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Judy Wirth of Clarks Bridge Road speaking at the Dec. 17 planning board public hearing. PHOTO BY BRIGIT MCCALLUM

Concerns about safety, traffic aired at public hearing

Dollar General proposal draws large crowd

BY BRIGIT McCALLUM
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A public hearing on a site plan being proposed for a new Dollar General store drew a capacity crowd that filled the meeting room at Central Fire Station.

During the planning board meeting held Dec. 17, Travis LeTellier, who represents the company's engineering firm, introduced the plan to build a 9,100-square-foot building on the corner of Chadbourne Ridge Road and Route 5. The plan calls for an entrance of one lane in and two lanes out on Chadbourne Ridge Road.

Selectwoman Tammy Jo Girard led the citizen response during a public hearing that lasted almost an hour. Girard referenced Article 1 of the Waterboro Zoning Ordinance. Section 1.02: "The purpose of this ordinance is to promote the health, safety, morals, prosperity, aesthetics, and general welfare of the Town of Waterboro."

Living two-tenths of a mile from the proposed site, Girard said she was concerned for the safety of her family, given the lack in Dollar General's plan to include a fire suppression system, while it will be selling products that are flammable, in an area that is surrounded by woods. She wondered how this might affect her insurance, as well as insurance for others nearby. Some other issues mentioned were a potential 300 percent increase in traffic in the area, a lack of landscaping

on the sides and rear of the building that might help reduce noise and light pollution, and loss of the character of this part of town that includes "a historic mill, charming church, and farmhouse."

Nancy Roberge addressed the farmhouse at the corner of Chadbourne Ridge Road as "my children's future home," and raised concerns about traffic accidents due to increased flow, and the noise and headlights each night right across from the home. "I plan to rent that home until my children are grown. Will renters want to live with the lights and noise? This poses a financial hardship for my family, and all for a big ugly building."

Todd Abbott, a local business owner and member of the 20/20 Master Planning Committee, spoke in favor of Dollar General. He asked, "Is this structure allowed in the codes? Yes it is. The Economic Development Committee hopes we can strike an agreement with Dollar General. We want businesses to feel we want them here. I'm for it. It's not adding tax dollars; they will be paying taxes. If it brings business to the area I'm for it."

A number of speakers said they were concerned because how the town deals with Dollar General will set a tone for development in the northern part of town. Duane Woodsome foresaw another North Windham, where agricultural land is now lined with store after store, while Selectman Gordon Littlefield, a re-

tired police officer, stressed the importance of dealing with public safety issues up front before they are a problem. "We need to plan out how we introduce business into the community so it's good as a whole. I have no problem with Dollar General; it will add to the tax base. We need to take a measured approach and do it right."

Jack Seery urged the planning board to slow down, saying, "Do not vote unless there is serious negotiation, so Dollar General takes us seriously."

Another issue addressed in various ways was the location, with a consensus that the location is not a good one for the store, with the hope that the company might reconsider the East Waterboro land it was originally interested in.

In response to tractor-trailer traffic concerns, Planning Board Chairman Tim Neill said there will be one delivery a week, around 7 a.m., and the store would open at 9 a.m. Two speakers contrasted this with the traffic volumes at Merrill's Store and Lakeside Market.

After the 55-minute long hearing closed at 7:55 p.m., the planning board convened a regular meeting to hear from Fire Chief Matt Bors and Public Works Director Doug Foglio.

Bors explained that the size of the proposed store leaves the building under the 1,300-square-foot threshold that would require a fire suppression (sprinkler)

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Biggest losers are biggest winners

BY SHELLEY BURBANK
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Angela McGarrigle Orr, owner of Good for All Pharmacy, wanted to encourage people in the greater Waterboro community to become healthier. In her line of business, she had seen that one of the major risk factors for health in the United States was obesity, and so she decided to focus her efforts on helping people manage their weight. Additionally, after struggling with weight loss herself, McGarrigle Orr knew that education was a key factor in motivating and encouraging people to get healthier. The idea for creating The Biggest Winner Challenge was born.

The challenge is to see who can meet their individual goals. Prizes are awarded to the "winning losers" in each of three, three-month sessions. The goal for the entire group is losing a literal ton, 2,000 pounds, over the course of the year.

"Lost and not found again," McGarrigle Orr added, laughing. "The idea is that we wanted to help make the community healthier by using group support and educating people so they can meet their goals."

The free program officially began on Sept. 1 and ran through the end of November. According to McGarrigle Orr, over 70 people signed up for the program, which included an initial weigh-in, BMI (body mass index) analysis, body fat percentage, and muscle mass analysis. The pharmacy then offered weekly weigh-ins and monthly seminars on topics that helped people to understand weight loss and health. The first

month's seminar covered the topic of nutrition. The next two seminars included information about the importance of exercise and the benefits of meditation and yoga.

In the first three-month session, the participants lost a total of 217 pounds.

"I think what it does is help people be more accountable," said McGarrigle Orr. "When we educate people, they become more aware of what they are eating, what they are doing to their bodies. I think the support helps to keep people on task. If someone else is weighing them, then they are more careful."

Winner of the first-place prize in the challenge, Kelley Westbrook of Waterboro, said the program was very good. "It definitely kick-started me. I have a few more pounds to lose, and I hope to pull a few more people into the program with me." Westbrook said she walks 2 1/2 miles, twice a day, and participates in the aqua aerobics class at Massabesic Health Resources. "I am eating clean, avoiding sugar; it's hard. You have to be self-disciplined."

