

FREE

REPORTER

YOUR COMMUNITY NEWSPAPER

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The Capital Crime of Witchcraft

By JOANNE BARGIONI

We are all familiar with the story of the Salem Witchcraft Trials in 1692. The accusations made by three children of Salem caused chaos and havoc in a small colonial town. Strange behavior was attributed to witchcraft and over 200 individuals were accused. Evidence for the accused was the appearance of devil marks on some of the individuals' bodies; spectral evidence, which included dreams and visions, was also admissible, dunking the accused in a body of water – if they drowned, they were not declared a witch – if they survived, they were considered a witch. These accusations eventually died down as the hysteria subsided.

On Oct. 25, *Capital Crimes of Witchcraft: What the Primary Sources Tell Us*, was presented by historian and Associate Editor of Records of the Salem Witch-hunts, Margo Burns, at the Springvale Public Library. Burns is the 10th-generation great-granddaughter of Rebecca Nurse, who was accused and hanged for witchcraft in Salem. This presentation did not dwell on the circumstantial evidence of the Salem Witch Trials but went into the legal aspects of how the accused were tried in court. This provides a different twist on the Salem events. In the audience were some descendants of those accused of witchcraft in 1692.

Burns began by stating that a witch in colonial times was a Christian concept that defined a witch and had nothing to do with the religion of Wicca. She showed timelines of the witchcraft hysteria and persecutions, which began in 1691 and ran to 1693 in Salem and surrounding communities. After an individual was accused, they were issued a Warrant for Apprehension from the court for the accused to be brought to the Meeting House, which was used as a courtroom.

(Continued on page 9)

LYMAN



From left, Abraham and Paul Lorrain, owners of Funky Bow Brewery and Beer Company in Lyman. COURTESY PHOTO

BUY THE BOOK

with Paul Lorrain

A Father, A Son & A Craft Brewery

By ANN C. FISHER

Funky Bow Brewery and Beer Company is still hopping after being in business for 20 years. In July, owner Paul Lorrain also published his first book, *A Father, a Son and a Craft Brewery*, which chronicles

both his personal history and how he started the business with his son. The Lyman-based business owned by Paul Lorrain and his son, Abraham, just hosted a benefit featuring five musical acts over the weekend of Oct. 28, raising more than \$5,000 to benefit the families (Continued on page 7)

WATERBORO



From left, Lions Past International Director (PID) John Youney, Anne Kustron (wife), Honoree John Kustron, and Kris Kustron Bear (daughter). PHOTO BY JILL HUARD

Local Lion, Kustron, a member of the Mobility Worldwide Hall of Fame

On Oct. 1, at a District 41 Cabinet Meeting in Boothbay Harbor, Past Lions International Director John Youney presented Lion John Kustron, of the Massabesic Lions Club, with a medal and membership into the Mobility Worldwide Hall of Fame. Mobility Worldwide provides three-wheeled, hand-cranked wheelchairs for victims of polio and landmines in war-torn countries around the world.

In 2022 the Mobility Worldwide Hall of Fame was created honor the efforts of the founders and key members who helped plan, design and develop the organization. They created a "Who's Who" of Mobility Worldwide. Inductees include volunteers, staff, or others outside the organization whose diligent efforts helped build Mobility Worldwide into an internationally recognized humanitarian organization. Honorees will receive recognition on their website's virtual Hall of Fame, in their

newsletter, and will receive a Mobility Worldwide Medallion. The honorees helped shape the organization and are amazing examples of leadership, skill, and generosity. John Kustron leveraged his membership of the Lions Club as a model for others to emulate. His small crew of dedicated volunteers produced over 400 Mobility Carts in a 15-year period, with the funds raised to produce the carts totaling over \$120,000, 95 percent of which came from direct Lions Club member donations. John is a Past District Governor and Melvin Jones Fellow. He and his wife Anne reside in Alfred, and have been Lions since 1976. They are members of the Massabesic Lions Club in Waterboro. Lions Clubs International is the largest membership-based service organization in the world. Our 1.4 million members in more than (Continued on page 3)



NEW EVERY THURSDAY!
LOCAL news, events and faces from your LOCAL community.

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York County recovery center project clears first application hurdle

The Alfred Planning Board voted unanimously Monday Oct 23 to declare York County government's application for a substance use recovery complete and set a public hearing for Nov. 27.

The planning board has scheduled a site walk for 9 a.m. on Sunday, Nov. 5 near York County Jail on Layman Way, off Route 4, the location of both the recovery center and the separate first responder training center projects. Earlier dates for were postponed due to rain.

The decision of the six members present – Chair Andrew Bors and members Owen Brochu, Alfred Carlson, Michael Gibney, Dorothy Guinard, and Lee Steele – is a first step in the permitting process and came after an hour-long closed-door session between the planning board and its counsel, Leah Rachin.

"I am happy that the application was found to be complete," said York County Manager Greg Zinser following the decision.

Some planning board members expressed concern that the number of beds outlined in the in the recovery center project – 58 – exceeds the town's ordinance limits, a point they made at an earlier

meeting in September when the board voted first to deny the application, rescinded that vote, and then tabled the matter.

Attorney Dominic Parent, representing York County, asked that the board articulate specifics of their concerns.

"We realize this is an urgent project for you, and if we can help you get it approved quickly, we can do that," said Bors, the planning board chair, referencing the public hearing.

Following a second closed-door session, Rachin said she would draft a letter to the county outlining the board's concerns.

The new substance use recovery center is intended to replace the county's 36-bed Layman Way Recovery Center, which opened in 2018. The Layman Way facility is a six-month residential jail diversion program for screened, nonviolent people charged with crimes. In 2019, Alfred adopted a Substance Abuse Inpatient Care Center ordinance limiting residential beds to 30.

Planning Board member Michael Gibney said he understands that the 36 beds at Layman Way are grandfathered and said it would be practical to combine



Recovery center architect's rendering. After declaring their application complete, the Alfred Planning Board set a public hearing on York County government's proposal for a substance use recovery center for Nov. 27, the next step in the permitting process. According to the Maine Drug Data Hub, there were 47 fatal drug overdoses in York County from January through August and 705 non fatal drug overdoses in the same period. The items in this photo were staged for illustrative purposes.

both Layman Way and the new facility "but show me in the ordinance where you can do that," Gibney said.

It is York County's position that the project conforms with Alfred's ordinances.

Zinser said he remains optimistic about the recovery center project.

"I look forward to the continued engagement as we collectively work our way through the ordinances," he said.

In a September interview, the county's clinical consultant Jennifer Ouellette, citing information from the Maine Drug Data hub, said about 8.8 percent of York County's residents older than 12 have some form of substance use disorder. She said federal statistics show 90 percent of people who need drug treatment don't receive it for several reasons, some of which are affordability, not thinking they have a problem, and more. "Much of that is due to inability to access treatment," she said.

The Maine Drug Data Hub, a collaboration between the state and the University of Southern Maine, reports that there were 705 overdoses in York County from January through August this year, 83 of which took place in August. There were 47 fatal overdoses in York County in the January-August period, including three fatalities in August.

