placed in the cellar. Creteau retrieved the large clock from the cellar, and the clock still resides in Creteau's home.

His clocks are eclectic. Some clocks are donated to him, and others he finds in flea markets or garage sales. These he fixes and repairs and sells them in his shop. "A few years ago, the Pastor of my church called to say that he had a movement clock with no case," says Creteau. The Pastor

(Continued on page 2)



Russ Creteau working on a clock in his workshop in Shapleigh. PHOTO BY JOANNE BARGIONI



Participants in a recent online Vacation Bible School for area children. COURTESY PHOTO

Creativity and technology lead to faith-filled Vacation Bible School in Limerick

Despite the ongoing pandemic, Jessica Rice, the lifelong faith formation coordinator at St. Matthew Parish in Limerick, was still determined to provide a Vacation Bible School for area children during the first week of September.

"It was really great. The children were enthusiastic and even the parents said they enjoyed it!" said Rice.

The event, entitled "Be an Everyday Saint," aimed to educate the young people on Christ's definition of holiness to love God and neighbor.

Unable to gather together this year, organizers presented the weeklong program online. Each day featured a different saint, prayers, and corresponding challenge and craft activities all offered via videos produced by St. Matthew staff.

For instance, when learning about St. Hildegard of Bingen, a medieval composer, the children

assembled homemade harmonicas. On St. Francis of Assisi's day, the kids made bird feeders to celebrate his love for all of God's creatures.

"I really enjoyed all of the videos and pictures that the families sent," said Rice. The feedback received from parents showed they were overjoyed with the program.

"Thank you so much for arranging these assignments," said one parent. "I know it must have taken a lot of time and preparation. We are having a blast. I'm glad we were able to participate."

"Thank you so much for putting this all together," wrote another. "They had fun and so did I!"

To check out many of the videos and pictures from the week, visit the St. Matthew Church's Lifelong Faith Formation Facebook page at www.facebook.com/StMatthewLifelongFaithFormation.

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CLOCK SHOP

(Continued from page 1)

gave him the clock, and he made a case for it.

When Al Woodman of Woodman Jewelers retired and closed his shop in Sanford, he brought his collection of clocks to Creteau. Creteau received 30 battery and wind-up clocks from Woodman, and these he used to gain experience in clock repair. Eventually, Creteau had to stop placing the clocks he repaired in his house because they would all start chiming on the hour, which he said "created too much racket."

Creteau's son created a clock wall in the garage so his father would have a place to put his

clocks while working on them or display them when they are finished.

Subsequently, he wanted to do something to honor Veterans, and he created clocks and shadow boxes with a military theme. Some of his military clocks contain the veteran's medals, or if needed, he has a source to get duplicate medals.

Kate, his daughter, enjoys painting artistic motifs on some of the clocks he has created.

If you are interested in having a clock repaired or purchasing one of Creteau's clocks, you can call him at 207-636-4100.

AT RIGHT: Russ Creteau in front of the clock wall in his workshop with his new Clock Shop sign. PHOTO BY JOANNE BARGIONI



Maine troopers seize over 10.5 pounds of narcotics this summer

During the summer months, Maine Troopers in Troop G have been working relentlessly to combat the overwhelming flow of illicit narcotics entering every city and town of Vacationland. From June 21, 2020 thru September 21, 2020, Troop G Troopers seized over 10.5 pounds (4.8 kilos or 48,000 dosage units) of narcotics with an estimated street value of over \$720,000.00. As Troopers continue to make the opioid epidemic their priority, they have not made a seizure of heroin in 2020, but instead have been seizing the more potent, highly addictive

drug fentanyl, that unfortunately has taken the place of heroin in our beloved state. In addition to the narcotic seizures, Troopers also seized over \$58,000.00 in suspected drug proceeds. All seizures stem from traffic stops on Maine roads. The breakdowns are as follows:

- 3857 grams of Fentanyl
- 700 grams of Methamphetamine
- 102 grams of Cocaine Hydrochloride
- 146 grams of Cocaine Base
- 491.5 Diverted prescriptions

or fentanyl tablets

- \$58,000 in drug proceeds
- 52 trafficking arrests
- 1 possession arrest
- \$720,000 street value.
- Zero (0) marijuana or heroin.

Maine had 380 overdose deaths in 2019, according to the "Drug Death Report 2019" released by the Attorney General's Office. In 2020, to date, Maine has seen 321 confirmed overdoses with approximately 50 more suspected overdoses that are awaiting toxicology results.



Maine State Police Troop G – Turnpike operates out of Portland and can be reached at (207) 871-7755. Lt. Erik Baker is the Troop G Commander.

