



REPORTER

YOUR COMMUNITY NEWSPAPER

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Energy healing

By CYNTHIA MATTHEWS

What is Energy Healing? Marianne Wyer of Healthy Pathways Healing Center in Limerick held a workshop at the Limerick Library on the subject. Wyer has been a family nurse practitioner for 30 years, and explained that she has learned that there are many paths to healing and that western medicine is just one way. Sometimes the way to heal is to be open. "It's about not confining yourself to one way of thinking," she said.

Wyer explained that we are all made up of energy, our cells are constantly moving, talking to each other, creating vibrations, flowing through our body. When we become stressed, that energy can become blocked or weakened. These blockages can cause negative feelings, and lead to bad habits, like overeating, poor sleep and not exercising. Energy healing taps into the energy in our bodies to effect positive change, to release those blockages, and improve the flow of energy, helping us to feel better. And when we



Candlelight Yoga at the Wellness Center at Peck's Family Acupuncture in Waterboro.

COURTESY PHOTO

feel better, we eat better, have more energy and move more.

Karen Remington of Spirit Flow Pathways in Cornish added that, "Meditation allows us to raise the vibrational energy within to then connect to the universal energy," helping us to heal. Wyer said that there are several techniques for energy healing, including Therapeutic Touch and Reiki.

Reiki is a Japanese word, coming from the root words, Rei, meaning universal, and Ki, meaning life force energy. Practitioners use a technique in which that universal energy is

transferred through the practitioner to the patient, or client, to promote emotional and/or physical healing.

"As a Shamanic and Reiki practitioner, I connect to that universal energy and become a conduit in which that energy flows through me, and is healing for a client, myself, my pets, or even the earth," said Remington. She added that this energy healing can also be sent long distance.

There are also three practitioners at Peck's Family Acupuncture in Waterboro that incorporate Reiki into their individual practices. The Department of Defense and the Vet-

erans Administration (VA) have done research on using complementary therapies, such as acupuncture, Reiki, yoga and Tai Chi. Peck's is a Community Care Provider with the VA, and owner Jessica Peck will be traveling to Massachusetts to be trained in Battlefield Acupuncture. "My experience of Reiki as an acupuncturist is that it can enhance the work we do in acupuncture," said Peck. "I am particularly interested in how Reiki can help individuals with PTSD and difficult

(Continued on page 3)

Broadband expansion announced for 26 Maine communities

Redzone Wireless, LLC, a Maine-based broadband services company, announced that it has selected 26 Maine communities for new wireless broadband networks delivering 25 Mbps broadband across the state.

The multi-million dollar privately funded 2019 Maine broadband expansion follows recently launched Redzone networks serving Farmington, Dover-Foxcroft, Calais, and Machias.

The Maine Communities Selected for 2019 Broadband Expansion are: Alfred, Berwick, Bucksport, Caribou, Durham, Fairfield, Fort Kent, Frankfort, Gardiner, Greene, Lisbon, Livermore Falls, Madison, Milo, Morrill, New Gloucester, New Sharon, Norridgewock, Oakland, Presque Isle, Rumford, Skowhegan, Waterboro, Wilton, Windham and Winthrop.

The current expansion areas selected were based on over 35,000 broadband service requests received from Maine residents and businesses during 2018. It is important to note that portions of 50 adjacent communities will also be served by Redzone's 2019 network expansion.

In addition to expanding into 26 new market areas, Redzone will be completing network upgrades in several existing markets including Sanford, Bath, Monhegan Island, Union, Westport Island, Portland, Falmouth, and Belfast.

With the completion of this broadband network expansion, Redzone's total Maine coverage will surpass 300,000 households – representing over 50 percent of all Maine homes. Redzone's fixed wireless broadband network operates on multiple wireless spectrum bands including LTE on FCC licensed 2.5 GHz spectrum, and is considered one of the largest FCC licensed fixed wireless broadband deployments in the US.

"2019 marks another exciting phase of growth for Redzone Wireless. We have a powerful combination of key drivers that make our fixed wireless broadband advantageous in Maine including premium exclusive FCC licensed 2.5 GHz spectrum, and dramatically lower deployment costs versus fiber or cable. These drivers are enabling us to reach 50,000 new households in only

(Continued on page 3)

Report affirms Maine's approach to taxing cannabis

A first-of-its-kind look at state excise taxes on legal cannabis sales, recently released by the Institute on Taxation and Economic Policy (ITEP), finds that revenue from excise taxes on cannabis is on par with revenue from taxing alcohol. However, the report cautions that the sustainability of revenues generated from legalized recreational cannabis sales could be jeopardized depending on how the tax is levied.

The report, "Taxing Cannabis," examines monthly data through January 2019 released by states that have legalized sales of recreational cannabis.

Of the nine states to have legalized recreational cannabis sales, six levy an excise tax based solely on the price of items purchased. According to ITEP, this makes state revenues vulnerable to dramatic price decreases such

as those experienced by Colorado, where prices are down 61 percent from their 2015 peak. The price of cannabis is falling rapidly in many states with legal markets.

Maine has not yet begun collecting revenue from the sale of recreational cannabis, but the system by which revenue collection will begin in less than a year earned high marks from ITEP.

Maine is among three states taking a more sustainable approach to cannabis taxation by implementing a weight-based excise tax, which preserves cannabis revenue stability. Alaska relies solely on a weight-based excise tax while Maine and California have pursued a hybrid approach that applies both weight-based and price-based excise taxes. This hybrid approach ensures higher taxes are collected on more expensive cannabis products sold under pre-

mium labels, which are likely to be purchased by wealthier consumers, while stabilizing revenue from potential price drops.

"State excise taxes on cannabis can generate meaningful revenues, but not enough to fundamentally transform state budgets," said Carl Davis, ITEP research director and an author of the report. "If states fail to structure the tax properly, the long-run result will be unpredictable or even declining revenue. States should plan ahead for a dramatic drop in cannabis prices and should structure their taxes accordingly."

While cannabis tax revenues are growing in states that have begun to collect them, they still represent less than 1 percent of total state and local tax collections in the six states reporting data, according to ITEP.

