



REPORTER

YOUR COMMUNITY NEWSPAPER

www.waterbororeporter.com

FREE
EVERY FRIDAY

SHOP LOCAL

Locally owned & independently operated

VOLUME 16, ISSUE 36 PO Box 75, North Waterboro, ME 04061 • 247-1033 • news@waterbororeporter.com FRIDAY, SEPTEMBER 7, 2018



Karla Bergeron, Shapleigh Town Administrator
PHOTO BY JOANNE BARGIONI

Shapleigh names Town Administrator

By JOANNE BARGIONI

Karla Bergeron has been appointed the new Town Administrator of Shapleigh by the Board of Selectman. After her old job description of Executive Secretary was reviewed by the BOS it was determined that Bergeron assumed the role of many positions at the town hall and it was time to consolidate all the titles into one.

Bergeron has worked at the town hall for over 20 years and some of her duties included being the Executive Secretary for the BOS, IT (Information Technology) person, assisting with General Assistance to those in need, Office Manager, Town Health Insurance Overseer, Web Manager, aiding the BOS in following state and local statutes and liaison between other committees and boards to name just a few. Bergeron is excited to begin her new role as Town Administrator.

Family selected for new habitat in Springvale

Habitat for Humanity York County is preparing to begin construction of its 29th home this fall, and recently selected the family to purchase the Springvale home. Richard and Missy Lathrop of Eliot received the news in July that they had been selected for homeownership with Habitat for Humanity.

"Learning about the opportunity to work with Habitat for Humanity and to possibly look to achieve the goal of home ownership was a dream opportunity that we felt for sure would only be a thought and a wish, but never a reality," said Richard. "Since learning that we have been the selected family to take part in this opportunity it has truly been life changing! This house and opportunity for us means stability in our life so that we can provide a constant growing and learning environment for our kids and our family."

(Continued on page 7)



Tamay Alpander, right, President of Queen of Hearts Thoroughbred Retirement, with caps from races she has competed in as a jockey, stands with Nathan Valverde at their recent fundraiser. See related story on page 3.
PHOTO BY JOANNE BARGIONI

Tuskegee Airman honored

By JOANNE BARGIONI

On Monday, Aug. 27, family and friends gathered at the Southern Maine Veterans Cemetery in Springvale to say farewell to one of the last remaining Tuskegee Airman, MSgt. James Sheppard, Jr. The Tuskegee Airmen were the first black military pilots in the US Army Air Corp, a precursor of the US Air Force. They were trained at the Tuskegee Army Air Field in Alabama and they flew more than 15,000 individual attacks in Europe and North Africa during WWII. History.com states, "Their impressive performance earned them more than 150 Distinguished Flying Crosses and helped encourage the eventual integration of the U.S. Armed Forces." Sheppard was one of 300 airmen to be awarded the Congressional Gold Medal by George W. Bush in 2007.

MSgt. Sheppard was born on Sept. 20, 1924 and died on Aug. 19, 2018 at the Maine Veterans Home in Scarborough. He had four children; Arthur of New York, Robert of Kittery, Eric of Virginia and Cathy Madison of Washington, D.C.

According to the Maine Bureau of Veteran Affairs, MSgt. Sheppard was trained as an Aviation Maintenance Technician and acted as Crew Chief. He was deployed with the Red Tail Squadron to Italy where his skill and leadership played a key role in the success of the group's aerial combat missions.

Eric Sheppard, son of the late MSgt. Sheppard proudly spoke of his father, "He was born in Harlem, New York and enlisted in the Army Air Corp in 1942 at the age of 18." He was already a certified aviation mechanic having trained at the Haaren Aviation Technical School in New York City.

While some of his classmates were hired directly from school, opportunities for an African-American were limited so he chose to enlist in the military. Sheppard was assigned to the 301st Fighter Squadron and shipped overseas. At the time of his enlistment, Sheppard had wanted to be a pilot but because of his training as an aviation mechanic he was assigned to that position at the Tuskegee Army Air Field. After the war in 1945 he worked for various airlines as an aircraft mechanic and served as a reservist for ten years where he earned the rank of Master-Sargent. He spent the rest of his career

(Continued on page 4)



The ashes of Tuskegee Airman MSgt. James Sheppard at his interment ceremony at the Southern Maine Veterans Cemetery in Springvale on Aug. 27.
PHOTO BY JOANNE BARGIONI



The Lathrop family of Eliot has been selected for a new home in Shapleigh by Habitat for Humanity.
COURTESY PHOTO

COMMUNITY CALENDAR

OPEN HOUSE AT MASS-ABESIC HIGH SCHOOL will be held on Wednesday, Sept. 12 from 5:15 to 6:15 p.m.

DUKE ROBILLARD Friday, Sept. 14 from 7:30 to 9 p.m. at the Saco River Theatre, 29 Salmon Falls Road, Bar Mills. Tickets: \$30 General Admission, \$25 Seniors/Students. Reservations: 929-6472 or visit www.sacorivertheatre.org.

Limerick Historical Society presents: **BAPTIST SOCIETY CHURCH CEMETERY WALK.** Sat., Sept. 15, 2 p.m. at Baptist Society Church, Main Street. Learn the history of the "old church on the hill" and how the building and bell-fry will be repaired. Use our cemetery walking map and read about fascinating residents buried beside

the church. Light refreshments in the foyer. Weather date: Sat., Sept. 22 at 2 p.m.

THE PORTLAND PIANO TRIO on Friday, Sept. 21, 2018 at 7:30 p.m. hosted by The Bar Mills Community Church located at 13 Hermit Thrush Drive in Buxton. Since its' critically-acclaimed Portland, Maine debut in

2016 this group has entertained and inspired audiences throughout New England. Tickets for the show \$10 per person or a season pass \$35 per person. Purchase Tickets at the door. For more info on this event and other upcoming events visit www.barmillscommunitychurch.org.

CALLING ALL QUILTERS! The Evergreen Quilt Guild will meet on Monday, Sept 24 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.

SMHC HEALTH EDUCATION PROGRAMS FOR SEPTEMBER

Southern Maine Health Care has announced the following health education programs during the month of September. This listing is also available on the SMHC website at www.smhc.org under Healthy Communities.

CHILDBIRTH EDUCATION

Safe Baby - Infant Safety & Infant/Toddler CPR

This class provides a non-certificated course by the American Heart Association to family and friends, as well as basic home safety for your baby as they grow.

Thursday, Sept. 27, 6 to 9 p.m. at SMHC Medical Center, 1 Medical Center Drive, Biddeford. Cost: \$35/couple; \$20/person. Pre-registration required, call 283-7350.

CLASSES/EVENTS

Total Joint Replacement Education Class

Designed for those considering total joint replacement. Participants will learn what to expect before, during and after their procedure

and stay in the hospital. Open to anyone interested.

