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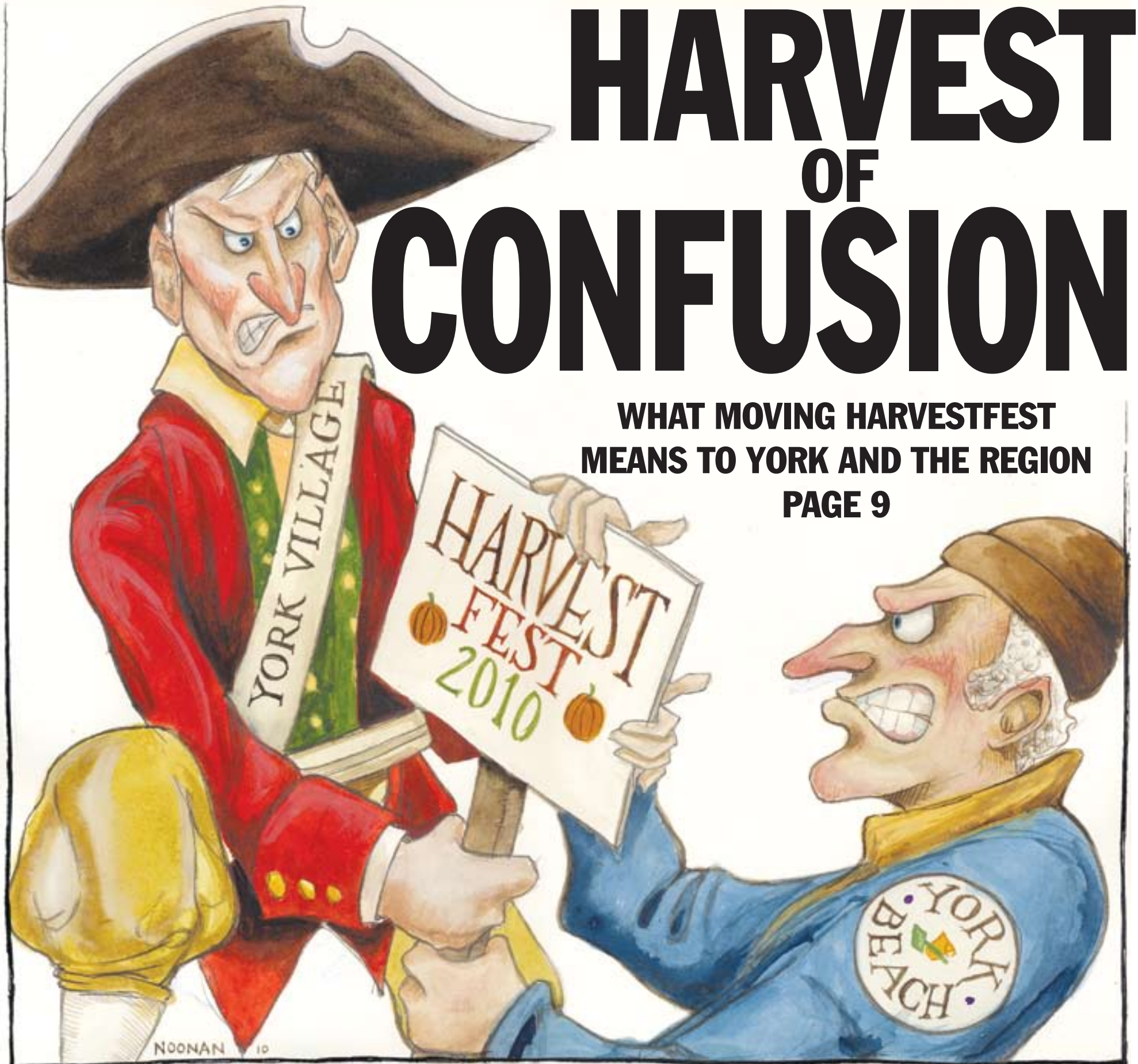
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January 29 - February 11, 2010 Volume 12 ~ Issue 3

# HARVEST OF CONFUSION

WHAT MOVING HARVESTFEST  
MEANS TO YORK AND THE REGION  
PAGE 9



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# T PUBLISHER'S NOTE

## Where's the outrage when you need it?

By **DAN SZCZESNY**  
The York Independent

After last week's Maine Turnpike Authority meeting, in which a middle school gym full of angry York citizens and politicians roundly spanked the MTA for their toll booth relocation plans, you'd think this kind of grassroots solidarity would carry over to issues that concern York on all levels.

Such is not the case.

Let's be frank. York citizens are furious—so furious that they can't even see through the grandstanding of politicians willing to go for cheap applause rather than level-headed discussion. Cheers to Think Again for rallying the troops to oppose the MTA's short-sighted relocation plans. Jeers to elected officials such as Rep. Dawn Hill (D-York) who acted more like a Captain of the Cheerleading Squad at a high school rally than a representative of the people.

But no matter, get the crowd riled and maybe they'll remember her come next election. The point is that York residents came together, forced the politicians—both state and local—to break toward their way of thinking, and have now put the MTA and the state on the defensive.



Dan Szczesny

So, where to direct this energy next? Nowhere, apparently. Certainly not to Old Mountain Road in Agamenticus Village, where an equally passionate but considerably smaller group of residents are struggling to preserve a very different part of York.

Given the massive effort, time and money spent battling the MTA and the toll booth relocation, it seems curious, and more than a little sad, that town leaders are unwilling to do the same for the Agamenticus Village schoolhouse. Where are the shrieking state reps giving speeches about preserving the history of York?

The Friends of Agamenticus Village have asked selectmen to approve a \$200,000 warrant article to put on the May referendum to preserve the structure and maybe turn it into a museum or a satellite of a town department.

And did town leaders rush boldly to the rescue of this property? No, they did nothing. They did less than nothing. Chairman Mike Estes, in fact, said that the town does not get involved in renovation projects because it does not have the expertise.

I guess the town only has the expertise when there's a gymnasium full of shouting voters. Then they'll even go so far as to hire an engineering firm—that presumably does have the expertise—to review MTA material.

Saving the schoolhouse is a no brainer. The cost is comparatively low, the benefits are clear and the cause is just. If only town leaders were listening.

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# LOCAL GOVERNMENT

## THE SQUEEZE IS ON

Town, school trying to keep budget increases to a minimum

By **TARYN PLUMB**  
The York Independent

As the first month of the new decade draws to a close, town and school officials are keeping busy with a well-rounded list of issues—from budgets to beaches; contentious toll plazas to historical buildings.

### Barely budgeting the bottom line

If you need evidence that times are tight, just take a look at the budgeting process.

After much tweaking, both the town's and the school's proposed Fiscal Year 2011 budgets have come in close to flat, with increases of less than 1 percent.

The town's proposed FY 2011 budget—which begins July 1—reflects a .25 percent spending increase, according to town manager Robert Yandow. However, he noted, that minimal increase in the estimated \$14.5 million budget translates to a taxpayer impact of roughly 2.7 percent.

When initially proposed, the budget showed a 1.6 percent spending increase, which translated to a 5.3 percent increase to taxpayers, Yandow noted. But after some cutting—including a pickup truck for the department of public works and a mower for the parks department—officials arrived

“Everyone recognizes this difficult economic time....”

at the current figure.

As Yandow put it, the “two primary culprits” for a roughly 4.5 percent decrease in town revenues are minimized state aid and reduced income from investments.

Meanwhile, the recommended school budget shows a .6 percent increase over this year's budget. The proposed budget is \$25.9 million, according to Superintendent of Schools Henry Scipione.

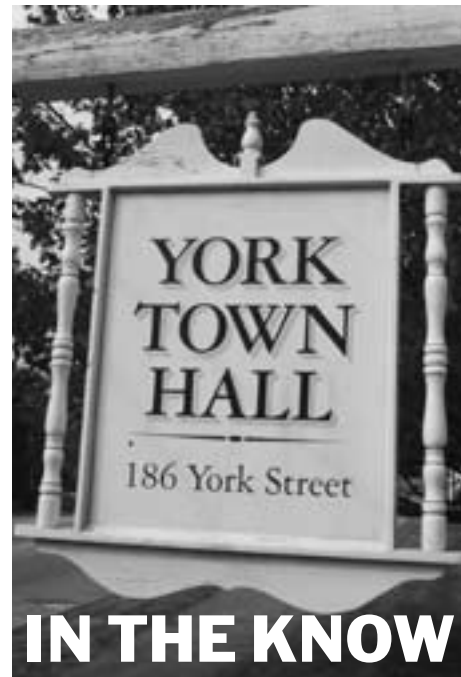
The school board approved the budget on Jan. 22, and, like the town budget, it will now go on to the budget committee before

being voted on by residents at town meeting on May 22.

To get to the current figure, the board cut “all controllable expenses,” Scipione said, including supplies and textbooks (but not fixed items like transportation, facility and fuel costs, he explained).

And, although some positions were shifted—such as a partial position moving from the high school to the middle school—no cuts in staff are expected.

All told, “everyone recognizes this dif-



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difficult economic time,” Scipione said.

### More public scrutiny for toll plaza changes

At a public hearing on Thursday, Jan. 21 that lasted nearly six hours, residents and officials vented their concerns and suggestions regarding the controversial York toll plaza.

The overriding message of the night? Residents would like the Maine Turnpike Authority to move to “all electronic,” or cash-less tolling.

Selectmen stated their stance on this in a recent position paper—they said they would not support further taking of land or

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increased toll rates, but would instead back infrastructure improvements to the existing plaza and development of a plan to institute a cash-less system within 10 years to eliminate the need for the plaza altogether.

Dan Paradee, MTA spokesperson, said the authority “would love to go to cashless tolling”—but noted that it’s not “suitable” for this highway system.

In areas where such methods have been successful, he said, drivers without E-Z Passes pass through without initially paying, and the turnpike has to photograph their license plates and mail them a bill. But, he said, this is mostly successful in areas that are highly commuter-dominated, with local drivers, 80 to 90 percent of which use E-Z Passes.

Simply put, it wouldn’t work in Maine, where 50 percent of revenues come from out of state and 58 percent of users have E-Z Passes.

Overall, Paradee called the meeting “uncomfortable” and “contentious,” but said it ultimately allows the authority to reflect on its findings. The authority is now going through the comments, “making sure we understand them and can respond to them,” he said, and may be sending its proposal along to the U.S. Army Corps of Engineers by the end of February.

After years of discussion on the issue, the MTA released a new list of locations for the plaza in November. They proposed a handful of options, ranging in cost from \$34 to \$56 million, and affecting anywhere from 4 to 28 acres of wetlands. Renovating the plaza where it is, they estimated, would cost \$56 million, and affect 28 acres of wetlands. Meanwhile, other potential courses could include taking land by eminent domain.

Public outcry has centered on land-taking, environmental impacts and the effect to the tax base. Joan Jarvis, who started the group Think Again in response to the plaza project and is an outspoken opponent, was not available for comment.

### Back to school: Preserving the past

What was in danger of demolition may now be reborn.

A five-member steering committee has asked selectmen to approve a warrant article for the May town meeting requesting funds to purchase and restore the circa-1850 Agamenticus school house, which is in poor condition and was recently scheduled to be razed by its owner, Michael Genewicz.

Although the group was seeking

\$200,000, selectmen said they would consider supporting \$70,000, (what Genewicz is asking), and requested that the committee hold a public hearing on the subject, according to Pamela Wallis, who lives on Old Mountain Road across the street from the one-room school house. That hearing will be scheduled in February, she said.

Wallis acknowledged that the building is “in pretty bad shape,” and will likely require

“The structure is in eminent danger of collapse.”

a new well, a holding tank, some structural work, as well as cosmetic improvements. All told, that will cost about \$150,000, she said, which could be mitigated by volunteer efforts and donated materials

But she underscored the urgency.

“The structure is in eminent danger of collapse,” she said. “We need to buy it and restore it.”

The committee formed late last fall, after hearing that the school house was to be demolished; they were given 45 days to come up with an alternative. By teaming up with the York Historical Society, the group has already raised \$5,000, Wallis said. Although its 45-day deadline has passed, Genewicz has been willing to work with them, Wallis said. Maine Preservation has also viewed the building and said it could be salvaged, she noted.

The schoolhouse was in operation until 1957, and was designated a historic property by the historic district commission in 1988.

The goal is to have it as a museum to house artifacts, Wallis said, and also use it as town office space.

Wallis described the former village of Agamenticus as a “thriving community” in the 1800s; it was humming with basket makers and sawmills, and comprised of churches, stores and the school.

In addition to seeking monetary donations, the group is also looking for old photographs and memorabilia. Although “York is one of the very oldest towns in the entire country,” Agamenticus village hasn’t been “honored for its part in history,” Wallis said.

*Taryn Plumb covers York for the York Independent. Comments? Story ideas? Send them to editor@yorkindependent.net.*

### NOVEL EFFORT



COURTESY PHOTO

Members of the Ogunquit Woman’s Club in conjunction with the Ogunquit Rotary Club are collecting books during the month of March for troops overseas through Operation Paperback. Drop-off sites are: Dunaway Center, Kennebunk Savings Bank, Ogunquit Welcome Center. Or contact Pat Mason at 646-7236 to find another location.

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AUX - 2nd Monday of month 1pm

House Committee - Last Thurs. of month 6pm

Executive Board - Last Thurs. of month 7pm

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# HOW TO FIND YORK ON FACEBOOK

Debate and discussion about important local community issues is blossoming online

By **JENNIFER L. SAUNDERS**

The York Independent

Those who know me well know that I am absolutely passionate about things from the past. I love old houses, classic novels and '80s music. (Well, I'll admit that last one isn't so far in the past, but you know what I mean.)

However, there is something to be said for the wonderful world of information we live in today. For example, if you are unable to catch up with neighbors or friends in town due to busy work schedules, there are places to visit them from the comfort of your own home.

Yes, that's right. York has embraced the information age. Many of us are accustomed to finding out what is happening in town through such popular Web sites as [www.yorkindependent.net](http://www.yorkindependent.net), [www.yorkmaine.org](http://www.yorkmaine.org), [www.york.lib.me.us](http://www.york.lib.me.us), and [www.yorkschoools.org](http://www.yorkschoools.org), along with the many sites that link us to our favorite local nonprofits, businesses and service organizations.

But, did you know you can check in with how your neighbors are feeling about key issues by visiting the ever-popular Facebook? That's right. What started out as a way for college students to connect and keep in touch now has a huge following right here in York.

And, seeing the writing on the wall—or, in this case, on the computer screen—York residents not only have their own Facebook pages to keep in touch with friends and family near and far, but have even created Facebook pages especially for key local issues.



With the MLK Day of Service just last week, there's a Facebook page to check on what happened at this special community event. The Museums of Old York may be preserving history, but they're also embracing the future with a Facebook page all their own.

The York Police Department is on Facebook, and you can find updates on public safety issues as well as helpful hints for protecting yourself and your family. York Parks and Recreation and York Adult Education are there as well, so if you're wondering what to do in the spring and summer months ahead, you can check their Facebook pages for posts and comments. There is even a Facebook group focused on the debate over the decision to move Harvestfest out of York Village. And these are just to name a few!

If you're not one of the 120 of us who have found the York Community Dialogue yet on Facebook, check it out. If you have thoughts on issues affecting your community, this is a great place to share ideas with fellow residents who are tapped into the future of our town. As the York Community Dialogue's description states, "Have you ever wondered what sort of conversations communities might have if public meeting agendas were set by citizens rather than by governments? It was this question that led to the establishment of the York Community Dialogue in 2009. The Dialogue exists in order to foster broad public conversation."

And that is just what this page does, with recent

topics ranging from concerns about tax increases to the latest in the Maine Turnpike Authority's plans for the York Toll Plaza, from summer parking permits to rising sea level to concerns about plans to dredge the nearby Piscataqua River.

