



REPORTER

YOUR COMMUNITY NEWSPAPER



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Putting on thinking caps

BY ANN FISHER
afisher@waterbororeporter.com

Students may have spent their summer vacations at the beach or at camp, but administrators were busy getting ready for the 2014-15 school year.

As classes get underway in earnest, educators are focusing on writing skills “across all areas,” along with learning expectations about critical thinking skills.

“Every school is looking for ways to increase writing achievement,” said Regional School Unit 57 Superintendent John Davis. Towns in the district include Alfred, Limerick, Lyman, Newfield, Shapleigh and Waterboro.

Meanwhile, a school in the district that was being eyed for possible closure two years ago is seeing an uptick in student population, according to the superintendent’s office.

Shapleigh Memorial School has 27 students in two incoming kindergarten classes this year, according to administrators, and Alfred Elementary is also growing, with a multi-level fourth-fifth grade teacher now onboard.

All students will be asked to work harder to help reverse less-than-acceptable writing scores in NECAP and SAT testing, Davis said.

Classroom assessments also revealed RSU 57 students need more help in critical and narrative writing across the curriculum, not just in English and history, but in math and science and other subjects as well.

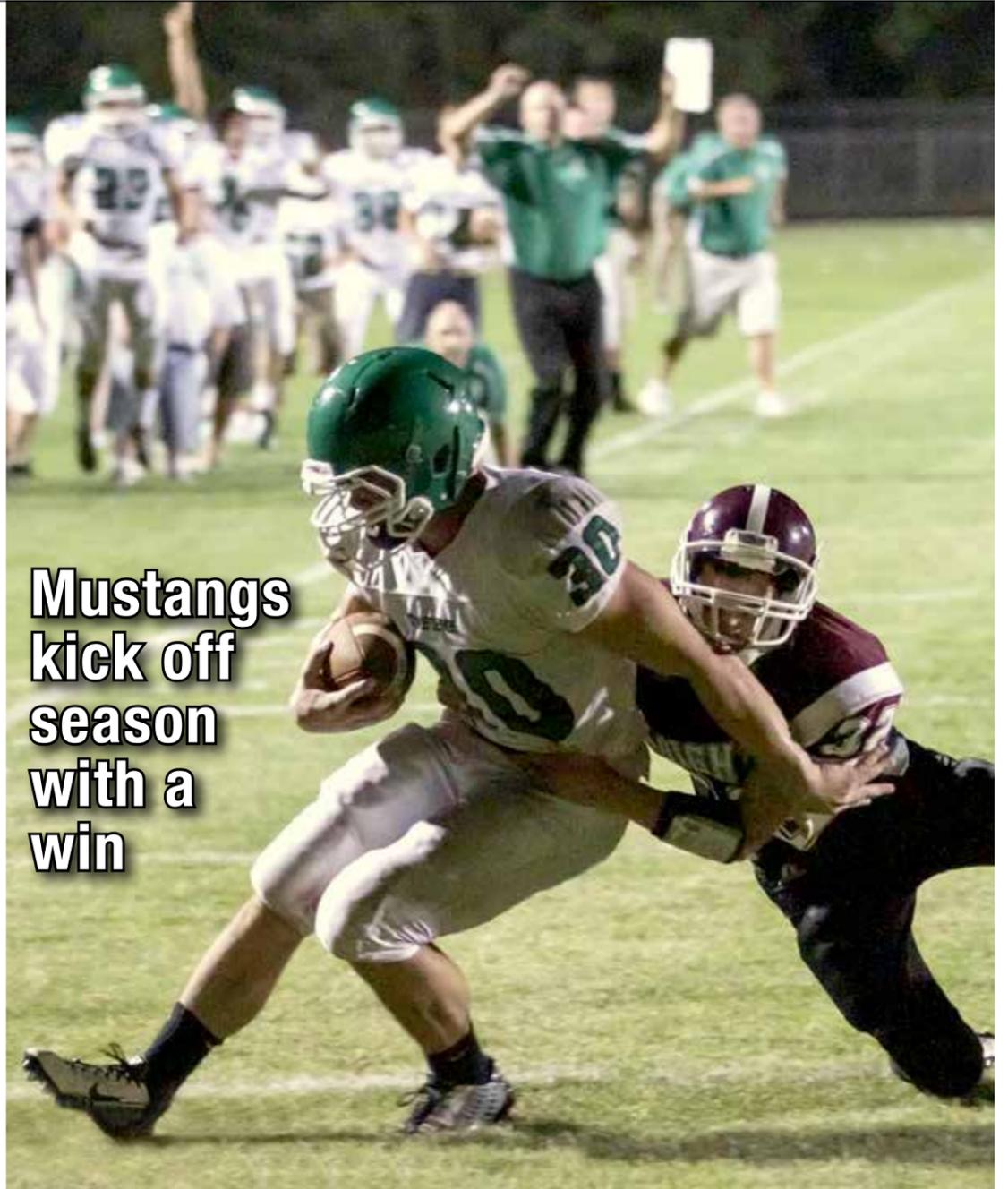
“There was a lot of inconsistency in instructional approaches,” said Curriculum Coordinator Lori Lodge.

If she had to write an essay about “How I Spent My Summer Vacation,” Lodge may very well have typed a paper about how best to serve struggling students and another on encouraging all students to put their thinking caps on.

Lodge and Davis said educators are becoming more responsive to students who struggle to meet core standards as well as those who exceed them, hoping to maximize the educational needs of students on all parts of the learning curve. “If they are not meeting benchmarks, what resources do we have,” said Lodge. “If they are, how can we get them beyond, academically.”

The so-called “RSU #57 Response to Intervention” is a four-tiered approach being implemented this year to address struggling students.

Like a pyramid, each tier is
(Continued on page 4)



Mustangs kick off season with a win

Massabesic senior Michael Risti catches the winning touchdown pass to defeat Noble 26-21 at the season opener on Sept. 5. (See story on page 7.) COURTESY PHOTO BY JASON GENDRON, S4 ACTION PHOTOGRAPHY

Investigation continues into jail case

BY ANN FISHER
afisher@waterbororeporter.com

Four York County Correctional Officers, three former correctional officers, two former inmates and a former prisoner were indicted by a York County Grand Jury Sept. 4 for various criminal violations related to the introduction of contraband that included cigarettes, a cellphone and drugs into the county jail.

Sheriff Maurice Ouellette would not identify the officers charged, but during a press conference he called Sept. 5 he said, “Several officers were charged with “official oppression,” which is a misdemeanor.

“The corrections officers indicted are all alleged to have assisted in some manner or were aware of illegal activity and failed to report it to a supervisor,” Ouellette said.

He added, “I can assume the
(Continued on page 11)

Harvest time

Not only food harvested at Waterboro Community Gardens

BY BRIGIT MCCALLUM
brigit@waterbororeporter.com

Waterboro Community Gardens (WCG) is located behind the parking lot of the Town Hall Extension at 24 Townhouse Road. Nearing the end of its second season, the gardens now contain 28 raised beds measuring 4-by-24-feet that are filled with loam and compost. Each bed is rented to one responsible individual, who can then choose to share with a friend. WCG rents to one person only so that if disputes break out between sharing members WCG is not caught in the middle. While the gardens are on public land, they are private property for the exclusive use of those who rent them. Six beds grow food for local pantries.

Committee Chairwoman Amy Lucarelli describes the entire process of the planning and carrying out of the first two seasons as, “a lesson in patience, collaboration and doing.” There have been both great achievements and misadventures throughout the season. Lenny Daigneault’s pole beans have reached a height of about 12 feet for a high, and last week the pole holding the water supply rotted and broke, causing a geyser noted by a visitor from Applewood Apartments across Townhouse Road from the gardens. Thus there were two “highs,” one good and one not so good. The gardens have also had some four-legged visitors, including one groundhog, two skunks, and what was thought to be a domestic rabbit. They have been relocated.

A low point of the summer occurred when someone came into the gardens and “harvested” broccoli at its prime. After all the labor the owner of that bed had put into it, it was heartbreaking to lose it all. A sign is now on
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Lenny Daigneault is dwarfed by his 12-foot pole beans in his plot at the Waterboro Community Gardens. PHOTO BY BRIGIT MCCALLUM

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Walk for awareness
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John Lee Dumas. COURTESY PHOTO

MHS grad set to synergize audience

John Lee Dumas, a 1998 Massabesic High School graduate who created a wildly successful Internet business, is the featured speaker at next Synergize Sanford socializing event.

The event is set for 5 p.m. Tuesday, Sept. 23 at Bradford Block Bistro in Springvale.

Dumas is the creator and host of "Entrepreneur On Fire," a top-rated podcast of interviews with successful entrepreneurs. Dumas is also the creator of Podcasters' Paradise, a community where over 1,200 Podcasters learn how to create, grow, and monetize their podcast in a supportive environment.

Dumas will share his story and talk about the power of building an audience online and creating a viable business as a result. Don't know what a podcast is? Don't worry; just plan to attend and enjoy an enlightening evening of socializing, learning, and creating synergy in Sanford.

