



# REPORTER

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## Limerick voters to consider site for new public safety building

By **SHELLEY BURBANK**  
sburbank@waterbororeporter.com

Voters in Limerick will be asked on March 7 to vote on whether the town should purchase land on Washington Street for the possible site of a new public safety building. A public hearing regarding this secret ballot article, as well as other articles on the ballot, will be held Wednesday, Feb. 19.

The hearing will give voters a chance to ask questions and voice their opinions prior to the March vote.

“The selectmen decided to just put the land on the ballot,” said Gail Libby of the Limerick Fire Station Building Committee. “They had received public comment about the public wanting to have a say in the choice of the site.”

After looking at 12 sites in town, the committee narrowed the choices down to three and worked

with an architecture and engineering firm, Oak Point Associates, to recommend the most appropriate site and develop a vision plan to share with the public. The site on Washington Street was recommended by an 8-1 vote by the committee in January 2013. In October 2013, Oak Point presented a cost analysis and vision site to the public based on the Washington Street site.

Since the public presentation, the selectmen and members of the building committee have received numerous questions from Limerick residents, including questions about the need for a new building and the cost, said Libby. The current public safety building on School Street is more than 50 years old, and the committee believes the space is inadequate for the current population, which has tripled since the 1960s.

The cost for the project as currently designed is estimated to be

*(Continued on page 4)*



The Pine Tree Council's Klondike Derby was held on Feb. 1 on Rock Haven Lake in Newfield with about 350 participants, including Boy Scouts, Webelos and Venture Scouts. Troop 399, the “wolverines” from Lyman, placed fourth in the senior division. From left, Matthew Farrar, Senior Patrol Leader Ryan Philbrick, Alex Malloy, Andrew Ireland and Cameron Mayhew, assistant senior patrol leader.

COURTESY PHOTO

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## Lions roar through a decade of service

By **ANN FISHER**  
afisher@waterbororeporter.com

They may be known as “The Dump Club” by some of their fellow Lions, but members of the Acton Shapleigh Lions Club take it in stride – if not with a touch of pride.

The nickname stuck after charter members were solicited “primarily from the dumps where we recruited,” said Sanford Lion Cliff Randall at a dinner celebrating the rural club’s 10th anniversary. “We were successful.”

The anniversary dinner was held at the Bradford Block Bistro in Springvale Jan. 26. President Joan Dyer, Vice President Chip Venell, treasurer Jim Wilson, secretary Dot Brown and members, Liz Cervizzi, Ann Fisher, Judy and Rick Kelley, Bob Lord, Bill and Eileen Mageary and Richard Nason attended as well.

The members were singled out by Dyer, who gave out humorous certificates of achievement. All received pancake turners from Randall as anniversary “gifts” to



Bill Mageary of the Acton Shapleigh Lions Club passes down pancake turners given to members of the club to mark the club's 10th anniversary. The gag gift was given in reference to the monthly pancake breakfast hosted by the club.

PHOTO BY ANN FISHER

use at the club’s monthly pancake breakfast. Brown, who organizes semi-annual turkey dinner fundraisers, was presented with a fro-

zen bird by Randall.

The Massabesic Lions Club, which includes members from

*(Continued on page 4)*

## GET OUT OF TOWN

*Exploring the wild and wonderful at the International Cryptozoology Museum*

By **SHELLEY BURBANK**  
sburbank@waterbororeporter.com

Want to have your picture taken with Bigfoot? Curious about Nessie, the Loch Ness Monster? Ever wonder how someone came up with the idea for a Teenage Mutant Ninja Turtle? The International Cryptozoology Museum in Portland is the premier place for exploring these creatures of legend and myth, so-called monsters that may or may not have existed in the past or still roam the earth today. These are the cryptids, unknown animals that have captured imaginations, spawned countless tales,

*(Continued on page 2)*

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Museum Director Loren Coleman stands in front of the Bigfoot replica in the International Cryptozoology Museum. COURTESY PHOTO

**GET OUT OF TOWN**

(Continued from page 1)

and entered the cultural conversation via movies, television, books and other media.

Thanks to Museum Director Loren Coleman, who is also a cryptozoologist, visitors to the ICM can learn about all these creatures and the people who study them. “The decision to open the museum in 2003 was based on my insight that the history of the field of cryptozoology was too often being ignored and literally ending up in dumpsters after people’s expeditions and deaths,” Coleman said, surrounded by his ever-growing collection of artifacts, artwork, and replicas,

including the giant, hairy Bigfoot that looms over the space on Avon Street in Portland’s downtown.

When Coleman was a child growing up in the Midwest, he went to see a Japanese film called “Half Human,” a movie about an Abominable Snowman or Yeti who encounters a group of university students vacationing in the mountains. Intrigued, young Loren asked his teachers about this creature. He was disappointed when his questions were brushed off.

“I was given three answers,” said Coleman. “They don’t exist.” “Get back to your studies.” “Don’t bother me with that.”

Frustrated and curious, he first went to the public library – where

his questions were taken a bit more seriously by the reference librarians who gave him some books to read – and then he went on to make the study of unknown creatures, cryptozoology, his life’s work.

Now a preeminent scholar and expert in the field, Coleman has written 30 books and over 300 articles on everything ranging from Bigfoot to Mothmen to the Loch Ness Monster. He has appeared on numerous television shows, has taught college classes on the subject, is often consulted for films and books and even board games, and regularly goes on field expeditions here and around the world.

After many years of this intense scholarship and exploration, Coleman decided to open the world’s only museum dedicated to the study of cryptozoology. “We are the first, only, and thus largest cryptozoology museum in the world,” said Coleman. “There are specialty museums in Scotland on the Loch Ness Monsters, and a few up and down the West Coast on Bigfoot. But for Cryptozoology, with a big C, folks will have to visit us in Portland, Maine!”