So, if you are as addicted as I am to staying in

“ There is even a Facebook group focused on the debate over the decision to move Harvestfest out of York Village.”

touch with your “friends from away” via the Internet, check out the links to your home town that are right there at your fingertips. We can all learn a lot from one another. If we aren't fortunate enough to be able to meet in a room and talk these issues through, at least our little town has a public forum where we can begin to share our thoughts.

Check it out at <http://www.facebook.com/group.php?gid=121367900291>, and happy posting!

*Jennifer Saunders is a contributing editor for the York Independent.*

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KAREN McELMURRY

# Q & A

## THE ANIMAL LOVER

By **TARYN PLUMB**  
The York Independent

It started when she was just a kid. Growing up in the Midwest, Karen McElmurry would incubate robin’s eggs she found in the yard, and, when small animals had the misfortune of crossing paths with her pet cats, she would attempt to nurse them back to health. (Unfortunately, the majority didn’t make it.) Later, her love of animals was cultivated by the renowned Kay McKeever during an internship at the Owl Foundation in Ontario, Canada. Today, as executive director of the Center for Wildlife on Cape Neddick, McElmurry cares for all kinds of animals, from misunderstood porcupines to graceful hawks. And, fortunately, these days, she has a much better success rate.

**Name:** Karen McElmurry  
**Position:** Executive Director, York Center for Wildlife  
**Lives on:** Cape Neddick  
**Age:** 45

**How many animals does the center care for a year?**  
It was 1,600 last year. The majority of the animals are brought to us by private citizens that have found them, animal

““ When the first baby birds come in, even after 20 years, I melt a little bit..””

control officers, veterinary hospitals, or sometimes animal shelters bring them or refer people to us. But we really try to encourage people to call us first.

**Geographically, where do the animals come from?**  
We cover a 100-mile radius.

**What kinds of animals do you deal with?**  
A hundred-plus different species of birds, from little songbirds up to raptors; reptiles—turtles and snakes (but we don’t see very many snakes because I don’t



think people have high regard for them); mammals—squirrels (red, gray, flying), porcupines, rabbits, possums, chipmunks.

**What types of ailments do they come in with?**

Maybe they’ve been hit by a car, or people have been walking on the beach and there’s a gull with a broken leg or wing, or it’s tangled in fishing line. Things tend to cycle a bit with the time of year. Right now, in the winter, we see birds that are starving, especially raptors, hawks and owls. They’re usually first-year birds; juveniles whose skills aren’t as polished as their parents. We see animals hit by cars—always, year-round. When we start getting into springtime, we’re gearing ourselves up for the busiest season. Everybody is giving birth and nesting. Our work absolutely quadruples. We spend a lot of time on the phone, walking through scenarios with people, teaching them to be tolerant and patient.

**Are the animals eventually released back into the wild?**

Yes. Overall, when we bunch everybody together, our release rate is close to 50 percent—so you’re talking 800

animals. With some, it’s higher than that—our mammal release rate is 65 percent. But it really can vary depending on the group of animals we’re analyzing. In the 20 years I’ve been doing rehab, the field has changed tremendously. How we rehabbed a bird 20 years ago and how we rehab one today is so different.

**If they find a wounded animal, what should people do and how can they be safe?**

Usually they can just use a simple cardboard box, bucket or a pet carrier. They should have gloves, towels, small blankets to wrap the animal in. In case of a hawk or owl, the feet are the most dangerous. All species react differently in a stressful situation. In most situations, we would rather try to talk to the person first. We can offer advice on the safest and best way to handle those animals. With a raccoon or fox, (because of disease issues) we don’t suggest that people scoop them up and put them in a car. People have to use common sense, too.

**What should people do if they find an animal nesting in their attic or barn?**



Before they block something off or set a trap, it's best for them to give us a call so we can give them ideas on what they can do. Sometimes they can just make that area unpleasant for (the mother) so she'll move on her own. Sometimes animals have a back-up nest, a place to bring their young to if the first (nest) fails. We get lots of calls for various reasons: "I have skunks digging grubs up in my front yard—what do I do?" or "I have a squirrel wanting to nest in my chimney—what do I do?" People are kind of disconnected with wildlife, with nature, they forget there are feelings and emotions with animals. It's not just humans that mourn the loss of their young. If a mother is moved, she will be absolutely frantic trying to get back to her babies. It takes time, takes a lot of talking to people and making them realize we're not the only ones inhabiting the area.

#### What drew you to wildlife?

I always was attracted to animals, even as a child. I would bring in a robin's egg that I found on the lawn and put a light over it, (or) our cat would bring home little animals, and I would try nursing everything back to health.

#### What's your favorite animal and why?

If we're talking the mammal world, I'd have to say the porcupine is my favorite to work with. They're very misunderstood mammal. Most people don't like them because they don't know much about them, they think strictly about the quills (and it's a myth that they can

shoot them). But they're a beneficial animal to the whole ecology of our forest system. They're extremely docile, almost a little too trusting of humans in some way. They are a challenge to work with, because of the nature of the quills. They don't like to be restrained. They let out a little scream, start whipping their tail, so we have to anesthetize them a lot.

“It takes time, takes a lot of talking to people and making them realize we're not the only ones inhabiting the area.”

When it comes to birds, I love the owls and the raptors, and I also really enjoy little songbirds. We get so many different species that come in, so much diversity. We use them in our education programs, and there's a connection there when you start handling a bird and interacting with them. They're very intelligent in their own way. When the first baby birds come in, even after 20 years, I melt a little bit. Their development is so rapid and incredible. It makes you realize how resilient they are.

*For more information, visit [www.york-centerforwildlife.org](http://www.york-centerforwildlife.org).*

*Know of a York resident who you'd like to see cross-examined? Send a note to [editor@yorkindependent.net](mailto:editor@yorkindependent.net).*

#### YORK LIBRARY

### A seacoast mystery

Local author K.D. Mason will be stopping by to talk about his book "Harbor Ice." Characterized as a breakneck-paced thriller, with genuine romance and compelling characters, the story is a mystery set on the New Hampshire seacoast. Mason is the pen name of Doug Zechel, who lives in Rye, N.H.

Visit the York Public Library at us at 15 Long Sands Road; contact us at 363-2818 or visit [www.york.lib.me.us](http://www.york.lib.me.us) for the most up-to-date information.

#### Events

• India/Pakistani Film Series: "Baghban" will be screened Saturday, Jan. 30 at 7 p.m. Two loving parents find their children are not eager to love and support them in their retirement years. A Bollywood movie with song and dance scenes. Sponsored by the York Diversity Forum.

"The Clay Bird" will be screened Saturday, Feb. 6 at 7 p.m. Set in politically unstable East Pakistan, now Bangladesh, Anu grows into a family divided by tensions and is sent to live in a madrasa, or Muslim boarding school. This is the story of his struggle to adapt and grow up.

• New Program: "Carmen" will be shown on Saturday, Feb. 13 at 1:30 p.m. The full-length opera will be followed by a discussion led by local resident and opera aficionado, Gretchen Baldwin.

• Family Film Series: "Mulan" will be screened Saturday, Feb. 13 at 6:30 p.m. "Mulan" is based on the legendary Chinese heroine.

• Winter Film Festival: "Break-

fast at Tiffany's," will be shown on Sunday, Feb. 14 at 3 p.m. A classic romance for Valentine's Day starring George Peppard and Audrey Hepburn. Filmed on location in New York, this captivating movie is a candy box of color, style, humor, and romance. It was the 1962 Oscar winner for Best Musical Score, Best Original Song. Unrated, PG equivalent. 115 minutes.

"Tea with Mussolini," will be shown Sunday, Feb. 28 at 3 p.m. A group of women expatriots living in Florence Italy on the brink of World War II extract a promise from dictator, Mussolini that their lifestyle will be preserved. When his word is not kept and these expats are in trouble, it takes a young outcast boy and a brazen American woman to keep them in the high life and out of harm's way. The cast includes: Maggie Smith, Joan Plowright, Cher, Lily Tomlin, and Judi Dench. Director Franco Zeffirelli tells a wonderful, semi-autobiographical story filled with humor, hope, and inspiration. Rated PG for thematic elements, language, brief nudity, and some mild violence. 117 minutes.

• Concerts for a Winter Afternoon: Songs and Stories of World War II will be featured



Sunday, Feb. 21 at 3 p.m. Popular seacoast musician Curt Bessette will be joined by Neil Zweig (lead guitar) and Jenn Kurtz (vocal harmonies) in a musical tribute to honor World War II veterans and families, including Curt's own father.

#### For children

• Infant Lapsits (infants to two years old) on Tuesdays, 10:30 a.m. Come for a program of stories, songs, fingerplays and rhymes.

• Preschool Story Hours on Thursdays and Fridays at 10:30 a.m. Join us for stories, songs, fingerplays, crafts, and science. Thursday programs with Miss Julie are designed for three and four year olds. Science Story Time will take place on the fourth Thursday of each month. Friday story hours with Miss Kathleen are designed for two and three year olds.



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## COMMUNITY BRIEFS

# Old York Garden Club notes

The Old York Garden Club held its monthly meeting in fellowship hall at First Parish Church on Wednesday, Jan. 13.

Board members prepared the luncheon tea and club members created beautiful centerpieces for the tables at a workshop held the day before. President Sherry McConnell presided and new members introduced themselves to the club. Committee chairs outlined the role of each office and invited the new members to participate in an endeavor of their choice. Board officers defined their duties and responsibilities and welcomed all new members.

Next month Old York Garden Club will meet at First Parish Church on Wednesday, Feb. 10 when Jeff O'Donal from O'Donal's Nursery in Gorham will present "All About Hydrangeas."

## York County Relay for Life kick-off Feb. 2

On Tuesday, Feb. 2, the American Cancer Society Relay For Life of York County will officially get underway as event volunteers and participants gather at the Wells Junior High School Cafeteria, located at 1470 Post Road in Wells, at 6 p.m. for a kick-off rally to launch their fundraising efforts for the year.

Anyone interested in forming a team, volunteering for the event, joining the

planning committee, or just learning more about Relay For Life is encouraged to attend. Relay teams representing families, clubs, religious and civic organizations, neighborhoods, and local businesses will join together to fight cancer by celebrating survivorship and taking turns walking around the track. Mark your calendar for the 2010 Relay For Life of York County scheduled for Saturday, June 12 and Sunday, June 13 at the Wells High School track.

## York residents reach out to Haiti

In the wake of a devastating earthquake in Haiti on Tuesday, Jan. 12, York residents have been eager to help with the relief effort.

The York Rotary has raised more than \$7,000 for shelter boxes which include a tent for eight to 10 people, a water purification unit, a stove and blankets. The boxes cost \$1,000 each to put together. For more information, visit [www.shelterbox.org](http://www.shelterbox.org).

The club is encouraging the public to support the effort. Donations to the ShelterBox project should be made out to the York Rotary Charitable Foundation and sent to P.O. Box 806, York, ME 03909. The foundation is a 501(c)3 organization and donations are tax-deductible.

## Local 6th-grader wins Geography Bee

Sixth-grader Ben MacLean won York Middle School's Geography Bee for the second year in a row on Tuesday, Jan. 12. He hopes to go on to the Maine Geography Bee, where he finished 12th last year, but needs to take a written test first. If he scores within the top 100 in the state, he'll head for the state championship again.

The middle school contest featured 29 students—one from each homeroom in Grades 5 to 8.

Students were eliminated from the competition after missing more than two questions.

In the final round, the contestant with the most correct answers to three consecutive questions would win. Both students answered the first two questions incorrectly. However, MacLean captured the championship on the third and final question by correctly naming Greece as the Mediterranean country that is Europe's largest exporter of cotton.

## Police offer tips to stay safe during census

With the U.S. Census process beginning, York police are advising people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft.

The first phase of the 2010 U.S. Census is under way, as workers have begun verifying the addresses of households across the country.

Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data.

Police say the question is, how do you tell the difference between a U.S. Census worker and a con artist?

Police provide the following advice: If a U.S. Census worker knocks on your door, he or she will have a badge, a hand-held device, a Census Bureau canvas bag and a confidentiality notice.

Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you do not know into your home.

Census workers are currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census.

While the Census Bureau might ask for

basic financial information such as salary range, you do not have to answer anything at all about your financial situation.

The Census Bureau will not ask for Social Security, bank account, or credit card numbers, nor will employees solicit donations. Any one asking for that information is not with the Census Bureau.

Eventually, Census workers may contact you by telephone, mail or in person at home. However, the Census Bureau will not contact you by e-mail, so be on the lookout for e-mail scams impersonating the Census.

Never click on a link or open any attachment in an e-mail that is supposedly from the U.S. Census Bureau.

## Winter film series at library

The York Public Library will continue its series of critically acclaimed films on Sunday afternoons now through April. All screenings start at 3 p.m., the public is invited, and admission is free. In addition, there will be free popcorn, and beverages will be offered for \$1. Upcoming films in the series are: "Breakfast at Tiffany's" on Sunday, Feb. 14 and "Tea with Mussolini" on Sunday, Feb. 28.

The Winter/Spring Film Series is made possible by the Library Film Group, which is composed entirely of volunteers. Those interested in participating in the Library Film Group are encouraged to contact any group member at the screenings or to leave their name and phone number at the front desk of the library.

The York Public Library is located at 15 Long Sands Road in York. For more information, please call the library at 363-2818 or visit the library's website at [www.york.lib.me.us](http://www.york.lib.me.us).

## Classes starting at bee school

York County Bee School is starting Monday, Feb. 22 and will run through Monday, March 22 in Springvale at the Anderson Learning Center. The five-week introductory beekeeping course is sponsored by the Maine Beekeepers Association and the University of Maine Cooperative Extension in York County. Classes run on Monday evenings from 6 to 8:30 p.m. Master Beekeeper Erin Forbes and Larry Peiffer, Maine State Beekeeper Association board member, will instruct students on such topics as the honey bee colony, pest management, honey production and wintering hives. Students will also have the opportunity to visit local hives for observation and hands-on experience.

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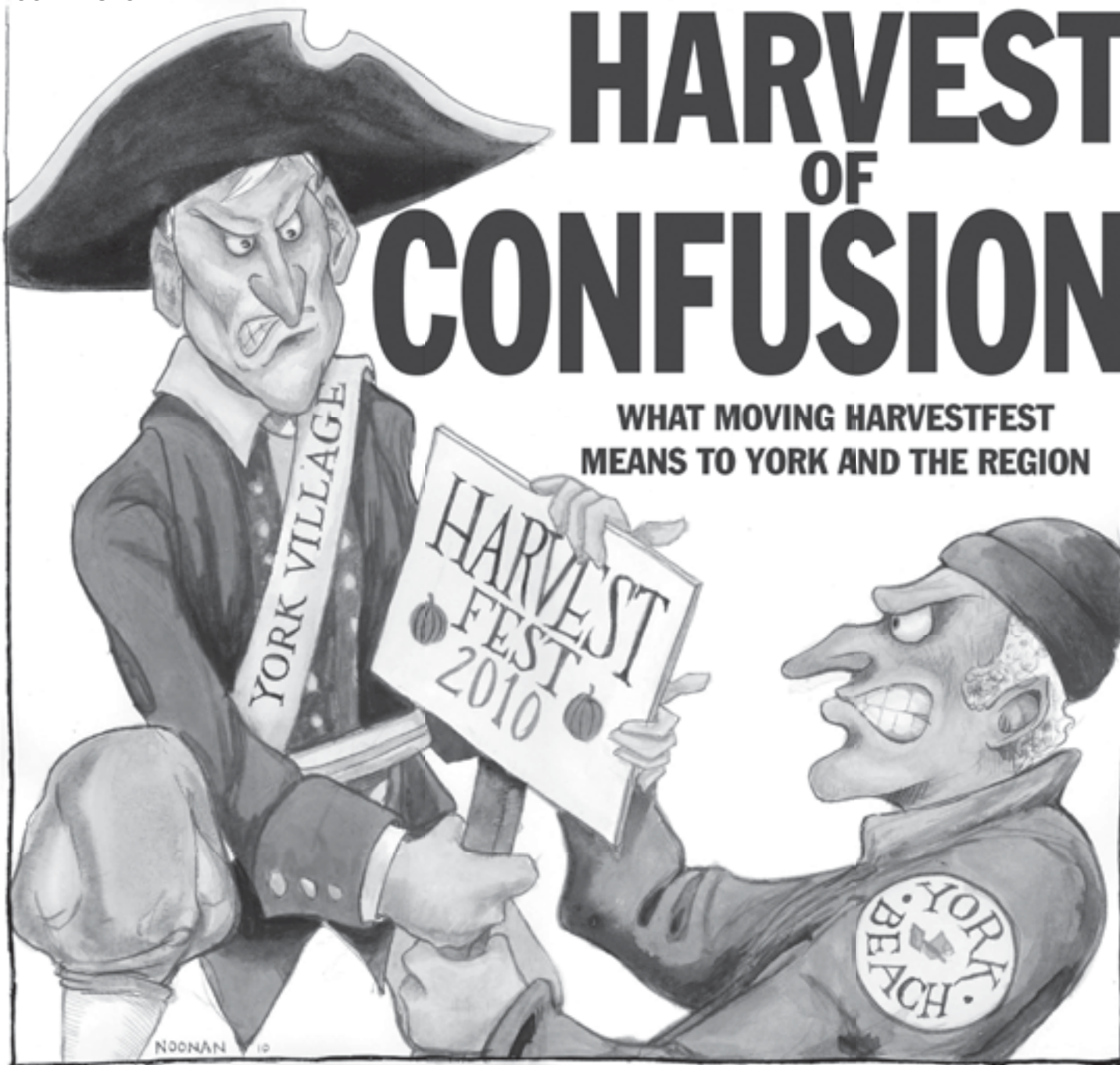
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ORIGINAL ART BY PETER NOONAN / [www.noonanarts.com](http://www.noonanarts.com)

By **SUSAN KING**  
The York Independent

And you thought Harvestfest was over in October.