Come reconnect with John Lee and be inspired by what young people are doing today

The cost is \$5 at the door. Appetizers will be served and a cash bar will be available.

For more, see <http://www.synergizesanford.com/Events-.html>

WATERBORO

Brigit McCallum

brigit@waterbororeporter.com

Auction, new book groups at library

Items are being sought for the fall silent auction that begins Oct. 1.

Patrons or others interested in supporting the library collection and programming are invited to donate handmade items, gift certificates, or gently used items to be auctioned. Items may be dropped off during open hours Monday and Thursday, 2-8, Wednesday and Saturday 9-3. The auction will run through Nov. 12.

Preschool story hour will be Wednesday at 10 a.m. through the school year. Join Miss Heidi for stories, songs and crafts.

A new adult book group is forming at the library. It's a great way to start off the fall, meet some interesting new folks and read some great books. Anyone interested can contact Deb Harding at 608-0860.

Trustees April Cote and Kellie DeMers are starting middle school/teen groups. One will be a book group, and the other will be working on projects the participants decide on. FMI call Ruth at 247-3363.

Chili, chowda & apples at grange hall

The sixth annual Chili, Chowda & Apple Dessert Contest, sponsored by the Waterborough Historical Society, will be held at the Grange Hall, 31 West Road in South Waterboro, Saturday, Sept. 13. The judging starts at 4:30 p.m., after which the public tasting will begin at approximately 5 p.m. at a cost of \$8 for adults, and \$3 for children under 12. Children under 5 are free. Winners will be announced and prizes awarded in all three categories at 6 p.m. To support the Society and enter their favorite dish at no charge, area cooks, both professional and amateur should drop off their crockpots of hot chili or chowda between 4 and 4:30 p.m. For more information, call 247-5926.

Cemetery walking tour

Jeannie Grant of the the Waterborough Historical Society will lead a walking tour of the Town Hall Cemetery at 2 p.m Saturday, Sept. 20. She will profile the Leavitt and Allen families, as well as those of Col. John Hamilton, Silas Carle and other Civil War veterans. The cemetery is behind the Waterboro Town Hall on Town House Road, Waterboro Center. If it rains, the walk will be canceled. FMI, call 247-5332.

Jose Duddy to perform

The Waterborough Historical Society announces that Jose Duddy, country singer/entertainer, will be performing at the Grange Hall on Saturday, Sept. 20, from 7 to 10:30 p.m.

Duddy is a Maine native who is a member of the Down East Country Music Association and has won many awards throughout New England, as well as Traditional Male Vocalist of the U.S. at the Show Boat Hotel and Casino in Las Vegas. Duddy's performance will benefit the Waterborough Historical Society.

So put on your dancing shoes and head down to the Grange Hall. Tickets are \$15 per person, BYOB, no one under 21 admitted. Set-ups and snacks will be available. Tickets are limited, so buy early! Tickets can be purchased at Woodsome's Feeds & Needs on Main St. and Woody's Sports Grille on West Road. FMI, call 247-5878.

Pantry still open at former church

The building that formerly held St. Stephen's Episcopal Church has been sold, and the new owners will continue to host the Food for Life food pantry each Wednesday from 2 to 5 p.m.

EDUCATION IS CHANGING

Your Schools Need Your Input!

As we continue our efforts to engage all students in high levels of meaningful learning we want to create an opportunity to check in with the community. This process is intended to communicate our continuing commitment to the vision, and to ask for suggestions to refine the strategic plan to make sure we're on course.

Please help us by following the QR code link below or by going to RSU57.org and completing the "RSU57 Community Planning Process Survey". If you enter your name and phone number when you complete the survey you will be entered to win one of the many raffle prizes.

The community dialog will be focused on some stimulating, important questions that will be included in the community survey and discussed @ meetings throughout the Fall of 2014.

Scan this QR Code to take the Survey or go to RSU57.org



RSU 57 Core Beliefs

We believe:

- All students can learn.
- Students learn in different ways, in different settings, and at different rates for different futures.
- Successful student learning is meaningful and relevant to the learner.
- Clear learning targets and continuous reflection are essential to successful learning.
- Students learn best in a safe environment characterized by positive relationships with caring, competent individuals.
- High standards of performance are expected of all.

RSU 57
PREPARES RESPECTFUL, RESPONSIBLE AND CREATIVE THINKERS FOR SUCCESS IN THE GLOBAL COMMUNITY

Thank you to these local businesses for their support.

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Baking and Cooking School
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(207) 324-7558

Alfred Oil
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POLICE LOGS

from the York County Sheriff's Dept.
AUGUST 2-14

Saturday, Aug. 2

Donald Alan Reed, 45, of Maple Street, Limerick was charged at 11:01 p.m. on Plains Road in Hollis for operating under the influence of alcohol/drugs.

Sunday, Aug. 3

Thomas Matthew Robertshaw, 34, of Sokokis Avenue, Limington, was served a warrant at 9:36 p.m. after a disturbance call on Ossipee Trail in Limington.

Monday, Aug. 4

Dakota Daniel O'Brien, 21, was charged at 5:28 a.m. on Millturn Road in Limington for violation conditions of release, unauthorized use of property and failure to give notice of accident by quickest means.

Richard Donald Stewart, 35, and Jeremy David Cook, 40, both of Calvins Way, Sanford, were both charged with burglary at 9:16 a.m. on Acton Ridge Road in Newfield.

Kelly Ann F. Chaloux, 50, of Sanford Road, Wells, was served a warrant at 12:03 p.m. on Layman Way in Alfred.

Wednesday, Aug. 6

A juvenile was charged at 8:45 a.m. with criminal mischief on Goodwins Mills Road in Waterboro for vandalism.

Glenn D. Dupuis, 42, of Hard Way, Limerick, was charged at 1:39 p.m. for operating after a suspension during a motor vehicle stop on Main Street in Waterboro.

Monday, Aug. 11

Joyce Daniels, 48, of Christian Hill Road, Limington, was charged with operating after a suspension at 3:49 p.m. during a motor vehicle stop on Ossipee Trail in Limington.

Jesse M. Edgerly, 28, of Cornish, was charged at 7:46 p.m. with operating an unregistered motor vehicle more than 150 days, at the corner of Federal Road and Devereaux Road in Parsonsfield.

Tuesday, Aug. 12

Logan S. Day, 18, of Elm Street, Parsonsfield, was charged at 12:19 a.m. with illegal possession of liquor by a minor after a motor vehicle accident on Stewart Street in Parsonsfield.

Stanley Everett Dunham, 54, of Ryefield Drive, Old Orchard Beach, was served a warrant at 11:35 a.m. on Layman Way in Alfred.

Wednesday, Aug. 13

Michael C. Barbaria, 36, of Allview Terrace, North Waterboro, was charged at 12:47 p.m. on Allview Terrace with domestic violence assault and domestic violence terrorizing.

Jamie J. Sneddon, 30 of Winter Street, Sanford, was served a warrant at 1:31 p.m. on Layman Way in Alfred.

Thursday, Aug. 14

Darren Foglio, 44, of Murphy's Way, Lyman, was charged during a shoplifting call at 5 p.m. on Sokokis Trail in Waterboro, with theft by unauthorized taking or transfer and violating conditions of release.



INDICTMENTS

from York County Superior Court
SEPTEMBER

Stacey Elaine Ames, 33, of Cat Mousam Road, Kennebunk, Class C theft by deception in Biddeford.

Martin Bruneau, 25, of Wood Street, Lewiston, Class A robbery with a weapon and Class C criminal threatening with a weapon in Buxton.

Cheryl L. Bushey, also known as Cheryl L. Verdone, 47, of George Street, Biddeford, Class C theft by deception in Arundel.

Darrion L. Daye, 21, of Depot Road, West Baldwin, Class C theft by deception in Saco.

Rodney A. Dixon, 46, of Sea Road, Kennebunk, Class D reckless conduct/domestic violence and Class D criminal mischief in Biddeford.

Cindy M. Farrell-Ball, also known as Cindy M. Farr-Analetto/Cindy M. Farrell, 36, of North Road, Parsonsfield, Class C theft by deception with priors and Class E violation of bail in Biddeford.

Robert A. Hanson, 53, of Guinea Road, Biddeford, Class B aggravated assault/indifference, Class C reckless conduct/domestic violence/weapon, Class B aggravated assault/weapon.

Paul D. Kimball, 37, of Wentworth Street, Biddeford, Class B burglary of a dwelling and Class C theft in Kennebunk.

Derek C. Merier, 24, of Imperial Road, New Gloucester, Class B burglary with priors in Dayton.

Junior Nzisabira, 34, of Chestnut Street, Portland, Class C reckless conduct with a weapon and Class D operating under the influence in Lyman.

Rick Swasey, 56, of State Park Road, Casco, Class A robbery/weapon and Class C criminal threatening with a weapon in Buxton.

Bobby L. Tart, 60, of Ladyslip-

per Lane, Kennebunk, Class C possession of a firearm by a felon from another state in Kennebunk.