There are 10,000 artifacts in the museum today, some collected by Coleman, others donated by fellow cryptozoologists and artists who create models and renderings of the creatures and the people who study them. Though now expanded into new space at 11 Avon St., just off Congress Street in historic downtown Portland, the museum started out rather modestly on the first floor of Coleman’s home.

“The International Cryptozoology Museum first opened in August 2003,” Coleman said, recounting the history of the mu-

**WEREWOLVES IN LIMERICK?**

Sightings of cryptids have been documented throughout Maine, according to expert, Loren Coleman of the International Cryptozoology Museum. An area near Lewiston called the Turner Triangle has been especially active. Coleman and the museum’s assistant director, Jeff Meuse, were involved in investigating the Turner Beast a few years back. Though the creature turned out to be a feral dog, sightings in that area have generated much interest over the years, and Meuse and Coleman have both been involved in looking into these reports.

Sightings of a werewolf – or the loup-garou as it is called in this Franco-American neck of the woods – have been reported in Limerick, Naples, and other towns in the area, indicated by red push-pins on a state map in the museum. “The reports of werewolves...are directly related to a cultural bias. Whereas Anglo observers might call something big, hairy, and on two legs seen in Maine a Bigfoot or Sasquatch, French speakers (for example from Limerick, Biddeford, Lewiston and Turner-Greene), appear to call them loup-garou,” said Coleman.

seum. “From 2003-2009, it saw cryptozoologists from around the world visit, as well as reporters, documentary filmmakers, and reality television production companies. The museum and interviews with me were featured on television programs such as ‘Animal X,’ ‘MonsterQuest,’ ‘Deep Sea Detectives,’ and ‘Weird Travels.’”

As the years passed and the collection grew, Coleman knew it was time to move from his house to a dedicated space. For awhile, the museum could be found at the back of a bookstore on Congress Street, and then in November 2011, the new Avon Street space was celebrated with a grand opening that also coincided with the museum’s nonprofit status.

Visitors to the museum not only get to have their picture taken with an 8-foot, 500-pound replica of the Crookston Bigfoot donated by Wisconsin taxidermist

and artist, Curtis Christensen. They also have access to an abundance of information, models, photos, artwork, foot castings and samples from scientific research expeditions that span decades. Included are some artifacts from Sir Edmund Hillary’s 1953 expedition on Mt. Everest.

The items are arranged throughout the museum with explanatory notes and signs, enough to intrigue a casual visitor an hour or two. More serious scholars could spend an entire day, probably longer. The artwork alone indicates the powerful influence cryptozoology has on creativity and imagination, including popular cartoons.

Remember those Teenage Mutant Ninja Turtles? According to Coleman, Kappas are creatures well-known in Japanese folklore and are described as having a monkey’s head, webbed feet, and a shell on its back. “The kappas are the often forgotten, hidden inspiration for The Teenage Mutant Ninja Turtles, created by Kevin Eastman and Peter Laird. The early 1980s comic characters, according to the folktale promoted by Eastman and Laird, were the result of the two joking around with their sketch books after a night of beer and pizza. But the reality is that Eastman was a student of Oriental studies and consciously or unconsciously was inspired by Japanese folklore.”

With a whole week of school vacation looming, it might just be time to get out of town and head to Portland and the International Cryptozoology Museum with the kids. Hours and other visitor information can be found on the museum’s website, <http://cryptozoologymuseum.com>.

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Feb. 14

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**BUSINESS NEWS**

# Community Calendar

## More people flying from Jetport

The Portland International Jetport reported a growth in passengers in 2013. Almost 1.7 million passengers used the Jetport in 2013, which represents an increase of 3.7 percent over 2012.

“The Portland International Jetport carried 59,255 more passengers in 2013,” said Paul Bradbury, airport director. “There were a lot of factors contributing to the increase, and a big contributor was the addition of Southwest Airlines in April of 2013.”

The Jetport is also happy to

announce that Southwest Airlines will offer new Saturday nonstop service to Chicago’s Midway Airport starting June 14. This service offers connections to 64 cities with more than 200 daily flights. It will also add a fourth daily nonstop flight to Baltimore beginning June 9. For more, see [www.southwest.com](http://www.southwest.com).

“This addition clearly is in response to the growing demand for travel to and from Portland and the increased use of the Jetport,” said Bradbury.

## Gorham Savings Bank appoints Paula Silsby to board of directors

Gorham Savings Bank has announced the appointment of Paula Silsby to the board of directors.

Silsby, a retired Portland resident and active community member, is also an adjunct professor at University of Maine School of Law, and a corporator at Gorham Savings Bank. She spent her career handling civil and criminal cases in the United States attorney’s office for the District of Maine; serving as United States attorney from 2001-2010, chief of the criminal division and senior litigation counsel. In addition to her work at the U.S. attorney’s office, Silsby co-founded Pine Grove Child Development Center in Falmouth. She is a graduate of University of Maine School of Law and Mount Holyoke College.



Paula Silsby

“We are very fortunate to have Paula join our board. Her strong passion for community stewardship is a perfect match with Gorham Savings Bank’s mission,” said Chris Emmons, president and CEO.

**VALENTINE’S DINNER & DANCE** scheduled for Saturday, Feb. 15, at the Waterboro Grange Hall has been **CANCELLED**.

**SEED STARTING WORKSHOP** The Waterboro Community Garden club will hold a workshop on Saturday Feb. 15 from 10 a.m. to noon on seed starting with Lisa Moulton and Heather O’Meara at the Waterboro Town Hall.

**FREE COMMUNITY DINNER** Sat, Feb 15, 5:30 to 7 p.m. at the Mill Building at the Goodwins Mills Advent Christian Church, Rt. 35, Goodwins Mills.

