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BUY THE BOOK
with Amy Haselton
BY JOANNE BARGIONI

Shapleigh author's first book published

Sterling's Silver Bells, the Tale of Two Fallow, is the first book written by Amy Haselton but it will not be her last. I had the chance to meet with the author in her home in Shapleigh, where she lives with Dennis and two of her three children. She told me how she came about writing her book.

Q: How did you decide to write this book?

A: In 2012 I was at my sister's wedding in Vermont and had a seizure and fell. I struck my head and suffered a severe concussion and brain injury. I still suffer from migraine headaches. During my lengthy recuperation I decided to write a book. I wanted to experience more of life since I came so close to losing mine.

Q: What is the book about?

A: It is about a little girl named Sterling and every Christmas she just wants one thing from Santa and that is two reindeer. Each year she receives 2 silver bells that say "believe", but no reindeer, until one year two fallow deer hear her wish and hatch a plan to help her make her wish come true. It is a story about wishes and dreams and loving people for what they

are and about being yourself.

Q: Why was being yourself important to you?

A: After my injury I wasn't the same person I was before. I didn't want to let go of who I was before and be who I am now. It was a true story.

Q: Why are the silver bells engraved with "believe" important to you?

A: They are magical jingle bells. You have to believe in yourself and believe the reindeer will come. Even when you get discouraged you can remember the bells.

Q: Where did the idea come from?

A: I always wanted reindeer and at age nine my Mom said that "reindeer are magical and we can't see them". But I knew they had to come from somewhere, and I found out they were real.

Q: Did you try to get reindeer when you were older?

A: Yes, I researched having a reindeer farm after my injury and I looked into getting reindeer permits and found many obstacles into getting the permits. They

(Continued on page 6)



Amy Haselton with her fallow deer. Left is Pearl, Right is Jovie with Jeff in the background. Phoebe is to the far right.
PHOTO BY JOANNE BARGIONI

Southern Maine Health Care announces plan to expand and improve services at its medical center in Sanford

A modern long-term care center, inpatient behavioral health care unit and general campus upgrades are part of a new \$34 million investment that will provide new health services and deliver a sustained economic impact in York County

Southern Maine Health Care (SMHC) announced plans today to significantly enhance and expand the scope of health services it offers in Sanford to better meet the health needs of the local community and of greater York County. The plan calls for investments totaling \$34 million to expand, enhance and add a variety of health services identified as critical to the local community. The plan includes construction

of a new, modern long-term care center for older adults, the establishment of a short-stay, inpatient behavioral health care unit and general upgrades to the SMHC Medical Center in Sanford, formerly Goodall Hospital. The projects are in addition to more than \$10 million of investment that has already been made in the facility's technology, operations and outpatient services since the

(Continued on page 5)



One of the new owners of Nature's Way Greenery in Limerick, Teri Delong, left, with former owner Jen Richardson.
PHOTO BY CYNTHIA MATTHEWS

New owners at Nature's Way

On Jan. 6, Jen Richardson spent her last day at the shop she has worked in for the last 25 years, and has owned for the last 12, Nature's Way Greenery on Route 11 in Limerick.

"It's changing hands in a good way," said Richardson. "It's time." Richardson learned about plants and gardening from her mother, and always had a beautiful garden. She has worked many different jobs, from a roller-skating carhop (yes, really! And she says she was really good at it!), to working at dressage and a Boarding Kennel. "I've never really been able to do an office job," she added.

Formerly, she was nursery manager at Ossipee Trail Garden Center in Gorham before coming

to Nature's Way. "I like to work with people and plants," she said. "Put the two together - cool!" She came to work at Nature's Way after two kids, husband in the Coast Guard, and needing a little more money. "Besides," she said, "I just live around the corner!" When the former owners retired, her husband convinced her to go for it, to buy the place and become the new owner.

Richardson disclosed that moving from worker to owner, she was not prepared for the hours, how much time it takes to run a business. "I really just wanted to grow stuff," she said, "to move plants and make things pretty." She admits that she didn't intend on doing flowers,

(Continued on page 4)

Students of the month



The following students were the Massabesic Middle School Students of the Month for November/December: Isaiah Bodwell, John Bryant, Felicia Proctor, Jenna White, Ava Gerrish, Evelyn Hamilton, Bailey Holleran, Noah Lord, Evelyn Dalpre, Emma Rose, Jack Carroll, Nathan Blake, Finn Brandt, Ruthie Bouchard and Abby Allender. COURTESY PHOTO

COMMUNITY CALENDAR

FREE COMMUNITY DINNER Saturday, Jan. 19, 5-6:30 p.m. at Goodwins Mills Advent Christian Church on the Mill Pond, Route 35, Goodwins Mills. Shepherd's Pie, applesauce, green salad, rolls, and brownies.

Professional Improv troupe, Knee Deep in Hoopla, performing January 25th at 7pm at the Massabesic High School. Tickets \$7.50 at the door to benefit Odyssey of the Mind. Family friendly, all ages welcome.

CALLING ALL QUILTERS! The Evergreen Quilt Guild will meet on Monday, Jan. 28, from 6-9 p.m., at St. David's Episcopal Church, Route 1, two miles south of Kennebunk Village. Evergreen Quilters usually meet the 4th Monday of each month except July and December. Newcomers are always welcome.

