



# REPORTER

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## Sign of Spring

BY ALLISON WILLIAMS

“Is Dad there? We’ve had a lamb and this is early! I wasn’t expecting it – it was born outside!” The call was from our daughter – she and her husband have what I’ve heard referred to as a “hobby farm” – horses, sheep, goats, hens, a miniature horse with a companion pig. You name it, they have it. She grew up on a sheep farm so she knew what to do.

“Do you have a heat lamp? Make a pen!” I tried to think what to do next. It’s been a few years since we raised sheep who always selected the coldest time of the year for lambing – or at least it seemed so to me. This one seemed to be running true to form. Our daughter said to wait until 11 a.m. to come because she would be on the phone, working, (she works from home) until then. I left to relay the message to my husband who was scraping snow from the driveway. Typically, he was ready to leave immediately. I persuaded him to wait.

When we arrived later, she already had not one but two heat lamps in position. A pen had been created with two old doors, the ewe had fresh hay, but the little lamb, tar black, didn’t seem able to find his milk. “Bring me some shears,” ordered my husband, and when sheep shears appeared he began cutting off the wool tags, of which the ewe had a surplus. The ewe refused to stand still so I picked up the lamb making my husband’s task easier. The ewe was large enough for triplets but that didn’t seem to be the case here. While Lamb nuzzled my jacket looking for milk my husband trimmed around the teats, (he now had the ewe laying down) and presently let the ewe stand, took the lamb and showed him where his breakfast was. The lamb knew what to do. “She will be all right now,” he reported.

We returned home reeking with the odor of barn and new lamb. Was it only yesterday we had gone through this procedure with our own flock? I never imagined our daughter would someday be doing the same. There is a sequel to all this. Two nights later another lamb appeared who

(Continued on page 5)



The first spring lamb held by Aria LeBoeuf in Alfred after he learned where to find breakfast. COURTESY PHOTO

## Waterboro girl rocks!

Ivy Whittaker, of Waterboro, has been named the Title IX Champion in the Girls Rock! Awards for being an advocate for girls’ equal access to sports, including athletic facilities, coaching, education and equipment.

Hardy Girls Healthy Women (HGHW) has announced the names of six Maine girls who will receive awards at the organization’s 12th annual Girls Rock! Awards Friday, March 22 from 5:30-7:30 p.m. at Waynflete School in Portland.

The girls are Ivy Whittaker, 16, of Waterboro; Fardowsa Muktar, 15, of Lewiston; Ijeoma Obi, 16, of Bangor; Mikayla Reynolds, 18, of Winslow; Haley Stark, 17, of Falmouth; and Hannah Leary, 12, of Harpswell. They were nominated by their communities to be honored for their outstanding achievements in one of the following categories: STEM,



Ivy Whittaker  
COURTESY PHOTO

athletics, entrepreneurship, health advocacy, community organizing, and defying the odds for success.

Whittaker is a junior at Baxter Academy in Portland and a very passionate athlete. She was a dancer for many years but stopped after a series of injuries. Rather than giving up on movement altogether, Ivy moved to rugby, joining the Portland Girls Rugby Football team after convincing her mom

(Continued on page 4)

## GETTING FIT LOCALLY

BY CYNTHIA MATTHEWS

### Meditation

At some point, we’ve all been told to, “Take a breather.” So how do we regulate our breath? There are lots of breathing techniques out there, and they all help calm the body and clear the mind. It is not important which technique you use. “Take a moment to stop, notice your breath and the things around you, slow down your mind, and become present in the moment,” suggests Nichole Tracy of Sun Salutations Yoga in Buxton. “Yoga allows you to slow down and experience very breath.”

“Meditation is healing the mind,” said Tracy. “It’s about learning how to cope with the world, and yet find ways to still have joy.” Tracy explained

that, “Meditation is anything that allows you to completely step away, with a focus for your mind, and makes you feel better.” She continued, “For some, it may be gardening, for others, it might be putting together a puzzle, reading, or even savoring a piece of chocolate or a cup of coffee. For others, it might be dancing, or moving meditation, such as yoga.” Whatever method you choose, the idea is that you focus your mind on a particular object, thought, or activity, and achieve a clear, calm and stable mental state.

Karen Remington of Spirit Flow Pathways in Cornish says that for her, “Meditation is a connection with the breath and with oneself.” She continued, “I meditate with movement, with the expression of self through creating art, with

(Continued on page 4)



Massabesic graduate Zac “Rocky” Richard will fight for the NEF Amateur Featherweight Championship on April 27 at Aura in Portland. See related article on page 2. PHOTO BY MONTY RAND

**NEW EVERY FRIDAY!**

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

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# Massabesic grad fights for title

*Second title fight announced for NEF Portland features elite wrestlers*

New England Fights (NEF) will present its next mixed-martial-arts (MMA) event, "NEF 38: STORMBORN," on April 27, at Aura in Portland with a bell time of 7 pm. Zac "Rocky" Richard (3-0-1) will take on Tom "The Phenom" Pagliarulo (2-1) for the vacant NEF Amateur Featherweight Championship.

