

REPORTER

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Mat men second at class A title meet *Everett, Risti, Drain take top spots*

By MICHAEL DEANGELIS
mdeangelis@waterbororeporter.com

Massabesic wrestlers turned in an excellent team effort, led by class A titles from Tyler Everett, Mike Risti and Jordan Drain, at the annual regional meet held on a snowy Saturday, Feb. 15 at Noble High School in North Berwick.

Marshwood captured their

third straight class A title with 179 points. The Mustangs were second with 127, Skowhegan was next with 117.5 and Noble followed in fourth with 84.5.

Everett turned in a dominant performance, coming full circle, as the senior returned to the top of the podium as champion after he won it in his freshman campaign.

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Jordan Drain



Tyler Everett



Mike Risti

COURTESY PHOTOS BY JASON GENDRON, S4 ACTION PHOTOGRAPHY

Local couple are smokin'

By ANN FISHER
afisher@waterbororeporter.com

The business owned by Chad and Nicole Humphrey is moving full steam ahead as they begin their fifth year as manufacturers in Newfield.

But it may be more accurate to say Humphrey's BBQ is smoking hot.

With two businesses, plus a new retail store and spring classes and competitions coming up, the Humphreys are certainly living up to their motto, "The possibilities are endless."

At their manufacturing plant across from Rock Haven Lake they build BBQ smokers, which they ship all over the country, and as far away as Europe, Japan and Australia.

The Humphreys are also their own best customers: they

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BY THE BOOK

with Richard Neal

By ANN FISHER
afisher@waterbororeporter.com

Name any elected or appointed position in small-town Maine, and Richard Neal of Acton has probably served in that capacity: selectman, finance committee, library board of trustees, E911 coordinator, emergency management director, sportsmen's clubs and land trusts among them.

Now at the end of his volunteer political career, Neal has compiled years of experience and wisdom into a self-published book called "Municipal Management and Finances."

In what he calls "A primer for municipal officials and other lay persons to help better understand the basics of managing a small community, the board of selectman or town council. Topics include: the role of a selectman; municipal finances; assessing guidelines; tips on being an effective manager; decision making; ethics; annual reports and more.

Neal is from Sanford, and graduated from Sanford High School in 1950. He attended the University of Maine, majoring in wildlife conservation. From 1951 to 1955, he served in the Air Force and, after he was discharged, earned a degree in electrical engineering from the University of New Hampshire. Before retiring in 1986, he worked at the Portsmouth Naval Shipyard for 27 years as an electronics engineer in the Combat Systems Office.

In 1987 Neal and his wife, Rhea, moved to a 200-plus-year-old farmhouse in Acton on the Milton Mills Road.

Q: Why are you qualified to write this book?

(Continued on page 11)

That's a winner!



Mike Boucher took home the first prize of \$1,000 for his 2.7 lb. Brook Trout at the American Legions' Ice Fishing Derby on Little Ossipee Lake Feb. 16. (See page 2 for more photos.)

PHOTO BY KERRY DEANGELIS

Accounting ★ Bookkeeping ★ Corporate Tax Returns ★ Individual Tax Returns

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ICE FISHING DERBY WINNERS

The American Legion Brown-Emmons Post 144 of Alfred and White-Tibbett's Post 55 of Limerick sponsored an Ice Fishing Derby on Little Ossipee Lake on Sunday, Feb 16. The derby, which will be held annually, raised over \$10,000 for veteran's heating assistance, the local NJROTC, a college scholarship fund and Maine Dirigo Boys and Girls State. Shown here are some of the winners.

PHOTOS BY KERRY DEANGELIS



Tom Clark, 2nd place, 2.46 lb. Salmon



Mike Carrier, Heaviest Bass, 4.94 lbs.



Zach Foss, Heaviest Bucket, 5.81 lbs.



Jason Bennett, 3rd place, 1.88 lb. Rainbow Trout



Cyleigh St. Saviour, 3rd place children's division, 1.53 lb. Rainbow Trout



Ethan Nadeau, 2nd place children's division, 1.63 lb. Brook Trout



Maxwell Horiwitz, 1st place children's division, 2.69 lb. Pickerel



Cody Albert, 4th place children's division, 1.52 lb. Rainbow Trout

MASSABESIC PROM PROJECT



The mission of the Massabesic Prom Project is simple- to provide **FREE** new and like-new gowns to MHS students so they can attend their prom with confidence and style.

NEED A DRESS FOR PROM?

When: Thursday, March 6th
Where: MHS High School Gym
Time: 2:00pm-4:00pm

*Dresses will be available in limited styles, colors and sizes. There cannot be a guarantee that every girl will receive a dress, as we are solely counting on outside donations.

For more information about the project or to make a donation, please contact Jennifer Landez by email at jenniferlandez@rsu57.org, or speak to Mrs. Penney and Mr. Scully at the high school.

BRIEFS

Old televisions needed

The Massabesic Lions Club is looking for four working television sets with input ports to use as monitors during the Monday night bingo games. Carolyn Gile says a good size would be 21" to 24" inches. They need video input (the yellow, red and white ports).

If you or anyone you know has one sitting around that is no longer used, the Lions would be most appreciative if you would consider donating it.

Any profits from any Lions fundraising activities go back to the community in some form of assistance and the bingo games are one source of funds providing scholarships to graduating high

school seniors, eyeglasses, hearing aids, camperships, help for fire victims, food pantry support, etc. Gile can be contacted at 651-1126 or cgile@roadrunner.com

You may have some missing money

Every year the Office of the State Treasurer releases its annual list of unclaimed property, which consists of money and other personal assets that are considered lost or abandoned when an owner cannot be located.

There is no fee to process an unclaimed property claim. Residents may go online to search for unclaimed property at <http://www.maine.gov/unclaimed>.

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SMOKIN' BBQ

(Continued from page 1)

put their money where their mouth is by competing successfully in national barbecues.

The business, kitty corner from Moulton Lumber on Route 11, was founded nine years ago in Limerick Mills. The couple started Maine Source Olde Town Metalworks, manufacturing wrought iron metal art, which they still sell wholesale (www.OldeTownMetalworks.com).

Now residents of Waterboro, they both have local roots. Chad grew up in Cornish and graduated from Sacopee Valley High School. Nicole grew up in Massachusetts, but her parents live in Newfield on Rock Haven Lake.

Like the professional competitors they sell to, the Humphreys take their barbecue seriously.

The couple got into the smoker business for one simple reason: "We both love barbecuing food," said Chad.

"We modified other manufacturers' barbecues...and decided to build our own line," said Chad, who, for obvious reasons, declined to reveal his trade secret.

They sell mostly to high-end competitors and homeowners who consider barbecuing and smoking an art form.

"We try to keep a cooker or two, but our demand is pretty high,"

Chad said. Cookers featured on their website will sell within a day or two. Business has doubled over the past year and the Humphreys now employ five people.

Humphrey's BBQ was also featured in the November 2013 issue of National Barbecue News. Writer Bill Gillespie, head cook/pit boss at Smokin' Hoggz BBQ bought a Battle Box after Humphrey's refurbished his old cooker to like-new condition. Gillespie broke in the Battle Box at the Hudson Valley Ribfest in New York, where he was awarded fourth for chicken, seventh in ribs and first for brisket. "I'd say I'm pretty happy with the results of the new cooker!" Gillespie raved.

