

York **INSIDE: IDEAS FOR THIS YEAR'S BUMPER CROP OF TOMATOES! SEE PAGE 16!**

# The Independent

*The hometown voice of the greater York region*

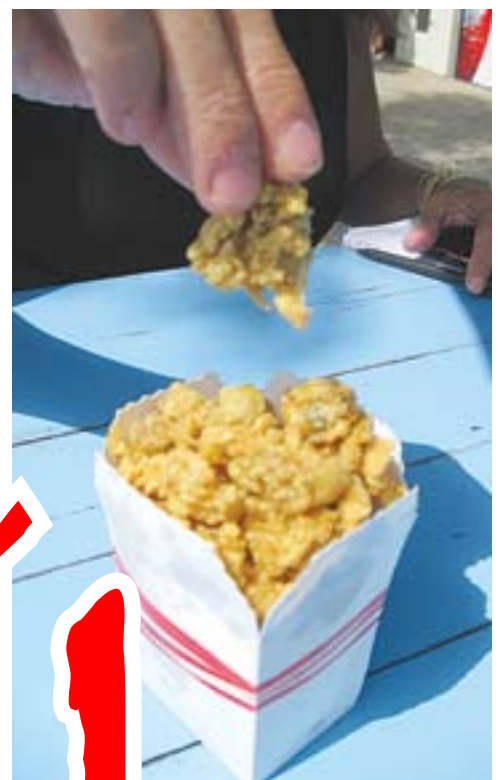
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Aug. 27 - Sept. 9, 2010 Volume 12 ~ Issue 15



**OUR  
ROUTE 1**



**Fried  
Clams  
Safari!**

**STARTS  
ON PAGE 6**



# Get out of your fried clam rut

By **DAN SZCZESNY**  
The York Independent

This edition of the York Independent focuses on fried clams. Like snails are to France (okay, not a great example), fried clams are one of those foods that give the Maine coast its distinctive flavor. They keep the tourists coming, and for the rest of us, they keep those arteries from ever loosening up.

Seriously, fried clams on a summer afternoon with the ocean nearby are one of this region's great experiences. But all fried clams are not alike, so we thought we'd commission a safari up the length of Route 1 (the stretch of it that runs through our area, anyway) and see what variations pop up from one source to the next.

What we found was surprising. These things called fried clams start with clams, yes, but clams can vary considerably from source to source. And after that, methods of preparing and serving them go in some very different directions.

Like how? Well, variables include the type of oil and how often it's changed, whether or not the oil is also used to fry potatoes (a big no no, I think), what kind of coating and breading is used, the length of time in the frier and the



Dan Szczesny

served in a paper boat with red stripes. (It shows what a lifetime of consuming red-dye tainted products will do to you.)

And don't even get me started on tartar sauce.

So put it all together, and you have a fried clam scene that lends itself to comparison shopping. And since one of the glories of this part of the world, whether you're a tourist or a native, is the density of fried clam sources, why not try this yourself? It's a small piece of what makes this part of the world unique, so get out of your fried clam rut and explore it.

One thing we learned, however, is that it's probably not the best idea to do it all in one afternoon.

Let us know if you liked this approach and if you'd like us to do more. I, for one, would be up for a chocolate Santa safari sometime closer to the holidays.

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# REACHING A MILESTONE

York Hospital 'For Every Patient' campaign now more than halfway to \$7 million goal

With 100 percent participation from the board of trustees and hospital leadership, as well as significant contributions from the medical staff, employees and volunteers, President Jud Knox announced that the York Hospital "family" has donated just over \$1.2 million to the Hospital's For Every Patient Campaign to raise \$7 million for various hospital projects and services.

Knox commended "the Hospital family's enormous generosity." He added, "This is a testament to how caring the folks are at York Hospital. They are dedicated to taking care of our patients and our patients' families and they understand how vital this campaign is to York Hospital and the community."

In fact, the York Hospital's "family" donation was inspired by a generous \$1 million gift made by the Peterson Family of York Harbor. "We are thrilled that our family gift has helped motivate others to also give to this important campaign," said Carolyn Peterson, ambassador of the "For Every Patient" campaign.

Additional donations, including a \$250,000 grant from the Baldwin Foundation and a \$100,000 grant from Kennebunk Savings Bank, along with gifts from many individuals and area businesses, have brought the campaign total to \$4 million raised thus far.

"To date, donations have helped immensely," said Lorraine Boston, chair of the board of trustees. "The hospital has been able to convert many of the patient rooms on the Strater Wing from semi-private to private rooms, has completed a new, dedicated helipad for emergent transport needs, and has opened Phase I of the Surgery Center Expansion, but there is more to do."

Fundraising will continue as the capital project moves forward to Phase II, which includes the opening of two new Operating Room Suites and the completion of the Surgery Center Addition; the addition of Breast MRI services to the diagnostic capabilities available in York Hospital's Breast Care Center, and the renovation of the Hospital's Biewend Wing to convert inpatient semi-private rooms to private rooms.

Dr. Thomas Albright, chairman of the medical staff campaign, said, "The generous donations of the medical staff validates

the importance of providing patients and the community with modern, private hospital rooms and up-to-date surgical care facilities." He added, "These improvements will position the hospital well to respond to the changes that are coming in the delivery of medical care."

Crystal Butler, chairman of the employee campaign, said she has been impressed by the across-the-board support from housekeepers to nurses to the administrative staff. "It's not even about the amount; it's about working as a family. People just feel like they've been touched by the Hospital in some way and this is a way to give back" she said. Many dona-

“These improvements will position the hospital well to respond to the changes that are coming in the delivery of medical care.”

tions also have been made in memory of others. For instance, more than \$15,000 has been donated in memory of long-time Hospital employee Bob Masi, who died of cancer in 2004. Those who donate will be honored on a donor wall or with a naming opportunity.

Roberta Sullivan, chair of the volunteer campaign, also commended those who not only volunteer their time but have made contributions to the campaign, noting "Our volunteers are wonderful people. We are so fortunate to have them at York Hospital because they truly make a difference."

To learn more about how you can make a difference by supporting the For Every Patient Campaign, contact Susan McDonough, Lead of Development, at 351-3522 or at [smcdonough@yorkhospital.com](mailto:smcdonough@yorkhospital.com).

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COURTESY MUSEUMS OF OLD YORK

A rustic road up Mt. Agamenticus as depicted in a century-old postcard.

## The view from above

### Local conservation efforts aided by regional flyover

On Tuesday, Aug. 10, nine town planners representing Kittery, Eliot, York, South Berwick, Ogunquit, and Wells took to the sky to get a landscape view of the conservation successes and ongoing needs of southern Maine. The flight was organized by the Mt. Agamenticus to the Sea Conservation Initiative (MtA2C) and sponsored by LightHawk, a nonprofit environmental aviation organization.

“While MtA2C continues its land acquisition efforts, the flyover for municipal planners is part of the coalition’s renewed focus on strengthening community-based conservation,” according to MtA2C Coordinator Jodi Castallo. “MtA2C has a history of working closely within the six municipalities to address joint conservation goals. We are a strong ally for all phases of conservation planning and implementation.”

From an airplane, 3,500 feet above the ground, town boundaries blur and the largest unfragmented coastal forest between Acadia National Park and the Pine Barrens of New Jersey emerges. The Maine Department of Inland Fisheries and Wildlife determined the Mt. A. region is the most biologically diverse part of the state with the largest number of threatened and endangered species and highest concentration of vernal pools. In addition, nine local communities depend on the area’s vast forested landscape to purify its drinking water supply, and as a source for clean water for the area’s popular beaches and inland swimming spots.

The Mt. Agamenticus to the Sea Conservation Initiative is a coalition of ten conservation organizations that came together in 2001 to conserve land in order to protect natural and community resources. In less than 10 years, the coalition has completed 45 projects conserving nearly 3,000 acres. However, local growth charged in part by steady population migration northward from the greater Boston area continues to push demand for development, which can lead to habitat fragmentation and sprawling land use. The flyover vantage is a key tool for the planners to assess policy effectiveness for targeted growth areas and natural resources protection zones.

“Each of the six towns in the MtA2C region is experiencing a different phase of conservation planning, says Ms. Castallo. “However, on the subject of plan implementation, the MtA2C partners agree that state and municipal funding for conservation and

landowner tax incentive programs such as “Tree Growth” and “Open Space” remain among the most powerful tools for achieving natural resource protection objectives.”

The State’s Land for Maine’s Future Program (LMF) has been another important tool in funding conservation, as it has repeatedly provided significant funding to MtA2C conservation projects, most recently, \$477,000 to the Highland Farm Conservation Initiative in York. Maine residents will vote in November on whether to renew funding for LMF.

The Mt. Agamenticus to the Sea Conservation Initiative (MTA2C) is a coalition of partners working together to achieve a common goal: the conservation of land and natural resources within a 48,000-acre area spanning Maine’s six southernmost towns of Ogunquit, Wells, York, South Berwick, Eliot, and Kittery. MtA2C partners advance conservation in two key ways: 1) Land and conservation easement acquisition, and 2) partnerships with municipalities to help each town realize its conservation goals.

The MTA2C Region includes the largest unfragmented coastal forest between southern New Jersey and Acadia National Park. Because southern and northern forest types converge here, it is also the most biologically diverse place in Maine with the largest number of threatened and endangered species and the highest concentration of vernal pools north of Cape Cod. Two areas in the region are also within the boundaries of the Rachel Carson National Wildlife Refuge focus area: the upper reaches of the York River and the Brave Boat Harbor estuary to the south. An 800-acre unfragmented block of land in Kittery has been identified as an area of statewide significance for its wide array of plants and animals. Cutts Island and Gerrish Island include pristine salt marshes, undeveloped shorelines and dense forests. For more information, please visit [www.MtA2C.org](http://www.MtA2C.org)

The MtA2C Partners include: the US Fish and Wildlife Service/Rachel Carson National Wildlife Refuge, the Maine Department of Inland Fisheries and Wildlife, the Wells National Estuarine Research Reserve, the Maine Coast Heritage Trust, the Trust for Public Land, The Nature Conservancy, the Great Works Regional Land Trust, the Kittery Land Trust, the York Land Trust and the York Rivers Association.

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Shawn Colvin  
9/2

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9/5

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## TICKETS

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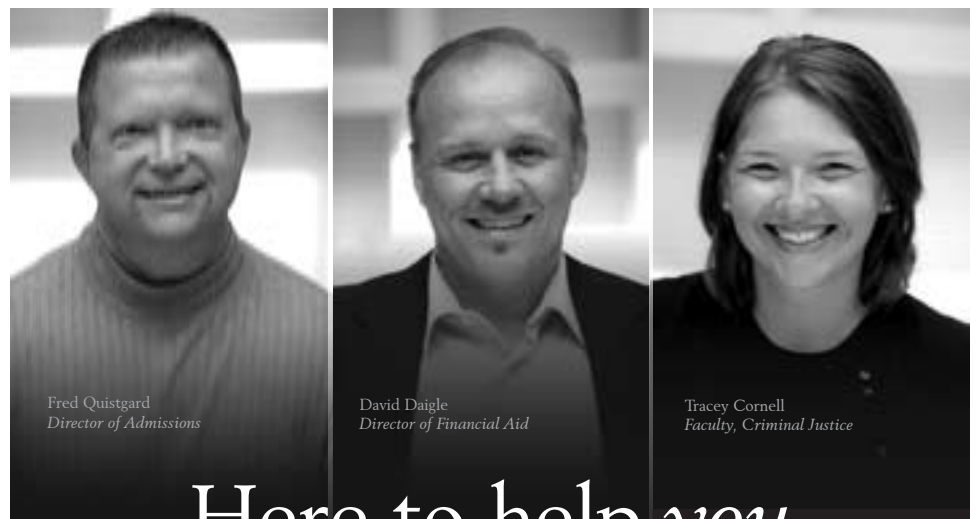


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## Q &amp; A

## THE FRIED CLAM GURU

By **TARYN PLUMB**  
The York Independent

Summer on the Maine coast simply doesn't exist without a few key ingredients (in some cases literally): Beach time, tourists, ice cream—and, of course, fried clams.

And for nearly two decades, Mike's Clam Shack in Wells has been serving up the latter to full-timers, seasonal residents, weekenders and sunny day visitors.

But clams—and seafood in general—as owner Mike McDermott will admit, aren't a complex cuisine to master.

Just keep two things in mind: Stay simple, stay fresh. The rest will take care of itself.

**Name:** Mike McDermott, owner of Mike's Clam Shack on Route 1 in Wells.

**Age:** 45  
**Lives in:** Wells

**So let's get right to it: What's the best way to fry up clams?**

We batter ours in an egg wash with a light dusting of wheat flour. Then we drop them in a frialator, and they're cooked in non trans-fat oil. We fry them for under 60 seconds. Then we pull them out so there's no grease on them, and just put them on a plate.

**Are they the crowd favorite?**

Yeah, we're basically famous for our fried clams. We also sell lots of haddock. Another thing we sell a ton of is lobsters. It's a family restaurant, so we have everything. We sell "Mike's Chowda" (through the Web site) all over the country. It's a kit—you mix the three cans together and add the light cream and then you have a nice rich clam chowder.



**How many clams do you sell in a season?**

Right now, we're going through about 20 gallons a day.

**Do you have a favorite seafood?**

I eat a lot more haddock. Fish and beef—that's basically what I like.

**Are there seasonal variations in seafood?**

No, most of it is pretty much available year-round.

**So what is it about summer, then, that makes people hanker for seafood?**

That's what people come to Maine for, we have the freshest seafood. Clams, haddock, scallops, lobsters—they're all native Maine products. And we're (Mike's Clam Shack) open year-round, but our busiest time is from May to October.

**Where do you get your seafood from?**

We have our own fish market here, and we get all of our seafood fresh. We pick up all our seafood in Portland; we go to Portland four to five days a week,

and we get fresh lobsters every day, seven days a week.

**How did you get started in the business?**

Mike's has been around for 19 years. We started basically in a little clam shack, and we just kept growing. I like the people I work with, the customers, the people who come into the place. A lot of my employees I've been working

“Right now, we're going through about 20 gallons a day.”

with for 19 years. Now we have more than 100 employees, and we recently put an expansion on.