First Thursday (Sept. 6), 1 to 2:30 p.m. and third Thursday (Sept. 20), 3 to 4:30 p.m. at SMHC Medical Center, 1 Medical Center Drive, Biddeford, 1st floor, Classroom 1. FREE. To pre-register (not required), call 283-1126.

Weight Loss Surgery Information Session

Is weight loss surgery the right decision for you? Have you tried the other weight loss methods and nothing seems to work? If you're considering weight loss surgery, then this introductory class is for you. Information will be presented about nutrition, resources, and other topics to help with the lifestyle and emotional adjustments you face.

Second Wednesday of each month (Sept. 12), 5 to 6 p.m. at SMHC Medical Center, 1 Medical Center Drive, Biddeford. FREE. Registration is required, call 284-2630.

Third Thursday of each month, (Sept. 20), 1 to 2 p.m. at SMHC

Sanford Medical Center, 25 June Street, Sanford. FREE. Registration is required, call 284-2630.

Smoking Cessation Sessions
There's never been a better time to quit.

Southern Maine Health Care offers a smoking cessation program involving one-on-one sessions designed to offer the tobacco user all the information and tools required to become tobacco free. The Certified Tobacco Treatment Specialist will offer insights into smoking habits, stress and the relationship it has to smoking, as well as nicotine replacement options available. Ongoing support is also valuable in guiding the tobacco user to become tobacco free.

Individualized Sessions at SMHC Pulmonology, 9 Healthcare Drive, Biddeford. FREE. Call 283-6408 to schedule an appointment.

SUPPORT GROUPS

Alzheimer's Support Group
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 (Sept. 19) 10 a.m. to 12 p.m. at Pavilion Conference Room, 35 July Street, Sanford. FREE. For More information, call 490-7600 and ask for Kathy Wadden or Jeri Bogan.

Breast Cancer Survivors Support Group

Second and fourth Thursday of each month (Sept. 13, 27), 5:30 to 7 p.m. at SMHC Medical Center, 1 Medical Center Drive, Biddeford, Webber Building, 2nd floor Conference Room. FREE. For more information, contact Helene Langley at 283-7805.

Cancer Support Group - Saco

We welcome those affected by cancer and their family/friends. Support, information, and networking will be provided by skilled facilitators.

Third Monday of each month (Sept. 17), 10:30 to 11:30 a.m. at SMHC Walk-In Care, 655 Main Street (entrance on Ross Road), Saco - 2nd floor Conference Room. FREE. Registration required, call 283-7320.

Cancer Survivor Support Group - Sanford

First and third Friday of each month (Sept. 7, 21): 3:30 to 5 p.m. at MaineHealth Cancer Care Center York County, 27 Industrial Avenue. For more information contact facilitator Jess Welch, LMSWcc at 294-5800 or jmwelch@smhc.org

Parkinson's Disease Support Group

A place to share information and support for people with Parkinson's disease, their families, caregivers and those in related health fields.

Second Thursday of each month (Sept. 9), 2 to 4 p.m. at Huntington Common, Ross Road, Kennebunk. FREE. For more information, call Selena Carey 767-9773.

Plummer's **ACE** Hardware

Grand re-opening in October!

We've been busy rebuilding our Waterboro store and it's almost complete. Shelving and equipment are being installed and products delivered and stocked. Follow us on Facebook for updates on our progress. *See you opening day!*






1009A Main Street, Waterboro, ME 04087

Waterboro 247-4397 Limerick 793-2040 Buxton 727-3113



SHAPLEIGH

Joanne Bargioni
joannebargioni@gmail.com



Benz is one of the retired horses at QHTR
PHOTO BY JOANNE BARGIONI

Queen of Hearts Fundraiser

The weather could not have been more perfect on Saturday, Aug. 25 for the annual Queen of Hearts Retirement Fundraiser for retired thoroughbred horses. Tamay Alpander is President of this non-profit organization that provides a safe place for horses to go when their racing days are over. It is a costly endeavor to supply food, veterinary assistance and care to these once great race horses. At the Sanctuary the horses are met with love and attention and rehabilitation. Here they are provided care for injuries, training in skills that may lead to new careers and finding new homes. If horses are not adoptable they will find a forever home with Alpander. They offer horse sponsorship programs that will give the donor the opportunity to help their racehorse with a monthly donations. You can also help by donating feed, grooming tools and supplies. A sponsor can give their time to brush, walk and graze their sponsored horse.

At the fundraiser we met a horse named Shapleigh Benz. Ben, as he is called is a retired Maine bred racehorse who rood at Suffolk Downs in Boston. He sustained a terrible injury that could have claimed his life. He is now cared for at the Rocky Knolls Farm on 521 Owl's Nest Road in Shapleigh, home of Queen of Hearts Thoroughbred

Retirement (QHTR). Holly and Scooter are also two of the retired racehorses at the farm. They were contently grazing in the paddock along with other horses.

Many activities were offered for the children including bean bag toss and pony rides. There was also a jumping course with live music and a silent auction. T- Shirts were available with the logo of QHTR, along with lucky horseshoes which were decorated and ready for sale. These horseshoes were actually worn by the horses here. A food concession area was available. Of notable interest was the selection of caps from different race tracks that Alpander had participated on. She keeps them as a memento of her racing days as a jockey at some of the largest courses in the U.S.

If you would like more information on the QHTR sanctuary or to learn how to volunteer or donate visit their website at qhtr.org.

Capital Improvement Committee

The Capital Improvement Committee will be holding their monthly meeting at 7 p.m. on Sept. 20 at the town hall. The public is welcome to attend.

SPORTS

Field hockey team even after first two

By **MICHAEL DEANGELIS**
mdeangelis@waterbororeporter.com

Emma Snyder had two goals and two assists, pacing Massabesic's varsity field hockey team to an easy 9-2 opening game win over visiting Noble on Saturday, Sept. 1. The Mustangs led 4-0 at the halftime break. Snyder had two goals, with Brianna Stephenson and Kate Mynahan each adding a goal.

Aspen Dyer got the Knights on the board in the second half, but by then the hosts led 7-0 behind two scores from Micaela Jacobs and another from Noelle DesVergnes. Mynahan popped in her second goal to push the score to 8-1 and Anna Snyder boosted it to 9-1 before Alyson Gregoire banged home the final goal with a little over two minutes left to

close out the scoring.

On Wednesday, Sept. 5 the Mustangs dropped a 1-0 decision to host Windham after the Eagles (1-1) banged home the lone score of the contest just 30 seconds into the match. Massabesic (1-1) carried the play for much of the contest, holding a wide edge in zone time, but Windham did an excellent job of clearing rebounds and loose balls from in front of their goal.