Humphrey's also builds custom units. "As long as we can fit it in the building, we can build it," said Chad.

"We're 100 percent into this," Nicole added.

In addition, they just opened a retail shop stocked with "chip & chunks" of smoking woods, accessories, rubs and spices for sale.

Each has their own roles within the company. Nicole, who has a degree in drafting, is in charge of production. Chad studied manufacturing engineering at the University of Southern Maine, but left to start the business. He deals mainly with finances and sales.

When he's not building his business Chad may be found building

his reputation as a top notch barbecuer. Two years ago the Massachusetts team Chad belongs to came in 16th of 750 teams at the Sam's Club Championships in Bentonville, Ark. "It's what we love," Chad said. "It's fun; we get to eat it."

This year he plans to compete in the Sam's Club Series National BBQ Tour, which is coming to Scarborough Aug. 9. "We helped get the event there," said Chad, who added that the competition is free to the public. "They have some really nice displays there."

Serious competitors are as particular about the meat they smoke or grill as they are about the smoker they use to cook it. Chad prefers to smoke high-end brisket from Snake River Farms. He also enjoys cooking pork butt and chicken thighs, saying, "There's quite a science to those."

Chad is willing to let others in on his award-winning secrets. This spring the Humphreys are offering introductory barbecue classes. Over a six-hour span all the students will help prepare chicken and/or ribs. He also plans to hold a competitive overnight barbecue.

The Humphreys don't see a shortage of participants.

"We have a pretty good following now. People will travel to Maine," Chad said.

For more information visit www.humphreysbbqstore.com.



Chad and Nicole Humphrey, of Waterboro, build BBQ smokers at their manufacturing plant in Newfield, which they ship all over the country. COURTESY PHOTO

POLICE NOTES

More than fish caught at derby

A man who had been warned earlier about inappropriate conduct was arrested for operating under the influence later in the day at the American Legions' ice fishing derby on Little Ossipee Lake Feb. 16.

According to Chief Deputy William King Jr. of the York County Sheriff's Office, Derek Guertin, 19, of Shapleigh was charged after Deputy Shawn Sanborn saw Guertin drive his 2001 Chevrolet pick up recklessly on the ice close to fishermen and spectators. At one point, police say, Guertin lost control of his vehicle and got stuck in a snow bank.

King said a Good Samaritan pull the truck out of the snow bank after several tries. "Guertin repaid

the gesture by backing into the Samaritan's vehicle causing damage to the Samaritan's rear bumper," King said.

Sanborn, who is the Waterboro contract deputy, was on an ATV patrolling the event when he observed the activity just before 1:30 p.m. When he and game wardens investigated, they determined that Guertin was intoxicated and charged him. King said Guertin had to be physically restrained and failed to cooperate after he was arrested.

Guertin was held at the York County Jail pending \$400 bail.



Derek Guertin

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John A. Davis, Ed.D.
Superintendent of Schools

Kindergarten Registration for the towns of Alfred, Limerick, Lyman, Newfield, Shapleigh and Waterboro is scheduled at the following times. At registration it is not necessary to bring the child with you; however parents are required by law to provide the child's official birth certificate and immunization record.

Monday	March 17	9:00 am - 4:30 pm	Shapleigh	Shapleigh Memorial School
Tuesday	March 18	9:00 am - 4:30 pm	Alfred	Alfred Elementary School
Wednesday	March 19	9:00 am - 4:30 pm	Lyman	Lyman Elementary School
Thursday	March 20	9:00 am - 4:30 pm	Limerick & Newfield Line	Limerick & Newfield Line Elementary School
Tuesday	March 25	(by appt. only)	Call school for appt.	Waterboro Elementary School
Wednesday	March 26	(by appt. only)	Call school for appt.	Waterboro Elementary School
Wednesday	March 26	6:00 pm - 8:00 pm	All Towns	Waterboro Elementary School

PLEASE HELP US estimate the number of students we will be registering at the above times by completing the bottom portion of this form and by returning it to the elementary school located in your town before **March 7, 2014**.

.....

Child's Name: _____ Parent's Name: _____

Date of Birth: _____ Mailing Address: _____

Street Address: _____ Town & Zip: _____

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NOTE: Waterboro Registrants - the school secretary will contact you to arrange an appointment and time.

You may download registration forms at <http://www.rsu57.org/home/registration>

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ATTENTION LIMERICK VOTERS ELECT

Roland "Sonny" LePage FOR SELECTMAN

- I am a lifelong resident of Limerick and have owned and operated my own business here, LePage Auto, for 33 years.
- Serving as Limerick's Fire Chief for 18 years, I have worked with the Board of Selectmen over the years with one of the largest town budgets so I am familiar with the budget process.
- Serving as a member on the Board of Appeals for 17 years has giving me the opportunity to keep informed of past and present zoning changes.
- I was also a member of the Limerick Development Corporation.



As a lifelong resident and business owner here in Limerick, I remember what a thriving town Limerick can be and with your support, hopefully, together we can start moving our town forward to a brighter future. Thank you

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LYMAN



A Chinese Dragon Dance by fifth-grade students at Lyman Elementary. COURTESY PHOTO

Learning fun

Those who looked into room 6 at the Lyman Elementary School on Chinese New Year's Day witnessed an interesting sight. Students in Mrs. Richard's fifth grade were performing a Chinese Dragon Dance for Mrs. Heikkinen's kindergarten class to observe the time-honored holiday.

This was part of the fifth-grade's target to understand different customs and belief systems of people and societies around the world.

These students had already re-

searched China and learned about the religions in that area. They also compared China with the United States and learned about martial arts.

Minako Audy, an ed tech in Lyman Elementary, who is originally from Japan, demonstrated how to use chopsticks as a tool rather than a toy.

This might have looked like just a fun experience to a casual passerby, but was, in fact, a component under "Habits of the Mind," working as a team.

By Joy Spencer

Allison Williams
awilliams@waterbororeporter.com
324-5823

Hooking exhibit

A small group of women has been engaging in the early craft of rug hooking every Wednesday in Alfred, summer and winter. These Museum Rug Hookers now have an exhibit of some of their work in Parsons Memorial Library and invite townspeople to view it.

It was another way for colonial women to use up scraps of wool when waste was abhorrent. If a garment was too old to be worn, they could tear it up and hook a rug or even a bedcover although not many of the latter were done in Colonial America. Rugs however, were welcome on drafty floors. A local rug hooker, Hazel Bullard of Governor's Corner, taught the craft and produced rugs which became museum pieces.

Today many rug hookers make wall hangings or pillow covers or even portraits (if they are very clever and some amazing likenesses have been done) and many purchase new wool rather than use old materials. There are two wool shops in Kennebunk who cater to local rug hookers. Anyone interested in the group, which meets in the library or a member's home during the winter, and the museum during warm months, can call 324-5823 for more information.

Boy Scouts

Cub Scout Troop 399 recently visited the Alfred Boy Scout Troop for a snow party. Next the Cubs will attend a regular meeting to learn what occurs at the Boy Scout meetings and ask any questions they may have. This winter the boys have been unable to hold their winter campout but will be

ALFRED

going ice fishing instead at Lake Arrowhead with a game warden who will explain to them how ice fishing is done.

This Saturday they will host an Eagle Scout Banquet for Jacob Boyden in the Alfred Fire Station. His Eagle Scout project was to supervise the refurbishing of the smoke house trailer used by the Alfred Fire Department for fire safety demonstrations at the elementary school. The boys put on a new roof, replaced rotted wood, the plexiglass was replaced and the axle was also painted, all of which was completed this fall.