SHAPLEIGH

Joanne Bargioni

joannebargioni@gmail.com

Transfer station winter hours.

On Oct. 1, the transfer station on Route 11 will resume winter hours until April 30. The new hours are Wednesday, Saturday, and Sunday from 10 a.m. to 4 p.m.

Tax bills due

Remember, the town tax bills are due on Sept. 25. Tax bills can be made at the Town Hall, 22 Back Road, or mailed to the Town Clerk's Office. If you want a receipt, send a stamped self-addressed envelope.

Code Enforcement

The CEO requested a change in his current work schedule to reflect working on Tuesday evenings and Thursday days. The new hours will be Tuesday 4-8 p.m., Wednesday through Friday 8:30 a.m.-4:30 p.m., and the first and last Saturday of the month 9 a.m.-1 p.m.

Springvale library back to curbside

Springvale Public Library, 443 Main St., has decided to return to curbside pick-up only. According to Leslie Unger, Library Director, it is due to the fact that "Sanford/Springvale has over 100 positive COVID 19 cases." The Library will close for two weeks and reassess the situation again then. According to Unger, the library has had no known cases linked to COVID 19.

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TOWN OF SHAPLEIGH Public Hearing Notice
 The Municipal Officers of the Town of Shapleigh will meet at 6:00 pm on the 29th of September, 2020 for the purpose of holding a public hearing on and enacting the following ordinance:
GENERAL ASSISTANCE ORDINANCE AS AMENDED
 The public will be given an opportunity to be heard prior to the consideration of the above ordinance by the Municipal Officers. A copy of the amended ordinance is available at the Town Administrator's office during regular hours.
Shapleigh Board of Selectmen

RE-ELECT MIKE COTE
York County Commissioner
 DISTRICT 4: ALFRED, SANFORD, WATERBORO, SHAPLEIGH & LYMAN



I am an independent candidate for re-election as York County Commissioner. I am a dedicated public servant who loves my job and the County that I serve. I believe in responsible County Government and accountability to the people that I serve. Please call me at 207-432-1448 with any questions or comments that you would like to share with me. I LOOK FORWARD TO YOUR VOTE ON NOV. 3

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NEWFIELD

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Historical society fall programs

There was a new twist to the Newfield Historical Society's fall meeting, which was held at the bandstand on the grounds of the former museum, to encourage social distancing. Just 6 members came to the meeting, but they had plenty to discuss.

First on the agenda was the treasurer's report, and Tina Colwell reported on the balances in the checking and savings accounts.

Members decided to host the annual Veterans Day ceremony on Nov. 11, at 11 a.m., but it will be an abbreviated ceremony compared to the past years, weather permitting. In case of rain, it will be cancelled. No refreshments will be served and no access to the town office for restroom use. It will only be about 15-30 minutes long. They would like to have some veterans speak, if anyone is interested, please contact Cheryl at the library at 809-7014.

The Scout Troop #329 will raise the flag, and they are hoping to find someone to give the benediction.

Also discussed was the annual Christmas party, which has been cancelled this year. However, a Christmas tree, donated by Shirley Campbell, will be set up in the bandstand.

According to Cheryl Cause, she suggested that instead of holding elections they would carry over the current officers and program leaders until 2021, and everyone agreed. And they are: President Joe Iannazzo, V.P. Cheryl Cause, Recording Secretary Mary Ritchie,



The Newfield Historical Society held their regular meeting at the bandstand with just a few members attending. On the golf cart is President Joe Iannazzo. Others attending were Cheryl Cause, Mary Ritchie, Janet Colwell, Tina Colwell and Charlotte Erickson. PHOTO BY C.J. PIKE

and Treasurer Tina Colwell. The Correspondence Secretary is Ruth Ayers and the Board of Directors are: Janet Colwell- 2020, Denise Carpenter -2021, and Johanne Vaters -2022.

In other news, they discussed a proposal for the rental rates for the bandstand and the historical society building, and decided to fee of \$50 for Newfield residents on either one, and \$100 for non-residents on either one. To use both of the buildings at the same time it would be \$100 Newfielders and \$200 non-residents. Not included in the rentals are the displays items and there will be no alcohol.

The society gives thanks to Allen Moulton, who donated some of Moulton's Mill artifacts to the society, which Curator Johanne Vaters will house in one of the display buildings.

Also, a sad farewell to some of the long-time members who passed away within the last couple of years: Lila Mitchell Sparrell, Lena Sanborn, Jack Moriarity, and James

Campbell, Sr. Their next meeting will be held in March of 2021.