AMERICAN RED CROSS BLOOD DRIVE at the Alfred Community Masonic Hall on Jan. 29, from 1 to 6 p.m. Donors will receive a gift card by email from Dunkin' where Donors make a difference. Sponsored by Alfred Masons, 165 Waterboro Road, Alfred. Save time by calling 1-800-733-2767 to schedule an appointment. Streamline your donation by visiting redcrossblood.org/rapidpass to complete your pre-donation health history. Call Mike Blum, Drive Coordinator, Alfred Fraternal Lodge #55, at 459-5113 for more info.

MONDAY WRITERS at the Waterboro Public Library, first Monday of every month (when the library is open) 6-8 p.m. All writers are welcome. Bring a short piece to read and discuss.

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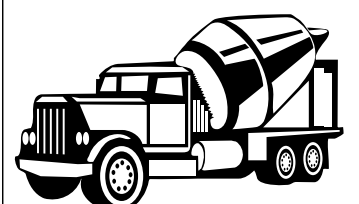
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Nature's way has sold!

It has been a privilege to serve Limerick and the surrounding communities for the last 12 years. Teri and Cyndy DeLong are taking over and plan to open sometime in January. I hope you will give them the same love and respect as you have given me over the years. It really has been a pleasure to help you all with your events and gardens, and I hope to see you all around town, and at my new job at Ossipee Trail Garden Center in the spring.

Cheers, and Happy New Year!

—JENNIFER RICHARDSON

Nature's Way Greenery

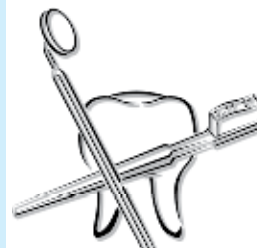
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Shaker Museum essay contest

Alfred Shaker Museum's 2019 student essay contest for seventh and eighth grades is now underway. The rules, changed slightly this year, have been posted on the museum's web site at www.alfredshakermuseum.org and students have until March 1 to submit their entries.

Prizes will go to the top two papers submitted and winners will receive \$100 and \$75 awards if warranted by the judges' decision. The judges are Elizabeth DeWolfe, Harland Eastman and Alfred Carlson and the contest is in its ninth year. The awards will be presented at a public ceremony at the museum after it opens for the new season in mid-May at which the winners will read their essays. Students also must pick their topic from a list about Alfred's Shakers presented by the museum.

Winter speaker series

The Alfred Conservation Commission is planning its 9th annual Winter Speaker Series beginning Thursday, January 17 at 6 p.m. upstairs in Town Hall. The first program will feature animals from the Center for Wildlife with the adaptations which they use to

survive extreme cold, heat, wind and other elements. Educators will focus on seasonal wildlife and their adaptations also tips on spotting and helping local wildlife. Attendees are asked to use no flash photography or devices.

The program is free and open to the public. See Facebook for more information. Upcoming programs include a tracking walk in February and building a birdhouse in March.

Ice fishing derby

Dean Currier, chairman of the Parks and Recreation Committee, has announced the committee is planning an Ice Fishing Derby on Saturday, Feb. 16 on Shaker Pond. Registrations will begin at 7 a.m. at the Brothers Beach. Those under 15 years old are eligible to compete.

Parish church

During the Church Council meeting this past Monday, members discussed the budget for 2019, which was approved. Means of assisting migrants at the Mexican border were discussed, and the One Great Hour of Sharing which will be in March. The January free supper on the 28th will be potluck. The February 25th free supper menu will include soups, chili and desserts. Both will be from 5 to 6 p.m.

Combining the Mission Committee and Outreach Committee was also discussed. It was pointed out they actually have different functions but meetings could be combined if the members wished.

Town Clerk's December report

How many Alfred residents are dog owners? At least 182, because 160 altered dogs were licensed in December, and 22 unaltered dogs. The town clerk also sold 15 hunting/fishing licenses, one marriage license and recorded one birth, two deaths and 12 burial permits.

Village notes

The Alfred Historical Committee will have its monthly meeting at the home of Emily and Steve MacKinnon next Wednesday, January 16 at 7 p.m. To be discussed will be ideas for the spring exhibit, "Alfred Industries".

The Scrapbooking Event at Alfred Elementary School on Jan. 19 is being sponsored by the fifth grade teachers.

The Country Jam in the Legion Hall will be held this Saturday, Jan. 12 from 12 to 3:30 p.m.. Admission is \$2.

Monday, Jan. 21, is Martin Luther King Day, and a holiday from school.

The most recent book arrivals at Parsons Library are "Becoming" by Michelle Obama; "Heads You Win" by Jeffrey Archer; "Kingdom of the Blind" by Louise Penney; "The Long Road to Mercy" by David Baldacci; "Look Alive 25" by Janet Evenovich; "Sea of Greed" by Clive Cussler; "The Target" by James Patterson.

If anyone has a VCR player please contact me. There are numerous tapes for children left over from the December toy sale.

NATURE'S WAY

(Continued from page 1)

and wouldn't have if they hadn't already been there. "But now, I really like it!" she confessed. While visiting with her on her last day, a customer came in saying, "I'm looking for some flowers." "What's your budget?" Richardson asked. "\$25," he replied. Richardson walked over to the flower cooler and, in a matter of minutes, put together a beautiful arrangement of flowers of various colors for the customer, who left with a smile.