With time winding down and

Massabesic playing with desperation it appeared that the visitors had tied the game just as the game clock hit zero, but a conference between the officials went the way of the Eagles and the potential tying goal was waived off for coming after time had expired.

Massabesic lost to Westbrook in the Class A regional title game last year. In 2016, they topped Westbrook to win the regional championship.

WATCH FOR OUR
FALL SPORTS PREVIEW
NEXT ISSUE

Tteddo Incorporated
Celebrating Twenty Years!
House Calls are our Specialty!
Technology Consultants
www.tteddo.com
Home and Business Networking
New Computer Setup
Virus and Malware Removal
Supporting Windows, Mac & Linux

Standard and Dynamic Database Driven Websites
New Sites, Upgrades & Maintenance
Domains, Web Design and Hosting

(207) 636-3051
tteddo@tteddo.com

WAYNE LARIVIERE, DMD
GENERAL DENTIST
Call Today 247-3511
Welcoming New Patients
Massabesic Regional Medical Center
Route 202, Waterboro, ME
www.drldmd.com

We Offer
CareCredit
Low Monthly Payment Plans
Insurance Plans accepted.

LANDLOCKED Lobster & Bait
Closing for the season Sept. 9!
LIVE Lobsters & Steamed Clams
FREE COOKING!
Call ahead and we'll have your order ready!
YEAR ROUND 24-HOUR BAIT
361 Townhouse Rd., East Waterboro **207-247-5428**

OPEN FRI-SUN
10-8
LOBSTERS & CLAMS
24 HOUR BAIT

Habitat for Humanity
York County
Walk to Raise the Roof & Pancake Breakfast in Springvale September 15th!

Registration 8:30
Walk begins at 9:00 AM
First Baptist Church
429 Main St., Springvale
Register at
www.habitatyorkcounty.org

Pancake Breakfast: Sept. 15th, 8:00 - 10:30AM
First Baptist Church, 429 Main St., Springvale
For more information call: 207-985-4850
Thanks to our sponsors: Kennebunk Savings Bank, Northeast Credit Union & First Baptist Church of Springvale

WALK to Raise the Roof in Springvale

Poland Spring
100% NATURAL SPRING WATER
Proudly from MAINE
EST. 1845

COMMUNITY APPRECIATION DAY
Hollis Bottling Plant Open House
Free and Open to the Public • Rain or Shine
Saturday, September 22, 2018, 11 a.m. - 3 p.m.

PLANT TOURS ■ BBQ
KIDS' ZONE ■ HUG-A-TRUCK
COMMUNITY FOOD DRIVE!

Bring one or many non-perishable food items and be entered to win a fabulous prize! Donations will benefit area food pantry.

400 Killick Pond Road - Hollis, Maine / FMI 207-998-6483 / info@polandspring.com

ALFRED

Allison Williams

awilliams@waterbororeporter.com
324-5823

Apple festival

The annual Apple Festival in Alfred will take place on Sept. 22 and 23 with crafters and a lawn sale on Shaker Hill. A variety of foods will be available with apple crisp taking center stage. There will be pony rides for the children

and narrated tours of Shaker village via tractor and wagon. The museum will be open during the festival. It will also be open every Wednesday and Saturday from 1 to 4 p.m. until Oct. 27.

Upcoming events at the museum include the representative from the Center for Wildlife on Oct. 14 speaking on the rehabilitation of animals, and a wool felting workshop on Oct. 20. The Shaker Harvest Dinner will be on Oct. 28.

The Shaker library is nearing competition with the installation

of a chair lift. Cataloging the collection is the next task. Those interested in joining the group may contact Lloyd Hunt, P.O. Box 873, Alfred, ME.

Parish church

This Sunday, Sept. 9, the morning service in the Parish Church will revert to 10 a.m. with a Sunday School group held at the same time. The choir will be back after the summer hiatus. Almon Williams and his autoharp will lead the music in Sunday School. The children will have a muffin breakfast before class.

There will be a "blessing of the backpacks" for the back to schoolers.

A church yard sale will be held this Saturday, Sept. 8, from 8 to 2 p.m. in the lower level of Conant Chapel.

Vacationers return

The best part of leaving home might be returning, but the horrific traffic as we neared Portland made the Williamses wish they had selected a different day to return. Once we had arrived home and seen gardens which had run wild in spite efforts by family and friends to keep up with flowers and veggies, we knew all that mulch might have been too much mulch. Beans and tomatoes waited for the freezer, the largest egg plant I have ever seen was given to the man who came to repair the washing machine, and the York County Shelter also benefitted.

But we returned with mackerel for the freezer and warm memories of time spent with my Canadian cousins. We realize how fortunate we are to live in Southern Maine where things are more accessible, although our scenery cannot compare to the Bay of Fundy in New Brunswick!

Alfred notes

Mary Taylor is now in the Memory Unit, Room 235 at Gorham House.

When the Storyhour group meets at Parsons Library this week at 10 a.m. there will be an apple project for the morning activity.

AIRMAN HONORED

(Continued from page 1)

with the Federal Aviation Administration and was the Supervisory Aviation Safety Inspector in the Flight Standards Department.

Sheppard moved to South Portland in 1972 and retired as a Safety Inspector in 1987. By that time, he held three FAA Airmen Certificates in Private Pilot, Aviation Mechanic and Senior Parachute Rigger.

The interment ceremony began with a prayer by Rev. Christine Stanley. In her eulogy, she recalled MSgt. Sheppard as a great storyteller and loved to work on airplane mechanics in High School. In his later years he became a great motivational speaker. She ended by saying MSgt. Sheppard was "a wonderful man and also a wonder-filled man." He was not afraid to ask questions. The Air Force Honor Guard proceeded to ceremoniously fold the flag and Col. John Thomas, USAF, Ret., presented the flag to Sheppard's oldest son, Arthur. Col. Thomas told the family Sheppard "honorably served the nation." Concluding the ceremony, Amazing Grace was hauntingly played on the Bagpipes by Al Halliday. The deceased ashes were placed for interment beside his wife, Lucille, who died in 2006.

Send your news to:
news@waterboro-reporter.com

FULL BAR • 16 GREAT BEERS ON TAP



River Tap & Grill

- Deck overlooking the Saco River open for lunch and dinner
- Great Sunday Brunch
- Cornhole

View our menu and specials at www.rivertapandgrill.com

Call 298-9620 for reservations

52 Golf Course Lane • Hollis

Wed.-Sat. 11:30 a.m.-9 p.m.

Sun. 10 a.m- 7 p.m.



Wed.-Fri.
4-6pm

LOOKING FOR EXPERIENCED HELP!

Line cooks, prep cooks, dishwashers & wait staff.