Newest books

The latest book arrivals at Parsons Memorial Library include "The Daring Ladies of Lowell" by Kate Alcott; "Death of a Policeman" by M.C. Beaton; "Ell" by Robin Cook; "The Museum of Extraordinary Things" by Alice Hoffman; "Survival Lessons" by Alice Hoffman (book and CD); "The Invention of Wings" by Sue Monk Kidd; "Private L.A." by James Patterson; "Southern as a Second Language" by Lisa Patton; "Concealed in Death" by J.D. Robb; "Stand Up Guy" by Stuart Woods. The library is open Monday

and Wednesdays 3-8 p.m., Tuesday and Sat. 10 a.m.-3 p.m. and Sunday 11 a.m.-4 p.m.

Cabin fever reliever

The book discussion group at Parsons Memorial Library has been reading Josh Pahigian's book "Strangers on the Beach", an Old Orchard murder mystery. The Friends of the Library have planned a potluck supper at the library on Saturday, March 8 with Pahigian as guest speaker. Those attending are asked to bring soup, chowder or chili to share. Bread or dessert would also be welcome. The time will be 5-6:30 p.m.

Parish Church

Rabbi Hillel Katzir of Auburn was the guest speaker during the morning service last Sunday, after which a potluck luncheon was held. He spoke on his new book which emphasizes relationships in Jewish history.

"New Dimensions, All Conference Conversations" a presentation and conversation about the most effective leadership models with Rev. Dr. Richard Hamm will be held Saturday, March 1 from 10 a.m. to 3 p.m. in the First Parish Church in Saco.

BRIEFS

Chocolates, cookies, whoopie pies and more

York County Women's Connection is holding a dinner meeting at Christo's Place, 1299 Main St. Sanford, March 3 at 7 p.m. featuring Auntie's House in Springvale. Owner and baker Tracey Hart will have a display of her original handcrafted gourmet chocolates, homemade giant cookies, Moose Witches and her

original Whoopie Balls as well as local craft items available at Auntie's House.

Also featured is Marcea Ewald of Brownsville, VT who will share how "The Broken Road (in her Life's Path) lead to her Life's Greatest Joy."

For reservations call Betty at 324-7650 or email Chute@USM.Maine.edu. Cost is \$14 and includes the programs, dinner, dessert, tax and tip.

REPORTER

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BRIEFS

Local students named to honors lists

The New England School of Communications announces the Honors List for Fall 2013.

Claire Harrison of Lyman in the BS Entertainment Production program at the New England School of Communications earned the distinction of being named to the Honors List for the Fall semester.

Dylan Tremblay of Alfred in the BSCT - Audio Engineering program at the New England School of Communications earned the distinction of being named to the Honors List for the Fall semester.

The High Honors list included: Kendra Jackson of Waterboro in the BSMS - Marketing Communications program; Trisha Valliere of Shapleigh in the BSMS - Marketing Communications program; Timothy Stitson of Limerick in the BSMS - Journalism program; and Cody Pelchat of Alfred in the BSCT - Audio Engineering program.

The New England School of Communications (NESCom), now part of Husson University is located in Bangor.

Shapleigh resident named to dean's list

Springfield College has named Ryan Dodge of Shapleigh to the dean's list for academic excellence for the Fall 2013 term. Dodge is studying Health Science/Pre-Physician Assistant.

Founded in 1885, Springfield College is located in Springfield, Mass. and is known worldwide as the Birthplace of Basketball® and

for the guiding principles of its humanics philosophy-educating students in spirit, mind, and body for leadership in service to others.

Area students make dean's list at RIT

The following local residents made the dean's list for Fall 2013 semester at Rochester Institute of Technology:

- Savannah Bayse of Alfred is a first-year student in the film and animation program in RIT's College of Imaging Arts and Sciences.

- Adrian Izbicki of Lyman is a fourth-year student in the mechanical engineering program in RIT's Kate Gleason College of Engineering.

Degree-seeking undergraduate students are eligible for dean's list if their quarterly GPA is greater than or equal to 3.40; they do not have any grades of "Incomplete", "D" or "F"; and they have registered for, and completed, at least 12 credit hours.

Rochester Institute of Technology is internationally recognized for academic leadership in business, computing, engineering, imaging science, liberal arts, sustainability, and fine and applied arts. In addition, the university offers unparalleled support services for deaf and hard-of-hearing students. RIT enrolls 18,000 full- and part-time students in more than 200 career-oriented and professional programs, and its cooperative education program is one of the oldest and largest in the nation.

To see more of RIT's rankings and recognition, go to www.rit.edu/overview/rankings-and-recognition.



Janelle Boisvert, Misa Mai, Devin McGrath-Conwell and Austin Weigle were named the 2014 DAR Good Citizens by the local chapter of the Daughters of the American Revolution.

DAR announces winners of Good Citizen contest

Rebecca Emery Chapter of the Daughters of the American Revolution announced the 2014 winners of the DAR Good Citizen contest at a chapter meeting Feb. 8 at Atria Kennebunk Senior Living Facility in Kennebunk.

Janelle Boisvert of Massabesic High School was one of four students honored at a tea, which many family, friends and school faculty members attended to show their support.

The students were first elected as the Good Citizens of their schools, and demonstrated the qualities of dependability (which includes truthfulness, loyalty, and punctuality); service (which

includes cooperation, courtesy, and consideration of others); leadership (which includes personality, self-control, and ability to assume responsibility); and patriotism (which includes unselfish interest in family, school, community and nation).

The other DAR Good Citizens chosen this year were Misa Mai, Sanford High School; Devin McGrath-Conwell, Thornton Academy and Austin Weigle of Kennebunk High School.

Each student spoke at the tea about their high school experience, as well as their goals for college and for the future.

The students also entered the

scholarship portion of the contest, which was optional and included writing an essay. The last step of the contest process was judging credentials and essays by a panel of judges who were not members of the DAR. The judging determined which student would be the chapter winner whose material would be sent to the Maine State DAR Good Citizen Contest chairman for judging with the entries from the other chapters in the state.

The judges announced it was a very close contest, but McGrath-Conwell had the highest number of points and will compete at the state level.

