

# REPORTER

YOUR COMMUNITY NEWSPAPER

VOLUME 17, ISSUE 47 PO Box 75, North Waterboro, ME 04061 • 247-1033 • www.waterbororeporter.com **f** THURSDAY, NOVEMBER 21, 2019

## Consider yourself sacred

By CYNTHIA MATTHEWS

There's a new center for healing in Cornish called The Sacred Self. Local massage therapist Diana Mains held her first event at her new location back in August. "This all happened much faster than I was prepared for!" said Mains. "Many people don't know about it yet!"

Mains had been working as a massage therapist at Mind, Body and Soul Holistic Wellness Center in Cornish since April of 2018. She went full time there just before they closed last December. She then began serving clients at the Parkview Salon. "One day someone came in and said, 'There's a quieter space next door.'" Mains went to look at it, and while it wasn't the small space she expected, it just felt right for her dream of a wellness center. "I think this is my space!" she thought. For about a month and a half she thought about it, and realized that it really suited her vision. She stopped thinking about it and said, "I'm doing it!" She was able to secure the location in July, and received approval to open as a Healing Center on Aug. 5.

Mains continues to serve her massage therapy clients there, and even has a second massage therapist, Shannon Van Loan. However, it is much more than a massage studio. According to their website, the center brings together a wide variety of holistic healing therapies, classes and workshops so that you can be "your best self ever." Current offerings at The Sacred Self are Tai Chi classes, Themed Chair Yoga, Mindfulness Meditation and Oracle Card Readings.

Since that first workshop in August, The Sacred Self has offered many other workshops for the public, including The Masks We Wear, Mandala Paint and Pour, Crystal Singing Bowls, Guided Meditation, a Winter



Pete Washington, in the center, received a Spirit of America award on Nov. 6 for his many years of volunteer work in the Town of Newfield, presented by Commissioner Robert Andrews. On the left is Newfield Selectman Kenny Gates. PHOTO BY C.J. PIKE

## Volunteers honored

By C.J. PIKE

The Spirit of America awards were given out in a ceremony at the York County Commissioners Office in Alfred on Nov. 6 to several people who have made it their mission to volunteer in their home towns.

This is the 4th year to celebrate volunteerism in our communities and the people who give their time. There were 22 recipients, including three groups.

County Manager Greg Zinser started the ceremony off and the County Commissioners of the five districts presented plaques to the individuals.

In District 1, which includes Newfield, four people received awards for their outstanding service and commitment to the town.

Pete Washington received the award for his dedication in helping out with the recyclables program, by taking the bottles to the redemption center; the money from that goes into heating assistance program. Also for donating his time to the local Scout Troop #329 for more than 30 years since 1982, and to the Long Creek Youth Center since 1989. In his acceptance speech, Washington said, "If it wasn't for volunteers a lot of things would not happen."

Commissioner Robert Andrews, District 1, from Acton, presented the award to Washington. Selectman Kenny Gates from Newfield was there to accept the awards for Hilary Wallis, Martha Morrison and Bruce Colwell.

Bruce Colwell received the award for outstanding achievements in donating his time in putting on the Thanksgiving dinner and organizing the dances. Money from the dances benefits families in the community who need assistance.

Hilary Wallis has been a member of the community for almost 40 years and volunteers at various organizations. She received the award for organizing the Democratic Caucuses and working on updating the town's

(Continued on page 4)



Diana Mains teaching a Mandala class at the Sacred Self in Cornish. COURTESY PHOTO

Medicine Chest Workshop, and an upcoming Intro to Essential Oils Class, with more to come in the new year!

Workshops have also been offered for licensed massage therapists, such as Passion for the Feet held recently, and Body Saving

Body Mechanics to be held in January. For all of these workshops and classes, Mains has invited other teachers and healers to present. "Cornish is ripe with healing people," said Mains. "Mind, Body and Soul had brought a lot of people together – the tribe,"

she explained. "I have tried to invite that tribe to my new center. I know a lot of healers, including through my work as a teacher at Spa Tech in Westbrook. I have been exposed to a lot of gifted people," she said. "I want to expose my clients to them as well,

(Continued on page 6)

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# Community Calendar

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## UPCOMING EVENTS

**TRI-COUNTY AREA REPUBLICAN COMMITTEE MEETING** Thursday, Nov. 21 at Pike Memorial Hall, Lower Level, 17 Maple St. (State Hwy. 25) in Cornish, at 6:30 p.m. All area Republicans living in the greater Cornish area, including northern York County, northern and western Cumberland County and southern Oxford County are invited to attend this meeting. Invited guest speaker is Shawn Moody. Our state legislators have been invited to present any new legislative updates. Cornish Republican town committee is co-hosting this event. Call 651-8645, FMI (for more information), or via e-mail, at: [freedom111d@yahoo.com](mailto:freedom111d@yahoo.com).