Send resumés to info@salmonfallscountryclub.com

GOLF MEMBERSHIP SPECIAL:
Pay for 2019 season and play FREE for remainder of 2018 season!



Salmon Falls
Country Club
Hollis, Maine

Course open
M-F at 7 a.m.,
Sat. & Sun.
at 6:30 a.m.



Call 929-5233 for a tee time
www.salmonfallscountryclub.com

FALL 2018 TRIPS



MASSABESIC
Center for Adult Learning
Grow With Us!

For more information or to register call 247-2022 or visit us online at www.mymcal.com/product-category/trips

Train To Boston	Fri., 10/5 Book by 9/19	8:58 AM \$26
Fall Foliage Turkey - Train	Wed., 10/10 Book by 10/4	9:30 AM \$98
Haunted Happenings Salem Village	Sun., 10/28 Book by 10/18	10:30 AM \$40
Boston Christmas Festival	Sat., 11/3 Book by 10/25	8:30 AM \$59
Quebec City Royal Weekend	Sat.-Mon., 11/10-12 Book by 9/20	7:15 AM \$406-\$588
Macy's Thanksgiving Parade in NYC	Wed.- Fri., 11/21-23 Book by 9/20	Time TBA \$427-\$775
Gardens Aglow	Sat., 12/1 Book by 11/20	2:00 PM \$45
Newport Rhode Island Holiday Getaway	Sat.-Sun., 12/1-2 Book by 10/1	Time TBA \$246-\$328
How the Grinch Stole Christmas Train to Boston & show	Sun., 12/9/18 Book by 10/31	8:59 AM \$114
New York City Holiday Freestyle	Sat., 12/15/18 Book by 12/6	4:30 AM \$99

Visit <http://www.ed2go.com/mae/> for lists of all of the available online classes we offer! 84 West Road, Waterboro

NEWFIELD

C.J. Pike

fudgecupboard@yahoo.com
793-8760

100th anniversary of scouting

Troop #329 will have their 100th anniversary this weekend, Saturday and Sunday, Sept. 8 and 9, at Nason Road in Limerick, according to assistant scoutmaster Joe Iannazzo. There is plenty going on and the Limerick Academy will be open on September 8 from 1-4 p.m. to learn more about the first scouts.

On the evening of April 29, 1918, Limerick's first Boy Scout Troop met there with 12 boys were present. They were organized under the direction of J. Hollis Orcutt, principal of the Limerick Academy.

One of the night time activities is a skit and a storytelling evening by the campfire. Daytime activities will include a demonstration on blacksmithing, a Raingutter Regatta and plenty more for the scouts, as well as guests. For more information, to volunteer or to give a demonstration or talk, call Joe Iannazzo at 850-6237 or Laurie Thyng 432-3581. This event is open to the public, and everyone is welcome to stop by.

A. Marie's
Family Hair Studio

MANICURES • PEDICURES
HAIRCUTS • COLOR • WAXING

740 Main Street, Suite 1, Waterboro
Tue. 11-7, Wed. 9-7, Thu.-Fri. 9-5,
Sat 8-noon • 247-1024

www.facebook.com/amariesstudio

A summer afternoon of music

Newfield Historical Society will have a musical event at the band stand at 70 Elm Street on Saturday, Sept. 15, from 2-4 p.m., featuring Izzy and Friends. They will also be selling some refreshments such as hot dogs, ice cream, popcorn, and ice tea. Bring a chair or a blanket for sitting.

The artifacts building will be open for visitors to see the wagons and sleighs, which were made in Newfield, and plenty of the old artifacts from the former Willowbrook Museum, and a cradle from the 1700's. They are also many antiques which were donated by local people, which came from the old days of Newfield.

Annual pig roast coming soon

The Northern York County Rod and Gun Club's annual Pig Roast is next Saturday, Sept. 15, at the clubhouse on Lewis Hill Road, and everyone is invited. The buffet pig roast will start at noon with all kinds of side dishes, salads and desserts. It will start at noon

and raffles will be held during the day. Bring a dish to share. The 135 lb. pig will be ready around 1 p.m. to kick off the festivities. The Sportsman's Raffle will be drawn after everyone has enjoyed a nice meal, and the prizes are: two Mossberg Shotguns 12 x 20 gauge, \$300 in cash, a Kayak and Paddle, a Garmin Portable Fish Finder with GPS, and 2 Eyecon Game cameras. Raffle tickets are \$10 each or 3 for \$20. There are a limited amount of tickets left. To purchase tickets, contact Lou at 793-8556 or Romeo at 793-2046. The cost of the pig roast and buffet raffle is \$10.

Lions car show

The Limerick Newfield Lions Club will have their first annual car show on Saturday, Sept. 22, rain or shine. The show will be held in the Industrial Park on Burnham Road, from 9 a.m. to 2 p.m. Registration starts at 8 a.m. Food, music and voting will all be part of the festivities. For more information, contact Cynthia Vermette at 793-8140. The entry fee is \$10 per car.

Tory Hill Dental
JOEL S. DOYON D.D.S.

Your family's neighborhood dentist.

Call today for an appointment!



175 Narragansett Trail, Buxton
P.O. Box 17, Bar Mills, ME 04004 929-6626

Ride the painted ponies

19th Century Curran Homestead will have their Painted Pony Party on Saturday, Sept. 22, from 4:30-7 p.m. at 70 Elm Street. The party is a fundraiser for the museum. Entertainment includes bluegrass music by a Maine band. Reservations requested as seating is limited in the museum's rustic restaurant. Proceeds go to the museum. Tickets are \$30 per person, \$55 a couple and children 6-12 eat for \$12. Call 205-4849 for reservations or visit curranhomestead.org.

Also on Saturday and Sunday, Sept. 22 and 23, there will be a Knife Making Class from 9 a.m. to 4 p.m. with instructor Frank Vivier, Vivier will assist with making your first knife and start you on the road to mastering this satisfying craft in a weekend.

Materials and tools are provided. Tuition: \$225. Pay to register,

Discount for returning students. First come, first serve. Limited to 5. Call 205-4849 or visit curranhomestead.org.

Happy birthday!

Happy belated birthday wishes go to Louis Campbell and Larry Dyer, Jr, who celebrated on Sept. 1; and Bev Lablanc who celebrated on Sept. 3. Birthday wishes for the coming week go to Donna Guzman, who will celebrate on Sept. 11.

Happy anniversary to Alan Hodgkins and Mary Ann Burdett, who will celebrate on Sept. 11.

Muchas gracias!

Just a quick muchas gracias (thank you very much) to all my friends and family who helped out during my recent little visit to Maine Medical Center. All is well and I'm on the mend.

TEE TIMES TO FIT YOUR SCHEDULE!