That discipline, combined with the camaraderie of the program, paid off. Westbrook said she was able to lose 35 pounds in the three-month session, is more energized, has reduced her medications, and is no longer troubled by a mild back issue that had been bothering her.

Pam Bradbury, who works in Waterboro, was the second-biggest winner in the session and said the program really helped her to get back on track. "I had lost quite a lot of weight the year before, but I was struggling. When

(Continued on page 11)

Cleaning up



Girl Scouts from Troop 758 recently did some cleaning up on Route 35 in Lyman. From left, Natalie Ricker, Kaitlyn Clark, Teresa Sullivan (leader), Libby Shea, Nichol Shea (leader), Kate Sullivan and Izabella Caruolo.

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POLICE LOGS

from the York County Sheriff's Office
NOV. 1-21

Saturday, Nov. 1

Jeffrey D. Lacourse, 32, of Kings Court, Waterboro, was charged with operating under the influence of alcohol/drugs at 1:08 a.m. on Townhouse Road in Waterboro.

Monday, Nov. 3

Maura L. Munro, 53, of Chase Road, Parsonsfield, was charged with permitting unlawful use following a motor vehicle accident on Merrill Hill Road in Parsonsfield at 12:09 p.m.

Justin Daniel Nichols, 30, of Parsonsfield Road, Limerick, was charged with theft of services at 2:43 p.m. on Parsonsfield Road in Limerick.

Tuesday, Nov. 4

Robert J. Malloy, 28, of Appalossa Drive, Cornish, was charged with operating after a suspension during a motor vehicle stop at 7:57 a.m. on Main Street in Waterboro.

Sarah Lynn Pierce, 27, of Sokokis Trail, Cornish, was charged with violation of probation and violating conditions of release at 12:29 p.m. on Layman Way in Alfred.

Ryan Michael Keenan, 32, of Market Street, Saco, was issued a warrant at 8:18 p.m. during a mo-

tor vehicle stop on Alfred Road in Lyman.

Wednesday, Nov. 5

Gary Crockett, 49, of Cemetery Road, Buxton, was charged with violation of protective order during a motor vehicle stop at 4:38 a.m. on Mill Pond Road in Waterboro.

David Arthur Barrett, 26, of Sand Pond Road, Limington, was charged with violation of a protection from abuse order at 12:52 p.m. on Sand Pond Road in Limington.

Thursday, Nov. 6

Elliot Delgado-Acevedo Jr. of Wadleigh Street, Parsonsfield, was charged with violation of probation during a motor vehicle stop on Elm Street in Parsonsfield at 7:53 a.m.

Friday, Nov. 7

Matthew Thomas Remillard, 20, of Dayton Lane, Dayton, was charged with suspended registration during a motor vehicle stop on Main Street in Waterboro at 4:06 p.m.

Scott R. Burnham, 42, of Weeks Road, Parsonsfield, was charged with displaying a fictitious certificate of inspection during a motor vehicle stop at 5:41 p.m. on Weeks Road in Parsonsfield.

Saturday, Nov. 8

Christopher B. Allison, 59, of Middle Road, North Waterboro, was charged with cultivating marijuana at 4:36 p.m. on Middle Road in North Waterboro.

Joshua P. Baker, 34, of Northeast Road, Standish, was charged with unlawful possession of scheduled drugs and operating under the

influence of alcohol/drugs at 10:50 p.m. on the North Road in Limington.

Sunday, Nov. 9

Keith E. Rosewell, 27, of New Dam Road, Waterboro, was charged with operating without a license during a motor vehicle stop on Townhouse Road in Waterboro at 8:14 a.m.

Bryce Jeremy Kennie, 28, of Sokokis Trail, Cornish, was arrested on a warrant and charged with operating after suspension during a motor vehicle stop on Main Street in Cornish at 6:49 p.m.

Monday, Nov. 10

A 17-year-old was charged with failure to stop for a police officer during a motor vehicle stop on King Street in Cornish at 10:03 p.m.

Tuesday, Nov. 11

Marisa C. Roy, 39, of Norton Ridge Road, Shapleigh, was charged with attaching false plates and operating an unregistered/never registered vehicle following a motor vehicle accident at 9:01 a.m. on Jones Road in Shapleigh.

A 16-year-old was charged with leaving the scene of a property damage accident at 11:03 a.m. on Middle Road in Waterboro.

Thursday, Nov. 13

William Medlar, 46, of Parsonsfield Road, Limerick, was charged with failure to register motor vehicle for more than 150 days during a motor vehicle stop on Sokokis Trail in Waterboro at 7:24 a.m.

Friday, Nov. 14

Chadd R. Boonen, 19, of Ossipee Hill Road, Waterboro, was charged with leaving the scene of an attended police department accident on Ossipee Hill Road at 5:38 a.m.

Shaun Michael Webster, 21, of Sand Pond Road, Limington, was arrested on a warrant and charged with violating conditions of release and unauthorized use of property/motor vehicle at 12:16 p.m. on Wescott Street in Limerick.

