



# REPORTER

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## Alfred hens rule the roost

BY ALLISON WILLIAMS

awilliams@waterbororeporter.com

Unless the flock includes a rooster, or a neighbor's hens roam the range freely (or on the road) it's not always possible to know who is raising a flock of hens. The McMahon family at the end of Carpenter Hill Road has been raising their own hens for about 20 years. "Every time we've moved" according to Carrie McMahon, "we've had hens." The present flock includes white leghorns, comets, black sex links and Rhode Island reds. The dozen or so hens produce a dozen eggs a day, all of which are used by the family. With seven youngsters, you use a lot of eggs. The hens are fed Poulin feed, purchased locally. And theirs are kept penned, to discourage hungry critters.

Su LaChance's flock on Walker Road of a dozen includes two roosters, so there are fertile eggs to be incubated by a friend. She used to hatch her own, but said

this is easier. Her flock includes white lace Wyandottes, barred rocks, buff Orpingtons, Rhode Island reds, Aracaunas (originally a South American breed) and Americaunas, a similar breed. These are hens which make good mothers, turning the eggs regularly themselves until they hatch. "A broody mother saves a lot of electricity," LaChance noted.

In addition, "I inherit a lot of them from people who get tired of raising hens," LaChance said. Not only does she slaughter her own chickens, sometimes she also slaughters other people's. "Nothing goes to waste," she said. "They become soup, dog food or cat food." They are allowed out of the pen a while each day, but because they are close to the woods, LaChance's chickens are penned up at night.

Laura Hughes, who teaches at the Cocoon Day School in Kennebunk, explained how eggs are used as a teaching tool at school and hatched in an incubator. She

said, "We have Easter eggers," meaning eggs are blue or green.

If one doesn't hatch, the shell is broken so youngsters can examine the egg with a microscope and perhaps detect the problem. She also has hens at home, and has found the Rhode Island red roosters aggressive. A rooster they had dubbed Prince Charming for the care he took of his flock was carried off by a goshawk and had to be replaced. Sylvester admits she really likes hens, and for her it's addictive.

Joanna Sylvester feeds her flock pellets and cracked corn, lets them roam during the day (but not far) and confines them in their attractive hen house at night. The house isn't far from the side door of the home; a companionable clucking can be heard by the hens, who live a relaxed life with few demands made of them.

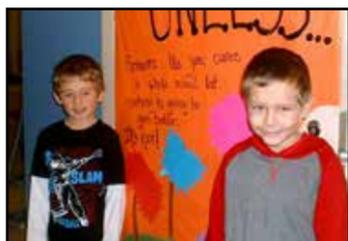
This seemed to be true of others as well. With grain costing \$13.90 for a 50-pound bag,

(Continued on page 4)



Su LaChance with one of her hens in Alfred with Aria LeBoeuf in the back. PHOTO BY ALLISON WILLIAMS

### INSIDE



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**BUY THE BOOK**  
with Kimberly Sue McLaughlin  
BY ANN FISHER  
afisher@waterbororeporter.com

Kim McLaughlin of Shapleigh has just released a new e-book called "Come Running When I Call," about her relationship with Trixie, a very special horse she owned for 25 years. Trixie was not only McLaughlin's closest companion, she was the buffer against her verbally abusive father.

After Trixie died, McLaughlin felt compelled to tell the story of their quarter century together to try and convey the profound effect her horse had on every aspect of her life.

Said the Maine State Society for the Protection of Animals, "This book will resonate for anyone who has experienced the true love of an animal..."

Certified Therapy Horse Association called it "A heartwarming memoir about courage, loyalty, and empowerment. This touching story of the spirit of a horse

as a best friend and confidant will spark you to experience the healing power of horses for yourself."

**Q: What inspired you to write "Come Running When I Call?"**

A: I always loved writing, poetry, short stories and science fiction. As a teenager, I was always writing something. Then when Trixie passed away, my co-workers and friends, even friends who'd known me since childhood, couldn't understand why I was so devastated. I realized that was because they didn't understand the profound effect Trixie had on me, how she helped shape the very core of me. So I wrote the book to try to explain that soul-deep bond between a horse and the individual who cares for her and how caring for horses can inspire and heal a person.

(Continued on page 2)

## Maine Maple Weekend

March 22-23

The 31st annual Maine Maple Sunday is March 23. Always the fourth Sunday in March, maple producers celebrate statewide by opening their sugarhouses to the public for tours, samples and other activities involving maple syrup, like popular pancake breakfasts. While some make it a weekend-long event, others open their shops for the entire month of March, all selling a variety of maple syrup products like maple candy, maple butter, maple cotton candy, maple whoopie pies and of course, plenty of pure Maine maple syrup.

See pages 5-7 for a list of area participants and events.

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**BUY THE BOOK**

(Continued from page 1)

**Q: Tell me about the story?**

A: Human beings are all about exclusion. Right from kindergarten, you learn to describe yourself by the “nots.” You’re not the smartest kid in class. You’re not the prettiest or the tallest. On the playground, you’re not one of the athletes or one of the popular kids. Even as an adult, you’re described by your “nots.” You’re not the boss, you’re the employee. You’re not rich, you’re middle class. You’re not famous; you’re an “average Joe or Jane.”

Horses are all about inclusion. They don’t care about the “nots.” Horses speak a universal language to everyone, regardless of race, religion, creed, age, sex, disability or lifestyle. They only care about what you are, and through that you learn what truly matters in life isn’t surface appearances, monetary possessions, or what other people think. What matters is honesty, intent, and what you accomplish.

“Come Running When I Call” is a coming-of-age memoir about self-discovery and the power of unconditional love. It takes the reader along on that journey from describing yourself as your “nots” to understanding yourself with “ares.”

**Q: Trixie was the only horse you’ve ever owned. Why haven’t you bought another?**

A: Trixie was the one for me. Some people just luck out and get the right horse at the right time. I’d expect too much of it. (another horse). I tried to breed her, but she lost the foal.

**Q: What was the most difficult part about writing a memoir?**

A: The more painful or sad memories are the ones you want to think less about. You want to skim over the bad parts, when actually those are the things your readers need to know everything



Kimberly Sue McLaughlin with her horse Trixie. COURTESY PHOTO

about. So you have to force yourself to relive those memories and write about them in deep detail and a close psychic distance, when you don’t really want to remember them at all.