**How'd you get into seafood?**

When I was a kid I worked up here; many of my early jobs were in seafood shacks, seafood restaurants.

**What tips would you offer for people who want to cook seafood at home?**

Anybody who likes seafood will



tend to experiment. Seafood is such a delicate and flavorful product. The biggest thing about seafood is: It has to be fresh. It's about using a great fresh product. And the biggest thing about frying seafood is, like anything, just to not overcook it. You can ruin it—it becomes tough, it becomes no good. So get to know your frialator.

#### Essentially what are the different ways to cook seafood?

There are lots of different ways, depending on the item. With the haddock, we broil it, bake it, fry it, sauté it. With scallops, you can do anything—broil them, bake them, stuff them, fry them, saute them. And clams: Fried clams are out of the shell, they're shucked;

steamers are the shells on the clams.

#### What about seasoning?

It also depends on the item. If you're sautéing, everything gets seasoned differently. Fried clams are just the batter, the breading. With haddock, we baste it, use a lot of butter and lemon. But most fresh product has its own flavor. You don't have to disguise it.

For more info, visit [www.mikesclamshack.com](http://www.mikesclamshack.com).

*Have a suggestion for someone who could be skewered—er, interviewed—here? Contact Taryn Plumb at [taryn-plumb1@gmail.com](mailto:taryn-plumb1@gmail.com).*

## COMMUNITY NEWS

### Student Support Services continue at York County Community College

York County Community College has been selected by the U.S. Department of Education to be one of 11 Maine Universities and Community Colleges to receive funding for a Student Support Services Program.

YCCC's North\*Star Project, which is funded by the Department's TRIO Program, will complete its first five years of service on August 31st, and begin a new five year cycle on Sept 1, 2010. About \$239,000 each year, or \$1.19 million will be awarded over the next five years.

The North\*Star Project at YCCC

serves 175 students. Of those, 110 are returning students while the others are first year students enrolled for the Fall 2010 semester. In order for students to qualify for North\*Star support they must be low-income, 1st generation college or have a documented disability. The projects' objectives focus on supporting students to stay in school and in good academic standing through graduation. In addition, those choosing to continue toward a four-year degree program will receive assistance with the transition.

## YORK LIBRARY

### Library concludes free summer film series

The York Public Library concludes its "Sunday Night at the Movies" series, films shown on Sunday evenings throughout the summer. All screenings start at 7 p.m., the public is invited, and admission is free. In addition, there will be free popcorn, and beverages will be offered for \$1. The final films in the series are listed below.

Visit the York Public Library 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.

aged to contact any group member at the screenings or to leave contact information at the front desk of the Library.

## Events

- **An informational meeting** on condominiums will be held Tuesday, Aug. 31 at 6:30 p.m. Experts on condominium legal and insurance issues will present practical information for owners, prospective buyers, board members, property managers, and the general public.

- **"All That Jazz"** A Standard Flower Show: Old York Garden Club floral designs, horticulture and educational exhibits will be on display throughout the library on: Thursday, Sept. 9, Preview Night: 5 to 7 p.m., Friday, Sept. 10, 10 a.m. to 5 p.m. Saturday, Sept. 11, 10 a.m. to 2 p.m.

- **"It's Complicated"** will be shown on Sunday, Sept. 12 at 7 p.m. A couple reignites the spark in their relationship... but they're divorced and he's remarried. Meryl Streep, Alec Baldwin, Steve Martin. (2009). Rated R for some drug content and sexuality. 120 minutes. \*Please note: This was rescheduled from August 8.

## Sunday Night Film Series

- **The Last Station** (2009) will be shown on Sunday, Aug. 29 at 7 p.m. This historical drama centers on the last days of Russian author Leo Tolstoy and his struggle to balance fame and fortune with his commitment to a life devoid of material things. Rated R for a scene of sexuality/nudity. 112 minutes.

- **The Young Victoria** (2009) will be shown on Sunday, Sept. 5 at 7 p.m. Oscar-winner for best costume design, this film portrays the turbulent first years of the reign of Queen Victoria (Emily Brunt) and her courtship by Prince Albert (Rupert Friend). Rated PG for some mild sensuality, a scene of violence, and brief incidental language and smoking. 105 minutes.

Sunday Night at the Movies is made possible by the Library Film Group, which is composed entirely of volunteers. Those interested in participating in the Library Film Group are encour-



- **Artist Talk and Reception** will be held on Tuesday, Sept. 14 at 5 p.m. Artist Russel Whitten will discuss his paintings which will be on exhibit Sept. 7- Oct. 26.

- **The Ogunquit Art Colonies and American Modernism** lecture on Friday, Sept. 24 at 7 p.m. Ron Crusan, director of the Ogunquit Museum of American Art, will speak about the art colony/modernism and the museum's role in perpetuating the importance of Ogunquit to the American Modernist movement. He will also bring some reproductions from the collection.

## For children

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

- **Preschool Story Hours** on Fridays at 10:30 a.m. Join us for stories, songs, fingerplays, crafts, and science.

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# The doctor is in...again!

*Patrick Robertson, MD*

**York Hospital welcomes back Orthopaedic Surgeon  
Patrick Robertson, M.D. to the community.  
We are happy to have him back!**

As an orthopaedic surgeon, Dr. Robertson's scope of services includes the diagnosis and treatment of musculo-skeletal injuries and conditions including trauma, sports injuries and degenerative diseases.

He brings extensive experience in general orthopaedics and sports medicine, arthroscopic (minimally invasive) shoulder procedures, and total joint replacement surgery.

Dr. Robertson has joined the practice of orthopaedic surgeon J. Thomas Albright, MD and Douglas Bennett, PA at Orthopaedic Associates of York Hospital, located on the York Hospital campus at 16 Hospital Drive. He is currently accepting patients and can be reached at (207) 363-3700.

*Background*

Dr. Robertson received his B.S. from Massachusetts Institute of Technology and his M.D. from Tufts University School of Medicine. He completed his Internship at Letterman Army Medical Center, and Residency in Orthopaedic Surgery at the University of California-Davis Medical Center. He was a practicing physician in the US Army, for several years and subsequently practiced orthopaedics in the Greater Boston area, York, ME (1999-2005) and most recently in southeast Wyoming. He is board certified by the American Board of Orthopaedic Surgery.

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## COVER STORY



## Five servings in five hours: A tasty summertime treat or too much of a good thing?

By **JEFF RAPIS**

The York Independent

My affection for fried clams is rooted in childhood. Like any kid raised in New England, no trip to the coast was complete without an order of fried clams, which were unlike any food we got at home. Ideally, they'd come from a roadside shack, and be served in a paper boat that sported red pinstripes.

Forget religion. As a child, I didn't need promises of heaven to guide me—all you had to do was give me fried clams in a paper boat, and I was a believer.

But fried clams also represented temptation, especially when I'd finished my share. There's my mother, racing off to pull my brother out of the restaurant dumpster, or wherever else he might have climbed, leaving her unfinished clam plate sitting before me. Would she miss just one? Two? Even if she didn't notice, what punishment would I risk by helping myself, if indeed God saw all?

I'm still waiting to find out. And now, as a slightly chunky middle-aged guy with a sedentary job and a sweet tooth to boot, fried clams still represent temptation, but in a directly physical way. Like demon alcohol, caution must be employed. With me, one too many fried clams, and I could easily be on my way to cholesterol hell.

That's why, when the Independent conceived the idea of celebrating fried clams as part of the York area's summertime food scene, I immediately sought a support group. I could not do it alone. A fried clams safari? To go it solo would risk never returning, or at least never fitting into my pants again, and bringing shame and disgrace to my family and my dogs, who themselves enjoy a fried clam now and then.

But still, the assignment appealed to me. As a younger man, I had ambitions of practicing journalism in places where few people ventured: rural Russia, South Africa, and so on. Now, I asked myself: how many people had actually tried eating fried clams at five different places in five hours? Talk about breaking new ground!

And so our panel of experts assembled one Sunday afternoon—me, my primary qualification being that I can't stop eating; a **Fellow Publisher** of a local newspaper who has been in the area a long time and could provide background and insider info; an official **Food Writer**, a woman who actually knows what she's talking about (I wonder what that feels like?) when it comes to food; and finally, our trusty **Distribution Manager**, a U.S. Navy veteran who knows a thing or two about the briny deep.

Given this high-powered brain trust, you'd think we'd take separate cars, as it was something of a risk for us to all pile into one vehicle. But that's what we did one recent Sunday afternoon.

Our mission? To engage in a kind of wine-tasting pub crawl, only with fried clams—to sample the variety and range of this coastal delicacy as prepared on Route 1, often within sight and smell of the ocean. And so we headed south on Route 1 to our first stop: Bob's Clam Hut in Kittery.

(And this is as good a place as any to acknowledge that we couldn't go everywhere, so we're probably going to skip this or that favorite source of fried clams. Hey, even a glutton like myself has limits.)

### Bob's Clam Hut

On a sunny summer Sunday afternoon at Bob's Clam Hut, it's past the lunchtime high tide, but the crowds show no signs of

letting up. The only thing keeping things sane is that Route 1 traffic is stalled in both directions, keeping the lines in check.

We pull into the small lot on the north side of the business and are greeted by a young girl directing us with fluorescent orange flags, as if we're on an airport tarmac. Along among local clam shacks, Bob's employs a small summertime army of seasonal employees who keep the parking lots from getting snarled. It's *that* busy.

But we luck out and grab the space of a parting SUV, then join the line of clam-seekers, which moves right along. Our method is simple: simply get a small side order of clams from Bob's and the four other places on our itinerary, and see how they stack up. We'd also try the tartar sauce and see what variations we found.

At Bob's, a small order is currently \$16.95, or \$18.14 with tax. For that, you get 7 oz. of clams. While we waited, our Food Writer could not resist tracking down someone for more info. Amid the swarming crowds, she collared assistant manager Jeremiah Fitzgerald, who was pleasant and welcoming even on what he predicted would be the biggest sales day at Bob's since the original clam hut opened in 1956.

Bob's uses only flour for breading (no

in my book. We didn't find out where the clams come from, but with the volumes involved, it wouldn't surprise me Bob's had their own fishing fleet docked behind the building in Spruce Creek.

Meanwhile, our Distribution Manager performed the amazing feat of snagging an open picnic table, which was painted a bright cheery blue, but smeared with the remains of a family's fried lunch. He set about sprucing it up and discovered that Bob's is making a serious effort to go green, at least in terms of cleaning solutions and recycling. (Generally, green seafood itself isn't a good thing.)

It took about 9 minutes for our order number to be boomed from the loudspeaker, the sound of which reminded me of train stations in Eastern Europe. (Hey, this really is like being a foreign correspondent!) Being the first batch of clams that day, they quickly disappeared. And the verdict was... well, not that great.

What? Well, maybe we're just fussy, but all of us have eaten a lot of fried clams in our lives, and we felt Bob's came out really bland. The unseasoned breading was the culprit, mostly, but the tartar sauce was also blah, as we all thought it was way too heavy on the mayonnaise. A check with Mr. Fitzgerald revealed it's their own recipe—mostly mayonnaise with a little dill and a few “secret ingredients.”

But you can't argue with success. And even as we finished our order and wiped off the table with environmentally friendly cleaning spray, the line at Bob's grew longer and the sustained fried clams pandemonium continued around us.

Later, other fried clam observers said the success of Bob's is three things: location, location, and—well, you know. It had the good fortune to be right on the

border; in the pre-Interstate days it was the first big fried clam place visitors would find after crossing the border, and in more recent years it's become hemmed in by outlet stores that draw hordes of visitors, all with appetites.

After auctioning off our parking space



JEFF RAPIS PHOTO

The parking lot gal waves us into Bob's jammed lot.

seasonings), and they fry clams in Wesson crystal clear vegetable oil. To keep quality consistent in such a high volume business, they've developed a nifty automated system for cycling the oil through a bank of six fryolators so it always stays fresh, and oil for French fries stays separate from oil for seafood, which is hugely important



JEFF RAPIS PHOTO

Multiple hands mean the clams don't last long at York's Best.





JEFF RAPIS PHOTO

Afternoon crowds remain strong at Bob's Clam Hut, prompting the manager on duty to predict that one-day sales records would be broken.

(just kidding!), the four of us eased back onto Route 1 and charted a northbound course for our next stop on the great Fried Clams Safari of 2010:

### York's Best Seafood and Roast Beef

Okay, the place doesn't have "fried clams" in its actual name, but this venerable eatery on the York/Kittery line has a hand-painted sign above the door shouting FRIED CLAMS, and that's good enough for me. Unlike Bob's, there's no mob scene here; it's a quiet Sunday afternoon, so we find a parking spot and pile into the restaurant.

The interior is ramshackle and homey, outfitted with simple tables and chairs, the windows filled with a dozen fans blowing warm afternoon air through the dining room. We are greeted by owner Woody Kislowski, who runs the place with his wife Weng, but who mans the counter himself on Sunday afternoons.

We order fried clams for \$15.95, but never mind that. Woody keeps a stand-up comedy routine going the entire time we're there, even coming out into the dining room to greet customers with self-deprecating humor and good-natured insults while we wait.

"Some people come here for the haddock, some people come here for the clams," he deadpans. "But most people come here for the elegant dining atmosphere."

After the crazy scene at Bob's, we all



JEFF RAPIS PHOTO

Eating unhealthy food doesn't mean you can't save the environment.

feel a lot more relaxed and comfortable at York's Best, which has been around since 1947 and has been known under several names such as the "Line House" because the Kittery/York line actually runs right through the property. Our Distribution Manager is enchanted by the place.

"This reminds me of an old-time roadside cafe," he says. "It's what you'd expect to find on a real trip to Maine."

During a trip to the kitchen, Woody tells us that all their clams are dug from the mouth of the Scarborough River, that they coat the clams in evaporated milk and dredge the clams in "Supreme Breader," produced by Red-e Made of Brockton, Mass. They then fry them in soybean oil.

Back in the dining room, we chat with a couple from Michigan who travel fre-

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quently to the Maine coast, and York’s Best is always their first stop. As if on cue, the basket of clams arrive. They’re devoured just a bit slower than the first, and we all agree they’re better than Bob’s.

Woody, however, says the real secret of York’s Best is his wife, Weng, who “does all the cooking and the employees fear her.”