The recovery center project is among several initiatives undertaken by York County, which was awarded \$40 million in American Rescue Plan Act funds in 2021. York County Commissioners sought input from the public and then chose a number of projects – including the county substance use recovery center and a separate first responder training center. Both projects, commissioners said, would make a difference in the lives of York County residents.

Commissioners earmarked about \$15 million each to the first responder training center and to the substance use recovery center, along with \$500,000 to Sanford Housing Authority for supportive housing in that community, and funds to an array of other projects, including a teen center in Biddford, a social service hub in Kittery, a regional dredge, equipment for county use, and upgrades to county buildings.

The recovery center would include detox beds and a combination of short-, medium- and long-term residential beds with a

maximum stay of 270 days. The recovery center would be available to York County residents and would rely on MaineCare reimbursements for operational costs.

Together, the recovery center and the first responder training center are projected to cost \$45 million. In addition to the \$30 million in ARPA funds committed to two projects, congressionally directed funding, opioid settlement funds, and county funds will be contributed to the initiatives, leaving a \$7 million gap for the two projects. York County government has expressed hope that the Maine Recovery Council will help fill the gap as it pertains to the recovery center.

Citing space considerations and an expected large turnout, the planning board took the county up on its offer of the use of the large second floor courtroom, accessible by elevator or by stairs, at York County Court House, 45 Kennebunk Road, Alfred for the 6:30 p.m. public hearing on Nov. 27.

– By Tammy Wells, Media Specialist for York County Government

ATTENTION WATERBORO RESIDENTS:

If you have children 16 and under and find yourself needing help with Christmas this year...

WRITE A LETTER TO:

SANTA'S HELPER
PO BOX 80
EAST WATERBORO, ME
04030

PLEASE INCLUDE THE FOLLOWING:

- YOUR NAME & ADDRESS.
- Best phone number to reach you at
- First name, age & gender of each child
- What each child would 'like'
- What each child 'needs'

NOTE: IF SHOES, BOOTS, OR CLOTHING, INCLUDE WHAT SIZE(S) ARE NEEDED

LETTER MUST BE RECEIVED BY FRIDAY, DEC. 14!

WATERBORO RESIDENTS ONLY

To donate, contact Nancy at Waterboro G.A. Office 247-6166 x114

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Open enrollment open for individual health insurance

The annual open enrollment period for 2024 individual health insurance began Nov. 1, 2023 and will end on Jan. 16, 2024. People who enroll in a plan by Dec. 15 will have coverage begin on Jan. 1, 2024. People who sign up for a plan after Dec. 15 but before Jan. 16 will have coverage that starts on Feb. 1, 2024.

Now more than ever, people are encouraged to review their health insurance options through Maine's Health Insurance Marketplace, CoverME.gov. Thanks to the American Rescue Plan and the Inflation Reduction Act, more Mainers are eligible for low-

er-cost plans.

Maine moved to a state-based Marketplace, CoverME.gov in 2021. Individuals who need health insurance coverage should visit CoverME.gov to learn about coverage options. CoverME.gov includes a Plan Compare Tool to help people:

- Compare plans and make sure their doctors, hospitals, and other providers are included in the plan they choose.
- Estimate how much financial help their family can receive to lower monthly premiums or out-of-pocket costs, including deductibles and copays.

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The Carbon Cycle

PART 3

Part 3 of a four-part series describing Earth's Carbon Cycle; how we humans have meddled with it; Ocean Acidification, as one of the results; and what an increasing scientists' consensus is calling the entry into a Sixth-Extinction event.

All land masses of Earth are surrounded by ocean water; thus all land masses are essentially islands on our water planet. And as mentioned last time, Earth's atmosphere has an intimate relationship with her Ocean. So, back to the carbon cycle, and how this relationship is adding to Earth's woes.

The laws of chemistry dictate that the atmosphere and the ocean strive for carbon content neutrality: there is constant CO2 exchange between the two mediums to do this. As CO2 levels increase in the atmosphere, they increase in the ocean. Carbon dissolves into the Earth Ocean at the sea surface microlayer, a boundary 1 to 1,000 microns thick. (Human hair is about 70 microns thick.). It literally gets sucked into seawater via a chemical reaction: Carbon dioxide + seawater = carbonic acid, which quickly converts to a bicarbonate containing hydrogen ions, an acid. This chemical reaction also occurs in clouds, creating acid rain. This atmospheric and oceanic chemistry happens worldwide, creating...Ocean Acidification.

The increased acidic environment results in various sea creatures suffering depressed metabolic and immune response rates: Oysters, clams, and shallow and deep sea corals, for example, experience higher mortality rates because they are not able to effectively form their calcium-based skeletons and protective shells—as do plankton. Higher atmospheric CO2 levels are causing an increase in these actions, resulting in an increase in species mortality.

Plankton are badly affected, too, and are the basis of the ocean food chain. Plankton adds about 50% of Earth's oxygen to our air—Half of the oxygen we breath comes from plankton—and it is suffering from the negative ef-

fects of ocean acidification caused by CO2 emissions. Zooplankton species have calcium-based protective "shells" which do not properly form in an acidified environment. Phytoplankton photosynthesize and need chlorophyll; chlorophyll health suffers in an acidic solution. Some species of plankton cannot survive in acidic and warm environments, and that's what's happening...right now. So, some species of plankton may suffer extinction; Most other plankton populations will redistribute globally as they adapt to changing conditions. Remember: half the oxygen we breath come from plankton!! The implications of population redistribution and decreased diversity will disrupt the ecosystem and the food chain in ways now not fully understood.

Tropical and deep-sea corals show slower calcification rates under more acidic conditions. The massive calcium carbonate reefs built by these corals provide habitat for many marine animals, including commercially important fish and shellfish species that use the reefs as nursery grounds. Coral reefs are vital to humans as sources of food and medicine, protection from storms, and the focus of fishing and eco-tourism businesses.

So, we've disrupted the carbon cycle, adding atmospheric carbon faster than the natural carbon cycle can address it.

Acid Rain, Greenhouse Effect, Global Warming, Climate Change, Ocean Acidification—all terms coined in my generation, and all describing various woes of Earth. The latest term? Scientists are describing it as a human woe...The "Sixth Extinction"...the final chapter of *The Carbon Cycle* in Part 4.

— By Kevin McKeon, Director, Mousam Way Land Trust



Coral bleaching on the Great Barrier Reef. PHOTO CREDIT: XL CATLIN SEAVIEW SURVEY

TOWN OF HOLLIS Registrar of Voters Hours – Hollis, Maine

THE REGISTRAR OF VOTERS will be open to register voters prior to the election on Tuesdays, Thursdays and Fridays from 9 a.m. to 4 pm and Wednesdays from 11 a.m. to 7 p.m. The Registrar of Voters will be available at the polls to correct any errors, correct a name or address on the voting list and to accept registrations of eligible persons and accept new enrollment. To register to vote please bring proof of your identity and proof of Hollis residency with you. A person who is not registered to vote may not vote in any election. A voter who is not enrolled in a political party may not vote in a primary election.