**Q: You tried for more than five years to get this book accepted by a traditional publisher before deciding to publish it as an e-book. Why is it so important to you to get your book out to the public?**

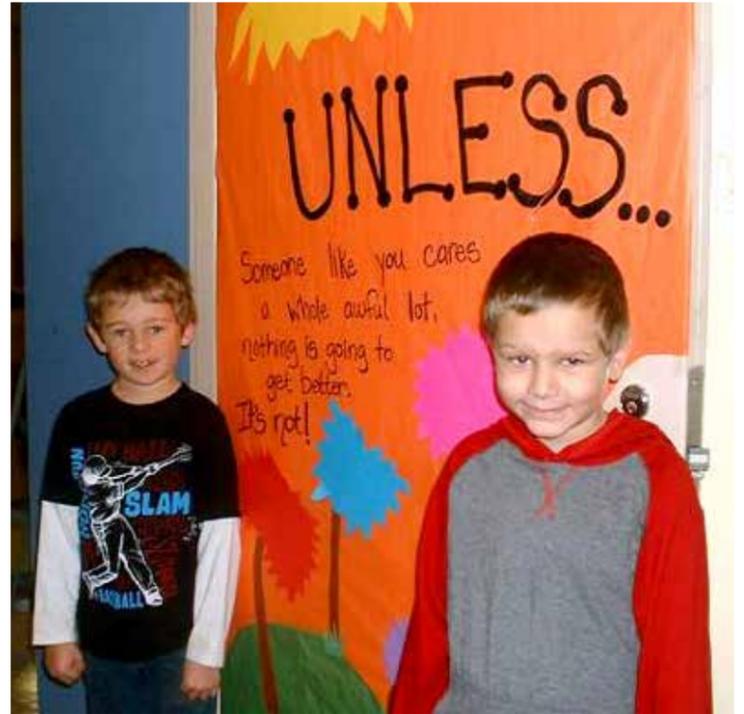
A: If you were to ask people which group of animals does a horse belong in: pet/companion, recreational, work, exotic, or farm more than 80 percent of them would likely call the horse a farm animal.

The problem is, people don’t want to make every trip to the grocery store into a series of difficult decisions; how can you truly judge if that beef, pork, chicken, or lamb was raised and slaugh-

tered humanely? Do you put your trust in the farm name, the packaging label, or the store you buy it from? This complicated issue often causes people to avoid the guilt and torment by overlooking the treatment of farm animals all together. And because they’re lumped in with the farm animals, the neglect and abuse of horses often gets overlooked too.

I want people to read “Come Running When I Call” because it’ll help them to see horses as companion and recreational animals. And hopefully, through their new awareness of horses as caring and loyal creatures encourage people to support both horse rescue and therapy organizations and the passing of stronger laws against “farm animal” cruelty.

“Come Running When I Call” can be purchased through Kindle.



Graem Daney, at left, and Joshua Petterson in front of their classroom door, illustrating “The Lorax” by Dr. Seuss. PHOTO BY ALLISON WILLIAMS

**Happy Birthday, Dr. Seuss**

He wasn’t a national hero, but the March 3 birthday of Theodor Suess Geisel, the author/illustrator of books beloved by children who known as Dr. Seuss, is celebrated each year in schools nationwide. His legacy is the thousands of children who have learned to read via “The Cat in the Hat,” “Green Eggs and Ham,” “How the Grinch Stole Christmas” and all the others which have endeared youngsters to Seuss – and to reading.

At Alfred Elementary School there was a whole week of Dr. Seuss-related activities. Every classroom door was decorated with illustrations from his book covers. Also, in his honor, on Monday everyone wore crazy socks. (Seuss was known for whimsy.)

On Tuesday it was Cat in the Hat Day, with students wearing the familiar red striped hat or any crazy hat. Wednesday it was wacky clothes, and on Thursday, to honor the environment as featured in “The Lorax” wearing green was the day’s feature. According to “The Lorax,” “Unless someone like you cares a whole lot, nothing is going to get better. It’s not.” Such messages in rhythmic jingles get the message across better than any preaching. On Friday, students could dress as a Dr. Seuss character.

And “Green Eggs and Ham?” Could you eat them in a pool? Could you eat them at Alfred Elementary School? It was easy to understand the allure of Dr. Seuss. He rhymed, and with 44 best sellers, he couldn’t go wrong.

By Allison Williams

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## St. Patrick's Day Dance

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*See you next year!*

# Community building through gardening

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

Meeting last week at the Limerick Public Library to discuss the permaculture book "Gaia's Garden" by Toby Hemenway, the group Ossipee Towns For Sustainability shared ideas for creating gardens and home landscaping systems that work with nature rather than fighting against it. "Gaia's Garden" has become something of a modern classic in the area of permaculture, an ecological design concept that attempts to create self-maintained agricultural systems based on natural ecosystems.

Because of its focus on sustainability, the book was a natural choice for OTFS. Melody Wood, chairperson of the book discussion group, said "Gaia's Garden" was chosen because it teaches a sustainable form of gardening that is respectful of nature. "It uses nature as a teacher," she said, "and it seems on the surface that it is just about gardening but it is really about relationships--between

plants, people, soil, climate." Some of the ideas discussed at the Feb. 26 meeting included techniques for building new garden beds, creating "food forests" rather than traditional orchards, interplanting and bio-intensive gardening techniques, integrating animals into the system for pest control, building hugelkultur beds on top of brush piles, and the creation of swales for water retention. The book teaches general permaculture principles, as well as specific information about which plant species fulfill various functions within the garden ecosystem.

Another permaculture concept is that communities, like gardens, work best when functions are stacked and various aspects of the community are organized to work together in a respectful and cohesive fashion. The OTFS group hopes to introduce this concept to the greater community of towns in the Ossipee region with a series of public projects.

"We recently decided to become a transition initiative," explained one of the founding mem-

bers, Tasha Brodeur, following the book discussion. Brodeur was referring to the concept of Transition Towns which aim to create grassroots networks for building sustainability and resilience within a community in the face of peak oil, climate change, and economic instability. "We are starting with some Open Space events where people get together for a day to discuss one main topic."

Recently, the group had a practice Open Space event for OTFS members organized around the topic of "How do we grow more food in our community?" The participants divided into mini sessions and reported out to the whole group by posting bullet points and ideas up on the wall for everyone to read. This practice event was held in a private home, but Brodeur said the group is planning some public Open Space events to reach out to the broader community.