Not this year. Since the Greater York Chamber of Commerce announced its decision to move the popular festival from its original York Village location out to York Beach, controversy has created a mini-furor that threatens to turn a wholesome tradition into a wholesale dispute.

York Village business owners have slammed the proposal, saying that they should have been part of the decision-making process.

But chamber officials say they had to make a decision because planning and staging the festival is a year-round process.

“The community doesn’t really understand what it takes to make it happen,” said Cathy Goodwin, president of the Chamber of Commerce. “One of our faults has been to make it look so easy. It seems like it just unfolds in town. But it takes months and months to make it happen. We start planning for the next one the day after Harvestfest.”

But Douglas Taylor of Beyond the Sea,

a gift and furniture shop in York Village, called the decision the “death note for the village.”

“It’s not just about the lost revenue, although that is a concern” he said. “It’s about community and true Americana. People won’t know what Harvestfest has always been about because it’s at a ballfield.”

Taylor said he stumbled across Harvestfest 10 years ago when he was living in Cape Neddick.

“I didn’t know it even existed,” he said. “I didn’t know anything like it still existed anywhere.”

Instantly enamored with the festival,

Taylor has yet to miss one in the last 10 years—but that record might change this year.

“I just won’t go to Harvestfest in York Beach,” he said.

Taylor wishes that as a chamber member, he had been more formally notified of the move.

“We pay a few hundred dollars every year for membership,” Taylor said. “That’s not an insignificant amount of money and we only found out when Cathy (Goodwin) happened to mention it to someone one day and word spread.”

Revenue and history aside, Taylor cited

one more reason why York Beach is not the best site for the event.

“Who wants to be on the beach in October?” he said. “They’ve had some events down there that time of the year and people freeze. With the breeze it gets significantly colder than in the village. People aren’t going to be comfortable. Nobody will even go.”



CHRIS SHIPLEY PHOTO

Tours of York Village via a horsedrawn cart were a highlight of last year’s Harvestfest celebration, held in York on Oct. 16-18, 2009.

It’s not just York’s entrepreneurs that are bucking the chamber. Stephen Carr, a 13-year-old York Middle School student, developed a Facebook group for people to organize against the chamber. Now 687 members strong, the page has become a central place for the village-versus-beach rivalry.

### Reasons for moving Harvestfest

It all started over insurance.

“What really started the discussions was a new requirement from our insurance company for a \$2,500 insurance rider,” Goodwin said. The additional insurance was required for liability coverage as the crowds became bigger. The town requires a special-use permit which also requires a certificate of insurance and after the insurance company began examining the event, the additional charge was requested, Goodwin said.

Also, First Parish Church, which has traditionally hosted much of the event on its lawn, bumped up their fee from \$1,000 to \$3,000 in 2010.

“It was a combination of both things that set off the discussion with board members,” Goodwin said. “We had to ask ourselves, ‘What are the options? How are we going to go forward?’”

Goodwin also cited safety issues as a catalyst the change of venue.

A 100-foot tent is expanded behind both the town hall and the church and is filled with food vendors with gas grills.

“They are setting up grills next to tent flaps, which are next to hay bails,” she said. “If a fire broke out, how could we move everybody out from underneath that tent? There’s no space to do that because the crowds grew so large. There have been so many problems over the years that get resolved with this move.”

Before the idea of York Beach, Harvestfest Committee discussed making the 25th anniversary the last festival, which would have ended it in October 2009. Goodwin said that ultimately the economic and historical factor kept Harvestfest alive.

“It’s too important to the community,” she said. “The economic impact is in the hundreds of thousands of dollars...it’s the weekend after foliage season when the everything is beginning to drop off and that’s

CONTINUED ON PAGE 10

“I just won’t go to Harvestfest in York Beach.”



CONTINUED FROM PAGE 9

exactly why that weekend was chosen, to extend the season. The board felt it was too important to keep that tradition going. It just couldn't keep happening in the small space we had."

Although Goodwin could not give exact numbers, the Harvestfest is the chamber's largest fundraiser of the year.

### Alternative ideas for the village

"We haven't abandoned the village," Goodwin said. "Some folks that have been negatively vocal and believe that by being forceful enough that my board will change its mind. But it's too late, the horse has left the barn."

The next step is finding a solution for the village to remain involved in Harvestfest but in a way that doesn't "burden the chamber," she said.

"What we hope is that people get over the anger and sit down with us to get a plan in place," she said, adding that the chamber has been trying to work with village businesses to find other activities that would have a lower impact on the infrastructure.

"They're so angry they can't even begin the dialogue," she said. "They can't get over the fact that it's going to move."

Suggestions made by the chamber have included a scavenger hunt throughout the village that includes pieces of Colonial heritage from the Museums of Old York. Goodwin said that some of the less-valuable pieces from the museum's collection would be placed in businesses and organizations and numbered. Participants would fill in the number on their card and the first one to locate all of the pieces would win a prize.

"It seemed to be a great way to get people into the shops and into our library and other places," Goodwin said. "It would be a fun family-friendly activity with a low-impact and it would share in kind of a unique way our heritage and these facts. We sent the idea out to 15 people over the past week and haven't received a single response," Goodwin said.

Taylor knows why no one has responded.

"Who would want to do a scavenger hunt when there's a festival going on?" he said, calling the idea "ridiculous."

Goodwin also suggested hosting local musician Tim Janis at the First Parish Church, something that would have been way too big if the entire event were held in

the village.

"Tim Janis draws a large crowd, he's very popular in York and the crowd just would have been too huge to happen in the middle of Harvestfest," she said. "But if it's more of an isolated event on the Saturday afternoon, it's something that's definitely very possible."

### BrewFest will continue in place

The York Village Business Association has been meeting to discuss their own plans for the village during Harvestfest weekend to bring crowds back. Only one event is scheduled for the village: BrewFest.



COURTESY PHOTO

Douglas Taylor, co-owner of Beyond the Sea, is fighting to keep Harvestfest in York Village and is working with the York Village Business Association to plan a new event for the village.

"BrewFest is all we have," Taylor said. "And that's not family-friendly. We want to have something that will be available to everyone."

To augment this, the business association just started to put its own celebration, 'York Village Market Fest' into place in York Village. The event is still in the very early stages of planning, said Sean Mitchell, owner of Bagel Basket, but "a lot is in the works."

"People are still going to be coming that weekend looking for it here," he said. "They don't always just go in to the chamber of commerce or look on their Web site for something that's been there for 25

years."

He added that the festival belongs in the village because of tradition.

"It doesn't affect me so much," he said. "I've been here for 16 years and am further away from the whole center. But people with these little retail shops... it's probably their biggest weekend of the year. We just figured we'd keep the tradition."

He added that to "the (chamber) it's money and to us it's more about tradition."

The association plans to make an announcement soon regarding further plans with their new village-based festival.

Local craft vendors are something that Taylor would like to see as part of the new Harvestfest-alternative.

## Welcome to 'Oktoberfest' 2010

OktoberFest is the new five-week York-based festival that will be held Friday, Oct. 1 through Sunday, Oct. 31. Here's a run-down of all the different "fests" planned for the month.

• **ArtFest:** Friday, Oct. 1 and Saturday, Oct. 2; open studios all over southern Maine.

• **SaleFest:** York Sidewalk Sales. Friday, Oct. 9 through Sunday, Oct. 11 from 10 a.m. to 4 p.m. at Short Sands Beach and York Village. The shops move their stores to the sidewalks for the end of season sales.

• **26th Annual HarvestFest:** Saturday, Oct. 16 and Sunday, Oct. 17 from 10 a.m. to 4 p.m. at York Beach. This festival includes a variety of activities, live bands, an ox-roast, bean hole beans, 200 local food vendors, juried and marketplace crafters from all over the country. Harvestfest also includes a corn toss challenge, hayrides and more.

• **BrewFest:** Saturday, Oct. 23. Costume party and Maine-crafted beer festival at participating locations.

• **DineFest:** Saturday, Oct. 23 through Sunday, Oct. 31. Celebrate the culinary arts in southern Maine at participating restaurants.

• **KidsFest:** Saturday, Oct. 30 at York Beach area. Head to York Beach for games, crafts, Pumpkin Stroll, special entertainment, children's costume parade.

For a full schedule and more information, visit [www.gatewayto-maine.org](http://www.gatewayto-maine.org).

Taylor added that some craft vendors at the past few years were selling items that he sold in his store.

"The chamber will let anyone in who will pay," he said.

Goodwin said the chamber is very receptive to other organizations and businesses hosting their own events during Harvestfest and putting them on the "official" schedule.

"It's always been run like that," she said. "A lot of things that have historically happened in the Harvestfest is not actually run by the chamber at all," she said pointing to the Hannah Road Race and a chocolate lovers event.

"We just let the organization use the tent at a time when we weren't using it. It's always been small events and activities under the umbrella of Harvestfest but the only part that the chamber controlled was the craft vendors, food vendors and the kids activities. But there were other groups doing other things."

The First Parish Church's flea market is one annual event that has nothing to do with the chamber. Their only role is to include it in the calendar. The flea market raises \$10,000 for the church each year.

"All we do is present opportunity and we're still doing that. Nothing has changed," Goodwin said.

### The new Harvestfest

The new home of Harvestfest will be at the ballfield in York Beach. Parking will be at Wild Kingdom, which has donated 5,000 parking spots to the public and vendors will be set up on part of Railroad Avenue, which will be closed to make it a pedestrian mall. Goodwin said that 30,000 to 40,000 people attend Harvestfest annually, although it's not a gated event and visitors

are difficult to track.

It's more than just the location changing this year. The entire event will be revamped in 2010 and regional activities will be happening throughout October.

The five weekends of activities have been dubbed "Oktoberfest," with the traditional Harvestfest happening the third weekend in October.

ArtFest will be on the first weekend of October with open studios throughout southern Maine. The annual York Sidewalk Sales will be held the second weekend as part of SaleFest at Short Sands Beach and York Village. The annual Harvestfest—the heart of the York-based event for the past 25 years—will be held the third weekend, and include a variety of activities, live bands, an ox roast, bean hole beans and 200 local food vendors and juried and marketplace crafters from all over the country.

BrewFest and DineFest will be held the

“The economy has changed and vendors said they can't afford to come for just one day.”



COURTESY PHOTO

Mark Foster, owner of the Stage Neck Inn, is one of the founders of Harvestfest. His family has been heading the ox-roast for 25 years and his son, Peter, has never missed a festival.

fourth weekend at participating restaurants in York that will feature Maine-craft beers. The festival will wrap up on Halloween weekend with KidsFest at York Beach with games, crafts and special entertainment. A costume parade is also on the schedule. At Raitt Farm in Eliot, there will be wagon rides with ghosts and goblins as part of Halloween Harvest on Halloween.



Several other changes have been made to the new “Oktoberfest.”

On Harvestfest weekend, activities are scheduled only on Saturday and Sunday, with the craftshow happening on both days, instead of only Saturday.

“The economy has changed and vendors said they can’t afford to come for just one day,” Goodwin said. “So we got rid of the Friday activities and combined everything onto Saturday and Sunday so we can continue to attract the quality vendors that we have had in the past.”

She added that the chamber is open to hearing ideas for Friday activities if another organization wants to host them but she hasn’t heard from anyone yet.

### Humble but very local beginnings

Strong feelings have erupted over changes to Harvestfest, perhaps because its roots run deep in the community.

According to Mark Foster, owner of the Stage Neck Inn and one of the original founders, it began as barely more than a whim.

“We realized that the season ended on Columbus Day and we thought that adding Harvestfest the following weekend would

add another week to the season,” Foster said. “Originally, many, many, many years ago when I was a little boy, there was at least once or twice a year a Colonial



COURTESY PHOTO

Cathy Goodwin, president and CEO of the Greater York Region Chamber of Commerce, said Harvestfest has outgrown its traditional location on the village green in York Village, which is why it will be moving to York Beach in 2010.

fair where people dressed up in colonial clothes. That was my thought, that we needed to replicate that.”

And so Harvestfest began in October 1984.

The ox-roast has long been a tradition of



COURTESY PHOTO

As years passed, the Harvestfest celebration grew to include many institutions and businesses in York Village, all the while maintaining its community emphasis and colonial flair.

### READER OPINION

## Why HarvestFest should not be moved

To the Editor:

By moving Harvestfest to York Beach, the Greater York Regional Chamber is robbing village businesses of their biggest annual financial success. You may ask what kind of accusation is that? I can make this statement because Harvestfest weekend has in the past had the most positive financial impact on our York Village year-round business; more so than any other seasonal shopping event, including holiday shopping.

It’s difficult not to be completely exasperated and disappointed with the politics of our local Chamber of Commerce. For instance, the chamber has made sure by having its next scheduled meeting at the end of February, instead of January, that it will avoid any attempts by village businesses, residents and school students to keep this event in historic York Village. Of course, the end of February practically makes it too late to rescind its decision to move Harvestfest to York Beach.

In an article in the Portsmouth Herald on Friday, Jan. 8, entitled “Harvestfest Move Defended,” Cathy Goodwin, President and CEO of the Greater York Region Chamber of Commerce, states that all regional and national publications were notified months ahead of time so that events could be posted on their calendars. This is very interesting because isn’t the Chamber supposed to represent the businesses that are its members? Shouldn’t these businesses have been informed at least at the same time as regional and national publications of major event changes? As one of many small member businesses that help pay the chamber’s expenses, shouldn’t we be notified of significant changes that have such a great impact on our ability to conduct business in York?

Also cited in that article Chris Kehl, board chairman, mentions how much money the chamber will save by moving Harvestfest to York Beach. Has anyone ever mentioned how much money the Chamber may *lose* by moving Harvestfest to York Beach? An amount of \$2,500 is constantly referred to as the cost of an insurance rider because of crowds in the village. Aren’t there going to be crowds in York Beach? In 2009, our business spent over \$2,400 on membership fees and ads in the Gateway to Maine Directory, the Harvestfest program guide and as a donation to the chamber. The chamber will no longer receive this money from our business because we no longer choose to support our York Regional Chamber of Commerce. In making its decision to move Harvestfest to York Beach, the chamber has failed to consider what devastating effects this would have on York Village year-round businesses. Obviously, the chamber has not considered major negative consequences of its decision; therefore, it makes little sense for us to support the chamber.