Jenifer M. Wallace, 36, of Sand Pond Road, Hollis Center, was charged with operating under the influence of alcohol/drugs following a motor vehicle accident at the intersection of Deering Ridge Road and Panoramic Drive in Waterboro at 10:12 p.m.

Saturday, Nov. 15

Anthony B. Woodsome, 24, of Sokokis Trail, North Waterboro, was charged with operating after suspension during a motor vehicle stop at 6:48 p.m. on South Hiram Road, Hiram.

Monday, Nov. 17

Aaron L. Hamill, 36, of High Street, Biddeford, was charged with operating after suspension during a motor vehicle stop at the intersection of New County Road and Goodwins Mills Road in Dayton at 1:20 a.m.

Shaunte E. Hayes, 25, of Deering Ridge Road, Waterboro, was charged with operating under the influence of alcohol/drugs and unlawful possession of scheduled drugs during a motor vehicle stop at the intersection of New County

Road and Goodwins Mills Road in Dayton at 1:20 a.m.

Tuesday, Nov. 18

Tifanie Rena Brown, 31, of Cape Road in Limington, was charged with operating after suspension at 2:43 a.m. following a motor vehicle accident on Ossipee Trail in Limington.

Friday, Nov. 21

Amber Lynne Meserve, 21, of Wescott Street, Limerick, was issued a warrant at 2:22 a.m. on Wescott Street in Limerick.

Cole A. Meserve, 20, of Chadbourne Road, Standish, was charged with burglary, theft by unauthorized taking or transfer, and violating conditions of release at 2:22 a.m. on Wescott Street in Limerick.

A 12-year-old was charged with disturbing schools at 11:28 a.m. on Old Alfred Road in Waterboro.

Justin Matthew Beaulieu, 23, of Freeman Street, Biddeford, was charged with disorderly conduct during a disturbance on the West Road in Waterboro at 4:37 p.m.

Christopher Stevens, 57, of Hanscomb School Road, Limington, was charged with leaving the scene of a personal injury/fatal accident and failure to give notice of accident by quickest means following a motor vehicle accident at 5:35 p.m. on Sokokis Avenue in Limington.

Amanda M. Giasson, 27, of Long Hill Road, Sebago, was charged with operating under the influence following a motor vehicle accident at 9:21 p.m. on Ossipee Trail, Limington.

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ALFRED

Allison Williams
awilliams@waterbororeporter.com
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Appreciation for volunteers, employees

Cake and ice cream were on the menu in Conant Chapel when the annual appreciation for town volunteers and employees was given last Saturday during a dessert social. Selectman John Sylvester reminded the gathering that approximately 180 volunteers and staff "make this town work." Selectman Glenn Dochtermann reminded folks, "We've been doing recognitions every year," to show appreciation for the efforts of so many.

Sylvester then explained the reason why a special recognition was being given. The Long Island debacle (over the ballot count) reminded him "how fortunate they were to have good town clerks." He then called up Alfred's town clerk, Andy Bors, and presented a certificate "in recognition for all that you do for the town."

Others were then named and given certificates in appreciation for service, plus pocket calendars and the 2015 holiday schedules and meetings. Door prizes were



From left, Selectman Glenn Dochtermann, Town Clerk Andy Bors, Selectman John Sylvester and (seated) Selectman George Donovan during the presentation of appreciation certificates at Conant Chapel. Bors was given particular recognition for his good service.

COURTESY PHOTO

given to those whose names were pulled at random from a basket. These ranged from pizzas from Lowe's, gas at Kallis' garage, doughnuts from Dunkin' Donuts, and gift certificates from Hussey Gardens, Mel's Raspberry Patch, Gile's Family Farm, Oak Street Bistro, DeWolfe and Wood, Alfred Country Store, Building 254, Aroma Joe's and, from the Alfred Fire Department, a free ride on a fire truck on Festival Day, which was won by quite a few people.

Christmas pageant, services

"The Night the Animals Sang" was performed by the Alfred Parish Sunday School Dec. 14. The narrator was Ben Nugent, with Adrienne Bertinet, Sarah Bouley, Trenten LeMay, Emily Bennett, Trevor Bennett, Garrett Clukey and Sam Bouley taking the parts of the cow, sheep, horse, chicken and dove. The angels were Madison Osborne, Emily Bennett and Laura Clukey. The Osborne family, with

baby Caleb, represented Mary, Joseph (Eric Ducharme) and Jesus.

During fellowship hour, cookies made by the children in the shape of the animals were served by Sunday School leaders Char Bouley, Bev Bennett and Pam Burnham. Also, parishioners were able to make donations to the Heifer Project as Christmas gifts, using cards made by the children.

Santa available

There will be an opportunity to meet Santa Claus and let him know what you would like for Christmas during his visit to the Masonic Lodge this Saturday, Dec. 20 from 1 to 3 p.m. Cookies and cocoa will be available. This is a free event that is open to the public.

Village notes

Thanks to generous donations by townspeople, 10 Alfred youngsters will have a happy Christmas. Donna Pirone of the general assistance office said residents really outdid themselves this year in providing gifts for those who had tags on the town Christmas tree.

The next Acoustic Country Jam in the Legion Hall will be Saturday, Dec. 27 from 1 to 4:30 p.m. If you like country music, this is an opportunity to hear local musicians. Donations are \$1 and refreshments are available.