OTFS is also planning a Clothesline Project. Participants who would like to have a clothesline at their house can apply, and



Jeremy Greene, center, shares his thoughts with the Ossipee Towns For Sustainability book discussion group at the Limerick Public Library.

PHOTO BY SHELLEY BURBANK

OTFS volunteers will bring materials and construct the clothesline with the cost to be determined on a sliding scale. Other initiatives being considered or worked on are the creation of a community garden, solar workshops where people build a solar panel, Time Bank enrollment sessions, community root cellars and Little Free Libraries.

"We are coming at this from a perspective of abundance rather than a place of scarcity," said

member Janie Waterhouse during the book discussion as she shared some of the concepts she learned while attending a permaculture workshop.

The OTFS book discussion group will be talking about "Gaia's Garden" at two more sessions scheduled for the last Monday of the month from 6 to 8 p.m. at the library. For more information about book group and other OTFS projects, Ossipee Towns for Sustainability has a Facebook page.

**TURKEY DINNER** with all the fixin's will be served up by members of the Acton Shapleigh Lions Club, 4:30-6 p.m. Saturday, March 22 at the Shapleigh Corner Baptist Church. Dessert and drinks included, \$8. Handicapped accessible.

**LACC BOTTLE DRIVE** The Lake Arrowhead Conservation Council is hosting a fundraiser bottle drive to keep Lake Arrowhead clean and safe. Returnables can be dropped at JD's Package & Redemption in East Waterboro and tell them it is for the LACC bottle drive.

## BACKYARD HENS

(Continued from page 1)

it's not a profitable venture. In comparison, LaChance said grain cost \$8 for a 100-pound bag when she was growing up.

Today, most hens are raised in cages, never scratch for a worm, and the number of eggs produced is carefully estimated according to the pounds of feed given. Only small backyard flocks have free range. Fifty years ago Maine's dairy industry moved west and lo-

cal dairy barns were converted to large laying houses. Dairy farmers became contract growers for poultry owners, until that business also moved, to the Delaware/Maryland region.

But backyard flocks persist. Few now feast on dinner scraps but all seem to enjoy a certain affection from their owners. However, before rushing out to purchase chicks, future hen owners need to check with their town for rules and restrictions. In Alfred, hens come under the livestock or-

dinance. According to Glenn Charette, Alfred's code enforcement officer, "They must be penned, otherwise, it's OK." In Shapleigh there are no specific restrictions, but anyone near water falls under the state's shoreland zoning laws. The Limerick code enforcement officer states backyard hens are allowed both in farming and residential areas, as long as they are penned and aren't adjacent to a body of water. In that case those shoreland zoning restrictions come into play.

In any case, some residents may prefer alarm clocks to roosters who have reputations for rising early and alerting the neighborhood it's time to get up.

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# Maine Maple Weekend

**March  
22-23**

## Hilltop Boilers taps newest maple syrup innovation

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

Standing in a forest of sugar maples just in back of Michael Bryant's home in Limerick, visitors can see a maze of light-blue lines zig-zagging from tree to tree in the still-snowy landscape. The air is cold, the path is still frozen and icy even in March, leading one to wonder how maple syrup producers weather these conditions year in, year out. The eye follows the line down a steep hill to a structure far below. The structure sits next to a frozen-over stream and a huge, 200-year old maple tree, the last of the ancient maples that seeded this woodlot after the pines were logged out.

"The lines go to the collection tank down there," said Bryant, pointing toward the structure. Bryant, who remembers this lot when it was still covered in pines 30 years ago when he was a child, owns and operates Hilltop Boilers in Newfield and collects sap from 41 separate properties in the Limerick/Newfield area.

The lines are smaller than what he has used in the past. Bryant recently switched over to a new type of tubing system that relies on the natural vacuum created by gravitational pull. A tubing line is sealed at the top of the line near the first tree. The line is then run from tree to tree down the hill. "It's like when you put your finger over the end of a straw, and it keeps the liquid in," Bryant explains. "It's only been developed in the last four years. This natural vacuum tubing system is so new the industry doesn't even know how to handle it yet."

The tubing system he mentioned is an environmentally-friendly, cost-effective new way of collecting the sap from the maple trees. It is called "high performance tubing with natural vacuum," and Bryant believes the new technology will be a boon to the maple syrup industry, saving the farmer labor and energy costs. It was developed by Proctor Maple Research in Vermont, and testing shows that these systems achieve – and even surpass – the performance of more expensive mechanical systems.

According to Bryant, who serves as secretary/treasurer of the Maine Maple Syrup Producers Association, sap is collected in two ways – buckets and tubing. Traditionally, producers collected sap the old-fashioned way by hanging buckets under a tap and then manually emptying the buckets into a tank for boiling the sap into syrup. That labor-intensive option is being phased out as syrup producers find that using tubing lines to collect the sap greatly reduces the amount of labor required.

The tubing, until recently, came in only two "flavors" – gravity tub-

ing and mechanical vacuum pump tubing. Gravity tubing relies solely on the force of gravity, but the sap yields tend to be half that of using a mechanical pump. Mechanical pumps, though, require energy inputs, diesel fuel or electricity, and unless a producer has thousands of taps, this method is not cost effective.

The new high performance tubing with natural vacuum is the best of both worlds. It eliminates the mechanical pump and instead uses atmospheric pressure to hold sap in place and create a vacuum. A column of sap forms in the tubing, and vacuum increases as the ground elevation drops. Eventually, the sap fills the line and begins falling into the collection tank, but the vacuum remains, essentially sucking more sap from the spout drop line. Syrup producers avoid the labor-intensive bucket collection and also avoid using valuable energy resources – and money – to run a mechanical pump. The taps themselves are smaller, which is better for the tree. It's a win-win for the producer and the environment.

So far, Bryant has been able to run 14 natural vacuum lines in Limerick and Newfield, and each line averages 21-25 taps. He's seeing a huge cost savings already.

"We are using this in six locations," he said. "The cost of those six locations using mechanical vacuum systems would be in the tens of thousands of dollars. The cost for these six natural vacuum systems will be between \$500 and \$1,000."

Bryant said that the cold temperatures are creating a late maple syrup season, though producers were able to collect during a warm spell a couple weeks ago. "We had some phenomenal days," he said, "but now we are definitely late." Typically, the sap runs only until the first of April. However, Hilltop Boilers expects to have plenty of syrup for Maple Sunday, which is scheduled for March 23. Last year Hilltop had 6,600 visitors on Saturday and Sunday, and this year they are once again offering their annual samples, the barns will be open for viewing the farm animals, and since many of the cows are pregnant, Bryant expects there will be a calf or two.