Thomas Thyng, 50, of South Waterboro Road, Lyman, Class B unlawful sexual contact in Biddeford.

Richard A. Waring, 25, of Parker Farm Road, Buxton, Class B sexual exploitation of a minor, three counts of Class C sexual abuse of a minor in Biddeford.

Joshua B. Benton, 24, of River Road, Lebanon, Class B aggravated assault with a weapon, Class D assault/domestic violence, Class C criminal threatening/domestic violence/weapon in Lebanon.

Gregory P. Cote, 22, of Willow Drive, Sanford, Class C receiving stolen property in Sanford.

Thomas Cutter, 23, of Charles Street, Farmington, New Hampshire, Class C theft and Class E operating after suspension/notice.

Brian T. Desrosiers, 28, of Center Road, East Lebanon, Class C theft/priors (no value) in Berwick.

Ryan Gates, 19, of Charles Street, Farmington, New Hampshire, Class C theft in Lebanon.

Devin L. Goodale, 21, of Brook Street, Sanford, two counts of Class B aggravated assault/indifference, Class C assault/domestic violence/priors, Class C violation of bail/felony/domestic violence and Class E violation of bail in Sanford.

Thomas J. Kane, 48, of Ginny Lane, Limington, Class C criminal threatening with a dangerous weapon, Class C terrorizing with a weapon and possession of a firearm by a Maine felon in Limington.

Richard Lane, 43, of Devereaux Road, Parsonsfield, Class E official oppression and Class E conspiracy in Alfred.

Christopher Langlais, 24, of Florence Circle, Kennebunk, Class E official oppression and Class E conspiracy in Alfred.

Alfred Lopresti, 42, of Winter Street, Rochester, New Hampshire, Class B burglary/dwelling and Class C theft.

Katelyn MacDonald, 21, of Riverton Drive, Portland, Class C aggravated criminal mischief in Sanford.

Ian F. Newell, 29, of Pittsfield, New Hampshire, Class C sexual abuse of a minor/related and Class D incest in Sanford.

Nathaniel Ohman, 22, of Tuttle Cove Road, Raymond, Class B aggravated assault and Class D assault/domestic violence in Alfred.

Jeremy Pettersen, 37, of South Waterboro Road, Lyman, Class C assault domestic violence with priors in Waterboro.

Steven Thomas, 25, of Green Street, Biddeford, Class C trafficking prison contraband, Class E official oppression, Class E conspiracy in Alfred.

Nathan Watson, 21, of Durgintown Road, Hiram, Class E official oppression in Alfred.

Carlton L. Young, 22, of Main Street, Springvale, Class B burglary of a dwelling and Class C theft in Sanford.

Jody Benoit, 48, of Nottingham Drive, Sanford, Class C eluding, Class D OUI and Class E criminal speed in Wells.

Nicholas J. Hart, 42, of Fair Oaks Drive, Springvale, Class C reckless conduct with a dangerous weapon and Class C driving to endanger/serious injury in Wells.

Jonathan Spulick, 22, of Lebanon, Class C eluding in South Berwick.

Jamie S. Stanley, 37, of Church Street, Sanford, Class B aggravated assault/indifference and Class C assault/domestic violence/prior Maine conviction in Sanford.

Edward Tyrone Jennings III, 52, of Sanford, Class D assault/domestic violence and Class D criminal threatening/domestic violence in Sanford.

Richard F. Knox, 61, of Pine Street, Rochester, New Hampshire, Class C violation of bail/felony/domestic violence/contact, Class C assault/priors and Class E violation of bail in Lebanon.

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TOWN OF NEWFIELD
The Board of Selectmen will hold a **Special Town Meeting on Sept. 30, 2014 at the Public Safety Building at 6 p.m.** to see if the Town will vote to use monies from a maturing CD up to \$20,000 to install a security system at the Public Safety Building. The current system is obsolete and unrepairable.

The nights are getting crisp, the kids are back in school
Fall is in the air...
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It's time to get back into the garden!
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AND
Maine House District 21
(Alfred, Newfield and parts of Limerick, Parsonsfield and Shapleigh)
FRANK BOUCHER
Opportunity for questions and concerns held at
Line Elementary School
Rt. 11, Limerick/Newfield line
Wednesday, Sept. 17 at 7 p.m.
Republican and Unenrolled voters from other towns in the Districts are welcome.
Ad paid for and approved by the Newfield Republican Committee.
FOR MORE INFORMATION CALL 793-3923.

ALFRED

Allison Williams

awilliams@waterbororeporter.com
324-5823

Festive time promised at annual event

This weekend will be a busy one on Shaker Hill. Saturday and Sunday, Sept. 13 and 14, there will be pony rides, craft vendors, historic craft demonstrations, a yard sale, seafood raffle and guided wagon tours of Shaker Hill, plus much more. Leona Hosack will do silhouettes (a great Christmas gifts for grandparents,) and the indoor gift shop in the Shaker Museum will be open. Corn chowder and apple pie will be available in the old carriage house, now the Shaker Museum.

Because this is a cooperative operation, York County Shelter Programs also has activities planned that include a huge yard sale, 50 crafters, a silent auction, a tent with children's activities, music and fresh apple and blueberry pies in the bakery. The blueberry pies will be made using a recipe by Sister Frances.

Angers Farm, based in Newfield and familiar to York County Master Gardeners, will have a booth with country items for sale and tickets for a pig raffle, with butchering and smoking included. What makes this one different is the fact the pig was fed "no meat or sweets."

Also participating will be the Brothers of Christian Instruction and Giles Family Farm, which will both have apples and cider for sale. The apple festival will open officially at 10 a.m. both days, but craft booths will be opening at 9 a.m.

Paint her a winner

Sharon Wood of Smithfield was the happy winner of the painted chair contest sponsored by the Friends of the Alfred Shaker Museum. All the entries were wooden chairs painted in quite imaginative ways, but hers was especially notable because of its patriotic theme. It featured red, white and blue colors, an eagle against the American flag and wording on the seat from the Declaration of Independence. She was presented a \$100 check Saturday, Sept. 6 in the Shaker Museum. Her chair will be on display in the museum until the museum closes this fall.

Some of the other chairs admired for their decorative themes included a decoupage cat, multi-colors, a checkerboard pattern and flowers. The judges were Linda Migneault, Sandy Howe and Lucille Hussey.

Kancamagus bound

The annual fall senior bus trip sponsored by the Massabesic Lions Club will be a trip on the Kancamagus Highway this year to Meredith, N.H., with a stop at Hart's Turkey Farm for lunch. The bus will leave the Medical Center in Waterboro promptly at 8 a.m. and return approximately at 3 p.m.

The \$25 cost will cover lunch, taxes and all gratuities. Advanced payment is required. The deadline for signing up is Wednesday, Sept. 15. The meal choices include turkey, roast sirloin or broiled haddock, and will include a tossed salad, potato, butternut squash, carrot relish, rolls, coffee or tea and apple crisp for dessert. Meal choices must be made in advance. For questions contact Betty



Sharon Wood, of Smithfield, was the winner of the Alfred Shaker Museum Painted Chair Contest and received a check for a \$100 from Barbara Carlson on Sept. 6.

COURTESY PHOTO

Champion, 247-1072 or Evelyn Ford, 608-7405.

Felted wool workshop

An upcoming workshop in the Shaker Museum will be held Saturday, Oct. 18 to make a felted wool turkey gobbler. The kit will cost \$15. To register contact Linda at 490-5709 or www.alfred-shakermuseum.com.

Zero-sort recycling

What to toss in the trash and what to recycle can be confusing. All paper (includes junk mail!) is accepted in the recycle bin, also milk jugs, bleach and detergent bottles, metal cans, all bottles numbered 1-7, aluminum (pie plates, trays, foil), plastic food containers, empty aerosol containers. Also accepted are rigid plastics, including children's toys and pools.

Not acceptable are hard plastics such as keyboards, or window glass and mirrors, light bulbs, Styrofoam, plastic bags and ceramics.

A representative from Casella was recently at the Alfred Transfer Station with information sheets on the Zero Sort Program. Anyone confused about what is appropriate to recycle can contact town hall or Casella at 1-888-857-0800.

News from the pews

Sunday School will resume Sept. 14 at 9:30 a.m. preceded by a pancake breakfast at 9 a.m.

Church note cards to be sold as a fundraiser were discussed at a recent meeting. Two church scenes were agreed upon. Another fundraiser planned is a program highlighting America's history through poetry and song. This would be organized by Alix Golden and occur in the winter. It would involve about 10 performers.

The Parish Paddlers met Sunday, Sept. 7 at Jim Worcester's new camp on Mulberry Road for an afternoon of games.

A Communities Care Event is planned for Monday, Oct. 13 by the Sanford/Springvale area clergy.

Village notes

The Daisy Girl Scouts will hold their first fall meeting Thursday, Sept. 18 immediately after school in the Alfred Elementary School building.

The next country jam at the American Legion Hall will be held Saturday, Sept. 14 from 1 to 4:30 p.m.