The tartar sauce was a little zestier, too. Woody uses a mix of sweet relish, may, garlic powder, and other stuff. Food Writer’s comment was “not my favorite,” though.

Lulled by the buzzing fans and Woody’s good cheer, we might have languished at York’s Best all afternoon. But we were on a mission that was destined to take us further up Route 1; to badly paraphrase Frost, we had miles to go before we stopped chewing clams.

### Tom’s Fried Clams

You can’t miss the big red sign that owner Tom Robinson had installed on Route 1. Robinson, owner of York Lobster and Seafood at 855 Route 1, had always offered fried clams from a takeout window on one side of his store. But this season he amped up the promotion, and the place has taken off.

A side order of clams isn’t on the menu (Tom’s specializes in clam dinners, it seems), but ask and ye shall receive: chef Ian Miller prepared a small side for \$12.99, the second most inexpensive order of the day. One of the attractions of Tom’s is a big barn-like eating house off to one side of the property so you can eat outside but also out of the sun or rain. Decorator touches include a half-buried boat overflowing with colorful flowers.

Another thing about Tom’s is that it’s the only place on our safari where the clams (which hail from Harpswell, Maine, we are told) are triple-breaded. Upon getting our order, we found this makes for a very thick and crunchy coating, the heaviest we found. So if that’s the way you like them, Tom’s is probably a good bet.

But one surprise to me was that the clams, despite the heavy breading, were also the juiciest we had all day. In any case, they were overall the largest we found, so that’s another reason to try Tom’s if that’s the kind of clam you hanker for. Some people, such as my mother, swear that the smaller the clam, the tastier it is. The same with blueberries. (I don’t recall how big the clams were that I stole off her Chinette plate in 1969.)

Tartar sauce? I liked it because it contained vinegar (seafood’s best friend) and you could taste it. Other ingredients were fresh parsley and sweet relish.

One plus about Tom’s is that it’s also a seafood store—you can browse the cases and see an ever-changing roster of freshly caught fish, including stuff you won’t find in your local supermarket. They also carry this free newspaper, the York Independent, that’s usually a good read and also makes an excellent vehicle to wrap your purchases in.

### The Lobster Barn

A short trip up Route 1 brought us to the Lobster Barn, another long-running operation, where we felt the first signs of fried clam fatigue setting in. So rather than eat on the run, we staggered into the dining room and expanded our diet to include a salad and adult beverages.

Market price for a side of clams was \$11.95, the cheapest of our safari, and that included table service! Our Food Writer actually worked here long ago, manning the salad bar at some point in the dim past, and so was full of stories about the place: how it has been owned and managed by Ginny Weaver



JEFF RAPIS PHOTO

At York’s Best, a plate of breaded clams sits prior to the frier.



JEFF RAPIS PHOTO

Woody mans the counter at York’s Finest, a Route 1 business that straddles the York/Kittery town line.

for the past 39 years, and how her sister Betty and their husbands had used barn salvage to build the restaurant and had maintained many original post-and-beam features.

The Food Writer also knew the chef, Bernie Lontine, who’s worked in the Lobster Barn kitchen for 17 years, a remarkably long run. More inside info, this time about the clams: they’re dug in Kennebunk and purchased from Maine Shellfish. They fry in canola oil, and the batter is something called “Clam Fry Deluxe.”

And to my taste, these clams were the day’s champs. Even after three earlier servings, these were just delicious: the breading had a bit of seasoning, which I found I craved after all the earlier plain breading. Others agreed: “sweet, tender and delicious” was one comment. We all found the tartar sauce distinctive and good, too: a mix of mayo, dill relish, pimento, onions, olive, and red wine vinegar.

What’s that? Almost 5 p.m.? Well, that can mean only one



JEFF RAPIS PHOTO

The intrepid crew waddles into the Lobster Barn, the afternoon’s fourth stop.

thing on a fried clams safari: time for dinner, and we’re not talking Chinese. So back into the car we pile to seek out our final destination, a local mecca for fried clam fanatics.

### Mike’s Clam Shack

Poor Mike’s. It’s completely unfair to sample what many consider the region’s best fried clams after going to four other places immediately beforehand, but that’s what we did. Our original thinking was “best for last,” but by the time we arrived, it felt to me as if I had been through some kind of fried clam aversion therapy.

But we knew what we had set out to do, and with a U.S. Navy veteran present, we were not about to shirk our duty, even if Route 1 traffic through Ogunquit was backed up even



JEFF RAPIS PHOTO

Straight from the kitchen of Mike’s Clam Shack.

more than usual. But that wouldn’t stop us: with a collective knowledge of the back roads (we didn’t need no stinkin’ GPS), we deviated from our Route 1 trajectory, ventured back and then forth across the Maine Turnpike, and soon found ourselves cruising for a space in Mike’s busy parking lot.

It being dinnertime, we weren’t surprised to find Mike’s busy. But the wait was fast, and soon we were led through the bustling dining rooms to our booth. A side order of clams was \$12.95, and they not only came out of the kitchen quickly, but so did owner Mike McDermott.

Mike, who’s built the family business up from a small shack 20 years ago, was happy to tell us he uses an egg wash and the light wheat flour for breading. The clams are then fried in soybean oil. One surprise was the tartar sauce: he doesn’t make his own, but buys it ready-made from the Ken’s Steakhouse folks.

The clams themselves, served in a large basket, were easily the most generous serving all day. It’s hard to compare serving sizes, I know, either by weight or volume, or before or after cooking, but Mike’s was clearly a grand finale. And we sampled them, and even after a whole day of clams, they were still quite tasty and sweet, though we found our batch a little chewy.

One distinction of Mike’s: it was the only place that served not only tartar sauce, but also cocktail sauce.

And so, as we struggled to free ourselves from the booth, thus ended our fried clams safari—a fun exercise in learning how not all fried clams are equal, and how much variation exists in this regional food, even along a relatively short stretch of Route 1 right in our own area.

Afterwards, we all went out for a big pasta dinner to celebrate. Hmm—I wonder how many Italian places there are on Route 1?



## MY KIND OF SHOW

## ‘SPAMALOT’ = HILARIOUS

Review: Lots of laughs at Ogunquit Playhouse

By JENNIFER L. SAUNDERS

The York Independent

Sometimes, a person really needs to throw her head back and laugh out loud. That is just what I needed last Friday evening, Aug. 20, when I was fortunate enough to attend one of the first performances of the Tony Award-winning *Monty Python's Spamalot* at the Ogunquit Playhouse.

This irrepressible, irreverent romp through the Arthurian legends—complete with a laugh or two at Broadway, homophobia, religious prejudices, stereotyping, pop divas and just about everything else—is just the ticket if what you're craving is a chance to prove that laughter is, indeed, the best medicine.

This production is hilarious. There's no other word for it. The casting is superb, the sets are stellar, the music is delightful and the direction is dead-on for Monty Python fans and fans of uproarious humor in general.

Where to begin... The problem with this show is that there are just too many positive things to say about it, so I'll start with my one note of caution. If you don't like to laugh at yourself or if you find bawdy humor offensive, this may not be the show for you. However, if you're able to laugh at human silliness, there are some delightful lessons to be learned in the midst of this clever, slapstick, classic Monty Python humor-filled show. Having never seen *Spamalot* before, I can say, without a doubt, that I will be going back to see it again.

*Spamalot* is based on the classic film comedy *Monty Python and the Holy Grail* and incorporates modern twists, turns and spoofs with the most memorable scenes and characters from the movie. The music, under the direction of Rick Bertone, is superb. This is a cast that can sing, dance and act, and each number brings a new layer of enjoyment to this production.

Parodying the story of King Arthur and his Knights of the “Very” Round Table, the audience is transported to a Middle Ages where Camelot is less idyllic kingdom and more Las Vegas casino, and where the ethereal Lady of the Lake is backed up by none other than her very own “Laker Girls.” With Tim Hatley's Tony-nominated sets and costumes setting the scene, the stage is filled with a chorus line of ladies-in-waiting being chased by naïve knights who are more than a little afraid of a few “flatulent Frenchmen” and, of course, that favorite character of Monty Python fans, the killer rabbit.

Headlining in *Spamalot* at the playhouse renowned television, stage and screen star Charles Shaughnessy as King Arthur and the exceptional Broadway star Rachel York as the Lady of the Lake.

While Shaughnessy may be most widely known to American audiences as Mr. Sheffield on “The Nanny” with Fran



Drescher and for his past performances as Shane Donovan on “Days of Our Lives,” his career spans well beyond the television screen, including the Tony Award-winning Broadway musical *Urinetown*.

There could be no better choice than Shaughnessy to bring the role of Arthur to life on stage. His wit, rapport with the audience, voice and comic timing are spot on, and with his faithful sidekick Patsy, played to perfection by Jeffrey Scott Stevens, leads the audience along with him on his journey and has us rooting for him all the way.

Rachel York, who is probably best known for her critically acclaimed Broadway performances in *City of Angels*, *Les Misérables*, *Victor/Victoria* with Dame Julie Andrews, *Sly Fox* with Richard Dreyfuss and *Dirty Rotten Scoundrels* with Jonathan Pryce, is a showstopper as the “Lady of the Lake.” She brings down the house with her Act II ballad, “The Diva's Lament” and has the audience in hysterics in Act I as she and Sir Gala-had, played by the equally talented and engaging Ayal Miodovnik, spoof musical theatre itself with “The Song That Goes Like This.” She plays a truly excellent part as well as it can be played.

Since I've mentioned Patsy and the knights, I should probably just go ahead and note that every one of them is terrific. These actors all played multiple roles, and if you did not read it in your program ahead of time, you would not know it. Talk about talent and versatility. Again, what a cast.

Jeffrey Scott Stevens, as I mentioned before, is a standout as Arthur's coconut-clapping page, Patsy. This is Stevens' Ogunquit debut, but hopefully this New York and regional performer will be back. His expression throughout the production as Arthur's devoted and often unnoted sidekick was irresistible, and he can put across a song.

With an ensemble of exemplary dancers and singers filling every role, this is a show that truly shines.

Bravo to Scott Taylor, director/choreographer of this production, for his vision in creating an absolutely enjoyable production from beginning to end. His experience supervising and performing in a dozen original Broadway shows—including “*Spamalot*”—is evident in this top-notch production. What a show.

See “*Monty Python's Spamalot*” on stage at the Ogunquit Playhouse through Saturday, Sept. 11. And I really do mean that—do see it. This is a night of laughter you will not forget!

For show times, pricing and seating availability, visit [www.ogunquitplayhouse.org](http://www.ogunquitplayhouse.org) or call 646-5511.

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



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Music

- **On Sunday, Aug. 29**, Warren King, and his close friend and former college roommate, full-time professional pianist and recording artist David Pihl, will present a program of classical duets on one and two pianos at the Colony Hotel, 140 Ocean Ave., Kennebunkport, at 5 p.m.
- **Shawn Colvin** performs at Jonathan’s Ogunquit, 92 Bourne Lane, Ogunquit on Thursday, Sept. 2 at 6:30 p.m. and 9:00 p.m. Tickets start at \$60 / \$64 day of show. All tickets are available for purchase on line at www.jonathansogunquit.com or by calling 646-4777.
- **On Sunday, Sept. 5**, the Colony Hotel at 140 Ocean Avenue in Kennebunkport will finish this summer’s Sunday concert series with a recital by euphonium soloist Jason D. Ham, accompanied by pianist Warren D. King in the Hotel Ballroom from 5 to 6 p.m. Concert hosted by Kennebunkport’s Graves Memorial Library, with a brief presentation about the library and the services they offer. \$5 donation suggested.

Theatre, Shows

- **The Red Door Pottery Studio’s Salon Nights** features local talent in an intimate setting on Saturday Aug. 28, 7 to 9 p.m. The Red Door Pottery Studio, 44 Government Street, Kittery. This month’s Salon is an evening of music and poetry. The poet is Shelley Girdner and musicians are Graf & Green of Seasmoke trio fame. Free and open to the public. Donations accepted for “Footprints”, the food pantry. Refreshments served on hand-made pottery from the gallery. For more information call Elaine at 439-5671 or visit www.red-doorpottery.com.
- **The Music Hall** announces Telluride by the Sea, Friday Sept. 24 through Sunday, Sept 26. Patron and Weekend Passes on sale now, Film titles announced and tickets on sale Noon Friday Sept. 3. Six films fresh from their premiers at the 37th Telluride Film Festival in Colorado will be on screen. Box Office at 28 Chestnut Street, Portsmouth, by phone at 603-436-2400 or online at www.themusichall.org.
- **Sanford Maine Stage Theatre Company**, 1 Hilltop Lane, Springvale, Maine opens on Sept.10th with the fun-filled farce, “No Sex Please, We’re British” by Anthony Marriott and Alistair Foot. Show dates are: Sept. 10, 11, 12, 17,18, 8 p.m., with Sunday, Sept. 12 matinee at 2 p.m. Tickets: \$12 Adults, \$8 Senior Citizens/Students. Reservations: 324-8227 or can be purchased at the door

- **The Ogunquit Playhouse** presents Monty Python’s Spamalot on stage through Saturday, Sept. 11. For a complete list of show times, pricing and more information about the season, visit www.ogunquitplayhouse.org. Tickets online or through the box office at 646-5511.
- **Hackmatack Playhouse** will present Hello, Dolly through Saturday, Aug. 28. Cox and Box and Bon Appetite, the annual Labor Day weekend light opera, plays Friday and Saturday, Sept. 3 and 4 at 8 p.m. and Saturday and Sunday, Sept. 4 and 5 at 2 p.m. The playhouse is located at 538 Schoolhouse St., Berwick. Tickets are available by calling 698-1807 or visiting www.hackmatack.org.
- **The Music Hall** presents Kids RULE!: Circo Comedia, a one-hour, one-ring circus in the tradition of Cirque du Soleil on Saturday, Oct. 2, at 4 p.m. Tickets are \$12, and can be purchased at The Music Hall Box Office at 28 Chestnut St., Portsmouth, N.H., by phone at (603) 436-2400, or online at www.themusichall.org.
- **The Ogunquit Art Association** will host an Art Video at the Gallery series at the Barn Gallery, located at the corner of Shore Road and Bourne Lane in Ogunquit. Videos will be shown at 7:30 p.m. on Wednesdays. Events will include a discussion about the film and the artist led by members of the Ogunquit Art Association. Admission is free. For more information, call 646-8400 or visit www.barngallery.org.
- **The Sanford Salvation Army** will host ‘Kids Flix Club’ every Thursday from 1 to 3 p.m. A movie will be shown and accompanied by games. If kids need a ride, the organization will pick them up and drop them off for a minimal charge of \$1 per family. The Salvation Army is located at 871 Main St., Sanford. Call 324-3134 for more information.