DOLLAR GENERAL

(Continued from page 1)

system. "We have to truck water in from 2 miles away. The building is 18 feet high, so our trucks need to be 36 feet away in case of a building collapse. The plan has a fire alarm system that will give us warning, but a fire suppression system could control a fire until we arrived. We would need a 10-truck shuttling of water from surrounding communities, and that many trucks would block the way for egress for vehicles leaving the parking lot the way the entrance is set up. There are many combustible hazards on site." Bors' recommendation is for Dollar General to build a separate entry, or to move the building forward toward Route 5, and to the right, toward Merrill's Store, to provide room for maneuvering fire apparatus.

Foglio introduced his recommendations to the Dollar General application after handing out copies of the town's 2003 Highway Entrance Ordinance, which states that no entrance onto any town-maintained road may be built until a permit has been received from the road commissioner, which has now changed to the Department of Public Works. Foglio recommended two possibilities: build a truck-only entrance from Route 5, with trucks exiting onto Chadbourne Ridge Road, or widen the Chadbourne Ridge Road entrance and move it back farther from Route 5. When questioned, CEO Charette agreed that until he sees a permit from the DPW, no building permit will be granted.

The meeting ended with acknowledgement by Neill, the planning board chairman, that voting on the application at the Jan. 7 meeting may be premature.



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WATERBORO

Brigit McCallum

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Work continues on ice skating rink

Last weekend was a very busy one at the Carle's Corner Ice Rink, located behind the historic Taylor House in Waterboro Center. Starting early in the day a group of roughly 30 volunteers began to install 84 brackets built by Claude Coron and son Shane Yorke of North Waterboro, and to connect 12-inch high boards to them to constitute the walls of the rink. Once the boards were in place a liner was unfolded and laid out over the 64-by-104-foot structure, with the edges fitting up and over the boards, and held in place with long bright yellow foam noodles.

As that project was in process, a crew, under the leadership of Dennis Boucher of Boucher Construction and David Weisenbach of Integrity Builders and Contractors, was building the floor, walls, and roof of a 10-by-14-foot building to be a replica of the Leavitt

store that stood diagonally across from the Taylor House in the mid-late 1800s. The former Central Fire Station that has recently been donated to the Waterboro Land Trust sits on that site now. The facade of the structure that faces Old Alfred Road will be made to look just like that of the original store. Sandi Binette and Waterborough Historical Society President Jim Carll worked on the design. While the rink is in operation, the building will serve as a warming hut and cocoa bar, while in the off-season it will store the elements that constitute the rink.

Shortly after the walls and liner of the rink were in place, the first of what ended being five Poland Spring tankers arrived. Driver Supervisor Trevor Emery and Chuck Holden, driver of the first truck, set up the hoses, and the flow of water began. When asked about the water, Emery said, "It's a donation. We received a call from Sandi, and we want to be good neighbors for local communities. We think what she's doing here is fantastic for the kids and families of Waterboro. We're happy to be

part of it!"

According to Sandi Binette, it took five, 18-wheeler loads - a total of 42,000 gallons of water to fill the rink.

On Sunday, a second source of water was sought, water for the long term. David and Mary Woodsome of D&M Well Company Inc. donated and installed a drilled well for the facility. It took three days of drilling to complete the project to produce a well 500 feet deep, delivering 10 gallons a minute. The next step is to install a storage vault for water. Dave Benton of Benton Brothers Excavation is to dig a hole for the underground, frost-proof storage vault.

Electricity will then be brought in, and the building will be finished to the point that it is secure for the winter. Victor Wright of Heritage Company will donate and install a slate roof, in place of the wood shingles of the original store. Both slate and wood were roofing materials of the period, but only the wealthy could afford slate. Leo Binette explained, "It's an historic roof still, and thanks to Victor's generosity, this roof will last much longer than wood."

According to the rink's Facebook page, in order for the ice to freeze, there needs to be three nights of 15 degrees or colder weather. This should give them a solid base to work with. This is an outdoor rink, and Mother Nature is going to make this call for us. Keep a look out for winter temperature conditions, and we'll be sure to let you know when it's open. FMI, check out the Facebook page called "Carle's Corner Ice Rink," like it and stay tuned for updates.

Food pantry considered in Waterboro

Following an offer from the Foglio family to build the foundation and groundwork for a structure to become a food pantry for Waterboro at their last meeting, selectmen invited interested parties to speak before them Tuesday night. First, Sandra Negus, former director of Food for Life (FFL), a longtime pantry located at the former St. Stephens Church spoke of the needs in running a pantry. "You need a large truck, as you need to pick up food each month from York County Food Rescue in Alfred, and Good Shepherd Food Bank in Auburn." She also said volunteers are needed who are strong enough to lift crates of food into and out of the truck, and good records need to be kept. "There is a lot of work that goes into running a pantry," added Negus. According to Negus FFL served about 800 people a month.

Doug Foglio reported that, since he spoke at the last meeting, he has been offered unsolicited support, so that he now needs only \$3,000 to have the \$13,000 it would take to build a 24-by-32-foot structure. Foglio's own company would do the groundwork and put in the foundation. Foglio said, "My goal is to provide a place, not to staff it. We could start next month, and get it up and ready for the next phase. No town money, all donated time and money. A house-building crew has dedicated a four day job to come in and have it weather tight," said Foglio.