"A well-designed cannabis tax

should hold up in the long term," said Garrett Martin, executive director of the Maine Center for Economic Policy. "While there's little evidence to suggest revenue from cannabis taxation is a substitute for the broad-based taxes upon which we rely to fund basic investments in people, communities and the economy, Maine's approach to taxing recreational cannabis can serve as a model for other states."

Excise taxes collected from recreational cannabis sales surpassed \$1 billion for the first time in 2018. The \$1.04 billion in cannabis excise taxes collected across half a dozen states last year rivaled the \$1.16 billion in excise taxes collected from alcohol sales in those states. Already, cannabis taxes raise more revenue than alcohol excise taxes in Colorado and

(Continued on page 4)

NEW EVERY FRIDAY!

Find everything you need to know about YOUR local community every Friday!

LOCAL NEWS • LOCAL EVENTS • LOCAL FACES • LOCAL BUSINESSES



BUSINESS NEWS



Casual for a cause

COMMUNITY CALENDAR

ACTON-SHAPLEIGH LI-ONS CLUB MONTHLY PAN-CAKE BREAKFAST at the Acton Town Hall, 35 H Road on Saturday, Feb. 2 from 8 to 10 a.m. The breakfast is \$5 per person and includes blueberry and plain pancakes, eggs, beans, toast, sausages and coffee, tea and milk.

BOOKED FOR LUNCH Waterboro Public Library hosts a lunch-time book group on the first Wednesday of each month. This friendly, informal book discussion meets from 12 to 1 p.m. Please bring your lunch and join us on Feb. 6 to talk about *Being Mortal* by Atul Gawande. Copies are available at the library. Registration not required. Waterboro Public Library is located at 187 Main St., East Waterboro. Events are free and open to the public.

FIBER ARTS GROUP Do you love to knit, crochet, sew, or spin? You are invited to join us every Thursday from 2 p.m. to 3:30 p.m. for an afternoon of crafting and conversation with fellow artists. Sharing is encouraged! Bring your own tools, materials and current project with you. Assistance with knitting will usually be available. We welcome crafters of all skill levels! Registration not required.

ICE FISHING DERBY The Goodwin's Mills Firefighter Relief Association (GMFRA) is sponsoring the 4th Annual Ice Fishing Derby on Feb. 9, from 6

a.m. to 2:30 p.m. on Kennebunk Pond in Lyman. Cash prizes and trophies for 1st, 2nd and 3rd place for longest Trout in both adult and kids division. A cash prize and trophy will be awarded for the longest Bass. Award ceremony at 2:45 p.m. Take a chance as they raffle off an Ice Auger/trap/basket package (or \$500 cash) and the ever popular 50/50 raffle. All winners must claim prizes by 2:30 p.m. Cost is \$18 Single, \$10 Child (under 16), and \$35 Family. Tickets will be limited to 300. Pre-register at Goodwin's Mills Fire Station, Route 35, Lyman or on the day of the derby at the Kennebunk Pond boat launch. For more information go to www.gmfra.org or call Phil at 206-0164. All proceeds to benefit the Firefighter Relief Association.

ANNUAL WINTERFEST- The Abenaki Draft Horse Association will hold Winterfest 2019 on Feb. 10, weather permitting, from 10 a.m. – 2 p.m. The clubhouse is located at 117 Duke Lane, Lyman. There will be horse drawn sleigh rides, wagon rides, food and music with free admission. Sleigh ride prices for adults are \$5, 15-18 years old \$3 and children under 14 ride free if accompanied on ride by an adult. Call Tom Bragg at 651-5282 or email David Oleson at oleson@midmaine.com for more info.

MAC N' CHEESE COOK-OFF Corgis Against Cancer Winter Cook-off will be held

EMAIL NEWS@WATERBORO REPORTER.COM

Sunday, Feb. 10 at noon at Lake Arrowhead Community's Club 2, 206 Old Portland Road, North Waterboro. This fundraiser for the American Cancer Society and Relay For Life is a mac n' cheese cook-off. Tickets will be sold at the door. Adults are \$5, children 8 and under are \$2.

THE RELAY FOR LIFE OF YORK COUNTY will be hosting its kickoff event at Duffy's Tavern & Grill located at 4 Main St in Kennebunk, ME. The event will take place at Duffy's Tavern & Grill on Mar. 3, at 2 p.m. This will be the launch of the season for this local American Cancer Society fundraiser. For more information visit <http://www.relayforlife.org/yorkme> or call Jennifer Ruggiero at 373-3728.

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 6:30-8:00pm. All poets from beginners to advanced are invited to bring an original poem to discuss.

Throughout 2018, SIS Bank hosted bimonthly jeans days to raise funds for local organizations and charities. Bank employees contributed \$3-5 (or more) to wear jeans to work and collectively raised over \$8,200 in support of 26 local organizations for the year. "Everyone looks forward to the jeans days, especially knowing they are contributing to different worthy causes each time," said SIS Bank President & CEO Blaine Boudreau. "We continue to be humbled by the generosity and the charitable spirit of our staff and thank them for another successful year of fundraising."

COURTESY PHOTO

BRIEFS

Help needed at theatre

Sanford Maine Stage Theatre performing from the Nasson Little Theatre in Springvale, is looking for people to do Tech work for their upcoming 4 shows. They do not have to be the same people for all 4 shows.

- Stage Managers
- People who know how to light the stage & the actors
- People for sound effects
- Piano Player(s) for our variety show in October
- Company Photographer
- Choreographer for the 2 fall shows, September and October
- Producer for each of the shows

If interested in any of these positions contact Mary at: marya.troopstair@gmail.com or call 324-8227 (leave message).

TO PLACE AN AD:
Call 247-1033 or email ads@waterbororeporter.com

BRIEFS

Discover Girl Scouts events

Girl Scouts of Maine (GSME) announces that it will host Discover Girl Scout events for potential members and volunteers at locations throughout the state every month. Below is a list of events in your area.

These events will bring together girls from kindergarten through third grade and their caregivers, and allow them to discover why Girl Scouting is important to the development of girls, how it relates to the success of young women today, and the important role that adults play.