**MASSABESIC LIONS CLUB BLOOD DRIVE** Friday, Nov. 22 from 12 to 4 p.m. at 813 Main Street, Waterboro (Massabesic Lions Medical Center Building). Call the Red Cross at 800-733-2767 or sign up online at [redcrossblood.org](http://redcrossblood.org) to schedule an appointment. Every unit of blood you donate (about 1 pint) has the potential to save up to 3 lives.

**CRAFT FAIR** Saturday & Sunday, Nov. 23 & 24 - 9 a.m. to 3 p.m. at the Saco River Theatre and Old White Church, 15 & 29 Salmon Falls Road, Bar Mills. Admission: Free (Donation optional). More than 20 crafters and artists will showcase items such as jewelry and sewn, knit and crocheted items, photography, sea glass art, native American items and much more. The fair will also feature raffles, face painting, a kid's craft room and shopping center, pictures with Santa, food and more!

**BONNY EAGLE HIGH SCHOOL SELECT CHORUS CONCERT** at the Bar Mills Community Church, 13 Hermit Thrush Drive, Buxton on Sunday, Nov. 24 at 3 p.m. Tickets are \$10 for adults, \$5 for students and children under 5 are free.

**CALLING ALL QUILTERS!** The Evergreen Quilt Guild will

meet on Monday, Nov. 25 from 6-9 PM, 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, and on the 3rd Monday of May. Newcomers are always welcome. For more information visit [evergreenquiltersmaine.org](http://evergreenquiltersmaine.org).

**COMMUNITY THANKSGIVING ALL FAITHS WORSHIP SERVICE** The Kennebunk/Kennebunkport/Arundel Clergy Association will hold an All Faiths worship service on Tuesday, Nov. 26 at Christ Church Federated, 6 Dane St. in Kennebunk. The service will begin at 7 p.m. Those who love to sing are invited to join the Community Choir at 6 p.m. Christ Church offers an entrance and elevator at the rear from the parking lot shared with Kennebunk Town Hall. A free-will offering of food items to support local food pantries will be taken. Cash gifts will be given to the Kennebunk Food Pantry.

**SLOPPY JOE SUPPER** Friday, Nov. 29 from 4:30 to 6:30 p.m. at the Limerick Congregational Church, 46 Main Street, Limerick. Cost is \$8 per person, takeouts available. Sloppy Joes, beans, coleslaw, ginger bread and whipped cream.

**ERICA BROWN AND THE BLUEGRASS CONNECTION** - Saturday, Nov. 30, 7:30 to 9:30 p.m. at the Saco River Theatre, 29 Salmon Falls Road, Bar Mills. Fiddle prodigy Erica was competing at seven, touring a nine, and recording at fifteen, when she made her SRT debut with the Old Time Radio Gang. Now her five-piece Bluegrass band is enjoying great popularity and returns for their annual Bluegrass/Country/Folk music hoedown! With Matt Shipman on guitar and vocals, Ken Taylor on bass, Steve Roy on Mandolin and vocals, and Read McNamara on the bango. Tickets are \$15. Reservations call 929-6472 or visit [www.sacorivertheatre.org](http://www.sacorivertheatre.org).

**CHRISTMAS TREE LIGHTING & CAROLING**, Dec. 1 at 6 p.m. at Hiram Village Square Park,

followed by free concert by the Sacoep Valley Community Band at 6:30 p.m. at the Arts Center at 8 Hancock Avenue in Hiram.

**CHRISTMAS MARKET-PLACE** Friday, Dec. 6 from 4 to 7 p.m. and Saturday, Dec. 7 from 8:30 a.m. to 2 p.m. at Bar Mills Community Church, 13 Hermit Thrush Drive in Buxton. There will be a great selection of fresh greens to decorate your home, a wide variety of baked goods-cookies, breads, pies and candy to satisfy your taste buds, and don't forget about Wanda's Wonderful Homemade Pickles (100 jars have been made. Hopefully we won't run out this year.) and plenty of handcrafted gift ideas for giving to your whole family, friends and even your pets. For more information visit [barmillscommunitychurch.org](http://barmillscommunitychurch.org).

Buxton Hollis Historical Society invites all to **A CHRISTMAS OPEN HOUSE**, Sat. Dec 7, 9 a.m. to 1 p.m. The museum store will be open for your holiday shopping, along with the library and our exhibits. Light refreshments will be offered. At 10 a.m. we will have carolers for your entertainment.

**CHRISTMAS CRAFT & BAKE EVENT** Dec. 7, from 9 a.m. to 3 p.m. Enjoy shopping with local crafter's along with supporting your local snowmobile club, Hollis Honkers, at 81 Plains Road, Hollis (Buxton/Hollis Rod & Gun Club. Luncheon from 11 a.m. to 2 p.m. Eat-in or takeout: fish chowder, chili, chili dogs and desserts. Vendors call/text cindy 590-4730.