ABSENTEE BALLOTS are now available for the State of Maine Referendum Election, and Hollis Special Town Meeting being held on **Tuesday, November 7, 2023**. Absentee Ballots may be requested until November 2, 2023 at 4p.m. by calling (207) 929-8552 ext. 18., online at www.maine.gov request an absentee ballot or in person at the Hollis Town Clerk's Office. It is recommended to call and request your absentee ballot before October 27th to allow extra time for mailing of your ballots. **Absentee Ballots must be returned to your municipality by the close of polls at 8 p.m. on November 7, 2023.**

VOTING is held at the Hollis Community Building, 35 Town Farm Road, Hollis, ME 04042 on November 7, 2023. Polls open at 7 a.m. and close at 8 p.m. **THE SPECIAL TOWN MEETING** will open at 6:45 a.m. to act on article #1, to elect a moderator. Hollis Registrar of Voters (207) 929-8552 ext. 18 • Hollis Town Hall, 34 Town Farm Rd., Hollis, ME 04042

LIONS

(Continued from page 1)

49,000 clubs are serving in 200 countries and geographic areas. Since 1917, Lions have improved health and well-being, strengthened communities, and supported

those in need, locally and globally. At Lions Clubs International our motto is "We Serve." Learn more about who we are and what we do at lionsclubs.org

Learn more about Mobility Worldwide at: <https://mobility-worldwide.org/about-2>.

TOWN OF SHAPLEIGH

The Town of Shapleigh will hold a **SPECIAL TOWN MEETING** **November 14th at 630pm** at the **Shapleigh Town Hall** to vote on the following article:

To see if the Town will vote to appropriate the un-expended balance from the American Rescue Plan Act Funds received, previously allocated for Employee (Pandemic) Bonuses, to the Community Building Project fund, in the amount of \$1,750?

Attention Waterboro Voters!
THE TOWN OF WATERBORO HAS HAD A CHANGE IN OUR POLLING LOCATION FOR ELECTION DAY!
THE NOVEMBER 07, 2023
STATE REFERENDUM ELECTION WILL BE HELD AT THE WATERBORO ELEMENTARY SCHOOL, LOCATED AT 340 SOKOKIS TRAIL EAST WATERBORO, ME 04030
POLLS WILL BE OPEN 7:00 A.M. - 8:00 P.M.
IF YOU HAVE ANY QUESTIONS PLEASE CONTACT OUR TOWN CLERK MARINA GAGNE AT: (207) 247-6166 EXT: 110 OR VIA EMAIL AT MGAGNE@WATERBOROMAINE.GOV
THANK YOU FOR YOUR COOPERATION AND HAPPY VOTING!

CITY OF SANFORD NOTICE OF PUBLIC HEARING

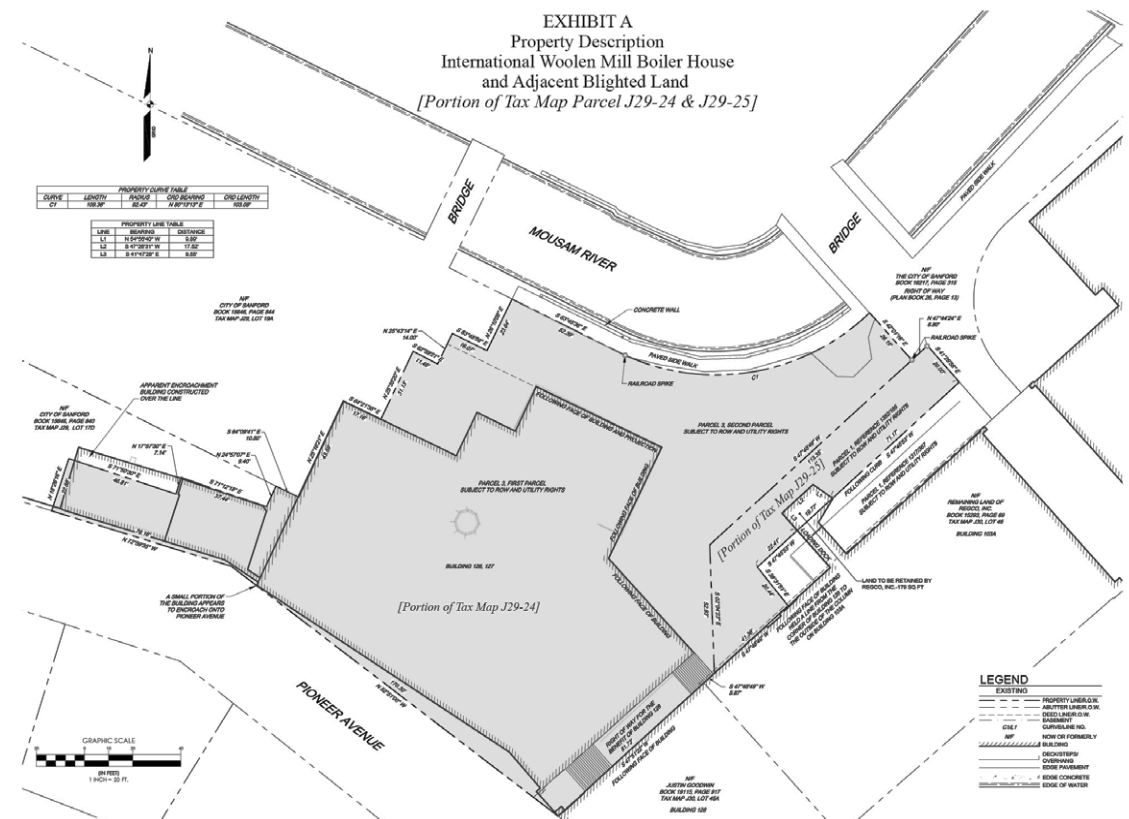
Pursuant to 30-A M.R.S § 3101 and 23 M.R.S. § 3023
Taking and Condemnation

INTERNATIONAL WOOLEN MILL BOILER HOUSE AND ADJACENT BLIGHTED LAND, SANFORD, MAINE

The Municipal Officers of the City of Sanford hereby give notice that they will hold a public hearing on **Wednesday November 8, 2023** at which all persons interested therein may be present and testify. The meeting begins at 6:00 p.m. in City Council Chambers, 919 Main Street, Sanford Maine and also by remote methods, pursuant to 1 M.R.S.A. § 403-B(2)(D) and Section 6 of the City Council Rules of Procedure. Video and teleconference remote login information to participate by remote methods will be published on the City website at www.sanfordmaine.org/meetings on and not necessarily before Saturday November 4, 2023. This public hearing is to consider the taking of certain property for the purpose of abating the blight, remediating environmental contamination, and constructing a public parking facility, and for other public purposes, pursuant to 30-A M.R.S. § 3101 and 23 M.R.S. § 3023.