**ICE FISHING DERBY** on Little Ossipee Lake, Sunday, Feb. 16 (a Maine Free Fishing Day). Adult division \$15, children 15 and under \$1. Final weigh-in at 3 p.m. at public boat launch area on Route 5. Over \$3,000 in prizes, raffles plus trophies for top four in children’s division. Sponsored by the American Legion Brown-Emmons Post 134 of Alfred & White-Tibbett’s Post 55 of Limerick. For more information call 793-8677.

**WINTERFEST** Sunday, Feb. 16 from 10 a.m. to 2 p.m. at the Abenaki Draft Horse Club, Dukes Lane, Lyman. Horse drawn sleigh rides, sledding, food and drink and blacksmithing demonstrations. Free admission. Sleigh rides \$5 for adults, \$3 for ages 15-18, children 14 and under free if accompanied on ride by an adult.

**MASSABESIC BASKETBALL YOUTH BREAK CAMP** with skills, drills and games Feb. 19-21 from 9 a.m. to noon at the Massabesic Middle School. Girls and boys grades 2-8, \$50 for all 3 days or \$20 per day. Registration opens at 8:15 a.m. Call Coach Jones at 653-8318 to reserve your spot or email [ramonejones@rsu57.org](mailto:ramonejones@rsu57.org).

**LYMAN REPUBLICAN CAUCUS** Saturday, Feb. 22 at 10

a.m. at the Lyman Town Hall (instead of the library). All registered Lyman voters are urged to attend.

**COUNTRY MUSIC SUNDAY** Down East Country Music Association will be holding a “Country Music Sunday” on Feb. 23, from 11 a.m. to 4 p.m. at the Limerick Municipal Building, 55 Washington St. Free admission with donations accepted.

**MASSABESIC AREA YOUTH FOOTBALL AND CHEERING** informational meetings March 4, 5 and 6 from 6 to 8 p.m. in the MHS cafeteria. Online registration opens March 1 at [www.mayfc.org](http://www.mayfc.org). For more information call Keith Gerry at 590-5645 or [Mayfcchairman@gmail.com](mailto:Mayfcchairman@gmail.com).

**MASSABESIC PROM PROJECT** Need a dress for prom? Thursday, March 6 from 2 to 4 p.m. in the MHS gym there will be dresses available in limited styles colors and sizes. The Massabesic Prom Project provides free new and like-new gowns to MHS students so they can attend their prom with confidence and style. For more information contact Jennifer

Landez by email at [jenniferlandez@rsu57.org](mailto:jenniferlandez@rsu57.org).

**MASSABESIC LIONS** The Massabesic Lions Club is holding Bingo Nights on Mondays, starting at 6 p.m. at the Regional Medical Center in Waterboro. The club is located on Route 202 in Waterboro.

**FREE MEALS KITCHEN** York County Shelter Programs sponsors Springvale Free Meals Kitchen at the Springvale Baptist Church, Main St., Springvale on Tuesday and Thursdays. Social time with hot coffee and treats is at 10:30 a.m., hot meal is served from 11:45 a.m. to 12:30 p.m.. The Sanford Free Meals Kitchen is held Monday, Wednesday and Friday at the Masonic Temple, Elm Street, Sanford with social/coffee time at 10:30 a.m. and hot meal from noon to 1 p.m. Residents of any town are welcome to attend.

**Submit nonprofit calendar items to:**  
[news@waterbororeporter.com](mailto:news@waterbororeporter.com)

## 2014 WATERBORO OLD HOME DAYS NEEDS YOUR HELP!

Waterboro Old Home Days is very short on staff this year and without your help, we will not be able to have the Old Home Days. We have fun planning our town’s annual celebration where friends get together and our civic organizations and businesses have the opportunity to tell you who they are and what they represent and then finish the day with one of the area’s best fireworks displays.

We need people for the planning of the Parade, the children’s tent, selecting and contacting entertainment staff, event advertising and promotion, publication of our event schedule and advertising book. Experience is not required since we will gladly help you along the way. We simply cannot do it all.

Our Committee meets two Thursday evenings per month for February, March, April and May at the Town Hall in the old section.

We also need additional help during the event and this request goes out to everybody, including high school students who may be looking for community service hours.

If you would like to help us make the 2014 Waterboro Old Home Days the best one yet, please email [oldhomedays@waterboro-me.gov](mailto:oldhomedays@waterboro-me.gov) or call 207-247-6166, ext. 101 to request a committee application.

**If we do not get help by the end of February, we will not be able to support and hold the 2014 Old Home Days event!**



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## TOWN OF NEWFIELD

The Board of Selectmen will hold a public hearing on February 18, 2014 at the Public Safety Building at 7 p.m. for the following:

- Recycling Building
- Road Discontinuance- Jones Road
- Revaluation of the Town
- Real Estate tax billing twice a year.

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# LIMERICK

## Limerick: Farm & Village

Shelley Burbank

sburbank@waterbororeporter.com  
651-4017

### Historical society wants your stories

The Limerick Historical Society notes that the Facebook page is getting more and more views all the time. "Pictures seem to be a big hit, the last one being a view from Stone Hill Road looking toward the Upper Village," wrote society president, Adele Floyd, in the January newsletter sent to members following the group's yearly planning meeting.

The society would love to collect stories about any of the photos people recognize on the Facebook page. "If the pictures remind you of a story about the people or place, please share them on Facebook. We would like to collect

these stories before they disappear," said Floyd.

### Olympic mascots on display

A collection of Olympic mascots, including the mascot from this year's 2014 Sochi Winter Olympic Games, is on display in the glass case at the Limerick Public Library this month.