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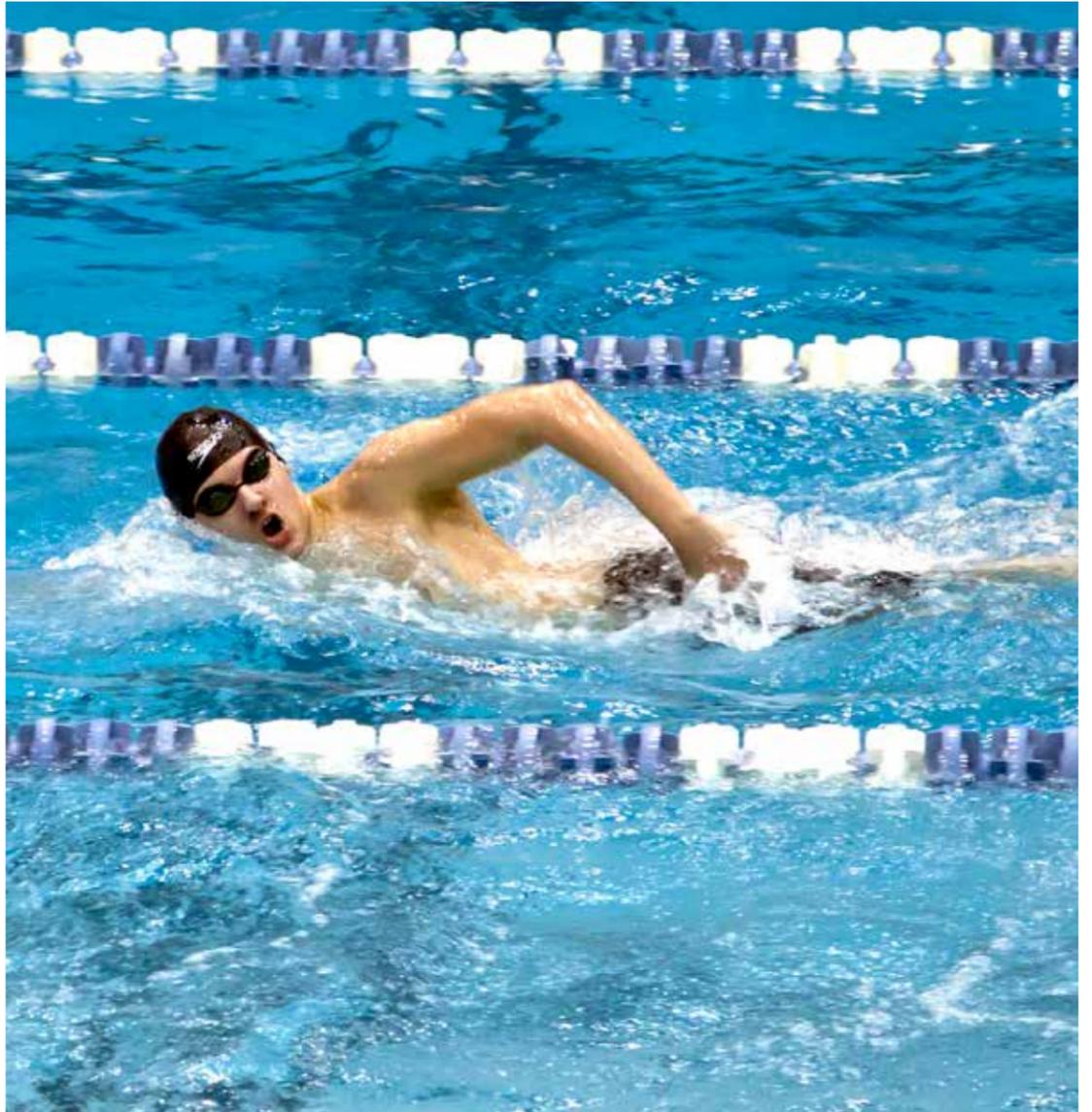
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SPORTS



From left, Massabesic swimmers Cameron Mayhew, Collin Chamberlain and Mason Darling.



Collin Chamberlain swimming the 200-yard freestyle.

COURTESY PHOTOS

Fourth at states Boys swim strong at Orono

By MICHAEL DEANGELIS
mdeangelis@waterbororeporter.com

Massabesic's boys' swim team finished fourth with 162 points at the annual state swim championships held Monday, Feb. 17 at Orono. Cheverus topped a field of 24 high schools with 368 points, edging Bangor's 358. Brunswick was third at 182 and Falmouth rounded out the top five with 133.

Senior Collin Chamberlain led the way for the Mustangs. The captain was sixth in the 200-yard freestyle, the second event of the tournament and he followed with a fifth-place finish in the 100 freestyle four events later.

Chamberlain swam the anchor for Massabesic in the next event, the 200 freestyle relay in which the Mustangs took second place with a 1:33.36, nipped by Cheverus' 1:32.90. He took the anchor in the 400 freestyle relay, the final event, and touched the wall third for Massabesic.

In both relays Caleb Fuschillo led. Mason Darling (eighth in 100 breaststroke) was next in the 200, followed by Cam Mayhew, but the two swapped spots for the 400.

Fuschillo swam sixth in the 50, posting a 23.59. He was seventh, two spots behind Chamberlain in the 100 freestyle, which heaped 26 points onto the Massabesic total, essentially winning the event since first place was awarded 20.

Mayhew chipped in with an eighth place finish in the 200 individual medley and he was four spots behind Darling in the breaststroke, with a 12th-place finish.

Girls swim seventh at states

By MICHAEL DEANGELIS
mdeangelis@waterbororeporter.com

Massabesic's girls' swim team placed seventh out of 24 teams competing at the annual Maine state championships, held Saturday, Feb. 15 in Orono.

Cheverus, who took the top spot in the men's event, was first with 294 points. Brunswick had 288, Bangor 230, Deering 227, Kennebunk was fifth with 158, followed by Messalonskee with 148.

Ashley Cryer and Elaine Dudley led the way for the Mustangs. The two were a part of the 200-yard medley relay team, the first event of the meet, with Cryer first off the blocks, followed by Joanna LaFrance (10th in the 100 backstroke and 12th in the 100 butterfly), with Dudley swimming third and Morgan Houk on anchor.

They finished eighth and fol-

lowed with a fifth-place spot in the 200 freestyle relay that had Morgan Wass in the mix instead of Houk.

Cryer returned for the 200 individual medley and was sixth, with Dudley two spots ahead of her in fourth. Cryer was ninth in the 100 backstroke to finish off a superb season for the Alfred native.

Dudley placed sixth in the distance event, the 500 freestyle.

The Mustangs closed out the meet with a 13th-place finish in the 400 freestyle relay. Wass swam first with LaFrance second and Autumn Nostrum third. Houk swam the anchor.

Coach Chris Niven said he was thrilled with the performance of both his girls' squad and his boys, who finished fourth in their portion of the states.

"Great group of athlete's with a team-first attitude that was spe-

cial," said Niven. "Add it all up and we're one of the top five programs in the state this year, which is excellent."

A CLOSER LOOK

Massabesic's men finished fourth and the ladies were seventh out a field of 24 school competing at the Maine state swim championships last week in Orono.

Below, top seven combined scores for men and ladies.

- Cheverus 662
- Bangor 588
- Brunswick 470
- Deering 351
- MUSTANGS 282**
- Kennebunk 240
- Gorham 234