Maple Sunday gives locals and visitors alike a way to celebrate one of Maine's greatest assets. "The Newfield area is a big spot for syrup production, the biggest in the state," said Bryant, looking out over his property toward the hillsides on Stone Hill Road. "And there is potential for even more."



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# Maine Maple Weekend

**March 22-23**

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 On Saturday, March 23, we will be sharing an open house with Andy's Agway. Pancake breakfast will be served from 8 a.m. to noon. There will also be pony rides available.  
 March 22, 8 a.m. to noon

**HIGH ACRES MAPLE SYRUP**  
 14 Husky Haven  
 South Hiram  
 Pancake breakfast in heated barn both Saturday and Sunday. Sugarhouse attached to barn. Specialty team explains our operation for all age levels.  
 March 22-23, 7:30 a.m. to 1 p.m.

**MAPLEHOUSE FARM**   
 1063 West Road  
 Waterboro  
 We will have the evaporator running. Someone will be on hand to describe the process and answer questions. We'll have samples of syrup, locally made ice cream, and some other homemade goodies made here on the farm.  
 March 23, 9 a.m. to 4 p.m.

**PINGREE MAPLE PRODUCTS**   
 90 High Road, Cornish  
 Open Saturday and Maple Sunday. Maple syrup and maple products. Door prizes and maple syrup on on ice cream.  
 March 22-23, 9 a.m. to 3 p.m.

**BALSAM RIDGE**  
 140 Egypt Road, Raymond  
 Pancake breakfast Saturday and Sunday, 9 a.m. to 2 p.m. Observe the maple syrup-making process, enjoy product samples and sugar on snow demonstrations. Snowshoe through our farm, enjoy a lunch of hot dogs in sap with our homemade baked beans. Visit our gift shop filled with maple products: syrup, sugar, maple butter, maple cotton candy, nuts and more. Kids will enjoy visiting Ginger, our quarter horse Arabian-cross.  
 March 22-23, 9 a.m. to 4 p.m.

**COOPER'S MAPLE PRODUCTS**  
 81 Chute Road, Windham  
 Pancake breakfast Sunday from 9 a.m. to 2 p.m. Maple syrup demonstrations all day and samples of maple syrup on ice cream. Walking tour of farm. See maple trees tapped with buckets and tubing. Visit our 28 miniature horses, beef cattle, peacocks, pheasants and chickens. Maple syrup, candy, coated nuts, lollipops and cotton candy for sale.  
 March 22, 10 a.m. to 4 p.m.  
 March 23, 9 a.m. to 5 p.m.

**HILLTOP BOILERS**   
 157 Elm Street  
 Newfield  
 We invite you to our sugarhouse for tours, free maple samples, games and activities and farm animals to love. Come, see, and help name our baby calf and guess the weight of the pigs. Enter the sap lugging contest. Try a maple whoopie pie. As always, our tasty samples are free. John Deere tractors are on display for kids to drive. Red Flannel Hash and Ali Kyle will be providing our music on both days. Our maple store is open throughout the year.  
 March 22, 9 a.m. to 3 p.m., March 23, 8 a.m. to 4 p.m., March 15 and 29 (store only), 9 a.m. to 3 p.m.

**MAPLE VALLEY SYRUP CO.**  
 82 Old Meetinghouse Rd., Porter  
 Open boil operation, ice cream with maple syrup  
 March 23, 9 a.m.- 3 p.m.

**ROCKY M FARM**  
 431 Colcord Pond Road, Porter  
 Farm stand open, farm tours, maple tasting with maple products and gift/products for sale. Warming hut with homemade cocoa, cider donuts, and live local folk music featuring John Tercyak  
 March 23, 10 a.m. to 3 p.m.

**BROOKRIDGE BOILERS**  
 2144 Alfred Road (Route 111)  
 Lyman  
 All-star 4-H dairy club will be serving an all-you-can-eat pancake breakfast at 8 a.m. with all proceeds benefiting the club. Self-guided sugarbush tours, syrup-making demonstrations, free syrup samples and maple products for sale including Canadian favorites, tire and sucre a la creme.  
 March 23, 8 a.m. to 3 p.m.

**DOUSTAN MAPLE AND HONEY**  
 251 Old Alfred Road, Arundel  
 Boiling demonstrations, maple syrup and candies, pancakes  
 March 23, 8 a.m. to 2 p.m.

**MERRIFIELD FARM**   
 195 North Gorham Road  
 Gorham  
 Syrup making demonstration. Sample syrup over ice cream. Pancake breakfast, soft serve maple ice cream, maple cotton candy, maple candy and maple cream available for purchase. Barn tours, ox demo, display of maple antiques. Visit our 1900s ice house and more. Sales available year round.  
 March 22-23, 9 a.m. to 4 p.m.

**THURSTON AND PETERS SUGARHOUSE**   
 299 Bond Spring Road  
 West Newfield  
 We make maple syrup the NEW fashioned way (tubing, vacuum, reverse osmosis, oil-fired evaporator) with OLD fashioned hospitality. Stop by for a tour and sample our maple syrup and maple soft serve. Maple candy, need-hams, jam, honey and cookbooks for sale.  
 All weekends in March 9-4, March 23, 8 a.m. to 4 p.m.

**GILE'S FAMILY FARM**   
 147 Shaker Hill Road  
 Alfred  
 See the syrup-making process. Free samples to try. Maple apple crisp made with our own apples and maple syrup. We will have syrup available for purchase.  
 March 23, 10 a.m. to 4 p.m.

**JOE'S SUGARHOUSE**  
 443 Sebago Lake Road, Gorham  
 Tour a timber frame sugarhouse with wood fired evaporator. Blueberry pancake breakfast 9 a.m. to noon. Grass fed beef burgers noon to 4 p.m. Sample maple fudge, whoopie pies, candy, cotton candy and ice cream with maple syrup.  
 March 23, 9 a.m. to 4 p.m.

**MORIN'S MAPLE SYRUP**  
 45 Morin Drive, Limerick  
 Join us for an all day pancake breakfast from 8 a.m. to 5 p.m. Our own maple syrup in all sizes and grades. Snack shack is open from 10 a.m. to 5 p.m. We have maple goodies, candies, maple cotton candy, fried dough and free ice cream with maple syrup. Enjoy a wagon ride and door prizes too. See you this year for our 44th year.  
 March 23, 8 a.m. to 5 p.m.