Books

- **The Buddhist Book Club** meets on the last Wednesday of each month at 7 p.m. at the Seacoast Wellness Center, 135 McDonough Street in Portsmouth, N.H. Please look for more information about The Seacoast Wellness Center at www.seacoastwellnesscenter.com, or call the Center at (603) 531-3130.
- **National Book Award-winning author Jonathan Franzen** will sign his new novel, Freedom, on Friday, Sept. 10 at 7 p.m. at South Church, 292 State St., Portsmouth.
- **Bestselling author Bill Bryson** will sign his new book, At Home: A Short History of Private

Life on Sunday, Oct. 17 at 4 p.m.at South Church, 292 State St., Portsmouth. RiverRun Bookstore is located at 20 Congress St., Portsmouth, N.H. For more information on these events, visit www.riverrunbookstore.com or call (603) 431-2100. The events are free and open to the public.

Health and wellness

- **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 to learn more.
- **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 to10:30 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 for more information.
- **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 for more information.
- **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 8 p.m. and at SMMC Visiting Nurses in Kennebunk on the fourth Monday of each month from 7 to 8:30 p.m. For more information, call 985-1000, 283-7680 or (800) 794-3546.
- **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.tobacco-

freemaine.org.

- **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 \$399 fee. Call 351-3700 for more information or to register.
- **Weigh to Go! at the Heart Health Institute** 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.
- Wells-Ogunquit Adult Community Education Yoga Classes begin soon. Call 646-4565 or visit www.wells-ogunquit.maineadulted.org for more information and to register.

One-of-a-kind

- **The Yarn Sellar** is currently holding a knitting competition in which participants must knit or crochet something from novelty yarn from the store. Submissions must be received by Saturday, Aug. 28, and the winner will receive a \$25 gift certificate to the store.
- **York Art Association** offers a unique workshop on the rich Russian folk tradition of Matryoshka (wooden nested doll) painting with the traditional Russian artist and lecturer, Marina Forbes. Workshop held at York Art Association 393 York Street, York, on Saturday, Aug. 28 from 10:00 a.m. to 1:00 p.m. and is open to adults and families with children 6 and up. For more information or to pre-register, contact Marina Forbes at 603-332-2255 or e-mail at marina@anylanguage.org
- **Portland’s roller derby team**, the Port Authorities, will take on Connecticut’s Stepford Sabotage on Saturday, Aug. 28 at 5 p.m. The bout will take place at the Portland Expo, 2060 North Marine Drive, Portland, and tickets cost \$10 in advance or \$13 at the door. For a full calendar of events and to purchase tickets, visit www.mainerollerderby.com.
- **The Greystone Builders of York** will hold their Eighth Annual Beach Bonfire at Long Sands Beach on Saturday, Aug. 28 from 5:30 to 10 p.m. The event will benefit Hospice of York, and includes food and live music by The Morlocks.
- **Animal Welfare Event**. Saturday, Aug. 28, Craft Fair “On the Green” in Kennebunkport 10 a.m. to 4 p.m. Have a burger or a wrap for lunch, buy a raffle ticket, shop for some beautiful arts and crafts and meet some adoptable pets. Rain date is Sunday, Aug. 29. Raffle items courtesy of the Society of Southern Maine Craftsmen.

Send us your outdoors listings!

Got an outdoor activity coming up? Send the info to yorkindependent@gmail.com. Listings run on a space available basis.

- **Monday, Sept. 6:** Saint Charles Children’s Home 5K, Portsmouth, N.H. The race is a flat, fast course, departing Martins Point Healthcare, 161 Corporate Drive at 9 a.m. The event includes a cash awards, food, and a kids fun run. For more information, call 619-758-5538 or e-mail sma@stcharleshome.net.
- **Saturday, Sept. 11:** The 4th Annual Pumpkinman Sprint Triathlon, South Berwick. The triathlon will begin at Spring Hill Lodge, 117 Pond Road at 8 a.m. The event will be a fast course, and include a food tent at the end. For more information, call Kathleen at 451-7437 or e-mail pumpkinmantri@yahoo.com.
- **Sunday, Sept. 12:** The 3rd Annual Pumpkinman Half Iron Triathlon and Half Iron Aqua Bike, South Berwick. The only half triathlon in main begins at the Spring Hill Lodge, 117 Pond Road at 7 a.m. For more information, call Kathleen at 451-7437 or e-mail pumpkinmantri@yahoo.com.
- **Sunday, Sept. 19:** Kittery PTA Seaside 4 Miler, Kittery Point. The race starts at Fort Foster at 8 a.m. There will be a Kids Fun Run at 9:15 a.m. For more information, call 439-9904 or e-mail s\_h\_johnson@comcast.net.
- **Sunday, Oct. 17:** The Making Strides Against Breast Cancer Walk will be held in Kittery.

Ongoing

- **The Wells Reserve at Laudholm** will host a variety of outdoors programs during the month of August, including guided walks, animal demonstrations, and a meteor shower talk. The Wells Reserve at Laudholm is located just off U.S. Route 1 near the Wells-Kennebunk line. For more

VISUAL ARTS LISTINGS

Send us your listings!

Got a gallery exhibit coming up? Send the info to yorkindependent@gmail.com. Listings run on a space available basis

- **The Red Door Pottery Studio’s Salon Nights** features local talent in an intimate setting on Saturday Aug. 28, 7-9 p.m. The Red Door Pottery Studio, 44 Government Street, Kittery. This month’s Salon is an evening of music and poetry. The poet is Shelley Girdner and musicians are Graf & Green of Seasmoke trio fame. Free and open to the public. Donations accepted for “Footprints”, the food pantry. Refreshments served on handmade pottery from the gallery. For more information call Elaine at 439-5671 or visit www.reddoorpottery.com.
- **The York Art Association Gallery and Gift Show** presents their Juried Summer Members Show now through Saturday, Aug. 28. The show will include artwork and crafts from some of the 150+ members of the association. The gallery hours are Thursday and Friday 1 to 7 p.m. and Saturday and Sunday 11 a.m. to 4 p.m. For more information, contact the YAA at 363-4049 and visit www.yorkartassociation.com.
- **Whitney Art Works** will exhibit Assembled Thoughts, a showcase of two witty, bizarre, and entirely self-sufficient/contained/referential worlds. Both creators Ethan Hayes-Chute and Yeshe Parks use old paper materials to draw on/cut out, creating images that problem-solve internal situations.

- information, call 646-1555 or visit www.wellsreserve.org.
- **Beach Yoga Bliss**, York Harbor Beach. Yoga on York hosts a yoga class on the beach each Sunday, near the Stage Neck Inn. Class runs from 7 to 8:15 a.m., and costs \$15 for drop-ins, which includes mat rental. Yoga on York puts down a large tarp to keep yogis from getting sandy, and recommends sunglasses and dressing in layers. Visit www.yogaonyork.com for more details.
- **Vaughan Woods State Park**, South Berwick. 3 miles of trails around the Hamilton House off Route 236. The park includes many old hemlocks and rippling streams. \$2 for residents and \$3 for non-residents. Discounts for children. Call 384-5160 or visit www.state.me.us.
- **Wells National Estuarine Research Reserve**, Wells. A 2,250-acre education and recreation facility. Seven miles of oceanfront, field and forest trails. Trail hours are 7 a.m. to sunset. Visitor center and exhibit hours are Monday through Saturday, 10 a.m. to 4 p.m., and Sunday, noon to 4 p.m. For more information, call 646-1555 or visit www.wellsreserve.org.
- **White Pine Programs of York** offers the Maine Primitive Gathering on Friday, Sept 10 through Sunday, Sept. 12. Quickly becoming a very popular regional gathering, the Maine Primitive Gathering is a weekend of skilled and curious people sharing and learning many traditional skills. White Pine’s Dan Gardoqui will be leading Bird Language and Wildlife Tracking workshops on Saturday, Sept 11. White Pine is located at 330 Mountain Road in Cape Neddick. Call 361-1911 for more information or visit www.WhitePinePrograms.org to learn more.
- The exhibit will be on display through Saturday, Aug. 28 at 492 Congress St., Portland. Hours are Wednesdays through Saturdays, from noon to 6 p.m. Visit www.whitneyartworks.com
- **“Monhegan/Selected Abstracts”** will be exhibited at The Clown through Tuesday, Aug. 31. The Clown is located at 659 US Route 1 in York and open Monday through Saturday 10 a.m. to 6 p.m..., Thursdays, 10 a.m. to 7 p.m., and Sundays in August, 12 to 5 p.m. For more information, call 351-3063.
- **Dziga Vertov**. Man with the Movie Camera, the ninth and last film in the free “Art Videos at the Gallery” series sponsored by Ogunquit Performing Arts and Ogunquit Arts Collaborative at the Barn Gallery in Ogunquit will be presented on Wednesday, Sept.1, at 7:30 p.m. Admission is free.
- **The sixth annual Ogunquit Museum of American Art** (OMAA) Almost Labor Day Auction takes place Saturday, Sept. 4, from 5 to 8:30 p.m. Held at the Museum, at 543 Shore Road in Ogunquit, the Auction is a highlight of the cultural and social season as well as the significant fund-raiser supporting the OMAA’s continued operation. For information about tickets, silent auction donations, program advertising and other event details, contact the OMAA, 646-4909.



## COMMUNITY BRIEFS

**Community Work Party on Mt. A on Saturday, Aug. 28**

Volunteers are needed at Mt. Agamenticus for a Community Workday on Saturday, Aug. 28th from 9 a.m. to 12:30 p.m. to help improve trails and grounds.

If you've enjoyed summit views and the area's 40 miles of forested trail, then please consider giving back to the natural treasure in your backyard by participating in a Community Workday. Expect beautiful surroundings and rewarding work that will repair and prevent further trail damage, widening, and erosion. Volunteers may also be asked to help with painting trail signs, removing invasive plant species, maintaining native gardens, and performing various seasonal stewardship projects.

Please bring work gloves, sturdy shoes, and food for a picnic lunch at the summit of Mount Agamenticus. Contact the Conservation Office at 361-1102 for more information and to confirm attendance, or visit [www.agamenticus.org](http://www.agamenticus.org).

**Beach bonfire set**

for Saturday, Aug. 28

Greystone Builders of Maine is holding its 8th Annual Beach Bonfire on Saturday, Aug. 28 from 5:30 to 10 p.m. on Long Sands Beach in York, with proceeds to benefit Hospice of York. Food will be available, live music by "The Morlocks," and lots of fun around a huge bonfire. Kids, family, neighbors, and friends are invited.

**Walkers, on your mark**

A "Walk for Dreams" will take place on Saturday, Sept. 11 at York Middle School. The three-mile walk, to benefit the Dream Factory, takes participants through York neighborhoods. Registration begins at 8 a.m., the walk starts at 9 a.m. Donations of \$25 or more receive a thank you gift. Rain or shine event; for more info or to volunteer, call 475-6038. The Dream Factory is a non-profit organization that realizes the dreams of critically and chronically ill children ages 3 to 18.

**Hospice volunteer training to start**

The 2010 Hospice of York Fall volunteer training is fast approaching. Training is open to all; completion of the course does not commit anyone to becoming a volunteer. Hospice officials say many who take this course do so for their own personal or professional needs. Please call Dee Bickmore at the Hospice office at 363-7000 to register. There will be a small fee of \$30, which can be reduced in case of hardship. Training starts Monday, Sept. 13 from 6:30 to 9 p.m., last 12 weeks (including one Saturday), and takes place at the J.S. Pelkey Funeral Home in Kittery.

**Mt. A. Learning Lodge seeks volunteers**

The Mount Agamenticus Conservation Program is seeking individuals to help staff the new environmental education facility at the summit of Mount A through the fall. Volunteers will greet visitors as they explore the Learning Lodge, answer questions, and help to explain the group's current work and conservation goals.

Additional tasks may include, developing educational displays or children's activities, general upkeep and cleaning, data entry, reviewing park rules, or recommending certain trails in the area.

Volunteers would be required to participate in an introductory orientation, be professional, friendly, and outgoing.

Tentative hours for the Learning Lodge are 10 a.m. to 3 p.m. Saturdays and Sundays through the fall. For more info, contact Robin or Kristina at 2361-1102.

**Bank offers free shredding**

The public is invited to bring in paper to be shredded and recycled during a free, 12-day shredding event being hosted by Sanford Institution for Savings (SIS). The event takes place in all SIS office locations (except for Waterboro) through Saturday, Sept. 11. Each person can bring in up to two full shopping bags and will be required to feed their own documents into the locked bins in order to maintain complete privacy of any information. Locked bins will be provided by Secure Record Management Services (SecureRMS). Bins are locked and secure and materials will be picked up and shredded.

ded maintaining complete privacy of any private information.

This event helps to promote community green efforts as well as raise awareness about personal protection against identity theft. SIS is headquartered in downtown Sanford with branches located in Springvale, South Sanford, Limerick, Buxton, Waterboro, Wells and York. For more information, visit [www.banksis.com](http://www.banksis.com).

**Life Teen movement coming to southern Maine**

Under the leadership of Father John Skehan and Father Joe Cahill, Our Lady of the Angels in Berwick, St. Christopher in York, and St. Raphael in Kittery will host the Life Teen "Kick Off" on Sunday, Sept. 12.

The "Kick Off" will be held at St. Christopher Church, 13 Barrell Lane, York, starting with a 5 p.m. Mass. The Mass is for everyone, from the youngest child to the oldest adult, including all high school youth. The Life Teen band includes piano, drums, guitars, flute and wonderful singers, and will be a part of the Mass.

Following the Life Teen Mass, a Life Night will be held in the church hall from 6 to 7:30 p.m., for high school youth only. Much planning and rehearsals have taken place to enhance the "Renaissance" theme for this night.