Province
LAKE
GOLF COURSE

Early Bird Gets the Worm

Tee off before 8 a.m., Monday-Thursday \$30, Friday-Sunday \$40 (excludes cart)

The More the Merrier

Foursome rate applies 8 a.m. until 3 p.m. for groups of four or more players. Monday-Thursday \$56.25, Friday-Sunday \$63.25 (per person, includes cart)

Tee Off into Twilight

Tee off at 3 p.m. or later, Sunday-Wednesday \$25, Thursday-Saturday \$28 (excludes cart)

For tee times call (207) 793-4040 • www.provincelakegolf.com
18 Mountain Road, Parsonsfield, ME

REPORTER MONTHLY FEATURE

Adopt a Pet!

You can sponsor a pet for only \$40 and help them find their forever homes. Call 247-1033.

Environmental allergies and your pet

Environmental allergies can result due to anything in your pets environment such as airborne pollens, molds, and dust. Blood testing is available and can be reliable for environmental allergies, unlike for food allergies. Allergies in pets can cause skin infections, extreme itching, recurrent ear infections, and chronic anal gland issues.

Treatment for environmental

allergies can be given as hypo sensitization injections or oral, oral itch blocking medications or injections, steroids, and antihistamines. Some treatments can have adverse side effects and immunotherapy can take an extended period of time to begin working. If allergies are severe enough it is important to resolve any secondary infections with antibiotics.

Fish Oil that has omega 3 fatty acid, DHA, and EPA can also be beneficial in controlling allergies. Proper flea control can also reduce itching with pets that are suffering from allergies. Allergies can be expensive and frustrating to both the pet and owner.

— Dr. Magda Rosol
Alfred Waterboro
Veterinary Hospital

AWVH
Alfred-Waterboro Veterinary Hospital

1251 Main St., Waterboro
Dr. Magda Rosol

Is your pet over 8 years of age? Consider Senior Blood Work.

207-247-3100 • Fax: 247-5100
awvhdm@securespeed.us
www.alfredwaterborovet.com

LIMERICK MILLS ANIMAL HOSPITAL

135 Elm Street, Limerick • 793-4493



We are a well-established, full-service, small animal veterinary hospital providing comprehensive medical, surgical and dental care.



WE SUPPORT ADOPT A PET www.limerickmillsvet.com

Simba



Simba is a 6-year-old female, domestic short-haired cat. She loves to snuggle in and under blankets and mind her own business. She lived with one person in her previous home and hid quietly until she wanted attention and food. Then when she came out, she was very willing to lovingly accept pats and spend time with her person. She would appreciate being an indoor/outdoor cat, so she can come and go as she pleases. Adoption fee waived.

Open from 11-4:30 Thursdays through Tuesdays.
(Closed on Wednesdays.)

For adoption info visit:
www.animalwelfaresociety.org

SPONSORED BY:

Thurston And Peters Sugarhouse, LLC
Our "Own" Maple Syrup
299 Bond Spring Road, W. Newfield
Thurstonandpeters.com • 793-8040



Buddy



Buddy is a 2-year-old male, 60 lb. American Shelter Dog. He's a quirky, yet friendly fellow. Potential adopters will need to speak with our staff to learn more about Buddy. Call 985-3244 to arrange an appointment.

For adoption info visit:
www.animalwelfaresociety.org
AWS is open from 11-4:30 Thursdays through Tuesdays. (Closed on Wednesdays.)

SPONSORED BY:

Autumn Green Funeral Home
Sharing Memories...Celebrating Life
47 Oak Street • PO Box 327
Alfred, Maine 04002 207-459-7110

Classifieds

CALL 247-1033 OR EMAIL ads@waterbororeporter.com

AD DEADLINE:

Tuesdays at 5 p.m.
Published on Fridays



EMPLOYMENT

NOTICES



Lake Arrowhead
COMMUNITY, INC.

Public Works Department

Lake Arrowhead Community Inc. Public Works Department is seeking to hire a full time service manager/lead mechanic in our well equipped maintenance facility in Limerick. Qualifications desired:

- 2+ years experience maintaining commercial trucks and heavy equipment including diesel engine and air brake diagnostics and repair. This position requires keeping maintenance records, ordering repair and maintenance parts and keeping shop clean and safe.
- Candidate must have or be able to acquire a Maine commercial truck and trailer inspection license. A minimum class "B" CDL driver's license is required for this position. If you don't have one we will help you practice and test for it. Welding skills desired but not necessary.
- Candidate must possess good communication skills and have a positive work and safety attitude.
- Successful candidate must pass a post offer physical and drug screening.

Lake Arrowhead Community Inc. offers a very competitive wage and benefits package including a four day, forty hour work week during the summer, free medical insurance, free short and long term disability insurance, 3 weeks paid time off, a matching 401k plan and more. This position includes winter road maintenance. Applications can be found on our website www.lacinc.org under Policies and Forms.

Resumes and applications accepted at
206 Old Portland Road, N. Waterboro, ME 04061
to the attention of the Public Works Manager.
Lake Arrowhead Community Inc. is an equal opportunity employer.

Dirty Generators
is accepting applications for
Electricians

- \$500 Sign on bonus (for a limited time)
 - Paid health, dental and vision insurance
 - Up to \$28/hr based on experience, certifications, licenses & earned bonuses
- Also hiring Electrical Sub Contractors and part time positions**
Send resume to:
dirtygenerators@yahoo.com

ANIMAL FEEDS

Woodsome's Feeds & Needs
HORSE & PET SUPPLIES
We deliver • 247-5777
Open: M-F 8-5, Sat. 8-1.
Rte. 202, E. Waterboro

BANKS

BIDDEFORD SAVINGS BANK
846 Main Street
Waterboro, ME 04087
(207) 247-3031
www.biddefordsavings.com

AUTOMOTIVE

LEIGHTON'S GARAGE
24-hour Towing
Automotive Repair
1156 Main St., Rt. 202
Waterboro • 247-6301

CONVENIENCE STORES

LAKESIDE MARKET
411 Sokokis Trail
Route 5, E. Waterboro
www.lakesidemarket.net
247-8440

TOWN OF LIMERICK PUBLIC NOTICE

Bid Request

The Limerick Board of Selectmen is requesting bids for a three (3) year contract for **Door-to-Door pick-up of household waste.**

Bid Packages Specifications available from the Selectmen's Office.