**WESTON'S SUGAR HOUSE**  
 48 River Street, Fryeburg  
 Come and learn step by step, tree to jug, how maple syrup is made the old fashioned way. Free ice cream served with maple syrup. Sugarbush tours, handicapped accessible, school and bus tours.  
 March 23, 10 a.m. to 3 p.m.

**CHASE FARMS**  
 1488 North Berwick Road, Wells  
 Come enjoy our wood fired maple syrup making process with free samples of maple products. Take a free wagon ride with our Belgian horses to collect sap.  
 March 22-23, 10 a.m. to 4 p.m.

**GRAMPA JOE'S SUGAR HOUSE**  
 103 Murch Road  
 North Baldwin  
 Open both Saturday and Sunday, BBQ breakfast and lunch both days, annual maple cookoff on Sunday at 1 p.m. (entries due by noon.) Music entertainment on Sunday to include Justus.  
 March 23-24, 9 a.m. to 4 p.m.

**MAPLE HILL SUGAR HOUSE**   
 93 Hicks Road  
 West Newfield  
 Free tours of our sugarhouse and sugarbush, free face painting and door prizes. Sample our different maple products. All products available for purchase in our store. Homemade lunch for sale in our snack shack.  
 March 22-23, 9 a.m. to 4 p.m.

**PARSONS MAPLE PRODUCTS**  
 322 Buck Street, Gorham  
 Maple syrup over ice cream samples, pancake breakfast 8 to 11:30 a.m. and demonstrations of maple production on 3x12 evaporator with large heated indoor seating.  
 March 24, 8 a.m. to 5 p.m.

**WILLETTE'S SUGAR HOUSE**  
 First County Road, Porter  
 Small operation with about 400 taps. We cook as sap is available. Free samples and coffee.  
 March 23

For a complete list of sugarhouses by county visit [www.mainemapleproducers.com](http://www.mainemapleproducers.com)

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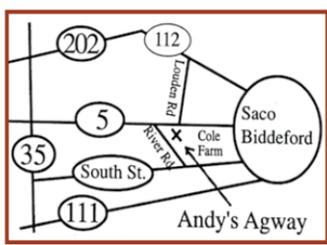



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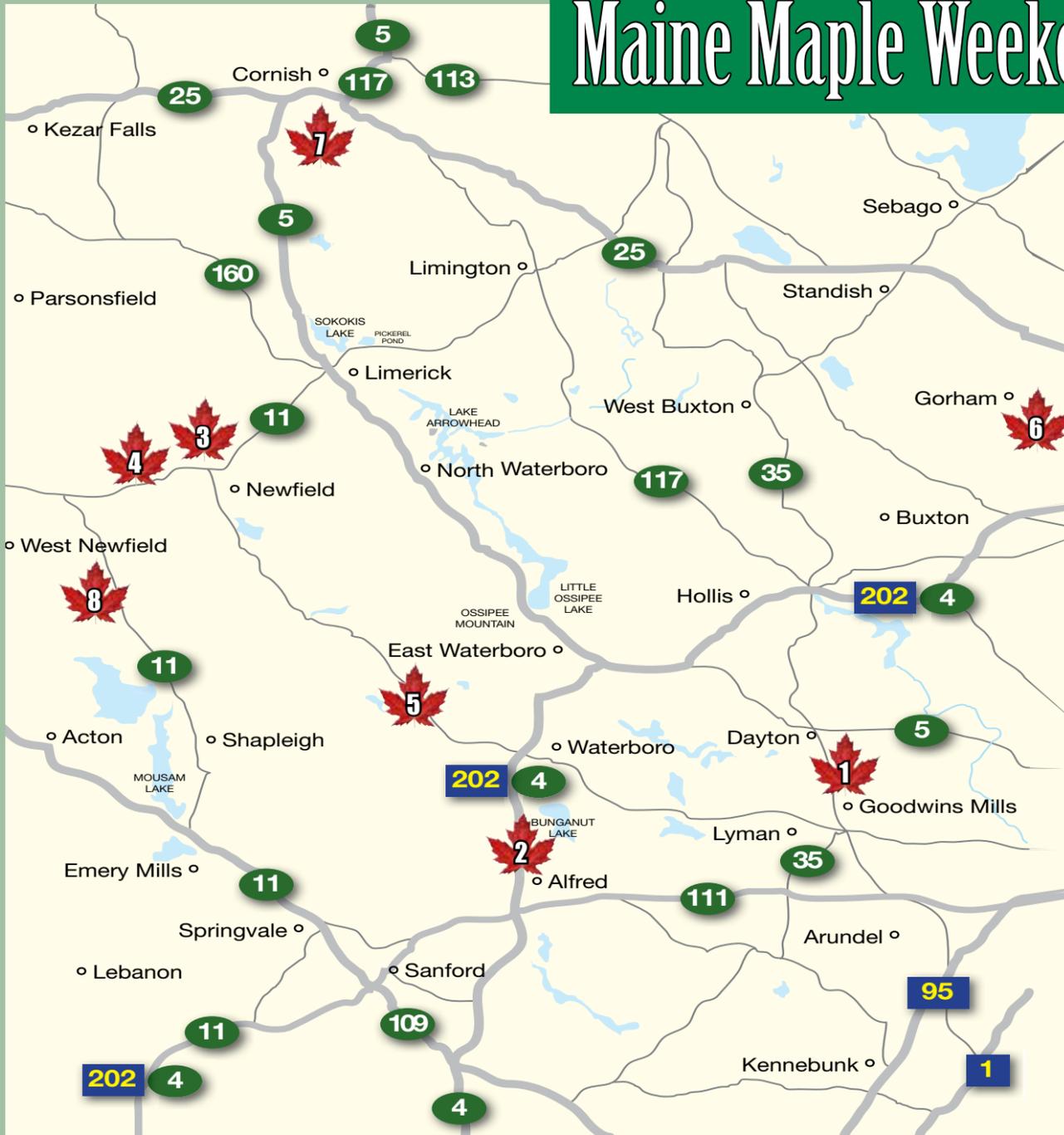
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 MARCH 22 & 23, 2014  
 9-4pm Both Days  
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Entertainment & Displays may vary each day  
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# Maine Maple Weekend March 22-23



### Storing maple syrup

Pure maple syrup contains no preservatives and should be refrigerated or kept in a cool dry place after the seal is broken. Properly prepared maple syrup will not freeze, and the freezer makes an ideal storage place.