**ALFRED PARISH CHURCH HOLIDAY CONCERT** Sunday, Dec. 8, 6:30 p.m. in the sanctuary. Music Director Eric Klaxton (also of the Soggy Po Boys Band) will present an ensemble of talent from the greater seacoast area of Maine and New Hampshire, including musicians from the church. There will be something for everyone, from familiar carols to selections from Bach and Tchaikovsky. This will be a special occasion for the community to enjoy the arts and get in the spirit of the season. Suggested donation \$10.

**HOLIDAYS PAST: A BRIEF HISTORY OF TOURING AND VACATIONING IN NEW ENGLAND** Join Bethel resident and historian David Jones Wednesday Dec. 11 at 6 p.m. at the Goodall Memorial Library, 952 Main Street, Sanford. Using illustrative maps courtesy of The Osher Map Library, Jones will talk about how development, transportation innovations, and urbanization contributed to the concept of family vacations. Looking at the rise in tourism and vacationing in the 19th and 20th centuries, Jones will talk about why people went on vacation, where they went and how they got there. For more info call 324-4714 or visit [www.lbgoodall.org](http://www.lbgoodall.org).



## Saco River Theatre

**DON ROY TRIO** - Saturday, Dec. 7, 7:30 PM - 9:00 PM @ Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME. Tickets: \$15. Reservations: 207-929-6472 or [www.sacorivertheatre.org](http://www.sacorivertheatre.org).

Favorites on the SRT stage for many years, Maine champion fiddler Don Roy, with Cindy Roy (piano and step dancing) and Jay Young (bass) deliver polished, tight, pulsating sets, and exemplify the driving beat of traditional music. Hailing from roots deep in the Maritimes and Quebec, the Roy's musical passion lies with the French Canadian tradition, followed closely by Celtic music. The Don Roy Ensemble has played at Carnegie Hall, Lincoln Center, appeared with Garrison Keillor, and performed on two occasions at the Kennedy Center. Bring a friend, a date, or the whole family to this lively evening of great traditional music!

## ONGOING EVENTS

**TOPS** is a weight loss support group that meets every Wednesday from 5:45 to 6:45 p.m. in the lower level of the Springvale Public Library. Meetings are open to all. For more information, contact group leader Linda Rose at [lrose4180@yahoo.com](mailto:lrose4180@yahoo.com) or 676-9063.

**LYMAN COMMUNITY LIBRARY WEEKLY PROGRAMS** Tuesdays drop-in knitting and fiber optics group; Wednesdays at 3:30 p.m. children's and family movies in the activity room; Fridays at 10 a.m. and Saturdays at 10:30 a.m. is preschool storytime. The library is located at 10 John Street, Lyman. Call 499-7114 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.

**POETRY WORKSHOP**, Limerick Public Library, 2nd Thurs. of every month at 6:30-8 p.m. All poets from beginners to advanced are invited to bring an original poem to discuss.

**WEEKLY YOGA CLASSES** Tuesdays, 9:30 a.m. to 12:30 p.m. at Soldiers Memorial Library Arts Center, 8 Hancock Ave., Hiram.

**SUNDAY SERVICES** of The Church of Jesus Christ of Latter-day Saints is from 9 to 11 a.m. at 25 Westview Drive, Sanford or from 10 a.m. to noon at 15 Smith Lane, Saco.

**ALZHEIMER'S SUPPORT GROUP** Free and open to anyone that has a loved one diagnosed with Alzheimer's or any form of dementia. The group helps participants understand the process of the disease and allows for sharing and questions. Third Wednesday of each month (Nov. 20) 10 a.m. to 12 p.m. in the Southern Maine Health Care Pavilion Conference Room, 35 July Street, Sanford. For More information, please call 490-7600 and ask for Kathy Wadden or Jeri Bogan.

**SCRABBLE with FRIENDS** meets every Wed. at 1 p.m. at Soldiers Memorial Library, 85 Main Street, Hiram. New members welcome. Library Hours: Tues. 2-5 p.m., Wed and Thurs 10 a.m. - 5 p.m.; Sat. 9:30 a.m. - 12:30 p.m. 625-4650 [www.soldiers.lib.me.us](http://www.soldiers.lib.me.us).

# Thanksgiving Early Deadlines

247-1033

The next Reporter will be published on Wednesday, Nov. 27. The Reporter will have early deadlines the week of Thanksgiving: Advertising should be reserved by Monday, Nov. 25 at 5 p.m. [ads@waterbororeporter.com](mailto:ads@waterbororeporter.com)

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# Opinion

## LETTERS

### walking

i am walking ...

on the sidewalk  
by the street  
high stepping at the curb  
-wordlessly.

on the cobbles  
at the wharf  
slip-sliding on the stones  
-unthinkingly.

on a path  
root knotted, rocky,  
unsteady in the interstices  
-unregrettably.

on fine sand  
at the beach bathing  
my feet in strong waves  
-mindlessly,

walking.