Halloween raffle

Rock Haven Basket Company has donated a nice Halloween Basket full of goodies to be raffled off at the Newfield Library. Tickets are only \$1 each, six for \$5 or 13 for \$10. The drawing will be on Wednesday, October 31.

To buy raffle tickets, please put your money into an envelope with your name and phone number into the library book drop and Librarian Cheryl Cause will fill out the raffle tickets for you. FMI call 809-7014.

New books at library

Librarian Cheryl Cause has just released a list of the new young adult fiction and juvenile books available at the Newfield Library at 637 Water Street.

Young Adult Fiction: "Midnight Sun" by Stephenie Meyer, "Zed" by Joanna Kavenna, "Drag-

onwatch Fablehaven Series" (3 books) by Brandon Mull, "Artemis Fowl Series" (8 books) by Eoin Colfer, "Serpent and Dove" by Shelby Mahurin, "The Conference of the Birds" by Ransom Riggs, and "The One and Only Ivan" by Katherine Applegate.

Juvenile: "Ivan the Shopping Mall Gorilla" by Katherine Applegate, "The Tale of the Tiger Slippers and The Umbrella" by Jan Brett, "The Eagle and the Wren" by Jane Goodall, "What if the Zebras Lost Their Stripes?" by John Reitano, "Crazy-Much Love" by Joy Jordan-Lake, "Open House for Butterflies" by Ruth Krauss, "I Wanna Iguana" by Karen Orloff and "If I Built a School" by Chris Van Dusen.

Library hours are 10 a.m. to 4 p.m. Tuesdays and Thursdays, and Noon to 4 p.m. on Wednesdays. Face masks are mandatory, hand sanitizer is provided. Access is via the back door and by appointment only. Call 809-7014 to schedule or with any questions.

LIMERICK

Superhero identities revealed

Just last week, Lt. Ron Smith, Batman and several superheroes Walked for Warmth for the RSU 57 district fuel assistance. At the time that I covered the event, I was not able to get all of the names of the individuals who donated their time for this important fundraiser.

But, just recently they revealed their true identities to share with you. Batman is Keith Dinsmore and his wife Mollie is Batgirl; and Teenage Mutant Ninja Turtle Michelangelo is Caleb Dinsmore. SuperGirl is Kitt Pelchat, and Batwoman is Harley Thibodeau. They are all part of the 'Oldport Batman and Batgirl' group. The Dinsmores live in Limerick.

Superheroes from H.O.N.O.R. from the Oxford/Norway region are Billy Jo Lawton who is Storm and Amanda Walker who is Wonder Woman.

These individuals in the cosplay community donate their time to several causes to help raise funds for those in need. The cosplay community is a group of people who love to dress in superhero costumes and go out to fundraisers and other events.

On Oct. 10 and 11, the superheroes will be at Libby and Sons Upick in Limerick from 10 a.m. to 4 p.m., along with Lt. Ron Smith of the Limerick Fire Department, who will be handing out firefighter's hats to the kids. They are continuing with their efforts to raise money for Walk for Warmth. Photo opportunities will be available if you or your child would like a photo with the superheroes.

- by C.J. Pike

BRIEFS

Mammograms free in Sanford and Biddeford

October is Breast Cancer Awareness Month and Southern Maine Health Care (SMHC) is offering free mammograms to women in the community age 40 or older without active breast problems that do not have insurance. Screenings will be held on Oct. 8 and 9 at the following locations:

Oct. 8 from 2:45 to 6 p.m. at SMHC Biddeford Medical Center, 1 Medical Center Drive, Biddeford - Center for Breast Care

Oct. 9 from 1 to 4:30 p.m. at the Goodall Medical Office Building, 25A June Street, Sanford.

Registration is required and appointments are available on a first come, first served basis. Call 283-7832 to schedule your free appointment.

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Clifford Krolick Maine House 21

We're All Living Through an Era of Unprecedented Change.

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I'm a person of integrity and decency. I do what I say I will. I am a man of my word. Freedom, Liberty, and Democracy cannot survive without honesty and transparency in government. My campaign is being paid out of my pocket, alongside many local people making small, grassroots contributions. I'm running as a Democrat, but I'm an independent Mainer at heart. I've lived in Parsonsfield for 50 years now. I've raised my children here, built my own home here, and have been a small business owner for decades.

I am proud to have the following endorsements of state organizations that serve hard working Mainers:

Maine AFL-CIO, Maine Education Association, Maine People's Alliance, Equality Maine, Maine Conservation Voters, Sierra Club Maine, and Senate Candidate Betsy Sweet. I would welcome your support too.