It will be Richard's second attempt at capturing the title. In February, Richard fought Fred Lear (6-2-1) to a thrilling five-round draw for the strap in Bangor. The bout is considered by many to be a very early contender for "Fight of the Year" in New England thus far. Lear's decision to turn professional after that fight nixed any hope for an immediate rematch.

Richard, the 2018 "NEF Rookie of the Year" as voted by the promotion's fans, went on a tear last year with three first-round finishes. He has never been a stranger to the winner's circle, having won a Maine state championship in wrestling for Massabesic High School in 2015. Richard hopes to replicate that success on April 27 and take the featherweight strap home in his second attempt.

Richard represents team Nostos MMA of Somersworth, New Hampshire where he trains under current UFC fighter, and former NEF Professional Lightweight Champion, Devin Powell (9-4).

"Now that I've been in a war, I know what I need to work on," said Richard. "I've come so far in just one year. I'm going to blow

the roof off of Aura. No way around it, I want that title. I'm going to come back faster, stronger and smarter. Tom is a great fighter and I know this fight will bring out the best in me."

Tom Pagliarulo will be making his NEF debut on April 27. He has two finishes to his credit on MMA events in New Hampshire, including a first-round technical knockout last fall. Like Richard, Pagliarulo cut his teeth on the wrestling mats. He is a lifelong wrestler. He competed for Central Catholic High School in Lawrence, Massachusetts and later for Plymouth State University in Plymouth, New Hampshire. Pagliarulo currently holds a blue belt in Brazilian Jiu-Jitsu and trains at both Burgess MMA in Manchester, New Hampshire and Spero's Martial Arts Academy in Plaistow, New Hampshire.

"What better way to make my NEF debut than a title fight against a tough competitor," exclaimed Pagliarulo when reached for comment. "Zac and myself are both elite wrestlers which should make for an exciting fight. The opportunity was presented to me, and I know it is a fight that will make us both better, so I jumped all over it. As far as the title goes, this is just another fight for me. I'm going to go in there and do what I love to do, fight."

Aura is located at 121 Center Street, Portland. Tickets are on sale now at [www.AuraMaine.com](http://www.AuraMaine.com). (See related photo on Page 1).

# COMMUNITY CALENDAR

**BAKED HADDOCK DINNER OPEN TO THE PUBLIC** at St. Ignatius Cafeteria on Riverside Ave. Sanford from 5 to 6:30 p.m. on the following Fridays: March 8, 15, 22 and 29; and April 5 and 12. Price \$12 Adults, \$5 Children under 12. Fresh baked haddock, Mashed Potatoes, Vegetable, Coleslaw, Fresh Baked Bread, Desserts, Coffee, Tea & Lemonade. Sponsored by the Knights of Columbus. FMI Raymond A Sargent 651-6636.

**YORK COUNTY REPUBLICAN COMMITTEE MONTHLY MEETING** Thursday, March 14 at the Wells Activity Center, 113 Sanford Road (Rte 109), on Doors open 6:30 pm for socializing and refreshments, followed by a business meeting at 7 pm. Guest speaker the Honorable Ellie Espling is former assistant minority leader in the Maine House of Representatives and current State Committeewoman and Chair of the Cumberland County Republican Committee. She will be reporting on recent RNC meeting in New Mexico. All Republicans are invited to participate in this meeting. FMI: [ycrcsecretary@gmail.com](mailto:ycrcsecretary@gmail.com).

**FREE COMMUNITY DINNER** Saturday, March 16, 5-6:30 p.m. at Goodwins Mills Advent Christian Church on the Mill Pond, Rt 35, Goodwins Mills. Corned beef/ham, cabbage, rutabagas, potatoes, carrots, onions, bread/rolls, cake

**HIRAM ARTS CENTER** at 8 Hancock Avenue. Celebrate with family and friends. Porter's Celtic-bagpiper, Michael Greenham, will regale us on Sunday, March 17 at 1 p.m. A chance to wear your "Irish" green).FREE (donations welcome).

**SANFORD MAINE STAGE SENIOR THEATRE** will hold it's next meeting on Thursday, March 21, in the green room of the Nasson Theatre, 457 Main Street, Springvale at 10:30 a.m. If you are interested in joining senior theatre or just want to know more about it, plan on attending. You are under no obligation to perform (unless you want too) both men and women welcomed. Email [marya.troopstair@gmail.com](mailto:marya.troopstair@gmail.com) or call 324-8227.

**CALLING ALL QUILTERS!** The Evergreen Quilt Guild will meet on Monday, March 25, from 6-9 p.m. at St. David's Episcopal Church, Route 1, two miles south of Kennebunk Village. Evergreen Quilters usually meet the 4th Monday of each month except July and December. Newcomers are always welcome.

**BOOK SIGNING** at the Limerick Public Library, Saturday, March 30 from 10 a.m. to noon. Children's book author Susan Lubner will be signing copies of her new book "Lizzy and the Good Luck Girl." Bring your own copy, or the book will be on sale at the library, located at 55 Washington Street, Limerick.