Michelle Valcourt, the Life Teen coordinator, with assistance from Kris Benson of Kittery, Rose Cronin of York and Donna Glynn of the Berwicks, has been working with a great core team of adults to make the "Kick Off" an evening of faith, friendship, and good food!

Starting with the "Kick Off" in York on Sept. 12, the Life Teen Mass will take place every Sunday night at 5 p.m. The Life Teen Mass for October will be at St. Raphael in Kittery, Our Lady of the Angels in Berwick for November, and then back to St. Christopher in York for December. That rotation will continue for the months ahead.

For more information about Life Teen, please call Michelle Valcourt at 698-1072, Kris Benson at 439-0442, Rose Cronin at 363-4177, or Donna Glynn at 698-1072.



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## ART

# FROM U-HAUL TO NEW LIFE

Local photographer leaves advertising to focus on her passion

By **SUZIE GOODWIN**  
The York Independent

National Geographic is a magazine well known for its photojournalism. The photography is often so breathtaking, the images so strong, that you can find stacks of them at yard sales because people just don't want to throw them away. To shoot for the National Geographic is a dream for many photojournalists—to shoot for the National Geographic has been a dream for Monique Meadows since she was a little girl.

Monique moved to York in 2006 from Phoenix. The move marks a new chapter in her life. She grew up in upstate New York, where she had attended college for art and journalism. After graduating in 1979, she moved to Phoenix because she had heard it was going to be the next L.A., the new mecca for the advertising industry. Although her dream was to be a photojournalist, she had decided the most practical way to make a living would be in advertising. So with her college portfolio in hand, she put on her new dark blue suit, dressing for "success," and landed her first job at an ad agency.

The advertising industry is very competitive. In the beginning, Monique would work through lunch hours and learned her trade from the ground up. Her hard work paid off and that job eventually led to a very successful career working as an art director for U-Haul. She worked for U-Haul for over 24 years. But what about that dream to be a photojournalist? See if you can follow the twists.

She first became interested in photography when she was a little girl. Her father loved photography and shared that passion with Monique. He was the one who had placed the first camera in Monique's hands. Later he gave her one of his old cameras and eventually a brand new one when she graduated high school. Although her father loved photography, he became a teacher. The decision to

“That little girl that fell in love with her dad's camera is still alive and dreaming.”



Purple Harvest. "I love to photograph food. The range of colors and the juxtaposition with surfaces, I find beautiful."

become a teacher was a practical one. Teaching provided job security. His dream job, what he always wanted to work in an advertising agency.

One function of an art director is to review portfolios. An art director is also the person who determines the actual needs of the art required for specific advertisements. When words, they match the art with the wording to make it work. Monique would often find herself scouting locations and defining the specific needs for the photographer to complete the assignment. She was an art director and it was practical, but it was also bittersweet. She was working on the opposite side of where she wanted to be.

Her job had always been a priority, leaving little time for her art. It was a salaried position and right out of college she remembered thinking "I'm a hotshot now, I'm on salary, but we all know what that really means—long hours." She laughs. Monique spent a lot of time with me talking about her life as an art director. She enjoyed the work, but when she talked about her first experience with a Hasselblad (a medium format camera used by many professional photographers) I saw the passion. It was the kind of passion that drives an artist to create—they just can't help it. That little girl that fell in love with her dad's camera is still alive and dreaming.





MONIQUE MEADOWS PHOTO  
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SUZIE GOODWIN PHOTO

Photographer Monique Meadows of York.

Her decision to move to York was a combination of things. She began listing the practical ones.... urban crawl, the housing crash, pollution, crime...and her family lives on the east coast. Her father died in 2001 and she doesn't want to miss anymore time with her mom, "a vibrant, amazing woman."

They were all great reasons to make a change, but the one that drove it home was she still had that dream and she knew "if I'm going to make a change, it has to be big." I think moving from Phoenix to York qualifies.

Now she tries to shoot daily, keeping her camera close by. She enjoys taking long drives in the early morning and has developed a line of notecards. She sells the cards in several locations around York including the Clown, a wine store located on Route 1, where she works part-time. The next step for her is to get some of her work into local galleries.

She may not be shooting for National Geographic like she had once hoped, but she is thrilled to be starting the next chapter of her life her in York.

*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 [yorkindependent@gmail.com](mailto:yorkindependent@gmail.com).*

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# MY EXCELLENT FORAGING ADVENTURE

A walk in the local woods yields a harvest of mushroom varieties

By **SARAH GRANT**

The York Independent

The truth is that food and science are intrinsically linked. Growing food requires at least some rudimentary knowledge of biology. Amending the soil to the correct pH and nourishing content is a matter of chemistry. Baking is like chemistry lab, requiring precise measurements and exact ingredients to make the puff pastry, a loaf of bread, or a simple cake rise to delicate tenderness. But, foraging for wild mushrooms requires working strictly with botanical knowledge. Without it, the consequences could be deadly.

## The foraging expert

River Bissonette has such knowledge, with a Bachelor of Science degree from Evergreen State in Olympia, Wash. and a particular interest and applied experience in botany. For two years, he worked in the forest for National Park Service in Mount Rainier National Park. Now transplanted from the northwest to the northeast, he is a 6th grade science teacher at Rye (N.H.) Junior High School. But each summer, River is dedicated to his mushroom foraging avocation in our Maine woods.

As a boy, River explored the forests of the Columbia River area on family outings with his parents. His mom was a master gardener, and his dad an environmental engineer who undoubtedly imparted a great deal of casual education in terrain and vegetation during their hikes. The woods, terrain and vegetation in our woods are somewhat different from the Columbia River areas. Despite the dissimilarities, mushrooms everywhere like to grow under similar conditions.

River and I met at a land trust area on the South Berwick/Eliot border across Route 236 from Marshwood High School and started our pursuit of the right terrain. The old, unnamed road we followed into the woods displayed a few mushrooms that were technically edible, but probably not tasty.

## So many varieties

The first we saw was a red bolete. Two-color boletes with a red cap and a yellowish underside are edible, and according to some experts, very flavorful because they are cousins to the porcini. Instead of the page-like gills you'll find in the underbelly of a portabella cap, boletes have a tightly knit system of pores under their caps. Edible boletes' pores will slowly bruise blue if you crush them. But color is one of the most unreliable features for mushroom identification, so bolete hunting is not for the beginner.

Next we saw russelas, also rather ruddy but with a broader cap. River told me that the colonists would dry these mushrooms and grind them up to use as a pepper spice substitute. Otherwise, he did not comment on their palatability, and I noticed that the russelas did not go into his backpack.

More oddballs we ran across were a lactaris that bleeds a milky liquid if you cut it open and plenty of LBM's, also known as "Little Brown Mushrooms," unidentified and avoided. After much hiking up the road and back over part of it and then again in the original direction, we found a place that River felt might lead us to some black trumpets and maybe even some chanterelles. But, alas, the only ones we found



SARAH GRANT PHOTO

This mushroom, found on a recent walk in local woods, has pores instead of the gills we see in mushrooms common in the supermarket's produce section.

were shriveled and dry. We haven't had enough rain recently.

While we were hiking, River gave me a tutorial on mushroom habitat and the types of edible fungus we have in our woods. At this time of year, in terms of terrain, we were in search of dry washes, with rocks and mosses and a good tree canopy minimizing daylight. Mid-summer to late fall is usually a good season for black trumpets—very common in our woods—chanterelles, and chicken-of-the woods.

Many of these fungi grow around the bases of particular trees with which they have a mycorrhizal relationship. That means these mushrooms form mutually beneficial relationships with trees: the mushrooms provide minerals and water and sometimes growth hormones for the trees in exchange for food. The fungus actually interconnects with the tree's microscopic root hairs. Black trumpets and chanterelles grow near the base of oak trees.

## The array of Maine mushrooms

Chicken-of-the-woods, a fleshy shelf (or bracket) style deep yellow mushroom, grows from the rotting wood of wounded or dead hardwoods. Once a chicken-of-the-woods nests in an oak, it has come home to roost, and the brackets will only multiply. Although its growing medium may sound a little unappetizing, chicken-of-the-woods is a great eating mushroom. They don't lose much substance with cooking and are often a substitute for poultry in vegetarian dishes. In fact, in my research, I ran across a recipe for Southern fried chicken-of-the-woods. Because, like all wild mushrooms, the "chickens" require a great deal of cooking, and fried mushrooms are yummy, this seems like a perfect technique.

Later this fall, we may find maitake (whose nickname is "hen-of-the-woods"), another shelf mushroom that grows from the base of oak trees. Maitakes are famous for their medicinal qualities. The Chinese and Japanese have known for a long time that maitakes stimulate the immune system. Subsequent research indicates that maitakes may also regulate blood pressure, glucose and insulin levels and blood lipids such as cholesterol and triglycerides. They may also help control blood pressure. Eat a maitake a day to keep the doctor away.

Maitake is rich potassium, calcium, and magnesium, vitamins B2, D2 and niacin. It is high in fiber and amino acids. Who cares how they taste? Nevertheless, I found several succulent recipes for maitake at [harvestmoonmushrooms.com/recipes/maitake\\_recipes.php](http://harvestmoonmushrooms.com/recipes/maitake_recipes.php).



SARAH GRANT PHOTO

Freshly harvested from local forests, a handful of flavorful Black Trumpet mushrooms grace the cutting board.

## Eureka

After a couple of hours of fruitless hiking in the too-dry woods (oh, but what a great work-out!), we came back to where we parked our cars. Comically, this is where we found a fine flush of black trumpets and a few chanterelles. They were growing exactly where they should: at the base of an oak next to a dried-up wash with lots of rocks and moss. As we harvested, River reminded me to take my time, and look in widening circles around the original find. Sure enough, I saw neighboring flushes. To help the mushrooms spread, we picked off the soil encrusted stem bottoms and tossed them near where they had grown.

The black trumpets had an odor reminiscent of wet leather. Sometime gunmetal grey and most times coal black, they come in various trumpet-y shapes, but they are always hollow. Black trumpets have an intense flavor that I would pair only with red meat. Because of their strong yet pleasant fragrance and flavor, I do not hesitate to sauté them with garlic and dry red wine, and butter—the best grass-fed butter I can find at the farmers' market, or unsalted French butter.

The chanterelles, on the other hand, are delicate, vibrant yellow beauties with a fruity fragrance something like

apricots or perhaps fresh carrots. They have shallow gills under their fluted caps. Mushrooms are like little sponges. They contain a great deal of water, so when you cook them they release their water. The liquid that does not evaporate is concentrated and the mushroom reabsorbs it along with the other flavors of the sauté pan.

I always sauté mushrooms in butter, but I would defer to the understated influence of shallots (and French method) rather than garlic for chanterelles, and maybe a mildly flavored dry white wine such as pinot gri-

gio or sauvignon blanc. A little sea salt added during the sauté brings out a great deal of flavor.

River generously allowed me to take home our find: a full four ounces of black trumpets and a handful of chanterelles. I used the trumpets in an upscale meatloaf recipe, and I will savor the chanterelles as a side dish one of these evenings, or maybe just as an indulgent snack all by themselves.

## More information

*River Bissonette sells his fresh foraging finds as well as dried ones at the North Berwick Farmers' Market in the parking lot of the town hall every Friday afternoon from 3 to 6 p.m. If you can't make the farmers' market, you can order dry mushrooms by contacting River at his e-mail address: [riverbissonette@yahoo.com](mailto:riverbissonette@yahoo.com).*

## Additional reading

Bissonette recommends a number of books on the subject of mushrooms:

- National Audubon Society Field Guide to North American Mushrooms by Gary H. Lincoff
- Mushrooms of Northeast North America by George Barron;
- Edible and Medicinal Mushrooms of New England and Eastern Canada by David Spahr
- Mushrooms Demystified by David Arora
- Edible Wild Mushrooms of North America by David W. Fischer & Alan Bessette
- Mushrooms of Northeastern North America by David W. Fischer.

Many of these guides are available at the library.



## EAT HERE

## A weekly column about local food

By SARAH GRANT

The York Independent

• **Eats and drinks in Ogunquit:** Do you like cinnamon? How about butter? If you answered yes to these questions, considering trying the cinnamon butter puffs at Bread and Roses Bakery at 246 Main St., Ogunquit, open for the astonishing long hours of 7 a.m. to 11 p.m. seven days a week. It takes two people to finish the puff. When the tin of vanilla muffins comes hot out of the oven, one person submerges each muffin into melted butter, and then the second person rolls it in cinnamon sugar. The result, as you may imagine is an aromatic, luscious, rich, hand-held dessert delight that is surprisingly not too sweet. Mary Breen, who has owned the bakery for 21 years since its beginnings, tries to keep prices affordable. The cinnamon butter puff is only \$1.90. Other affordable hand-held desserts include classic éclairs for \$3.27, butterscotch bars encrusted with almonds for \$3.50, cheesecake cupcakes for \$1.69, classic lemon squares (at least 3" x 3") for \$3.03, French apple tarts for \$4.44. And, there is a vast assortment of bar cookies.

Dessert isn't nearly all Bread and Roses has to offer. Look for freshly made salads and sandwiches, fabulous deep-dish pizza made freshly all day, rich locally roasted Carpe Diem coffee and plenty of specialty coffee drinks made to order. Beyond the many hand-held individual desserts, there are whole pies, whole cakes, amazing breads and anything baked to order that your heart desires. Just order a few days in advance. As you may imagine, they get a little busy at this special bakery, especially during the season. Give them a call at 646-4227.

• **More in Ogunquit:** This Friday and every Friday at 6 p.m., check out Arrows at 41 Berwick Road, Ogunquit (actually half a mile past the town line into York) to enjoy



a three-course bistro dinner for \$39. This week's menu (Friday, Aug. 27) includes an appetizer of corn chowder with garden tomatillos (yes, Arrows has their own garden) an entrée of lamb kabobs with garden peppers, smoked paprika aioli and cous cous salad. Dessert is an unannounced surprise, but probably superb. Call for a reservation at 361-1100. Reservations are a must.

On Saturdays, enjoy Martini Madness at BeachFire Grille, 658 Main St. in Ogunquit from 5 to 6 p.m. Unwind at this happy hour with \$4.99 martinis and cosmos, \$2 beers, \$3 wines and well drinks. It is strictly from 5 to 6, so don't be late.