According to Wikipedia, Olympic mascots are fictional characters that are representative of the country that is hosting the games. There have been official mascots since the 1968 Olympics in France. This year's mascots are The Hare, The Polar Bear, and the Leopard. Thanks to toy collector, Del Floyd, who lent her collection to the library, patrons can take a peek at these newest additions to the list of Olympic mascots.

### Valentine volunteers

Girl Scout Troop #2135 helped out at the Limerick Public Library on Friday, Feb. 6, as patrons of all ages came in to create their

own Valentine's Day cards from materials provided by the library. "They did a really good job," said library director, Cindy Smith, who observed the Scouts as they interacted with the younger kids and helped them with their sometimes rather inventive artwork.

Danielle Burbank, a sophomore at Massabesic High School, volunteered to work at the event. Though only a trickle of crafters came in that day, Burbank said she enjoyed working with the kids, and that she had fun making cards of her own during the quiet times.

In preparation for the project, volunteers Michelle Violette, Anita Wyman and Ashley LePage worked on cutting out materials such as paper hearts, romantic quotes and various images, and organized the materials on tables in the library meeting room. One of the most popular materials were the old wallpaper sample books, according to Smith. There were sparkle glue sticks, crayons, pencils, markers, decorative paper punches, doilies and more for card-makers to choose from.

The supplies have been available to patrons throughout the week and will remain at the library through Friday. This is the second year the library has organized the Valentine card-making event.

### LIONS CLUB

(Continued from page 1)

Alfred and Waterboro, was the official sponsor for Acton-Shapleigh when it was chartered a decade ago. Guiding Lions Earl Morrison and John Kustron were both at the anniversary dinner with their wives and fellow Lions Betty Morrison and Anne Kustron. Over the years, Randall, a member of the Sanford Lions Club, has become a valued honorary Guiding Lion to Acton-Shapleigh.

The official date the club was chartered was April 3, 2004. With 22 charter members in attendance, the event held at the Potting Shed in Acton drew 137 Lions from 18 different clubs. The charter was presented by District Governor Robin Swett and a past international director was the guest speaker. "Charter night was perfect, absolutely perfect," Randall said.

A decade after it was founded, members are anything but down in the dumps and are more active than ever: membership is almost back to the level it was when the club was founded. New members Rick Kelley and Bob Lord were inducted at the celebration dinner. James and Tonya Nason will soon be inducted.

The club's charitable activities have grown along with the years. Last year they organized the first Run with Pride road race; the second annual is being planned for July during Shapleigh Community Day. Members are tentatively planning a cultural fundraiser to be held this spring.

The local Lions have also donated \$1,000 towards a vision testing machine to use in the community starting this spring/summer. The machine detects vision problems that routine testing may miss. "We're so pleased with the results that machine is giving," said Randall. Members continue to serve their popular pancake breakfast the first Saturday of the month at Acton Town Hall; they sell popcorn and other refreshments at the Acton Fair; contribute to school backpack programs in both towns; donate to both towns' heating assistance funds and local food pantries. They have also donated to Camp Sunshine, helped homeless families and installed storm windows.

"Thanks to the Acton Shapleigh Lions Club for all that you've done," Randall concluded at the anniversary dinner. "and all you're going to do."

## ★ Attention Limerick Voters ★

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### PUBLIC SAFETY BUILDING

(Continued from page 1)

\$3.2 million, according to information presented last October by Selectwoman Wendy Thorne. The land on Washington Street will cost \$150,000, and will be taken from the Capital Project Reserve Account if voters approve the article.

"Public comment has indicated to the Selectboard that the

\$3.2 million total project cost is too high. The Selectboard is more than willing to revisit the design, as is the committee," said Libby. "It was a vision, a place to begin discussion and review. We need a site decision, however, to do a more definitive design review."

The public hearing regarding the purchase of the Washington Street property will take place at 7 p.m. in the media room at the Municipal Building.

**GOT NEWS?**  
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# Heating help for local vets

By **SHELLEY BURBANK**  
*sburbank@waterbororeporter.com*

Members of the American Legion Post #55 in Limerick held their annual Sokokis Lake fishing derby this past Sunday, Feb. 9, to raise money for heating assistance for veterans. Last year, deep snowfall kept many ice-fishing enthusiasts off the lake on derby day, but this year's moderate temperatures and partly-cloudy skies brought a good crowd out to the public landing across from the Limerick Mills building.

Altogether, 48 adults and 42 children registered for the derby. The largest fish in the adult division was a 2.8-pound largemouth bass caught by Brian Rocray Jr. Rocray was there all day with Ken Rocray Sr. The two said they go "all over" during ice-fishing season. "We fish all the time," said Brian. "Ossipee usually. We also go up to Sabattus." Brian's

winning fish was caught early on, at 7:30 a.m. to be exact, and that meant a nerve-racking day wondering if it would remain the top fish. "I came up every hour to check to see if it was still the biggest," Brian said.

The largest fish in the children's division was a 2.5 pound largemouth caught by Kayla Sanborn of Sanford. Benjamin Thurlow of Cornish also caught a 2.5-pound bass, but Kayla brought hers in first and was awarded first place. Ronan Benson of Limerick came in second place in the children's division.

Many local merchants donated items that were raffled at the end of the day. Darrell Dunnells of Parsonsfield held the winning ticket for the big 50/50 raffle. Food and beverages were sold out of a trailer at the public boat launch so participants could come in, warm up, and get a snack.

Participants said they had a good time at the event. Jim Masse

of Waterboro was there with his kids, Phoebe and Blake, and their friend Logan. "It was a good time," Masse said at the end of the day. "This is good, local stuff." Masse said he was successful with the fish, too, ending up with four perch.

Massabesic High School sophomore, Kayla Colby, said she was on the lake most of the day. "My mom and I drove snowmobiles down, and then my father came with the truck. All the cousins were there. It was fun," she said.