Suggestions by the chamber that the village should have sidewalk sales, a Brewfest (not exactly a family event), a sidewalk art sale and its most recent suggestion that the village should sponsor an historical scavenger hunt on Harvestfest Saturday are consolation prizes compared to having Harvestfest in the Village as it has been for the past 25 years.

If the Chamber really wants to help York Village businesses compensate for the loss of business, how about free booths at the York Beach Harvestfest?

Paulette Chernack  
Gravestone Artwear

Harvestfest.

“The ox-roast was the idea of my buddy Peter who said it was a lot of fun and that he had done it many times before,” he said. “Of course he’d never done one before but we went ahead with it anyway. We built the ox-spit 25 years ago and it’s never been quite right but we use it once a year and we complain about fixing it every year but never do.”

Foster said the festival used to host an ox cart race with various businesses building an ox-cart.

The tradition was abandoned after a wheel fell off the cart in 1989 and organizers decided that it was becoming too dangerous.

Seeing several generations of families, including three generations of Fosters, heading to the festival each October is what makes Harvestfest a success, Foster said.

“It really has turned into a local community event,” he said. “It’s so popular with the locals and gives people the opportunity to see each other at least once a year and people from outside York can feel like they are part of the community.”

“What we hope is that people get over the anger and sit down with us to get a plan in place.”

and it is kind of a colonial theme and it’s hard to imagine York Beach in that way, but if it doesn’t work in York Beach, we can always move it

back to York.”

Foster added that the venue the chamber has planned sounds great and the closed-off roads will make it easier for the mass of pedestrians that attend the festival in droves each year, which is something that could never be done in the village.

“It will be different and different is different...but I’m excited to try something new. I’m more optimistic than I am pessimistic,” he said.



## ART

# JUST JUMP

Advice for aspiring artists from one of the founders of 'Just Us Chickens' gallery

By **SUZIE GOODWIN**  
The York Independent

At the risk of sounding cliché, you never know really know where life's going to take you. This is a story about one woman whose life took a surprising turn, all because of a part-time job.

Ten years ago, Pat DeGrandpre began working in a little 'paint your own' pottery shop. She really enjoyed the glazing and firing process. She attended a show featuring Celia Thaxter, an artist born more than 100 years ago on Appledore Island off the New Hampshire coast, and was inspired by Celia's work.

She started thinking and knew the show was going to be going to Concord. She decided to make a few ceramic pieces similar to Thaxter's work and approach the museum store where the exhibit was going to be held. They loved them and placed an order. Her first order and it was large enough to buy a kiln—and there she was...starting down her new journey.

Pat moved to Kittery in 2002. She had wanted to stay in Portsmouth, but fell in love with the house she now calls home. And it's easy to see why: a log cabin with big windows on a quiet dead end road, perfect for a nature lover, which she is.

Most of Pat's work is featured at a small gallery on Walker Street in Kittery called "Just us Chickens." Pat is one of four women who started it as an art co-op, where a group of artists share the expense of running a gallery. Members



SUZIE GOODWIN PHOTO

Artist Pat DeGrandpre shows off the recently arrived drill press that's now installed in the basement of her Kittery home.

are juried in and are required to work a few short shifts a month. It's "a great way to get some feedback from your customers" Pat says.

She does well and although she began by mimicking other artists, it wasn't long before she came into her own. The bulk of her work consists of painted pottery. She starts with blank bisque ware and paints lobsters, crabs and other ocean themes. Her favorite thing to do when working on the bisque is to just sit down, sketch out a design and start painting. Like many artists, she's happy

est when she's creating.

After moving to Kittery, she joined the Kittery Art Association. There she faced her biggest challenge yet after submitting her name to do a group show. Now it was time to develop a body of work—about 12 pieces!

She admired the work of Joseph Cornell, an assemblage artist from New York whose work has increased in popularity since his death in the '70s (Isn't that always the way?) Assemblage art is a technique where many items are assembled in a box to represent a concept. She thought this would be a great time to explore this process and began building on a few of her ideas but, she admits, "I had no idea how involved it would be. That was the first time I felt I was an artist," she recalled. "I'd finally got my wings... I felt validated."

She refers to turning 65 as that 'magic number.' That's when she retired from Granite State College after finishing a B.A. and things really began to fall into place. The degree was part of a self-design program; she had plenty of studio classes but needed to complete her math and science requirements, this program allowed her to pull all of her experiences together.

It's also when she discovered her love for science. She completed her requirements with a marine biology class from the University of New Hampshire, which is available at no cost but requires

participation in an education program. She still continues to volunteer.

Her home is filled with art...a common theme of most artists I've met. She has a walkout basement which is home to a newly acquired drill press and also the Kiln where she fires the painted pieces. The kiln was purchased locally in York at a ceramic supply store called County Goose. The little store supplies her with

much of her needed materials—she's committed to shopping locally.

Pat enjoys what she's doing. Her heart and soul is with Just Us Chickens, now 28 members

strong. She loves the variety—ceramics, painting, driftwood. Does she have any advice for those artists who are contemplating what to do next? It's this: Just jump. She believes creativity generates creativity.

I asked her one last question: Where do you want to be? She replied "I AM where I want to be." How great is that?

*For more information about Just Us Chickens, visit [www.justuschickens.net](http://www.justuschickens.net).*

*Suzie Goodwin, a local artist who works in photography and mixed media, writes about the visual arts for the York Independent. Send comments and story suggestions to [editor@yorkindependent.net](mailto:editor@yorkindependent.net).*



SUZIE GOODWIN PHOTO

'Wal-Mart on the Beach,' a watercolor by Pat DeGrandpre.



## ART

# On the menu, food On the walls, art

Meet a pair of painters  
whose work hangs in  
a local York restaurant

By **SUZIE GOODWIN**

The York Independent

It's Sunday; cloudy, cold, wet—not terribly motivating, but a typical winter morning in Maine. Rick's, a favorite local restaurant in York Village, is quiet today only because it's off season in York, but it still offers good food, great coffee—and art? Yup, art.

Food and art fit perfectly together, and the trend is growing. Many artists hang their work in local restaurants, a win/win for both the restaurant and the artist, giving patrons an opportunity to enjoy and purchase local art, and interesting décor for the restaurant.

One of the artists you'll find at Rick's is Nancy Nelson. She has had her work in Rick's for more than 10 years. Her watercolor and pastels are colorful scenics and have had great success over the years in local fairs and restaurants.

Nancy and her husband John have lived in Durham, N.H. for over 30 years in a small house that sits on the water. It's a beautiful contemporary home with great light overlooking the bay and filled to capacity with art...hers, his and many other pieces from their favorite artists.

Did I mention it's not just about her? Nancy's husband John, also paints and exhibits. He started painting soon after he met Nancy. What inspired his interest in painting? He smiles and says "it was really a prerequisite before she would go out with me".

Nancy and John met shortly after Nancy moved to Rhode Island from the Midwest. She started taking painting classes as a way to meet people. Then she met John. They didn't say if it was love at first sight,

but four months later they were married. That was over 32 years ago...again he smiles, saying "I hope it works out."

Nancy loves art, loves color, and has always been drawn to it. She considered their art a fun hobby and was surprised when their work began to sell. For 30 years they've enjoyed a colorful life together; painting and exhibiting in fairs from Maine to Florida, although now they prefer to stay local.

She often finds inspiration on the annual trip she takes with a few of her friends, their favorite destination...Maine, of course. They usually find themselves in Arcadia, Camden or any one of the many small coastal towns.

They are now both retired; John had worked at Watts Fluid in Kittery as an engineer, Nancy, a Welcome Wagon representative in the Durham, Lee, Madbury area. I had to smile when she mentioned how much she had enjoyed that. She belongs to two art associations, volunteers at the Portsmouth Music Hall, takes weekly painting classes in Newburyport, Mass. and a quick glimpse at her calendar tells me that's not all. She also invited me to lunch; she loves to socialize.



Nancy  
Nelson

The phrase 'starving artist' is often heard from artist who are struggling to earn a living in art. But like most sayings that have become part of our culture, there's a story. Legend has it that Picasso once traded one of his Harlequin paintings for a meal, a painting that would probably be worth millions of dollars today. So next time you're dining out, take a look at your surroundings and don't be afraid to invest in an artist yet to be discovered.

The purchase may just sweeten your meal.



SUZIE GOODWIN PHOTO

Nancy Nelson's "Wharf Street" hangs in Rick's restaurant in York Village.



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FOOD

# WHAT DOES 'ORGANIC' REALLY MEAN?

When the word appears in the supermarket, it could mask potentially harmful practices

By SARAH GRANT  
The York Independent

Not long ago, Martha Stewart had a guest nutritionist on her show who told the audience which produce is most importantly consumed as an organic product, and which fruits and vegetables are “okay” to consume if they are grown with pesticides and chemical fertilizers.

To this I say, “What?!” It kind of ticked me off. It made me think about the slippery slope that is “organic.” It made me want to rant.

According to this expert, some produce that absorbs more pesticide than others do can be made a little less toxic with washing, peeling and cooking.

There are the “Dirty Dozen”—the produce that absorbs pesticides and remains imbued with them: peaches, apples, bell peppers, celery, nectarines, strawberries (sniff), cherries, kale, lettuce, grapes, carrots and pears.

Then there are the “Clean 15”—the produce that resists pesticide absorption: onions, avocados, sweet corn, pineapples, mangos, asparagus, sweet peas, kiwi, cabbage, eggplant, papayas, watermelons, broccoli, tomatoes, and sweet potatoes.

But let’s think about this. Isn’t any pesticide too much pesticide? Think about Baby’s canned applesauce. If it doesn’t say “organic” on the label, what are you feeding her, exactly? And what exactly are you feeding her if the label does say “organic?”

The seed catalogs are beginning to stack up on my kitchen table. Within two months

I will start seedlings in those tiny peat pots and crowd them on the window sill so they can get a head start on our all-too-brief growing season. But, before those little plants ever see my fields, I will amend the soil with compost, which, over the years, has given me deeper, richer topsoil.

It’s probably time to get my soil tested so I know precisely what nutrients it needs. If I get it right, and I rotate what is planted where, so that every crop has a new place to grow from where it grew last year, I prob-

“As often as possible, buy your food directly from the farmer...”

ably will not have blight or insect problems—not even horned tomato worms, no scab on the potatoes, and no beetles. For the past two seasons I have had higher yields of squashes and tomatoes than my non-organic practicing colleagues from my local farmer network group. It seems miraculous. And, although it is labor intensive, it is not impossible.

## What about what’s in the supermarket?

Most small (usually five or fewer tilled acres) farms that practice organic methods do pretty much what I have just described: soil testing, soil amendment and crop rotation. We have a lot of them here in New

England. We pass them every day on our way to the grocery chain stores: Hannaford, Shaws, Market Basket, Large Mart. Supermarket produce departments and the dairy and meat departments boast more and more “organic” products every time we visit. It makes us feel like we are doing the right thing by filling our shopping carts with plastic bags of too-perfect-to-be-real-organic apples, and cartons of milk displaying a contented cow decorated with a flower lei around its neck. Where do these food products come from? How are they grown? Clearly, they did not come from that 200+ year old farm you passed on the way to the store.

Let’s start with the milk. Several years ago, Organic Cow was bought out by Horizon—the dominant purveyor of organic dairy products—which recently became a division of Dean Foods. They buy their “organic” milk from hundreds of farms with thousands of cows. A few years ago, the Cornucopia Institute, an agricultural policy research group, filed a complaint against Horizon, claiming it was not providing sufficient pasture for its cattle, and that it was “not maintaining livestock living conditions that accommodate the health and natural behavior of the animals.”

In other words, several of Horizon’s cows, maybe several hundred cows, do not ever see, let alone eat, a blade of grass. The cows are fed “organic” oats, corn and other grains that wreak havoc with cattle’s ruminant digestive systems, which are really designed to digest only grasses and pastoral greens. These bovine digestive upsets are probably the reason we have e-coli running rampant throughout our food system at times, but at the very least, a grain diet makes the cow bloated, sick and miserable. These cows are tethered inside cavernous warehouse barns and hooked up to milking machines three times a day. Their milk is shipped to processing plants in some distant state where it is ultra-pasteurized, stripping it of its natural probiotics and reducing the bioavailability of several nutrients including calcium.

## Are there alternatives?

A good supermarket alternative to anything that Horizon sells is Organic Valley. Although their milk is pasteurized, it does come from grass-fed, pastured cows. Organic Valley is a cooperative of small family farms, mission-driven to steward the earth properly and treat animals as they should be treated. Their Web site states, “Milk from cows raised primarily on pasture has been repeatedly shown to be higher in many nutrients—including vitamin E, beta-carotene, and the healthy fats Omega-3 and CLA, conjugated linoleic acid—than milk from cows fed primarily grain. There is a growing body of research that points to health benefits associated with CLA, including a possible role in fighting certain cancers, diabetes, and obesity.”

Brookford Farm in Rollinsford, N.H. is one of those old farms we passed on the way to the supermarket. Its spacious fields are punctuated by cows and perhaps a Conestoga wagon, which is the farm’s method for tractoring chickens to pasture.

Brookford farmers Luke and Catarina Mahone, have a self-serve farmstore where consumers can buy raw milk. Raw milk is sweeter than pasteurized milk, and it has a more complex flavor. It is abundant in beneficial bacteria that can rebalance a digestive

system and can even restore the immune system. It has 26 percent more calcium than pasteurized milk, at least 50 percent more vitamin C than pasteurized milk. Raw milk contains three enzymes: photophase, essential for the absorption of calcium; lipase, which aids the digestion of fats; and lactase, which helps the digestion of lactose.

Yes, that’s right. Raw milk just might cure lactose intolerance. Be skeptical of the dairy sources—particularly from Wisconsin-based propaganda—that claim raw milk will make you sick. When the cows are pasture-raised and the farm practices simple sanitation procedures, the milk won’t make you sick. But it may make you better.

The Mahoneys also sell other dairy products, eggs, meats, and organically grown vegetables. Please see this week’s Eat Here column for more info.

## How do you like them apples?

Back to those oh-so-beautiful organic apples in the plastic bag. The truth is that it is very difficult to grow the perfect apple we expect and demand to see on supermarket shelves. It turns out that apples have problems that are not pretty, such as sooty blotch, fly speck, scab, rust, blight, mildew, not to mention the whole host of bugs that molest apples and their trees. These apple problems are particularly prevalent on the east coast. The easiest way to handle these issues is with broad spectrum pesticides and fungicides. Conventionally grown apples might be sprayed as many as 20 times in one growing season.

Many organic apple farmers feel that they also must spray. They use such substances as copper sulfate fungicides. Although, considered “organic,” copper builds up in the soil

“...it is very difficult to grow the perfect apple we expect...”

and can affect earthworms as well as predatory and beneficial insects. Copper sulfate is irritating and corrosive to human skin and eyes and toxic at high enough levels. There is some evidence that it can cause mutations and testicular issues in smaller mammals at high doses.

Rotenone and Pyrethrum are common organically derived pesticides used on apples. Rotenone is somewhat toxic to birds and very toxic for fish, but the good news is that it breaks down quickly in the ground and in water.

Pyrethrum is a little scarier. It is made from an extract from the chrysanthemum family, and now you know why mosquitoes shy away from your mums and marigolds. Pyrethrum paralyzes insects and is toxic to honey bees and other beneficial insects. It can have severe neurological affects on small mammals and has been associated with higher rates of cancer in farm workers who have used it. Use of this “organic” pesticide is not a practice in keeping with good stewardship of our earth.

It’s downright ludicrous and a little hilarious to imagine rotating apple trees around the orchard, but there are non-chemical ways of managing organic apple pests and pestilence. Proper amendment of the soil and use of wood product mulches around



the tree, as well as simple bug and fungal barriers, such as paper bags on the fruit during growing season, are among the possible practices. These methods might not produce a Grade A Fancy fruit, but the result may actually look like an apple, taste wonderful and not harm anything.