The property under consideration for taking consists of a certain lot of land situated on a portion of City of Sanford Tax Map Parcel J29-24 and J29-25, located on the northeasterly side of Pioneer Avenue, in the City of Sanford, County of York, and State of Maine on a plan titled "Boundary Survey of Pioneer Street Mill for the City of Sanford" dated October 5, 2023 by Sebago Technics, and being a portion of the premises described in the deed of MEDEA USA LTD. to REGCO INC. dated October 12, 2007, and recorded in the York County Registry of Deeds in Book 15293, Page 69 and being more particularly described on Exhibit A, attached hereto, and further bounded and described as follows:

BEGINNING at the westerly corner of land now or formerly of Justin Goodwin as described in a deed recorded at the York County Registry of Deeds(YCRD) in Book 19115, Page 917 and the northeasterly side line of Pioneer Street; THENCE N 52°51'00" W, along Pioneer Street, a distance of 170.30 feet; THENCE N 72°59'35" W, along Pioneer Street, a distance of 78.16 feet to land now or formerly of the City of Sanford as described in a deed recorded at the YCRD in Book 15646, Page 840; THENCE, along said land of the City of Sanford, the following five (5) courses: N 18°26'16" E, a distance of 22.68 feet; S 71°50'30" E, a distance of 46.81 feet; N 17°57'30" E, a distance of 7.14 feet; S 71°12'18" E, a distance of 37.44 feet; N 24°57'07" E, a distance of 9.40 feet to other land now or formerly of the City of Sanford as described in a deed recorded at the YCRD in Book 15646, Page 844; THENCE, along other land of the City of Sanford, the following eight (8) courses: S 64°09'41" E, a distance of 10.50 feet; N 25°16'21" E, a distance of 43.59 feet; S 64°21'38" E, a distance of 17.16 feet; N 25°35'20" E, a distance of 31.13 feet; S 62°59'21" E, a distance of 11.46 feet; N 25°43'14" E, a distance of 14.00 feet; S 63°48'59" E, a distance of 16.07 feet; N 26°10'08" E, a distance of 23.64 feet to land of owners unknown; THENCE S 63°45'36" E, along said land of owners unknown, a distance of 52.39 feet to a railroad spike in pavement; THENCE along said land of owners unknown, on a non-tangential curve to the left, having an arc length of 109.36 feet, a radius of 92.43 feet, and a chord of N 80°13'13" E, a distance of 103.09 feet, to land now or formerly of the City of Sanford as described in a deed recorded at the YCRD in Book 16217, Page 315; THENCE S 42°01'16" E, along said land of the City of Sanford, a distance of 26.19 feet to a railroad spike; THENCE N 47°44'24" E, along said land of the City of Sanford, a distance of 8.80 feet; THENCE S 41°29'58" E, along said land of the City of Sanford, a distance of 20.00 feet to retained land of Regco, Inc.; THENCE S 47°45'53" W, along said land retained by Regco, Inc., a distance of 71.17 feet to the outer face of a loading dock; THENCE N 54°56'40" W, along said land retained by Regco, Inc. and loading dock, a distance of 9.89 feet; THENCE S 47°26'31" W, along said land retained by Regco, Inc. and said loading dock, a distance of 17.52 feet; THENCE S 41°47'29" E, along said land retained by Regco, Inc. and said loading dock, a distance of 9.55 feet; THENCE S 47°45'53" W, along said land retained by Regco, Inc., a distance of 22.41 feet; THENCE S 38°31'51" E, along said land retained by Regco, Inc., a distance of 20.44 feet to a building face; THENCE S 47°48'49" W, along said land retained by Regco, Inc. and said building face, a distance of 47.23 feet to said land of Justin Goodwin; THENCE S 47°51'22" W, along said land of Justin Goodwin, a distance of 81.73 feet to the Point of Beginning. Containing approximately 35,084 square feet or 0.81 acres. Basis of bearing is Grid North, Maine State Coordinate System, West Zone NAD-83, FIPS 1802.



SANFORD



Najhaun Simpson, a Sanford Middle School 8th Grader, helping out School Resource Officer Joe Jourdain. COURTESY PHOTO

Sanford Middle School student offers helping hand every morning

Najhaun Simpson, a Sanford Middle School 8th Grader, has taken on a unique role alongside School Resource Officer Joe Jourdain.

Every morning from 7:15 to 7:40 a.m., Najhaun assists Officer Jourdain in the drop-off line in front of the school. Najhaun helps direct incoming traffic and allows students to cross the street on their way to the school safely.

On one chilly Friday morning, Najhaun is waving for cars to come through and directing them to stop when students are crossing, all while providing infectious energy. As students walk into the school, Najhaun gives them his smile. More often than not, he'll give a student a fist bump as they walk in. His enthusiasm gives the students the extra jolt of positivity

they need to continue their day. Officer Jourdain says Najhaun has that same personality all day long.

"I have parents tell me that he makes their day, and love seeing him in the morning," Officer Jourdain said. "He brings a smile to everyone's face because that is just who he is."

Before helping Officer Jourdain in the mornings, Sanford Middle School teacher Amy Greene Lamb said she had observed Najhaun greeting staff and students each morning in her wing of the building. She noticed how students' demeanors would instantly change when he said hello and waved and smiled.

"Faces just light up! I've seen the same thing happen in the drop-off line!" she said.

- Sanford School Department

THE CITY OF SANFORD PUBLIC HEARING NOTICE

The Sanford Planning Board will hold public hearings & receive written & oral comments at its November 15, 2023 meeting, starting at 6:30 pm, on

- File # R18A-20D Mercy Chapel, Major Site Plan Application to expand the parking lot, stormwater infrastructure, site lighting, dedicated playground space and landscaping on property owned by Mercy Chapel at 1861 Main Street (Map R18A, Lot 20D)

- File # R5-91 Nason Apartments Phase II, Application for Amendment to Major Site Plan and Preliminary Major Subdivision to construct an 18 unit multifamily building with associated parking and site improvements on property owned by Nason Development I LLC at 16 Summer Street, Springvale (Map R5, Lot 91)

The hearing will be held in Council Chambers at City Hall, 919 Main Street, Sanford, or via remote video and teleconference pursuant to City Council Rules of Procedure if COVID levels for York County are high. Testimony may be provided in person, via mail or email, or via Zoom. Meeting information, including how to connect via Zoom, is provided at www.sanfordmaine.org/planning. Questions or written comments should be directed to the Planning Office at 324-9150 or jlbabcock@sanfordmaine.org.

AARP Community Challenge Grant helps fund accessible trail improvements

Visitors of all abilities are invited to explore the Goat Hill Trail and picnic area in Acton

Three Rivers Land Trust is pleased to announce it is the recipient of an AARP Community Challenge grant, which has helped the land trust fund additional trail improvements at the unique Goat Hill Trail. With new signage, benches, and a newly beautified summit area, the land trust is inviting visitors of all abilities on a guided visit to the trail on Saturday, Nov. 4 beginning at 12:30 p.m. Land trust staff and volunteers will be on site to welcome visitors and provide aid if needed to help everyone feel comfortable exploring the trail.