The Alfred Historical Society will hold a potluck supper Tuesday, Sept. 16 in the North Alfred Schoolhouse at 6 p.m. It will be followed by a talk on lanterns by Dave Tanguay. He traces lanterns from the early "barn" lanterns to those in the industrial age. Attendees can bring a lantern for review.

THINKING CAPS

(Continued from page 1)

gradually focused on providing more intense services. At the broadest level, learners not meeting grade level academic or behavioral standards will first be assessed by his or her classroom teacher, who will address the issue accordingly.

During a second tier intervention, students who fall into the lowest percentage of the student population standards-wise will be counseled by a group of teachers, support staff, specialists and/or guidance counselors.

Tier three intervention will be implemented "for learners who have not demonstrated sufficient progress from the evidence-based interventions ... in the first two tiers." A referral to special education services may be made if inadequate progress is made at the third level. The fourth and most concentrated level of intervention is Special Education Services.

The district is also phasing in "Habits of Mind." The initiative will address ways teachers can lay the foundation for lifelong learning using perseverance, thinking things through and complex reasoning to solve problems.

The goal is for all students to meet quality standards, respond to feedback and ultimately be successful after they complete their school years.

"The issue is to demonstrate what you know," said Davis. "It's content over time."

GOT NEWS?

We want to hear from you!

news@waterboro
reporter.com

REPORTER

YOUR COMMUNITY NEWSPAPER

P.O. Box 75, North Waterboro, ME 04061
545 Main Street, Suite C, Waterboro
(207) 247-0273 • news@waterbororeporter.com
www.waterbororeporter.com

Kerry DeAngelis . . . Owner/Publisher/Advertising Manager
kdeangelis@waterbororeporter.com

Michael DeAngelis Sports Writer
mdeangelis@waterbororeporter.com

Ann Fisher Copy Editor/Contributing Writer
afisher@waterbororeporter.com

Shelley Burbank Contributing Writer
sburbank@waterbororeporter.com

Allison Williams Contributing Writer
awilliams@waterbororeporter.com

Jon Simonds Distribution/Contributing Writer
jonssimonds@me.com

Britt McCallum Contributing Writer
brigit@waterbororeporter.com

Kat McMann Distribution/Sales/Contributing Writer
kat@waterbororeporter.com

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Mother, daughter fight against genetic condition

BY JOY SPENCER

Natalie Ricker is an 11-year-old girl in sixth grade at Massabesic Middle School in Regional School Unit 57, but she isn't a typical preteen. Although she is usually smiling and has a sunny personality and a positive attitude, Natalie also has a serious genetic condition called neurofibromatosis 1 (NF1).

Neurofibromatosis causes tumors to form on nerves. NF strikes one in every 3,000 births and can lead to a wide range of medical problems. The features of NF1 vary greatly from one person to the next. Some children are quite severely affected, while most have considerably milder cases. The disorder can lead to malignancy, loss of vision, bone and skeletal defects, disfigurement, cardiovascular problems and other serious complications. Fifty to sixty percent of all children with NF1 have some kind of learning difficulty, speech problem or an issue with motor skills.

Natalie's mom, Tricia Ricker, has been working to raise money and awareness with the Children's Tumor Foundation, helping with

walks in Bath and in the Biddford/Saco community.

On Saturday, Sept. 13, a walk is being held on the Eastern Trail at the Thornton Academy entrance in Saco. Registration (\$20 for adults, children ages 4 and up \$10) begins at 8:30 a.m., with the walk starting at 9:15 a.m. All proceeds are sent to the Children's Tumor Foundation (CTF.Org).

"Our family was completely caught off guard with this disorder and I don't want others to feel they are alone as we did. I want them to know that we are here and support them," Ricker said.

When asked what her mission is, Ricker replied, "My goal is to bring awareness about this incurable disorder to our community, give support to others with the disorder and to hopefully help, through donations, for research to be completed to find treatments for NF patients and their symptoms. I can only hope they will find a cure in Natalie's lifetime."

Natalie's symptoms started when she was 4 months old, and her diagnosis was confirmed at 8 months old. To be diagnosed with NF, a person must meet at least two of seven criteria. Natalie met

the criteria based on café-au-lait spots and lisch nodules on the iris of her eyes. According to the Children's Tumor Foundation website, (www.ctf.org) "Café-au-lait spots, the most common sign of NF, are the flat, pigmented spots on the skin, which are called by the French term for coffee (café) with milk (lait) because of their light tan color." The nodules are clumps of pigment cells which are harmless to her vision.

Early on, Natalie had balance issues. Since the age of 2, she has had many physical therapy sessions, foot braces, and also attended Carlisle Academy for therapeutic riding in Lyman, where she received hippotherapy to help with her cure strength. Her balance issues have improved; however, she continues to have low muscle tone and core strength deficits.

In 2009, after an MRI in Boston, the doctors informed Natalie and her parents that she had scoliosis and needed to wear a back brace 23 hours a day to prevent the curve in her back from worsening. "We couldn't have gotten through this if Natalie hadn't taken in all in stride," her mother, Tricia Ricker, said, adding, Natalie was so faithful to the regimen of wearing the brace she was able to discontinue wearing it in 2012.

Natalie said with a smile, "I wore a shire under the brace because of the rubbing and I used a ruler to get at the itches." As of April 2014, her curve is moving again and she may likely have to return to the brace in the near future.

Due to Natalie's lack of strength in her legs, she was not able to ride a regular bike. When Natalie expressed a wish to ride a bike with her older brothers, Dan-



Tricia Ricker and her daughter Natalie.

COURTESY PHOTO

iel and Tyler, she was given a bike that she pedaled with her hands as well as her feet. At the age of 9, she was able to ride a regular bike.

Natalie's current symptoms include intolerance to heat, sensitivity to noise and touch, difficulty sleeping, headaches, low muscle tone, core strength deficits and back pain. Natalie has many café-au-lait spots that continue to appear as well as neurofibromas. The neurofibromas are tumors under the skin that protrude. They can remain stable and not grow or could continue to grow and cause disfigurement. Tricia said, "Because at any given moment a

new neurofibroma can cause disfigurement, I worry that her peers, or others, will not see the lovable, giving, friendly person that she is on the inside."

"Gym is hard, but I can still do sports," Natalie said. Natalie participated in her first sport last year, filly lacrosse, and was very happy to be part of a team. She liked being the goalie and hopes to be able to play again in the spring.

Tricia added, "Endurance is a challenge. She can do almost anything, but for a shorter period of time than most kids her age."

HARVEST TIME

(Continued from page 1)

the gate into the area warning that the beds are private property, and taking anything is theft. Security cameras have also been installed.

Piles of loam, composted cow manure and composted milfoil from Lake Arrowhead are available to owners of the beds. Four water hoses are also available. Volunteers are building a storage shed, mainly from recycled materials, and the group hopes to have it completed for winter storage. WCG also recently received a donation of the frames and hoops for a greenhouse. The group hopes to have cool storage in place next season, to hold food for pantry delivery.

The gardens are as varied as the people who maintain them. Most feature vegetables, and many combine crops of veggies and blooms. Some are planted according to the "square foot garden" plan. It is worth a trip through the gardens to see the ingenuity involved in the development of the beds. At this point in the season, many areas have been harvested, but there is still a lot to see.

Another feature of the gardens is "The Great Potato Project." Participants have planted potatoes using four different methods. Amy Lucarelli set up a circle of 4-foot fencing, lined it with hay, and planted the potatoes close to the ground. As the plants grew, she added hay and soil to cover the greenery, so potatoes can develop along the buried stems. I cut holes in the bottoms of plastic feed bags, rolled the edges down, placed soil and seed potato pieces at the bottom. As the plants grew, I unrolled the sides and added soil in a similar way to Amy. Christopher Paquette of Light of the Moon farm, off Deering Ridge Road, across the line in Hollis,

assisted by WCG member Chris Tarazewicz, planted his potatoes in tires that have been slit so they can be pulled apart for harvest. He aims to have piles six tires high. Finally, potatoes are growing inside one of the raised pantry beds in the traditional "hilled" manner. Results will be compared at harvest time.

Applications for the next season will be available this month, and the new rental period will extend from October to September, a full year instead of the previous May to October season. This expansion is to allow members to plant cold weather crops, garlic or amend with cover crops. Discussion continues on the best management plan to secure unwanted or abandoned veggies in the beds.

Development of WCG is due to the labor of many. Prime movers of the project are members of the committee, including Amy Lucarelli, Melissa Brandt, Anthony Lucarelli, Pete Cote, Todd Smith, Nancy Brandt, Sandra Jorgensen, and Donna Berardi.

In visioning future development of the WCG, Amy Lucarelli is working with Mark Mancini of East Waterboro on the development of the unused space at WCG. Mark brings experience with permaculture, and they hope to include permaculture design elements, including the planting of dwarf fruit trees and berry patches to begin with. Planning is in its initial stage, so this is the time for anyone with knowledge of or interest in permaculture to get involved with the WCG committee. Lucarelli hopes to increase the committee from eight to 12 members, especially reaching out to those with construction skills, to aid in the unfolding of the future of this very young and very vibrant community that has added an entirely new aspect to what is possible for those living in Waterboro.