### The point of this tirade

So, now I have told you all kinds of frightening things about food you felt good about ten minutes ago. What's the point of this tirade? It is that there is organic, Organic and then there is ORGANIC. It is important to know the differences among them. It is another argument for buying produce that

is in season and grown locally. As often as possible, buy your food directly from the farmer and ask him questions about how it was grown/produced. The farmers who are proud of their practices will give you details happily.

We are still trying to figure out how to grow organically better, not affect the environment, cut back on greenhouse gasses and save the bees: a major on-going challenge.

The Rodale Institute is a non-profit founded in Kutztown, Pa. in 1947 by organic pioneer J.I. Rodale. They have been scientifically researching global solutions literally from the ground up. Their soil scientists have documented that organic farming techniques offer the best solution

to global warming and famine. They state "Our findings are clear: A global organic transformation will mitigate greenhouse gas emissions in our atmosphere and restore soil fertility."

In the meantime, the reality is that we must buy food at the supermarket. Read labels carefully. Look for "grass fed" and "pasture-raised" on meat products, eggs and dairy. Watch out for the phrase "humane treatment" of animals; that is subject to opinion. In the case of eggs, "free-range" frequently means the chickens are housed inside a windowless shed perhaps with access to an outdoor enclosure.

Keep buying organic apples. They say "an apple a day keeps the doctor away." Just make sure you scrub the heck out of it before you eat it.



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### EAT HERE

## A weekly column about local food

By **SARAH GRANT**

The York Independent

A couple of weeks ago, my son and I checked out the Monday night G-7 special at Five-O in Ogunquit, when Chef Zach Crosby features seven \$7 specials from the cuisines of each of the G-7 nations. Chef Crosby does not disappoint, even on a Monday night in the middle of winter.

I chose the special from Japan. It was probably more pan-Asian than strictly Japanese, with several perfect dim sum rolls filled with yummy stuff and resting on a wilted, slightly spicy salad of several vegetables. The accompanying dipping sauce was sweet and spicy with a dominance of soy. It all worked together quite well.

My son could not resist the linguine with Bolognese sauce from the regular menu, and I am glad he got it, because we shared our plates. I happen to know that the Bolognese sauce is a recipe that Zach adapted from a multi-generation family recipe, and it was like nothing I had ever tasted before. Most Italian-American restaurants use so much garlic in their sauces that eaters are socially unacceptable for days after. The garlic in this sauce was well in the background of the complexity of flavors. There were overtones of sweeter spices, of perhaps clove and anise, that emphasized a new dulcet dimension in the usually only savory meats.

Although we were already feeling quite sated, it was difficult to stop eating the linguine until we were surprised with a bonus plate of foie gras, fig conserve and a chiffonade of spinach dressed with truffle vinaigrette. At this moment, the heavens opened and the angels sang. This was truly a divine assemblage of flavors conveniently transported by perfectly crisp baguette toasts, which added just the right amount of crunch to the near religious experience in our mouths.

The foie gras does not appear on the regular menu, but it does show up at some wine tasting events at Five-O. You can always call ahead to request it. I'm sure Chef Crosby would be pleased to oblige.

Five-O is located at 50 Shore Road, Ogunquit. Open every day at 5 p.m.; 646-5001

### Other food notes

• **Good news!** The Roost Café and Bistro is open again for dinner Thursday through Saturday from 5 to 9 p.m. and breakfast



and lunch (or brunch on the weekend days) Thursday through Sunday from 9 a.m. to 2 p.m. Chef Logan Apple is classically trained with a degree from the California Culinary Academy.

The bistro features a classic American menu with gourmet twists and turns. Take for example, a signature brunch item invented by the chef involving rosemary buttermilk biscuits, an au poivre gravy, poached egg and caramelized mushrooms. Co-owner Rob Pinkham boasts about The Roost's baked goods, especially the scones and vegetarian fare such as the chef's mushroom soup with truffle oil. Co-owner Aldo Vallecillo consistently contributes a lovely vegan Cuban black bean soup from a family recipe.

The Roost Café Bistro is at 1300 Route 1, Cape Neddick; 363-0266

• **Real organic:** Brookford Farm at 70 Sligo Road Rollinsford, N.H. is just over the Route 4 bridge from South Berwick village. Owners Luke and Catarina Mahoney invite you to join their CSA (community supported agriculture) which will provide a family of four with truly organic, no additives, no sprays, wonderful farm fresh fare for 30 weeks. Brookford Farm came to the most recent Rollinsford Winter Farmers' Market on Saturday, Jan. 23 and brought cabbages, beets, parsnips, turnips, potatoes, shallots, garlic, onions, carrots and more vegetables, as well as their animal products. They will be at the next Winter Farmers' Market in Exeter on Saturday, Feb. 13 and back in Rollinsford on Saturday, Feb. 27. Visit [www.seacoasteatlocal.org/winter-farmersmarkets/index.html](http://www.seacoasteatlocal.org/winter-farmersmarkets/index.html) for more on the winter farmers' market and visit [www.Brookfordfarm.com](http://www.Brookfordfarm.com) for more information on Brookford Farm's various CSA packages and prices.

In the meantime, drop by the self-serve Brookford farm store open from dawn until dusk with raw milk, yogurt, quark and eggs in the refrigerator and meat products in the freezer.

Questions? Give Luke and Catarina a call at (603) 742-4084

*Sarah Grant, a local chef and organic farmer who has taught culinary arts at Le Cordon Bleu, writes about food for the York Independent. Send your local food thoughts to [editor@yorkindependent.net](mailto:editor@yorkindependent.net).*



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# A complete round-up of York area happenings

## Send us your listings!

List your event in the York Independent for free! Listings are run on a space available basis. Send complete information about your event, including exactly when and where it takes place, any admission charges, and anything else necessary for readers to take action. Also, include contact information so we can reach you in case of questions. Listings should be sent at least two weeks prior to publication Send your listings to us via e-mail at editor@yorkindependent.net or via mail at The York Independent, 4 Marketplace Drive, Suite 215, York Village Business Center, York, ME 03909. Questions? Call us at (207) 363-8484.

## Events

**Ogunquit Performing Arts** will present an evening of gospel and classical music by the acclaimed baritone, Phillip Mentor on Saturday, Jan. 30 at 7:30 p.m. at the Great Hall of the Dunaway Center, 23 School St., Ogunquit. Menotr was born in Belmont, Port of Spain on the island of Trinidad and is a trained opera singer. Tickets are \$12 and will be available in advance at the Dunaway Center, Ogunquit Welcome Center, and Ogunquit Camera Shop or at the door the evening of the performance.

**York Democrats** will hold their bi-annual town caucus on Sunday, Jan. 31 at 1 p.m. at York Middle School. All registered York Democrats and new voters who wish to register at the caucus are invited to attend. Business will include: elect municipal committee officers; adopt or re-affirm York Democratic party by-laws; elect county committee members; nominate election clerks; elect delegates to the state party convention in Lewiston on May 21 and 22, 2010. For more information, contact Victoria Simon at vsimon@maine.rr.com or call 363-6140.

**York Adult Education** is offering a WorkReady Program Monday, Feb. 1 through Thursday, March 4, Monday through Thursday from 9 a.m. to 1 p.m. Improve your employment skills through this federally-funded credential program. For more information, call 363-7922. Free child care is available.

**St. George's Episcopal Church** will host "What about everyone else? Christianity among the religions," a presentation and discussion of the theology of religions on Tuesday, Feb. 2 at 7 p.m. Led by parishioner and theologian Derek Michaud, the topic is the nature of an expressly Christian understanding of other religions. Theories currently held by theologian of religions will be explored. The discussion is open to all and members of all faith traditions are encouraged to attend. Absolutely no previous study of theology is required. For more information, call 363-7376.

**The Elementary-Age Enrichment Fair** will be held on Saturday, Feb. 27 from 10 a.m. to noon. Participation is open to all local providers of education, enrichment, and recreation programs to children of elementary school age. Participation is free. This is an opportunity for exhibitors to display materials and program information, and to present demonstrations and children's activities to parents and elementary school-age children. It's also a chance for inquiring parents to learn about local options and to sign up for programs. The fair is held at the York Public Library, 15 Long Sands Road. Call 363-2818 for more information.

**MOVE! for MS** is happening Sunday, March 13 from noon to 5 p.m. in the York Middle School cafeteria. The event features a Zumba party with dancing, raffles, food, hula hoop and silent auctions to help stamp out Multiple Sclerosis. Tickets are \$10 in advance and \$12 at the door with PayPal accepted online. For tickets or more information,

call Nina-Rosa at (603) 247-2115 or e-mail her at Neen.Nina@gmail.com.

**Local author K.D. Mason** will speak about his new book, "Harbor Ice," at York Public Library on Tuesday, Feb. 2 at 7: p.m. Mason is the pen name of Doug Zechel, who lives in Rye, N.H. A lifetime of working in the restaurant business, sailing in the Caribbean and New England, and hanging out with an active running community have given him a wealth of story ideas. Characterized as a breakneck-paced thriller, with genuine romance and compelling characters, "Harbor Ice" is a mystery set on the New Hampshire seacoast.

Signed copies of the book will be available.

The York Public Library is located at 15 Long Sands Road. For more information, call 363-2818 or visit the library's website at www.york.lib.me.us.

**The Animal Welfare Society Outback Canines** are ready for adoption and are making a special appearance at Pet Quarters in Wells on Saturday, Jan. 30 from 11 a.m. to 2 p.m. Join these very special canines as they make their first appearance since their quarantine! Check out their YouTube video at www.animalwelfaresociety.org.

**The Kittery Art Association** presents "Lighten Up" from through Sunday, Feb. 7. This all-member show includes many images of brightness and light done in a variety of media. The gallery is located at 8 Coleman Ave., Kittery. Hours are

Thursdays 3 to 6 p.m., Saturdays noon to 6 p.m., Sundays noon to 5 p.m. For more information, call 451-8384 or visit www.kitteryartassociation.org.

**The Players' Ring** will host its annual Producers' Meeting on Monday, Feb. 8 at 7 p.m. for anyone who is interested in producing a show for the 2010-11 season. New and established producers alike are invited to "pitch" their shows for the theater's Artistic Committee's consideration. The meeting will take place at The Players' Ring, 105 Marcy Street on Prescott Park in Portsmouth, across from Strawberry Banke. Producers of all experience levels are welcome. For any questions, please contact playersring@myfairpoint.net. General information about the current season is available at www.playersring.org.

**Laudholm Trust** now has application materials available for the 23rd Laudholm Nature Crafts Festival, a highly respected show to be held Saturday, Sept. 11 and Sunday, Sept. 12 at Wells Reserve at Laudholm. Information and applications are available at www.laudholm.org or by calling 646-4521. Applications must be received by Tuesday, March 16.

**The Pontine Theatre** presents its original stage adaptation of Sarah Orne Jewett's 1896 masterpiece, "The Country of the Pointed Firs." Performances are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. with a matinee on Saturday, Jan. 30 at 8 p.m. beginning Friday, Jan. 29 through Sunday, Feb. 7. Pontine's West End Studio Theatre is located at 959 Islington Street, in Portsmouth N.H. Tickets are \$23 and \$20 for seniors and students and may be purchased online at www.pontine.org. For information contact info@pontine.org or call (603) 436-6660.

**"Rethink Afghanistan"** will be shown at the Dover Public Library on Mon-

day, Feb. 1 at 6:30 p.m. followed by a discussion with Will Hopkins, executive director of the New Hampshire Peace Action and a member of Iraq Veterans Against the War. The event, sponsored by Seacoast Peace Response and New Hampshire Peace Action, is free and open to the public. For more information, contact info@seacoastpeaceresponse.org or (603) 749-9159 or visit seacoastpeaceresponse.org. Dover Public Library is located at 73 Locust St., Dover, N.H.

**Salon Night at the Red Door Pottery Studio**, 44 Government Street in Kittery, will Neil English's poetry and Joann Snow Duncanson's music in a fundraiser for Footprints Food Pantry and Partner's in Health, Paul Farmer's medical charity for Haiti. Desserts donated by Beachpea Bakery. For more information, contact 439-5671 or visit www.reddoorpottery.com/events.

**World Affairs Council of New Hampshire and RiverRun Bookstore** present bestselling author Thomas E. Ricks at the Harbor's Edge Room of the Sheraton Hotel in Portsmouth, N.H. as part of the World Affairs Council Speaker Series on Tuesday, Feb. 2 at 7 p.m. The cost for members and nonmembers is \$5. To RSVP, email rsvp@wacnh.org or call (603) 314-7970. Thomas Ricks is the author of "Fiasco: The American Military Adventure in Iraq," which was a New York Times bestseller and a finalist for the Pulitzer Prize in 2007. His second book on that war, "The Gamble: General Petraeus and the American Military Adventure in Iraq," has just been published in paperback. For more information, visit www.riverrunbookstore.com or call (603) 431-2100.

## Exhibits, music, theatre, books and more

**Evolution: Five Decades of Printmaking** by David C. Driskell is now at the Portland Museum of Art. This exhibition highlights for the first time the prints of Driskell, artist, art historian, collector, educator, and one of the most respected names in the world of African American art and culture. With 75 prints, Evolution provides insight into Driskell's artistic process and development, as well as the influence of African art on American modernism. He has been a practicing artist since the 1950s and his works are in major museums throughout the world, including the Portland Museum of Art. Since 1977 Driskell has also served as the cultural advisor to Camille and Bill Cosby and is the curator of their collection.

Collage is a work of art made by assembling different pieces, thus creating a new whole form. Drawn primarily from the museum's permanent collection and featuring approximately 25 works, this exhibition will explore the history of collage from its introduction in Europe in the early 20th century by artists such as Kurt Schwitters and Jean Arp to present day works by Maine artists such as Tom Hall and Aaron Stephan. The exhibition will cover a wide range of collage techniques, including abstract works pieced together from newsprint and colored papers, collaged elements incorporated into drawings and prints, paintings that include collaged figurative elements, and photomontages. The exhibition will run through Sunday, Feb. 28. Visit www.portlandmuseum.org for more information, or call (207) 775-6148.

**Making Her Way:** Mill Girls of Saco

and Biddeford is now open at the Saco Museum. Designed to evoke the interior of a factory girl boardinghouse bedroom from the 1840s, this exhibit provides a glimpse into the lives of the early 19th century factory girls with artifacts ranging from period furniture, textiles, and loom shuttles to letters, photographs, and sensational fiction. The bedchamber also features a dress-up trunk, allowing visitors to experience the factory girl fashion of the 1840s and 1850s. Making Her Way is a preview of the Saco Museum's new, upcoming permanent exhibition, Making History: Art and Industry in the Saco River Valley, which opens May 29, 2010. Making History is funded by a Preserve America grant administered by the National Park Service, Department of the Interior, and by the Maine Humanities Council.