## Bar Mills Community Concert

Bar Mills Community Church located on 13 Hermit Thrush Drive in Buxton will be presenting another concert in the BMCC Concert Series on Sunday, March 10 at 3 p.m. featuring Violinist Ronald Lantz and pianist Laura Kargul. Tickets \$10. The concert, titled "Baroque Pearls and Romantic Gems," will feature a selection of "romantic" music drawn from a span of nearly three hundred years, ranging from the Baroque era through the twentieth century.

The program will be selected from works that include the Albinoni Adagio in G Minor, the Chaconne by Vitali, Beethoven's Romance in F Major, Mendelssohn's Sonata in F Minor, Op. 4, the Vocalise by Rachmaninoff, Lili Boulanger's Nocturne, and Café -1930 by Piazzolla.

This is a Benefit Concert for Leavitt's Mills Free Health Clinic located at 63 Main Street, Buxton. Donations will be accepted at the performance to help this local organization. FMI call 929-6455.

**DANCE & AUCTION** Saturday, March 30 from 6 to 11 p.m. at the Town Club, 4 Washington Street (4th floor), Sanford. Raffles, silent auction (6-8:45 p.m.), live music, dancing, prizes, appetizers & desserts and cash bar. Tickets are \$20. Call 324-0999, ext. 210 or email [info@grahamtastic.org](mailto:info@grahamtastic.org). Proceeds benefit the GrahamTastic Connection.

**TAKE-A-CHANCE AUCTION** Saturday, April 13 at the Sacopee Valley Elementary School, 213 South Hiram Road, Hiram. Doors open for viewing at 4 p.m. Auction starts at 6:30 p.m. Hundreds of auction items. Refreshments available for purchase. Proceeds benefit the Ossipee Valley Agricultural Society. For more info call Dwayne Woodsome, Auction Chair at 929-0056. **SAVE THE DATE:** This year's Ossipee Valley Fair will be July 11-14.

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

**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.

**ATTENTION WANT(ED) TO BE ACTORS!** Join the fun and learn some "tips and tricks" at our "Readers' Theater" workshops. Then apply these skills in short plays at the Soldiers Memorial Library Arts Center, 8 Hancock Avenue, Hiram. Presently meeting at 1 p.m. on Saturday afternoons, but call ahead for confirmation or send an email to [8hancockave@gmail.com](mailto:8hancockave@gmail.com). FMI call 625-4650.

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

## Write to us!

Send your letters, recipes, photos, poems & stories to:

[news@waterbororeporter.com](mailto:news@waterbororeporter.com)

Please include name, town and phone number for verification.



## RSU #57

### Review of the Budget Process for the 2019-2020 Budget

The RSU #57 Budget Committee invites the public to a presentation of the budget process which is being presented to the RSU #57 School Board on

**Wednesday, March 13, 2019 at 7:00 p.m. at the Shapleigh Memorial School, 467 Shapleigh Corner Road, Shapleigh.**

During this presentation there will be an explanation of the budget process as well as an opportunity for the public to ask questions regarding the 2019-2020 budget process.

EMAIL

NEWS@WATERBORO REPORTER.COM

# NEWFIELD

C.J. Pike

fudgecupboard@yahoo.com  
793-8760

## Hiking Knox Mountain

Spring is almost here and I'm sure that people have been itching to get out in the fresh air for some outdoor recreation. Newfield has many interesting and fun things to do for those who just love the outdoors, and one of those hidden treasures is Knox Mountain. It is an easy hike to the top, but well worth it once you get up there. It is only about 800 feet up to the summit, about a 30 minute hike, but once you reach the top, the views are spectacular.

The trail is well marked and is part of the Vernon Walker Wildlife Management Area, a 3497 +/- acre preserve, which is maintained by the Maine Department of Inland Fisheries and Wildlife (IFW).

The trail up the mountain is a wide pathway, between two fields, and through a small forest of trees. Hikers will also cross a small bridge over a stream to a dirt road. When you get to the stone wall, the path is a little steeper, for the final leg up to the summit. Just follow the path, and there should not be a problem.

According to sources, once you get to the top there is a spacious flat rock top, with various small trees, shrubs and berries; the view is nearly wide open, and



The trail head for a day walk up the Knox Mountain Trail, part of the Vernon Walker Wildlife Management Area, located on Route 11 in Newfield. PHOTO BY C.J. PIKE

offers a 360 degree vista of the surrounding hills.

Pets are allowed on this hiking trail and the trail is easy to follow. At the trail head, there's room for just a couple of cars. It's right off Water Street/Route 11, at roughly 520 Water Street, in West Newfield, opposite Hicks Road. You'll see a sign for the state's wildlife management area. The trail runs through the state wildlife management area but abuts private property. Please respect private landowners. Stay on the marked trail and even though it is a perfect place to take a nice picnic, please abide by the state's carry in, carry out policy.

The Vernon Walker Wildlife Management Areas was founded in 1975, which is maintained by the IFW of Maine as a demonstration area for various wildlife management practices. The IFW felt that it might be of interest to other land owners and will provide recreational opportunities for sportsmen and non-sportsmen alike. The area is also home to over 360 species of butterflies, including the monarch. Black racer snakes, white tail deer and Cottontail rabbits might also be spotted on a hike, which is perfect for nature lovers and photographers alike.