"Over the years, she has done some wonderful arrangements for my family," said Davelyn Hayes, lifelong Limerick resident and longtime Nature's Way customer. "Jen will be missed. She was always passionate about gardening, and enthusiastically shared her knowledge with her customers." Hayes added.

Richardson is now looking forward to some time off, to have time to herself, and to think up projects! "I want to spend some time in my own garden," she confessed. But she will continue to share her passion and knowledge about gardening at Ossipee Trail Garden Center in Gorham, where she will be returning to work in March. And she will also share her own garden with the public again this year as part of the Limerick Garden Tour in July, a fundraiser for the Limerick Public Library, which Richardson organizes. "Jen has been an asset to the community and will truly be missed," said Cindy Smith, Librarian at the Limerick Public Library.

"Always a friendly greeting when I walked through the door, always worked to make sure my request was honored," said Sally Manchester. "We will miss Jen and her influence in our community."

See the Nature's Way Greenery Facebook page, if you want to read more thoughts/comments and well wishes to Richardson as she starts her next chapter.

"That's what I'm going to miss the most," she said about leaving Nature's Way, "the people who come in and give me a hard time!" She paused and reflected, "My whole base of friends were found here, because of this place."

"I'm so glad I did it," she said. "Everyone should do something that scares them, just to prove they can do it!"

Teri Delong is the new owner, with her mother in law, Cyndy. The two are very close and make a great team. Cyndy was looking for something new and different, and with Teri's passion for gardening, they decided to go for it and purchased Nature's Way. Teri has been a Limerick resident for 12 years now, and has been a customer at Nature's Way. She grew up on a potato farm in northern Maine, in a family of farmers. "I love plants," she said, "and have a knowledge and love of gardens in and out with years of gardening experience to give. It's in my blood," she said, clearly passionate. "I love to deal with the public," she continued. "I love to answer questions and help people."

Over the years, friends have come to her with questions about how to do things like repot a plant, how to put things together - different plants or flowers, or how to make things work - how to use what they have to create something beautiful. "I'm very artistic," she added, "It thrills me to be able to give some aspect others might not see," she said, "and it helps me to grow as a person, too." She has worked with flowers before, but is excited to learn more, and providing arrangements for events, etc.

Delong believes that there is a lack of education regarding agriculture in schools, and would love to get involved in teaching kids about growing things. "For example, some kids see bees as dangerous or scary. But bees are very important for growing things!"

She added that plants not only provide us with food, but with light. "I want to help provide warmth for people's homes and gardens, natural foods and products that are for sustaining life and putting on the table," she added.

Stay tuned for information from the Delongs, who hope to open at the end of January, beginning of February, just in time for Valentine's Day!

Nature's Way Greenery is located on Central Ave in Limerick, just down the street from the Limerick Supermarket. For more information on the new opening, call 793-6672.

NEWS FROM AUGUSTA

Woodsome re-appointed to Energy, Utilities and Technology Committee

Maine State Senator David Woodsome (R-York) has again been tapped to serve on the Legislature's Energy, Utilities and Technology Committee. Woodsome served as Chair of the committee during the 127th and 128th Legislatures.

The jurisdiction of the Energy, Utilities, and Technology Committee includes energy resources, the electric industry, the natural gas industry, the telecommunications industry, E-9-1-1, water and sewer utilities, the Public Utilities Commission, the Office of the Public Advocate and the Efficiency Maine Trust.



"It's a privilege to once again be appointed to serve on this important committee," said Woodsome. "I am very proud of the work we accomplished over the last few sessions. While we ad-

ressed and made progress on complex issues, we have to continue to explore all avenues of incorporating new ideas and technology to move Maine forward.

"The high cost of energy in Maine is a stranglehold on our economy. It makes it difficult to recruit new employers to our state, and businesses have cited it as a key factor time and time again as they reduced the size of their workforce or relocated elsewhere. I look forward to working with my colleagues on solutions to stabilize the cost of energy in Maine. We can't afford to be uncompetitive any longer."

Chenette pushes to ban offshore oil drilling in state waters

Sen. Justin Chenette has introduced a measure to protect Maine's coastal environment from offshore oil and gas production infrastructure.

States can't prevent the federal government from opening up drilling in federal waters, but states can prevent the infrastructure necessary to transport oil and gas production through state waters. The bill would also ban any land-based support structures aiding in the offshore oil drilling process.

"An Act to Protect Maine's

Coastal Environment from Offshore Oil and Gas Production Infrastructure" is working its way through the drafting phase and will soon be ready to be sent to committee for a public hearing. If other legislators introduced similar measures, the bills will be combined into one joint effort.

"It is clear we can't trust the federal government when it comes to protecting our most precious resources along Maine's coast," said Sen. Chenette, who is a member of the Legislature's Environment and Natural Resources

Committee. "It would take only one oil spill to send our tourism and marine-based economy into a tailspin."

New Jersey became the first state to ban offshore drilling within state waters last year, followed shortly by actions in Delaware, Maryland, California and Florida. This legislation is modeled after efforts in those states.

Sen. Chenette is serving his second term in the Maine Senate, representing the communities of Saco, Old Orchard Beach, Hollis, Limington and Buxton.



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SPORTS

WRESTLING

Silver Stallions

Pooler, Hernandez lead Mustangs on mat

BY MICHAEL DEANGELIS
Sports Editor
news@waterbororeporter.com

Massabesic had three wrestlers make the podium, helping to lift them to an 11th place finish with 71-team points at the annual Spartan Invitational Wrestling Meet held January 4 & 5 at Sanford High School. Wrestlers from more than 25 high schools attended.