Syrup may also be heated to 180 degrees and canned in sterilized jars. Process pints in boiling water for 10 minutes. If syrup ferments, it can be restored to full flavor by bringing it just to the boiling point without stirring. Let it simmer for 2 or 3 minutes, then turn off the heat and let it cool to room temperature. Skim all matter that rises to the surface, boil briefly once more and store as above.



### Did you know?

- An average 40-year-old tree will yield about 40 quarts of sap per season. Just enough to make one quart of pure maple syrup.
- A gallon of pure maple syrup will weigh about 11 pounds.
- It takes 40 to 50 gallons of sap to yield 1 gallon of syrup.

SOURCE: [www.mainemapleproducers.com](http://www.mainemapleproducers.com)

**Our Maple Store will be open on March 15 & 29, from 9am-3pm.**

For those of you that want to avoid the crowds, the shelves will be fully stocked with all of our maple goodness to buy on these two days.

### Saving you Dollars

We would encourage you to compare prices on syrup before you buy. Not only are we proud of our prices, we are proud of our great taste. Our free samples will speak for themselves.

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- Half Gallons \$28 • Quarts \$15**
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- Maple Whoopie Pies \$2**
- Maple Fudge \$2**



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MARCH 22-23

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**Tour the barn** and enter our name the calf contest! Guess the pigs' weight, go on a **Scavenger hunt** or enter the **Sap lugging contest!**

### LIVE music!



Join us on Saturday and Sunday for live music from Ali Kyle and Red Flannel Hash.

Ali Kyle is a talented 17-year-old singer/songwriter who performs original, acoustic Christian music. Singing duo, Red Flannel Hash will serve up a blend of original and traditional songs that are one part country, one part bluegrass and a whole lot of fun. With a sprinkle of Maine humor they will have you tappin' your toes 'til the cows come home.

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# SPORTS

## Ice bowl benefits hungry

BY MICHAEL DEANGELIS  
mdeangelis@waterbororeporter.com

Woodland Valley Disc Golf Club held its 8th annual Ice Bowl Tournament on Sunday, March 2. The event is held to benefit St. Matthew's food pantry in Limerick.

With temperatures hovering near 45 degrees, more than 60 players turned out to play two rounds on a thick two-foot snow pack with total score determining the winner in six different divisions.

John Sellers took the crown in the Pro Open division with a total score of 96. His opening round score of 46 was the low round of the tourney. Darby O'Leary was runner-up with a 102. Three players tied for third with a score of 103.

Dan Gagnon won the Grand Masters division in a playoff over John Jurczynski. Both players carded scores of 117.

In the Masters division it was Mike Mason taking gold with a 112. Tom Olson was next with a 120.

The Amateur 1 group was won by Mike LaViolet with a 107, three shots better than Jordan Knowlton who finished second.

The Amateur 2 title went to Greg Merrill who carded identical rounds of 55. Ira Auprey was next with a 114.

Sasha Stetson took the women's title with a 124, edging Nicole Dionisio's 128.

The event raised close to \$500 for the food pantry.



Matt Geoffroy takes a shot during the Ice Bowl Tournament.



Sasha Stetson took the women's title at the 8th annual Ice Bowl Tournament at Woodland Valley Disc Golf. PHOTOS BY TREVOR SAGE



From left, Jim Tufts, Sean Stanton and John Montgomery.

## Local grad sets school records

*Tyler Wright on a swim 'crusade'*

BY MICHAEL DEANGELIS  
mdeangelis@waterbororeporter.com

Tyler Wright, a sophomore at Holy Cross University and graduate of Massabesic High, recently completed a superb season on the Crusaders swim team, which culminated with a Patriot League Championship event that spanned four days in late February. Holy Cross men's swimmers set seven school records at the meet.

Wright, the son of Victor and Roxie of East Waterboro, set the school mark in the 100-yard butterfly with a speedy 51.80. The previous record of 51.84 was set by Mike Emmons in 2003.

Wright was also a part of four relay teams that cracked school records. He swam third on the 200 medley relay unit that touched the wall in 1:35.72 and he swam third again on the 400 medley relay team that posted a 3:30.34. Wright swam anchor in the 200 freestyle relay (1:26.99 just nipping the 1:27.03 posted in '02) and he was first off the blocks in the 400 freestyle relay. That unit came in with a time of 3:11.54, narrowly edging the 3:11.59 mark set in 2002.

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United Way of York County President and CEO Barbara Wentworth accepts a check for \$1,000 on behalf of the Keep ME Warm fund from SMHC President and CEO Ed McGeachey. SMHC made the donation to celebrate the new healthcare system that was launched on January 1. COURTESY PHOTO

## SMHC Donates to Keep ME Warm

Southern Maine Health Care President and CEO Ed McGeachey recently presented a check for \$1,000 to Barbara Wentworth, president and CEO of the United Way of York County, for the Keep ME Warm fund. Keep ME Warm provides emergency heating assistance to Maine families. McGeachey made the donation to celebrate the launch of SMHC, which was formed on Jan. 1 when Southern Maine Medical Center in Biddeford and Goodall Hospital in Sanford merged.

"SMHC is dedicated to improving the health and health care of the communities we serve," said McGeachey. "In the spirit of being a good neighbor to our communities and to celebrate the founding of SMHC, I am pleased to present the Keep ME Warm fund with a donation to help keep local families warmer this winter."

"The need for heating assistance in Maine has increased significantly in the last few years, driven by high heating oil prices and decreased federal funding," said Wentworth. "It has been an exceptionally cold winter and thousands of Mainers are faced with choosing between heating their homes and basic needs like food and medicine. We are very grateful for SMHC's donation."

Southern Maine Health Care

offers excellent clinical care and a multi-specialty physician services group with medical offices providing outpatient care located in Biddeford, Kennebunk, Old Orchard Beach, Saco, Sanford and Waterboro. Eldercare services are provided through four sites located in Sanford. Non-emergency care is available at Walk-In Care centers in Saco and Waterboro. To learn more visit [www.smhc.org](http://www.smhc.org) or @smhcHealth on Twitter.

Keep ME Warm provides help to low income residents through a statewide partnership of Maine's United Ways and Community Action Agencies. It is the only statewide fuel assistance fundraising effort in the state of Maine.