• **Heirloom Harvest Barn Dinner:** On Sunday, Sept. 19, the Chefs' Collaborative will celebrate the local harvest with the Heirloom Harvest Barn Dinner at Berry Hill/Meadow's Mirth Farm at 61A Stratham Heights Rd. in Stratham, N.H. Drinks start at 4 p.m. and dinner starts at 5.

The celebration will feature a multi-course, seated meal in an historic four-story barn overlooking picturesque Berry Hill/Meadows Mirth Farm. Led by Chef Evan Mallett of the Black Trumpet Bistro, Grow-Out participant chefs each prepare a course for the meal highlighting heirloom vegetables grown by local Grow-Out participant farmers. There will also be live music emanating from the hayloft. Funds raised from the dinner will support continued work on the RAFT Grow-Out project, which celebrates and raises awareness of agricultural biodiversity and builds community through farmer-chef connections. Tickets are available for a \$125 donation.

To reserve your tickets for the Barn Dinner, please visit [chefscollaborative.org/events/heirloom-harvest-barn-dinner/](http://chefscollaborative.org/events/heirloom-harvest-barn-dinner/) or contact Alida at the Chefs Collaborative at (617) 236-5258 or [alida@chefscollaborative.org](mailto:alida@chefscollaborative.org). Tickets are available for advance purchase only and will not be sold at the event.

• **Fairs and Fests:** The Hampton Beach Seafood Festival on Ocean Boulevard in Hampton Beach will be held starting Friday, Sept. 10 at 4 p.m. until Sunday, Sept. 12 at 6 p.m.

More than 50 restaurants offer an extensive menu of seafood delicacies: lobsters, fried clams, shrimp, as well as BBQ ribs, steak tips, "bloomin' onions," and scrumptious desserts. Gala festivities include: continuous entertainment on three stages featuring some of the best local bands in the area. Hospitality and more entertainment in the beverage tent serving Budweiser & Red Hook beer.

The festivities continue on Saturday with chef's demonstrations from 11 a.m. to 3 p.m., featuring the region's most famous chefs. Watch, sample and pick up free recipes. At 2:30 p.m., catch the First Annual Lobster Roll Eating Competition featuring world-known competitive eaters on the Seashell Stage. Stay for the fireworks display on Saturday at 8:15 p.m.

If you miss the chefs' demo on Saturday, you'll have another chance to catch the show on Sunday also from 11 a.m. to 3 p.m. Stay for kid's entertainment, more live music, and sky diving.

Find more information and fair hours for each day at [hamptonbeachseafoodfestival.com](http://hamptonbeachseafoodfestival.com) or by calling the Hampton Area Chamber Of Commerce at (603) 926-8718.

• And another festival: The Annual Wells Chili Fest is on Saturday, Aug. 28 from 11 a.m. to 3 p.m. at Wells Jr. High School, 1470 Post Road (Route 1), Wells. Watch as more than 20 chili cooks from all over the country cook their all-meat chili recipes in the International Chili Society competition. Taste and judge some of the fare of the Peoples' Choice Chili Competition held at the same time. There is no admission fee, but you can buy five tastes for \$5. Find out more at [wellschilifest.com](http://wellschilifest.com) or call the Wells Chamber of Commerce at 646-2451.

*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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All photos by [shanesmainephotography.com](http://shanesmainephotography.com) York Harbor, Maine



T FOOD

16

Cyan Magenta Yellow Black

# TACKLING TOO MANY TOMATOES

What to do with this year’s big haul from local gardens

By **SARAH GRANT**  
The York Independent

Last year we had that nasty blight that ruined our tomato plants before most tomatoes had a chance to ripen. The year before was just an off year for tomatoes: the plants didn’t grow well and there was a very poor yield of good fruit. But this year... Wow!

What a great year for tomatoes. Most gardeners I know have a bumper crop. Beautiful heirlooms are all over the place at your local farmers’ market. However, as much as we love tomatoes today, and anxiously anticipate their ripe arrival, this delicious, nutritious and versatile fruit wasn’t always the star of the garden.

### A little history

Long thought of as poisonous fruit, perhaps because the tomato plant is in the deadly nightshade family, tomatoes were raised in this country as only ornamental “love apples” until the 1800s.

Thomas Jefferson, as progressive in his farming as he was in his politics, was an avid and accomplished tomato gardener. Undeterred by popular belief, Jefferson started growing tomatoes in his famous Monticello garden in 1809. He not only ate the fruit, but his household developed a number of recipes such as gumbos, fried green tomatoes, cayenne-spiced tomato soup, green tomato pickles, tomato preserves, and tomato omelets.

As the 19th century progressed, our fear of the tomato diminished. In 1824, Mary Randolph (Jefferson’s cousin) published a tomato ketchup recipe in The Virginia Housewife, the first regional cookbook in America. By 1837, Jonas Yerks had bottled commercial ketchup and began to distribute it nationally. Heinz introduced its line of ketchup in 1876.

In 1897, soup magnate Joseph Campbell introduced the now famous condensed tomato soup. This simple soup established the company as a giant among many new canning companies then emerging in the food market and further endeared tomatoes to the public.

### A lot of nutrition

Today we appreciate the fact that tomatoes are rich in lycopene, an antioxidant that fights the free radicals that can interfere with normal cell growth and activity. Lycopene can potentially help us stave off cancer, heart disease and premature aging. Numerous studies suggest that lycopene may be associated with reduced incidences of age-related macular degeneration and cataracts. The redder tomato varieties have the most available lycopene.

Raw tomatoes are high in vitamin C (concentrated the most in the juice sacs surrounding the seeds) and contain potassium, iron, phosphorus, vitamin A and vitamin B. Tomatoes are also a decent source of fiber. As delectable as they are, you may be growing weary of tomato sandwiches and salsa. So, here are a few ideas for easy preservation of fresh tomatoes, a late summer casserole and an excellent soup.

### Freezing tomatoes

This is unbelievably easy. Way easier than canning. Just wash, dry and chop up your excess tomatoes and put them into a heavy-duty freezer zip lock. No need to peel because the skins will slip off easily when they thaw. Of course, they will not be good for fresh uses like salads and salsas, but these remains of summer are wonderful additions to soups, casseroles and chilies. Consider sieving out the seeds and skins when they thaw and making a tomato based vinaigrette or



SARAH GRANT PHOTO

Tomatoes come in all sorts of shapes, sizes, and colors!

salad dressing from the tomato pulp.

### Summer casserole

This is an old family favorite, yet upscale enough for company and actually makes a good vegetarian main course. And, it uses a lot of tomatoes as well as summer squash. It’s a great (grate) way to use up odds and ends of cheeses. Leftovers stand up well with melded flavors.

You will need a large, deep pan (10” x 12” x 2”). It is best to avoid aluminum. This recipe makes 12 servings.

- Ingredients:**
- 3 lbs tomatoes (5 to 6 large) sliced about ¼” thick
  - 1.5 lbs summer squash (2 to 3 large, any variety of crook neck, yellow, zucchini, patty pan) thinly sliced – about 1/8”
  - 1.5 lbs onions (2 large) thinly sliced –same as squash
  - 3 Cups grated or crumbled cheese (combos are good: goat chevre, sharp cheddars, jack, Muenster, Swiss)
  - 3 to 4 Cups breadcrumbs (The fresh ingredients of this casserole release a lot of juice while cooking, so don’t be shy about the breadcrumbs)
  - Salt and Pepper
  - 3 Tablespoons butter

**Instructions:** Preheat oven to 350 degrees. Butter bottoms and sides of pan.

Begin layering with sliced squash, slightly overlapping each slice to make a single layer. Season with a little salt and generous pepper (squash likes pepper). Cast a layer of onion pieces (just randomly, no overlapping needed here). Sprinkle with bread crumbs and a light layer of cheese. Continue layering with tomatoes (with ends touching, pieces tightly together). Salt and pepper tomatoes (tomatoes like salt). Add a layer of onions, and generous layers of breadcrumbs and cheeses.

Do the squash, seasonings, onions, breadcrumbs, cheese, to-



SARAH GRANT PHOTO

Layered late summer casserole, made with tomatoes, summer squashes, onions, cheeses and bread crumbs.

atoes, seasonings, onions, breadcrumbs and cheese again. Finish with additional breadcrumbs and dot with remaining butter.

Spray one side of aluminum foil large enough to cover pan. Cover pan with sprayed side down. Bake for one hour covered. Finish baking uncovered for half hour to 45 minutes or until casserole is fork tender. Allow to set up after baking for 20 minutes before slicing and serving.

### Tomato soup

This is a delicious use of fresh, vine-ripened tomatoes. Roasting concentrates their flavor. Because there is no flour or cornstarch thickener in this recipe, you can easily freeze it for winter meals. Dress it up with a garnish of a little cream and fresh basil to bring back fresh summer flavors.

Or, you can use your frozen tomatoes next winter to make this soup. Just strain off juices by placing frozen tomatoes into sieve and set sieve over a bowl. Continue roasting instructions with the defrosted tomato bits remaining in the sieve. Add reserved juices to broth.

This recipe makes about 4 first course servings.

- Ingredients:**
- 2 (or slightly more) lbs tomatoes (roughly 4 large tomatoes) quartered
  - ½ Cup olive oil
  - Salt and freshly ground pepper
  - 1 stalk celery, diced
  - 1 small carrot diced
  - 1 small yellow onion, diced
  - 2 cloves garlic, minced
  - 1 C chicken broth
  - 1 bay leaf
  - 2 whole cloves
  - 2 T butter

**Instructions:** Preheat oven to 450 degrees. Place tomato pieces on sheet pan lined with parchment paper, season with salt and pepper and drizzle with ¼-Cup olive oil. Roast until caramelized, about 15 minutes.

While tomatoes are roasting, heat remaining olive oil over medium-low heat. Add celery, carrot, onion and garlic and cook until softened, about ten minutes.

Mill roasted tomatoes to remove skins and seeds (alternately, you can push the tomatoes through a sieve).

Add the roasted tomato pulp to saucepan, any reserved tomato juices, chicken broth, bay leaf, clove and butter. Simmer until vegetables are tender. Remove bay leaf and cloves. Purée with handheld immersion blender until smooth.

**Options:**To deepen and add sophistication to flavor, add ½ -Cup of your favorite dry white wine to broth and vegetables as they simmer. Garnish with heavy cream and fresh basil.



## MUSIC LISTINGS

## WHO'S PLAYING, WHEN &amp; WHERE

## FRIDAY, AUG. 27

- **Lisa Marie Band**, Inn on the Blues, 7 Ocean Ave., York Beach, Maine, 351-3221
- **Richard Thompson**, 7 p.m., Prescott Park, Portsmouth, N.H. (603) 436-2848
- **The Blues Prophets**, 6:30 p.m., Ellis Park, York Beach, Maine, 363-1040
- **Peter Finkle**, 10:30 p.m., Federal Jack's Brew Pub, 8 Western Ave., Kennebunk, Maine, 967-4322

## SATURDAY, AUG. 28

- **Drivin' Blind**, Inn on the Blues, 7 Ocean Ave., York Beach, Maine, 351-3221
- **Piscataqua River Brass Band**, 6:30 p.m., Ellis Park, York Beach, Maine, 363-1040
- **Diane Charmaine**, One Dock, 1 Dock Square, Kennebunkport, Maine, 967-2621
- **Tret Fure**, 8 p.m., Jonathan's, 92 Bourne Lane, Ogunquit, Maine, 646-4777
- **Bloo Rafferty Reggae**, Blue Mermaid Island Grill Restaurant, 409 The Hill, Portsmouth, N.H., (603) 427-2583
- **Dave Gerard**, 8 p.m., York Harbor Inn, 480 York St., York Harbor, Maine, 363-5119

## SUNDAY, AUG. 29

- **Family Affair**, Inn on the Blues, 7 Ocean Ave., York Beach, Maine, 351-3221
- **Richie Havens**, 8 p.m., Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, Maine, 646-4777
- **Bill Cameron**, One Dock, 1 Dock Square, Kennebunkport, Maine, 967-2621
- **Open Mic**, 7 p.m., The Stone Church, 5 Granite St., Newmarket, N.H. (603) 292-3546
- **Ellen O'Brien accompanied by guitarist Justin Piper**, Blue Sky, 2 Beach St., York Beach, Maine, 363-0050

## MONDAY, AUG. 30

- **Michelle Currie**, One Dock, 1 Dock Square, Kennebunkport, Maine, 967-2621

**MUSICIANS: SEND YOUR LIVE LOCAL MUSIC LISTINGS TO [YORKINDEPENDENT@GMAIL.COM](mailto:YORKINDEPENDENT@GMAIL.COM) AT LEAST ONE WEEK PRIOR TO THE SHOW.**

## MUSIC NEWS

## Nance: 'Friend of the Arts'

It has been a long tradition for Ogunquit Performing Arts to recognize those who make significant contributions to the growth and development of the arts by presenting "Friend of the Arts" awards. During a recent performance of the DaPonte String Quartet at the Barn Gallery in Ogunquit, OPA presented one of the 2010 awards to soprano Suzanne Nance, Maine Public Radio Director of Music and hostess of MPR's morning classic music program.