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SPORTS

CROSS COUNTRY

Mustangs ride high at XC opener

By MICHAEL DEANGELIS
mdeangelis@waterbororeporter.com

Massabesic's varsity girls were first and the boys were second at the annual cross-country relays, held Thursday, Sept. 4 at Thornton Academy in Saco. Athletes from 16 schools competed.

Maquila DiMastrantonio finished ninth overall, with Emily

Wasina coming in 12th. Gabby Johnson was 14th, Olivia Ducharme was 18th and Rochelle Morrison was 24th, to put the Mustangs on top with just 69 points.

Scarborough was next with 75, South Portland had 98, Westbrook, 102 and Gorham rounded out the top five with 121 points.

Mike About took third overall for the Mustang men, who totaled 74 points, just 16 behind the winning Red Storm of Scarborough.

Gorham was third with 127, Windham had 141 and Westbrook finished fifth with 146.

Andrew Mongiat placed sixth for Massabesic, Remi Gaetjens was 11th, Donovan Duffy was 25th and Troy Cloutier was 29th.

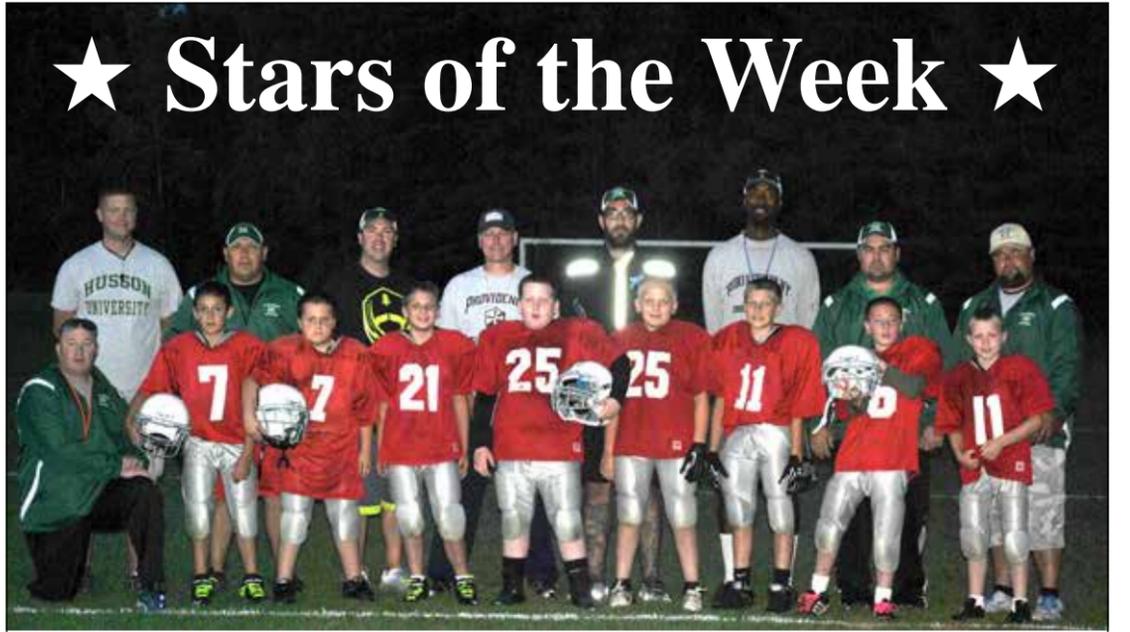
CROSS COUNTRY

Date	Opponent	Time
9/12	Bidd/Port/Scarb @Biddeford	4pm
9/19	BE/Deering/SP Waterboro	4pm

SOCCER

GIRLS JV & VARSITY		
Date	Opponent	Time
9/12	McAuley	4/6pm
9/17	@Sanford	4pm/Shaw Ridge 6pm/Cobb
FIRST TEAM GIRLS		
9/13	@Deering	10:30am
9/19	@Gorham Middle	4pm

BOYS JV & VARSITY		
Date	Opponent	Time
9/16	Sanford	4/6pm
9/18	@Marshwood	4pm
FIRST TEAM BOYS		
9/13	@Deering	9am



Back row, from left, Coach Corey, Coach Carll, Coach Boissoneault, Coach Sweatt, Coach Landry, Coach Jones, Coach Letellier, Coach Hubert. Front row, from left, Coach Hayes, Nathaniel Vanesse, Matthew MacFarlane, R.J. Lane, Dana Newton, Rylan Daigneault, Hayden Pomerleau, Jared Brenton and Ryker Letellier. COURTESY PHOTO

Massabesic Mustangs Stars of the Week

Mite and Peewee Division

This past weekend the Massabesic Mustangs Youth Football Teams traveled to Westbrook to face the Westbrook Blue Blaze. All four Mustang youth teams played an excellent game and represented the Massabesic pro-

gram with great pride and professionalism.

Every player from all four teams provided great effort and sportsmanship. They played collectively as a team and their team effort was impressive to all of those in attendance.

The third and fourth grade A Team beat Westbrook 14-0; the third and fourth grade B Team:

beat Westbrook 14-8; the fifth and sixth 5-6 grade A Team beat Westbrook 18-0 and the fifth and sixth grade B Team beat Westbrook 12-0.

The Mustangs applaud Westbrook for being a great host and showing good sportsmanship on the football field.

This Stars of the Week is sponsored by Blast from the Past Restaurant.

Massabesic Center for Adult Learning UPCOMING CLASSES - SEPT./OCT.

9/15	First Aid/CPR	5:30 PM	10/2	Computer Basics-Daytime	1:00 PM
9/16	Certified Nursing Assistant	6:00 PM	10/2	Basic Beginner Sign Language	6:00 PM
9/17	Allagash Tails and Tales	6:30 PM	10/6	Veterinary Assistant	6:00 PM
9/17	Notary Commission Prep	7:00 PM	10/7	Clinical Medical Assistant	5:30 PM
9/17	Jump-Start Your Career-LinkedIn	Online	10/7	Phlebotomy Technician	6:00 PM
9/17	Legal Terminology	Online	10/8	Career Planning: Find Your Place	Online
9/17	Personal Finance	Online	10/14	Harvest Basket	5:30 PM
9/17	Creating Web Pages	Online	10/14	Drivers Education II	2:00 PM
9/17	Accounting Fundamentals	Online	10/15	Card In A Box	6:30 PM
9/17	Discover Digital Photography	Online	10/15	Health Insurance Literacy-Daytime	10:30 AM
9/18	Health Insurance Literacy	10:30 AM	10/15	Jump Star Your Career-LinkedIn	Online
9/18	Digital Photo Albums	6:00 PM	10/15	Legal Terminology II	Online
9/18	Create A Quilt	6:00 PM	10/15	Personal Finance II	Online
9/19	Open Math Lab	9:00 AM	10/15	Creating Web Pages	Online
9/20	College Success	8:30 AM	10/15	Discover Digital Photography II	Online
9/22	Training Paraprofessionals to work with Students with Autism	Online	10/16	Notary Commission Prep II	10:00 AM
9/22	Dropout Prevention Methods/ RTI for Middle and High School	Online	10/20	Pharmacy Technician	6:00 PM
9/23	An Allagash Haunting	6:30 PM	10/27	Gentle Yoga	4:30 PM
9/24	Fold A Card	6:30 PM	10/28	Simply Twill Weave Basket	5:30 PM
9/24	Freezer Meal Workshops	6:00 PM	10/28	Introduction To Spiritual Energies	6:30 PM
9/25	Suicide Prevention Workshop	6:30 PM	10/28	Beyond Computer Basics-Daytime	1:00 PM
9/30	Beyond Computer Basics	6:00 PM	10/28	Intro To Microsoft Word	6:00 PM
10/1	Language and Critique	6:00 PM	10/28	Introduction To Latin Dance	7:00 PM
10/1	Beginner Spanish	6:15 PM	10/28	Geography And World Cultures	6:00 PM
10/1	CNA Medication	6:00 PM	10/29	Pre-Algebra II	6:00 PM
				Get Paid To Talk	6:30 PM

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SPORTS

FIELD HOCKEY

Kuni, Champlin pace win

By MICHAEL DEANGELIS
mdeangelis@waterbororeporter.com

Massabesic's field hockey team got its first win of the season with a 3-2 triumph over host South Portland Wednesday, Sept. 10.

Mira Kuni gave the Mustangs a 1-0 lead early, with Maggie Redman providing the help. Kelly Doyle evened the contest for South Portland, but Kuni made it 2-1 Mustangs with her second goal of the night, Logan Champlin assisting, before the half stopped play.

Sophia Cummings brought the seesaw affair back to even after the break, but Champlin netted the winner for Massabesic, with Kuni providing the feed.

Kelley Wescott made 11 saves for the Mustangs (1-2).