All bids due back by **5:00 PM on Monday, October 1, 2018.**

Limerick Board of Selectmen

J.R. GERRISH & SONS, LLC.
EXCAVATING CONTRACTORS & SEPTIC SERVICE

Free Estimates • Site Work
Septic Tanks Pumped
Systems Inspected
Septic Systems Installed



www.gerrishandsonslc.com
jebgerrish@gmail.com
Fax 207-324-9499

324-4984 JIM
423-7499 JEB

FOR SALE

HORSE EQUIPMENT
Variety of English saddles to fit Morgans, Arabians and Quarter Horses. Training cart, Driving harness.
CALL 207-985-7475

ACUPUNCTURE

PECK'S FAMILY ACUPUNCTURE
813 Main Street
Waterboro, ME 04087
(207) 247-7388
www.pecksfamilyacupuncture.com

BUSINESS DIRECTORY

Quality state-wide delivery since 2007!
www.bringthepellets.com

WOOD PELLET WAREHOUSE
WE BRING THE HEAT

Call 207-645-3064 or Text 207-779-7578

Ranger Pest Services

Creepy Crawly Strangers? Call the Ranger!

"Ranger" Rick Reinhard • 207-712-8871
rangerpestservices@yahoo.com
Fully licensed & insured. Call for FREE estimate.

Tick, Mosquitos & Ants • Bat exclusions • Wildlife relocations

DIRFY Generators
Doing It Right For You

Sales • Service • Installation • Inspections • Free Evaluations & Estimates

#1 Dealer for Home Standby Automatic Generators
Where outstanding customer service doesn't happen by accident.

Dirfygenerators.com • 1-800-287-9473 • dirfygenerators@yahoo.com

Pick up The Independent today to read our weekly articles about generator safety, installation and sizing.

WANTED
Junk Cars & Trucks, Scrap Metal

HOURS OF OPERATION:
Mon-Fri 8-4, Sat 8-2
Closed Sundays

We buy the following metals:
Copper • Brass • Aluminum Cans • Batteries
Stainless • Lead • Wire • Aluminum Wheels
(with or without tires) • Large amounts of Metal
• Steel • Appliances • Catalytic Converter

C.I.A. SALVAGE
Call: 207-793-2022
366 Sokokos Trail North • Route 5, Limerick, ME 04048

We'll beat any reasonable offer for complete vehicles.

HOME IMPROVEMENT

EXCAVATING
Frostwalls, Foundation, Repairs, Septic Systems, Camps Lifted, Sill Work, Drainage, Driveways, Demolition, Landscaping
TODD ZAGARELLA LTD.
207-793-4111

LANDSCAPING

COMING UP GREEN
Spring and Fall cleanup
• Leaf removal • Mowing
• Mulching • Power washing
• Haul jobs and Junk removal
FULLY INSURED (207) 651-3027
comingupgreen@gmail.com

OIL/GAS/PROPANE

J.P. CARROLL FUEL CO.
150 Washington Street
Limerick, ME 04048
793-2331 or (800) 339-4268
Fax: (207) 793-6648
www.jpcarrollfuel.com

SEPTIC SERVICES

Residential & Commercial
• Tank Inspection • Video Inspections
• Septic Tanks & Cesspools Pumped & Cleaned • Grease Traps • Greased Tanks
• Drain Cleaning • Portable Toilets
"A Straight Flush beats a Full House"
Sebastian Septic Services
603-335-5440

ACTIVITIES & EVENTS

19TH CENTURY CURRAN HOMESTEAD VILLAGE at Newfield (formerly Willowbrook)

KNIFE MAKING CLASS

Sat. & Sun., Sept. 22-23, 9am-4pm
Instructor Frank Vivier assists you making your first knife and starting on the road to mastering this satisfying craft in a weekend. This is both an opportunity for beginners and intermediate level knife makers. Using propane fired forges, cut and shape a blade and tang from spring steel. Use a combination of hand files, grinders, and belt sanders. Quench harden using a coal fired forge and oven temper knives. Create hardwood handle scales with brass rivets. Epoxy and finish sand to satisfaction walking away with a nearly completed knife. Materials and tools provided. Tuition: \$225. Pay to register. Discount for returning students. First come, first serve, limited to 5.

Call 205-4849 or 745-4426.
Visit our website at www.curranhomestead.org.

70 Elm Street, Newfield • Email: thecurranhomestead@gmail.com

PAINTED PONY FUNDRAISER DINNER
with Freshly Cut Grass Bluegrass Band

Sept. 22, 4:30-7pm

At the museum's rustic restaurant, there will be live music with Maine's own Freshly Cut Grass. One seating only at 4:30pm, dinner served at 5pm. The menu includes Mary's own encrusted chicken cordon bleu, glazed baby carrots, ribbons of zucchini, rolls with butter, scalloped potatoes, green salad, cranberry compote, corn chowder and apple crisp a la mode. Meal includes a pint of local Gneiss beer or glass of wine, or a choice of other beverages. Additional beer and wine for purchase, \$5, \$3. Reserve a free ride at 3 or 4pm on the horse carousel with your 4:30pm dinner reservation. This is a fundraiser supporting our annual school field trip programming with more than 1600 from the area in May and June, 2018 and more to come this fall. Help keep a 49 year tradition for area kids going. Single: \$30, Couples \$55.



Call 205-4849 or 745-4426 as soon as you can for your reservation.

OBITUARIES

Robert Banks Hamor

Robert Banks Hamor, age 71, of Tilton, New Hampshire, died the evening of Sunday, Sept. 2, 2018 after an ongoing struggle with terminal service-connected illnesses related to his in-country duty in Vietnam. Robert passed peacefully surrounded by close family.

Mr. Hamor is survived by his son Sean Sosik-Hamor, his mother Barbara Hamor, his ex-wife Joyce Hamor, and his brother Richard Hamor.

Born in Biddeford on July 8, 1947, Robert enjoyed spending time on Little Ossipee Lake in Waterboro. After his time in Vietnam he owned a Southern New Hampshire photography business and acted as president of the New Hampshire Professional Photographers Association. Once retired, photography followed him as his primary hobby. Touring the Eastern United States and Canada working on personal photography projects from his motorhome was his passion.

Per Robert's wishes, he will be cremated and there will be no funeral service. Instead, a small celebration of life will be planned in the weeks following for close friends and family. Announcement to be made on bobhamor.com.

In lieu of flowers or gifts please consider making a donation in Robert's name to the New Hampshire Veterans Home Resident Benefit Fund. The NHVH is where Robert was taken care of and we can't speak highly enough of their wonderful services.



**KASPRZAK
INSURANCE
ASSOCIATES, INC.**
Auto • Home • Life • Business • Health
247-4959
RTE. 5 • NO. WATERBORO, ME 04061

*Honoring the loss
of your loved ones and
celebrating their life...*
the Dennett, Craig & Pate difference

Dennett, Craig & Pate *Here for you since 1882*
Funeral Home and
Cremation Services



BUXTON • Portland Rd. & Rte. 202 • 929-8200
SACO • 365 Main Street • 282-0562 www.dcpate.com

Thomas (Tommy) Edward Keith

Thomas "Tommy" Edward Keith, 50, of Falmouth, passed away on Sept. 4, 2018 surrounded by family and friends after his courageous battle with cancer.