"Girl Scouts helps girls develop their full potential," says Joanne Crepeau, CEO of Girl Scouts of Maine. "When a girl becomes a Girl Scout, she grows into a young woman who is self-confident, strong and compassionate. She learns how to build and maintain healthy relationships. She becomes more aware of the world around her and uses her skills and talents to make her world a better place."

These Discover Girl Scout events are just some of the many events that GSME will be holding this year. Here is a list of events in your area:

February 4

Alfred Elementary School, Alfred, 5:30 p.m.

February 6

John F Kennedy Memorial School, Biddeford, 6 p.m.

February 13

Hanson School, Lebanon, 5:30 p.m.

For more information about Girl Scouts or to see a full list of Discover Girl Scout events, visit www.girlscoutsofmaine.org or call 888-922-4763.

Girl Scouts of Maine builds girls of courage, confidence, and character, who make the world a better place. GSME provides services and support to nearly 13,000 girl and adult members statewide, and operates service centers and shops in South Portland and Bangor.

It's Valentine's Day at
Nature's Way Greenery
♥ Nature's Way Greenery ♥
Reopening Feb. 2
under new ownership!
for Valentine's Day
we will have roses, tulips, carnations and other beautiful single-stem flowers and arrangements of many sizes.
PLUS:
Houseplants, Gift Items & Flowering Bulbs!
OPEN: Wed.-Sat. 10 to 5; Sun.-Mon. 12 to 5 • Closed Tuesdays
95 Central Ave., Limerick • 793-6672

9TH ANNUAL Ice Fishing Derby
Sokokis Lake public boat launch, Route 11, Limerick
Sunday, Feb. 3
7 a.m. to 3 p.m.
Early sign-up: Feb. 2 at noon
SNOW DATE FEB. 10
• Adult with heaviest fish wins 50% of entry fees.
• Child with the heaviest fish wins a lifetime fishing license.
• Children with 2nd and 3rd heaviest fish win trophies.
PRIZES • RAFFLES
\$10 donation per adult • 15 and under FREE!
ADDITIONAL PARKING NEARBY
FMI call 608-5837
Sponsored by American Legion Post 55, Limerick
Derby profits will be used to help veterans with fuel assistance.

Yoga for All Bodies
6 week session
Thursdays from 9:30-10:20 am
2/7, 2/14, 2/21, 2/28, 3/7 and 3/14
\$60 pre-registration encouraged
Candlelight Yoga
2/10, 3/03, 5-6:30 pm,
3/24, 5:30-7pm,
4/14, 6-7:30pm, 4/28 6:30-8 pm
Please call Kelcy at 651-9952 to register
Peck's Family Acupuncture
813 C Main St., Massabesic Regional Medical Center, Waterboro
www.pecksfamilyacupuncture.com
jessica@pecksfamilyacupuncture.com

SHAPLEIGH

Joanne Bargioni

joannebargioni@gmail.com

Town meeting and elections next month

Shapleigh residents will be voting on Friday, March 8 in the next Municipal Election and with the announcement that William Mageary will not seek re-election for Selectman the field was open to new candidates to enter the race. This year for Selectman, two new names have been submitted, Scott E. Cudworth and Katherine M. Fagan.

In the Treasurer's race we have the incumbent, Michelle L. Romney, running unopposed. RSU 57 Director Sarah E. Hewitt is running unopposed as is the Road Commissioner Southern District Jeffrey H. Goodwin. Trustee Town of Shapleigh Community Forest candidate is Joseph L. Stanley and Trustee of Shapleigh Library, Kimberly M. Gendreau and Eileen P. Glover are running for two positions. There is also an open place for a Budget Committee Member.

The voting will take place at the town hall and the results will be announced at the Annual Town Hall Meeting the following day, March 9 at 10 a.m. at the Shapleigh Memorial School.

CDC urges Mainers to test for Radon gas

The Maine CDC is urging Mainers to test their homes for Radon gas. January is National Radon Action Month. Radon is an invisible, odorless, gas that can reach harmful levels when trapped in a home. High levels of Radon gas occur naturally in Maine. Soil and water can move into the home from the ground. Winter is the best time to test for Radon because it is the season when conditions cause more Radon to enter the home. Landlords in Maine are required to test their rental properties for Radon and share the results with their tenants.

There is no known safe level of Radon and testing is the only way to know for sure if there is a Radon problem. For information on Radon Testing visit Maine CDC Radon HomePage or call 1-800-232-0842.

Lions Club pancake breakfast

The Lion's Club will be holding its monthly Pancake Breakfast on Sat. Feb. 2 from 8:00am - 10:00am. The breakfast includes pancakes, sausages, beans, eggs, toast, coffee, milk. The price for breakfast is \$5.00 per person.

Shapleigh book club

The Book Club will be meeting on Feb. 2, at 10 a.m. They meet the first Saturday of the month at the Shapleigh Community Library, 607 Shapleigh Corner Road. Each month they pick a new book to read and review. New members are always welcome. Coffee, tea and cocoa are served.

GETTING FIT LOCALLY

ENERGY HEALING

(Continued from page 1)

to treat pain conditions. Often we as practitioners don't have the answers, but with Reiki, we do not have to know how to solve the problem. Reiki always goes where it is needed and does what it is supposed to do gently and lovingly. Remarkable changes happen in subtle ways," Peck added. Lea Lehman offers individual Reiki sessions at Peck's. You can reach her at <https://calendly.com/boundlessliving>. Kelcy McNamara teaches Trauma Sensitive Yoga, designed to assist those suffering from PTSD and complex trauma.

Both Remington and Wyer are Shamanic and Reiki practitioners, and use several techniques in their practice, including crystals, "to assist with meditation, healings, connecting with Spirit, and clearing of negative energy," said Remington. Both women also use the Chakras, the system of seven energy centers along the middle of the body defined by yoga and Ayurvedic medicine and believed to be connected with the nervous and endocrine systems. Remington has a Healthy Line Rainbow chakra mat as well, filled with over 25 lbs of crystals that heats up and assists in clearing and balancing the chakras.