Do you or someone you know need help? Dial 2-1-1 or visit [www.211maine.org](http://www.211maine.org) for information on heating assistance and weatherization services. 2-1-1 Maine is a statewide health and human services information and referral service created by the United Ways of Maine, in partnership with The Opportunity Alliance and the State of Maine.

Those who wish to help make the winter warmer and safer for Maine families can visit <https://epledge.unitedwaygp.org/Common/UserRegistration.jsp> to make a donation.

# OPINION

## St. Patrick's roots were not in Ireland



by  
Jon Simonds

St. Patrick's Day is upon us, a day in which we celebrate the patron saint of Ireland who has at least one thing in common with a great majority of celebrating Americans: he wasn't Irish.

St. Patrick was born in Britain to a wealthy Christian family who were by no means particularly religious.

As a matter of record, St. Patrick's father was a deacon, but many historians say he only took on the role because of all the tax incentives that went along with the position. Mind you, this dates all the way back to roughly 400 AD; proving tax breaks for the wealthy is a religion unto itself widely practiced to this day.

So what brought St. Patrick to Ireland? A kidnapping. Patrick was 16 years old when a group of Irish raiders attacked his family's estate and took the youngster captive. He was brought to Ireland as a slave and spent six years as a shepherd. Banished to a hill with a flock of sheep

is a lonely sentence. As a frightened 16-year-old with no one to talk to, history notes Patrick turned inward and became deeply religious, dreaming of converting the Irish to Christianity.

The Irish were an earth-worshipping people who believed in reincarnation so strongly that loans to terminally ill people were made with the understanding that the loan would be repaid when the person came back to life. This deep belief also made for the fiercest of fighters, the likes of which the Roman Empire feared most of all. The Irish belief in reincarnation ran so deep that death in battle was meaningless, as the fighting Irish knew they would return to battle once more.

Woman's liberation was never an issue in old Ireland. Women shared the same rights as men and were greatly respected. After all, the Irish looked upon the Earth as a feminine force giving life to all things living things, and in the human realm women closely reflected the gift of

the land. In old Ireland, all things had a replacement value and the value of a woman was higher than that of a king.

Patrick escaped after six years and walked some 200 miles to the Irish coast, eventually returning to Britain. It is said he began his journey because he believed the voice of God told him to leave. While back in Britain he undertook a 15-year commitment to religious training. Ordained as a priest, a second vision urged him to return to Ireland as a missionary. As a prisoner, Patrick learned a lot about Irish culture and was able to use this knowledge to convert much of Ireland to Christianity.

The patron Saint of Ireland died March 17 in the year 461. In the early part of the 17th century St. Patrick's Day became an official feast day observed by the Catholic church. Today it is celebrated with parades, festivities and the traditional wearing of the green, the color of the Shamrock St. Patrick held dear.

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

*What's on your mind?*

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Please include name, town and phone number for verification.

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**ALFRED RESIDENTS NOTICE(S) PUBLIC HEARING**  
Tuesday, March 18, 2014 - 7:00 P.M. at the Conant Chapel

A second Public Hearing will be held to review revised proposed changes to the Code of the Town of Alfred as follows:

- Amendments to Chapter 146, Streets and Sidewalks
- Amendments to Chapter 105, Fire Prevention

*Copies of all proposed changes will be available at the Town Hall at least 10 days prior to the Hearing.*

**INFORMATIONAL MEETING**  
March 18, 2014 at the Conant Chapel  
Immediately following the Public Hearing

- Review of the 2014 Town Meeting Warrant

*Thank You, Board of Selectmen*

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# ALFRED

Allison Williams

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324-5823

## Town hall news

George Donovan is the only candidate for the Alfred Board of Selectmen, and there are no candidates for the Regional School Unit 57 Board of Directors. On the town meeting ballot, Paula Frodyma and Catherine Conley are running for the two positions on Parsons Library's Board of Directors. Voting will be in Conant Chapel starting at 8 a.m. on Friday, March 21.

The town meeting preview will be held Tuesday, March 18 in Conant Chapel at 7 p.m. at the selectmen's quarterly meeting. Town meeting will begin with voting on Friday, March 21 in Conant Chapel and the business meeting Saturday, March 22, in Alfred Elementary School starting at 10 a.m.

Town Clerk Andy Bors reports only 16 dogs have been registered so far this year. There are 40 more known dogs in town who are not licensed.

He said he issued six hunting and fishing licenses in 2014.

There were no building permits issued in February by Code Enforcement Officer Glenn Charette.

The new transfer station supervisor is Morgan Stearns.

## It's that time again

The Alfred Girl Scout Troop 1099 now includes 25 Daisies, Brownies and one Junior Girl Scout. Their latest activity has been working on sales of Girl Scout cookies. They have sold roughly 2,600 cookies to families and friends.

They will also be selling at the following "cookie booths" Saturday, March 8, Low's Variety, 10-1; Saturday, March 15, Alfred Country Store, 10-1; Saturday, March

22, Sam's Club in Scarborough 9-1; Friday, March 28 outside Alfred Parish Church during voting, 3:30-7 and Saturday, April 5, Biddeford Walmart, 9-1.

## News from the pews

The new "Painting the Stars" discussion series will be held Wednesdays at noon and also at 6:30 p.m. The 1½ hour sessions include a 20 minute video and guided discussion on science, religion and an evolving faith.

The next free community supper will feature Italian foods on Tuesday, March 25 from 5 to 6 p.m. The Men's Breakfast North will be the same day at 8:30 in the Cockpit Café at Sanford Regional Airport.

The next Parish Paddlers activity will be a games day at Jim Litchfield's home at 1 p.m. on Sunday, March 23.

Registration is open at Pilgrim Lodge; forms are available in Conant Chapel. There are camps for adults, grandparent/grandchildren, children and senior high schoolers. There are scholarships available.

March is AMIGOS month to help feed the children of Concepcion del Norte in Honduras. The Mission/Social Justice Committee is spearheading the fundraising for this. A group will be going down to assist with the program. Interested persons may contact Bruce Burnham.

## Exhibit planned at Shaker Museum

The Friends of the Shaker Museum are making plans for next season's exhibit. If anyone has solid white teacups and saucers to loan, a solid white coffee pot or tea pot (ironstone would be appreciated) and a small white tablecloth with no design which could be loaned, Linda Aaskov would appreciate being contacted at aaskov@metrocast.net.