Matthew Pooler finished second wrestling in the 152 lb. bracket. He began with a quick first-round pin of Belfast's Elijah Charbonnier and followed with a second round pin of Timberlane's Adam Marquis. Elijah Holbook of Scarborough went the distance in the semi-final match against Pooler, but the Mustang junior came away with an 8-5 win.

Pooler dropped a 5-2 decision to Marshwood's David Spinney in the final.

Noah Hernandez, wrestling at 160, began his tourney with a first round pin of Francesco Martin of Belfast. Hernandez followed with an 8-2 decision over Tyler Shaw of Cumberland and he handed Luke Tischio a 13-3 thumping with a

major decision win in the semi-final match.

Portland's Zachary Elowitch topped Hernandez in the final by a 6-1 count.

James Cline made the podium as well, finishing fourth in what was a tough 182 lb. weight division.

SWIMMING

Swim girls tie

Scarborough

Freshmen Babb, Alling power Mustangs

Massabesic swimmers won 7 of 11 events, collecting 82-points in the process and giving them a tie with Scarborough in a meet held at St. Joe's on Dec. 21. The Red Storm won the first two events, the 200-meter medley-relay and the 200-freestyle and they moved ahead on the scoresheet 21-9.

Mikayla Staples got the Mustangs their first win with a 2:48.51 in the 200 IM and Maia Alling followed with a 26.42, good for gold, in the 50. The win in the 50 deadlocked the score at 32 and neither team trailed by more than a handful of points over the next seven events.

Chloe Babb made it three wins-in-a-row for Massabesic with a 1:15.53 in the 100-butterfly and senior Paige Houk kept it going with a win (1:03.39) in the 100-freestyle. The four consecu-



From left, Massabesic swimmers Kassydy Lang, Alison Ryan, Grace Lafrance and Paige Houk.
COURTESY PHOTO

tive wins helped, but it did little to distance the Mustangs from the Storm as both teams collected secondary points from second and third place finishers in each event. When Scarborough raced to victory in the 500 the meet was again deadlocked, this time at 53 points each.

The Mustangs picked up a win in the 200-freestyle relay with two freshmen (Alling and Babb) and two seniors (Houk and Eryn Chretien) combining to post a speedy 1:51.48. Alling followed with her third gold when she touched in 1:06.37 to win the 100-butterfly and Babb completed her hat-trick with a 1:22.42 to win the 100-breaststroke.

The Mustangs held a slim two-point advantage that Scarborough overcame with a narrow win in 400-freestyle-relay, the final event that locked the meet at 82-points each. The Lady Mustangs pounded Portland 101-68 one week prior on Dec. 14.

Judkins best in breaststroke

Senior Quinn Judkins took first with a 1:15.89 in the 100-meter-breaststroke, the only Mustang to win an event, at a meet held at St. Joe's against Scarborough on Dec. 21. Judkins had solid performances in his other events: he was first off the blocks for the runner-up

Mustangs in both the 200-freestyle relay and the 200-medley relay. He just missed claiming gold in the 50 with a 26.80, but sophomore Finn Davis edged the Waterboro native with a 26.20.

ICE HOCKEY

The Storm routed the Mustangs 124-39

MOB up, down

Massabesic/Old Orchard/Bonny Eagle (MOB) scored six times in the second period to blow open a scoreless game and hand Fryeburg/Oxford Hills/Lake Region (FOL) a 7-1 defeat on Thursday, Jan. 3 at Chalmers Arena in Bridgton.

Payton Oertal got the scoring started with an unassisted goal at the 2:35 mark. Hunter Jellison made it 2-0 less than two minutes later and Kurtis Morin pushed it to 3-0 at 8:34.

Chris Westgate (2G, 2A) blew the game open with a pair of goals 12-seconds apart to make it 5-0 and the teams traded goals late in the middle period to close out the frame at 6-1.

Paidric Green scored the lone goal of third, Mustang goalie Gavin Sperlich collecting a rare assist, as the MOB finished off the rout. Brady Cormier had a pair of assists in the win for MOB (3-4) who fell 6-1 to first place Portland/Deering (4-2) two days later.

SMHC SANFORD

(Continued from page 1)

merger to form Southern Maine Health Care in 2014.

"Ninety years ago, Sanford opened the doors of its own community hospital. Today, we are proud to announce that we will continue that tradition of caring for our community with a series of projects intended to re-invigorate this campus, create new jobs and provide much-needed health services," said Southern Maine Health Care President Nathan Howell. "Our goal is to leverage all of the advantages and value that Southern Maine Health Care and the MaineHealth system offer to benefit our patients in the Sanford area."

The projects include a \$23 million, 94-bed Eldercare Center that will provide skilled nursing, long-term and memory care services, an \$11 million, short-stay behavioral health care unit that will be relocated from Biddeford to Sanford more than doubling its capacity, and a series of general campus improvements currently underway that will continue into the spring. Each project will be the product of strong partnerships with experienced health care companies and non-profit organizations and are being made possible, in-part, by the strength of the recently unified MaineHealth.

Each of the projects will serve critical health needs in York County as well as provide new economic benefit to Sanford. "We are adapting our services to meet the needs of our communities, and we must serve those needs in a way that provides the care people require and also meets their expectations from an experience perspec-

tive," said Michael Albaum, M.D., chief medical officer, Southern Maine Health Care.