## A St. Patty's dance to shake off cabin fever

A St. Patrick's Day dance will be held on Saturday, March 16 at the West Newfield Town Hall at 23 So. Effingham Road, from 7 p.m. to midnight. It is just the thing to get locals out after a long, cold winter, to shake off the cabin fever blues. So, put your dancing shoes on and come on out to have some fun. The Town of Newfield will sponsor the dance and tickets are \$10 per person. DJ Reggie Monroe will be spinning the tunes. This is a BYOB dance for anyone over the age of 21. Proceeds will benefit a local family.

## Get involved with the community

The Town of Newfield is in need of a few volunteers and this would be a good time to get involved. The town is looking for somebody to serve on the Southern Maine Planning and Development Commission, and the Saco River Corridor Commission. The Newfield Appeals Board needs a volunteer and the Newfield Rescue needs a driver. For more information, please contact the town during regular business hours at 793-4348.

## Meetings

Cub Scout Pack #329 - March 11, at Line School at 818 Water Street at 6 p.m. Anastasia Ferguson is the Cubmaster.

Boy Scout Troop #329 - March 11, at the Scout Hall at 7 School Street in Limerick at 6:30 p.m. New members always welcome. Call Joe Iannazzo at 850-6237.

Newfield Firefighters training session - March 12, at the Public Safety Building at 85 Water Street in West Newfield at 7 p.m. New members are welcome to attend.

Newfield Selectmen - March 12, at the West Newfield Town Hall at 23 So. Effingham Road, at 6 p.m.

Tea Time - March 13, at the Newfield Village Library at 637 Water Street at 3 p.m.

The Limerick-Newfield Lions - March 14, at the Newfield Historical Society building at 64 Elm Street at 7 p.m.

Newfield Firefighters - March 14, at 85 Water St. at 7 p.m. call Dave at 793-2055.

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# Why Cursive Writing?

Why has cursive writing been relegated to the trash heap of outdated, insignificant and inconsequential practices? Could we have tossed out a critical link to effective and productive learning for our children? Have we been duped into eliminating a practice whereby our children would be allowed to fully develop their brains? Can cursive writing be a key component to charting a thoughtful path forward?

By learning cursive through a consistent, repetitive practice, a child taps into a multi-sensory experience. This requires the integration of fine motor skills and dexterity through movement control. Along with visual and tactile abilities, cursive improves brain activity and thus, thinking. Writing by hand improves letter recognition which has shown to be the primary predictor of reading ability by age five. The region of the brain responsible for reading ability is not stimulated during typing or visual practice. "The brain's "reading circuit" of linked regions that are activated during reading was activated during hand writing, but not during typing."

Research has indicated a unique relationship between hand writing with the brain as it related to composing thoughts and ideas. Virginia Berninger, a professor at the University of Washington reported children were able to "write more words, faster and expressed more ideas when writing essays by hand versus with a keyboard."

William R. Klemm PhD in Psychology Today challenges states who have been driven by



Rep. Heidi Sampson

ill-informed ideologues which has forced us in Maine, for example, to become increasingly obsessed with "testing knowledge at the expense of training kids to develop better capacity for acquiring knowledge."

Dr. Klemm continues, "The benefits to brain development are similar to what you get with learning to play a musical instrument. Not everybody can afford music lessons, but everybody has access to pencil and paper. Not everybody can afford a computer for their kids—but maybe such kids are not as deprived as we would think."

Benefits of cursive over printing and/or typing:

1. Improves fine motor skills - "builds the neural foundation of sensory skills needed for a myriad of everyday tasks such as buttoning, fastening, tying shoes, picking up objects, copying words from blackboards, and most importantly, reading."
2. Increased hand-eye coordination - Glancing back and forth from the example letter and where they are writing.
3. Sharpens mental effectiveness - The right and left cerebral hemispheres are simulated through cursive in ways typing or printing does not.
4. Increases retention of information - College students remembered information better when they transcribed in cursive than when they printed it or used a keyboard.
5. Ease of learning - Students with learning challenges such as dyslexia, dysgraphia, ADD, etc. have discovered great success

when learning cursive.

6. Better spelling - Practicing cursive has been shown to foster higher level of spelling memory.

7. Better social and communication skills; Increasing self-respect. "The ability to master the skill of writing clearly and fluidly improves the students' confidence to communicate freely with the written word. Handwriting is a vital life skill".

8. Unique, legible signature - proof of identity on employment forms, contracts, mortgages, wills, etc.

9. Individualized expression - Tone, emotions, feeling are effectively conveyed.

10. Deciphering old documents - Reading diaries, journals, letters of their loved ones and original historical documents.

"Cursive handwriting dynamically engages widespread areas of both cerebral hemispheres," Dr. Klemm goes on to state in a 2013 Psychology Today article, "because cursive letters are more distinct than printed letters, children may learn to read more easily, especially dyslexics." He claims cursive builds self-confidence, self-discipline, attention to details and memory skills.