In addition, Remington uses sound healing and meditation. "I often use singing bowls and drums to assist me in healings and meditation. Both my drums and singing bowl seem to transport me to another plane. I can feel them working on my vibrational energy and assist me in healing and clearing whatever blocks I may have built up."

No matter what technique you use, one thing is clear - there is a mind/body connection. And these local practitioners are all here "to help you create healthy changes in your life," said Wyer.

Healthy Pathways Healing Center is located at 26 Main Street in Limerick. Call 749-0392 to learn more about Wyer's offerings.

Spirit Flow Pathways is located at 37 Minkey Way in Cornish. Call 747-1021 or visit spiritflowpathways.com.

The Wellness Center at Peck's Family Acupuncture is located at 813C Main Street, at the Massabesic Regional Medical Center in Waterboro. Call 247-7388 or visit pecksfamilyacupuncture.org.

BROADBAND

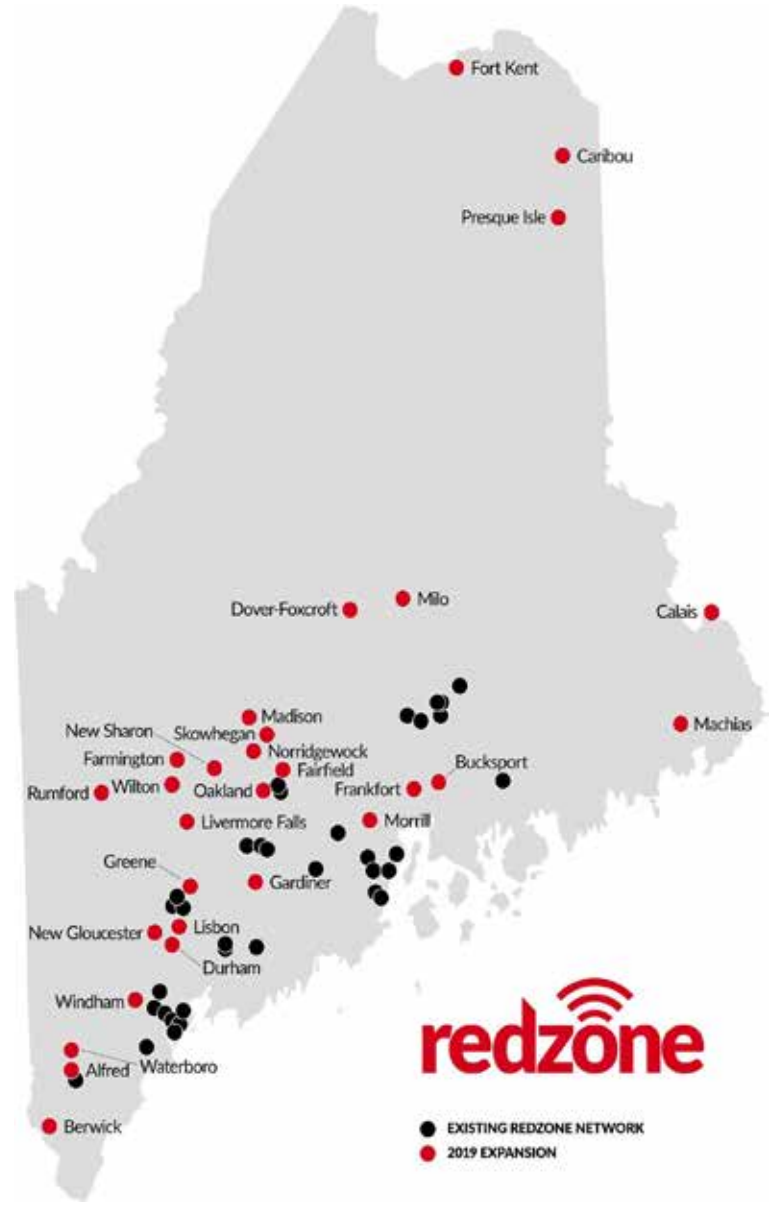
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12 months," said Jim McKenna, President of Redzone Wireless. "At the same time, Redzone continues to advance the reliability, capacity and speed of its technology and network in areas where it has already seen tremendous growth and demand."

"With the availability of faster Internet speeds, especially in rural areas of Maine, we can open the state's doors to future business investment, expand educational opportunities, and attract more people to live and work here," said Maine Governor Janet Mills. "This expansion is a welcome step in the direction of improving our broadband infrastructure and strengthening our economy."