## Health, Support and Wellness

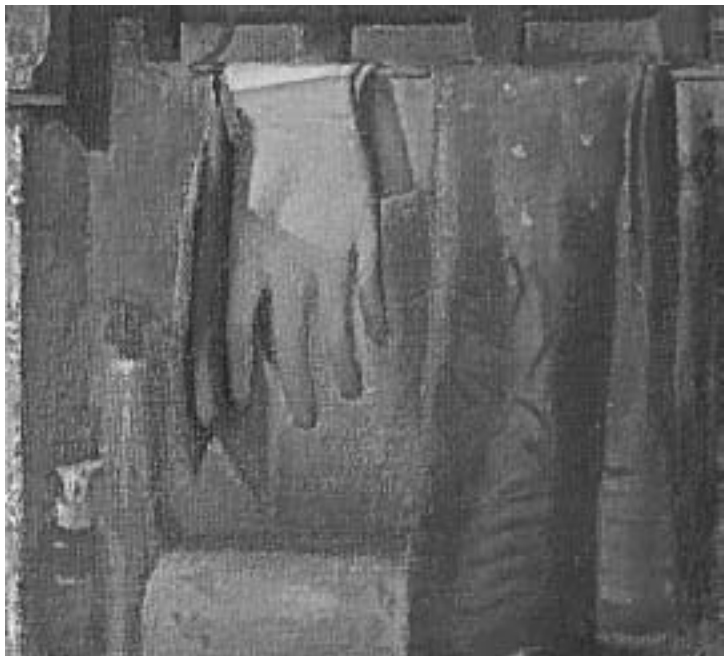
**York Hospital's Yoga Center**, located at the Heart Health Institute, offer yoga classes for persons of all abilities. Seated yoga for those with limited mobility is offered as well. Introductory yoga is held on Tuesdays from 4:30 to 5:30 p.m. and Thursdays from 9:30 to 10:30 a.m. and 4:30 to 5:30 p.m. Yoga Level 1 is on Tuesdays 6 to 7:15 p.m. Intermediate yoga is Tuesdays 9 to 10:30 a.m. Seated yoga is held Tuesdays from 3 to 3:30 p.m. The Yoga Center at the Heart Health Institute is located at 127 Long Sands Road, York. Call 351-3700 for registration information. For new participants, your first yoga class is free.

**The Choose to Be Healthy Partnership**, a program of York Hospital, offers the "Freedom Clinic" which combines education and support through one-on-one consultation, weekly lecture series by a trained team of professionals such as a registered nurse, registered dietitian, physical therapist, and a certified hypnotherapist for healthy lifestyle resolutions and to help you stop smoking. The program also offers drop-in anytime support for one year. Call 351-3700 for more information. Another way to stop smoking, if you are a Maine resident, is to call the free Maine Tobacco Helpline at 1-800-207-1230. The program offers confidential phone support; you won't need to leave the house! In addition to coaching, the Helpline offers free nicotine replacement therapy (the patch or gum) to make quitting less difficult. Call now to find out if you qualify. Additional resources can be found at www.tobaccofreemaine.org.

**York Hospital's Heart Health Institute** is offering a long-term weight management program that concentrates on permanent lifestyle changes. "Don't Weight to be Healthy" begins on Thursday, Jan. 14 and meets every Thursday for 10 weeks from 6 to 7:30 p.m. Though the program is based on group meetings, it focuses on individual nutritional needs, stress management, and fitness requirements. The \$199 fee includes 10 weeks of full access to the institute's fitness center. Call 351-3700 to register.

**Why Weight?** includes two visits with a registered dietitian to establish realistic nutritional and caloric goals. Participants also meet weekly with their personal fitness coach for support, education and evaluation. A 12-week gym membership to the Heart Health Institute's fitness center is included in the \$239 fee. Call 351-3700 for more information or to register.

## SATURDAY, JAN. 30



**George Marshall Store Gallery** in York is hosting a reception on Saturday, Jan. 30 from 5 to 7 p.m. to showcase two new exhibits. The first floor gallery space will show "Winter Selections," a variety of work by regional artists and the dock level gallery will feature "Small Works" by Langdon Quin. The "Small Works" exhibit complements Quin's 20 year retrospective concurrently on view at the University of New Hampshire's Museum of Art in Durham. Many of the small paintings, drawings and pastels on exhibit in York are studies and preliminary works for the larger works exhibited at the museum. The gallery is located at 140 Lindsay Road. For more information, call 351-1083 or visit www.george-marshallstoregallery.com.



## WEDNESDAYS: FEB. 10, MARCH 10, APRIL 14



The Ogunquit Museum of American Art (OMAA) will offer free informational sessions for prospective docents and volunteers on Wednesday mornings: Feb. 10, March 10, and April 14 at 10 a.m. at the OMAA winter office located at 196A York St., York (next to Ellis Insurance). At each session, a short movie about the museum will be shown followed by a question and answer period. Refreshments will be served. Preregistration is appreciated. If a local organization would like to learn more about volunteer opportunities, representatives from OMAA can come to speak and show the movie. For more information or to register, e-mail [ssager@ogunquitmuseum.org](mailto:ssager@ogunquitmuseum.org) or leave a message at 646-4909.

**Weigh to Go!** includes a nutritional evaluation and dietary goals established by a registered dietitian, with frequent follow-ups, and weekly visits with a personal fitness coach for youths between the ages of 10 and 18 and a parent or guardian. An eight-week gym membership for one parent and one youth is also included. For more information or to register, call 351-3700.

**Attention new moms and moms-to-be!** The third annual Seacoast Mom & Baby Wellness Sampler will be held on Friday, Nov. 20 from 1 to 3 p.m. at Yoga East Yoga Studio in Portsmouth, N.H. Learn about natural approaches to family wellness and chat with local business owners about products, services and issues that are important to you and your growing family. The afternoon will be filled with product demos, free screenings, information gathering, meet-and-greet, free samples and gifts, refreshments, and a drawing for amazing raffle items and gift certificates provided by the featured vendors and others. For event information, visit [www.childlightyoga.com](http://www.childlightyoga.com) or call (603) 781-3323.

**Wells-Ogunquit Adult Community Education Yoga Classes** begin soon. Call 646-4565 or visit [www.wells-ogunquit.maineadulted.org](http://www.wells-ogunquit.maineadulted.org) for more information and to register.

**Yoga on York winter kids specials** will be offered on Mondays from 3:30 to 4:30 p.m. for grades one through four and Thursdays from 3:30 to 4:30 p.m. for grades four through seven. Classes start the first week in January and run for six weeks. Visit: [www.yogaonyork.com](http://www.yogaonyork.com) for full details and to print and mail-in your registration or call 363-9642.

**Yoga on York prenatal yoga classes** offered (drop-in style) every Tuesday 10:30 to 11:30 a.m. and every Wednesday 5:30 to 6:45 p.m. Taught by Amy and Andrea, both are certified childbirth educators, doulas and experienced prenatal yoga instructors. Visit [www.yogaonyork.com](http://www.yogaonyork.com) for full details or call 363-9642.

**Yoga on York mom and baby yoga** classes are six-week session starting first week in January on Thursdays 10:45 to 11:45 a.m. A fitness yoga class for mom's with baby (newborns to pre-crawling) right along side. Learn and practice infant massage at the end of each class. Visit [www.yogaonyork.com](http://www.yogaonyork.com) for full details and to print the registration form or call 363-9641.

**Zumba Gold dance fitness classes** offered at Yoga on York on Wednesdays from 7 to 7:45 p.m. The five-week session starts Thursday, Jan. 6. Pre-register for the whole five-week session for just \$35 or drop-in rate of \$10. Visit the

[www.yogaonyork.com](http://www.yogaonyork.com) for full details and to print and mail-in your registration or call 363-9642.

### Workshops and Enrichment

**The Maine Association of Nonprofits (MANP)** will be offering several SkillBuilders in York County this September. Registration is required for all MANP SkillBuilders and full course descriptions, dates, location, and registration information are all available at [www.nonprofitmaine.org/skillbuilders.asp](http://www.nonprofitmaine.org/skillbuilders.asp). Fees for half-day courses are \$50 for members, \$100 for nonmembers.

**So You've Been Laid Off, Now What?** and **Job Club for Job Seekers** are job hunting classes being offered in the weeks ahead by Wells-Ogunquit Adult Community Education. For details, Call the adult education office at 646-4565 or visit [www.wells-ogunquit.maineadulted.org](http://www.wells-ogunquit.maineadulted.org).

**York Adult Education Classes** begin soon. For more information or to register visit [www.yorkadulthoodeducation.org](http://www.yorkadulthoodeducation.org) or call 363-7922.

### Ongoing Donations and Volunteers Needed

**York Community Thrift Shop**, located at 1320 Route 1 in Cape Neddick requests donations of small furniture, small kitchen appliances, costume jewelry, summer hats and shoes. Proceeds from the shop benefit townspeople through the Food Pantry and Family Services. Call 363-2510.

**The York County Shelter Programs** is committed to recycling. They are in desperate need of two large Garden Way type of carts with the big wheels that will enable residents at the shelter and residents at the farm to collect and transport items to the recycling barn and to the compost pile. One cart is needed for use at the shelter while the other would be used at the farm. Anyone who could help find one of these carts is encouraged to contact Tom at the farm at 793-4592. The farm is also looking for the donation of tools and other equipment.

**York Harbor Inn** is collecting donations and supplies for AWS and Safe Haven Cat Rescue. Visit the inn's Ship's Cellar Pub on York Street in York Harbor for good eats, good fun and good company while supporting a great cause.

**SolAmor Hospice** is offering training for volunteers to work directly with patients, families and caregivers. Volunteers play an important role in providing compassionate support at end of life. You determine your schedule and area to visit. SolAmor Hospice is dedicated to supporting patients with terminal ill-

ness, as well as their families and caregivers. Training starts on Tuesday, Jan. 26 and space is limited so apply early. Contact Mike Joyal, LifeCare coordinator at 964-5183 for more information.

### Exhibits, music, theatre, books and more

**Children's Museum of Maine** has a full calendar of special events available at [www.kitetails.com](http://www.kitetails.com).

**Just Us Chickens Artist Co-op** is located at 29 Government St. in downtown Kittery and is open 11 a.m. to 6 p.m., Tuesday through Saturday. Call 439-4209.

**Kripalu DansKinetics at Spinnaker Point Recreation Center**, Spinnaker Way, Portsmouth, N.H. DansKinetics is a unique blend of yoga and dance. Call (603) 436-2313.

**Pontine Theatre** in Portsmouth, N.H., offers an array of public events. Call (603) 436-6660 or e-mail [info@pontine.org](mailto:info@pontine.org).

**The Portland Museum of Art** offers an extensive collection of fine and decorative arts dating from the 18th century to the present housed in three architecturally significant buildings. Call 775-6148 or visit [www.portlandmuseum.org](http://www.portlandmuseum.org).

**The Red Door Gallery Shop** is open at 44 Government St. in Kittery, featuring pottery, handmade jewelry, weaving, used books, sports memorabilia and more on display Wednesdays through Saturdays from 11 a.m. to 4 p.m. until the end of December. Call 439-5671.

**RiverCurrent Studio/Art Gallery** on the corner of Lindsay Road and Mill Dam in York Village features assemblage, collage and mixed-media sculpture and is open daily and by appointment. Contact Rosalind Fedeli at 351-3262 or visit [www.rosalindfedeli.com](http://www.rosalindfedeli.com).

**Seacoast Undercurrent**, a gallery devoted to contemporary art in downtown Portsmouth, N.H., showcases emerging artists working with all kinds of contemporary media and practices. Visit [www.ellogallery.com](http://www.ellogallery.com).

### Health and Wellness

**York Hospital's Yoga Center**, located at the Heart Health Institute, offer yoga classes for persons of all abilities. Seated yoga for those with limited mobility is offered as well. Introductory Yoga is Tuesdays from 4:30 to 5:30 p.m. and Thursdays, 9:30 to 10:30 a.m. and 4:30 to 5:30 p.m. Yoga Level 1 is Tuesdays from 6 to 7:15 p.m. and intermediate is Tuesdays 9 to 10:30 a.m. Seated Yoga is on Tuesday from 3 to 3:30 p.m. The Yoga Center at the Heart Health Institute is located at 127 Long Sands Road, York. Please call 207-351-3700 for

registration information. For new participants, your first yoga class is free.

**Aerobics, Yogalates and Weight Training** classes are available at York Fitness Center, Route 1, in York. Call 363-4090.

Know Your Numbers is a cholesterol screening offered by SMMC Visiting Nurses on the second and fourth Wednesdays of each month. An appointment is necessary and there is a \$15 fee for this service. Call 985-1000.

**The Heart Health Institute** offers classes including weight management. Call 351-3700.

**SMMC Visiting Nurses Monthly Diabetes Support Groups** are offered at the Richard Martin Community Center in Biddeford on the second Monday of each month from 6:30 to 7:30 or 8 p.m. and at SMMC Visiting Nurses in Kennebunk on the fourth Monday of each month from 7 to 8 or 8:30 p.m. Call 985-1000, 283-7680 or (800) 794-3546.

Yoga on York offers a variety of styles and levels of mind-body fitness classes including yoga classes ranging from Gentle Yoga up to Power Yoga, Prenatal Yoga, NIA and Pilates-Yoga Fusion. Visit [www.yogaonyork.com](http://www.yogaonyork.com) or call 363-YOGA.

### Local Organizations

**Catapult** is the Seacoast's first networking group specifically dedicated to young professionals. Catapult is a nonprofit organization, and membership is free. Visit [www.catapultseacoast.org](http://www.catapultseacoast.org).

The Diverse Business Advantage Chapter of BNI meets Thursdays at Sentry Hill at 2 Victoria Court, York Harbor. Meetings are held from 8 until 9:30 a.m. and all visitors are welcome. Call Catherine Bosbach at 363-2418.

**The International Women's Club of New England (IWCNE)** meets for lunch on the fourth Saturday of every month with an international speaker. IWCNE is non-profit, non-political, non-sectarian, and its mission is to foster goodwill, friendship and understanding amongst members from different countries and to support charities which assist women and children. Call 985-7433.

**The United States Coast Guard Auxiliary** is an all-volunteer nonprofit organization chartered by Congress in 1939 to assist the United States Coast Guard with all of its missions, excluding law enforcement. Members teach boating safety classes, provide free vessel safety checks, provide safety literature at boat shows, perform on the water safety patrols, and harbor watch patrols. The Saco Bay Flotilla meets the second Thursday of every month at the Saco Yacht Club at 7:30 p.m.

**York Lions Club** meets the first and third Tuesdays of each month at the

Grant House on Route 1 in York, at 7 p.m. "We Serve." If you would like to meet new people, form lasting friendships and experience the joy of helping others call 363-7382.

### Public Meals

**Coffee Shop at the Wells-Ogunquit Senior Center** is open Monday through Friday, 9 to 11 a.m., serving regular or decaf coffee, pastries, Congdon's and Dunkin' Donuts, and their own blueberry muffins for \$1.50. Thursday's Coffee Club occasionally has a guest speaker.

### Support

**A Safe Place**, a nonprofit agency, has been providing support services and emergency shelter to victims of domestic abuse for over 28 years. A Safe Place has offices in Portsmouth, Rochester and Salem, N.H. Call (800) 854-3552.

The Cancer Community Center is a nonprofit community center located in South Portland that provides support, information and activities at no charge for adults living with cancer, their families and friends. Visit [www.cancercommunitycenter.org](http://www.cancercommunitycenter.org).

**Hospice of York's Living with Loss** is a bereavement support group offered free of charge. Call 363-7000.

**The Kevin Brown Fuel Assistance Fund** for emergency help with home heating costs is overseen by the York Ecumenical Council. For information on receiving assistance contact one of York's local churches or Kate Henderson at 363-8017. This fund is open to anyone in need. Church affiliation is not a requirement.

**The Special Needs Parent Network meets** the last Friday of each month from 6 to 8 p.m. at the Family Resource Center at Landmark Hill at the York-Kittery town line. Contact Marcia Flinkstrom at 384-5041 or [mflinkstrom@comcast.net](mailto:mflinkstrom@comcast.net) or Lisa Richard at 324-5501 or [bugsnlola@msn.com](mailto:bugsnlola@msn.com).

**The York Hospital Breast Cancer Survivor Group**, which meets the third Monday of the month from 6:30 to 8:30 p.m. in the Ellis Conference Room at York Hospital, welcomes new members. Friends are welcome, too. During these meetings the members share information, coping tips and strategies, explore complimentary therapies, hear guest speakers, support each other, experience sisterhood, plan the Annual Walk for Hope and celebrate living.



# YORK LITTLE LEAGUE SPRING TRAINING STARTS FEB. 20

Plus registration information and how to apply to be a coach

Oil those gloves, polish those bats, and stretch out those arms. Spring training is here!

York Little League is offering pre-season training for baseball and softball on Saturday, Feb. 20; Sunday, Feb. 21; and Sunday, Feb. 28. The clinics are open to all players, ages eight through 12 for baseball and seven through 12 for softball, who are not already on Major League teams.