Legion members were pleased with the turnout. "The Post wants to return thanks because it wouldn't be possible without you," a spokesman told the crowd before the raffle tickets were drawn. American Legion Post #55 is also looking forward to the Little Ossipee Lake ice-fishing derby this upcoming weekend in Waterboro on Sunday, Feb. 16, which they are hosting along with Alfred American Legion Post #134.



Brian Rocray Jr. (Left) and Ken Rocray Sr. with Brian's winning large mouth bass at the American Legion Post #55 fishing derby on Sokokis Lake Feb. 9.

PHOTOS BY SHELLEY BURBANK



Ronan Benson of Limerick holds his second-place trophy.



Kayla Sanborn and Benjamin Thurlow show off their winning fish.

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Angie with son Tyler; born May 8, 2013

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# SPORTS



Caleb Fuschillo (yellow cap) swimming the 50-yard freestyle.

COURTESY PHOTO

## Mustang men take Southwesterns *Team effort paces rout*

By MICHAEL DEANGELIS  
mdeangelis@waterbororeporter.com

Massabesic's boys' swim team turned in a dominant performance, capturing first place with an eye-popping 253 points, at the South Southwestern championships held Saturday, Feb. 8 in Westbrook. Kennebunk was second with 193.5.

With 12 schools in contention, and five-time defending champ Windham providing an intimidating presence, the Mustangs had the large crowd buzzing after only the fourth event.

The reason? Two things.

First, the fourth event was the 50-yard freestyle and the men from RSU 57 had just posted a first-place finish (Caleb Fuschillo 23.78) and a second-place finish (Mason Darling 24.19) to give them 29 points in the event; and, second, they had 95 points already, well ahead of second-place Thornton Academy's 76.

Of course, the Mustangs built that heady total right out of the gate and it began with the opening event, the 200-yard individual medley.

Hunter Tarbox led, followed by Mason Darling, Garrett LaFrance and Bailey Schneider on anchor. They pulled a fifth-place finish that garnered 20 points which was solid, but what lent it a boost was the 10th-place finish turned in by the second unit which netted six more points. Thornton Academy was awarded 32 for the win and Windham (third overall with 173) sat tied with the Mustangs at 26.

Collin Chamberlain kept things going with a second-place finish in the next event, the 200 freestyle. His 1:51.15 falling just behind Timmer Sposato of Gorham's 1:50.89. Cornelius Stewart chipped in three points with a 10th-place finish, but Kennebunk netted 21 with a fourth and a fifth, and they held a slim 45-42 lead after two events.

Cameron Mayhew (sixth in the 100 breaststroke) followed Chamberlain with a runner-up spot of his own in the 200 IM. Nathan Messier was sixth and Ryan Burke was 11th to give Massabesic 24 points in the event and a lead they'd only build upon.

And build they did as Fuschillo and Darling were up next in 50.

"I think the boys knew we had a chance for first place after the 50, but there are a lot of really good teams and we had a long way to go," said coach Chris Niven.

Jacob Bixby immediately added to the good feelings about winning it all with a first-place spot in the 1-meter dive. The sophomore blew the field away with a score of 243.

LaFrance (eighth in the 500) and Burke helped out with a fourth and a seventh, respectively, in the 100 butterfly, which likely frustrated a battling TA squad that won the event with a speedy 57.93 from Chris Steward, but it only netted them a three-point edge 21-18.

TA, and the other 10 teams, could forget about winning after Chamberlain and Fuschillo went first and third, respectively, in the 100 freestyle. Chamberlain, the senior captain, turned in a blistering 50.88, nearly two full seconds better than his nearest foe, and the sophomore Fuschillo turned in a solid 52.90 just behind the 52.70 turned in by Ethan Nightingale of Yarmouth.

Said Niven, "I was really impressed with how focused we stayed for the rest of the meet. When I filled out the entry roster for each event...it just showed how much talent there is, but you have to stay focused."

Tarbox (10th in the 100 backstroke) led the Mustangs off the blocks in the 200 freestyle relay. Burke swam next, followed by Schneider, with Messier (fifth in the 100 backstroke) on anchor. They finished fourth and the unit of Andrew Aguilo, Ben Hamilton, Xavier Lundrigan and Casey Descoteaux picked up a couple points, finishing 12th.

Darling was second in the 100 breaststroke with a 1:09.96, but before the victory party could begin the Mustangs needed to finish the 400 freestyle relay.

A perfect opportunity for the best team to be the best team.

Fuschillo led them out, followed by Schneider (who swam all three relay events), Mayhew and Chamberlain on anchor. They turned in a first-place time of 3:36.71, smashing their personal best by 12 seconds and topping runner-up Kennebunk's 3:40.49.

And a perfect way to head into the Maine State Championships, to be held Saturday, Feb. 15 in Orono.

### A CLOSER LOOK

The Mustang men and women combined for 383 points at the South Southwestern regionals. Below, how the top six fared when combined.

**MUSTANGS 383**  
Kennebunk 355.5  
Waynflete 318  
Thornton 275  
Yarmouth 257.5  
Gorham 239

## Ladies swim sixth, Dudley takes the 200

By MICHAEL DEANGELIS  
mdeangelis@waterbororeporter.com

The lady Mustangs finished with 130 points, good for sixth place, at the South Southwestern Regionals held Saturday, Feb. 8 in Westbrook.

Waynflete was first with 190, followed by Yarmouth at 177, Kennebunk had 162, Gorham 152 and Sanford was fifth with 136.

The Mustangs were seventh in the first event, the 200-yard medley relay, but Elaine Dudley jump started the team by blowing the field away in the 200 freestyle, which followed.