Foglio added that he had lawyer who agreed to do the 501c3 application work, "and we might get people to donate interior work too." When asked if he had a site in mind, Doug said, "On town property, maybe next to town hall where the mobile home used to be."

Selectman Dennis Abbott stated, "Creating an organization needs to happen before breaking ground. We need a long-term commitment to run it." Selectwoman Tammy Girard agreed with Abbott, "Yes, we need a strong organization to first take ownership to run the business aspect. There is a lot to it. We need to do that first before building a structure. Selectman Jon Gale differed, saying, "I say, 'strike while iron's hot.' If we wait too long, it may not happen."

Cleo Smith, a former worker at FFL introduced Dick Bateman, another former FFL volunteer, and said they had six others to manage a pantry and train new volunteers. Dave Woodsome, chairman of the board, asked how many staffers Smith thought were needed, and she replied, "Twenty, so that each would only need to work once a month, so as not to burn out. They would choose to pick up, sort, distribute, and serve as backup."

Girard reiterated the need for a board, officers and a business plan. Gale expressed his desire "to see a pool of people, like from Lakeside and other organizations, working on this, and the 501c3 may be needed to get to the next level of giving. We need to be able to get tax-deductible donations for infrastructure in order to get large donations."

Woodsome said they needed to set a timeframe with more info. Selectman Gordon Littlefield asked whether there was enough land there to do it considering setbacks and the need for water and electric. Girard mentioned the need to explore CMP and phone service. Littlefield asked that Doug provide a plan of the building on the property. The board decided to continue discussion at its Jan. 27 meeting.

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Ethan Morin, Noah Bryan, Cameron Bouchard, Evan Pike, Collin Clark and Jakob Tardif.

COURTESY PHOTO

LYMAN ELEMENTARY SCHOOL NEWS

Joy Spencer

The halls were alive with the sound of music on the evening of Thursday, Dec. 11 at Massabesic Middle School.

Over 200 children from Alfred and Lyman joined together to per-

form for 1,200 friends and relatives, as a medley of voices from students in grades K-2 rang out with "The Bells of Christmas."

Alfred music teacher Joe Abbiati and his wife used songs from several sources to create the Christmas concert. A bell choir composed of fourth- and fifth-graders from Alfred Ele-

mentary complemented the singing.

The talents of Deb Crowley, who is also a music teacher for Alfred Elementary, and Carlene Smith, who teaches music at Lyman Elementary, were coordinated with Abbiatis to bring the program together.



Wednesdays in December are "Holiday Breakfast, Winter Wonderland Wednesdays," when lunch personnel invites the students and families for a nutritious school breakfast.

COURTESY PHOTO



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THE NEWS STAMPEDE Massabesic Mustang Nation

Warmth spreads through the halls of Massabesic

The holiday season brings warmth in an otherwise cold winter month in the state of Maine. This warmth is sparked by giving, as Mustang Nation this year has taken the true meaning of the holidays and spread cheer in a variety of ways.

Students and staff at the high school were surprised the morning of Monday, Dec. 15, when it was discovered that each classroom door was decorated in festive wrapping paper, as the student council wanted to create a spirited atmosphere around MHS. Students from all grades came in on Saturday Dec. 13 to decorate the school, generously donating their time to bring joy to the population of Massabesic.

The hallways in general have become a more spirited place, and have made a huge impact on the students, even before the recent decorating. A noticeably happier Mustang crowd has been the result of tasteful holiday music playing over the school-wide P.A. system while classes change. The music has put kids in the right mindset for the time of year, and brought a wonderful attitude to the school.

Continuing the thought of the holidays, Mustang Nation has wasted no time to show its support of kids who may be going through a difficult time this holiday season, as each student participated in making holiday cards for the less fortunate. The cards were both sim-

ple and elaborate, and all came together to create boxes and boxes of cards to send to various locations across Maine – and even to other states such as Florida and New York.

An anonymous high school student at Massabesic added that the school has "created a homey environment" and students who are having troubles this season may find it easier to soak up the holiday spirit that is desired.

Not all kids have the easiest of times during the potentially stressful season, and maybe just simple decorations, music and donations can heal the feelings of the Mustangs.

The holidays are about boosting morale, giving and spending time with loved ones. Mustang Nation just felt the need to animate these feelings much sooner.

The students of Massabesic will be released from school on Tuesday, Dec. 23 to celebrate their respective holidays, and hopefully bring with them the Mustang spirit that has been established throughout the halls. When they come back after the new year, classes will continue and hopefully a new calendar year will also bring positivity and good feelings to the student body and surrounding community.

Jack Melanson is a senior at Massabesic High School in Waterboro and the president of the student council. He can be reached at Jack.melanson@waterbororeporter.com.



by
Jack Melanson

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SPORTS

Mat men off to a good start

BY MICHAEL DEANGELIS
mdeangelis@waterbororeporter.com

Massabesic wrestlers took three of four meets during a busy early season week on the mat.

On Dec. 13, the Mustangs hosted a dual meet with Windham and Marshwood.

Massabesic topped the Eagles 52-18 behind pins from Jeff Bryan (113), David Phinney (132) and Trevor Walton (220). Zac Richard, wrestling at 152, and Austin Linteau at 160 both contributed to the win with technical fall victories.