In addition to being a vibrant performer and an arts administrator, Nance is an enthusiastic promoter of all the arts. Nance was in Ogunquit presenting, with the DaPonte String Quartet the program, Felix and Fanny Mendelssohn: a Family Affair where she served as narrator reading the letters Fanny and Felix exchanged over the

## TUESDAY, AUG. 31

- **Flash Allen**, One Dock, 1 Dock Square, Kennebunkport, Maine, 967-2621
- **Bluegrass**, 9 p.m., The Stone Church, 5 Granite St., Newmarket, N.H. (603) 292-3546

## WEDNESDAY, SEPT. 1

- **Marcia Ball**, The Landing at Pine Point, 353 Pine Point Road, Scarborough, Maine, 774-4527
- **Michelle Currie**, One Dock, 1 Dock Square, Kennebunkport, Maine, 967-2621
- **Dave Girard**, 8 p.m., Alisson's, 11 Dock Square, Kennebunkport, Maine, 967-4841
- **Blue Ribbon All-Star Band**, **Barley Pub**, 328 Central Avenue, Dover N.H., (603) 742-4226

## THURSDAY, SEPT. 2

- **Shawn Colvin**, 6:30 & 9 p.m., Jonathan's, 92 Bourne Lane, Ogunquit, Maine, 646-4777
- **Flash Allen**, One Dock, 1 Dock Square, Kennebunkport, Maine, 967-2621
- **Karaoke** 10 p.m., Federal Jack's Brew Pub, 8 Western Ave., Kennebunk, Maine, 967-4322

## FRIDAY, SEPT. 3

- **Deep Fry'd Blues Band**, 6:30 p.m., Ellis Park, York Beach, Maine, 363-1040
- **Diane Charmaine**, One Dock, 1 Dock Square, Kennebunkport, Maine, 967-2621
- **Bob Marley, Comedian**, The Landing at Pine Point, 353 Pine Point Road, Scarborough, Maine, 774-4527

## SATURDAY, SEPT. 4

- **Four Fathers of Rock**, 6:30 p.m., Ellis Park, York Beach, Maine, 363-1040
- **Bill Cameron**, One Dock, 1 Dock Square, Kennebunkport, Maine, 967-2621
- **Rhythm Devils**, 8 p.m., Hampton Beach Casino Ballroom, 169 Ocean Blvd., Hampton Beach, N.H. (603) 929-4100

## SUNDAY, SEPT. 5

- **Judy Gold**, comedian, performs at Jonathan's Ogunquit, 92 Bourne Lane, Ogunquit. at 8 p.m. All tickets are available for purchase on line at [www.jonathansogunquit.com](http://www.jonathansogunquit.com) or by calling 646-4777
- **Fred Manzi Trio**, 6:30 p.m., Ellis Park, York Beach, Maine, 363-1040
- **Wynonna**, 8 p.m., The Music Hall, 28 Chestnut St., Portsmouth, N.H. (603) 436-2400
- **Thirty Seconds to Mars**, 8 p.m., Hampton Beach Casino Ballroom, 169 Ocean Blvd., Hampton Beach, N.H. (603) 929-4100
- **Open Mic**, 7 p.m., The Stone Church, 5 Granite St., Newmarket, N.H. (603) 292-3546

## TUESDAY, SEPT. 7

- **Bluegrass**, 9 p.m., The Stone Church, 5 Granite St., Newmarket, N.H. (603) 292-3546

## THURSDAY, SEPT. 9

- **Karaoke** 10 p.m., Federal Jack's Brew Pub, 8 Western Ave., Kennebunk, Maine, 967-4322
- **Johnny A**, The Landing at Pine Point, 353 Pine Point Road, Scarborough, Maine, 774-4527

## FRIDAY, SEPT. 10

- **Ben Kilcollins**, 10:30 to 11:30 p.m., Federal Jack's Brew Pub, 8 Western Ave., Kennebunk, Maine, 967-4322
- **Rustic Overtones**, 9 p.m., The Stone Church, 5 Granite St., Newmarket, N.H. (603) 292-3546

## THURSDAY, SEPT. 16

- **Karaoke** 10 p.m., Federal Jack's Brew Pub, 8 Western Ave., Kennebunk, Maine, 967-4322

## SATURDAY, SEPT. 18

- **Wayne Morphew**, 10:30 to 11:30 p.m., Federal Jack's Brew Pub, 8 Western Ave., Kennebunk, Maine, 967-4322



COURTESY PHOTO

Stuart Nudelman, chairman of Ogunquit Performing Arts, presenting the "Friend of the Arts" award to Suzanne Nance.

years about their music and performed a soprano solo written by Fanny Mendelssohn.

## Entertainment Schedule

**8/27**  
Lisa Marie Band

**8/28**  
Drivin' Blind

**8/29**  
Family Affair

**9/3**  
Racky Thomas

**9/4**  
Chris Fitz

**9/5**  
Harper

**9/6**  
Green Lion Reggae

**9/9**  
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**B.I.N.G.O.**

*Saturday 4<sup>th</sup>*  
**TBA**

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Hubble 3D

**Hubble 3D (G)**

**Go deep into the final frontier thanks to the Hubble telescope and the magic of IMAX 3-D in *Hubble 3D*, a glorious look at the once beleaguered NASA project and the wondrous images it captures.**

This short documentary takes us through Hubble's troubled beginnings, including the infamous warped mirror, to a recent shuttle trip to service the telescope and keep it working. Why bother? That's where this delightful movie really shines, taking us into some of the pictures that Hubble has taken. We see other stars in our galaxy, nebulae here stars are being born, neighboring galaxies and out, we're told, to the edge of the observable universe.

If I worked at NASA I'd make sure everybody in Congress and their kids saw this movie — and I'd make sure the Obama girls

saw it twice. There is nothing as “dude, awesome!” in quite the same way as space travel and nothing like kids excited about something sciencey to keep your department from being zero-funded. *Hubble 3D* reminds you what a powerful thing space exploration can be and how awe-inspiring. I doubt they'll be looking to middle-aged couch potatoes when they pick astronauts for whatever the next incarnation of human exploration is but that doesn't stop even me from wanting to don a suit and learn how to pee in space. Spend whatever you need to, NASA, you'll think after soaring through nebulae and viewing baby solar systems, it's totally worth it.

Which also goes for the money you'll spend seeing this IMAX extravaganza. Sure, it's only about 45 minutes and Leonardo DiCaprio is narrating, but this right here is when you break out the big bucks to see IMAX — and break out enough to bring the kids. I'm not saying one viewing will turn a

liberal arts geek into a science nerd but even I left the theater wondering where I'd put that old astronomy textbook. The images here are stunning and beautiful and the 3D is both enhancing and unobtrusive. The third dimension is more gimmick than attraction in most movies (see, for example, the review of *Piranha 3D*) but here it is exactly what's called for.

Finally a 3-D movie worth its ticket price and more. **A**

*Rated G. Directed by Toni Myers and written by Myers and Frank Summers, Hubble 3D is 45 minutes long and distributed to IMAX screens by Warner Bros.*

**Nanny McPhee Returns (PG)**

**Unruly but ultimately kind British children learn lessons about caring and teamwork in the charming *Nanny McPhee Returns*.**

Isabel Green (Maggie Gyllenhaal) is raising her children, Norman (Asa Butterfield), Megsie (Lil Woods) and Vincent (Oscar Steer), alone on their farm in the English countryside while her husband (Ewan McGregor) is off at war (World War II). To add to her hectic life and the constant pressure from her brother-in-law Phil (Rhys Ifans) to sell the farm, her niece and nephew from London are coming to live with them. Cyril (Eros Vlahos) and Celia (Rosie Taylor-Ritson) are posh, rather prissy children who have been told they are going to the country because of the bombing of London but suspect there are other reasons. Naturally, city mice and country mice begin fighting at once, all adding to the stress of Isabel, who is also trying to keep from the children how worried she is about not having heard from their father in several weeks.

The person you need is Nanny McPhee — so the tea kettles and sundries whisper to Isabel in the shop where she works for the sweet but taxing Mrs. Docherty (Maggie Smith).

When the wart-having and large-nosed Nanny McPhee (Emma Thompson) shows up, Isabel isn't so sure. But Nanny McPhee is sort of the anti-Mary Poppins. She isn't sweetness and light. She's a quiet voice, a serious look and a magic cane that has a way of getting children to behave by teaching them lessons about their own silliness. (When the five children are fighting each other, her magic gets them to fight themselves — and the self-hair-pulling and self-eye-pokes only stop if they will apologize to each other.) Thompson does this all with a very Julie Andrews-like charm. She isn't so much the central character as she is the character who sets in motion all the adventure, the goofy animal antics (the farm setting means that pigs and poop can help add levity to the stuff about family and teamwork) and even

the climactic scenes where the children get to take their turns being brave.

*Nanny McPhee Returns* is a delightful reminder of the sweetness that fairy tales can have while still being fun and boisterous. **B+**

*Rated PG for rude humor, some language and mild thematic elements. Directed by Susanna White and written by Emma Thompson, Nanny McPhee Returns is an hour and 48 minutes long and distributed in wide release by Universal Pictures.*

**The Switch (PG-13)**

**Jason Bateman impregnates Jennifer Aniston in the most convoluted way possible in *The Switch*, a middling romantic comedy that could have — should have — been better.**

Wally Mars (Bateman) is hopelessly in love with Kassie Larson (Aniston) but can't bring himself to even think about these feelings, much less tell her about them. So he pooh-poohs her relationships and shakes his head with woe when she tells him of her plan to become pregnant, sans man. Or, at least, sans most of the man — she's picked a donor to provide the most necessary part. (That that donor is not him clearly devastates him but he shows it by acting pettily annoyed.) At an insemination party, he meets Roland (Patrick Wilson), the Viking-like donor (as the other girls describe him), who has left his baby-assembling-components in a cup in the bathroom. A drunken, bitter Wally accidentally sends Roland's labor force down the drain so, with the aid of a photo of Diane Sawyer on the cover of a New York magazine, he provides his own backup dancers. And, because he is staggering blind drunk, Wally more or less forgets the events of the evening and sadly waves goodbye when a pregnant Kassie moves away, leaving him and his neuroses with a dog and Wally's boss Leonard (Jeff Goldblum) to keep them company.

Then, some seven years later, Kassie moves back to New York with young Sebastian (Thomas Robinson) in tow. When Wally meets Sebastian it doesn't take him long to notice that there are some peculiarities about the young boy. Whatever design flaw it is that makes this table a bit wobbly, *The Switch* sort of works until it doesn't and is fun until it's tiring, which it eventually becomes. **C+**

*Rated PG-13 for mature thematic content, sexual material including dialogue, some nudity, drug use and language. Directed by Josh Gordon and Will Speck and written by Allan Loeb (from a short story by Jeffrey Eugenides), The Switch is an hour and 40 minutes long and distributed in wide release by Miramax Films.*

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# SOMETHING'S FISHY IN CAR BATTERY'S EARLY DEATH



Dear Tom and Ray:

I purchased a new 2010 VW CC, and the car has 5,000 miles on it. During a long weekend, I left the car unused for four days, and the battery died. There were no lights on or external power drains. On Tuesday I went to the dealer where I purchased the car and was told: "There is nothing wrong with the car — they just do that because there is a lot of power drain due to the computer." I called another VW dealer and was given a similar answer. My question is, How can a car company design a car with a battery that lasts only four days? Shouldn't a car be able to sit for more than four days without the battery dying? Thanks. — Tim

TOM: Yes, it should. In fact, VW itself says the car should be good for 30 days without a problem. So I think you have every right to go back to your dealer and ask him to investigate further.

RAY: In our experience, most cars can sit for about two weeks these days before the battery is too weak to start the car.

TOM: Why is that? Well, there are certain electronic components that continue to run even when your car is turned off. There's usually an alarm system, and there's the evaporative emissions system, which needs to cycle whether the car is running or not. Normally, there's enough juice in the battery to keep that up for a couple of weeks, unless it's extraordinarily cold outside.

RAY: But there are a couple of things that could shorten that time frame. One is a weak battery. That seems unlikely on a brand-new car, but maybe your battery is defective.

TOM: Or perhaps you were making lots of very short trips leading up to the long weekend, and never really charged up the battery.

RAY: The other possibility is that something is draining the battery too quickly. The dealer should be able to put an ammeter on the battery with the engine off to see how much current is being drawn off. If it's an excessive amount, then he needs to figure out what's causing it.

TOM: Maybe there's a fault in the alarm system or evaporative emissions system. Maybe there's a courtesy light that's staying on. Maybe a trunk light.

RAY: Or maybe there's a factory defect. I remember that VW did have a problem with new cars being delivered to dealers with batteries that had drained during shipping. That problem supposedly got fixed, but it's something the dealer could look into for you.

TOM: If you can't figure it out, and this continues to be a problem, your last-ditch solution would be a trickle charger that you can leave on the battery when you go away. That'll ensure that the battery stays charged, that you're able to start the car and that you don't lose all the presets on your radio. But that's kind of a Mickey Mouse solution for an expensive new car. So push the dealer a little harder, and tell him what VW said. Good luck, Tim.

Dear Tom and Ray:

I just returned from visiting my daughter, who is a Peace Corps volunteer, in Yeghegnadzor, Armenia. Now, my daughter is an adventuresome gal, and she's become infatuated with the Lada Niva. It's a very small but particularly utilitarian 4-wheel-drive SUV. She's decided that to reward her for her service to humanity, I should procure one for her upon her return to the U.S. She's scheduled to come home about a year from now, which gives me some time to research this and find a viable reason for telling her it can't be done. She would like for me to make contact with one of her Armenian friends, have him find and buy the vehicle on her behalf and ship it to the U.S. My alternative plan is for her to purchase the auto in Armenia, where she's now based, drive it across Europe and ship it across the pond once she reaches the Atlantic. Here's my question: What would I need to do to the Niva to have it pass U.S. import standards? Would I need to bring two home — one as the primary vehicle and one as a parts car — or would I have ready access to parts in the U.S.? Please

help me out, guys. I'll have hell to pay if she's not greeted with the car, or at least a convincing reason for my not having been successful. — Chuck

TOM: Well, your daughter obviously has bonded with the people of Armenia. That's wonderful. And she clearly wants to take a piece of her experience there home with her — she wants a keepsake.

RAY: But it would be easier, and cheaper, if she just married an Armenian and brought HIM home, Chuck. Because there's no way you're ever going to get a Lada approved for road use in the United States.

TOM: If a vehicle doesn't meet U.S. safety and environmental standards (and trust us, Chuck, this one doesn't), the U.S. Department of Transportation requires you to either upgrade it and make it comply, or destroy it. Guess which option you're going to be forced to pick?

RAY: Unless you're the kind of guy who makes nuclear reactors out of balsawood in his spare time on weekends, you're not going to be able to upgrade this thing to meet U.S. code. Even car companies have a hard time doing it. For an individual, it's almost impossible.

TOM: Trust us, a wedding's going to be cheaper, Chuck. No matter how many lamejun pizzas you have to come up with for the reception.

Get more Click and Clack in their new book, "Ask Click and Clack: Answers from Car Talk." Got a question about cars? E-mail Click and Clack by visiting the Car Talk Web site at [www.cartalk.com](http://www.cartalk.com).