* * *

Scarborough remained unbeaten at 2-0, thanks to a 3-0 win over host Massabesic on Monday, Sept. 8. The loss kept the Mustangs winless on the season (0-2).

After a scoreless first half, Kristen Murray got the Storm on the scoreboard with an unassisted goal. Three minutes later Maddy Dobecki made it 2-0 after a nice feed from Ashley Levesque off a corner play. Abby Walker, with help from Caitlin Merrill, closed out the scoring with 9:11 left.

Kelley Wescott made 13 saves for the Mustangs, who generated just three shots on Scarborough goalkeeper Alyssa Souza.

Massabesic dropped their season opener 3-2 on Thursday, Sept. 4 at Sanford.



Massabesic senior Jesse Hall carrying the ball with Michael Risti alongside vs. Noble on Sept. 5. COURTESY PHOTO BY JASON GENDRON, S4 ACTION PHOTOGRAPHY

FIELD HOCKEY		
JV & VARSITY		
Date	Opponent	Time
9/16	Thornton	5:30/4pm
9/18	@Westbrook	5:30/4pm
9/22	Biddeford	5:30/4pm
FIRST TEAM		
9/16	@Bonny Eagle	3:30pm
9/20	Windham	10am
9/29	Bonny Eagle	3:30pm

Bergeron, Risti lift Mustangs

By MICHAEL DEANGELIS
mdeangelis@waterbororeporter.com

Quarterback Weston Bergeron hit tight end Mike Risti with a late 5-yard touchdown pass to propel Massabesic to a thrilling season-opening win at Noble, 26-21, on Friday Sept. 5.

The Mustangs galloped out to a 14-0 lead, behind Bergeron's passing (14-25, 164 yards, 2TD) and an offensive line that opened holes for senior running back Jesse Hall, who picked up a touchdown on 16 carries for 200 yards. Wideout Josh Daigle collected all but two of classmate Bergeron's tosses, one for a touchdown, and the junior fell on a loose ball in the end zone to add another score.

Risti, who collected a 2-point conversion pass prior to the game's decisive drive, was also a monster on defense, chipping in with five tackles.

"Mike was a difference-maker," said head coach Jonathan Gallant, now in his second season with Massabesic. "His fourth quarter sacks (two) and tackling kept them off the field, and his blocking on our winning drive had our entire team pumped up."

With Noble ahead 21-20 the Mustangs went 80 yards for the winning score late in the fourth quarter. Earlier, the Mustangs had answered another score by the Knights with an equally impressive 80-yard drive.

"Offensive line was great,

opening holes for Hall, protecting Bergeron," said Gallant.

Derek Coulombe rushed for 18 yards, added a sack and picked up 5.5 tackles. Hall had 9.5 tackles, Daigle had 4.5 tackles and an interception. Bergeron had 42 yards rushing, Risti had 19.

FOOTBALL		
VARSITY		
Date	Opponent	Time
9/12	Biddeford	7pm
9/19	S. Portland	7pm
JV		
9/15	@Biddeford	4pm
FRESHMAN		
9/12	@Biddeford	3:30pm
9/19	@S. Portland	3:30pm

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WILDLIFE NEWS

Eaglets released back into wild

Two Bangor eaglets rescued from their treetop nest in May were released Sept. 5 along the banks above the Kennebec River. The released juvenile bald eagles took right to the sky in their new home, said rescuers.

The eaglets were raised at Avian Haven in Freedom until they were ready to be released as full-sized, healthy, juvenile birds. Avian Haven is a nonprofit, private wildlife rehabilitation facility. Marc Payne, one of the founders of Avian Haven, released one eagle, and Brent Bibles, a professor at Unity College, released the other eagle.

"Fall is one of the best times of year to release young eagles, as this is when birds of this age group leave their nest sites and seek out areas of abundant food across the state," said IFW Wildlife biologist Erynn Call, who specializes in eagles. "The Kennebec River is a known foraging hot spot for eagles, and with less competition for food, it can give young birds a better chance at survival."

The eaglets were rescued from their nest after the male was killed after flying into an electrical line, and the mother became ill after

apparently ingesting some type of toxin. The eaglet pair was removed from the nest, their sick mother was captured, and all were transported to Avian Haven. The adult female was successfully nursed back to health and released earlier this summer.

Avian Haven and MDIFW consult on these types of situations and consider removal if eaglets are injured, in danger of becoming accustomed to people, or are threatened by roads or pets.

Generally, eaglets go through a phase in July and August where they may be calling incessantly from the nest, adjacent branches, or on the ground below their nests. Adults spend less and less time with eaglets as they get older to encourage them to become independent, which may appear like abandonment. If left undisturbed, adults will intermittently provide food to the fledglings, even those on the ground. Contact Avian Haven or MDIFW if an eaglet that may be injured or in trouble is observed by calling 382-6761.

The current darker coloring of the juvenile birds will slowly transition over the next five years to the recognizable white feathers on the tail and head. Because of newly formed flight feathers and their

darker coloring, sub-adult eagles can appear larger than adults and often are misidentified as golden eagles.

Avian Haven funds its operation through private donations and grants, and receives no state funding. Avian Haven is one of the largest rehabilitation practices in New England. To date, nearly 12,000 birds from more than 100 species have been treated at Avian Haven. For more information, see www.avianhaven.org.

Bear season underway

Amid an escalating controversy over permitted hunting practices, bear hunting season began Monday, Aug. 25 in Maine.

Hunting bear with bait and dogs and leg hold traps will be put before voters in November, when a question on the ballot asks residents if they want to ban these practices.

Maine's bear hunting season is divided into three segments. Hunters can hunt with bait from Aug. 25 to Sept. 20; hunters can hunt bears with dogs from Sept. 8 through Oct. 31; and hunters can still hunt or stalk from Aug. 25 through Nov. 29. The trapping season runs from Sept. 1 through Oct. 31. Hunters are allowed to take up to two bears during the year; one by hunting and one by trapping.

According to statistics provided by Inland Fisheries and Wildlife, more than 90 percent of the bear harvest occurs during the first four weeks of the season when hunters can use the traditional methods of hunting with dogs and baiting.

Maine is one of 32 states that allow bear hunting. In the states that allow bear hunting, nearly three-quarters of the states (23) allow either hunting with dogs, bait or both.

According to Inland Fisheries and Wildlife, last year more than 10,000 hunters purchased permits

to hunt bear and 2,845 bears were killed.

"Black bear populations are growing throughout North America and, due to Maine's heavily forested landscape, Maine boasts one of the largest bear populations in the United States at over 30,000 bears," said Mark Latti, IF & W spokesman, in a prepared release. "As a result, Maine has one of the longest hunting seasons in the country, stretching from the end of August to after Thanksgiving."

"Hunting is the Department's tool for managing this thriving bear population," said Jennifer Vashon, one of the Department of Inland Fisheries and Wildlife's bear biologists. "And due to Maine's dense forest, bear hunting with dogs and with bait are essential for controlling Maine's bear population."

Department bear biologists expect bait hunters to do well this year as the availability of many natural foods has been delayed or are in low supply due to the cool, wet spring. Over a span of 40 years, Maine's bear study has shown that not only does the availability of natural foods drive bear cub survival and bear birth rates, but it also directly influences when bears den for the winter, as well as hunter success rates. In poor natural food years, hunter success is higher than in years when natural food is abundant.

Biologists say availability of natural foods also fuels nuisance bear complaints. In 2013, when there was a good natural food crop, nuisance complaints dropped to 311, well under the five-year average of approximately 500 complaints per year. This year, due to poor natural foods, nuisance complaints have increased to over 600.

Since 2004, Maine's bear population has increased by over 30 percent, according to the IF & W, and is estimated at more than 30,000 animals. Bear/human conflicts have also increased in frequency in the past 10 years, say wildlife biologists, with the department responding to an average of 500 nuisance bear calls a year.

About 25 percent of all bear hunters are successful. By contrast, 72 percent of moose hunters, and 32 percent of turkey hunters were successful last year. Deer hunters who hunted last year with an any-deer permit had a 58 percent success rate, according to surveys; while without an any-deer permit, deer hunters had an 18 percent success rate. Historically, deer hunters' success rates are in the 15 percent range.

Maine's black bear population

is closely monitored by Department biologists through one of the most extensive, longest-running biological studies in the U.S. The study began in 1975 and continues today. Over nearly 40 years, Department biologists have captured and tracked over 3,000 bears to determine the health and condition of Maine's bears and estimate how many cubs are born each year.

Successful bear hunters are reminded that it is mandatory to submit a tooth from their bear when registering. Tagging agents will provide envelopes and instructions to hunters as to how to remove the tooth. Biologists age the tooth, and the biological data collected help biologists adjust season lengths and bag limits for bears.

Hunters must have a bear permit in addition to a big game hunting license to hunt bear in Maine. Bear hunting is most popular and bear populations are the densest in the northern and downeast regions of the state.

The bear season is carefully regulated. Maine Game Wardens will be patrolling the woods of Maine ensuring that bait areas, hunting stands and blinds are labeled properly, and they will be enforcing all other laws pertaining to the hunting of bears.