The Eldercare project will be made possible through a partnership between developer Sandy River Company, a Portland, Maine-based developer, and North Country Associates, a Lewiston, Maine-based operator and manager of older adult care centers throughout the state. The project, which requires state Certificate of Need approval, was previously announced under an operating agreement with Genesis Health Care Corp. that mutually ended.

Pending regulatory approvals and construction schedules, the new Center will open in fall 2020. It will replace the existing Newton Center located on the SMHC Sanford campus and will be managed by North Country Associates. All current patients will be seamlessly transitioned to the new Center and SMHC staff will be offered priority for new positions created at the Center.

"The new Eldercare Center will include more private rooms than any other center of its kind in Maine and bring back memory care services," said Patsy Aprile, chief operating officer, Southern Maine Health Care. "The Center will be organized into communities depending on the level of care residents need – one each with its own designated dining room, activity and green space as well as a host of other amenities designed to ensure a comfortable and positive environment for residents as well as families and visitors."

The plan includes relocating the existing 12-bed adult behavioral health care unit in Biddeford to Sanford and expanding the number of adult beds to 30 with

potential for further growth. The \$11 million project will generate upwards of 50 new jobs and provide critically needed bed capacity for York County patients who are experiencing short-term crises with common diagnoses such as depression, post-traumatic stress disorder and substance use disorders. The project is expected to be completed in 2020.

"The lack of short-stay beds in York County for patients with behavioral healthcare needs is resulting in unacceptable wait periods for these patients who desperately require care," said Robert McCauley, M.D., a psychiatrist and vice president of Medical Affairs with Maine Behavioral Healthcare. "These patients, who are our friends, neighbors and family members, often present at local emergency departments where they may wait extended periods of time for a bed, and in the process cause a domino-effect of delays for other patients requiring emergency health services."

Over the last year, at SMHC's two emergency rooms, behavioral health cases have increased 20 percent with now more than 250 cases presenting each month. This has extended ED wait time for emergency medical patients.

Similar to how it operates today in Biddeford, the proposed behavioral health care unit will be staffed by Maine Behavioral Healthcare (MBH). It will only serve adult short-stay patients who will have individualized discharge plans that require them to be transitioned to an appropriate level of continuing support care in their home communities.

Although the relocated unit does not require state Certificate of

Need, SMHC and MBH recognize the need for community engagement on the topic as the project moves forward.

"These projects are designed to serve the identified current and future health needs of our community. As such, we recognize that they would benefit from input provided by the community and our neighbors. We have already begun the process of collecting feedback from community leaders, which has largely been positive, and we are identifying additional ways to engage other members of the community with our planning," Howell said.

Additionally, the SMHC Medical Center in Sanford is undergoing a series of campus enhancements to upgrade technology and modernize its appearance. A new MRI machine was installed in December and enhancements include improved lighting, sidewalk replacements and curb repairs, sealcoating in the parking lot, landscaping, and new carpeting. These

renovations are the latest in more than \$10 million of work improvements made to SMHC Medical Center in Sanford since the merger in 2014. Those investments have included expansions and enhancements of outpatient care services, imaging technology, infrastructure and more.

Howell credits the MaineHealth effort over the last two years to build a unified health care organization that can more freely move resources among members in order to more effectively respond to patient care needs.

"Sanford will benefit from MaineHealth's efforts to build a truly integrated health care organization that is well positioned to address some of the more challenging cost and care delivery trends in the industry today," Howell said. "By working together with our partners at MaineHealth, Maine Behavioral Healthcare and others, we can more efficiently and effectively meet the needs of those we serve."



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BUY THE BOOK

(Continued from page 1)

said I had no experience keeping reindeer.

Q: What did you want to do with the reindeer?

A: I wanted people to view them, to come and see them. But I could not get a reindeer permit. Another reindeer owner tried to block me owning them too. She feared it would interfere with her business.

Q: What happened after that?

A: I found a deer preserve in Brownsville, Me. and they had two fallow deer that I could take off the preserve alive. They were not reindeer, but they were deer.

Q: What is a Fallow Deer?

A: Fallow deer are European deer that came over to this country. They have the characteristics of other deer but are smaller and more friendly.

Q: How did you feel when you got the deer home?

A: They saved my life. They

were good therapy and support for me after I had my brain injury.

Q: How many deer do you have?

A: I have Pearl and Jovie who are mother and daughter. When I brought them home they were both pregnant and their babies are named Jeff and Phoebe.

Q: Are you Sterling?

A: Yes, the story of Sterling is mine but I sent the illustrator pictures of my family and he drew the characters to look like my family. Sterling looks like my daughter Samantha, I look like the Mom, my husband Dennis looks like the father and Ethan in the book is named after and resembles my son.

Q: How long did it take to write the book and get it published?

A: About a year. It took about one month to write the book but the rest of the time was spent sending it to be illustrated and edited.

Q: How did you find a publisher?

A: I went to Amazon.com. and

was directed to CreateSpace. I first had to find an illustrator. I found Kyle Merriman and sent him pictures of my family and Pearl and Jovie, the deers. He created the drawings and sent them to me for approval. Once approved I found an editor in Florida.

Q: Do you have any ideas for another book?