Instruction during the clinics will focus on skills that will improve throwing, fielding, hitting and base running and there is the potential to learn the basics of the pitching and catching positions, depending on interest. Also incorporated in the skills teaching will be basic game strategy.

The number of participants will be limited to optimize individual instruc-

tion, so be sure to sign up early.

A non-refundable fee of \$10 must accompany the registration form to guarantee a spot for all sessions. Registration is due by Wednesday, Feb. 3, or until a maximum enrollment of 80 children fro each softball and baseball is reached.

For more information, and to download a registration form, visit [www.yorklittleleague.net](http://www.yorklittleleague.net).

York Little League is also looking for managers, coaches and volunteers.

This year, the league is requiring all individuals interested in manager or coach positions to complete an application to be returned to the league prior to Monday, Feb. 22.

Applying for either position does not guarantee that you will be selected, however all applications will be consid-

ered based on a review of the information specified for each candidate and the completion of a background check required by Little League International. For more information on the process and to obtain the forms visit [www.yorklittleleague.net](http://www.yorklittleleague.net).

Volunteer applications can also be found online. All applications can be sent to: P.O. Box 696, Cape Neddick, ME 03902 or e-mailed to [basehit@yorklittleleague.net](mailto:basehit@yorklittleleague.net).

And don't forget to register for spring 2010. Registration is now open online until Saturday, June 12.

The cost is \$90 per child through Tuesday, March 2, then \$100 through Tuesday, March 16. There is a \$10 discount for each additional child within a family if all are registered at the same time.

# CLARK COACHES 400TH WIN FOR YORK HIGH SCHOOL BASKETBALL

York High School's girls basketball coach Rick Clark is one of 12 coaches in Maine's history to garner 400 victories.

The milestone came after York beat top rival, Wells 56-38 on Friday, Jan. 22 at Butler Gymnasium.

Clark graduated from Wells High School in 1967, played basketball there and still lives in the town today, along with much of his family. Wells coach Don Abbott, meanwhile, is a 1991 graduate of York High School and has seen first-hand how much Clark means to the local community.

York honored the milestone with a post-game celebration, as the players revealed a homemade banner commemorating the 400 victories. Senior point guard Emma Clark spoke to the crowd following the game, thanking her coach for all the help he's given players over the years.

York has made four trips to the Class B state final under Clark, winning championships in 1992 and 1994.

York honored the milestone with a post-game celebration, as the players revealed a homemade banner commemorating the 400 victories. Senior point guard Emma

Clark spoke to the crowd following the game, thanking her coach for all the help he's given players over the years.

Clark's win total includes 10 victories he earned as the York boys basketball coach over two seasons in the 1970s. He soon moved to the girls program, and the rest is history. Clark was elected to the New England Basketball Hall of Fame last year, and was also named the Russell Athletic/WBCA New England Coach of the Year after last season's 21-1 campaign that ended with a 54-42 loss to Waterville in the Class B championship game.

YORK HIGH SCHOOL BOYS VARSITY BASKETBALL		
Date	Opponent	Final
Jan. 8	Greely	51 - 63
Jan. 12	Cape Elizabeth	52 - 66
Jan. 14	Falmouth	43 - 79
Jan. 16	Greely	51 - 50
Jan. 22	Wells	70 - 34
Jan. 23	Yarmouth	45 - 36
Jan. 26	Traip	70 - 63

YORK HIGH SCHOOL GIRLS VARSITY BASKETBALL		
Date	Opponent	Final
Jan. 8	Greely	51 - 43
Jan. 12	Cape Elizabeth	38 - 27
Jan. 14	Falmouth	55 - 30
Jan. 16	Greely	32 - 27
Jan. 22	Wells	56 - 38
Jan. 23	Yarmouth	55 - 29
Jan. 26	Traip	65 - 26

**YORK HIGH SCHOOL SPORTS JAN. 29• FEB. 12**

*Call ahead to confirm times and locations*

**Friday, Jan. 29**

- 3:30 p.m. Boys Varsity Ice Hockey Practice
- 3:30 p.m. Girls First Team Basketball vs. Marshwood
- 4:30 p.m. Boys Varsity Indoor Track—Meet
- 4:30 p.m. Girls Varsity Indoor Track—Meet
- 5 p.m. Girls Junior Varsity Basketball vs. Cape Elizabeth
- 5 p.m. Girls Varsity Ice Hockey Practice
- 5:30 p.m. Boys Junior Varsity Basketball @ Cape Elizabeth
- 6:30 p.m. Girls Varsity Basketball vs. Cape Elizabeth
- 7 p.m. Boys Varsity Basketball @ Cape Elizabeth
- 8:30 p.m. Girls Varsity Ice Hockey @ Gorham High School

**Saturday, Jan. 30**

- 9:30 a.m. Coed Varsity Wrestling—Mid • State Championship
- 10 a.m. Girls First Team Basketball @ Kennebunk High School
- 12:40 p.m. Girls Varsity Ice Hockey vs. Biddeford High School
- 2 p.m. Girls Varsity Winter Cheering—Cheers From the Heart
- 2:20 p.m. Girls Junior Varsity Ice Hockey vs. Biddeford High School
- 4 p.m. Boys Varsity Ice Hockey @ Westbrook High School

**Monday, Feb. 1**

- 5 p.m. Girls Varsity Ice Hockey Practice
- 7:30 p.m. Boys Varsity Ice Hockey vs. Yarmouth
- 8:30 p.m. Girls Junior Varsity Ice Hockey @ Biddeford High School

**Tuesday, Feb. 2**

- 2:30 p.m. Girls Varsity Ice Hockey Practice
- 4 p.m. Boys Varsity Ice Hockey Practice
- 4 p.m. Boys First Team Basketball vs. Sanford
- 5:30 p.m. Girls Junior Varsity Basketball @ Falmouth
- 5:30 p.m. Boys Junior Varsity Basketball vs. Falmouth
- 7 p.m. Boys Varsity Basketball vs. Falmouth
- 7 p.m. Girls Varsity Basketball @ Falmouth

**Wednesday, Feb. 3**

- TBA Girls Varsity Ice Hockey—Quarterfinal
- 3:30 p.m. Boys Varsity Ice Hockey Practice

**Thursday, Feb. 4**

- 3:30 p.m. Girls First Team Basketball vs. Lake Region
- 5 p.m. Girls Junior Varsity Basketball vs. Fryeburg Academy
- 5 p.m. Boys Junior Varsity Basketball @ Fryeburg Academy
- 6:30 p.m. Boys Varsity Basketball @ Fryeburg Academy
- 6:30 p.m. Girls Varsity Basketball vs. Fryeburg Academy
- 8:40 p.m. Girls Junior Varsity Ice Hockey @ Cape Elizabeth

**Friday, Feb. 5**

- TBA Girls Varsity Ice Hockey Practice
- 3:30 p.m. Boys Varsity Ice Hockey Practice
- 4 p.m. Boys Varsity Indoor Track—WMC League Championships
- 4 p.m. Girls Varsity Indoor Track—WMC League Championships
- 4:45 p.m. Girls Junior Varsity Ice Hockey @ Berwick Academy

**Saturday, Feb. 6**

- TBA Girls Varsity Ice Hockey—Semifinal
- 8 a.m. Girls Junior Varsity Basketball @ Cheverus
- 9 a.m. Girls Junior Varsity Ice Hockey @ Greely
- 9:30 a.m. Coed Varsity Wrestling—Regionals
- 5:45 p.m. Boys Varsity Ice Hockey vs. Cape Elizabeth

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TED WELCH

## Q &amp; A

## THE ATHLETIC DIRECTOR

By CHRIS SHIPLEY  
The York Independent

With a very successful 2009 fall sports season behind us and the 2010 winter sports off to a strong start, York Sports took some time to catch up with Ted Welch, Athletic Director of York High School. Ted is a former York High School Varsity Football and Boy's Tennis coach who has held the title of York High School Athletic Director for 20 years. Here's what he said to say about the current success of York High School athletics.

**Tell me a little about your background and how you ended up as athletic director of York High School?**

This is my 34th year in the system. I was a coach and then moved on to AD. I coached varsity football and varsity boys tennis here at York. I got done coaching in 1989 so I'm 20 years as AD.

**Is there something that you're seeing as AD that can attribute to all the recent success of York High School athletics program?**

I think the accolades can go to our group of kids and the coaches. They all work very hard, putting in the time and working on their skills. So, the credit goes to those kids and coaches. We're very fortunate, our parents are supportive and they support our youth programs. We come in with a good base. One of the keys is the continuity we've had with coaching. We're very blessed to have our coaches, a really well rounded coaching staff with experience and with some younger coaches coming in. If you look around the state and high school sports, I think there is a lot of turnover in coaching. For a lot of reasons we've been very fortunate for the experience we have with our coaching staff.

Also, we are fortunate we have coaches that coach more than one sport. The trend is different than that. We are lucky to have the kind of coaches you want your kids around to do more than one sport. The coaching is so demanding with time and the pressures of coaching it's rare to have coaches coach more than one sport or stay in it for as long as ours have. The kids know to expect from them, they have a lot of experience working with teenagers, and they're excellent

coaches. We're lucky to have them.

**You have a few students that have really stood out and have received some individual awards lately. You must feel fortunate to have student athletes of that caliber.**

We have some extremely talented and bright students. Emma Clark and Jared Prugar received Player of the Year for Class B in their respective sports. Alex Moser is a two time state champion in Boys Cross Country. We had Aaron Bailey win as Boys Individual Class B State Champion in Golf and Matt Campbell won an award for lowest stroke average in Western Class B. Those were in one season. Niki Taylor won MVP for Western Class B last year in basketball. We're in a cycle of very talented athletes right now.

**You have couple top athletes graduating this spring; do you see some talent in the younger students to fill those positions?**

The biggest thing for our younger students is that they have had a chance to play with Emma Clark and Jared Prugar. The kids have had the chance to play on winning

teams and play with student athletes like them. It allows those younger players to learn and develop and they're not thrust into leading roles as a freshman or a sophomore. Whether they'll reach that level of achievement, you can coach for 20 years and not see that type of athlete, but the one thing about our younger players is they are developing at a good rate, they're on winning teams, they're in a good spot, and they're not shouldering to big a load at an early age.

**Your field hockey team has been at the top of Western Conference B play for quite a few years now. Coach Barb Marois comes with quite a few accolades. She seems like a fortunate coach to have.**

They've been Western Maine Champions for five out of six years, it's just remarkable. As for Coach Marois, it's pretty fortunate she landed in York. After all her successes, that she settled in York and wanted to do some coaching, we're extremely fortunate. It's quite an opportunity that our field hockey players get to play for Barb Marois.

**Do you have a favorite sport?**  
I like them all.



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# LOOKING FOR A HOME

If you're interested in adopting any of these animals or if you'd like to know who's available for adoption, please visit the Animal Welfare Society Web site at [www.animalwelfare.org](http://www.animalwelfare.org) or call 985-3244.

### Bella

This little munchkin is Bella. She is a one-year-old Terrier Mix looking for a new home. She is a sensitive, comedic girl who prefers a home with older, respectful children, dog savvy cats and small mild mannered dogs. Of course, she'd be thrilled to be your only pet and the apple of your eye! She can be cautious and a bit nervous when you meet her but once she gets to know you she is fun and outgoing. If you are interested in adopting her, please fill out an application and bring your family, including dogs to the Animal Welfare Society to meet her.



### Sandy

Sweet as sugar and gentle as can be! Sandy is a 10-year-old Beagle that is looking for a forever home to call her own. She is a lovable girl that wants nothing but to be loved. Sandy is very easy going and will do just fine sharing her new home with other dogs, dog savvy cats and children of all ages. She loves car rides and just taking it easy in general. Sandy is mostly house trained and, with a daily routine, she will get the hang of it in no time. If this darling girl sounds like the one for you please fill out an adoption application and stop in with your family including dogs to meet Sandy.



### Teddy

Just as gentle as he is gorgeous! Teddy is a one-and-a-half-year old Akita Mix that is searching for that special someone. He is a smart dog that knows the commands "sit" and "down." Teddy is a big love bug and should do just fine sharing his new home with other dogs and children of all ages. Cats and small animals are a bit too interesting for Teddy to live with. If this gorgeous man sounds like the one for you please fill out an adoption application and stop in with your family including dogs to meet Teddy.



### Camila

This lovely lady is Camila, a four-year-old cat with a beautiful brown tiger and white coat. Camila's a proud follower of the 3 Ls: lazy, lovable, and lap-warmer. As long as she gets plenty of places to stretch out in and laps to relax on, she'll be a happy cat in her new home. Her easy going demeanor



means she'll be quite content sharing a home with other cats. If you'd like to adopt Camila, please fill out an adoption application and then stop in to meet her.

### Sebastian

This big beautiful boy is Sebastian! He is a four-year-old cat that has a soft short black coat. Sebastian had been spotted out on the run for quite some time, but was never able to be caught. One day when it seemed that Sebastian had been hurt some very nice people came and rescued him. He spent a good amount of time in a loving foster home where he received proper veterinary care and was shown the luxuries of having an indoor home. Sebastian is now in tip-top condition and ready to find the forever home of his dreams. He absolutely loves the company and affection of people and would probably get used to sharing his home with another cat. He will not go after another cat but he does like to hiss at them a bit. If you think that Sebastian could be the perfect addition to your family please fill out an adoption application and stop by Petsmart in Biddeford to meet him.



### Jake

This gorgeous man is Jake! He is a four-year-old cat that has a medium length grey tiger coat. Jake is a laid back type of guy that would love to find a forever home of his very own. He is a purr-fect boy that will do just fine sharing his new home with other cats and children of all ages. If Jake sounds like the man for you please fill out an adoption application and stop in to meet him.



### Bumble

This sweetie pie is Bumble! He is a six-month-old bunny that came to us as a transfer. Bumble is a friendly boy that can't wait to find a loving forever home. He would love to find a family that is willing to handle him on a daily basis in order to keep him as happy and friendly as possible. If you are interested in adopting Bumble please fill out an adoption application and stop in to meet him.



### Charlie

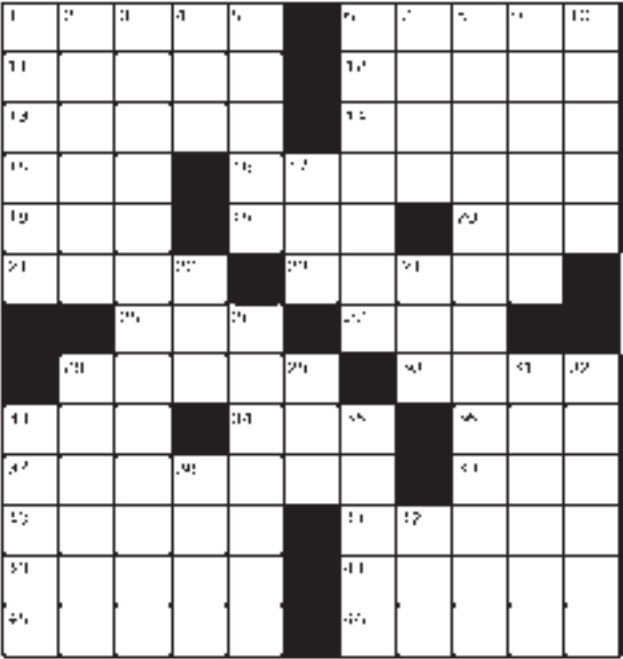
This handsome man is Charlie! He is a one-and-a-half-year-old mixed-breed bunny. Charlie would love to find a forever home to call his own. It would be great if his new people handle him on a daily basis in order to keep him as friendly as possible. If you are interested in adopting Charlie please fill out an adoption application and stop in to meet him.