He began his early years in New Jersey and moved with his family to Maine in 1973. Graduating from Massabesic High School and the University of Maine at Orono, he obtained a Bachelor of Science Degree in Mechanical Engineering in 1990. During this time he made many friends that remained close throughout his life. Tom spent decades as a respected colleague and friend at Hercules and Solenis corporations.

He had a great love of sports, especially football, and was a faithful New England Patriots fan. Tom loved the outdoors and creating adventures with the ones he loved most. Whether it was Jet Skiing on Sebago Lake or snow-

mobiling in Northern Maine, he loved it all. Tom was gracious and caring to all who knew him. As a loving father and family man, the impact he left behind is timeless. He never forgot a birthday and picked the funniest card at each celebration. His fondest memories included attending family gatherings and spending time with close friends, of which there were so many.

His parents, Russell and Elaine Keith, daughter, Victoria Keith, significant other, Christie Cantara and her three daughters: Kaylee, Lacie and Mallorie; siblings Janet Keith and significant other Ryan, Karen Haskell and husband Kevin, Russell Keith and wife Pauline, nieces, nephews and many extended family members, all hold him dearly in their hearts forever.

Family and friends may call on Sunday, Sept. 9 from 1-4 p.m. at the Autumn Green Funeral Home, 47 Oak Street, in Alfred. A funeral service will be held at on Monday, Sept. 10 at 10 a.m. at the North Waterboro Community Baptist Church, followed by committal prayers and burial at Elder Grey Cemetery.

The family would like to thank the doctors and staff at New England Cancer Specialists and Maine Medical Center, who compassionately provided care.

In lieu of flowers, memorial donations in Tommy's name may be made to Gosnell Memorial Hospice House, 11 Hunnewell Road, Scarborough, ME 04074 or Dempsey Centers P.O. Box 277 Auburn, ME 04212.

To leave a message of condolence, visit www.autumngreenfuneralhome.com. Autumn Green Funeral Home is respectfully handling arrangements.



**Obituaries are a
FREE service
in the Reporter.**
EMAIL TO:
**news@waterboro
reporter.com**



**GEAR TO
GET YOU
OUTDOORS!**
Bicycle Sales & Expert Service
Hunting Fishing Camping
Boots & Shoes
74 Maple St Cornish, ME
(207)625-9400 thelocalgear.com

F.R. CARROLL, INC.
LIMERICK, MAINE

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

READY MIX CONCRETE
HOT TOP • LOAM
MORTAR SAND
CRUSHED GRAVEL



MAIN OFFICE: (207) 793-8615
ASPHALT: (207) 793-4434
CONCRETE: (207) 793-2742
OR (207) 793-8753

HABITAT HOME

(Continued from page 1)

Applicants for the home underwent a rigorous review process by Habitat's Family Services Committee. Applicants must demonstrate a need for better housing and be able to meet income/payment requirements on the new home. The selected family must also put in 400 hours of sweat equity hours by working on the construction of their own home, attending financial management classes, and volunteering with Habitat for Humanity. When the home is completed, families purchase homes through an affordable mortgage that is recycled to support the construction of more Habitat for Humanity homes.

Amy Nucci, Executive Director, said, "Rich and Missy are genuinely excited for this opportunity and what it means for their family. We are thankful for all the donors and sponsors whose generosity has and will help make safe, stable and affordable housing a reality for the Lathrop family."

A three-bedroom home will be built on Kirk Street in Springvale. In early 2018, Habitat for Humanity York County purchased the vacant property by working with Sanford's Land Bank Authority and the property owner. The new home will transform the lot into an energy-efficient, affordable, durable home.

A Walk to Raise the Roof and Pancake Breakfast at the First Baptist Church in Springvale on September 15th will assist in funding the construction of the home and will kick-off construction of the new house. Local Springvale-Sanford businesses including Northeast Credit Union, The Law Office of Jessie Krall, Back to Health Chiropractic, El Mexicano Restaurant, Bowl-A-Rama, Pine Hollow Par 3 Golf, Sanford Elks Lodge #1470, Eastern Propane & Gas, and McDougal Orchards/Hanson Farms are early supporters of the Walk to Raise the Roof. Grants have been received from People's United Community Foundation, Saco & Biddeford Savings Institution, Kennebunk Saving Bank, and Pratt & Whitney. Funding for Habitat homes comes from a variety of sources, including individual donations, sponsorships, in-kind donations, and grants. Habitat is continuing to fundraise and seek in kind donations to meet its goal of \$200,000 for the construction of the home.

Habitat has many opportunities to volunteer on the Springvale Build, at the ReStore, in the office or assisting with weatherization. Anyone interested in participating or donating to the Springvale Build is encouraged to call the Habitat office at 985-4850 or visit the website at www.habitatnyork-county.org.

Oil Delivery Driver Needed
Top it Off Oil, in Alfred, Maine is looking for a part-time/full-time oil delivery driver.

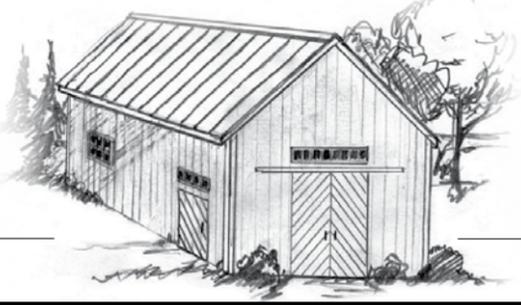
- Must have a valid Maine Class B license with Tank/Hazmat endorsements (CDL)
- Required to pass pre-employment drug screen, DOT physical and Homeland Security background check and have a clean driving record
- Experience is preferred but willing to train the right candidate
- Candidate should have excellent communication skills
- Strong customer focus and attention to detail
- Confidence making deliveries in all weather conditions
- Flexibility to work Saturday during the heating season if needed, but not required.

Please apply by calling 324-1133 or 651-7781 and ask for Kevin

TOP-IT-OFF OIL
279 Biddeford Road
Alfred, Maine 04002



POLE BARN
TRADITIONAL MAINE LOOK
ECONOMICAL STORAGE 207.432.8881



www.StultzBuilding.com

Newspaper advertising works!
Buy 3 weeks, get one FREE!
Call 247-1033 for more info or
email ads@waterbororeporter.com




BRIEFS

Maine Senior FarmShare has 1,000 openings

Seniors can get \$50 worth of fresh fruits and vegetables from local farmers

The Maine Department of Agriculture, Conservation and Forestry (DACF) announced that it has received additional funding from USDA's Senior Farmers' Market Nutrition Program to support its Maine Senior FarmShare Program. These funds will provide \$50 worth of fresh fruits and vegetables to an additional 1,000 Maine seniors for the duration of this growing season. The program is for Maine seniors who are 60 and older and meet income eligibility guidelines. Seniors must sign up with a farm by Sept. 21.