I'm a staunch supporter of science, women's rights, and a wholesome public education that meets the needs of our students while encouraging them to build a life here in Maine. We need young people to stay in Maine. We also need to break the chains of our current foreign owned for-profit electricity utility CMP. They are spending our money fighting against us in court. I believe we can purchase CMP and form a nonprofit consumer owned power company, saving millions on our electricity bills. It works in Nebraska, it can work here in Maine too.

In the throngs of this pandemic, it has become perfectly clear that we cannot leave health care to one's employer. The mass job loss we have experienced statewide has led to a mass loss of health care. I believe all Mainers need good, quality health care, from birth to death, not tied to their employer. This model will also encourage our young people to remain in Maine and start their own businesses, like I once did. Furthermore, the state should also sponsor an emergency fund. This state-wide retroactive stimulus would help many people laid off or lost jobs.

I've been added to the National VoteSmart Political Courage Test (For Honesty)
<https://justfacts.votesmart.org/candidate/political-courage-test/181172/clifford-krolick>

Feel free to call or email me:
207-625-8189/ krolickformaine.com



LYMAN



Bicentennial flag on display

On Sept. 17 the Lyman Historical Society presented the Community Library in Lyman with a framed Maine Bicentennial flag. This flag was presented by the Society's Bicentennial Committee Co-chairs Irene Single and Gloria Day to Leila Roy, head librarian at the Library. The flag, which was presented in honor of Maine's 200th birthday, will be displayed in the library for viewing by all library visitors. Also attending this presentation but not pictured were the other members of the Society's Bicentennial Committee, Millett Day, Joanne Johnston and Pat Littlefield as well as member Lyn Lord, who took the picture. COURTESY PHOTO



K9 'Dutch' locates lost girl in Lyman

On Sept. 21, State Police Trooper Zachary Fancy and K9 Dutch were requested by the York County Sheriff's office to track a kindergartener that had run off into the woods during recess in Lyman.

After arriving on scene, Dutch began the track from the child's jacket and immediately began tracking into the thick woods. Dutch continued deeper into the woods and thick brush. After tracking for over half a mile, Dutch began exhibiting signs that the child was nearby.

He continued tracking and the child was found by K9 Dutch sitting on a rock, with no shoes, crying. Trooper's brought the child out from the woods and reunited her with her parents.

ALFRED

Allison Williams

awilliams@waterbororeporter.com
324-5823

Parsons Library News

Storytime is back (remotely). Watch your Facebook page or YouTube on Tuesdays at 10 a.m. where videos will be posted and Miss Caley will read stories and sing songs.

The latest books for the youngest readers at Parsons Memorial Library include "Go Grandma Go!" by Lynn Plourde and "Go Grandpa Go!" also by Lynn Plourde. Also "Ten Tiny Babies" by Karen Katz. For the Juniors there is "The Penderwicks At Last" by Jeanne Birdsall and "Rainbow Revolutionaries, 50 LGBTQ People Who Made History" by Sarah Prager.

In adult non-fiction there is "The Official Downton Abbey Cookbook" by Annie Gray. Among the numerous fiction volumes are "A Conspiracy of Bones" by Kathy Reichs, "Choppy Water" by Stuart Woods, "Deadlock" by Catherine Coulter, "Her Last flight" by Beatriz Williams, "Near Dark" by Brad Thor, "Royal" by Danielle Steel, "The Pull of the Stars" by Emma Donoghue and "The Speed of Falling Objects" by Nancy Richardson Fischer.

Library hours are now Monday and Wednesday from 1 to 8; Tuesdays 10 to 4 and Saturdays 10 to 3. Patrons may call or email to speak to the librarian.

It's a New Season

If fall reminds you of mothballs you had a mother like mine. Fall meant not only a cleaning binge but pulling out of mothballs all those clothes you had not seen since last winter. And sometimes boxes of clothes arrived from more affluent cousins who probably had a different shape from your own – probably tall and slim which you were not. My brothers had no problem with this – their arrivals were knickers which seemed to fit them just fine. Remember knickers? The boys weren't particularly enthusiastic about them, but they wore them. After school they could put on old clothes to work in the greenhouses (the cousins probably also did this, as we were all florists) but

knickers weren't the height of fashion in our school. However, clothes were clothes and they put up with it. My mother was probably the most enthusiastic and she was a clever seamstress who could change garments to fit us.

During the off season the clothes were stored in the hope chest or a piece of furniture inherited from my grandmother. It had a bottom drawer and large storage area above. I am sure antique dealers would have no problem selling it today – we simply called it "the chest" and it was very handy. Mothballs were inserted between the layers of clothing. The chest was kept in the further hallway, just before the linen closet.