## CROSSWORD PUZZLE

### ACROSS

- 1 Wineglass parts
- 6 Up to now
- 11 Fresh
- 12 Ñ Island
- 13 Peace goddess
- 14 Blush's kin
- 15 Signer's need
- 16 Visits
- 18 Memorable time
- 19 Utter
- 20 'You there!'
- 21 Historic seamstress
- 23 Really like
- 25 Charlotte made one
- 27 Old French coin
- 28 Viola's cousin
- 30 Avenue liners
- 33 Holds
- 34 Go astray
- 36 Scottish river
- 37 Deadlock
- 39 Shoe hue
- 40 Cold forecast



- 41 Chili need
- 43 Give addresses
- 44 J.R.'s mother
- 45 Starkers
- 46 Cared for

### DOWN

- 1 Hidden shooter
- 2 Bullfight star
- 3 Right now
- 4 Fellows
- 5 Some coasters
- 6 Gullies
- 7 Mall unit
- 8 Words to a pot calling the kettle black
- 9 More avant-garde
- 10 Minuscule
- 17 Cloth scrap
- 22 Poivre's partner
- 24 Rival
- 26 Holy
- 28 Shot taker
- 29 Hosp. areas
- 31 Nasty sort
- 32 Detected
- 33 Make passes at
- 35 Yankee's foe
- 38 Poker payment
- 42 Quarterback Manning

## SUDOKU

### Conceptis Sudoku

By Dave Green

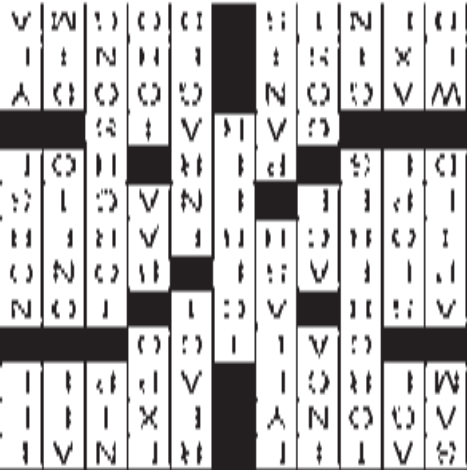
		7					2	
	3			2		6		1
2					6		4	
			8			7		
	2						6	
		5			1			
	9		7					4
6		8		5			1	
	7					5		

Difficulty Level ★★ ★

1/28

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## Crossword Solution



## Sudoku Solution

5	8	1	9	4	6	2	7	3
2	4	7	3	1	5	6	9	8
6	9	3	2	7	8	5	1	4
8	2	5	4	6	9	1	3	7
1	7	9	5	8	3	4	2	6
3	6	4	1	2	7	9	8	5
9	1	6	7	3	4	8	5	2
7	5	8	6	9	2	3	4	1
4	3	2	8	5	1	7	6	9



## OBITUARIES

## Helen W. Dibble



Helen Wagers Dibble, 86, formerly of Longmeadow, Mass. died Sunday, Jan. 17, 2010 at Durgin Pines Nursing Home in Kittery.

She was born Jan. 2, 1924 in Lynchburg, Va. the daughter of the late Ned A. and Russell (Ferguson) Wagers and sister of Hilda (Wagers) Wilson, now deceased.

She met Norris E. Dibble in 1943 in Lynchburg, Va. while she was volunteering with the USO. They were married Sept. 8, 1945 and were married 63 years until Norris died Feb. 20, 2008.

They made their home in Longmeadow and she is survived by four children Edith (Dee) Steinberg of Virginia Beach, Va., Ned Wagers Dibble of Shelburne Falls, Mass., Robert F. Dibble of Hampton, Conn., and Annie MacDonald of York. She has eight surviving grandchildren Jordan Steinberg, Nicholas Steinberg, Jessie Milano, Nicolette Milano, Sam Dibble, Erin Walls, Ian Dibble and Daniel MacDonald.

A memorial service will be held at the First Church of Christ in Longmeadow on Saturday, April 17 at 11 a.m.

Arrangements are being made by Lucas & Eaton Funeral Home.

## David L. Cornell



David L. Cornell, 90 of York died Tuesday, Jan. 12, 2009 in Durgin Pines.

He was born Jan. 7, 1920 in Los Angeles a son of the late Ronald P. and Walton (Brockus) Cornell.

Following seminary and a brief pastorate, he joined the Worldwide Evangelization Crusade in Fort Washington, Pa. as its North American General Director. He and wife, Gwen, spent the 1959 going around the world visiting missionary colleagues. After 25 years with that mission society, he spent the 1970s as a travelling evangelist.

In 1979, he became the pastor of York Street Baptist Church where he served until his retirement in 1991. He thoroughly loved being "Pastor Dave" to the people of the congregation and so loved living in York. He was a jack of all trades and enjoyed woodworking, building much of his home

himself.

He leaves his wife of 67 years, Gwendolyn I. (Smith) Cornell; four sons, David L. Cornell Jr. and his wife, Susan of Blairstown, N.J., Roger Cornell and his wife, Karen of Nederland, Colo., Timothy Cornell and his wife, Jackie of Jackson, N.J. and Larry Cornell and his wife, Kathy of Exeter, R.I.; three daughters, Sheryl-Lynn Cornell and her husband, Bob Cress of Ignacio, Colo., Rosemary Cornell and her husband, Rob Kay of Vancouver, British Columbia, Canada and Wendy Fountain and her husband, David of Cape Neddick; two brothers, Johnny Cornell and Harold Cornell; four sisters, Rebecca Paulsen, Leota Hale, Leona Cornell and Virginia Smithers; nine grandchildren, Emilie, Laurie, Bryce, Nicholas, Dianna, Spencer, Kelly, Sharon and Lane; a brother Ronald Cornell predeceased him.

A memorial service will be held at the York Street Baptist Church on Saturday, Feb. 6 at 10:30a.m.

Memorial contributions may be made to the York Street Baptist Church, 61 York St., York, ME 03909.

Lucas & Eaton Funeral Home is directing arrangements.

## Estelle E. Kinnecome

Estelle E. Kinnecome, 69, died Sunday, Jan. 17, 2010 in York Hospital.

She was born Nov. 27, 1940 in Medfield, Mass. a daughter of the late Francis and Karolyn (Bajak) Shea.

She was a longtime resident of Framingham, Mass. before moving to York. She had worked for Verizon for many years and was a member of the I.B.W. Local 2325.

She leaves her husband of 14 years, Francis J. Kinnecome; a son John A. Peterson of York; a sister Karolyn Coots and her husband, Orlo Coots of Framingham, Mass.; a niece, Dolores Coots; two nephews, Francis Coots and Orlo Coots III. A son Matthew C. Peterson predeceased her.

A memorial service for Estelle was held Saturday, Jan. 23 in the Lucas & Eaton Funeral Home.

Memorial contributions may be made to the Matthew C. Peterson Scholarship Fund, UMass Development Office, Memorial Hall, 134 Hicks Way, Amherst, MA 01003.

Arrangements were made by Lucas & Eaton Funeral Home.

**Virgo** (Aug. 23-Sept. 22): Only 252 shopping days left until Christmas! (Really!)

**Libra** (Sept. 23-Oct. 22): Never look a gift horse in the mouth. Come to think of it, it's really not worth looking ANY horse in the mouth.

**Scorpio** (Oct. 23-Nov. 21): A great opportunity will soon present itself. Unfortunately for you, it's an opportunity to look like a total ass.

**Sagittarius** (Nov. 22-Dec. 21): Your mother was right: you should brush your teeth, you should wash behind your ears, and you'll never amount to anything.

**Capricorn** (Dec. 22-Jan. 19): You will find something so frightening, your hair will fall out. Luckily for you, this will include all your ear hair.

**Aquarius** (Jan. 20-Feb. 18): Bank error in your favor! Collect \$200! (But the bank president still gets his \$200K bonus.)

**Pisces** (Feb. 19-March 20): You will achieve neither fame nor fortune, but you'll find yourself content with life's simple pleasures—for example, your horoscope.

## M. Elizabeth 'Betty' Hoyt



M. Elizabeth "Betty" Hoyt, 91, died Saturday, Jan. 16, 2010 at home with her family by her side.

She was born Aug. 28, 1918 in North Hampton, N.H. a daughter of the late Herman L. and Mary E. (Young) Norton.

After World War II, her and her husband settled in Kittery and raised a family. She taught school in the Kittery school system at the Wentworth Dennett, Frisbee and Austin schools. She also taught at the Lafayette School in Portsmouth and was a substitute teacher for York.

She and her husband moved to Cape Neddick in 1962. She was the co-owner and operator of Hoyt's Cottages for several years before retirement.

During her retirement she enjoyed warm winters in Florida and genealogy. She was a member of the Retired Educators of Maine, the Daughters of the American Revolution Ranger Chapter in Portsmouth, N.H. and many historical societies.

She leaves her husband of 66 years, Joseph W. Hoyt Sr.; two sons, John N. Hoyt and his wife, Katherine of Winter Haven, Fla., Robert A. Hoyt and his wife, Patricia of Cape Neddick; a daughter, Bette Ann Whitten and her husband, Terry of Acton; a daughter in law, Brenda J. Hoyt of Cape Neddick; nine grandchildren and four great-grandchildren.

A son, Joseph W. Hoyt Jr. and a sister, Gladys Farquar predeceased her.

A celebration of life will be held at 10 a.m. on Saturday, Feb. 6 in the First Congregational Church of Kittery Point.

The family request in lieu of flowers a memorial contribution may be made to Ranger Chapter DAR/educational scholarship fund, mailed to 197 Dennett St. Portsmouth, NH. 03801. Lucas & Eaton Funeral Home is directing arrangements.

## John C. Merrill



John Carlton Merrill, 62, died Friday, Jan. 22, 2010 of natural causes.

He was born Sept. 19, 1947 in Portland to June Logan and Carlton Merrill.

He graduated high school and later served in the U.S. Navy. He lived in San Diego, Calif. for many years, and moved to York with his family in 1994 where he resided until the time of his passing.

John was an artist who loved his family, the ocean, music and helping others. He will be remembered as a thoughtful, generous soul who always had a smile on his face. John was a great man and will be missed immensely.

He is survived by his wife Nancy D. Merrill; children Justin Merrill and Heather and Scott Gibson; step-children Justin Raap, David and Maryann Anderson; grandson J.D., and Stephanie and Ben Carignan; siblings Mark Merrill and Kathleen Logan; nephews Eric Merrill and his wife Stephanie, and Jesse Merrill and his wife Amanda; as well as many other family and friends from all across the country from California to Maine.

A memorial service was held Tuesday, Jan. 26 at St. George's Episcopal Church in

York Harbor.

Lucas & Eaton Funeral Home directed arrangements.



## Nathaniel G. Marshal II

Nathaniel G. Marshal II, 69, died Thursday, Jan. 21, 2010 in York Hospital.

He was born March 26, 1940 in York a son of the late Nathaniel G. and Rachel D. (Maling) Marshall.

He was a graduate of Harmon Hall in York Harbor and attended Fryeburg Academy.

He was the owner and operator of R & R Bait Shop in York. He previously worked for N. G. Marshall Hardware Store, he also worked as a custodian for the York Harbor and York Post Office, and for Lucas & Eaton Funeral Home.

He was a 30-year volunteer for the York Village Fire Department and an original member of the York Volunteer Ambulance Association. He enjoyed striped fishing and held the record in 1967 for the largest striped caught.

He leaves his wife of 46 years Aletta H. (Calnan) Marshall; a son Nathaniel Gardner Marshall III and his wife Astrid of Cape Neddick; a daughter, Natalie A. McAllister and her husband, Paul of North Waterford; two sisters, Eunice-Anne M. Graham of York and Sally M. Smith and her husband, Clifford of Pinehurst, N.C.; several nieces and nephews. A daughter Karen Lynn Marshall died in 1973.

A memorial service was held Monday, Jan. 25 in the First Parish Congregational Church in York.

Memorial contributions may be made to the York Village Fire Dept., 1 Firehouse Dr., York, ME 03909.

Lucas & Eaton Funeral Home assisted with arrangements.

## LOCAL BIRTHS

*Recorded York Hospital during December*

- Born Dec. 24, 2009, **Daniel Li Adams**, baby son of Tara Kaewpoonsoob & Jacob Adams of Cape Neddick. Proud grandparents are Holly & Mark Andrews of Cape Neddick; Shane & Melinda Adams of Plymouth, Mass.; and Sophia Wishashan of Plymouth, Mass.

- Born Dec. 28, 2009, **Charlotte Moon Bemis**, baby daughter of Nicole & Christopher Bemis of Kittery. Proud grandparents are Irene Diamond of Rochester, N.H.; Richard Gagnon of Rochester, N.H.; and Dennis Bemis of York.

- Born Dec. 29, 2009, **Cody Robert Clarke**, baby son of Joleen & Gordon Clarke of Wells. Proud grandparents are Lloyd & Melonie Gerow of Clinton; Bonnie Clarke of Cazenovia, Texas; and Lance Clarke of LaPorte, Texas. Happy sibling is Owen.

## Horoscopes

By Rusty, the Southern Maine coast's leading astrologer and discount grief counselor

**Aries** (March 21-April 19): Just think, tomorrow is another day. With your life, that's one more thing to worry about.

**Taurus** (April 20-May 20): One good deed deserves another. Unless you're a dishonest real estate broker.

**Gemini** (May 21-June 20): A man's house is his castle. And from the way you're looking lately, your home just might be White Castle.

**Cancer** (June 21-July 22): No, a 'rumpus' room has nothing to do with neither rum nor pus.

**Leo** (July 23-Aug. 22): You will have a new opportunity to get close to a relative in the near future. Unfortunately, it's your Uncle Irving, who's just been released.



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Price: \$269,900  
Address: 11 Abbeey, York  
Size: 3 beds, 1.75 baths, 1,248 s.f.  
Year Built: 1979

## LESS THAN \$400,000



Price: \$355,000  
Address: 12 Sea Mist Lane, York  
Size: 3 beds, 1 bath, 864 s.f.  
Year Built: 1955

## LESS THAN \$400,000



Price: \$372,000  
Address: 38 Highland Ave., York  
Size: 3 beds, 2 baths, 1,196 s.f.  
Year Built: 2001

## LESS THAN \$500,000



Price: \$459,000  
Address: 4 Sparrow, York  
Size: 3 beds, 2.5 baths, 2,414 s.f.  
Year Built: 2000

## LESS THAN \$500,000



Price: \$459,900  
Address: 3 Tall Pines Way, York  
Size: 4 beds, 2.5 baths, 2,966 s.f.  
Year Built: 2004

## LESS THAN \$550,000



Price: \$519,000  
Address: 5 Graystone Lane, York  
Size: 3 beds, 2.5 baths, 2,704 s.f.  
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Price: \$549,000  
Address: 15 Styles Lane, York  
Size: 3 beds, 2.5 baths, 3,603 s.f.  
Year Built: 2001



Charming 4BR Cape with R.O.W to York River with dock. Perfect for down sizing or just starting out. Private back yard, 1st flr bdrm, oak flrs. Fireplace, wood stove, Galley kitchen with Granite counters & Stainless appliances. Convenient to schools.



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## YORK



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## WELLS



IMMACULATE colonial home in lovely neighborhood, w/ROW to conservation & wildlife refuge. Ocean area -- **Smell the salt air from your screened porch!** Nice kitchen plus formal/casual dining room. Priced way under assessment. Waiting for the perfect owner. **\$425,000.**  
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## OGUNQUIT



Updated home with a contemporary flair. **Lucrative rental history for this year-round home**, 4 bedroom 3 bathrooms with gleaming beech hard wood floors. Full eat in kitchen, large deck and easy walk to beaches. A great house in heart of Ogunquit. **\$459,000.**  
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## WELLS



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## YORK



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## YORK



This stunning home has you from hello! **Pristine pastoral setting is perfect backdrop for this warm and classic Colonial.** Gourmet kitchen w/Viking & Wolf apps, dining room w/fp, spa-like master suite, in-law suite, pocket doors, columns, office & more! **\$524,000.**  
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**RE/MAX International has announced that Abigail has achieved a Hall of Fame Career Award.**  
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