The Goat Hill Trail, located at 1205 H Road in Acton, is a 0.7-mile route that winds its way to a scenic summit and picnic area overlooking Romac Orchard, with views of local lakes and the White Mountains. The main trail and picnic area meet Forest Service Outdoor Recreation Accessibility standards. The land is owned by the Town of Acton, and the town has partnered with Three Rivers to construct and maintain the trail.

The AARP Community Challenge is a grant program to make tangible improvements in communities that jump-start long-term change. It is part of AARP's nationwide Livable Communities initiative, which supports the efforts of cities, towns, neighborhoods, and rural areas to become great places to live for people of all ages. To

learn more, visit aarp.org/Livable.

Accessible parking at the trailhead is available but limited and will be reserved for those who need it on the day of the event. Additional event parking is available at Romac Orchards, a short walk from Goat Hill.

The trail will be an easy path for most, but it does run uphill. Due to the elevation gain, some visitors using mobility equipment may find it challenging, even though the trail meets outdoor trail accessibility standards. The following essential trail information will help you plan your visit and gauge whether the trail is right for you:

Goat Hill Trail is a compacted, ¾" crushed gravel trail running approximately 3,600' (0.7mi) from the trailhead to the height of the summit, rising 151' in elevation using long switchbacks.

Gravel paths at the summit connect to several viewpoints and accessible-design picnic tables.

There is an accessible porta-potty at the trailhead, but there are no facilities at the summit.

The trail is at least 5 ft wide and is typically between 5 and 7' wide

The average slope is 3.5%. Many slopes on the trail portion are 6% to 8% and the maximum slope is 10%. The maximum length of running slopes over 5% is 200', and appropriate resting intervals are built in. The cross slopes on the



Heading up the Goat Hill Trail, from left, Ruth Gutman (Executive Director at Three Rivers), Carl Davis (Three Rivers board member) and athlete and adventurer Enock Glidden. PHOTO BY THREE RIVERS LAND TRUST

trail's central treadway are no more than 5% and typically less,

All visitors should use caution and stay on the trail.

For more information contact ruth@3rlt.org, call her at 358-9619, or learn more about the trail at www.3rlt.org.

The Three Rivers Land Trust is a membership-supported organization dedicated to Building recip-

rocal relationships to land through conservation, recreation, and education in Acton, Alfred, Lebanon, Shapleigh and Sanford/Springvale. Named for the Little Ossipee, Salmon Falls, and Upper Mousam Rivers, Three Rivers Land Trust holds conservation easements and maintains preserves to protect farms, forests, and wetlands, and provide recreational opportunities.

SPORTS

FOOTBALL Mustangs to host Marshwood in semis

By MIKE DEANGELIS
Sports Editor

The tragic events in Lewiston on Oct. 25 delayed the Class B South football playoffs so Massabesic will host Marshwood on Monday, Nov. 6. The Hawks came away with a narrow 27-26 win over Gorham on Halloween night to advance to the semi-finals against the Mustangs.

Massabesic, winners of its final three regular season games, is led by quarterback Cam Bradbury. The junior will likely pass 900 yards rushing at the Marshwood game, and if head coach Lucas Labbe decides to throw, Bradbury may hit 30 receptions and eclipse 400-yards passing on the season.

Senior Caleb Waters has been the bruising running back that loosens up opposing defenses. Waters is averaging over six yards per carry and a good day against Marshwood would have his yardage total pass 800 yards. Bradbury has three different receivers each with seven catches which ties for the team lead: Bryden Marcotte, Cam Bouchard and Waters.

On defense Massabesic has a pair of seniors leading. Bryden Marcotte has 59 tackles and classmate Matt Letellier has 58.5. Dom Bubar is next with 41.5. Bubar also has six sacks, leading the team. Both Massabesic and Marshwood finished the season at 4-4. The Hawks handed the Mustangs their last loss, a 42-7 defeat back on Sept. 29.

CROSS COUNTRY Class A States rescheduled

The Maine high school cross country championships will be held on Nov. 4 in Belfast at the Troy Howard Middle School.

The Maine Principals' Association released news last Thursday, Oct. 26 that sports contests across the state would be postponed due to the mass shooting incidents in Lewiston on Oct. 25.

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- 🌀 Arthritic pain relief
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Massabesic Regional Medical Center
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Submit sports photos to:
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Community CALENDAR

Email non-profit event listings to: news@waterbororeporter.com

COMING EVENTS

CRAFT FAIR Nov. 4 from 9 a.m. to 3 p.m. at the Scarborough Free Baptist Church, 55 Mussey Road. Crafters, quilts, knit & crochet items, cribbage boards, wood crafts, cards, etc. Great gifts and unique items. Baked goods and White Elephant items.

ROAST BEEF SUPPER Sat. Nov. 4 at 5 p.m. at the Hiram Community Center, 14 Historical Ridge, Hiram.

WHY NATIVE PLANTS MATTER A free presentation by Andrea Berry, Executive Director of the Wild Seed Project, sponsored by the Francis Small Heritage Trust, Sunday, Nov. 5 at 7 p.m. at the Porter Town Hall (71

Main St.). Planting native seeds: It's a small act, but it can make a big difference. Repopulating landscapes with native plants can expand wildlife habitat, support biodiversity and build climate resilience while centering traditional indigenous ecological knowledge. Andrea explains how planting native seeds is both the recipe and the process of creating tangible change. The public is invited to attend the Trust's Annual Meeting at 6:30 p.m. prior to the presentation. Francis Small Heritage Trust - www.FSHT.org - mail@FSHT.org PO Box 414 Limerick, ME 04048, 207-221-0853.

12TH ANNUAL SILENT AUCTION AT WATERBORO PUBLIC LIBRARY through Nov.

12. Donations will be on display at the library and bidding is online. Call 247-3363 or email librarian@waterborolibrary.org for more information. The library is located at 187 Main St., East Waterboro.

Newfield Recreation will host a **CHILI AND CHOWDER COOKOFF** on Saturday, Nov. 11, from 5:30 to 7 p.m. at the Old Town Hall, 23 South Effingham Rd. Prizes will be given for the best Chili and Chowder. A donation of \$5 per bowl is suggested, and all veterans will be free in honor of Veterans Day.

ANNUAL VETERANS DAY SERVICE Saturday, Nov. 11 at 11:11 a.m. outside of the Town of Newfield offices at the memorial on Route 11. Refreshments served after the ceremony. All Veterans, families and friends are welcome. Hosted by the Historical Society of Newfield.

FREE COMMUNITY DINNER at the Goodwins Mills Advent Christian Church, 503 Goodwins Mills Road at the Mill. Eat in or Take out, Nov. 11 from 4:30 to 6 p.m. Chicken Pot Pie, Cranberry Sauce, Rolls, Dessert, Coffee, water, and punch.