Any-deer permits listed on website

Deer hunters eager to learn if they received an any-deer permit should visit the Maine Department of Inland Fisheries and Wildlife website at www.mefishwildlife to see if they were selected.

This year, more than 64,000 deer hunters applied for the 37,185 permits available in 12 wildlife management districts. There are 29 regional wildlife management districts throughout the state, and the permits were issued in districts that are primarily in southern and central Maine. Annually, more than 75,000 deer hunters take part in the deer season.

The firearms deer hunting season begins with Youth Deer Hunting Day Saturday, Oct. 25. Youth hunters may take a buck statewide or an antlerless deer only in the wildlife management districts where any-deer permits are issued this fall. Maine residents only can hunt Saturday, Nov. 1; the general firearm deer hunting season runs from Monday, Nov. 3 to Saturday, Nov. 29.

For more information on deer hunting in Maine, visit www.mefishwildlife.com.

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OPINION

Start listening to your gut

As a complementary health care provider, I spend a large part of patient visits asking questions and listening to the patient. Even if I have seen the patient as recently as the week prior, the body undergoes shifts due to acupuncture treatments, prompting changes that are important for us to discuss. What I deem to be some of the more important set of questions are yet difficult for patients to answer concerning digestion. I begin by asking open-ended questions about digestion and then become more specific in order to guide the patient to relay what may be important for their particular condition. An example of this might be, "How is your digestion? Any discomfort after eating? Are there foods that trigger discomfort?" and so on. I gauge my questions based



by
Jessica Peck

on the patient's comfort level and ability to answer the question. Most of the time, the patient is not aware of what's going on in the gut. Whenever a patient begins treatment for a condition related to mental/emotional well-being, I always consider the health of that patient's gastrointestinal system. Our gut contains a complicated network of hundreds of millions of neurons, more than what can be found in our brains. In fact, scientists often refer to this system as "the second brain." New evidence has supported the idea that conditions related to mental health, such as depression, anxiety, ADHD and autism, have a connection with the gastrointestinal system. Add to this list the chronic or progressive health conditions and autoimmune disorders that can be aggravated or

supported by the food we eat, and it becomes very clear that keeping our digestive systems healthy is important. This is also why with nearly every treatment I give to patients, I add points that will support the function of the gastrointestinal system.

In my next article, I will cover steps you can take to ensure the health of your GI tract. You can also find more information on the gut-brain connection online in the February 2010 issue of Scientific American titled "Think Twice: How the Gut's 'Second Brain' Influences Mood and Well-Being" by Adam Hadhazy.

Jessica Peck, MSc, MAC, LAC, DipLac. (NCCAOM), is a licensed acupuncturist and certified practitioner of cupping therapy through the International Cupping Therapy Association. She owns Peck's Family Acupuncture in Waterboro at the Massabesic Regional Medical Building.

Relatively speaking



by
Jon Gale

While standing on a dock in Lake in New Hampshire, watching the sun set behind multiple layers of clouds with an ever-changing light show, I was drawn into myself, which often happens when witnessing awesome displays of nature. I am thinking: Nothing is static. Everything is continuously changing.

Before me, the sunset was happening quickly. At the same time I was aware of the darkness under the giant pines, which were 100 feet high and hadn't undergone any perceivable change in the 40 years that I have been coming to the lake. Unlike the rapidly changing sunset, I was unaware of the ever-changing pines. If time-lapse photography could take a frame every month over the past 200 years, the moving picture of the trees would be spectacular. Even the mountains across the lake, in and out of the clouds, were being continually worn down by weather. Change was happening all around me, and yet I am aware of so little of it.

The next mental jump came when I realized that time is a major variable in change and that time is relative: my heart beat, the sunset, growth of the 100-foot pine, and the creation and wearing down of the mountains. It is the human mind that has created a finite structure to time: microseconds, minutes, years, and millennia. I was now diving a little deeper into my own thoughts. Time only exists as a perception. Like the tree that falls in the forest. If there is no one there to hear it, was there a sound? Similarly, without human perception, does time exist? It was time for bed.

The next morning, before my first coffee, I reflected back on the sunset and my thoughts of change and time. My own perception of time has changed over the years. As an older man, I am increasingly aware of the inevitability of my own death and reminded by the aging body's aches, slowing down, and sagging muscles. I also am aware of what seems to be the speeding up of time. Other

people have talked and written about time speeding up with age. Time is relative and experienced by individuals differently. Why do most people feel that time is speeding up as they age?

Maybe it's time to brew some coffee. But first I need to follow my thoughts just a little further. A child of age 6 may have had a pet dog all his life, while his mother, age 35, has had four family dogs. The 6-year-old lives in the present, thinks little of his past, and may only look forward to a birthday, or Christmas, for several days or a week. His mother spends part of her time thinking back on memories that happened before the birth of her son, and into the future, planning months and years ahead. One day for the 6-year-old drags endlessly in anticipation of the upcoming birthday party. That day is 1/2,000 of his entire life. Compare that to his mom, who has to plan and prepare for the party in only one day. For her it is 1/12,000 of her life. Relative to their lifetimes a day is shorter for mom than for her son. Mom has so many more days in her life experience than her son that time is measured against other events such as the lives of pets, and the coming and going of summer seasons. The passage of time appears to move faster for mom than it does for her son, and even faster for her father, the 6-year-old's grandfather. He may have cared for 10 dogs, one after another, and each pet seems to die sooner than the one before, and in grandpa's memory his first dog lived the longest.

My thoughts run full circle, returning to the changes continuously going on around me, and with the speeding up of time I should be paying more attention.

Coffee's on, the Sunday paper is here, and in about five hours the Patriots will be on TV – and that will happen before I know it. The wait will be a little longer for my son, and even longer for my grandson.

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

LETTERS

Support Booth's fight against progressive politics

I am writing in support of Jim Booth, who is running for state Senate in District 32 which encompasses Arundel, Dayton, Lyman, Alfred, Kennebunkport, and Biddeford. He is running again in 2014 because we need to replace his opponent, who supports the progressive liberal agenda in Augusta.

Jim Booth is someone who shares my belief that our government should not be a welfare system for a broad base of people currently living in America from other countries who are not taxpayers themselves. America has been and should be for American citizens and their families. It's how our society has thrived.

We need people like Jim

Booth, who is willing to take time out of his busy life and will fight for the Maine taxpayer who is invisible and forgotten in the eyes of the progressive liberal politicians.

As Election Day draws close, I urge your readers to register prior to Tuesday, Nov. 4 and, as Republicans, Democrats, or unenrolled to cast their vote for Jim Booth so he can be the voice for the taxpayer in the state Senate in Augusta. Thank you.

*Donna Flanagan
Biddeford*

Send candidate back to State House

Over the last two years, Rep. Jon Kinney has been a dedicated state legislator. As a retired member of the U.S. Coast Guard, Jon has the leadership qualities necessary to be effective at the State House.

During his term, Jon has shown his dedication to learning about the issues, and has been a leader on veterans' issues through his work on the Veterans and Legal Affairs Committee and several key bills. In addition to his work on veterans' issues, Jon has also been instrumental in work to help small businesses. A small business owner himself, Jon knows that Mainers can't thrive unless government regulations are reeled in and taxes are lowered. He wants small businesses to succeed so that it's easier for employers to hire folks and get able Mainers a hand up, not a handout from the welfare system.

I encourage you to vote to send Jon Kinney back to the State House this November so that he can keep up his efforts on behalf of Mainers.

*Rep. Ken Fredette
House Republican Leader*

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Please include name, town and phone number for verification.

Poetry Corner

Heard by the Heart

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take a moment
to turn down
the harsh
buzz
of
life.

Imagine
those

who walk
through
lives of
muted
moments.

Hear
A
life
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*by Kerrie Doyle
Waterboro*

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Library experience is preferred but not a requirement. The job description is posted on the Library page of the Town of Limerick website at www.limerickme.org and will be available at the Library.

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JAIL INDICTMENTS

(Continued from page 1)

grand jury indicted the officers because of their failure to report the introduction of contraband into the facility.”

Ouellette said in February 2014, York County jail administrators had received information that contraband was being smuggled into the York County Jail. Around the same time, a law enforcement officer in mid-Maine saw a photograph on social media that appeared to be taken from inside the York County jail.

The man in the photograph was identified as inmate Chase Bellefontaine, and the background of the photo appeared to be his jail cell.

A search of Bellefontaine’s jail cell and personal belongings did not turn up a cell phone or any other device that could take a picture, so jail investigators began looking into Bellefontaine’s telephone contacts.

Authorities say they uncov-

ered evidence that Bellefontaine had been in possession of a cellular telephone and was distributing drugs while he was jailed.

Gregory Daniel Morin of Biddeford is also suspected of trafficking and possessing illegal drugs while he was incarcerated.

Bellefontaine, whose address is listed as Vaness St., Sanford, was charged with Class C trafficking in prison contraband, Class C possession of heroin and Class D trafficking in a Schedule Z drug and two counts of Class B trafficking in a Schedule W drug.