LD 387 An Act To Require Cursive Handwriting Instruction in Grade 3 to Grade 5 - is scheduled for a hearing Thursday, February 14th at 1 pm before the Education and Cultural Affairs Committee

**SOURCES:**

- <https://www.psychologytoday.com/us/blog/memory-medic/201303/why-writing-hand-could-make-you-smarter>
- <https://www.wrightslaw.com/info/write.stuff.htm>
- Cutting Cursive, The Real Cost. Candace Meyer, CEO, Minds-in-Motion, Inc.

## BRIEFS

### IRS waives estimated tax penalty for farmers, fishermen

The Internal Revenue Service will waive the estimated tax penalty for any qualifying farmer or fisherman who files his or her 2018 federal income tax return and pays any tax due by Monday, April 15, 2019. The deadline is Wednesday, April 17, 2019, for taxpayers residing in Maine or Massachusetts.

The IRS is providing this relief because, due to certain rule changes, many farmers and fishermen may have difficulty accurately determining their tax liability by the March 1 deadline that usually applies to them. For tax year 2018, an individual who received at least two-thirds of his or her total gross income from farming or fishing during either 2017 or 2018 qualifies as a farmer or fisherman.

To be eligible for the waiver, qualifying taxpayers must attach Form 2210-F, available on IRS.gov, to their 2018 income tax return. This form can be submitted either electronically or on paper.

The taxpayer's name and identifying number, usually a Social Security number, must be entered at the top of the form. The waiver box—Part I, Box A—should be checked. The rest of the form should be left blank.

Further details can be found in Notice 2019-17, posted today on IRS.gov.

## LETTERS

### Dear Editor

My name is Don Bisson, I run the Biddeford Food Pantry. We are the oldest Food Pantry in Maine. We provide food at no cost to the hungry citizens of Biddeford and the surrounding towns.

One of our local companies, Poland Springs, has been kind enough to donate 3 palates of water to our community. Without the generous support of our community and local companies we could not continue to serve the people of Maine.

—Don Bisson  
Biddeford Food Pantry

### GIRLS ROCK!

(Continued from page 1)

to let her play. Ivy, a petite young woman, was injured very soon after. But Ivy was not swayed. She continues to practice and compete even if it is sometimes with only one arm! In the eyes of her colleague and HGHW Girls Advisory Board member Skye Gorman, "Ivy exemplifies the ability to push past people's expectations and not let anything stop her from doing what she loves."

The annual event celebrates the six award winners, and showcases the organization's programs that build coalitions of girls and girl-supportive communities across the state. Ticket sales and sponsorships of the Girls Rock! Awards fund HGHW's statewide efforts.

Upon announcing the 2019 winners, HGHW Executive Director Kelli Mccannell said, "The

Girls Rock! Awards were created to amplify the voices of girls around the state and each year we celebrate their powerful stories. The most profound effect of this event is on the attendees — both youth and adults — hearing these examples. Through this, the societal narrative of girls transforms into images of strength, ingenuity, compassion, and leadership."

For more information about Girls Rock! Awards tickets and sponsorship opportunities, please visit the HGHW website at <http://hghw.org> or call Kelli Mccannell, Executive Director at 387-0553. HGHW is a national research-based non-profit organization located in Waterville. HGHW takes girls seriously and puts power in their hands by creating spaces and opportunities where girls can challenge the world around them in coalition with fellow girls.

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## GETTING FIT LOCALLY

### MEDITATION

(Continued from page 1)

the flow of yoga or dance, or with the movement of walking or cross country skiing. For some it may be running." She added, "Meditation is the platform in which we can then move in the direction of energy healing. Yoga can be a meditation, connecting breath with movement, connecting with oneself to clear the cobwebs, then to connect to your higher self, your inner wisdom... to the knowing that is connected to all. For some this may be God or the Great Spirit, the angels, or the universe." Bringing awareness to yourself and the world around you can be a form of meditation.

Many yoga teachers incorpo-

rate music, bells, singing bowls and drums to focus students' minds for meditation, either at the beginning or the end of yoga class, or both. "I often use singing bowls and drums at the end of my yoga classes to provide healing opportunities for my students," said Remington.

Remember, there is no "Wrong" way to meditate. Over time, you'll find the right place, time of day, and body position that works for you. For now, take a moment, and just breathe.

Sun Salutations Yoga is located at 332 Chicopee Road in Buxton. Spirit Flow Pathways is located at 37 Minkey Way in Cornish.

Buddha was asked, "What have you gained from Meditation?" He replied, "Nothing! However, let me tell you what I have lost: anger, anxiety, depression, insecurity, fear of old age, and fear of death."

# ALFRED

Allison Williams

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324-5823

## SPRING LAMB

(Continued from page 1)

seemed to need glasses. He had a worse time than the first finding his milk. But a vet was coming on another errand who would be presented with the problem so we did not travel over with suggestions.

## Town hall totals

Donna Buckley, Town Clerk, reports there were 4 births in February, 5 deaths, 10 burial permits obtained, 2 marriages, and 43 altered dog licenses sold, 9 unaltered dog licenses, and 3 hunting and fishing licenses sold.