-by Kath Grey  
Limerick

## NEWFIELD

C.J. Pike

fudgecupboard@yahoo.com  
793-8760

### VOLUNTEERS

(Continued from page 1)

Comprehensive Plan. Martha Morrison is a volunteer and member of numerous organizations, such as the So. Maine Agency of Aging, the University of Maine Master Gardeners, which provides for the local food pantries, the Southern Maine Planning and Development, and she volunteers at local food pantries.

Volunteers in other local towns, Cornish, Limington, No. Berwick, and So. Berwick, also received awards; also Lebanon's Dorcas Society, members of the West Lebanon Ladies Circle, received an award for the group. Other volunteers from the five districts in York County that received awards for their community service are from the following towns: Parsonsfield, Kennebunkport, Kennebunk, Dayton, Hollis, Old Orchard Beach, Saco, Shapleigh, Waterboro, Lyman, Eliot, Buxton, Alfred and Sanford.

### Humphrey's BBQ advances to next round in contest

Congratulations to Chad and Nicole Humphrey of Humphrey's BBQ, who just won the first round on Greenlight Maine, which aired on, Nov. 17. They are now entered into the second round, and eventually will compete for the grand prize of \$100,000. Good luck to this local business. For more information go to: Humphrey'sBBQ.com

### Taps open up to Christmas

They still have maple syrup by chance or by appointment until Black Friday, November 29, and they will be open for the holidays. The hours are 9 a.m. to 4 p.m. from Black Friday through every weekend in December up to Christmas. They are located at 299 Bond Spring Road in West Newfield

### Thanksgiving dinner for everyone

There will be a free Thanksgiving dinner on Thursday, November 28, at the West Newfield Congregational Church at 1078 Maplewood Road, from noon to 3 p.m. Everyone is welcome to join them for a delicious meal. Donations are welcome, but not necessary. For more information, please call Debby at 793-3796.

### Happy birthday!

Birthday wishes this week go to Gerard Harvey, Tim Bruhl, Matthew Bryant and Kevin Lofgren.

### Meetings

Cub Scout Pack #329 - Nov. 25, at Line School at 818 Water Street at 6 p.m. Anastasia Ferguson is the Cubmaster.

Newfield Firefighters training session - Nov. 26 at the Public Safety Building at 85 Water Street in West Newfield at 7 p.m. New members are welcome to attend.

Boy Scout Troop #329 - Nov. 27 at the Brick Town Hall, at 11 Main Street in Limerick at 6:30 p.m. New members always welcome. Jim Dion, Scoutmaster. Call Joe Iannazzo at 850-6237.

Tea Time - Nov. 27, at the Newfield Village Library at 637 Water Street at 3 p.m.

### Can't Afford Your Meds?

Mainers who cannot afford their prescription medicines are reminded of the many options for free or low-cost prescription drugs. These include state and federal programs, pharmacy discounts, copay foundations, and the patient assistance programs of both brand name and generic drug manufacturers. Although primarily helping low-income uninsured individuals, some programs are available to patients with Medicare or commercial insurance, or to those with significant incomes but especially high medical expenses.

Because each prescription assistance option has its own frequently changing eligibility requirements and application process, few medical practices or patients themselves can easily identify the most appropriate sources of help for each individual's unique circumstances. Many Maine hospitals have therefore created prescription assistance

programs to which area doctors can merely refer their patients. After evaluating each person's medication list and financial status, knowledgeable program personnel then manage the medication access process on behalf of both doctor and patient.

All Mainers should tell their doctors if they cannot afford to take their medicines as prescribed. Medical practices can then either provide help themselves or refer patients to their local hospital's prescription assistance program.

Prescribers without access to a hospital-based prescription assistance/medication access resource may request guidance from MedHelp Maine at medhelpmaine@gmail.com or 793-4462. While this non-profit cannot provide either meds or money for individual patients, at no charge it will help Maine physicians and their hospitals develop prescription assistance programs to which doctors can refer patients at risk of avoidable ER use or hospitalization due to medication nonadherence.

Martha Morrison  
MedHelp Maine  
West Newfield

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## UPCOMING EVENTS at the Wellness Studio

### PRINCESS SPA DAY

Saturday, Nov. 23, 10am-2pm  
with NAILS BY JORDAN

Bring your little princess in for some pampering. This will include a child's manicure with regular polish, goodie bag, picture station and coloring station. Registration is required. 207-247-7388.

### VINYASA FLOW YOGA

Tuesdays beginning Nov. 26, 6-7pm

Join Jennifer Coughlin in this 4-week series of Vinyasa yoga to get ready for the holidays or drop in when you can.

Cost \$40, Drop-in rate \$12.