The sophomore, who was third in the 500 freestyle, turned in the sixth-fastest 200 on the day, her 2:03.20 topped 14 of the men in their 200, and it pounded even her nearest female foe by more than seven seconds in the women's division.

Ashley Cryer (third in the 100 backstroke) followed Dudley with a second-place spot in the 200 IM

and teammate Joanna LaFrance, who was fifth in the breaststroke, helped the team cause with a seventh.

Morgan Houk (eighth) and Helen Anderson (twelfth) chipped

in with points in the 50, as did Autumn Nostrum who was ninth in the 100 breast stroke.

The lady Mustangs were sixth in both the 200 and 400 freestyle relay races.



Massabesic's Elaine Dudley.

COURTESY PHOTO



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Children's Division - \$1.00 (15 and under)  
**Final Weigh In - 3:00pm**



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- Limerick Village Variety (793-8230) 32 Main Street Limerick, ME until 5:00pm 02/15/2014
- Merrill's Country Store (247-5356) 907 Sokokis Trail North Waterboro, ME until 5:00pm 02/15/2014
- RT5 Little Ossipee Lake Boat Launch - Day of the Derby from 7:00am-9:00am 02/16/2014

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# SPORTS

ON THE MAT

## Mat men third at regionals

*Everett, Risti dominate*

By MICHAEL DEANGELIS  
mdeangelis@waterbororeporter.com

Tyler Everett and Mike Risti each were first and Massabesic wrestlers added nine more trips to the podium to post a third-place finish at the Class A Western Regionals held Saturday, Feb. 8 at Sanford High School.

Defending state champ Marshwood was first with 228.5 points. Noble was next with 199.5, just three points ahead of the Mustangs, who were third. Biddeford was fourth, with the host Spartans fifth.

Students from 13 schools competed in 14 different weight divisions for a shot at a regional title and, just as critical, a shot at a state title at Noble, on Saturday, Feb. 15.

At that venue, Massabesic will have 11 wrestlers compete, led by Everett and Risti, who had somewhat different days at Sanford.

Everett (126) started his day

with a 10-0 major decision win over Hawk Eric Glidden. He followed with a 13-8 win over Joshua Grenier of Noble and closed out his gold by pinning Biddeford's William Livermore.

Risti (195) wrestled for 169 seconds only, pinning all three foes. He made the finals after dispatching Joseph Brown and Zachary Eastman of Scarborough and Marshwood, respectively, in a combined 85 seconds.

Robert Worell of Noble came close to doubling the Mustang junior's work load, but he fell one second short, as Risti pinned him at 1:24.

Trevor Burns (182), Tanner Andrews (220) and Jordan Drain (285) each fell in the finals, settling for second place.

Massabesic had six wrestlers finish in third place: Leo Amabile (106), Nick Staples (138), Zac Richard (145), Logan Martin (152), Zachary McGrath (160) and Trevor Walton (170).



Massabesic's Michael Risti takes down his opponent.

COURTESY PHOTOS BY JASON GENDRON, S4 ACTION PHOTOGRAPHY



## HOOPS WRAP-UP

The lady Mustangs basketball team held senior night on Friday, Feb. 7 prior to their last game vs. Sanford. Their three seniors, Chelsie Goodwin, Monica St.

Amand and Jolena Lampron, all captains, were honored along with their parents. All three were also named to the SMAA All Academic Team.



Chelsie Goodwin



Monica St. Amand



Jolena Lampron

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# Rehab reduces risk after heart events

Cardiac Rehabilitation Week, Feb. 9-15, draws attention to the role of cardiac rehabilitation in reducing the potentially devastating effects of heart disease. The week also celebrates the many who have been saved by this program and the wonderful team of doctors, nurses, and therapists who have helped them.

George Semo, a retired Noble High School English teacher of 35 years, is one of the many success stories at Southern Maine Health Care (SMHC) in Biddeford. Semo was generally healthy, he watched what he ate and he walked at least once a day with his wife for exercise. Then in March 2013 he had a heart attack. On a Wednesday afternoon 10 months ago Semo was on his second walk of the day with his wife when he started lagging behind her as he became overwhelmingly exhausted. He disregarded it until that night when he was brushing his teeth before bed and had sudden discomfort in his chest. Semo thought through the symptoms he associated with a heart attack—pain or numbness in the arm and jaw and severe chest pain. He decided his symptoms didn't seem to be that of a heart attack, but agreed to his wife's request to call his doctor first thing the next morning.

The next morning Semo's doctor sent him to the hospital, where tests showed that Semo's heart attack was still happening—and getting worse. He was given medication to dissolve the blood clot and underwent a cardiac catheterization. His doctor was able to determine the blockage had cleared and Semo would not have to undergo the planned angioplas-

ty. The doctor informed his patient that his heart attack was caused by a piece of plaque breaking off, which in turn created a blood clot and that blockage caused the heart attack.

In recovery Semo was told by his doctors that he could not do any physical activity—including his walks with his wife, lifting more than 10 pounds, and driving—for several months.

Finally in June, Semo's doctors agreed that he was ready to start rehab and he found the team at the SMHC Cardiac Rehab Gym in Biddeford. His biggest fear after almost six months of recuperating was, "How are they going to know what I can handle?" Semo quickly learned in his first session and throughout his 24 sessions at the SMHC Cardiac Rehab Gym that safety is the team's top priority. With blood pressure, blood sugar, and heart rate monitored before, after and during exercise, strict supervision, and structured programs for each participant catered to their health needs, safety is established on day one and maintained throughout. The ultimate goal of the program is to get people back to their lives safely.

"I highly recommend the program because once you undergo a heart event you need to get back to living your life, but you are consumed by fear that it will happen again," said Semo. "On your own you don't know what you can and cannot do, but in the cardiac rehab program there are professionals to show you as well as teach you through educational classes that both I and my wife could attend."