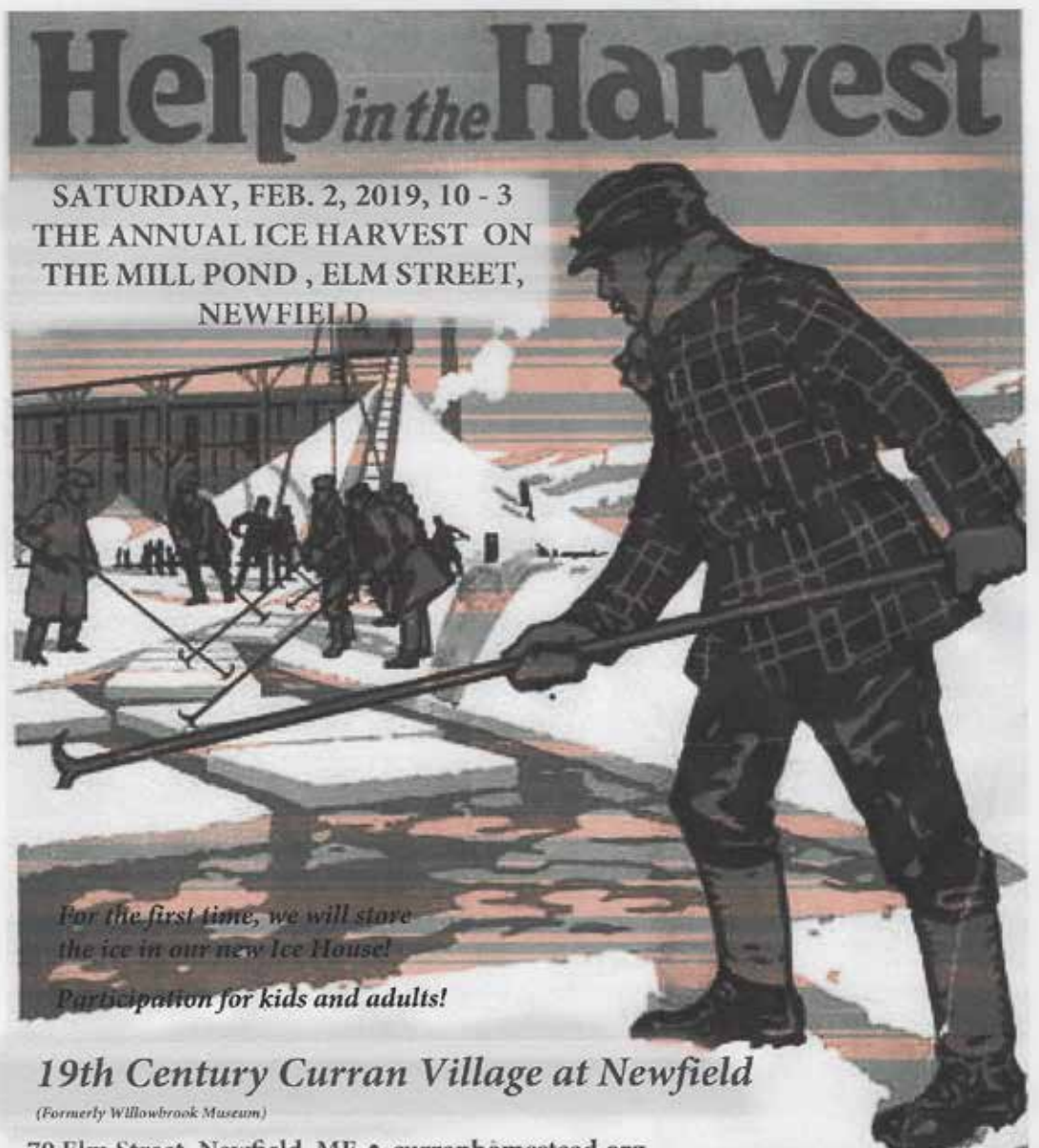
"The key advantage of Redzone's approach for closing Maine's rural broadband gap is economic sustainability," said Michael Forcillo, Redzone Executive Vice President. "While everyone agrees that broadband is a high priority essential service for all Maine residents and businesses, Redzone has developed an innovative business model that works in low population rural areas, and can be self sustaining without tax payer funded subsidies."

Redzone Wireless was formed based on the premise that everyone in Maine deserves access to affordable high quality broadband to increase the quality of life here, enabled through access to information, social connection,



essential services, activism, employment, healthcare, education, commerce, and entertainment. The benefits of strengthening

Maine through better broadband are critical and foundational for sustainable social, community, and economic development.



Help in the Harvest

SATURDAY, FEB. 2, 2019, 10 - 3
THE ANNUAL ICE HARVEST ON
THE MILL POND, ELM STREET,
NEWFIELD

For the first time, we will store the ice in our new Ice House!
Participation for kids and adults!

19th Century Curran Village at Newfield

(Formerly Willowbrook Museum)
70 Elm Street, Newfield, ME • curranhomestead.org

• FREE PUBLIC EVENT •
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GOODIES & HOT DRINKS (\$), WARMING STATIONS,
BLACKSMITHING & OTHER TRADITIONS
DEMONSTRATED
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HELP US PREPARE ON THURS. & FRI., JAN. 31 & FEB 1, 10-1, AS A VOLUNTEER. CONTACT US: (207)205-4849, thecurranhomestead@gmail.com, or show up with a snow shovel.

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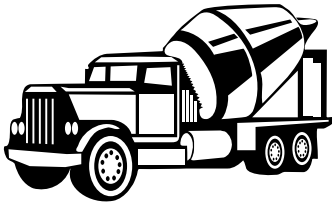
CRUSHED STONE
3/8" 3/4" 1-1/2"

READY MIX CONCRETE

HOT TOP • LOAM

MORTAR SAND

CRUSHED GRAVEL

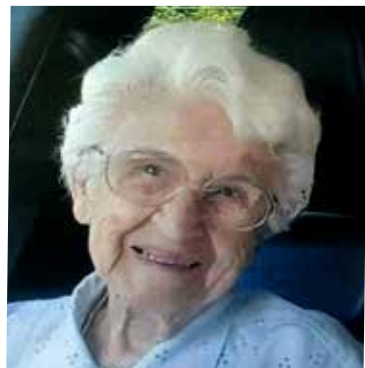


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WATERBORO

Celebrating 100 years

Barbara Bean, of Waterboro, is turning 100 years old on Feb. 7 and on Saturday, Feb. 9 there will be two parties in her honor. At 11 a.m. a celebration is being held at the Oak Street Bistro, 3 Oak Street Alfred. Senator David Woodsome will be the special guest. Then at 2 p.m. Barbara will be at the Waterboro Eagles Club, 1050 Main Street, where there will be food and a DJ. Barbara would love to see as many people as possible.



Barbara Bean

Jan. 8 meeting notes

At the Jan. 8 Board of Selectmen meeting, Nancy Johnson was appointed as the Registrar of Voters for a two-year term.

The new fire truck bid came

in at \$493,663 from Greenwood Emergency Vehicles which includes a \$25,000 trade-in offer for the old truck so the financed amount will be slightly less than the \$493K bid price. The town is pursuing financing arrangements since the voters approved up to a \$500K purchase price and will move forward with this purchase with the new truck anticipated to arrive by Christmas.

Save the date of Aug. 24 for the second annual York County Blues Festival to be held again at Friendship Park.

Donna Berardi and Brianna Tibbetts resigned from the budget committee and Rick Madruga was appointed to the Transfer Station/Recycling Committee and the Road Review Committee for terms to expire June 30, 2020.

Shopping bag sales to help fire department

The Waterboro Fire Department has been chosen to be part of the Hannaford Helps Reusable Bag Program and will be the beneficiary at the Waterboro Hannaford for the month of February. Every purchase of a "Community Bag" will generate a \$1 donation to the fire department. For more information visit hannaford.bags-4mycause.com.