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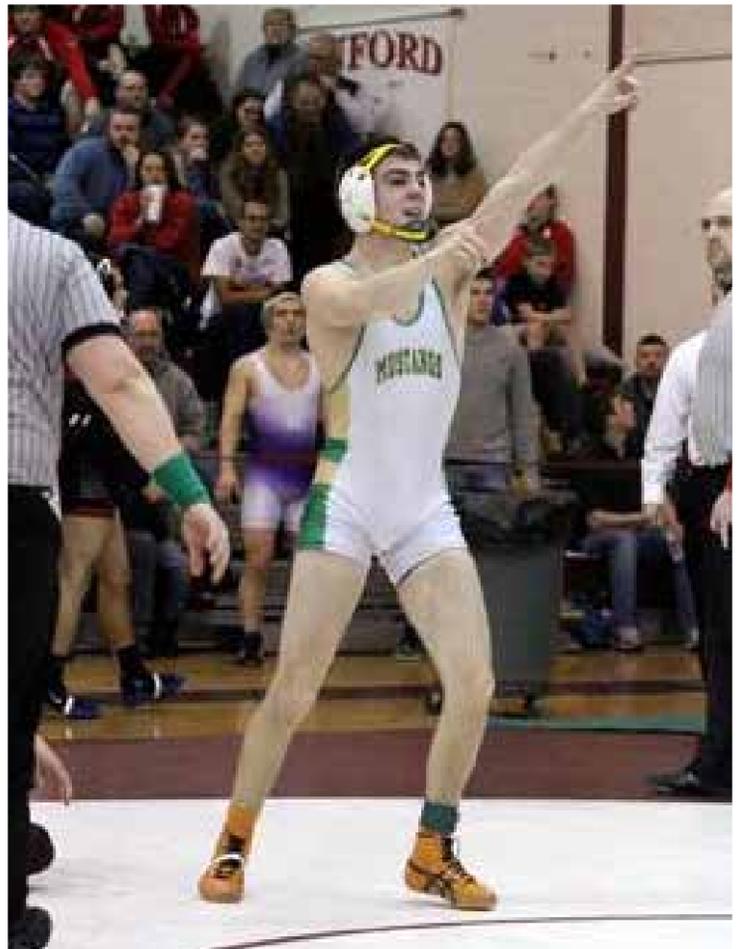
SPORTS



Massabesic wrestling coaches Rick DeRosier and Nick Hutchins watching on during the final matches.
COURTESY PHOTOS BY JASON GENDRON, S4 ACTION PHOTOGRAPHY



Mike Risti pins his opponent for the Class A state title in his weight division.



Zac Richard. COURTESY PHOTO BY S4 ACTION PHOTOGRAPHY

WRESTLING

(Continued from page 1)

The top four wrestlers in each weight class will head to Nokomis on Thursday, Feb. 20 to compete with the top four from class B and C.

Last year, a loss in the finals didn't sit too well with the lightning-quick 126-pounder.

"There's photo of Aiden Whitis (who topped Everett in the final) in our weight room celebrating his win over me...I saw it every time I went in there and worked hard to make sure it didn't happen again."

Jesse Mailer of Windham was pinned by Everett in their first round bout. The Mustang handed Noble's Joshua Grenier a major decision loss, 10-0, before his finals match with Eric Glidden of

Marshwood.

Glidden was held pointless, ultimately falling to Everett by means of a pin.

"Next week will be the same as every week, I'm going to do my running and practice hard and be ready for Nokomis," said Everett.

Risti turned in another stellar day for Massabesic, taking the class A title in style with three quick pins. The junior, who was second last year wrestling at 182, stepped up to 195 and tore through the competition. He pinned Brandon Lajoie of Westbrook in 63 seconds, did the same to Jake Fraser, but in just 39 seconds and he finished off his day with a pin of Noble's Robert Worrell at .46 of the first period.

"I feel really strong and it feels great to win," said Risti. "I'll stay with my same routine this week

leading up to Nokomis, get my running in, my lifting, my work."

Jordan Drain, wrestling at 285, found himself in the penultimate bout of the day and he did not disappoint. He got his day started with a hard-fought match against Will Gunter of Mt. Blue who he pinned late in the second round. Drain followed with a pin of Elias Younes of Cony with one second to spare in the middle frame and he completed his title run with a pin of Pierce Knorr of Mt. Ararat at 1:56 into the second period.

Drain, a junior, was mobbed by teammates after his win.

"It feels awesome...I just battled out there all day," said Drain. "Nokomis will be great, I've got these great guys going up there with me, we're going to work hard all week to get ready."


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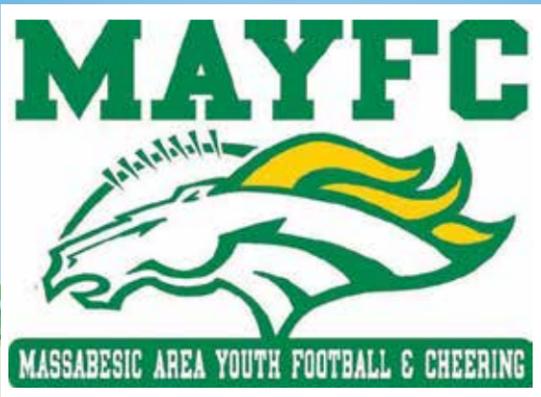
WATERBORO
Parks & Recreation

Waterboro Parks and Recreation has full-time openings for their before/after school program called **Funergy**.

Weekly rate is \$75 per child and includes a light breakfast, snacks in the afternoon and plenty of year round fun.

For additional information or to reserve a spot, Call: 247-6166 x115,
 E-mail: parksandrec@waterboro-me.gov

What's new for 2014? Check us out!

2014 Season Informational Meetings
March 4, 5 and 6 from 6-8 p.m.
 Massabesic High School new cafeteria

NEW WEBSITE **ONLINE REGISTRATION opens March 1, 2014**
www.mayfc.org

Contact Keith Gerry at Mayfcchairman@gmail.com or 590-5645.



Pictured at the presentation of a recognition plaque are, from left, Steve Howe, Pratt & Whitney employee relations manager; Debra Rouleau, Pratt & Whitney administrative assistant; Mike Papp, Pratt & Whitney general manager; Gregg Howe, CEO of Howe & Howe Technologies, Inc; Andy Paul, Pratt & Whitney supplier quality assurance; and Conor Tracy, Pratt & Whitney business unit manager. COURTESY PHOTO BY PRATT & WHITNEY

Pratt & Whitney honored for supporting Outdoors Again park for the disabled

Pratt & Whitney was thanked recently for its continuing support of Outdoors Again, a newly constructed outdoor recreation park for disabled individuals and their families. Pratt & Whitney's donations have helped in the creation of fishing, hunting, canoeing, kayaking, golfing and other activities at Outdoors Again, located on Prospect Hill road in

Lebanon.

"We can't thank Pratt & Whitney enough for the generous donations in 2013 and 2014," said Geoff Howe, CEO of Howe & Howe Technologies, and founder of Outdoors Again.

"The difference it has made, getting people back outdoors, doing things they never thought they would again, is indescrib-

able!" Outdoors Again broke ground in 2013 and is continuing to move forward with new construction.

For more information about Pratt & Whitney's community programs visit www.utc.com/makethingsbetter.

For more information about Outdoors Again visit www.outdoorsagain.org.

Community Calendar

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.

ONE ACT PLAY by the Massabesic Mustang Theatre Program: "No Exit" by Jean Paul Sartre at the One Act Festival March 7 and 8 at Thornton Academy. Performance dates at Massabesic High School (prior to the competition) are Friday, Feb. 28 at 7 p.m., Sunday, March 2 at 2 p.m., and Wednesday, March 5 at 7 p.m. Admission is \$5 for adults and \$3 for students and seniors.

PANCAKE BREAKFAST The Acton Shapleigh Lions are serving their monthly pancake breakfast 8-10 a.m. Saturday, March 1 at the Acton Town Hall. On the menu will be plain and blueberry flapjacks, sausage, eggs, beans, toast and hot and cold beverages, all for only \$5. All proceeds benefit local residents. The town hall is at the corner of H Road and Route 109.

SHAPLEIGH DEMOCRATIC CAUCUS Sunday, March 2 at 1 p.m. at Shapleigh Town Hall. Meet Bettie Harris-Howard, District 20 candidate. Clothing drive for homeless veterans. Call Diana Tomasello Waterman at 636-3836 for info.