CHURCH DINNER Nov. 11 from 4:30-6 p.m. \$12 per person. Pork Loin with cranberry sauce glaze, potatoes, veggies, butternut squash soup, apple sauce, rolls, homemade bread pudding with caramel sauce or carrot cake. First Baptist Church Sanford, 905 Main Street. To reserve a dinner, call 324-5456 by Nov. 5 deadline.

WATERBOROUGH HISTORICAL SOCIETY'S FESTIVAL OF TREES Nov. 17, 18 & 19 plus Nov. 24, 25 & 26. This will be the third year for the society's successful annual fundraising event to be held at the Grange Hall. Local businesses donate Christmas trees decorated in various themes, with unwrapped gifts, that will be raffled. FMI, to sponsor a tree or to volun-

teer, call Roxie at 929-0176 or email heritage@sacoriver.net. This event is held at the Waterboro Grange Hall, 31 West Road, Waterboro.

ACTON CROCKFEST COOKOFF CHALLENGE Do you have a spectacular recipe for chili or chowder? Acton Public Library invites you to enter their Annual Crockfest Cookoff Challenge being held on Saturday, Nov. 18, at 5 p.m. at Barn Lights, 189 Hopper Road. Cash prizes of \$75 to the first-place winner in each category. Registration forms can be found at www.acton.lib.me.us. Register by Nov. 10 as space is limited. For more information, call 636-2781.

HOLIDAY CRAFT FAIR Saturday, Nov. 25 from 9 a.m. to 3 p.m. at St. Matthew Church, 19 Dora Lane, Limerick. Local vendors will be offering their creations for sale. Located in church basement; parking in the rear of church. Handicap accessible.

ONGOING EVENTS

WRITERS! The Tuesday Writer's Group meets on first and third Tuesdays of every month at the Waterboro Library from 6-7:30 p.m. Fiction, nonfiction, memoir, poetry. Join us for readings and friendly discussion. All levels welcome!

CRIBBAGE CLUB Wednesdays, from 6-7:30pm at the Lyman Community Library. All ages, all skill levels. FMI: 207.499.7114.

BEAN SUPPER Massabesic Lions monthly dine-in or take-out the 2nd Saturday of the month, 4:30 to 6:30 p.m. at the Lions Regional Medical Center, 813 Main Street, Waterboro. Adults \$10. Children 5 to 12 are \$7, kids 4 and under are free. Kidney and Pea Beans, Chop Suey, Ham, Hot Dogs, Coleslaw, "Our Homemade" Biscuits, variety of desserts.

THE CORNER CUPBOARD which offers personal care, paper, cleaning, household, and baby items to anyone in need, is open the 3rd Saturday of each month at the Sanford UU Church, 5 Lebanon St., Sanford, from 10 a.m. to 12 p.m. Please bring your own bag.

WATERBORO COMMUNITY PANTRY 26 Townhouse Road, East Waterboro. Open the first Tuesday of month from 4 to 7 p.m. all other Tuesdays from 1 to 4 p.m. Donations can be dropped Saturdays 2 to 4 p.m. or put non perishable in drop box on the porch. FMI 247-7789.

Saco River Theatre

The Originals present **OUTSIDE MULLINGAR** a play by John Patrick Shanley at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, Nov 2, 3, 4 at 7:30 p.m.

DURHAM COUNTY POETS at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, Nov. 11 at 7:30 p.m.



DEREK GRIPPER, one of South Africa's leading guitarists at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, Nov. 18 at 7:30 p.m.

Derek Gripper's love of the kora set him transcribing and recording some of its greatest works, changing the face of classical guitar and giving the instrument its very first African repertoire. Touring globally from his home in Cape Town, Gripper is collaborating with Malian kora master Ballaké Sissoko on a new duo project and recording for the record label Platoon.

"Five stars... Gripper has brilliantly transferred [the kora] repertoire onto a regular six string guitar. He sees [Toumani] Diabaté as the Segovia, or indeed John Williams, of the kora, championing it as a solo instrument. And Gripper brilliantly takes it back to the guitar. He's opening a whole new repertoire of classical guitar music... bringing African guitar into the classical mainstream." - Simon Broughton



ERICA BROWN AND THE BLUEGRASS CONNECTION at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, Nov. 25 at 7:30 p.m.

We are excited to have Erica and her exceptional five-piece Bluegrass band back for a favorite SRT tradition - a post-Thanksgiving Bluegrass / Country / Folk music celebration! With Matt Shipman on guitar, mandolin and vocals, Lincoln Meyers on guitar, Kris Day on Bass, and Eli Gilbert on banjo.

TICKETS TO ALL SHOWS LISTED: \$15 General Admission at www.sacorivertheatre.org or call 207-929-6473 for reservations.

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Friday & Sunday - Free Coffee to all Veterans.
Saturday - Join us for our 10th year Celebration!
From 11am to 1pm, we will be offering complementary Cake as a thank you for supporting our Sweet business!

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FALL CRAFT FAIR

NOVEMBER
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at Newfield Historical Society building
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BUY THE BOOK

(Continued from page 1)

of victims murdered during a mass shooting in Lewiston last week. Funky Bow and Lorrain's daughter-in-law also contributed to the cause.

Entertaining activities are a big part of the business, and, to that end, a year-round, 18-hole disc golf course was built around the perimeter of the 25-acre property, which Lorrain said is quite popular and now considered "part of the fabric of Funky Bow." Two pickleball court are open during warmer weather and indoor events are held in a greenhouse where salad greens were once grown. Yoga classes are taught by Abraham's wife one Sunday a month; both she and Abraham teach.

The tasting room remains open year-round, and the business boasts a brick oven in which "all different flavors of pizza are made," along with seasonal favorites such as loaded baked potatoes. Lorrain said the "newest thing" is Taco Thursdays, with entertainment provided by a solo guitarist.

Here are some questions we asked Paul:

Q: Funky Bow was founded in 2013, why did you write the book now?

A: I read this thing that in 100 years, someone will be living in my house, if I'm lucky someone will have my picture on the wall. I said, 'I'll fix that.' I read a book about a brewery called Sierra Nevada. I've done the same thing.

Q: What do you talk about in the book?

It focused on when I was 5 years old and growing up in Boothbay Harbor. Then I got a full scholarship to play basketball at Unity College. It also covers my time in Vietnam, when Abraham was born and when the brewery started. Everyone kept calling me an author. One day I went, 'Wow, I'm an author.' People were telling me they were crying (when they read it). I'm 6 foot 5 and I'm making people cry. It was an experience. My son calls it 'pages of evidence.'

Q: What was your professional background before you started the brewery?

A: I was a soldier for five years and then owned a landscaping company in Kennebunk.

Q: What sparked your interest in beer-making? Did you play with a chemistry set when you were a kid?

A: It was me trying to control my son. He wanted to get California. I wanted him to stick around. We didn't talk for seven years. No, I didn't play with a chemistry set, but my son did. Abraham takes care of the liquid I take care of the tap room and restaurant.

Q: You and Abraham had been estranged for seven years when you agreed to meet over a beer at a pub in Portland. Is the reason behind the estrangement in the book?

A: Yes it is.