The linen closet included shelving which ended below the attic trap door. One day it occurred to me that if we climbed up those shelves and pushed up the trap door we could explore the attic. And so I did, inviting my younger brother to join me.

He was always a willing conspirator so we went to it. Pushing up the trap door was easy- I'm not sure what we thought we would find but something very interesting, for sure. But we didn't. Just the ceiling joists on which we carefully balanced so we wouldn't break through, which would upset our mother and everyone else. We made our way to the small window overlooking the view at the front of the house – the greenhouses, the zinnia gardens, the building we called the office and the long driveway leading down to the state road. Which led up to the town. This was our kingdom but we had never seen it before from this angle. I felt like a giant surveying his kingdom.

When we tired of the view we turned to survey the premises. We picked up a few tools but nothing of note. There was, instead, a large, framed picture which we later found of a flower in a blue vase. I think it was a rose. We thought it was very good and hauled it down to show to our mother, who said, "Oh, that was painted by Inez." My Aunt Inez? I didn't know she could paint. My mother took the picture and I never saw it again. I suspect she gave it to Aunt Inez. But no one ever mentioned it. Perhaps she painted it while recuperating from polio. Why was it hidden in the attic? Some mysteries are never solved. But the view from the attic window I would remember every time I looked up there.

The attic was a lot different from my grandmother's attic. That one held chests of clothes, spinning wheels and paraphernalia accumulated through many generations. I suspect I had some idea our attic would be a little of the same. It had all been saved by my Great Aunt Bertha, the last one of her generation. When she died my grandmother inherited it all. Not being a hoarder she made short work of that attic. The antique dolls and toys went to a children's hospital. Many articles were distributed among the families of her seven children. Which is why I have my great-grandfather's desk in our bedroom and a lovely prism lamp. If you like antiques be sure to have a hoarder in your family tree. It will make up for the clutter.

Town of Acton Take Notice

The Municipal Officers of the Town of Acton will meet at 6:00 pm on the 30th of September, 2020 for the purpose of holding a public hearing on and enacting the following ordinance:

GENERAL ASSISTANCE ORDINANCE AS AMENDED

The public will be given an opportunity to be heard prior to the consideration of the above ordinance by the Municipal Officers. A copy of the amended ordinance is available at the Town Administrator's office during regular hours.

Acton Board of Selectmen

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MAINE DEPARTMENT OF AGRICULTURE, CONSERVATION & FORESTRY

Autumn is an excellent time to plant native trees, Maine Forest Service experts say

The Department of Agriculture, Conservation and Forestry's (DACF) Maine Forest Service (MFS) remind everyone that fall is an ideal time of year to plant native trees. "Because it takes approximately six weeks for roots to get established, the general rule for tree planting during fall is to get them in the ground by Indigenous Peoples' Day," said Aaron Bergdahl, MFS Forest Pathologist. "Roots need time to establish and cold weather and frozen ground shuts down root growth, and the soil temperature needs to be at least 55°, at a 6-inch depth."

Some trees do better than others when planted at the growing season's end. In general, plants with shallow, fibrous root systems do better with fall planting than those with a deep taproot. "Planting trees in early September provides enough time for root growth and establishment at the new site before soil temperatures drop and trees enter their dormancy period. This prepares trees for a head start on vigorous growth in the spring," said Bergdahl.

Tips for fall planting

Don't prune newly planted trees- pruning newly planted trees and shrubs encourage top growth instead of root growth, where it is needed most.

Whenever you decide to plant trees in your yard, make sure you put the "right tree in the right place." Trees that grow 80-100' tall don't belong under power lines, and, likely, a weeping willow or river birch won't be happy in that hot, dry corner of your yard.

When choosing what type of tree to plant, the MFS recommends looking into whether the tree is likely to become a problem in natural areas in the future by consulting the advisory list from the DACF's Maine Natural Areas program. Be aware that some species on the advisory list