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. For more information call Keith Gerry at 590-5645 or 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.

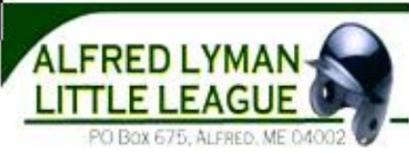
FREE COMMUNITY DINNER third Saturday of the month. Next dinner is March 15, 5:30-7 p.m. at the Goodwins Mills Advent Christian Church, Mill Building, Rt 35, Goodwins Mills.

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@waterboro-reporter.com





2014 Baseball, Softball & T-Ball SEASON REGISTRATION

Serving boys & girls of Alfred & Lyman - league age 5 - 12

In-Person Registration:
Bring your gently used gloves, bats & cleats to any of the in-person registrations to swap with others

Wednesday, February 26 th	6:00pm - 7:30pm	Alfred Elementary School
Thursday, February 27 th	6:00pm - 7:30pm	Lyman Community Library
Monday, March 3 rd	6:00pm - 7:30pm	Lyman Community Library

Online Registration: Register anytime day or night - visit our website to get started: www.alfredlymanlittleleague.com (a convenience fee will apply)

Print and Send Registration:
 Alfred-Lyman Little League, P.O. Box 675, Alfred, ME 04002

- All registration forms must have registration fee included - \$30 for first child in family; \$20 for 2nd child; \$10 for 3rd child (\$60 family max) with the registration fee waived for additional family members; \$50 for Mavericks Jr/Sr Softball registration.
- First time league players need to provide proof of age upon registration.
- Registration deadline: March 13, 2014.

Mavericks Jr/Sr Softball: Available to girls league age 13 - 16 residing in Alfred, Lyman, Limerick and Waterboro.	Annual League Fundraiser: Option to participate in calendar fundraiser during season or pay an additional fee per player at registration - \$40 1 st child, \$30 2 nd child, \$20 3 rd child (\$90 family max).	Tryouts: Will be held March 16 th & March 22 nd at Lyman Elementary School for children league age 7 - 12, with specific days and times based on age and division.
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Visit our website for registration forms and more information www.alfredlymanlittleleague.com or email secretaryall@gmail.com

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OPINION

Social Media as Magic Mirror

Your follower number means nothing. Yup. You heard me.

I've been thinking so much about the whole social media universe lately, and my thoughts are not all sweetness and light. In fact, I'm feeling pretty dark about social media these days. I think



by
Shelley Burbank

of notifications piling into his/her in-box or notification tab. Chances are, that person will rarely, if ever, get back to your page again.

Your follower number on your social media account(s) really is nothing more than a meaningless numeral, or at best a tally of

notches on your belt. Certainly it is not an indicator of real readership.

"But," you say, "It makes me feel good to see so many followers!"

Okay, I get it. This number means something to people who are interested only in self-expression rather than connecting with an audience of real readers. It is social media as magic mirror. The larger the number, the bigger the mirror, reflecting back only one image. Your Self. I post, therefore I am. If this is the case for you, go for it and enjoy the view. For the rest of us, let's consider the possibility of change.

Real communication and community will happen when we self-select down to a reasonable circle of social media cohorts--forming groups of individuals who read and comment on each other's posts on a regular basis, creating collaborative "works" from a springboard of an individual's post and from the additional comments which then become part of the total expression. And communication is the supposed reason for social media in the first place, isn't it?

The choice is ours. We can keep hanging our posts/work on a big wall, troll for likes and follows (i.e. continue to write "I follow back" on our profiles and automatically follow and be followed), collect a thousand or more so-called friends, and gaze into that giant, mosaic, magic mirror in order to feel special. Or we can pare our lists down and create real circles of collaborators and audiences.

Or maybe I'm just cynical.

A version of this piece was posted on my Localista blog this week. Within two days, ten more people "followed" my blog. I think one of them may have even read the post. I suspect the other nine were simply trolling. Go figure. I'd ask you to check out my blog at <http://www.shelleyburbank.wordpress.com>, but unless you are really interested in reading and commenting on localism and similar topics, please don't bother. Go find something that truly interests you, dig in, become part of a circle of collaborators, add to that discussion, and be real.

Shelley Burbank is a contributing writer for the Reporter and lives in Limerick. Follow her blog at www.shelleyburbank.wordpress.com.

Why California drought spells Maine pain

While politicians and corporations argue over the validity of global warming and what needs to be done about it, thousands upon thousands of valuable farmland in California's Central Valley bakes. The historic drought in California has taken the word farm out of farmland, and on Wall



by
Jon Simonds

Street the smart money is moving into the futures index of all things related to grocers. There won't be a shortage of food, mind you, but you may experience a shortage of green when it comes to paying for your groceries, and when I say green, I'm not referring to any vegetation.

California is a leading producer of such staples as tomatoes, broccoli, raisins, peaches, oranges and grapes; the latter two needed for many of the juices we drink. Wheat is another major product of Cali, and wheat goes into everything from bread to the cereals, both hot and cold, with which we start our day. The California drought has already defined a season of lost crops, meaning a major food producer is

gone from the game this year. Many oranges and tomatoes are also grown in Florida, but don't let that mislead you. The Florida production won't meet the amount of produced product showing up on your grocery shelves in any of the previous years when California wasn't

bone dry.

If you're vegan, it is interesting to note California is the second-largest producer of livestock product. Only Texas produces more happy meals than California with more cattle grazing in the Lone Star State. Hamburger and steak isn't the only by-product of cattle, however. We get our milk and dairy products from cows fattening up on grass, mostly missing from the California landscape.

While this isn't a cause for panic, it is a heads up on family budgeting. Budgets are like fine china, fragile at best. Just like the Polar Vortex (or freaky frigid weather, to put it simply) led to a hike in energy costs, the cost of Califor-

nia's drought will impact the cost of food here in Maine. The simplest of economic rules apply: when supply falls short of demand, prices rise. Bloomberg analysts foresee a good 10 percent hike in the cost of many foods as a result of the drought. That means for every single dollar you pay for a product you can expect to add 10 cents to the cost. While that may not seem like much, it certainly adds up at the checkout counter.

Gov. Jerry Brown recently pointed out the loss of the world's 10th largest food producer this season will also translate into a million lost jobs for the state, which is recovering from the worst recession since the 1930s. This will affect state revenue, leading many to worry about the pace of our overall economic recovery in this new year.

And if all this news isn't bad enough, consider California's most prized export. Better buy next year's Valentine wine today, or you may just have a lot of explaining to do.

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

Maine wood not just for warmth

In the last few years I've noticed something interesting while driving around Southern Maine. Now, I will say that I always take notice of people's woodpiles every fall. I used to live in an old barn, where my wood stove was my

only heat source, and spent many October days hauling, stacking and scurrying about like a squirrel, putting wood everywhere I could possibly stack it out of the elements. I loved the look and smell of it and the feeling of security in the promise of a warm winter. Whenever I see a huge pile of wood, freshly dumped, I feel almost compelled to pull over and start stacking (almost).

Last year while driving through Kennebunk I saw a home with several triangular, tepee-shaped, "woodpiles" artfully composed and exotic looking. I wondered if maybe I took a wrong turn and, somehow ended up in Mongolia. I was enchanted. My love of firewood was

now mingling with my love of art. I don't know the folks who live there or stacked the wood that way, but I felt a kindred spirit.

by
Theresa Vivian

This past fall, as I was driving along our road I saw what looked like a wood pavilion. A perfectly circular, domed 'pile' with a long, straight corridor of wood connecting to another perfect dome. It looked like something I would aspire to live in. I began photographing stacks, structures and any old pile that exuded some character.