Jim Allaire, Codes Enforcement Officer, reported the following permits issued in February. To Dawn Rapazza of Fort Ridge Road, for a heat pump; Pam Torrey of Torrey Hill, for a driveway entrance; C. James Marcos of Waterboro Road for a shed; York County Shelter of Shaker Hill Road for the Apple Festival LU; to Lysle and Kerry Burrows of 218 Federal Street, CEO use permit; Ron Darling of 1003 Church Street, demolition of an addition and to Ron Darling of 1103 Church Street, for a renovation.

Chris Carpenter, Chief of Alfred Fire and Rescue reported there were 38 calls for service in Feb. These included one for mutual aid at a fire, one transported medical mutual aid, two for medical non transport, nine medical transport ALS, eleven medical transport BLS, five for motor vehicle crashes, one for public assistance, one for investigation of smoke/co/odor, two for tree limbs/wires down

## Village Notes

Because of all the snow days there wasn't much happening at the elementary school this past week. I was reminded that a scrap book session would be held May 4 and people may register now by calling the office. No school this Friday, March 8 because there is a teacher's workshop.

The New Century Club is meeting in the Bistro on Sunday, March 10 for a luncheon. Marge Anderson is giving the program "Life in Alfred in 1968" which is the club's 75th anniversary.

The Republican Town Committee will meet Monday, March 18 in the library at 6:30 p.m.

Sunday School at Alfred Parish Church during the morning service this Sunday March 10 and York Assn. Missions meeting at 1 p.m. Clocks move ahead one hour-daylight savings time begins this Sunday. The free supper at the Parish Church on Monday, March 25 will feature a spaghetti supper with the fixings and variety of desserts.

The country jam at the Legion Hall will be this Saturday, March 9 from 12 to 3:30 p.m. Admission is \$2.

Please recycle 

# NEWS FROM THE WATERBORO PUBLIC LIBRARY

## 9th Annual Spring Silent Auction

Waterboro Public Library is holding their 9th Annual Spring Auction from April 1-April 27. They are currently seeking donations of items, gift cards, crafts, or services which can be dropped off during open business hours now through March 20. All proceeds are being used to purchase furniture for the teen space and to update the children's audio book and nonfiction books collections.

## Jonah the Reader Dog

Waterboro Public Library is having a special guest, Jonah, during Story Hour on Wednesday, March 13, from 10-11 a.m. Jonah is a licensed therapy dog and works as a reading buddy to provide children with a comfortable environment to practice their reading skills. It has been proven that children who spend time with a library reading dog improve their reading skills and become more confident readers. After Story Hour, Jonah will begin visiting the library one Saturday a month starting on March 16 from 10-11 a.m.

## Fiber Arts Group

Do you love to knit, crochet, sew, or spin? You are invited to join in every Thursday from 2 to 3 p.m. for an afternoon of crafting and conversation with fellow enthusiasts. Sharing is encouraged! Bring your own tools, materials and current project with you. As-



Jonah the Reader Dog will be visiting the Waterboro Public Library on March 13 from 10-11 a.m. COURTESY PHOTO

sistance with knitting and crochet will usually be available. Crafters of all skill levels are welcome. Registration not required.

## 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. Bring your lunch and join

us on April 3 to talk about *Stranger in the Woods* by Michael Finkel. Copies are available at the library. Registration not required.

## Children's Story Hour

Waterboro Public Library holds children's Story Hour each Wednesday from 10-11 a.m. during the school year (except during school vacation) Story Hour is a wonderful way to in-

troduce your children to their local library and make friends with their neighbors. Along with listening to stories they also sing songs, learn rhymes and make crafts. Story Hour is a great place to learn those early literacy skills necessary to learn to read!

## Lego® Club

Waterboro Public Library is offering a Lego® Club for children in grades K and up. The next meeting is on Monday, March 25 from 4-5 p.m. All Lego® bricks will be provided, just bring your imagination and creativity! Registration is required. Register by email [librarian@waterborolibrary.org](mailto:librarian@waterborolibrary.org) or by calling 247-3363.

## Perler Bead Crafts

Waterboro Public Library is offering a Perler Bead Craft program for children in grades 1 and up on Monday, April 1 from 4-5 p.m. Perler Bead crafts are made by placing colorful plastic beads on pegboards to create pixel designs. This month we are making hexagonal earrings or you can make your own design! We will supply all the materials and some idea books! Registration is required. Register at the reception desk or by calling 247-3363.

Waterboro Public Library is located at 187 Main St., East Waterboro. For more information, please call 247-3363 or visit the website at [www.waterborolibrary.org](http://www.waterborolibrary.org). Events are free and open to the public.

# SMHC donates \$60,000 to support Sanford Schools Legacy Foundation

The Sanford Legacy Foundation is pleased to accept a \$60,000 donation from Southern Maine Health Care (SMHC) to name the Athletic Wing at the new Sanford High School.

Southern Maine Health Care has a long history of commitment to and investment in athletics and health care in Sanford including a partnership with the YMCA through their Sports Performance Center which works with ath-

letes to prevent injuries, optimize physical performance and maximize recovery from injury. The donation will also cover the sponsorship of the athletic trainer golf carts used at the stadium.