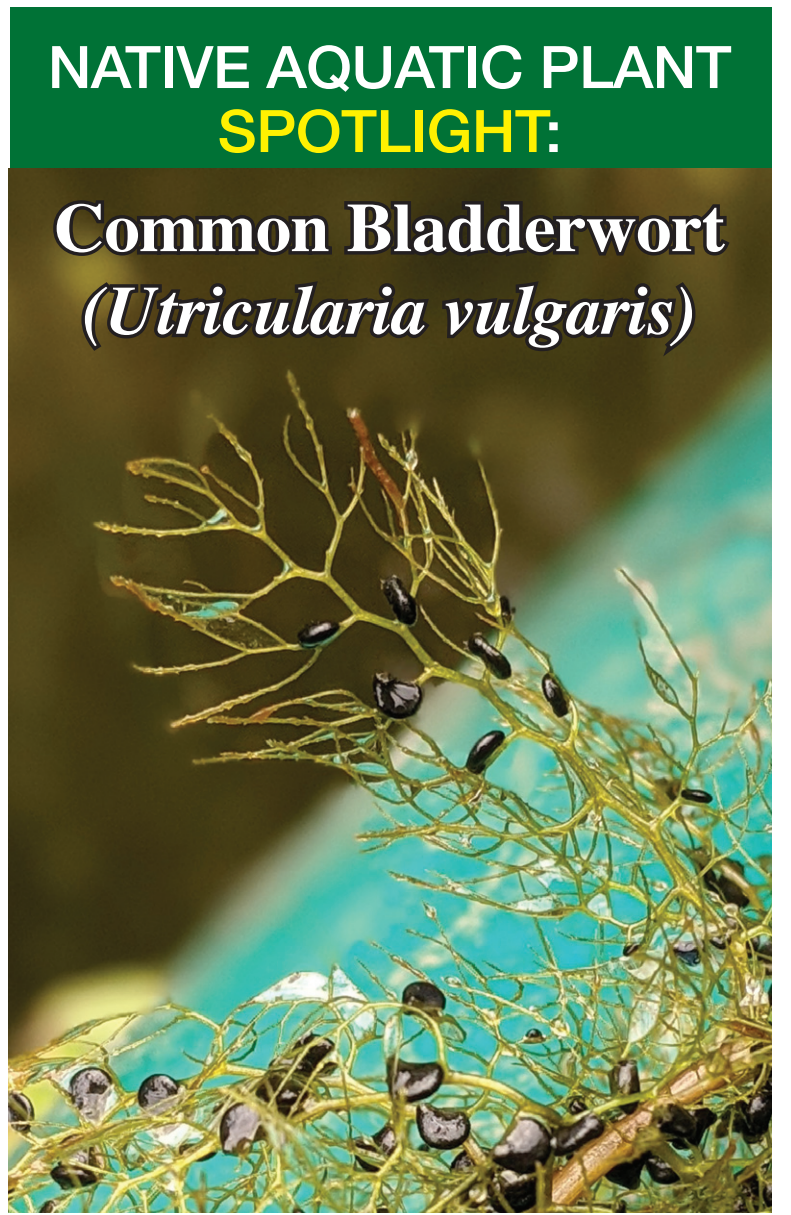
are also illegal to import, export, buy, sell, or intentionally propagate such as Norway and amur maple, tree-of-heaven and princess tree. The ban includes all cultivars, varieties and hybrids of these plants.

Research what will be needed to maintain the tree in the landscape. Some trees, such as true ashes, will require frequent insecticide treatments as emerald ash borer spreads. Several sites have excellent information that sums up some of these considerations for different species. If you don't find the information on the species you wish to plant, ask our experts.

Several handy tools exist to assist in selecting the best tree for any landscape:

- Morton Arboretum Tree Selector at <https://www.mortonarb.org/trees-plants/tree-and-plant-advice/tree-species-list/filters>
- Arbor Day Foundation Best Tree Finder: Tree Wizard at <https://www.arborday.org/shopping/trees/treewizard/GetZip.cfm>
- iTree Species Selector at <https://species.itreetools.org/selector/>

Trees are an easy and inexpensive way to save energy, clean your air and water, increase your property value, and improve your family's well-being. Properly planting the right tree in the right place can bring you decades of enjoyment.



NATIVE AQUATIC PLANT SPOTLIGHT:

Common Bladderwort (*Utricularia vulgaris*)

The beautiful detail of this aquatic plant is often overlooked - the carnivorous, Common Bladderwort (*Utricularia vulgaris*). It's not rooted in sediments, but floats in the currents. It's found in nutrient poor environments, so supplements its needs by trapping living organisms. Those little black "bladders" (they're bright green when young) ingest tiny critters with a suction motion when triggered. I love seeing them in the lake - their leaves are like delicate threads, and its iridescent green color glows in the underwater light. It reminds me of a fine, filigreed piece of jewelry. Sometimes their foliage appears purplish and can be quite misleading when you're trying to identify it.

PHOTO AND INFO BY DEBBIE BRODERICK

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Kerry DeAngelis Publisher/Advertising Manager
news@waterbororeporter.com or ads@waterbororeporter.com

Michael DeAngelis Sports Editor
sports@waterbororeporter.com

Joanne Bargioni Contributing Writer

Cynthia Matthews Contributing Writer

C.J. Pike Contributing Writer

Allison Williams Contributing Writer

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OPINION



“Join me in getting a flu shot this fall. Stay healthy, stay safe.”