The Hawks, state champions for the last three consecutive seasons, handed Massabesic a 38-23 defeat. The Mustangs got another pin from Bryan, again wrestling at 113, and Mike Risti (220) secured a pin in his match. Freshman Noah McGrath (126) and junior Logan Martin (160) both got wins in their matches. McGrath took a 13-9 decision and Martin won 8-4. Zac Richard won a technical fall decision in his match.

On Wednesday, Dec. 17, the Mustangs swept a dual meet with York (56-12) and Scarborough (59-18).

In the York bout, Massabesic got pins from six wrestlers: Leo

Amabile (106), McGrath, Phinney, Martin, Trevor Walton (195) and Risti (jumping up to the 285 flight). The Mustangs also got a technical fall win from Bryan and a 4-1 victory from Richard.

Scarborough won just one match in the contest with the Mustangs, who racked up seven pins: Amabile, McGrath, Phinney, Noah Schneider (170), Linteau (stepping up to 182), Matt Carroll (195), Walton (in a bout at 220) and Risti (at 285 again).

Zac Richard added a 22-7 technical fall win.



Massabesic's Logan Martin.

COURTESY PHOTO BY JASON GENDRON, S4 ACTION PHOTOGRAPHY



Massabesic's Joanna LaFrance.
COURTESY PHOTO

Swimmers dominate pool

BY MICHAEL DEANGELIS
mdeangelis@waterbororeporter.com

captured first with a 31.39 in the 50 freestyle.

Massabesic won the 200 free-style relay with a time of 2:15.48. In that event Abigail Darling swam first. Helen Anderson followed, with Autumn Nostrum swimming third. Cryer served as the anchor.

The Mustang men racked up 98 points to Portland's 64 and their 106 easily surpassed the 52 that Deering managed.

Hunter Tarbox, Cam Mayhew, Caleb Fuschillo and Mason Darling got the meet going in the right direction with a win in the 200-medley relay. They posted a 2:08.32, topping Deering's second place unit by a full 12 seconds.

The same unit, but with Garrett LaFrance swimming instead of Fuschillo, won the night's final event, the 400 freestyle relay with a time of 4:17.53.

LaFrance also won the 100 butterfly with a time of 1:10.72, and he was first off the blocks in the 200 freestyle relay, won by the Mustangs with a 1:52.42. In that event, Ryan Burke swam second, Nate Messier third and Caleb Fuschillo swam anchor.

Mayhew took first in the 100 breaststroke and the 200IM. Darling won the 100 freestyle.



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 Girls Travel Teams: Waterboro, Alfred, LINE



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The 57 Stallions are also hosting a Food Drive this weekend. All non-perishable food goods can be dropped off at the event, and all goods will be donated and delivered to the York County Shelter Program, just in time for the Holidays!



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www.57stallions.org or on Facebook.

SPORTS



Massabesic's Josh Daigle (23) and Dawson Renaud (3) vs. Biddeford.
COURTESY PHOTO BY JASON GENDRON, S4 ACTION PHOTOGRAPHY

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HOOP WRAP-UP



BOYS

The Massabesic varsity basketball teams were still looking for their first win after the season's second week.

The boys dropped to 0-3 after losses to Biddeford and Cheverus. On Friday, Dec. 12 the Mustangs fell 57-54 to the Tigers, who turned around an 11-point halftime deficit with clutch outside shooting late to pull off the comeback.

On Tuesday, Dec. 16, host Cheverus jumped out to a big lead early and cruised to a 49-32 win. Massabesic trailed by as many as 18 points before chopping the lead down to eight, but the Knights rallied early in the fourth quarter to seal it.

GIRLS

The Lady Mustangs dropped to 0-4 after losses at Biddeford and at home against Cheverus. The Tigers pulled away in the second half and secured a 37-23 win. Cheverus got a big lead early, and coasted to a large 66-28 win.

The dining hall seated 88 people and was filled to capacity. There were two long self-serve tables piled with food, the stragglers still serving themselves. Seating at the oak tables was tight, 22 persons per table. Occasionally I heard the grating sound of a heavy oak chair scraping against the hard wood floor, as its occupant moved away from a table and got up to deposit dishes in neat stacks to be sanitized after the remaining food scraps were dumped into compost buckets. This scene is not unlike any college cafeteria except for one overwhelmingly apparent difference: Not one of the nearly 100 diners said a word during the entire meal. There were sounds of pots and pans being washed out in the kitchen, but no voices from the workers behind the two-way doors.

If I were a visitor who happened into the dining hall and didn't know where I was, I would be struck by the odd, if not weird, sensation of silence, and then by the expressions on the faces of all the men and women, of being outside of their bodies and totally uninterested in where they were and what they were eating. Nothing could have been further from the truth.

This scene was happening five days into a week-long silent Bud-

A gift of silence

TAKE FIVE

by
Jon Gale

dhist retreat in Barre, Massachusetts.

Why would anyone want to spend seven days without communicating with anyone else in any fashion? No telephones, computers, radios, TVs, newspapers, writing implements, or use of hand gestures or even facial expressions. Then again, wouldn't it be a relief to get completely away from the craziness of daily news, the demands of fellow workers and family members, the nagging, whining, and overall cacophony of sounds accompanying human interactions from waking to going to bed?