### HEALTHY THROUGH THE HOLIDAYS

Thursdays, 6-7:30pm

Keep your balance this holiday season with the guidance of Functional Medicine Health Coach, Kerry Chamberlain. Cost \$100.

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## Got Business News?

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Changes to your business?  
New hours or location?  
Press releases? Photos?

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# ALFRED

Allison Williams

awilliams@waterbororeporter.com  
324-5823

## It was all about the Shakers

When Lloyd Hunt spoke to the New Century Club this past Monday in the Shaker Museum he revealed much about the Shaker Society, especially members in Alfred. When the group peaked, probably in the mid 1800's, there had been 200 members here, 3000 acres of land and about 60 buildings built. The community closed in 1931 with the remaining 21 Shakers moving to Sabbathday Lake, forming the foundation for that community. That is the remaining Shaker community in Maine and it includes three members.

So what happened in those years after Mother Ann who brought Shakerism to this country, arrived from Manchester, England? Hunt explained research was difficult because fire destroyed many records which were scarce to begin with. He found penmanship of the records was remarkable but many were hard to decipher. He found that by 1820 they were beginning to lose the first generation of believers. The West was opening and Mother Lucy Wright who had led expansion and evangelism of the group had died. Hunt found the 1820 census included 157 members, about 67 males and 86 females. There were 47 working in agriculture, 10 in manufacturing and the members were aging. By 1840 there were 155 in total, by 1860 the number was 86.

Although leadership appears to have been held both by women and men, the actual activities followed traditional roles. The men were doing the farming, manufacturing and commerce. Women maintained households, cooking and cleaning, but also spinning and weaving. Because the records were kept by men they show a one sided view. Most of the surplus goods were made by men who were also the peddlers. Goods made in a carpentry shop, butter churns, milk pails, flax wheels, cheese tubs, barrel covers, buckets, dry measures, hay rakes, and more could be found in the peddlers cart.

A few things were purchased from the outside world, like salt, sugar, molasses and broom corn. The best money maker for the peddlers was seeds. Hunt learned that in 1837 seeds sold by Alfred peddlers earned \$1,000. In Hancock, Mass. 673 pounds of seed were sold, earning them \$1,876.99. The Shakers had begun to divide up the peddling territories. Alfred negotiated with Sabbathday Lake for sales territory keeping most of the populated counties for themselves.

In Gorham in 1784 some prominent farmers were converted to Shakerism and many joined the Alfred community. In 1807 the Gorham members were organized into a family. Most of the North Family in Alfred joined them. Hunt felt that at its largest it included 60 members. In 1819 members were moved to Poland Hill to form the Gathering Order for the Sabbathday Lake Shakers. Although many who formed the Gorham community were from Gorham, this also took members from Alfred. This eventually benefitted Sabbathday Lake who lacked enough members to form a Gathering Order.

Hunt found that early leadership was difficult to trace, he found many changes in leadership. This appeared to be tolerated by most members but one Shaker, First Elder John Barnes, was relieved of his post in 1815. He was accused of being "high minded, contrary, willful and quick tempered" with eccentric public behavior. He spoke against "petticoat leadership" but he continued to challenge the ministry. Some thought he was mentally ill.

In 1816 a "Green House" was established at Sabbathday Lake for elderly members who needed care in a separate facility from the rest of the population. This was not a "greenhouse" as we understand one where plants are grown but a building which was painted

green. It was assumed one was also built in Alfred. They continued to purchase land, most of it in Waterboro.

Some positive issues were that they used home made herbal remedies, interacted with the local community through trade, aid to fire victims, and missionary work, made productive sales trips, and provided basic education to children.

## Giving Tree at School

It isn't actually a tree, but labels with the name of whatever the recipient would like for Christmas be it practical or fun. It is in the school lobby outside the office New unwrapped gifts for the recipients need to be donated by Dec. 6.

The PTSA Holiday Fair is this weekend, Sat. Nov. 23 and Sun. Nov. 24 from 9 a.m. to 3 p.m. Besides multiple vendors, there will be a live raffle on Sunday starting at 2 p.m. Items may be picked up that same day by 4 p.m. or in the school office before Dec. 6. Raffle tickets will be available on-site. Santa will be present Saturday from 10 to 2. A yummy lunch will be available.

Local celebrities will be present to help promote Alfred Game Days.

## Parsons Memorial Library

If you are having a problem trying to complete a craft project before Christmas, join the crafters at the library on Wednesdays from 5:30 to 7. All knitters, braiders, carvers, etc. are welcome to join.

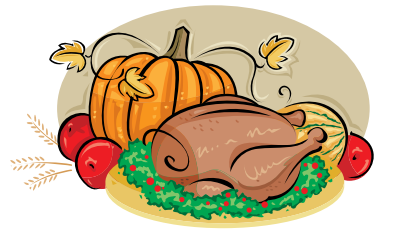
## Special Town Meeting

A Special Town Meeting will be held in Conant Chapel on Wednesday Dec. 4 at 7 p.m. The proposed acceptance of Colins Meadow Lane as a town road will be brought to a vote.