— GOV. JANET MILLS

Cold weather heralds more than just autumn in Maine and the turning of leaves and beautiful scenery across our state. As we approach the flu season and cold season during this unprecedented COVID-19 pandemic, it's going to be more important than ever to take steps that are backed by science to protect our health, the health of our families, our communities and our loved ones.

Things like getting your annual flu shot.

The Maine CDC recommends that all people six months and older get a yearly flu vaccine before the end of October, when flu ac-

tivity really increases.

While getting a flu shot helps reduce your risk of getting the flu and spreading it to others, this year it will also lessen the burden on Maine's health care system during this pandemic, by reducing the number of people who are sick and seek medical care. It is also possible to have the flu and COVID-19 at the same time. Experts are studying this, but you know having the flu could reduce your body's ability to respond to a COVID-19 infection if you are exposed.

While we don't know when a safe vaccine for COVID-19 may

be widely available for Maine people and others, getting a flu vaccine today is one way to keep yourself, your loved ones and our state healthy this fall.

It takes about two weeks after getting vaccinated for that flu shot to take full effect, but the flu is here now. So get a shot today. To find a flu clinic, search your zip code on flushot.healthmap.org or cdc.gov/flu or search the listings on 211maine.org.

Join me in getting a flu shot this fall. Stay healthy, stay safe.

—Originally aired as a radio address on Sept. 17.

Pandemic relief package

There won't be any talk of a Pandemic Relief Package now that the Notorious RBG has passed. The only talk you'll hear is the talk of pushing a pro-life judge in to her seat which alarms pro-choice voters. The rule imposed 4 years and some six months ago, was to let the American people decide in the forthcoming election who would choose a Supreme Court Justice replacing then deceased, Antonin Scalia on the bench. Mitch McConnell called upon the decision to be left to the American people to decide. Let the American voter choose a President via the upcoming election to take on the task of choosing a Supreme Court Justice. Under this administration, however, it's a whole new song and dance.

The American voter no longer matters even though far too many voters are out of work, behind on rent and mortgages, car payments and credit card debt. These are the people who only matter on Nov. 3. The rest of the calendar year, those people aren't important. What's really important is overturning *Roe v. Wade*, so women can go back to closets where hangers swing like nooses strangling life. Once that goal is achieved, we can quickly move on to the equally important goal of reversing protections for those with underlying health conditions, written into law by the previous administration and upheld by the Supreme Court largely thanks to the Notorious RBG.



by
Jon Simonds

There's a reason they call it health insurance. It's for the healthy. There is no profit in the sick. Dividends are healthy when America is healthy and with healthcare stocks dipping below 300 bucks a share, America isn't looking too healthy right now. Dividends for many of those wealthy politicians seem to have caught a head cold but it's your head sitting on the butchers' block.

Other priorities on their bucket list include defunding Planned Parenthood which offers much more than just the prochoice option. They offer pre-cancer screening and prevention for a big slice of humanity faced with the crushing diagnosis of breast cancer. According to the CDC, female breast cancer is the leading cancer diagnosis in the country. It is followed by prostate cancer and twice as high as Lung Cancer. While Lung Cancer tops the charts for the leading cause of death, Breast Cancer is right behind it. Planned Parenthood is at the forefront of screening and training woman to check for signs of this deadly disease.

Planned Parenthood is also an advocate of counseling for those in crisis. They also offer free birth control and tests for STD's for our sexually active youth who are fulfilling one of the biological requirements dictating human behavior. In case you don't have the list handy it goes like this: Air, water, food, shelter, sex, sleep and companionship. And with respect to companionship, if your relationship

is on the rocks, Planned Parenthood can help with that too, through counseling services which have helped many couples work through problems together.

Other programs the Senate would like to end include WIC and food stamps, because the deficit has landed on Mars with tax cuts for the rich, the rocket fuel and pandemic programs designed to turn multi-million-dollar corporations into multi-billion-dollar corporations, serving as the launch code. I recently walked into a major chain charging 116 bucks an hour in labor costs. I looked the company up online and found the average salary for their laborer was \$11.89 an hour. Is it any wonder why those still working can barely make it from paycheck to paycheck? Is it too much to ask of our leaders to stay focused on the pandemic which may pave the way to a Great Depression? Am I the only one left in awe of why those so committed to bringing life into the world, care so little about the lives already in it?

Jon Simonds lives in North Waterboro and is the author of "Brooklyn Encounters," a collection of short stories available on Kindle.