More importantly, not to use the silence as an escape, but as a necessary condition to get to know yourself better, and to become more aware of your reactions to everything around you? Are you aware of the almost continuous narrative occurring inside your head? Wouldn't it be nice to shut off, or at least slow down, the continuous chatter of replays that evoke feelings of anger, fear, guilt, and every other conceivable emotion, as well as worries about the future?

These people at dinner were practicing being aware of what was happening from instant to instant without thoughts. They were eating slowly in order to taste every forkful of food, aware of their breathing. They were practicing being more mindful of their own existence at that moment.

A well-known Zen Buddhist teacher said, "Life is like stepping onto a boat which is about to sail out to sea to sink." Pretty bleak, eh? Not when you think beyond your first reaction to the saying. People may disagree about what happens after death, after the boat sinking. No one disagrees, however, that they are alive, and that at some time they will die. It's what you do on the boat during the journey that counts. The journey is finite and it would be too bad to waste a lot of it below deck, worrying about the storm that will sink your boat, or to miss the beauty of the ever-changing ocean, while thinking of being somewhere else. It would be a shame to miss the breaching whales, the moonlight on the water or the spray from wind-blown foam off turbulent waves, because your eyes are closed or you are wishing you were safely on land.

Silence and meditation are Buddhist prescriptions for learning to live more fully in the present and to be less distracted by thoughts of the past and future. Through silent meditation the yogi's practice is aimed at enhancing his/her life experiences through what is referred to as "awakening."

Buddhist thought is full of counterintuitive notions. What the retreatants in Barre, Massachusetts are doing is getting away in order to get closer, to know themselves better, so they can better relate to others.

Getting to know requires time spent. Getting to know yourself, requires time spent alone in silence. There may be no more meaningful gift.

Jon Gale lives in North Waterboro and is a Waterboro selectman and retired educator.

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OPINION

Merry Christmas from Washington, DC



by
Jon Simonds

The House and Senate delivered an unlikely Christmas gift to the American people to close out 2014 and ring in the new year without a government shutdown. The \$1.1 trillion spending bill includes cuts designed to hurt the very political forum voting it in. In an effort to show the American people they are not alone in the painful reductions most budget bills provide, our Congress has seen fit to cut out the taxpayer funding of all those portraits hanging in offices of elected officials. From now on, a politician aching to hire an artist from Microsoft Paint for an official portrait will pay out of his or her own pocket.

How much of a savings this represents to the American people is hard to fathom. For example, under the Carter administration, portraits ranged from \$5,000 to \$15,000 a pop, and said portraits were painted for everyone from EPA administrators to the president of the United States. Colin Powell's portrait during the Bush years cost over \$50,000. That's more than the majority of Americans take home in a single year, after taxes, of course. This is aptly called, "The EGO Act," an acronym for Eliminating Government-funded Oil painting Act. It could save billions in taxpayer dollars if you consider the number of representatives in Washington who regularly have portraits painted. This should pave the way for a bitter budget battle in the closing weeks of 2015, as politicians throughout Washington vote themselves a huge pay raise to cover the cost of all those paintings.

Other line items in the new and improved fiscal spending plan include a \$1,000 a month allowance for transportation costs, amounting roughly to \$12,000 a year per politician. This, of course, knocks down the portrait savings some \$38,000 a year. Admittedly, politicians do an awful lot of traveling in and out of Washington as part of their job. It's only fair they shouldn't have to pay get around and, after all, \$1,000 a month is really only \$250 a week.

Folks living in a NYC double fare zone can appreciate how costly travel can be. For example, if you live in the Bronx and work at a Wal-Mart in Queens for \$7.25 an hour, or roughly \$300 a week before taxes, it costs you 10 bucks a day to get back and forth to work, or 50 dollars a week. Transportation isn't cheap. Congress knows this, and if taxpayer-funded transportation costs keep them above the poverty level, we should be all for it. How embarrassing would it be to see congressional leaders whipping out food stamp cards at local grocers?

Among the states posting huge victories in this fiscal budget is California. While largely ignoring the 50,000 homeless people wandering the streets of Los Angeles after losing homes and gainful employment because of Wall Street shenanigans, Californian ranchers can breathe a sigh of relief as Congress has set

aside nearly a billion for the reimbursement of livestock lost to wolves. Wolves are admirable creatures with strong social values. They hunt only out of necessity, never taking more than they need. You'd think politicians could learn something from this, but at least there is harmony in Congress this fiscal season. Here's hoping there is harmony in your home while wishing you the happiest of holidays, good health and prosperity in the coming fiscal year.

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

Simonds was right about some things

Let's talk about Jon Simonds' comments in the Opinion column of the Dec. 12 Reporter.

In a few recent columns, I have bumped heads with Mr. Simonds on a few issues. However, I tend to agree with most of what he says in his column, "Are we still an 'honorable' nation?"

In fact, I do believe that business needs to give back, not only to charitable organizations, but to their employees. How is it that a company like Wal-Mart can donate millions of dollars to various charities, but cannot afford to pay the people who work for them a wage that they can live on without having to ask for public assistance to exist? These are the same peo-

ple who are in the 'trenches' every day- including Sundays and holidays- helping the corporation make billions of dollars so they can remain in the public eye as a charitable company.

I'm not sure if raising the minimum wage to a reasonable level will stop crime caused by poverty, but it couldn't hurt. The effect would be that most of those wage earners would be able to live a better life and be more responsive to their families. I don't believe we can ever eradicate crime, especially petty crimes, because there is an element in our society that has no respect for our laws.