# Free Thanksgiving Dinners

## Sanford

Thanksgiving Dinner at the VFW, 1 Hutchinson Street, Sanford. Free to anybody that doesn't have a meal or somewhere to go. Open to the public. If in need of a ride, call 324-1142 at least 2 days before. Meal will be served from 12 to 4 p.m. or until the food is gone.



## Saco

Good Shepherd Parish and the Knights of Columbus will host the 21st annual Free Thanksgiving Dinner from 11 a.m. to 2 p.m. in the hall of Most Holy Trinity Church, located on 271 Main Street in Saco. All members of the community are invited to attend. A turkey dinner with all the fixings, including dessert and beverages, will be served. Free takeout and delivery are available on Thanksgiving Day. To set up delivery, pick up an order form at the parish office or call the office at 282-3321. If you can help with the dinner preparations, packing or delivering meals, or working in the kitchen, please call Ray at 282-9288 or Phyllis at 284-5030. If you can help with clean up, call Loyce at 284-9288. Donations of turkeys are being accepted now, and donations of pies can be taken to the church hall on Wednesday, Nov. 27.

## Kennebunk

St. Martha Church, located on 30 Portland Road, in Kennebunk, will host the 21st annual Project Pilgrim, a complimentary Thanksgiving Day dinner for community members to come together and share in delicious food with their friends and neighbors. Guests can stop by St. Martha from noon to 1:30 p.m. or call ahead and arrange to pick up a meal or have one delivered to their home. Transportation to and from the event is also provided. In 2018, over 300 people were served at the dinner. If you'd like to make a reservation (although not required), set up delivery/pickup, or learn more about volunteer opportunities, please call 967-1911. You can also visit [www.communityharvestonline.org/projects/project-pilgrim](http://www.communityharvestonline.org/projects/project-pilgrim).

# LYMAN



On Nov. 11, the Lyman Historical Society sponsored an event for veterans from Lyman and Dayton at the Lyman Community Library. A raffle raised money to donate to the Travis Mills Foundation, which serves physically challenged vets and their families at a resort on North Pond in Rome, Maine. Pictured is organizer Priscilla Miles with committee members setting up.

COURTESY PHOTO



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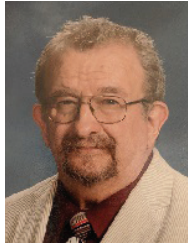
## 207-793-4600

5 Main Street, Limerick, ME 04048

Obituaries

**Daniel J. Penney**

Daniel J. Penney, 73, a resident of Springvale, died at his home on Monday, Nov. 11, 2019.



**Daniel J. Penney**

Daniel was born in Sanford on Jan. 3, 1946, the son of Freeman B. and Doris I. (Mullins) Penney.

Dan enjoyed various types of art including photography, oil painting, and drawing. Dan was an avid collector and enjoyed collecting Moxie and Norman Rockwell memorabilia. He also appreciated the history of Sanford and Springvale and collected Sanford/Springvale postcards, photos, and collectables. One of his lifelong passions was collecting stamps, coins and currency.

When Dan was younger, he was a CB enthusiast and went by the CB handle Elproductok. He also was a member of the Sanford Chess Club for many years, and enjoyed competing in chess tournaments.

Dan was also very involved in the community and volunteered at the food pantry, the book store and was very involved in service at the Salvation Army for many years.

Dan had a very strong work ethic. Dan worked 12-hour work days 6 sometimes 7 days a week to provide for his family. Dan went into work no matter the weather, no matter if he was sick. He worked as a mail handler for Spencer Press 25+ years in Wells. Prior to his career at Spencer Press, Dan enjoyed his factory position at Aerofab in Sanford.

More important than his hobbies and his job, were his children and his grandchildren. Dan's proudest life accomplishment was his family.

Dan is survived by his children, Travis Penney and wife Madeline of Sanford and Cuddy Penney and wife Jen Nolan of Sanford; Nyah Penney of Dover, NH and Kera Levasseur and husband Tyson of Nashua, NH; his six grandchildren, Julianna Penney, Ethan Penney, Madison Penney,

Kareem Abdelsadek, Tariq Abdelsadek and Chance Penney; his sisters Mary Penney of Springvale and Jacqueline Penney of Sanford; and one nephew and four nieces. Dan was predeceased by his brother, Benjamin Penney.

Dan's service will be held on Sunday, Nov. 24, 2019 at 2 p.m. at Sanford First Baptist Church, 905 Main Street, Sanford ME 04073. In lieu of flowers the family asks that you make donations to the Salvation Army or to Sanford First Baptist Church.