"Southern Maine Health Care is dedicated to providing health and wellness services to all students and student athletes," said SMHC President, Nate Howell. "This donation solidifies our commitment to the community

and the new school that offers our students such a high level of education and athletic opportunities."

Legacy Foundation Chair Allen Lampert, "The Legacy Foundation is thrilled to have SMHC join our growing list of corporate and private supporters. SMHC has been a leader in athletic programming and health in our community. This donation only strengthens that commitment. We are excited

about this growing partnership and look forward to working with SMHC into the future."

To date, the Legacy Foundation has raised over \$1.2 million in cash and in-kind donations to support the new high school. For more information about the Sanford Schools Legacy Foundation please visit them at: [sanford-schoolslegacyfoundation.org](http://sanford-schoolslegacyfoundation.org)



# Thank You!

The American Legion Post 55 of Limerick would like to thank the area businesses and patrons who supported our 9th Annual Ice Fishing Derby on Sokokis Lake.



It was a great success and would not have been possible without your support!

...see you next year!

Derby profits will be used to help veterans with fuel assistance.



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# Classifieds



## NOTICES

### TOWN OF WATERBORO

#### REQUEST FOR BIDS

Waterboro is seeking sealed bids for a thirteen foot (13') x twenty-six foot (26') fire proof storage room attached to the existing Code Enforcement Office.

Room shall have concrete foundation, concrete block walls, concrete floor, fire resistant wood structured roof, and lighting, finished exterior and interior. Bid specs, floor plan and building elevation are available at the Code Enforcement Office, 24 Townhouse Road, East Waterboro, Maine during normal business hours. Individual building components will be accepted.

No information will be provided by phone. Enquiries may be emailed to: [ceo@waterboro-me.gov](mailto:ceo@waterboro-me.gov)

Sealed bids along with a certificate of insurance shall be submitted to the Waterboro town hall prior to **Friday, March 29, 2019 by 11 a.m.**

Please label your sealed submittal "Archive Storage Bid."

### TOWN OF WATERBORO

#### REQUEST FOR BIDS Ductless Mini Split A/C-Heat Pump RFP

The Town of Waterboro Fire Department is seeking sealed bids for the installation of a ductless mini split A/C-Heat system at Central Station. Project will include disconnecting, removal and disposal of current A/C condenser and components. The existing heating system will remain as is.

It is the contractor's responsibility to visit the site and become familiar with the project and all instructions prior to bidding. Questions about the project and requests for bid specs should be directed to: Waterboro Fire Department, 207-247-5299 or [lfish@waterborofire.org](mailto:lfish@waterborofire.org).

Sealed Bids are due by noon on Friday, March 29, 2019.

Waterboro Fire Dept. - Central Fire Station  
6 John Smith Rd., E. Waterboro, ME 04030

## EMPLOYMENT

### Bucket Operators Abbott Hill Tree Service

Class C license required, Class B preferred. \$15/hour and up, depending on experience.

Call 207-457-1935 (leave message)

### WRITERS WANTED

The Reporter is seeking writers for community news and local stories.

Must be email savvy. Interested candidates email: [news@waterbororeporter.com](mailto:news@waterbororeporter.com)

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MAINE DEPARTMENT OF AGRICULTURE, CONSERVATION AND FORESTRY NEWS

# Register for Greenhouse workshop by March 15

Growing plants in a greenhouse, hoop-house, or high tunnel? Attend this workshop at O'Donal's Nursery and Garden Center to learn production tips for growing healthy plants. Tour the new geothermal greenhouse and learn how this family-owned business uses 'best practices' to grow their business, ensure sustainable profitability, produce healthy plants, and safeguard the health of their employees. Learn what's new in pest prevention, identification and biological control. Whether you are a new grower looking to get started, a more experienced grower looking to expand into new crops, or just want to see what's new, this workshop is for you.



Register at <https://extension.umaine.edu/register/product/maine-greenhouse-best-practices-2019/> Registration deadline is Friday, March 15, at 5 p.m. O'Donal's Nursery and Garden Center, is located at 6 County Road, Gorham. The workshop is Wednesday, March 20 from 8 a.m. to 3:30 p.m. and costs \$25 (includes lunch). Four pesticide credits offered.

**AGENDA:**  
 7:30-8 a.m. Check in  
 8 a.m. Welcome and Introductions  
 8:05-9: a.m. Greenhouse systems: heating, ventilation and more -Jeff Messer and Mark Rawsley, Griffin Greenhouse Supply

9-10 a.m. Production Practices for Healthy Plants--Matt Wallhead, University of Maine  
 10-10:15 a.m. Break  
 10:15-11:15 a.m. Biological Control—Ronald Valentin, Director of Technical Business, Bio-Works  
 11:15 a.m. - noon Overview of our Production Practices — Jeff O'Donal, owner, O'Donal's Nurseries.  
 12-12:45 p.m. Lunch  
 12:45-2:45 p.m. Tours and hands on activities: Guided tour of greenhouses—Jeff O'Donal; Using Bio-control—Ronald Valentin; and Plant Disease Diagnosis—Alicyn Smart, University of Maine.  
 2:45-3:15 p.m. grower to grower discussion and questions for speakers  
 3:15-3:30 p.m. Wrap-up and pesticide credits  
 This workshop is presented

by Maine Department of Agriculture, Conservation & Forestry and University of Maine Cooperative Extension. Contact Kathy Murray at [kathy.murray@maine.gov](mailto:kathy.murray@maine.gov) or 287-7616 with questions.