ALFRED

Allison Williams

awilliams@waterbororeporter.com
324-5823

Public meeting on Comprehensive Plan

You could tell by the number of vehicles parked around Conant Chapel that people were taking seriously the info meeting called by the Alfred Planning Board last week. There were information sheets available and a full house to discuss changes. The meeting was led by Richard Pasquini chairman of the Planning Board.

He explained that one of the goals was to "expand options for expanding the Commercial Zoning District and adding to the Table of Uses" which he went into in some detail. The information sheets listed who the responsible parties would be.

Minutes of the Route 4 Safety Assessment Meeting were included. It had been found that speeds varied whether vehicles were going north (gained speed) and going out of Shapleigh into Alfred speeding occurs near Gore Road. There are now more families with children along Oak Street, the School Department wants children along Oak Street to walk to Depot Street to consolidate bus routes but there are no sidewalks. Also included in the info

sheets was a diagram of mixed use districts and the final draft for the ordinance to amend the Alfred Town Code. Breeding and boarding kennels are included, seasonal campgrounds, the elimination of a village growth district and inclusion of mixed use districts which would be along Route 111, 202 and 4. Lot sizes are covered, landscape buffers and signs. Also an extensive lands use category.

There were many questions from the audience. Those who were not present should obtain info sheets from Town Hall to learn about the proposed mixed use districts and deleting the Village Growth District.

Alfred parish church

A moment of silence by the congregation followed by a prayer by Pastor Sara was given during the service this past Sunday, in memory of Parish Member Patricia Marley, who died on January 19. She is well remembered by members for her courage during her long illness.

The annual meeting of the church will be held this Sunday February 3 at 11:30 with a potluck luncheon to follow.

School news

There did not seem to be much news from the elementary school this week except everyone looks forward to school vacation on Feb. 14. That is Valentine's Day and President's Day.

Is your child minus mittens or gloves? They may have hopped onto the mitten tree at school. Also, there is still a large box of winter clothing in the hall and winter is NOT over.

Something to look forward to is the Ice Fishing Tournament on Shaker Pond on Saturday, Feb. 16. There will be trophies and prizes. Those 15 or under can participate.

New children's books at Parsons Library include "All Right Already: A Snowy Story" by Jory John; "Come Home Already" by Jory John; "The Friendship War" by Andrew Clements (non-fiction); "Harold Loves His Woolly Hat" by Vern Kousky; "Little Owl's Snow" by Divya Srinivasan; "Max and the Midnights" by Lincoln Pierce; "Warriors in Winter" by Mary Pope Osborn; "Chicken Talk" by Patricia MacLachlan.

NEWFIELD

C.J. Pike

fudgecupboard@yahoo.com
793-8760

Hey kids, fun stuff during winter break

Workshops for kids and adults are being offered this February at 19th Century Curran Homestead Village at 70 Elm Street.

The very popular S.T.E.A.M. (Science, Technology, Engineering, Art and Mathematics) Camp program will be held on the February school break, which is Feb. 18-22. There are a variety of workshops for kids ages 8-13. They will be learning the crafts of bygone days, during the week long break.

Individual classes can be taken or take them all for a discount of \$175. Workshops will be held from 9 a.m. to 3 p.m. each day. Bring a lunch. Contact the museum before Feb. 8 to register at 205-4849. Visit www.curranhomestead.org to see the list of workshops.

Meetings

Cub Scout Pack #329 - Feb. 4, at Line School at 818 Water Street at 6 p.m. Anastasia Ferguson is the Cubmaster.

The American Legion - Feb. 4, at the Brick Town Hall at 19 Main Street in Limerick at 7 p.m.

Boy Scout Troop #329 - Feb. 4, at the Scout Hall at 7 School Street in Limerick at 6:30 p.m.

Newfield Selectmen - Feb. 5, at the West Newfield Town Hall, 23 So. Effingham Road at 6 p.m.

Newfield Firefighters training session - Feb. 5, at the Public Safety Building at 85 Water Street in West Newfield at 7 p.m.

Tea Time - Feb. 6, at the Newfield Village Library at 637 Water Street at 3 p.m.

The Comprehensive Planning Board - Feb. 6, at the West Newfield Town Hall at 23 So. Effingham Road, at 7 p.m.

Newfield Planning Board will meet on Wednesday, February 6, at the West Newfield Town Hall at 23 So. Effingham Road, at 8 p.m. following the comprehensive planning board meeting.

Newfield Rescue training session - Feb. 7, at the Public Safety Building, 85 Water St., at 7 p.m.

CORRECTION

My apologies for including Murray Greenleaf in the birthdays last week. Mr. Greenleaf passed away a few months ago; My sympathy to the family.

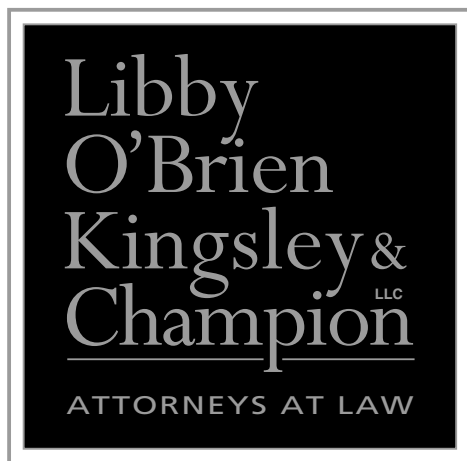
TAXING CANNABIS

(Continued from page 1)

Nevada, and the same is projected to occur in California by 2020.

For more information, or to see the complete report, visit itep.org. Experts from MECEP are also available to comment on the report and its findings.

MECEP is a nonpartisan policy research organization that provides citizens, policymakers, advocates, and media with credible and rigorous economic analysis that advances economic justice and prosperity for all Maine people. For more information about MECEP: www.meccep.org.