To leave a message of condolence for the family, visit [www.autumngreenfuneralhome.com](http://www.autumngreenfuneralhome.com).

The Autumn Green Funeral Home is respectfully handling arrangements.

**Marlene Claire Angers**

Marlene Angers, 66, a longtime resident of Sanford passed away peacefully at her home on Nov. 12, 2019, due to complications of MDS; a blood disorder disease which sadly progressed into cancer.



**Marlene Claire Angers**

Marlene was born on July 31, 1953 in Sanford; the daughter of Paul and Josephine (Melvin) Angers. She grew up in Sanford and attended Sanford Schools and proudly received her GED.

She will be most remembered for her 25 plus years of hard work and dedication at Roger's Supa Dolla in Sanford. Marlene was always ready to learn new things and during her years working at Roger's Supa Dolla, she became a highly trusted and valued employee.

Marlene's family was everything to her, and they always came first; she was especially devoted to her daughter and granddaughter. She also enjoyed taking vacations with the girls to Florida.

Marlene enjoyed socializing and was an active member of The Wolves Social Club; of which she considered them to be her extended family.

She will be sadly missed by her family and all they were very close to her, but she will be pleasantly remembered for her blunt sense of humor.

She is survived by her daughter Michele Angers of Sanford; her granddaughter Emily Manion of Sanford; her sister, Linda (Angers) Normand and her husband Paul of Alfred; her brother Ron Angers and his wife Julia of Tennessee; many nieces, nephews and cousins.

Marlene's family would like to extend their heartfelt thanks and gratitude to the Kennebunk Cancer Care Center.

A prayer service was held on Nov. 20 at the Autumn Green Funeral Home, 47 Oak Street; in Alfred. To leave messages of condolences visit [www.autumngreenfuneralhome.com](http://www.autumngreenfuneralhome.com).

**Thomas A. Whitten**

Thomas A. Whitten, 95, of Sanford, died peacefully sur-



**Thomas A. Whitten**

rounded by his family on Oct. 22, 2019 at the Gosnell Memorial Hospice House in Scarborough.

He was born on May 30, 1924, the son of Joseph F. and Flora M. (Benson) Whitten in East Waterboro.

Thomas enlisted into the U.S. Navy and served on a PT boat in the Philippine Islands during WW II. After he left the Navy, he returned to Maine and in May of 1948, he married his wife and soul mate Virginia Roberts, also of Waterboro. Mr. Whitten worked for Adams/Auclair trucking for many years. Following his "retirement" he took a job working in the hardware department at Mardens in Sanford where he was known to his co-workers and customers as Uncle Tom. After nineteen years there he retired for good at the age of eighty five.

Tom enjoyed country music, western books and movies, but most of all spending time with his family both at his house and the camp on Sand Pond. He loved talking with his grandchildren and great grandchildren.

He is survived by his wife of 71 years, Virginia Whitten of Sanford and his children, Barbara Buehne of Sanford, Steven Whitten and his wife Pat of Sanford, Donna Griffin and her husband John of Biddeford, Bobbie Lizotte and her husband Butch of Lebanon and Ralph Varney of Waterville. He is also survived by his eight grandchildren, seventeen great-grandchildren, two great-great grandchildren and a number of nieces and nephews. He also enjoyed a very close relationship with his nephew Bob Benson.

Tom was predeceased by an infant son Lawrence Everett Whitten and his brothers Everett Whitten, Arthur Whitten, Arnold Whitten, Lawrence Whitten and sister Evelyn Benson.

A Graveside Service was held on Wednesday, October 30, 2019 at 1:00 p.m. at the Veterans Memorial Cemetery, 83 Stanley Rd., in Springvale.

The family would like to express their thanks to the facility and staff at Gosnell House for their exemplary care and kindness during this time.

To leave a message of condolence for the family, visit [www.autumngreenfuneralhome.com](http://www.autumngreenfuneralhome.com).

**SACRED SELF**

(Continued from page 1)

to give them the same opportunity to heal that I have had."

"It is really important to me for people to realize that self care is not selfish. We have to work hard to unlearn this. We have been living this way for generations," Mains added. "We need to be accountable to ourselves, to find real relief from pain, to find healing. Self-care is so important. We need to put ourselves first so we can help others." And that is how Mains came up with the name for her space, "The Sacred Self: A Center for Healing the Mind, Body & Soul."

On Facebook, Mains recently posted a quote from Rumi, the 13th century Persian poet, scholar and theologian. "I have come to drag you out of yourself, and take you in my heart. I have come to bring out the beauty you never knew you had and lift you like a prayer to the sky." Mains added, "This is the core of my mission at The Sacred Self in a nutshell...

to provide you with space for healing, creating, learning and growing... individually and as a community... so you can shine your own beautiful inner light. The world needs light!" She continued, "If we can learn to heal ourselves, instead of treat the symptoms, we will in turn heal our tribes, communities and the healed communities will help to heal the County, State, Country, Continent, and Planet."