The cardiac rehabilitation pro-

gram is held at SMHC's Medical Center in Sanford and at the Cardiopulmonary Wellness Center at SMHC's Medical Center in Biddeford. Those who have had a heart attack, open heart surgery, heart valve repair, diagnosis of angina, an angioplasty, or a heart transplant may qualify. Most insurances cover the cost of the program and there is financial assistance for those who qualify.

Semo's story has a happy ending, but many do not. About 600,000 people die of heart disease in the U.S. every year. Heart disease is the leading cause of death for both men and women. Every year approximately 715,000 Americans have a heart attack. Taking action promptly is essential in preventing damage or death. Many people don't know the signs or ignore them if they aren't as severe as they imagined they would be. The most common complaint of someone who has had a heart attack is thinking they have heartburn or indigestion. If you think you might be having a heart attack it is very important to call 9-1-1 immediately. Do not drive yourself or have someone else drive you. Signs and symptoms of a heart attack include: chest pain or discomfort, upper body pain or discomfort in the arms, back, neck, jaw or upper stomach, shortness of breath, nausea, lightheadedness, or cold sweats. Key factors that increase your risk for heart disease include: family history of heart disease, high blood pressure, high LDL cholesterol, smoking, diabetes, being overweight/obese, poor diet, physical inactivity, excessive use of alcohol.

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# OPINION

## How gullible are you?



by  
**Jon Simonds**

The "Oxford American Dictionary" defines the word gullible as easily persuaded to believe something. Gullible people are naïve, over trusting and, most important of all, exploitable. As Wikipedia further explains, gullibility is "a failure of social intelligence in which a person

is easily tricked or manipulated into an ill-advised course of action." So, of course, I have to ask you. How gullible a person are you? Be wary of your answer because it begs the answer to an even larger question. What kind of future do you want for your country?

Lately, we've been hearing a lot about a drop in the number of people who are unemployed. The national average has finally dipped below the 7 percent mark, a seemingly vast improvement over the double-digits defining the Great Recession of 2007 through 2009. On the surface we are all relieved to hear this continuity in the regression of unemployment because it suggests a general improvement in the economy. But is this the truth? For the last two months Congress has blocked unemployment extensions for the long-term unemployed. The long-term unemployed are general-

ly defined as those over 50 who lost jobs during the Great Recession. Employers are much like general managers running a baseball team. People over 50 are at greater risk of injury or severe health problems. Do you want the 35-year-old former All-Star with his best years behind him? Or, the young stud exciting crowds in minor league parks all across the country? The answer seems pretty self-evident.

The question, however, is how gullible are you? Is the economy improving as more people are getting back to work? Or, is blocking unemployment extensions for the long-term unemployed simply shrinking the numbers? After all, in the third week of December 1.5 million Americans lost their unemployment. Therefore, in the fourth week of December, there were 1.5 million Americans no longer counted as unemployed. The number of Americans losing their unemployment benefits has, incidentally, grown in each week of this new-year. So once again, I have to ask. How gullible a person are you? And more importantly, what kind of future do you want for your country?

Recently I called J.P. Morgan

Chase & Co., placing five consecutive calls to this American icon who built their success on American ingenuity and labor. I started each phone call by asking the representative what part of the country they were in. The first was from Lahore, the capital of Pakistan. The next two reps were from New Delhi, which is in India. The last two were from the Philippines. None of the five responded to my query regarding their hourly wage, or what kind of benefits they received. Why should I invest in a company divesting itself of America? After all, the fewer Americans we have working, the tougher it is for the rest of us who are.

In America's hey day, ingenuity and hard work drove this nation to the forefront of economic supremacy. Our workers were rewarded with a living wage, benefits and retirement incentives. Many of today's Fortune 500 companies hire subcontractors disguised as employees, but forced to bear the expense and risk big companies now shed, and we continue to do business with them. So how gullible are you? What kind of future do you want for your country? It's a conversation that begs to begin.

*Jon Simonds is a contributing writer for the Reporter and lives in North Waterboro.*

## Maine residents are invited to participate in the Great Backyard Bird Count

People across Maine along with the rest of the world are asked to take a break this winter and look out their windows during the Great Backyard Bird Count, taking place Feb. 14-17.

The annual Great Backyard Bird Count is the perfect opportunity for participants to relax and enjoy nature wherever they are while being part of a very important study that helps better define bird ranges, populations, migration pathways, and habitat needs. The Count provides a simultaneous snapshot of the whereabouts of all bird species across the globe. "The Count is to study larger population trends," says Laura Turner, one of the GBBC Ambassadors and Owner of the Wild Birds Unlimited Nature Shop in South Portland. "And of course, the more checklists submitted, the more accurate a picture we get."

Although it's called the Great "Backyard" Bird Count, the count



The snowy owl is just one of the backyard birds that can be seen in Maine.

extends well beyond backyards. Many participants choose to head for national parks, nature centers, urban parks, nature trails, even ski resorts. Anyone can participate in this free event and signing up is very easy. The best place to begin is at the GBBC website, where you can learn more about the event, register, and view prior years' statistics.

How popular is the event? Last year the event went global. And worldwide, 137,998 checklists were submitted from 111

countries, and 4,258 species were observed.

"We want to encourage both residents and visitors to participate in the count, especially because many people have been seeing and enjoying a wide variety of birds in the area," said Turner. Two species that Turner is looking forward to seeing results for are the Eastern bluebird and snowy owl. "Eastern bluebird sightings in yards seem to have increased this winter, and of course the snowy owl irruption to our area is impressive. I can't wait to see what towns they are reported in," said Turner.