A Father, a Son and a Craft Brewery is available on Amazon and at all Sherman's Maine Coast bookstores. Funky Bow Brewery and Beer Company is located at 21 LedgeWood Lane in Lyman and open Thursday through Sunday. For more information, visit www.funkybowbeercompany.com.



Scott St. Laurent with his 1,958-lb. giant pumpkin, the largest grown in the State of Maine this year. COURTESY PHOTO

LYMAN

Lyman's St. Laurent grows biggest pumpkin in the state

Weighing in at 1,958 lbs

This year was a tough growing year for pumpkin growers in the northeast as any gardener will tell you. A cold spring and all the summer rain made for really tough growing. But Lyman's Scott St. Laurent had his best year ever growing his giant pumpkins.

St. Laurent brought his smallest pumpkin to the Cumberland Fair and won first place weighing in at 938 lbs. He took his biggest pumpkin to the Maine Giant Pumpkin Growers weigh-off at the Damariscotta Pumpkin Festival and won first place as it weighed in heavy at 1,958 lbs. – the biggest pumpkin grown in Maine this year.

Congratulations Scott and good luck next year as you aim for 2,000 lbs!



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WATERBORO



Members of the Waterboro Homeschool Organization (WHO) handmade cards and cookies for the service members of Waterboro as their Fall service project this year. Packages were dropped off to the fire department, library, both post offices, the transfer station, Waterboro town hall, and to the Waterboro contracted York County sheriff deputy. COURTESY PHOTOS



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NOTICES

Town of Acton Request for Bids

The Town of Acton currently has a Lawn Care Bid open, which includes several municipal properties. For full details, please visit www.actonmaine.org or contact the Town Administrator's Office at 636-3131, ext 401.
DEADLINE TO BID IS 11/15/2023.

TOWN OF ALFRED PUBLIC HEARING

November 14, 2023 - 4:15 p.m.

Notice is hereby given that a Public Hearing will be held at the Alfred Town Hall, County of York, State of Maine at **4:15 P.M. on Tuesday, November 14, 2023** in accordance with Title 30- A, Sec 3752 - 3754-A MRSA. Said hearing being on the 2024 permit applications for the following owners to operate or maintain automobile junkyards/scrap metal yards:

- Daney's Auto Salvage – Swetts Bridge Road
- J&J Enterprises, Inc. – Jordan Springs Road
- Morin Steel – Stone Road
- Roland's Motor Sales, Inc. – Sanford Road
- Jalbert's Auto Sales – Mountain Road

Any persons having any objections to the granting or issuance of said permits shall appear and show just cause.

Board of Selectmen, Town of Alfred

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WITCHCRAFT

(Continued from page 1)

Once brought before the court, the accused were asked leading questions that would assume they were guilty before proven innocent.

Certain magistrates, which included William Stoughton, wanted the witches dead, and in the case of Rebecca Nurse, the jury found her innocent of her charges, but Stoughton kept sending them back to deliberate until they found her guilty.

Once incarcerated, the accused would receive an Indictment. An indictment is a formal declaration of the crime committed. The indict-

ment for Rebecca Nurse was for afflicting Abigail Williams on June 3, 1692. The accused were then subject to the Oyer and Terminer, which is used to call a courtroom to order. Once in order, the judge was there to hear and determine whether or not the person could be tried, and the hearing determined their plea, according to law. The accused would then ask to give a deposition, which is a written account of the accused testimony, and it would be used in the grand jury or the Oyer and Terminer. If the accused had previous crimes, no matter how small, they could be used against them to compound crimes, even though they

may have been found innocent of that crime. You could not escape your reputation. They were also subject to physical examinations and checked for marks upon their bodies from the devil and his familiar, even though birthmarks or just normal wear and tear and aging of the body were not considered.

If they were found not guilty and released, they still needed to pay the Jailer's fee. If they could not pay the fee, which, in some instances, was very expensive, they were left in jail until they could pay it.

If found guilty, there was a Warrant for the Execution issued of the proclaimed witch. This would doc-

ument when, where, and how the accused would be executed. At the bottom of this document, after fulfilling the execution, the Marshall would document that the execution was performed and completed as described in the Warrant.

At the end of the witchcraft trials, those convicted and then released were still under a guilty conviction, and they had to give all their possessions to the court. Some people sued the court to get back their possessions. One accused asked to be compensated for all of their farm equipment, animals, and corn that was in the field, and they did get it returned to them; however, William

Good, husband of Sarah Good, one the first innocents to be hung, asked for the compensation for the loss of his family. He did win his case and received 30 pounds (approximately \$60) in compensation.

Delving into the legal aspects of the Salem Witch Trials was fascinating as it showed the process of justice (or injustice) that was applied to each accused. It did appear to have some semblance of legal and rightful law, but is still considered an abomination today. In modern day, those accused of witchcraft in 1692 would be identified as people with some disability, albeit mental or physical, or those with social problems.



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NOTICES

NOTICE OF INTENT TO FILE
MAINE WASTE DISCHARGE LICENSE / MAINE POLLUTANT DISCHARGE ELIMINATION SYSTEM PERMIT APPLICATION

Please take note that, pursuant to 38 MRSA, Sections 413 and 414-A, BlueTriton Brands, Inc. located at 400 Killick Pond Road, Hollis Center, Maine 04042 – Tel: (207) 727-7201 intends to file for a renewal of a wastewater discharge permit application with the Department of Environmental Protection (DEP). The application is for the discharge of up to 981,000 gallons per week of process wastewater from the spring operations via spray irrigation at the Poland Spring Bottling Facility in Hollis, Maine.

The application will be filed on or about November 3, 2023 and will be available for public inspection at DEP's Augusta office during normal business hours. A copy may also be seen at the municipal offices in Hollis, Maine.

A request for a public hearing or request that the Board of Environmental Protection assume jurisdiction over this application must be received by the DEP, in writing, no later than 20 days after the application is found acceptable for processing, or 30 days from the date of this notice, whichever is longer. Requests shall state the nature of the issue(s) to be raised. Unless otherwise provided by law, a hearing is discretionary and may be held if the Commissioner of the Board finds significant public interest or there is conflicting technical information.

During the time specified above, persons wishing to receive copies of draft permits and supporting documents, when available, may request them from DEP. Persons receiving a draft permit shall have 30 days in which to submit comments or to request a public hearing on the draft.

Public comment will be accepted until a final administrative action is taken to approve, approve with conditions, or deny this application. Written public comments or requests for information may be made to:

MAINE DEPARTMENT OF ENVIRONMENTAL PROTECTION
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TOWN OF SHAPLEIGH REQUEST FOR PROPOSALS

The Town of Shapleigh is seeking proposals for **2024 GROUNDS MAINTENANCE** for the Town Hall, Commons, Library, Recreation Fields, and the Carl Robinson Trail.

For more information please visit: https://www.shapleigh.net/departments/requests_for_proposals.php or contact the Town Administrator at 207-636-2843 ext 0.