A: Yes, in 2018 the Pearl and Jovie escaped from their pen after a severe storm. We had a search party looking for them for three days before they were found. I am calling it The Great Escape: A Tale of Two Fallows.

Q: Where can we buy a copy of Sterling's Silver Bells: A Tale of Two Fallow?

A: You can buy it on Amazon.com or directly from me. If you purchase directly from me I can sign the book and personalize it for you before I send it out. You can order from me through Facebook at Fallow ME or you can E-Mail me at Amy Haselton @ gmail.com.

Lesley Leighton, Prop.

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OBITUARIES

Edward C. Roberts

Edward C. Roberts, 28, of Waterboro, passed away unexpectedly on Saturday, Dec. 29, 2018.



Edward C. Roberts

Ed grew up in Waterboro and was a 2008 graduate of Massabesic High School. Following high school, he enlisted in the Marine Corps. While in the Marines, he was stationed in Hawaii, did two tours in Afghanistan and was honorably discharged in 2015.

Born on Feb. 26, 1990, Ed was the baby of his family and enjoyed growing up with three older sisters. He also enjoyed being on the family boat, particularly with his dad. Ed was an avid reader, particularly fantasy, anime and comics, and could easily read 100 books a year.

Growing up he played football and baseball, but ironically did not like watching any sports. One of his favorite childhood memories included going to baseball camp, particularly the part when his dad picked him up and bought him popcorn chicken at the end of each day. He had an infectious laugh and loved making people laugh.

Ed enjoyed playing video games on almost every console and electronic device ever made in his life. He also had a deep love/moderate obsession with cats. He would proudly wear any article of clothing with a cat on it, as well as shirts with funny and awkward sayings. Despite his general uniform of funny shirts and jeans, he also loved to clean up and wear a suit because he knew how handsome he was.

Ed was very proud of his Korean heritage and cherished his trips to Korea with his mother that he adored. He loved seeing his uncles, aunts and cousins in Korea and having them visit here as well.

Ed's life was way too short but

he will be remembered by those who knew him as a sweet, funny, helpful, and caring guy who only wanted to take care of the people around him.

Ed is pre-deceased by his father, Edward G. Roberts. He is survived by his mother, Myung Hwa (Kaye) Roberts and his sisters Alyson Roberts, Robyn Roberts (both of Attleboro, MA) and Jennyfer Roberts (of St. Louis, MO) and his uncle Paul Roberts. He leaves behind many loved ones.

You are invited to share memories and stories with Ed's family on Saturday, Jan. 12 from 2 to 4 p.m. at the Autumn Green Funeral Home, 47 Oak Street, in Alfred.

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

The Autumn Green Funeral Home is respectfully handling arrangements.

Stephen Harvey Allen

Stephen H. Allen, 68, beloved husband, loving and devoted father and Grampa, died from complications of Parkinson's Disease on Jan. 4, 2019 at Maine Medical Center with his family by his side.



Stephen Harvey Allen

Stephen was born on March 12, 1950 in Sanford, the son of Clifford H. and Jessie (Bickford) Allen, the middle child between his two sisters, Sharon and Joan.

Steve attended elementary school right across from his home on Kennebunk Road in Alfred and was a graduate of Sanford High School. While in school he participated in Boy Scouts and during his high school years, Steve was a member of the Varsity Club and the Chess Club, where he also participated in many tournaments. He was also a member of the football & basketball teams and played the

drums in the school band. Stephen loved Hot Rods and was a diehard MOPAR fan. He was very proud of his '69 Yellow Road Runner! Stephen was very close to his parents and helped his Dad build their camp on Swan Pond. He and his father loved playing chess and several games of cribbage together.

Steve attended USM and met his future wife, Laurie Creighton, as they both were studying to become teachers. Following graduation from USM in 1974, they both began their teaching careers together. They married June 20, 1975 in Rockport at the "Children's Chapel" which held a special place for Laurie as she grew up in the area. With Stephen's love of the outdoors, after teaching for 5 years, he began working for David Martin in Construction. Later he went out on his own and started S.H. Allen Exterior Works. He retired when he was 60 years old from Emery Waterhouse.

Stephen and Laurie were blessed with a son, Jeffrey and daughter Kristen. Stephen's life's purpose was to make sure his children had everything they needed. He and Laurie bought several acres of land in Limington and Steve enjoyed being out in his gardens and chopping wood in his woodlot. He was proud to own the first wood boiler in his neighborhood to heat his home. He was a true fan of Jeff Gordon and he and Laurie went to Loudon to watch the NASCAR races. On one trip driving back home from the races, he got pulled over by NH's finest, "You are not Jeff Gordon, slow it down!"

Steve raised Irish Setters and showed their beautiful dog, Marcus, in many dog shows. It was a rarity that you didn't see Steve working out in his yard without a dog by his side. Another fun excursion was going to the Oxford Casino. But first and foremost was his love of his family and he was so happy when the grandkids came along.

He will be remembered for being a kind and generous man; who was usually two steps ahead of you and didn't miss much. He had a wonderful sense of humor and will be sorely missed by his family and friends.

Steve is lovingly survived by his wife of 43 years, Laurie Allen of Limington; his son, Jeffrey and wife Jennifer and his daughter, Kristen Gervais and husband Richard both of Limington; his grandchildren, Olivia Gervais, Brayden and Brianna Allen; his mother, Jessie Allen of Alfred; and his two sisters, Sharon Dowe of Sanford and Joan Rand of Alfred; and many nieces and nephews.