For more information about the Great Backyard Bird Count, visit [gbbc.birdcount.org/get-started](http://gbbc.birdcount.org/get-started). Participants are also welcome to pick up bird count worksheets, ask questions, and submit their checklists to Wild Birds Unlimited Nature Shop in South Portland, 771-2473. Wild Birds Unlimited is also a major sponsor of the Great Backyard Bird Count.

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# ALFRED

Allison Williams  
awilliams@waterbororeporter.com  
324-5823

## Town funds approved

During the Jan. 28 selectmen's meeting it was voted to approve \$10,700 for the town hall maintenance account. The salary account of \$517,387.52 was also approved for 2014.

The fire chief, rescue chief and deputy chief reported on the interviews held to fill a vacant lieutenant's position at the station. The new lieutenant is Greg Roussin.

Insurance coverage for volunteers was also discussed for fire/rescue personnel when they are not covered by workers compensation. This could include a number of activities at the public safety building such as washing trucks, participating in training or restocking the

ambulance. It was noted the cost has gone down to \$34. It was finally voted to approve \$1,700 for the volunteer insurance, which is an annual total. The employee benefit account was also approved.

It was agreed to write a recognition letter to Boy Scout Steven Lord for his achievement of Eagle Scout.

Town Clerk Andy Bors reports there were five deaths in Alfred in January, seven burial permits were issued, and 222 dog licenses issued, 30 unaltered dogs, and 21 hunting and fishing licenses issued.

Deadline for the next Shiretown News is Thursday, Feb. 13.

## Recyclers rewarded

The goal of the Recycle Rewards Program is to get all recyclers to sign in. This gives the Solid Waste and Recycling Committee an accurate count of recyclers in the town. Results will show if the recycling program is growing, maintaining or decreasing. With this information the program can be altered or changed to a program to get the maximum yield with minimal effort.

In return for their efforts and successes as recyclers the Alfred Transfer Station will draw one name each month. The monthly winner will receive a new recycle tote as a reward for participating and making a difference.

Unless it's an item that is very large, it can go into the Treasures Room. There is a bin for clothing outside the Treasures Room (It should be in a plastic bag and bags are usually available inside the Treasures Room.)

If it's just too good to throw in the dumpster the Treasures Room gets it – dishes, toys, books, videos, sports equipment, decorative items, etc. It's a great place for

browsing, as many have discovered. There was a time, many years ago, when residents socialized at the town dump. Now they do it in the Treasures Room. Volunteers Barbara Roberts and Bob Liberty attempt to keep the room organized. Any help in this matter is greatly appreciated.

Anyone uncertain about what materials are recyclable can ask for information at the transfer station.

## School notebook

The recent "Flipping into February" at Alfred Elementary School was a huge success, according to Principal Ginnie Druin. There were 90 admission bracelets sold, raising \$1,200.

The PTC has approved the purchase of ear buds with microphones for all students who are using iPads. It has greatly improved the sound quality of student video components.

Parents are reminded everyone coming into the building must go to the central office and sign in because it's necessary to have an accurate list of everyone in the building in case of an emergency. Also, there is no supervision for students before 8:30 a.m. at school, but the YMCA has a before and after care program. Those interested in the program may call Matt Ouellette at the YMCA for information at 324-4942.

Parent Technology Night is Monday, March 3. It is only for parents, from 6 to 7:15 p.m. The topics to be covered include Digital Footprints-Keeping Your Child Safe; QR Codes; Flipped Conferences and Transformational Technology. Further information will be sent home with students, and there will be an email sign-up following the February break.

## Computer help at library

There is free computer help on the first and third Sundays of the month, from 1 to 3 p.m., but interested persons are asked to pre-register.

"Unaccustomed Earth" by Jhumpa Lahiri is this month's selection by the Parsons Library Reading Group. The book is available at the library; the next meeting of the group is on Monday, Feb. 24 at 7 p.m. All interested persons are invited to join.

BaBu (Peggy Greer) does monthly yoga sessions with the pre-school story time group. Their next session will be Tuesday, Feb. 25 at 10 a.m.

The latest arrivals at the library are "The Last Alibi," by David Ellis; "The Gods of Guilt," by Michael Connelly and "Mayan Secrets," by Clive Cussler.

Tea and Tunes is held monthly at the library. The next performance will be Wednesday, Feb. 26, 6:30-8 p.m.

## News from the pews

Sunday, Feb. 9, was Evolution Sunday and a new member service for the Rev. Shelly Snow and Karen St. Pierre.

On Wednesdays, Feb. 26, March 12, 19, 26 and April 2 and 9 a series will be held on "Painting the Stars: Science, Religion and an Evolving Faith" at 6:30 p.m. in Conant Chapel.

### REAL ESTATE



## 2013 Real Estate Report for Waterboro, Maine

Total number of properties sold . . . . .	121
Residential properties sold . . . . .	113
Lowest residential sale price . . . . .	\$15,500.00
Highest residential sale price. . . . .	\$380,000.00
Average median sale price . . . . .	\$150,794.00
Average days listed on the market. . . . .	131
Land parcels sold. . . . .	7
Lowest sale price . . . . .	\$3,500.00
Highest sale price . . . . .	\$280,000.00

*These properties include owner re-sale properties, short sales and foreclosures.*

If you are thinking about buying or selling or have questions or need advice on your real estate situation, call Diane Gray, Broker, at 632-1943 or email dianeg@themainerealestatenetwork.com.



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Please recycle this newspaper

# 100th Day Celebration



Massabesic Middle School students and staff celebrated their 100th day of school with a student council-run food drive to benefit the York County Shelters. About 3,500 items were collected. On Feb. 12, students formed a human chain down the halls to pass the food from one end of the building into the gym where student council members boxed the items to deliver to the food pantry. Some teachers also got pies thrown in their faces as part of the challenge and others plan on shaving their heads.

PHOTOS BY KERRY DEANGELIS



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