## 2019 Crop Insurance deadline approaches

March 15 is also the deadline to enroll, cancel, or change policy coverage for crop insurance on spring-seeded crops in Maine such as corn, sweet corn, barley, oats, spring wheat, and potato. Those producing other, "non-insurable" spring-seeded crops such as tomatoes, pumpkins, squash, etc. may seek coverage through the Non-insured Crop Disaster Assistance Program (NAP) available through the Farm Service Agency. March 15th is also the deadline to enroll in Whole Farm Revenue Protection, a crop insurance policy that protects a farm's adjusted gross revenue.

Learn More! Contact Erin Roche, UMaine Cooperative Extension, Crop Insurance Education Professional (949.2490), [erin.roche@maine.edu](mailto:erin.roche@maine.edu). More information is online at [www.extension.umaine.edu/agriculture/crop-insurance/](http://www.extension.umaine.edu/agriculture/crop-insurance/).

The Reporter publishes obituaries as a free service. EMAIL WITH PHOTO TO: [news@waterbororeporter.com](mailto:news@waterbororeporter.com)

# Obituaries



## Robin Lynn Stinson

Robin Lynn Stinson, 47, loving wife, mother, daughter, sister, teacher, colleague, and friend, passed away peacefully and suddenly on Feb. 25, 2019. She was born to Linda (Chambers) Sassi and the late Raymond Chambers on Dec. 6, 1971 in Limestone. As a military child, her young life was full of adventure that included living in the city of Tehran, Iran in the mid to late 70's and being part of the 3 Mile Island evacuation in 1979. Following her father's passing, she was raised by her mother, surrounded by family and friends, in Rumford, Maine.



Robin Lynn Stinson

Robin loved being a teacher at Saco Middle School the past 22 years, lived for her family and friends, and found peace at any beach, lake, or ocean. She cherished spending time at the family cottage with her lake family and friends on Brandy Pond in Naples, Maine, visiting the beaches of mid-coast Maine where her husband, Tim, was raised, and especially enjoyed her time in Myrtle Beach. During her 47 years, Robin spent six months of her life, one week at a time, on the shores of Myrtle Beach with countless family and friends.

Robin and Tim were married in Rumford, Maine on June 29, 1996 and raised two wonderful children together in the supportive town and community of Alfred, Maine, and the Massabesic school system. Robin was a giving, kind, caring, and compassionate woman who is looking down on us in amazement at all the outreach and support her home and school communities have given her fam-

ily during this most difficult time.

She was predeceased by her father, Air Force Senior Master Sergeant Raymond Chambers, and is lovingly survived by her husband, Tim, children, Tyler and Emily, mother and second father, Linda and Vince Sassi, sister, Dawn Miller, niece, Makayla Miller, mother and father-in-law, Brenda and Wayne "Beaver" Stinson, sister and brother-in-law, Tammy and Mike King, and their children, Andrew and Sam, brother and sister-in-law, Toby and Kate Stinson, and their children, Greta, Caleb, and Alex, closest friends, Troy and Taryn Watts, and their children, Alex and Ben, and the entire Watts family, her Saco Middle School family, and countless other close family and friends.

Friends and family are invited to attend a time of visitation on Friday, March 8, from 3:30 to 6:30 p.m. at the Cote Funeral Home Chapel 87 James Street Saco. A memorial service will be celebrated on Saturday, March 9 at 11 a.m. in the Saco Middle School Gymnasium 40 Buxton Road Saco. Interment will be in the spring at St. John Cemetery in Rumford, Maine. Online condolences can be given to the family at [www.cotefuneralhome.com](http://www.cotefuneralhome.com).

Donations in Robin's memory can be given to the Center for Grieving Children 555 Forest Avenue Portland, ME 04101.



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FEATURED IN THE MARCH 15 REPORTER:

# Maple Sunday

## March 24th

The 36th annual Maine Maple Sunday is March 24 and the Reporter will be featuring the event in its March 15 issue with a list of local places to visit along with a map of the area.

Get **HIGHLIGHTED** on the list and **LOCATED** on the map (with a maple leaf) by placing an ad in this special section at special low rates and **IN COLOR**.

Our Maple Sunday pages will also run again on March 22. **Advertise BOTH weeks for the best rate!**

### ADVERTISING RATES:

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2 col. x 2" (business card) .....	\$50 / \$70
2 col. x 3" .....	\$70 / \$100
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Call 247-1033 or email: ads@waterbororeporter.com  
The deadline to reserve your spot in the March 15 issue is Tuesday, March 12.