Since then, I feel like some kind of wood voyeur, driving past people's homes, ogling out my car window, wondering how I could capture the magic of this woodpile and that wood stack, whether it is artful or, like my neighbor's, ruler and level style, where I would hate to have to remove a single piece for fear of disrupting the mathematics. Here started my obsession and, as I slow down and pass houses,

admiring, I hope that locals aren't suspicious that some lunatic in a Subaru wagon with two kids and a dog is casing their castle. I started to ask friends to be on the lookout for unusual or intriguing stores of firewood, and considered taking out an ad in Uncle Henry's, begging the folks of Maine to email me pictures of their winter warmth.

Firewood, especially in Maine, is symbolic of so many things. Warmth, security, self-sufficiency, the ability to cope with fierce winter storms and power outages. I'm not sure when or where this morph of primitive survival meets modern art started, but I hope this is the beginning of an art and wood renaissance. I guess it is similar to how I feel about the huge snow bank in our driveway the kids and I transformed into a stegosaurus. If I'm going to have a huge pile in my yard all winter, it may as well be interesting.

Theresa Vivian is a resident of Alfred.



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FREE WEEKLY

BUY THE BOOK

(Continued from page 1)

I have been involved with municipal government for over 50 years. I was a selectman for almost 10 years. My 27 years of training and experience as a professional engineer working on the weapons systems installed on nuclear submarines. The last 15 years of my employment was at the managerial level.

Q: You said, "Unfortunately, there is little training and no certification requirements for these positions." Doesn't the MMA (Maine Municipal Association) offer adequate training to new Municipal Officers?

Not that I am aware of.

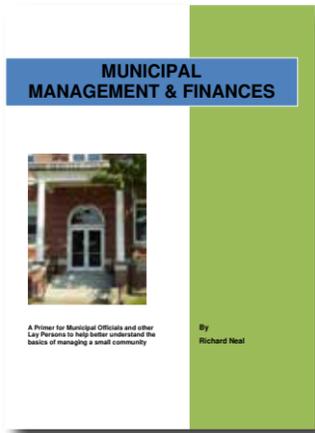
Q: This reads like a "soup to nuts" primer for the first-time municipal officer (selectman). Why is it of value to a seasoned municipal official?

Because some municipal officers/municipal officials rely on their subordinates or coworkers to know how to do things and assume that they know the correct way to do them. Many times, this may not be the case.

Q: Why did you decide to write this book now?

In reviewing the various files in my computer, I thought of all the work and research that

I had put in to develop some of these documents and that it would be a shame to just delete them. I tried to think how I could make this info available to others. I originally put all these documents



on a website through Microsoft Live, but they did away with the websites and I didn't get a chance to develop another. I then looked into self-publishing and signed up with "Authorhouse" to publish the book.

Q: Are you planning to distribute this to any local board members?

I have given out complimentary copies and the book is available through Amazon.com and "Barnes and Noble." I also, have hard copies for \$10 plus shipping or I can forward an e-book.

Q: What was your favorite office and why?

I am not sure that I have a favorite office. My main goal in serving in any of the positions was to serve, support and provide my experience and talent in meeting the mission of the office or organization.

Q: What office would you never run for again and why?

My problem with running for

any office is my age. At 82, I do not have the time and energy to put in some of these offices that I feel is necessary in order to do the job right.

Q: From your experience, in what ways can local government in Maine be improved?

I am not sure. Changing to a town manager is probably the best way. I feel that there is a definite need for professional leadership. Managing a small community cannot be done on a part-time basis anymore. Younger people who have full-time jobs can't put in the time needed to do the job right. Most retired professionals are not interested in taking on the responsibilities and problems of managing a town.

Q: It's no secret that town meetings are sparsely attended, and few people go to their selectmen's meetings. How can that be changed? Or should it? Is southern Maine outgrowing the selectman/town meeting form of government?

Most people seem to be apathetic as to how their town is being managed. Unless they are affected in some negative way, they are not willing to spend their time going to any municipal meetings. Yes, I think that in most instances, we have outgrown the selectman/town meeting form of government.

Copies of "Municipal Management and Finances." be obtained at Barnes and Noble, Amazon.com or contacting Dick Neal at ran@metrocast.net.

OBITUARIES

Robert William Dupee

Robert W. (Bob) Dupee, 75, a long-time resident of Waterboro, died peacefully at the Gosnell Memorial Hospice House in Scarborough, on Feb. 16, 2014.



Robert Dupee

Bob was born on Sept. 20, 1938 in South Portland, one of two children born to Frederick W. and Mary (Rush) Dupee Sr. He grew up in Saco and graduated from Thornorton Academy in 1957.

Bob was a good dancer and made his way to a dance in Buxton where he met his future wife, Deborah Bean. For three years they danced and enjoyed each other's company before he found the courage to ask Deb to marry him. She said, "Yes" and they were blessed with 54 years of marriage.

Bob was on the "ten-year-plan" – each job he had would last just about ten years before he was out looking for another position. He had a tremendous work ethic and worked at the Saco Lowell Mills, Waterboro Leather Mill, and GTE Sylvania as a machinist before retiring from driving a school bus with SAD 57. He took great pride in providing for his family and when he was home, he got his three children out of the house for a night of baseball in the back yard. Both he and Deb coached the local softball teams and the kids remember staying active with stacking firewood, helping out in the vegetable garden and shoveling snow in the winter.

Bob's easygoing manner and fun-loving attitude made him easy to be around. He and Deb could be found most Saturday nights enjoying a dinner out followed by dancing at Highland Grove. They were thrilled when they were able to take a trip of a lifetime to Hawaii. Bob enjoyed all sports, playing cribbage and horseshoes. Each day with his friends, Bob would do the daily crypto quip puzzles, crossword puzzles and anagrams.

Bob will be remembered as a man of honor, doing things the right way – the first time around and being strong both physically and emotionally. He finished strong as it should be.

He is lovingly survived by his lifelong sweetheart, Deborah A. Dupee of Waterboro; his two daughters, Jodie Dyer and husband Rod Dyer, Jr. and Kyla DeWitt both of Lyman and by his son, Frank Dupee of Biddeford; and his brother, Fred Dupee Jr. of Saco; his half-sister, Adelaide Holbrook of IL; his five grandchil-

dren and five great-grandchildren and several nieces and nephews.

Bob was predeceased by four half-brothers, Eddie Builderback, Gabriel Builderback, Samuel Holbrook and Tom Holbrook.

Family and friends are invited to call on Friday, Feb. 21 from 6 – 8 p.m. at the Autumn Green Funeral Home, 47 Oak Street in Alfred. Committal prayers and burial will be held later in the spring at Pine Grove South Cemetery in Waterboro.

In lieu of flowers, memorial donations may be made to the Gosnell Memorial Hospice House, 11 Hunnewell Rd., Scarborough, ME 04074.

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

The Autumn Green Funeral Home is respectfully handling arrangements.

Simone B. Provencher

Simone B. Provencher, 97, of Sanford, passed away on Friday, Feb. 14, 2014 in West Newfield. She was born in Manchester, NH on November 4, 1916 a daughter of the late Isidore and Everine (Pomerleau) Bouffard.