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MAINE MASSACHUSETTS NEW HAMPSHIRE

TOWN OF WATERBORO

NOTICE OF PUBLIC HEARING

The Waterboro Board of Selectmen will hold a Public Hearing at the Waterboro Town Hall, 24 Townhouse Road, on **Tuesday, February 12, 2019 beginning at 6:00 p.m.**

Public Hearing is to receive comment regarding a Special Amusement Permit for the Town of Waterboro for the Blues Festival scheduled for **August 24, 2019** in Friendship Park.



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BRIEFS

New day and location for meetings

The York County Republican Committee (YCRC) monthly meeting will be held at the Wells Activity Center, 113 Sanford Rd. (Rte 109), on Thursday, Feb. 14. Doors will open at 6 p.m. for socializing and Valentine's Day treats, followed by a business meeting at 7 p.m.

After years of holding YCRC meetings in the Alfred Town Hall upstairs meeting room, which lacked handicapped accessibility, under the direction of the newly elected YCRC Chairman, the Honorable Jonathan Kinney, the decision was reached to permanently relocate YCRC monthly meetings to the refurbished "Old Grange Hall" in Wells that was re-purposed as the Wells Activity Center in 1996.

All Republicans are invited to participate in this inaugural meeting in this well-equipped, fully handicapped accessible facility, that is easily accessed from major roads, is close to Turnpike Exit 19, and has ample off-street parking.

Come learn how you can become part of this new start, in this new place, with new leadership. And come hear what is new in Augusta from the current legislators who will be on hand to answer your questions. For more information, email ycrcsecretary@gmail.com.



MOB player Brady Cormier (#8) scores vs. Mt. Ararat/Lisbon/Morse/Hyde on Jan. 26. COURTESY PHOTO

ICE HOCKEY MOB gets 7th win

MOB (Massabesic/Old Orchard/Bonny Eagle) got goals from three different players and a 10 save effort from goal keeper Gavin Sperlich to help post a solid 3-1 win over the combined team from Mt. Ararat/Lisbon/Morse/Hyde (6-7-1 in Class A North) on Saturday, Jan. 26 at USM.

Grayson Krause scored the lone goal of the first period, Payton Oertel and Tayte Harris with assists, at the ten minute mark and the middle frame went scoreless. Chris Westgate gave Mob some breathing room with an unassisted score four minutes into the third and Brady Cormier pushed it to 3-0 with an unassisted goal of his own four minutes later to effectively seal it.

MOB moved to 7-5 with the win.

By MICHAEL DEANGELIS
Sports Editor
news@waterbororeporter.com

GIRLS BASKETBALL

Mustangs stop Spartans

Cote's 37 not enough

The lady Mustangs turned in their best team effort win of the season, closing out 62-54 triumph over rival Sanford (7-8), in varsity girls' basketball on Tuesday, Jan. 29 at Massabesic High School.

Paige Cote was a dominant force for the Spartans, pouring in

37 points that included a dazzling 21 of 24 from the free-throw line, but it wasn't enough as the Mustangs managed to come up with key defensive stops and huge buckets when they needed them.

Massabesic built an 11 point lead, 32-21 at halftime, but the Spartan's closed the gap to just six by the end of the third. The Mustangs built the lead back to 12 with a spirited early part of the fourth, but Sanford kept battling and they whittled the lead down


to just three at 49-46 with five minutes left to play.

Maddie Brassard nailed a clutch three-pointer, her second of the night, after a timeout by Mustang coach Chris Aube and the Spartan's never got closer thanks in large part to a 10-point fourth quarter from Kenzy Ouellette who dropped in a pair of three-pointers and went four of four from the charity stripe in the frame. Cote had 12 in the fourth for the Spartans who went 23 for

32 at the line while Massabesic made six of just eight attempts.

Skylar Renaud had five of her 11 points in the third quarter helping the Mustangs maintain a lead they had held from early in the first. Grace Frechette had eight and Micaela Jacobs had six for Massabesic who picked up their fifth win against 10 losses.

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marijuana or hemp plants and is considered the medical component and has little to no psychoactive properties, so your pet will not "get high." Cannabis can be used to treat a wide variety of medical and behavioral issues such as seizures, nausea, stress, anxiety, arthritis, pain, symptoms of cancer, and gastrointestinal issues to name a few.

Cannabinoids work by interacting with receptors in the body that regulate things like pain, anxiety, and nausea. CBD can have effects as quickly as 20-30 minutes after administration and provide your pet with a calming feeling and pain-relieving sen-

sations without becoming high. There are very few adverse side effects with CBD. CBD can be easily administered in the form of a capsule, oil, or treat.

Some veterinary hospitals have started carrying CBD products routinely. There are companies that specialize in CBD products specific to pets. It is safest to purchase from one these because they build their products to include ingredients which are beneficial for pets and their dosage recommendations are specifically for pets.

- Dr. Magda Rosol
 Alfred Waterboro
 Veterinary Hospital

OBITUARIES

Charles A. Gassett, Sr.

Charles A. Gassett, Sr., 72, a longtime resident of Gore Road in Shapleigh, died at his home on Jan. 22, 2019.



Charles A. Gassett, Sr.

Charles was born on Sept. 22, 1946 in Farmington, the son of Charles H. and Evelyn R. (Crouteau) Gassett. Charles, also known as Charlie, was the eldest of five children. He was the entertainer of his beloved family. Using ordinary items around the house as props, he would put together skits for them. He always tried to make them laugh and feel loved.

Charlie was the Lead Auto Mechanic for Hertz Rental for 23 years at the Portland Jetport. He had a natural aptitude when it came to mechanics; whether it was doing a simple oil change or making a major repair. He was a hard-working and loyal man. He loved racing and as a young man raced at Beech Ridge Speedway with his brother Alan. After retiring from Hertz he began announcing races at Box Shop Speedway, Redneck Raceway, Saco Pathfinders, Beech Ridge, and many more. Racing was a family affair that at one time included his son, Chuck Gassett, Son-in-law, Roni Galik, and grandson, Shane Gassett. He enjoyed interacting with the fans and drivers at each race event and made every effort to make the races exciting and fun.