Morin was charged with Class C trafficking in prison contraband and Class E possession of a Schedule Z drug and Class D possession of a Schedule W drug.

“More disturbing, information was gathered that alleged a corrections officer introduced the contraband into the facility,” said Ouellette. “(O)n at least one occasion, (he) took contraband out of the facility and delivered the contraband to an outside accomplice of Bellefontaine, Mercedes Cullicutt.”

Cullicutt, of Vaness Street in Sanford, faces charges of Class C trafficking in prison contraband, Class D trafficking in a Schedule Z drug and two counts of Class B trafficking in a Schedule W drug.

The results of the investigation were forwarded to the York County District Attorney’s office for an independent review.

“We are reviewing the findings by the District Attorney’s Office and cooperating fully with that office,” said the sheriff.

“The York County Jail has experienced an increase in the sophistication of offenders housed in the facility,” Ouellette said during the press conference. “Many of our inmates are from out of state, verified gang members, and several inmates have served time in higher level institutions to include the Maine State Prison.

“Unfortunately, a young corrections officer was manipulated into introducing contraband ... His actions, if proven, clearly threatened the safety and security of the institution.

“... the officer not only introduced contraband into the facility but also delivered illegal substances outside of the facility at the inmate’s direction.”

According to the statute Ouellette cited, “A person is guilty of official oppression if, being a public servant and acting with the intention to benefit himself or another or to harm another, he knowingly commits an unauthorized act which purports to be an act of his office, or knowingly refrains from performing a duty imposed on him by law or clearly inherent in the nature of his office.”

Ouellette reminded those present that “an indictment is not a conviction,” and assured residents that “this is an isolated incident – once we learned that contraband was being brought into our facility, we worked swiftly and effectively.”

Ouellette declined to provide more information, saying, “Due to the sensitive nature of this criminal investigation and the pending administrative actions that are

certain to follow, I will not be able to share with you many of the details regarding how the grand jury came to their conclusions.”

Those indicted include:

Jay A. Bonder, 30, of Ogunquit, Class D falsifying or destroying evidence and Class E official oppression

Anthony W. Klingensmith, 42, of Sanford, Class E official oppression and Class E conspiracy

Richard Lane, 43, of Parsonsfield, Class E official oppression and Class E conspiracy

Christopher Langlais, 24, of Kennebunk, Class E official oppression and Class E conspiracy

Steven Thomas, 25, of Biddeford, Class C trafficking in prison contraband, Class E official oppression and Class E conspiracy

Nathan Watson, 21, of Hiram, Class E official suppression

Langlois, Lane, Klingensmith have all been placed on leave and are under administrative review, while Bonard, Bogan, and Watson resigned

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OBITUARIES

Virginia M. 'Ginny' (Swett) Day

Virginia M. "Ginny" (Swett) Day, 78, of East Waterboro, passed away peacefully following a brief illness, surrounded by her loved ones on Wednesday, Sept. 10, 2014 at the Southern



"Ginny" Day

Maine Health Care in Sanford. She was born in Waterboro on Jan. 10, 1936, a daughter of the late Maurice R. Sr., and Frances R. (Brady) Swett. Ginny has been active with many committees for the Town of Waterboro over the years, but her work with the Historical Society (or affectionately known as the Hysterical Society) has brought her the most joy.

Ginny is predeceased by her husband of 47 years, Donald, sons, Jerry, Dana, Dale and Dwight McPherson.

Ginny is survived by her children, Douglas McPherson and his wife, Nancy, Derryl McPherson and his wife, Julie, Dennis Day, Dawn (Day) Drown and her husband, Scott. Survivors also include her grandchildren, Christopher McPherson, Brandon and Kathy McPherson, Benjamin McPherson and his fiancé, Leah Goldstien, Bethany (McPherson) and Ben Gaudet, Melanie (Flanagan) and Rich Ellis, Sean and Dana Flanagan, Sarah Day, Jessica Day, Matthew Drown, Kaylee (Drown) and Mario Hale, one broth-

er, Johnny Swett, one sister, Patricia Swett as well as countless friends who have truly given her years of joy. Ginny has especially taken joy in the many great-grandchildren that also survive her.

A funeral service will take place on Saturday, Sept. 13 at 2 p.m. at the Carll-Heald & Black Funeral Home, 580 Main Street, Springvale. Friends are invited to visit with the family beginning at 1 p.m. until the time of the funeral service.

Those planning an expression sympathy are asked to consider donations in her memory to the Waterboro Community Garden or to the Waterboro Rescue, c/o Town of Waterboro, 24 Townhouse Road, East Waterboro, ME 04030.

Mom, "May your well never run dry."

Condolences may be expressed at www.blackfuneralhomes.com.

Armand Joseph Fortin

Armand J. Fortin, 86, of Sanford, died in peace on Tuesday, Sept. 9, 2014 while being loved and cared for by his family in Sanford.



Armand Fortin

Armand was born on May 7, 1928 in Lewiston, the son of Albert and Imelda (Fontaine) Fortin. During World War II, Armand joined the United States Air Force and served from 1946 to 1949. Following his return from the service, Armand returned to high school

and graduated from Edward Little High School, with the Class of 1951.

Armand married his sweetheart, Vivian E. Bartlett in Auburn on Dec. 22, 1952 and together raised a family of eight children. Armand was a "Jack of all trades" kind of man. He could fix or repair an engine, do bodywork on a car and was multi-talented when it came to air conditioning and heating repairs. He worked 15 years as an air condition technician for Coco-Cola and then 22 years at the Portsmouth Naval Shipyard, retiring in 1986. In the early '70's, Armand and Vivian bought a farm on Bauneg Beg Hill in North Berwick where Armand soon went to work restoring the place. He could work on any mechanical project and build beautiful rock walls. Armand had an eye for detail and order. He planted potatoes and other vegetables, hayed the fields with his "best friend, his tractor." Armand cut and split ten cords of wood to heat the house and was one to never sit idle. His pride and joy and was restoring a 1939 Pontiac. He and Vivian enjoyed going to classic car shows or just taking a ride to see the fall foliage.

Armand was a devoted father and loved to go deer or duck hunting with his sons. Fly fishing was a chance to relax and enjoy the beauty of nature. Armand developed a love of trains when he traveled cross county while in the service. He rode on the Amtrak to Boston and went sight-seeing to visit his Alma mater, Wentworth Institute. When he and Vivian started to "par down" and the kids were out and about, he built a log cabin for the two of them. They traveled to Eustis

and Plant City, Florida in the winters and came back to enjoy the Maine summer and fall seasons.

Armand will be forever missed by his children and has now entered into eternal rest; joining his wife Vivian who died in 2009 and his grandson, Cory Fortin and his siblings, Roland, Romeo and Rita.

He is survived by his children, David A. Fortin, Peter A. Fortin, Kenneth P. Fortin, Gary B. Fortin, Jeffrey B. Fortin, Pamela J. Fortin, Tina J. Diaz and Betti-Anne Fortin; nine grandchildren and four great-grandchildren; his brothers, Marcel and Real Fortin and his sister Vivianne Cote.

Family and friends are invited to call on Monday, Sept. 15, from 5 to 8 p.m. at the Autumn Green Funeral Home, 47 Oak Street in Alfred. Committal prayers and burial with military honors will be on Tuesday, Sept. 16 at 10 a.m. at St. Ignatius Cemetery on Berwick Road in Sanford.

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

In lieu of flowers, memorial donations may be made to Cancer Care Center of York County, 27 Industrial Ave., Sanford, ME 04073 or to Wentworth Homecare and Hospice, 789 Central Ave., Dover, NH 03820.

The Autumn Green Funeral Home is respectfully handling arrangements.

Michelle Lee Berube Dauteuil

In loving memory, we share the passing of Michelle Lee Berube Dauteuil (Mimi), 44 years young, who died on Sept. 6, 2014, sur-

rounded by her family and loved ones.

Michelle battled cancer off and on for the past 20 years. She did not let cancer define who she was as a daughter, wife, mother, sister and grandmother or friend. Michelle was a very good hearted woman who would go without so others could have what they wanted or needed. Her pain has now ended and she continues to walk in the light of love and peace. She will be greatly missed by all.

She is survived by her husband, Paul Dauteuil of Sanford; her mother, Judy Tress of Sanford and her father, Guilford (Gil) Berube of Acton; her two children, Kimberlee and David Dauteuil; her sister, Heather Kimball of Sanford; a nephew, Stephen Kimball and niece Megan Kimball and her great niece, Gabrielle Kimball; several aunts and uncles and many friends.

Family and friends were invited call on Thursday, Sept. 11, at the Autumn Green Funeral Home, 47 Oak Street, in Alfred from 5 to 8 p.m.

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

The Autumn Green Funeral Home is respectfully handling arrangements.



Michelle Lee Berube Dauteuil

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Proceeds from the activities sponsored by York County Shelter Programs will benefit homeless and hungry children and families.