You are invited to share memories and stories with Stephen's family on Friday, Jan. 11 from 2 to 5 p.m. at the Old Limington Town Hall, 297 Sokokis Ave., Limington. Committal prayers and burial will be held later in the spring at Evergreen Cemetery in Alfred.

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

In lieu of flowers, please consider donating to the Limington Fire and Rescue, 425 Sokokis Ave., Limington, ME 04049.

The Autumn Green Funeral Home is respectfully handling arrangements.

Robert John DeWitt

Robert (Bobby/Bob) J. DeWitt, 61, of Waterboro, died on Oct. 24, 2018 at Southern Maine Healthcare in Biddford.



Robert John DeWitt

Robert was born on May 2, 1957 in Sanford, the son of Theodore and Joyce (Dilley) DeWitt. Bob's lifelong dream was to own his own machine shop. He established TK Machining, Inc. in Waterboro, in 1987. He was well known for his experience and many talents with

machinery. Always a hard worker, Bob made sure the family was taken care of. He was an avid Red Sox and New England Patriots fan. He also enjoyed reading with his Kindle, doing crossword puzzles, and going out to find that "once in a lifetime" antique. Bob could often be found on a Saturday night at Beech Ridge Speedway cheering on his driver and the car he sponsored for many years. He also loved to play men's softball, horseshoes, and he knew where all the good fishing holes were.

But first and foremost, Bob loved being with his family, especially his grandchildren. Uncle Bob was adored by his many nieces and nephews. Though Bob had his health challenges, it did not define him or deter him from living each and every day to the fullest. His life could be summed up with his favorite quote: "It's not about waiting for the storm to pass; it's about dancing in the rain." He will be dearly missed by his family and many friends.

He is survived by his parents, Theodore and Joyce DeWitt of Alfred; his children, Travis DeWitt of Lyman; Kimberly Morse and husband Jeffrey of Essex, MA; Daryl DeWitt of Arundel; Jenna DeWitt of Waterboro; his grandchildren, Aiden and Emma Morse and Austin and Evan DeWitt; his brother and sisters, Ricky DeWitt of Waterboro; Roxanne Greenhalgh and husband Paul of Springvale; Renee Souter of Waterboro; and Raylene DeWitt of Alfred; and his better half, Allie Shara Chevalier and her daughter, Jackie Madrid and husband Gilberto and their children, Jazmine and Bella.

A celebration of Bob's life will be held on Saturday, Jan. 26, from 1 to 3 p.m. at Skip's Lounge in Buxton.

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

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Lions host local Red Cross blood drive

The Limerick-Newfield Lions Club hosts a Red Cross blood drive about 4 times per year, mostly at St. Matthew's Church Parish Hall on Dora Lane. According to Volunteers Johanne Vaters and Jean Provencher, they always get a good turnout. It was held on Monday, January 7, and about 35 people came to donate. Most of them had made appointments beforehand, but there were some walk-ins, as well.

Vaters and Provencher were checking people in for their appointments, and said that it was about the standard number for the drives in the Limerick area.

These drives that the Lions hold gives the Red Cross about 140 pints a year to help save lives.

There are certain standards for height and weight for men and women donating and they can be found on the website.

There are two types of donating, and they are the basic blood donation of O+ (positive), O- (negative), A-, and B-. The second type is donating platelets, or Power Reds. Power Reds require a special MCS machine, which takes the blood out and runs it through the machine, and then takes out another pint. Platelets are tiny cells in blood that form clots and are essential for surviving and fighting cancer, chronic diseases and traumatic injuries. Platelets must be used within 5 days and new donors



Lions members volunteering at the blood drive are seated, from left, Johanne Vaters and Jean Provencher; standing, from left are Mary Langlois, Pete Vermette and Marianne Morrow. Scot Nutting is checking in for his appointment.
PHOTO BY C.J. PIKE

are needed every day, according to the Red Cross website.

Individuals can only donate one way or the other. Donors may give blood every 56 days for basic blood donations, and every 112 days for Power Red donations.

It only takes about 20 minutes to donate and there was enough room for 4 people to donate at a time in the hall. When I was there the hall was completely set up and nurses regularly checked each individual.

Lions members who were volunteering that day were: Jean Provencher, Johanne Vaters, Pete Vermette, Mary Langlois, and Marianne Morrow. The next date to donate in Limerick at the Parish Hall is Monday, March 4 from 1-6 p.m.; a convenient time for those who work, as well.

For more information or to donate, contact them at 1-800-Red Cross; or go to the website: redcross.org. You may email them at: pscteam@redcross.org.

Make heirloom chest

Dovetail Joinery will be used in the Heirloom Blanket chest workshop at 19th Century Curran Homestead Village on Jan. 26 and 27, at 70 Elm Street from 9 a.m. to 4 p.m. The class involves learning to hand cut dovetail joints. They will produce 24 dovetail joints (6 on each side) of a wooden chest and a dado cut for its bottom over the two day class. All materials, including hinges and handles, and tools, are provided. The instructor is Douglas Dolan, and the tuition is \$225. To register, contact the museum at 205-4849.