Charlie believed in giving back to his friends and neighbors in the community. He and his family moved to Shapleigh in 1989 where he lived for 30 years. He enjoyed playing music at the Shapleigh Community Days and at Willowbrook Museum events. He and others joined together to re-open the Ross Corner Bible Church to worship and Sunday services. Charlie followed his spiritual journey and was a graduate of Steven's Ministry from Curtis Lake Church. He loved his Lord, family and wife immensely.

He was a 25 year volunteer at Goodall Hospital. In 2006, Goodall Hospital held its first Annual Gala and Charlie was honored as the first recipient of The Scott Hoar Hospital Volunteer of the Year Award. He volunteered his time at local nursing homes where he entertained residents and staff with his puppet shows, song and dances, and his men's program. His visits brought smiles, cheer, and support to those in need.

Charlie was a family man. His two children were a great source of pride. His wife, Norma, was the love of his life. They often enjoyed trips to the White Mountains, Wells Beach, and relaxing at Long Pond and Province Lake. Charlie loved staying in touch with his friends and family and was a social butterfly. He chatted regularly with this 90 years young mother, Evelyn, over the phone and Facebook. He also loved woodworking, animals and gardening, maintaining a small farm which included goats, chickens, ducks, geese, and a small, yet, robust vegetable garden.

Charles is now with his Lord and has been reunited with family and friends who have gone on before. He is lovingly survived by his wife of 50 years, Norma Jean Gassett of Shapleigh; his son, Charles E. Gassett, Jr. and wife Terry of Waterboro; their daughter, Teena J. Galik and husband Roni of Shapleigh; his mother, Evelyn Gassett of So Portland, his grandson, Shane Gassett of Westbrook, his siblings, Alan Gassett of Saco; Deborah Barnes and husband Mike of Old Orchard Beach; Sally Roberts and husband David of Winthrop; many nieces and nephews and his beloved rescue dogs, J.D. and Casey.

Charles was predeceased by his father, Charles H. Gassett and a brother, Danny Gassett.

A memorial service will be held in the spring.

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

The Autumn Green Funeral Home is respectfully handling arrangements.

Bruce Roubo

Bruce Roubo, 81, of Standish, passed away peacefully at home on Friday, Jan. 18, 2019.



Bruce Roubo

Bruce was born in Waterboro on June 6, 1937, to Alexander and Nellie (Tebbetts) Roubo. He spent his childhood there, attending Waterboro High School (in the last class to do so) before transferring to Sanford High School and graduating in 1955. He trained as a machinist at the Portsmouth Naval Shipyard, which led to a 25-year career with (Osram) Sylvania. Concurrently, he enjoyed a 30-year career with the 265th Combat Communication Squadron of the Air National Guard, rising to the rank of Chief Master Sergeant before his retirement in 1997.

But retirement was never part of his nature, so he started and ran a business for the next 11 years – RhinoLinings of New Hampshire and Capway LLC. In fact, there was rarely a time in his life when he was only pursuing one thing. In addition to his work life, he was president of the Waterboro Youth League, coached Little League and Babe Ruth baseball, was a charter member of the Massabesic Lions Club, as well as being a member of other civic organizations, participated in town government, served 20 years with the Waterboro Fire Department, was one of the first 400 nationally registered EMTs (and the very first in Waterboro), and has been a long-time member of American Legion Post 128 in Standish, only retiring from his position of Commander effective January 1, 2019. Service in whatever capacity he could was important to him and his efforts touched many lives over the years.

In his copious free time, Bruce built a house near his childhood home in Waterboro and raised four children with his wife, Meredith, who passed in 2015 after 55 years of marriage. Together, they

taught their children the value of hard work, honesty, and integrity, encouraging them to pursue their dreams while keeping them in line. While he was proud of his children, he adored his grandchildren and great-grandchildren, who could count on "Bunka" greeting them with a hug and a delighted smile. He met his great-grandsons last summer and was elated at the news of his great-granddaughter's arrival last week.

Bruce is survived by his companion, Glenna Jamison of Standish; his sons, Kevin Roubo of Standish and Timothy Roubo and wife Cabby of Reno, Nevada; his daughters, Kelly Roubo of Standish and Melissa Roubo and husband Dave Myers of Tallmadge, Ohio; his brother Victor Roubo and his wife Sharon; his brother Alexander Roubo and his wife Carol; many nephews and nieces; seven grandchildren and five great-grandchildren; and other family and friends. He was predeceased by his beloved wife Meredith, his father Alexander Roubo; and his mother, Nellie Emery.

Family and friends were invited to call on Jan. 24 at the Autumn Green Funeral Home, 47 Oak Street, in Alfred. A graveside service with military honors will be held later in the spring.

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

In lieu of flowers, memorial donations may be made to the Kenison-Hooper American Legion Post 128, where Bruce devoted much time and energy to the project of building a post home.

The address is: Kenison-Hooper American Legion Post 128, PO Box 633, Standish, ME 04084.

The Autumn Green Funeral Home is respectfully handling arrangements.

Gisela E. Simmons

Gisela E. Simmons, 80, of Middle Branch Drive in Alfred, died peacefully on Jan. 21 at the Gosnell Memorial Hospice House in Scarborough.



Gisela E. Simmons

Gisela was born on Sept. 27, 1938 in East Germany, the daughter of Hermann and Gisela E. (Dwellely) Friedrich.

Gisela came to the United States in 1965 as a young woman in her 20's. She was married to Robert R. Simmons in 1989 and together they operated the Alfred Gas and Grille. Gisela was generous to a fault and loved to bake. Though she never had her own children, she adored them and was supportive of children's activities and was an adoptive Grammy to many of her friend's kids.

Gisela enjoyed dancing, eating pizza followed by a fine piece of chocolate. She and Bob had a memorable trip to Hawaii and she could always be found with her two Doberman pinscher dogs. Of course, she spoiled them with love and doggie treats.

Gisela was a happy and positive person. She enjoyed her stay with her friends in Springvale; which kept her mind and spirit engaged. She was feisty and even had agreed to have her hair colored – in purple!

She has now entered into eternal rest and will be missed by her neighbors and friends.

A graveside service will be held later in the spring.

The Autumn Green Funeral Home is respectfully handling arrangements.

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