Simonds says that "corporations are ill concerned with the American family." However, the truth is that this fact goes beyond a wage issue. In their quest to capital-

ize on every dollar they can, corporations took a huge step in destroying the American family when they opened their doors on Sundays. Sure, it seems like Wal-Mart and the like have always been open on Sundays, but that isn't true. Think back to when Sunday was usually the only day when a family could gather together for church, dinners, picnics, etc. without having to rush to the local department store to grab that one thing they wanted. When we were a more patient society, Monday came soon enough to grab that much-needed whatever.

Sometimes change isn't good. I think we all learned that from the changes that have occurred in our country over the past six presidential years.

*Carmine Castaldo
North Waterboro*

LETTERS

Community service appreciated

Benjamin Levesque has provided community service to the town of Lyman.

Benjamin has worked cleaning up the Goodwin's Mills Cemetery. He placed veteran flags wherever they were missing or in ill-repair. He cleaned up any litter and emptied any flower containers where the flowers had gone by.

The town of Lyman Cemetery Committee great appreciates his

volunteerism, especially to care for our veteran graves as well as improving the appearance at this cemetery in the center of town.

Thank you Ben!

*Katrina Randall
Chairperson, Lyman Cemetery Committee*

From left, Jessie Berard and her sister Mary Berard, ROTC Drew Labbe, Bob Randall (with dog) and Dave Snyder, all of Alfred assisted Benjamin Levesque in the clean-up.

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BIGGEST WINNERS

(Continued from page 1)

I joined up for the program, I had a renewed sense to get it done." Bradbury said the seminars especially resonated with her. "I loved the program. Angela is very supportive and has a lot of information." Bradbury said she is very happy with her runner-up win. "I didn't think I was going to win anything."

Massabesic Health Resources in Waterboro donated the first-place prize, a three-month membership to the fitness facility. Second prize was a pair of athletic shoes from the Good For All Pharmacy's line of shoes. Third prize was \$25 in Good Dollars, which is part of the customer loyalty program at the pharmacy.

Though the Biggest Winner Challenge is a fun way to work toward fitness goals, the health implications for carrying extra pounds are sobering. "Obesity is the number one health risk in the United States," McGarrigle Orr said. "The American Diabetes Association says that even a 5 to 10 percent reduction in weight can reduce the incidence of diabetes."

Cancer is another risk associated with weight; McGarrigle Orr said she was diagnosed and treated for breast cancer last year. "One of the risk factors for breast cancer is obesity," she said. Because she wanted to be healthier, she decided to go on a weight reduction program using a product called Isagenix, as well as exercise. Now, in addition to running The Biggest Winner Challenge, she regularly goes to the gym and replaces meals with the Isagenix shakes. "Since I started last year, I've lost 87 pounds. I feel like a new person. I thought that maybe other people could use some help in getting to their goals."

Though there is a break during the month of December, the pharmacy is running a "Maintain Don't Gain" program with the goal of maintaining weight over the busy-fattening-holiday season when the average person gains five to 10 pounds. "It is a community service," said McGarrigle Orr. "You don't have to be a customer of Good For All to join. I really want to help make the community healthier one pound at a time."

The next regular Biggest Winner Challenge session will start on Jan. 1, but people are welcome to sign up any time before or after that date. The first seminar will be held Saturday, Jan. 21 at 7 p.m. at Good For All Pharmacy on Goodall Way in East Waterboro. FMI call 247-4000 or stop by the pharmacy.

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Richard P. Mulheir, Sr.

Richard P. Mulheir, Sr., 86, of Effingham, NH and formerly of Lynn, Massachusetts, died Sunday, Dec. 14, 2014 following a lengthy illness.

He was born in Lynn, Massachusetts on July 9, 1928 the son of Peter R. and Mary D. (Douce) Mulheir.

At an early age, Richard developed a love for music and at just 13 years of age, he played his saxophone for a local radio program. Through-out his life, Richard enjoyed music, whether he was listening to his radio or en-



**Richard P.
Mulheir**

joying one of his grandchildren's school concerts. Richard graduated 22nd out of a class of 347 from St. Mary's Catholic School, Class of 1946. In 1951, Richard joined the U.S. Navy as a radio man and served during the Korean War. Upon his honorable discharge from the U.S. Navy, Richard was hired at General Electric in Lynn in 1955 and worked as a technician. In 1958, he started working at the M.I.T. Lincoln Lab as a project technician where he worked for 32 years, retiring in 1990.

Following retirement, Richard moved to Wakefield, New Hampshire where he enjoyed hunting and fishing. He also loved to go clamming at low tide at the local beaches in New Hampshire and Maine.

Richard was predeceased by

his wife of 39 years, Frances Mulheir, his son, Ronald Wagner, his daughter, April Butler and his son Robert Wagner.

He is survived by his son, Richard Mulheir, Jr. and wife Heidi of Effingham, New Hampshire and by his daughter, Linda Ramsey of Berwick; and 10 grandchildren and 6 great-grandchildren.

A graveside service will be held on Friday, Dec. 19 at 1 p.m.

at Pine Grove Cemetery in Lynn, Massachusetts.

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

In lieu of flowers, memorial donations may be made to the American Heart Association.

The Autumn Green Funeral Home is respectfully handling arrangements.

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