## BRIEFS

### Local student Global Citizen scholar

EF Educational Tours, the world leader in international education and student travel, recently announced Jonah Abraham of Waterboro, a senior from Portsmouth Christian Academy in Dover, N.H., was one of 15 chosen for the 2014 EF Global Citizen Scholarship program.

Abraham was also the scholarship winner from Maine and represented the state at the 2014 VFW Legislative Conference in Washington, D.C. earlier this week. At the nationals on Monday, he was awarded \$3,500 in scholarship money and placed eighth from the group of 54 winners.

The EF Global Citizen Schol-

arship program is designed to unite high school students from around the world by breaking down barriers of culture, language and geography, while helping them develop key 21st century skills such as global awareness, critical thinking and problem-solving. For this year's scholarship challenge, EF asked students to conceptualize a viable, socially responsible business idea. The scholarship recipients will travel to China this month for 10 days for EF's annual Global Student Leaders Summit, which will explore social entrepreneurship in the new global economy.



Jonah Abraham

## Cold water dive training



Maine State Police Trooper Elisha Fowlie, a member of state police dive teams from Maine, Connecticut and Rhode Island, dives below the ice on Moosehead Lake during recent cold water training. Every year the teams conduct training in cold weather conditions. The dive took place in 32-degree water about 100 yards from the shore off West Cove in Greenville Junction. The ice is about 2 feet thick under a heavy snow cover and the depth of the water was about 30 feet.

COURTESY PHOTO.

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# Considering the alternatives

## HERBAL MEDICINE

This is the fourth installment in a series of Q&A formatted interviews with alternative and complementary healthcare practitioners. This week, contributing writer Shelley Burbank talks with a local herbalist to find out more about this treatment.

The National Center for Complementary and Alternative Medicine, under the umbrella of the U.S. Department of Health and Human Services, offers an abundance of information on its website regarding complementary and alternative health practices available to consumers today. The information includes discussion of various herbal remedies and dietary supplements and cites a survey called the National Health Interview, conducted in 2007, which found that 17.7 percent of Americans reported using dietary supplements and natural products that year.

In fact, in 2013, NCCAM Director Josephine Briggs, M.D. wrote a message stating that the majority of visitors to the site were looking for information on herbal supplements. "This comes as no real surprise because we know that the U.S. herb and botanical supplement market is big business, with consumer sales growing to more than \$5 billion in 2011," she wrote.

People are looking to herbal remedies to treat a variety of symptoms. The University of Maryland

Medical Center in their Complementary and Alternative Medicine Guide states, "Herbal medicine is used to treat many conditions, such as asthma, eczema, premenstrual syndrome, rheumatoid arthritis, migraine, menopausal symptoms, chronic fatigue, irritable bowel syndrome, and cancer, among others. Herbal supplements are best taken under the guidance of a trained health care provider. For example, one study found that 90 percent of arthritic patients use alternative therapies, such as herbal medicine."

Both the NCCAM and the University of Maryland Medical Center caution consumers to be aware of some potential pitfalls in taking these supplements, especially without first consulting a physician. Some herbs can counteract mainstream medications, for example.

These centers urge people to consult with all their health care practitioners to ensure coordinated and safe care when considering using herbs. A series of fact sheets called Herbs At A Glance can be downloaded from the NCCAM site, as well at <http://nccam.nih.gov/health/herbsataglance.htm>. These fact sheets list attributes of some of the most common herbs and botanicals, including common names, scientific research findings, potential side effects and resources for those interested in studying the science further.

This week, Debbie Mercier, an herbalist with her own business, Greenwood Herbals in Limerick,

answered questions about the study of herbs, their uses, and her own personal experience using herbs to improve her health.

**Q: What kind of health care/therapeutic service do you provide?**

A: Clinical herbalism and I'm a teacher.

**Q: What is the underlying theory/philosophy/science behind your practice? Is there a spiritual component?**

A: Herbalism is an ancient oral tradition that was passed down to our grandmothers by their mothers. Plant medicine has been around for centuries, where Western medicine has only been around since the 20th century. But today because of market demand, herbs are popular again. They work very well with other medical modalities. They can be used as preventive medicine, adaptogens, tonics and in nonemergency situations. Some spiritual belief systems do incorporate herbs into their practices, but herbs are for everyone. They cross all religions and are for everyone who chooses to use them.

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

A: Herbs work well with other medical systems as support and, as long as the herbalist has a good understanding of the plants, pharmacology, toxicity, contraindications and safety of these plants and their actions, they can be used quite safely.

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

A: I have been doing this work now for 15 years.

**Q: What kind of training did you receive and is there some sort of certification process?**

A: I have studied for many years under other herbalists in the United States, such as Wendy Fogg, Matthew Wood, Margi Flint, Rosemary Gladstar and other notable herbalists. I continue to study and will probably study for the rest of my life. There is a certification, but in this country it is just a certification, not a diploma or licensing.

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

A: Health issues, lifestyle changes and recommendations.

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

A: My own health issues and the years spent going through testing and medications with no results. One day, I started reading herb and nutrition books until I finally figured it out. While doing all of this work on myself, I was literally called to do this work. It fed something deep inside my core. I started looking for other teachers to train under and within five years, I was able to leave my job as a system analyst to pursue this work.

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

A: Helping others, seeing the change in those who follow through and comply. Not everyone will give it a chance, thinking herbs work instantaneously like pharma-

ceuticals, but it takes much more time and commitment with very few side effects. There are herbs that should be used with caution and herbs that are contraindicated with certain medications. This is when you need to seek a professional herbalist who can help and guide you through the process of taking medicinal herbs.

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

A: Diet, lifestyle changes and exercise. Long ago, Hippocrates said: "Let food be thy medicine. Thy medicine shall be thy food." He also said: "Leave your drugs in the chemist's pot, if you can heal the patient with food." And our herbs are our food. We have culinary herbs and weeds growing in our gardens that provide nutrition and also have amazing medicinal properties.

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

A: We also teach an apprenticeship program here at Greenwood Herbals. It is a beginning program that provides the basics on plant identification, making medicine, and most students leave with a certificate so that they can help their families and friends. Every other year we teach an advanced program for those students who wish to go on to clinic. We also provide a clinical service on Tuesdays and Wednesdays.

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

A: No.



TO READ LYNN'S STORY, VISIT [SMHC.ORG/LYNN](http://SMHC.ORG/LYNN).

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