Maine's Senior Farmers' Market Nutrition Program, Maine Senior FarmShare, is managed by the Maine Department of Agriculture and supported by partner agencies throughout Maine. It utilizes a community-supported agricul-

ture model to maximize benefits to local produce farmers and low-income seniors. During the 2017 season, participating farmers provided fresh fruits, vegetables, and herbs directly to approximately 17,000 low-income seniors throughout Maine.

Maine's program provides individual Maine seniors with \$50 worth of fresh fruits and vegetables during the growing season.

A "share" is \$50 worth of fruits and vegetables delivered directly to seniors. Farmers may also have seniors come to their farm, a farmers' market or other distribution sites where seniors can select what they want and "draw down" on their credit balance. Available fruits and vegetables vary from farm to farm, for September through November they may include: squash, corn, apples, beets, broccoli, eggplant, radishes, pumpkins and potatoes.

For additional information, contact: donna.murray@maine.gov or visit https://www.maine.gov/dacf/ard/senior_farm_share.shtml.

Seniors can also reach out to their local Area Agency on Aging for assistance by calling the toll free number: 1-877-353-3771.

Southern Maine bus routing options study

We need your input about Sanford-Biddeford-Portland Bus routing options. Please join us for a public meeting on Monday, Sept. 10, at 4:30 or 5:15 p.m., at SMHC, 1 Medical Center Drive, Biddeford, in Café Meeting Room #4. Participants who arrive via ShuttleBus or YCCAC services are eligible to receive two free one-ride passes. You can also participate via online survey (takes less than 10 minutes to complete), through Sept. 21. The online link is: <https://www.surveymonkey.com/r/SouthernMEBusOptionsSurvey>. For a paper copy of the survey, reach out to Southern Maine Planning and Development Commission at 571-7065.

Sponsored by ShuttleBus, York County Community Action Corporation, Southern Maine Planning and Development Commission, and Maine Department of Transportation.

LYMAN

Fatal crash

At about 3:45 p.m. on Monday, Sept. 3, State Police were called to a two vehicle fatal crash on Route 35 in Lyman. Troopers said 29-year-old Alexander Mcinnis, of Hollis, was traveling south on Route 35 when he crossed into the northbound lane and struck a vehicle operated by 46-year-old Rachel Thurston, of Lovell. Mcinnis died at the scene. Thurston was transported by Goodwins Mills Rescue to Maine Medical Center with non-life threatening injuries. Investigation continues and it is not known why Mcinnis crossed into the opposite lane. According to state police, alcohol is not believed to be a factor.

Benefit carwash

A car wash to benefit the Goodwin's Mills Firefighters and Rescue will take place Saturday and Sunday, Sept. 8 and 9 from 8 a.m.-3 p.m. at the station on Route 35 in the village. The Goodwin's Mills department covers the towns of Dayton and Lyman and often offers support

to the surrounding towns when they need backup. A donation of \$5 for cars and small trucks and \$10 for full-size trucks would be appreciated.

Historical society annual meeting

The Lyman Historical Society will hold their annual meeting on Tuesday, Sept. 18 at 6 p.m. at the Community Library, 4 John Street, Lyman. Officers will be elected for the upcoming year. New members are welcome for an annual fee of \$10. Like them at Lyman Historical Society on Facebook or for more info call Steve at 603-583-3360.

Free community dinner

A free community dinner will be held on Saturday, Sept 15, from 5-6:30 p.m. at Goodwins Mills Advent Christian Church on the Mill Pond, Route 35, Goodwins Mills. The menu will include American Chop Suey, green salad, garlic bread, and brownies.

Upcoming classes at the Wellness Studio at Peck's Family Acupuncture!

SWEAT & SCULPT SMALL GROUP EXERCISE CLASS

Monday nights from 6-7 p.m.

6-week session from Sept. 10-Oct. 15

Cost \$50 (to be paid upon reserving spot). Max of 10 people This class combines creative cardio moves with strengthening exercises that utilize a wide variety of equipment including the best fitness tool of all, your own body weight. *To register, contact Lea Lehman at lealehmanwellness@gmail.com.*

BETTER HEALTH THROUGH SELF-EMPOWERMENT

Thursday nights from 6-7:30 p.m.

6-week group class session from Sept. 6-Oct. 11

Cost \$75.00. This class will focus on building the immune system in preparation for the flu season. *Email firesgin@gmail.com or call Peck's Family Acupuncture at 247-7388 to pre-register.*

YOGA FOR EMBODIMENT

Wednesday mornings from 9:30-10:30 a.m.

6-week session starting on Sept. 19

ROOTS offers a sliding scale of \$108-\$150 along with payment plans prior to session start date.

Min of 4 participants to run the session with a max of 6. These sessions of TCTS (Trauma Center Trauma Sensitive Yoga) for women will be held with Kelcy McNamara. *To register, call 651-9952 or email kelcy@rootstraumasensitivelyoga.com.*

YOGA FOR ALL BODIES

Thursday mornings from 9:30-10:30 a.m.

6-week session starting on Sept. 20

Cost \$75.00. Pre-registration is required

Min of 4 participants to run the series with a max of 10 This class is designed for beginners through intermediate students. *Call 651-9952 or email kelcy@rootstraumasensitivelyoga.com.*

All classes will be held at Peck's Family Acupuncture



813 C Main St., Massabesic Regional Medical Center, Waterboro • 247-7388
www.pecksfamilyacupuncture.com
jessica@pecksfamilyacupuncture.com

MHS PROJECT GRADUATION FALL MUM FUNDRAISER

COLOR	Image	Quantity	Amount	Total
RED				
Pink/Purple				
Yellow				
Bronze				
Totals				

Fairfield Greenhouse and MHS are teaming up to help raise money for Project Graduation. These mums are locally grown and are a beautiful accent to your home or make wonderful gifts as well, all while supporting this great cause. The mums are \$8.00 each for an 8" pot bursting with buds of beautiful colors. Make checks out to MHS PROJECT GRADUATION. **All orders are due by Friday Sept. 14th. With pick up at the High School on Friday/Saturday September 21st and 22nd.** Orders must be paid in full before pick up. Orders can be dropped off at the High School or mailed to MHS at 88 West Road Waterboro, ME 04087. If you have any questions contact Crystal Arsenault at (207) 651-8634 or masshsprojgrad@gmail.com

THANK YOU

Pick up 09/21 @ 6:00-7:30pm
 09/22 @ 8:00-10:00am