Simone Provencher

She was a communicant of St. Ignatius parish and attended the school as a young child. Along with her husband they owned and operated Legion Square Barber and Beauty Shop in South Portland. She was then employed by Hermon Shoe in Scarborough retiring in 1979.

She is predeceased by her husband of 73 years Donat Provencher.

She is survived by her children Roger D. Provencher and his wife, Janet of Wells, Huguette P. Hodgdon and her husband Carroll of West Newfield, Georgette A Zuniga and her husband Romeo of Sanford, one brother, Roger Bouffard of Virginia, 13 grandchildren, 39 great-grandchildren and 17 great-great-grandchildren.

A Mass of Christian Burial was celebrated on Monday, Feb. 17 at Notre Dame Church in Springvale. Burial will be in the spring at the Southern Maine Veterans Memorial Cemetery in Springvale.

Those planning an expression of sympathy are asked to consider donations in her memory to a charity of one's choice.

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Considering the alternatives

ACUPUNCTURE

This is the third installment in a series of Q&A formatted interviews with alternative and complementary health-care practitioners. This week, contributing writer Shelley Burbank asked Jessica Peck of Peck's Family Acupuncture to discuss the practice of acupuncture, also known as Traditional Chinese Medicine.

The U.S. Department of Health and Human Services, through the National Center for Complementary and Alternative Medicine, describes acupuncture as "a family of procedures involving the stimulation of points on the body using a variety of techniques." NCCAM further says that the most common technique studied scientifically involves the use of small needles inserted into the skin. According to the center, acupuncture is most often used by Americans to treat pain.

Scientific studies show mixed results. One 2011 study on the effect of actual acupuncture and simulated acupuncture in the treatment of polycystic ovary syndrome showed that both the actual and simulated techniques produced similar results. However, researchers in 2012 analyzed data from over 17,000 individual patients included in 29 randomized controlled trials and determined that there were "modest but significant" differences between actual and sham acupuncture in pain

management.

According to the NCCAM, acupuncture has been practiced in Asia for thousands of years. In the 1970s a New York Times journalist wrote about his experiences with Traditional Chinese Medicine, bringing the concept into the limelight and catching the attention of people in the West. A 2007 survey estimated that around 3 million Americans had used acupuncture the previous year. Some insurances cover the costs of acupuncture, which is not the case with all complementary and alternative practices.

Jessica Peck has been providing acupuncture services for three years in her Waterboro practice. Originally from Standish, Jessica moved to Waterboro 15 years ago, enjoys spending time with her family, and is a coach for her son's Odyssey of the Mind team.

Q: What is the underlying theory/philosophy/science behind your practice?

A: It is based on the premise that by opening up blocked energy, or Qi, along channels in the body referred to as Meridians, one can help the body back into balance and heal itself. We do this through the use of fine filiform needles placed at acupoints.

Q: Is there a spiritual component? If so, please explain.

A: The application of acupunc-



Jessica Peck

ture may not appear to the patient as a spiritual experience. In the clinical setting, we discuss the patient's condition using scientific and anatomical terms. But it's the practice of acupuncture where it becomes spiritual. It's important that in order to practice acupuncture, one must

learn to cultivate one's Qi, and since Qi is without form and can't easily be explained by science, we defer to the spiritual to guide us as healers. This is why many acupuncturists also train in internal exercise such as yoga and tai chi.

Q: How does your service differ and/or work together with standard medical practice?

A: Patients will tell you that the difference between going to an acupuncturist and an allopathic physician is the amount of time spent in the treatment room. Sessions with an acupuncturist are about one hour in length. Another difference is that acupuncture is hands-on. I use my hands to help make a diagnosis as well as to treat. Because of this difference, acupuncture is a wonderful complement to standard medical treatment and I welcome the opportunity to work alongside allopathic practitioners.

Acupuncture should not be considered an alternative to standard medical care.

Q: How long have you been doing this kind of work? What kind of

training did you receive? Is there some sort of certification process?

A: I received my master's in acupuncture from the New England School of Acupuncture in 2011 and opened my practice here in Waterboro in July of that same year. A year later, I received my Master of Science in Pain Research, Education and Policy from Tufts School of Medicine.

As part of my Capstone Project for Tufts, I conducted a feasibility study on treating patients receiving palliative care at the Maine Medical Center Palliative and Supportive Care Clinic with acupuncture. My preceptor and co-researcher was Lauren Michelakes, MD, director of Palliative Care at Maine Medical. The folks at the MMC PSCC were very excited to be able to offer their patients another tool to help manage their pain and increase their quality of life.

I am also certified in Contemporary Cupping Methods through the International Cupping Therapy Association and have a Diplomate in Acupuncture from the NCCAOM.

Q: What sorts of problems can you help people with?

A: Acupuncture is a complete medical system which means it can help with most any condition whether it be musculoskeletal, mental-emotional, or neurological. Acupuncture helps the body to heal itself. I see a lot of people with pain conditions such as sciatica and lower back pain. I also have patients with IBS, conditions related to reproductive health, headaches, TMJ disorder, and anxiety. My patients range in age from elementary aged children to senior citizens. Everyone can benefit from acupuncture.

Q: What drew you to this kind of work in the first place?

A: I was a patient of acupuncture and it quite literally changed the course of my life.

Q: What is the most rewarding part of your work?

A: The most rewarding part of my work is having patients get better and no longer need my help. It's truly rewarding when that happens and I'm so grateful to be a part of that process.

Q: What are some basic things people can do, in your opinion, to improve their own health?

A: The most basic thing people can do to improve their own health is to stop and take a few slow, deep breaths. The second is to move.

Q: Is there anything else you would like to tell our readers about your practice?

A: People who are unfamiliar with acupuncture don't understand how tiny needles inserted into invisible points can bring about pain relief. It just doesn't make any sense according to what we've been told all our lives about medicine. They surmise that any positive effect is as a result of the placebo effect. It's important for these individuals to understand that acupuncture is not mysterious or magical. There is a biophysical and neurological response to the needles.

And in regard to placebo effect, if that's all it is, then I say acupuncture does it wonderfully time and time again.

Q: Is this sort of health care service covered by insurance companies?

A: Acupuncture is covered by many health insurance plans.

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2/25	All About Ballroom Dance	7:00 PM
2/26	Iris Fold Card	6:30 PM
2/27	Embellished Choker Necklace	6:00 PM
2/27	Create a Quilt	6:00 PM
3/3	Using Your Digital Camera	6:30 PM
3/5	The Affordable Care Act Q & A	10:00 AM
3/4	iPad	10:00 AM
3/6	Beading Basics	9:30 AM
3/11	Patriotic Wall Basket	5:30 PM
3/11	Maine Driving Dynamics	6:00 PM
3/11	College Success-CT	9:30 AM
3/12	Pop Up Card	9:30 AM
3/17	Drivers Education II	2:00 PM
3/18	Intro to Spiritual Energy	6:30 PM
3/18	Computer Basics	6:00 PM
3/18	Career Discovery-CT	9:00 AM
3/19	Stone Pendant Necklace	6:00 PM
3/19	Quilt Design Card	6:30 PM
3/20	Maine Notary Public Readiness	7:00 PM
3/20	Beginner Sign Language	6:00 PM
3/27	Meditation 101	6:30 PM
3/27	Computer Basics for Seniors	1:00 PM

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