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Professionalism, camaraderie hallmarks of annual inspection

York County Sheriff's Office patrol deputies polished and cleaned away the road dirt from their cruisers, making sure the vehicles were gleaming outside and inside. They took inventory of the equipment they carry, making sure it was where it was supposed to be and ready to be used when necessary.

Then, smartly attired in their Class A uniforms, the officers stood to attention as Sheriff William L. King, Chief Deputy Jeremy Forbes, and Majors Paul Mitchell and Kathryn L. Mone looked each deputy in the eye, had a conversation, and then checked the cars. They checked the cleanliness, looked to see if the vehicle needed tires, or was showing signs of rust – and that the equipment, from spike mats to firearms, radar to spit hoods – was in good order.

Command staff at the sheriff's office say the event's purpose is two-fold. There's the equipment and car piece, but there's more. Sheriff King said the inspection, held Tuesday, Oct. 17, was a good opportunity for members of the sheriff's office to gather together. Following the inspection, the day's events included training and a staff meeting.

"Not only is the inspection part of the Maine Law Enforcement Accreditation Program, patrol deputies work in the field and only occasionally come into the station, unlike municipal officers that report to the station before and after each shift," said King. "Consequently, I do not have the opportunity to interact with my deputies as often as I wish."

Forbes, the chief deputy, said the inspections built a sense of camaraderie among the deputies. As well, he said, because of the nature of



Members of the York County Sheriff's Office gathered for a photo following the agency's annual inspection on Tuesday, Oct. 17. PHOTOS BY TAMMY WELLS

the work – rural patrol – command staff don't always see deputies in the field or have conversations with those working different shifts.

"It gives us a chance to connect with everyone at one time," Forbes said.

Among those attending were Susan Wiswell, Janet Drew, and Bob McCormack of the York County Jail Board of Visitors and York County Commissioner Donna Ring – the district Ring represents includes several communities patrolled by York County Sheriff's Office.

Ring, who worked with the sheriff's office for 40 years before retiring and running for office, recalled the pride she had in the work done when she was a part of agency, and said it continues.

"I am proud of the management team who put the inspection program together and all those who took part," said Ring. "I had the opportunity to speak to almost every one of the deputies and I could see and hear in their voices the pride of showing off themselves, their equipment and their professionalism."

Many of the deputies have been part of the department for decades, others are new to the agency, like Cameron Mayhew, who began his duties in mid-August. A Waterboro native, he served six years in the U.S. Navy before joining the San Diego County Sheriff's Office, where he served for a year before returning east.

He said his military and law enforcement experience prepared him for the inspection – and he thinks they're a good thing.

"It maintains a level of professionalism," Mayhew said.

King, the sheriff, said it was a good day.

"It offered me an opportunity to get caught up with the outstanding deputies who keep our communities safe," King concluded.

– By Tammy Wells, Media Specialist for York County Government



York County Sheriff William L. King, accompanied by Major Kathryn L. Mone speaks with Deputy Scott Corey during the sheriff's office annual inspection on Tuesday, Oct. 17.

REPORTER

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Gambling Control Unit and Agency partners prepare for sports wagering rollout

College students have a higher risk of harm due to multiple factors

The rollout of sports wagering in Maine is expected to take place in November. Before the wagering goes live Maine's Gambling Control Unit is spearheading an effort to educate college students and athletes about the harmful consequences gambling can cause.

The Gambling Control Unit along with AdCare Maine Problem Gambling Services, and Epic Risk Management held two educational Zoom

meetings with college athletic directors across the state last month. The purpose of the meetings was to discuss the risks students and athletes face, the technology that can track illegal gambling activity, and the prevention and treatment options available.

Sports wagering in Maine is prohibited under the age of 21. If you are under the age of 21 or bet for someone under the age of 21 you can face legal repercussions. NCAA sports wagering rules do not allow student-athletes to bet on any sport sponsored by the NCAA including college and professional or to share information for sports wagering purposes.

According to the NCAA, sports wagering activity is widespread on college campuses. It is prevalent among 18- to 22-year-olds, with 58% having engaged in at least one sports betting activity. 67% of students who are living on campus are bettors and tend to bet at a higher frequency. 41% of college students who bet on sports have placed a bet on their school's teams and 35% have used a student bookmaker.

The negative ramifications that betting can have on students and athletes have already been seen. Recently five students from Iowa State were charged in a sports wagering

investigation.

"We feel getting this information directly to Athletic Director's first will be a good start, with our Unit also being willing to provide individual team discussions on the issue, if requested", said Gambling Control Unit Director Milt Champion. "Prevention and recovery advocates worry about the increase in those reaching out for assistance and we are preparing and ready to assist when needed."

"Usually when I talk about the harm some people experience with gambling, I'm talking about the potential for gambling to be addictive

in the same way substances are," said Lori Manson, Problem Gambling Services Coordinator with AdCare Educational Institute in Augusta. "Some people can't stop, despite recognizing that gambling is causing major problems in their lives. College students have a higher risk of harm due to multiple factors, such as lack of experience, tendency to embrace risk-taking, and peer pressure. Consequences can involve anxiety, depression, substance use, and dropping out of school due to missed classes. I've even heard of instances where students dropped out because they lost their student loan money gambling. For college athletes, there are additional consequences which can involve legal problems or being kicked off the team. I'm glad we have an opportunity for stakeholders to come together to discuss ways to prevent problems, and how to find services and resources if problems occur."

PRACTICE SAFE PLAY

If you are over the age of 21 and you choose to gamble:

- Gambling is a form of entertainment, so only bet what you can afford to spend on entertainment.
- Set limits and stick to them.
- Don't dig a deeper hole by spending more money to try to win back your losses.
- Never borrow money to gamble.
- Keep track of wins and losses. If you focus only on wins, you may not realize you've lost more than you've won.
- Gambling should not interfere with school, work, or time with family and friends.
- Balance recreational gambling with other healthy activities.
- Gambling should be fun. If it's stressing you out, stop. If you can't stop, call 211 for resources.

COLLEGES & UNIVERSITIES:

- Talk to Epic Risk Management about booking a no-cost educational session for your athletes and staff through their contract with the NCAA.
- Invite AdCare Maine Problem Gambling Services to campus activities where a responsible gambling & problem gambling resource table would be appropriate.
- Invite Gambling Control Unit personnel to individual team meetings to address concerns and answer questions.
- Post information about responsible gambling, symptoms of problem gambling, and the helpline. Posters and brochures are available at no cost.

HELP IS AVAILABLE

211 is Maine's Problem Gambling Helpline. If you are concerned about your gambling or the gambling of a loved one, 211 Maine employs live specialists who are available 24/7 with information about resources and services. Dial 211 or text your zip code to 898-211. 1-800 GAMBLER will direct you to 211 as well

UPDATE: The Department of Public Safety (DPS), Gambling Control Unit (GCU) announced that the rules have been adopted for sports wagering. Beginning Nov. 1, licensed operators and their management service providers and suppliers will be able to start pre-launch advertising to accept registrations and account deposits up to the go-live date this Friday, Nov. 3 at 9 a.m. EST.

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