"I want the Center to be a Community Resource for healing, as an alternative to the medical



system," said Mains. Her vision is to have the Center open every day, but for now is by appointment only. Stay tuned.

Another quote by Rumi hangs in the Center - "Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."

The Sacred Self is located at 172 Main Street in Cornish at the Cornish Place plaza. For more information, find them on Facebook, visit [www.thesacredselfme.com](http://www.thesacredselfme.com), email [thesacredselfme@gmail.com](mailto:thesacredselfme@gmail.com) or call 200-3348.

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The Waterboro Public Library is now accepting applications for a part-time Library Assistant.

The successful candidate must have experience working with the public, especially children of all ages; exceptional customer service skills; the ability to work in an environment that can be energetic and lively; an outgoing personality; and computer and internet proficiency. Previous work experience in a library and using automated library software is desired.

This is a part-time position that includes Wednesdays, 8:45 am - 12 pm, and a minimum of one Saturday and two evenings per month. Hours would average 3 to 12 hours/week. Additional flexible hours may be available when needed to cover extra busy times during programs, holidays or staff absences and vacations. The ability to be available to work flexible hours or at short notice is desirable.

Starting wage is \$11/hour and increases to \$12/hour starting January 1, 2020.

To apply, please submit a cover letter, résumé, and three current professional references to the Library Director, Julie Hoyle: julie@waterborolibrary.org or mail or drop off at Town Hall, 24 Townhouse Road, East Waterboro, ME 04030. Application reviews and interviews can begin immediately upon submission and the position remains open until filled.

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BUSINESS NEWS



## Sanford/Springvale Chamber recognizes Sanford McDonald's remodeling project

Robert and Richard Hogan, McDonald's franchise owners for more than 25 years welcomed Chamber Ambassadors to tour the downtown Sanford restaurant and cut the ribbon to celebrate the newly remodeled facility. The owners main goal is to provide their employees with a rewarding and positive working environment, with great potential for growth and opportunity. Pictured from left, Holly Pritchard (Hampton Inn Kennebunk), Sean Dumont (Edward Jones Investments), Suzanne McKechnie (Investcomm Commercial Group), Joe Bartolome (Verizon Wireless Zone), Liz Kilkenny (Town Square Media), Caren Martineau (Batchelder Brothers Insurance), holding scissors McDonald's Owner Rich Hogan, General Manager of the Sanford location Tammi Brochu, Rick Picard McDonald's Operation Supervisor, Rebecca Lapierre (Town Square Realty), Ron Maloof McDonald's Director of Operations, Evelyn Libby (Atlantic Broadband) and Chamber President Rick Stanley.

PHOTO BY DIANA CARREIO

MAINE DEPARTMENT OF INLAND FISHERIES & WILDLIFE

## Department seeks public input on Maine's Furbearers

The Maine Department of Inland Fisheries and Wildlife wants to hear your ideas and opinions about the management of Maine's furbearers - a diverse group of mammals that includes coyote, red and gray fox, bobcat, fisher, marten, raccoon, skunk, short and long-tailed weasels, mink, otter, beaver, muskrat, and opossum.

During the first week of December, the Department will hold a series of statewide public meetings that will focus on furbearers. The meetings are designed to gather ideas and information from the public that will help shape management of these species over the next fifteen years.

"We are looking for input from the public that will help guide our furbearer management efforts over the next fifteen years," said Nate Webb, "We've already conducted extensive public surveys, but this is your chance to provide additional input on the management of these species for years to come".

In addition to public meetings, IFW is creating a dedicated online forum at <https://www.maine-furbearerforum.org/> to provide a further opportunity for residents to voice their opinions on furbearer issues. The website will stay live until Dec. 7,

at which point comments will be reviewed. Residents are encouraged to log on during the month of November to submit responses to prepared questions as well as interact with one another.

There will also be a series of public meetings around the state to hear people's thoughts and ideas regarding species management. A list of locations and time and date are listed below.

Furbearer Management Public Meetings

- Portland: Tuesday, Dec. 3 at 6:30 p.m.; Fireside Inn and Suites, 81 Riverside Street, Portland, ME 04103

- Orono: Tuesday, Dec. 3 at 6:30 p.m.; Black Bear Inn, 4 Godfrey Drive, Orono, ME 04473

- Augusta: Wednesday, Dec. 4 at 6:30 p.m.; Augusta Civic Center, 76 Community Drive, Augusta, ME 04330

- Presque Isle: Thursday, Dec. 5 at 6:30 p.m.; Northeastland Hotel, 436 Maine Street, Presque Isle, ME 04769

For further information about the research study, contact Nate Webb, Maine Department of Inland Fisheries and Wildlife, at [nathan.webb@maine.gov](mailto:nathan.webb@maine.gov).

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