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LETTERS

To the editor, my neighbors and friends,

Its a strange time in our world, and not just because for the second time in my life I find myself sending a politically-oriented letter to the editor, this coming from someone who has steered clear of any political argument, cause or crusade for most of his adult life.

In this world, where a virus has seemed to have driven us apart rather than rally us together I think it is more important than ever for us to speak up with our voices and our votes to those who lead us in Augusta and beyond.

My frustrations with Augusta have poured over for months, the handling of our response down to the information we are given drove me away from the news for weeks at a time, each broadcast and daily briefing leaving me more depressed and puzzled than the last. I've watched colleagues I've had for decades struggle to keep their family businesses open, rejoiced in their success and shed more than a tear for those who fell by the wayside. I've grieved with all of you who have lost someone and rallied to those who have recovered.

Many times I have asked the question about why big businesses like Walmart, Hannaford, Lowe's, Home Depot, Target and so on were deemed essential and allowed to operate more freely than the local stores, diners, cafes and restaurants. I've asked why companies with such a large financial platform couldn't have been put on curbside or delivery only, still providing the much needed services and jobs but controlling crowds and being able to enforce the sanitation protocols they touted but many fell behind on. And by doing this not squeezing out the little guys. I've asked why small businesses who have a smaller traffic footprint and are better able to monitor their customer level, sanitation and interaction were forced shut by the mandate of a Governor who my questions found no acknowledgment or response from. A Governor who my vote helped put in office. A Governor who along with her administration decided to repeatedly announce mandates as law, to impose restrictions on my life, my life as a Maine resident and as an American. I have never gotten those answers despite emails, phone calls, speeches and social media posts over and over. I never will.

As a lifelong Democrat a few things became clear to me. My party has changed. My party isn't about the people anymore, it is about their own agenda. It's not about me. It's not my party anymore.

I reached out to every democratic office in my local area. Without answer I reached out to Janet Mills, I reached out to Sarah Gideon. I am a Democrat. My votes mattered when they needed them. Now when I need them, I do not matter. Augusta is broken. We play political Candyland to keep the voices of those who do care from being heard, blocking the Legislature from returning so those voices can bring some reason could be heard. We stoop so low politically with mudslinging it is despicable. I'm not sure if anyone could have been prepared for COVID-19, but we certainly weren't and Augusta

did a horrendous time hiding it, from the broken unemployment system to the roll out of Governor Mills many mandates which directly contradicted themselves, if they made sense at all. We took a state who built a legacy of small businesses on the backs of hard working Mainers and instead of inspiring us to do what we are known for, standing strong together, you drove a wedge between us, you paraded fear and worked government to your agenda, not to the one of the people.

So once again, I'm finding my voice, though I know with those I want answers from it falls on deaf ears. But I'll use it again to encourage my neighbors to do a few things.

If you are in my area of York County vote for Heidi Sampson. This Republican legislator has proven to me time and time again there are representatives who do answer to and work for their constituency. If it wasn't for Rep. Sampson a tragic fire would have ended the legacy of Province Lake Golf in 2018. She didn't just take my phone calls when no one else would, when no Democratic representative would return them, she personally escorted me to Augusta, arranged meetings, mediated heated discussions and navigated the red tape. She didn't break laws, bend rules but made herself a conduit between our company and Governor Lepage's office to get results. We left Augusta with answers and continue to heal and grow as a company and a community and Heidi deserves massive recognition for her part. She is there for her constituents, she answers emails, returns phone calls and is present. Red or blue, she will work for you. I am so happy to now live in the community, not only can I lend my voice to encourage you to re-elect her but can add my vote for someone who I know truly works for the Maine people, in or out of her district.

Lastly, please do not put Sarah Gideon in office. She has proven to me she can't guide Maine so why would I believe she can govern with more power in a higher position. I don't always agree with Susan Collins, we have stood on opposite party sides as long as I can remember but her office will help you, they will listen. She will listen. I can't afford to take out the full page ad to argue the Cavanaugh vote. We didn't agree, we still don't agree. I still find her the far more experienced candidate who will protect what is important, Maine and its people when they need her most.

We don't have to agree. We can listen to each other and have healthy debate. We can express our opinions and exercise our rights as Americans, despite how Augusta would wield its power at it's daily briefing. As we continue to battle this pandemic and strive to return our communities back to what they were, I can only encourage you to do as I do, exercise your right and responsibility to vote.

Re-elect Heid Sampson, keep Sarah Gideon from doing damage on a federal level and hold on while our Democratic dictator decimates many Maine industries without listening to the people who put her there.

Respectfully,

— Sabin Beckwith
Parsonsfeld

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