Ice harvesting coming soon

19th Century Curran Homestead Village will have their annual Ice Harvesting event on Saturday, Feb. 2, from 10 a.m. to 3 p.m. on the Mill Road at 70 Elm Street. The event is free and everyone is invited to attend to take ice from the pond, just as they did back in the 19th Century. Refreshments will be available at the warming station, and draft horse sled rides will be given for just \$5.

They are looking for volunteers to help prepare the ice on Jan. 31 and Feb. 1, from 10 a.m. to 1 p.m. Please contact them at 205-4849, or just show up with a shovel.

Ice Fishing at Sokokis Lake will be Feb. 3

The American Legion Post 55 will have their 9th annual Ice Fishing Derby on Sunday, Feb. 3, from 7 a.m. to 3 p.m. at the Public Boat Landing of Sokokis Lake in Limerick. Anyone that is interested may preregister on Saturday at noon at the boat landing.

The money raised from this event goes into heating assistance for local veterans in need. Registration is \$10 for adults and under 15 fish for free. There is all sorts of good stuff going on including, food, drinks, 50/50 and door prizes! And great prizes for largest fish. The snow date is Feb. 10.

Meetings

Cub Scout Pack #329 - Jan. 14, at Line School at 818 Water Street at 6 p.m. Anastasia Ferguson is the Cubmaster.

Boy Scout Troop #329 - Jan. 14, at the Scout Hall, at 7 School Street in Limerick at 6:30 p.m. New members are welcome. Jim Dion is the Scoutmaster. Call Joe Iannazzo at 850-6237

Newfield Firefighters training session - Jan. 15, at the Public Safety Building at 85 Water Street in West Newfield at 7 p.m. New members are welcome to attend.

Tea Time - Jan. 16, at the Newfield Village Library at 637 Water Street at 3 p.m.

Newfield Rescue Squad monthly meeting - Jan. 17, at the Newfield Public Safety Building at 85 Water Street at 7 p.m. Anyone interested in volunteering may contact Dick or Hazel McGlincey at 793-2045 or any rescue member.

Northern York County Rod and Gun Club directors - Jan. 18, at Lewis Hill Road clubhouse at 7 p.m.

NEWS FROM THE MAINE DEPARTMENT OF AGRICULTURE, CONSERVATION AND FORESTRY:

Agricultural Trades Show highlights growing Maine agriculture

The 3-day event is free and open to the public

The 78th Annual Maine Agricultural Trades Show will be held Tuesday, Jan. 15, through Thursday, Jan. 17, at the Augusta Civic Center. Hosted by the Maine Department of Agriculture, Conservation and Forestry (DACF), the show highlights Maine agriculture and the people involved. Admission is free and open to the public.

"Maine's 8,200 farm operations are diverse and valuable, and an important part of Maine's economy. They provide quality foods, thousands of jobs and millions of dollars in farm receipts, not including direct sales at farms or farmers markets, or the economic impact of businesses who support farms. This event is a place to network

and plan for the future of Maine agriculture," says show organizer, Anne Trenholm.

Something for everyone:

There are 110 exhibits featuring agricultural products, equipment and services. One of the state's largest agricultural exhibitions, the annual event is expected to draw nearly 3,000 attendees over the course of three days.

"There are nearly 120 scheduled workshops, presentations and meetings. Approximately one-third of those activities provide continuing education certifications for farmers and people who work in agriculture. Of the hundred-plus meetings, approximately 15 are annual meetings of agricultural organizations, and all

of them focus on growing Maine agriculture," says Trenholm.

This year's show features several new offerings for attendees in addition to a wide variety of presentations covering diverse topics of interest. New 2019 program highlights include the resource room, a place for producers to meet Bureau of Agriculture staff to learn about programs and resources. There will be a live broadcast of MPBN's Maine Calling at the show on Tuesday, January 15, and the demonstration stage schedule features resources to help attendees navigate the show, and learn techniques to select, prepare and enjoy Maine ingredients all year long.

This three-day event has something for everyone, the farmer, non-farmer, hobbyist, educator, supplier or food enthusi-

ast. Attendees can walk through, observe and learn about how food is harvested and processed. Food and farm product enthusiasts can discover Maine food recipes at the demonstration stage, and shop for Maine farm-produced foods and goods. Farmers and producers can see the most up-to-date farm equipment and processing methods and equipment, and learn latest developments in Maine agriculture.

Topics of interest:

- Live Broadcast of MPBN Maine Calling, Jan. 15 at 1 p.m.
- One-on-One Business Planning and Advising by SCORE Maine
- Maine Vegetable and Small Fruit Growers Assoc. (MVSF-GA) adds day of programming

--New for 2019: both Tuesday and Wednesday

- get real. get Maine! Products Showcase - Jan. 17, 5-7 p.m.
- Maine Grocers and Food Producers Meet and Greet Event-Networking for Maine food businesses
- Demonstration stage--daily how-to: guide to show, recipes and fiber production
- Resource Room: Farmers and Producers Learn about Department Programs
- Strawberry School: Offered by University of Maine Cooperative Extension
- Ag-Leadership Development: Offered by University of Maine Cooperative Extension

Trades Show floor hours:

- Jan. 15, 9 a.m. to 5 p.m.
- Jan. 16, 9 a.m. to 7 p.m.
- Jan. 17, 9 a.m. to 3 p.m.

The complete schedule and event news are available at: maine.gov/dacf/agtradesshow.

For more information about the Maine Department of Agriculture, Conservation and Forestry, go to: <http://www.maine.gov/dacf>

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