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THE PET CONNECTION

# 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-society.org](http://www.animalwelfare-society.org) or call 985-3244.

**Belle**

Meet Belle, a 4-year-old Mixed Breed. Belle is a darling girl who is eagerly awaiting a forever home she can call her own. She should do fine sharing a home with children over the age of 6 who will treat her with respect. If you'd like to adopt Belle, please fill out an adoption questionnaire and then bring your whole family in to meet her.



**Sienna**

This beautiful babe is Sienna! She is a one-year-old Pitbull that can't wait to find a forever home to call her own. Sienna is a laid-back goofball that would love to learn new things. Going through our basic obedience class would be a great way for her to do so. If you are interested in adopting Sienna we want you to know that because she is a transfer dog there will be an additional \$60 charge on top of our adoption fee so in total she will be \$360. So if you think that Sienna could be the girl for you, please fill out our questionnaire and stop in with your family including dogs to meet her.



**Hayley**

Hayley is a beautiful two year old Lab Mix. She is a lovable girl that can't wait to find a forever family to share



all of her love with. Hayley is a smart girl who knows the command "sit" and would love to learn more. She would be a great candidate for the AWS Obedience classes. If Miss Hayley sounds like the girl for you, please fill out an adoption questionnaire and stop in with your family including dogs to meet her.

**Hank**

This handsome hunk is Hank, a seven-year-old grey tiger cat. Hank is a mellow guy looking to find a forever home. Hank has reached that point in his life when he starts to spend more time sleeping than running around. His mellow nature means he should do fine sharing a new home with cats and kids of all ages. If you'd like to adopt Hank, please fill out an adoption questionnaire and then stop in to meet him.



**Dakota**

Meet Dakota! She is a beautiful three-year-old cat that has a short brown tiger coat. Dakota is a friendly girl that would love to have a forever family to shower with love. If this gorgeous girl sounds like a match for you, please fill out our questionnaire and stop in to meet Dakota.

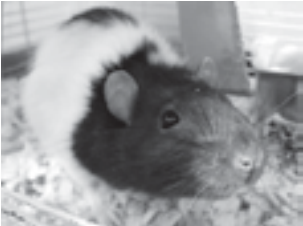


**Clip**

Meet Clip, an adorable three-year-old cat with a grey and white coat.



Clip is a curious boy who would love to find a home with plenty of places for him to explore. If you'd like to adopt Clip, please fill out our questionnaire and then stop in to meet him.



**Rico**

This sweetie pie is Rico! He is an extremely friendly two-year-old Fancy Rat. Rico can't wait to find a forever family that will handle him on a daily basis to keep him friendly. If little Rico sounds like the pet for you, please fill out an adoption questionnaire and stop in to meet him.

**Oreo and Pumpkin**

These little rascals are Oreo and Pumpkin! Both are three-year-old female Guinea Pigs that are searching for a forever home. These two are the best of friends and would love to go home together. They are both quite friendly and would love to be handled on a daily basis so that they stay this way. Oreo and Pumpkin would also love to have a little hide away to nap in, hay to make nests with and fresh fruits and veggies to snack on along with their daily diet of Guinea

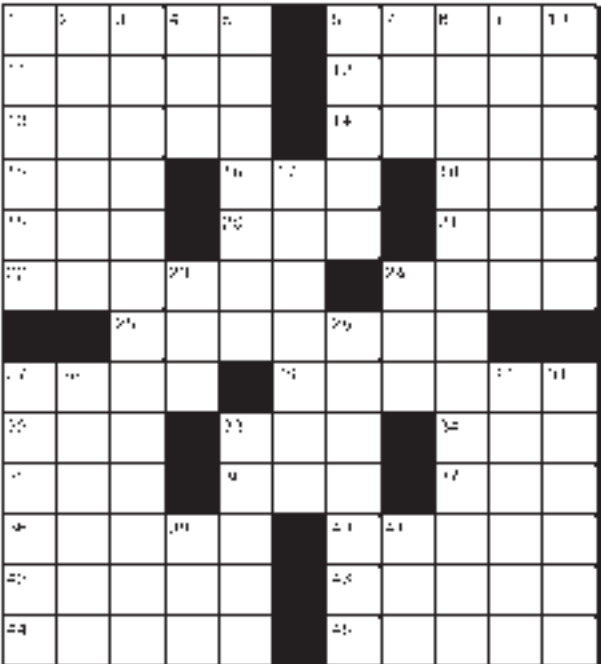


Pig pellets. If this sweet little duo sounds like the pair for you, please fill out our questionnaire and stop in to meet them.

## CROSSWORD PUZZLE

ACROSS

- 1 Strike defiers
- 1 Indiana player
- 6 Track doings
- 11 Kitchen come-on
- 12 Stood
- 13 Accrued
- 14 Dancer's boss
- 15 Hosp. sections
- 16 Little devil
- 18 Fix seams
- 19 Squealer
- 20 Calendar box
- 21 Pot fill
- 22 Unwavering
- 24 "Ratatouille" hero
- 25 Stop between flights
- 27 Humdinger
- 29 Gilda of "SNL"
- 32 "Rose Ñ rose ..."
- 33 Night flier
- 34 One of Frank's wives
- 35 Diet no-no
- 36 Boxing great



8-27

- 37 Male turkey
- 38 Ordeal
- 40 Spring feature
- 42 Ham it up
- 43 In the sky
- 44 Force units
- 45 Inverted sixes

- DOWN
- 1 Kitchen gadgets
  - 2 Turkish peak
  - 3 Leo, for one
  - 4 Outback bird
  - 5 With speed
  - 6 Hoarse
  - 7 Notre Dame's Parseghian
  - 8 Dismay
  - 9 Prize
  - 10 Ocean lane
  - 17 Like some elections
  - 23 Water, in the Seine
  - 24 Warning color
  - 26 Papal place
  - 27 Raised
  - 28 Company org.
  - 30 Change over time
  - 31 Noted pharaoh
  - 33 Hay units
  - 39 Put away
  - 41 Kimono cinch

## SUDOKU

Conceptis Sudoku

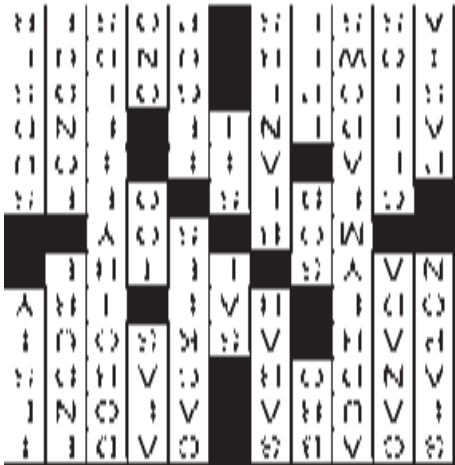
By Dave Green

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

Difficulty Level ★★★★★

8/27

## Crossword Solution



## Sudoku Solution

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

# TIDE CHART

York Harbor

**Friday, Aug. 27**  
High Tide, 1:14 a.m.  
Low Tide, 7:31 a.m.  
High Tide, 1:32 p.m.  
Low Tide, 7:48 p.m.

**Saturday, Aug. 28**  
High Tide, 1:48 a.m.  
Low Tide, 8:02 a.m.  
High Tide, 2:04 p.m.  
Low Tide, 8:24 p.m.

**Sunday, Aug. 29**  
High Tide, 2:24 a.m.  
Low Tide, 8:36 a.m.  
High Tide, 2:38 p.m.  
Low Tide, 9:02 p.m.



**Monday, Aug. 30**  
High Tide, 3:03 a.m.  
Low Tide, 9:13 a.m.  
High Tide, 3:17 p.m.  
Low Tide, 9:45 p.m.

**Tuesday, Aug. 31**  
High Tide, 3:48 a.m.  
Low Tide, 9:57 a.m.  
High Tide, 4:03 p.m.  
Low Tide, 10:36 p.m.

**Wednesday, Sept. 1**  
High Tide, 4:37 a.m.  
Low Tide, 10:45 a.m.  
High Tide, 4:53 p.m.  
Low Tide, 11:30 p.m.

**Thursday, Sept. 2**  
High Tide, 5:33 a.m.  
Low Tide, 11:40 a.m.

High Tide, 5:50 p.m.

**Friday, Sept. 3**  
High Tide, 6:35 a.m.  
Low Tide, 12:31 a.m.  
High Tide, 6:53 p.m.  
Low Tide, 12:42 p.m.

**Saturday, Sept. 4**  
High Tide, 1:39 a.m.  
Low Tide, 1:36 a.m.  
High Tide, 7:57 p.m.  
Low Tide, 1:47 p.m.

**Sunday, Sept. 5**  
High Tide, 8:42 a.m.  
Low Tide, 2:38 a.m.  
High Tide, 8:59 p.m.  
Low Tide, 2:50 p.m.

**Monday, Sept. 6**  
High Tide, 9:39 a.m.  
Low Tide, 3:36 a.m.  
High Tide, 9:58 p.m.  
Low Tide, 3:50 p.m.



## NEWS OF RECORD

## OBITUARIES

## Harriet Williams Sturm

Harriet Williams Sturm, 98, died Aug. 17, 2010 at York Hospital after a brief illness.

Born in Lancaster, Penn., on Jan. 2, 1912, Harriet was raised in Montclair, N.J., and Brooklyn, N.Y., where she graduated from The Packer Collegiate Institute of Brooklyn Heights. Starting in 1918 with her parents, Cornelia Clark Williams and Riley Williams, and continuing for the next 92 years, she spent every summer at an ocean-side cottage on Casco Bay at Sebasco Estates, Maine.

At Sebasco, she met her future husband, Henry A. Sturm Jr., who she married on Nov. 5, 1938 in the First Presbyterian Church in New York City. His employment with the Crucible Steel Corp. took them to Hartsdale, N.Y., Katonah, N.Y., Lincoln, Mass., Fox Chapel, Penn., and Manlius, N.Y., before they retired in 1974 to Bath, Maine, to be closer to what she considered her real home, the Sebasco cottage.

A lifelong sailor, she never lost her interest in the sky, the direction of the wind, and the tide. She loved all aspects of nature and was a keen observer of the natural world, never tiring of watching the song sparrow in the front yard or the silhouette of the pine trees on the island nearby. Harriet loved history, antiques, gardening, and, above all, the gathering of generations of family and friends each summer at Sebasco.

She was a member of The Colonial Dames of America, The Phippsburg Congregational Church, The Bath Maritime Museum, and The Denison Society of Mystic, Conn. She was predeceased by her husband in 1988, her sister Elinor Clark Shafer in 2003 and by her beloved daughter Ann S. Emerson in 2009. She is survived by her son, Henry A. Sturm III and his wife Linda of Durham, Maine, her son-in-law Charles P. Emerson of Rockport, Maine, and her daughter Mary and her husband J. Thomas Albright of York, Maine.

She is also survived by her eight grandchildren and three great-granddaughters: Andrew Sturm and his wife Anne and their daughter Helen of Brunswick; Abbie Sturm of Portland; Peter Emerson and his wife Abby of Chicago, Ill.; Mary Emerson and her fiancée Chris Kurek of South Thomaston; Hathy Albright and her husband John Crawford of Waltham, Mass.; Kate Stevens and her husband Jeremy and their daughters Julie and

Abbie of Limington; Amy Albright of New York City; and James Albright of New York City.

The family would like to thank the nurses and staff of Sentry Hill in York Harbor and York Hospital, as well as Dr. James Gilroy of York and Dr. Dan Wood of Bath for the truly exceptional care and kindness shown to Harriet over the years. There will be a private family service at a later date. Lucas & Eaton Funeral Home, 91 Long Sands Road, York is directing arrangements. Visit [www.lucas-eatonfuneralhome.com](http://www.lucas-eatonfuneralhome.com).

Memorial contributions may be made in Harriet's name to the Phippsburg Land Trust, P.O. Box 123, Phippsburg, ME 04562; or the Phippsburg Congregational Church, P.O. Box 301, Phippsburg, ME 04562.

## Dorothy J. Wurzbacher



Dorothy J. Wurzbacher, 93, of Ridgewood Circle, died Tuesday, Aug. 17, 2010 in York Hospital.

She was born December 18, 1916 in Portland, Maine, a daughter of the late Norman and Pauline (Gregor) Douglas and graduated from Portland High School. She had worked for Fairchild Semi-Conductor in South Portland for 10 years.

She was a member of the Ogunquit Baptist Church and an avid reader. She loved life, her family and her children were her best friends. For the past 10 years she lived with her daughter and son-in-law and enjoyed watching tennis and golf. Her husband, Carl T. Wurzbacher Sr. died Feb. 26, 2000. Her first husband, Arthur M. Wright died in 1956 and her second husband, Wilbur C. Bryant died in 1966.

She leaves a son, Arthur N. Wright, and his wife Barbara of Rollinsford, N.H.; a daughter, Jean L. Ladderbush and her husband John of Ogunquit; four stepsons, Gordon, Richard and Wayne Bryant and Carl T. Wurzbacher Jr. and a step-daughter Karen E. Zerlaut; many grandchildren, great-grandchildren and great-great-grandchildren.

A graveside service for Dorothy was held on Monday, Aug. 23 in the First Parish Cemetery, 180 York St., York. Memorial contributions may be made to York Hospital, "Home Care", 15 Hospital Drive, York, ME 03909. Lucas & Eaton Funeral Home, 91 Long Sands Road, York is directing arrangements. Visit [www.lucasaeatonfuneralhome.com](http://www.lucasaeatonfuneralhome.com)

## PEOPLE

• **Michael P. O'Keefe**, a financial advisor with Ameriprise Financial, qualified for the annual Circle of Success recognition program. To earn this achievement, O'Keefe established himself in the upper echelon of the company's top producers and achieved recognition in the areas of Financial Planning, Client Service, Professional Commitment and Corporate Values. Only a select number of high-performing Ameriprise financial advisors earn this distinction. O'Keefe works at 775 US Route 1, Suite 2, York

• The following students have enrolled at Saint Joseph's College of Maine beginning in the fall semester: **Amy Cole** of Eliot, **Shelley Duplisea** of Wells, **Patrick Fulford** of Kennebunk, **Carly Goss** of Eliot, **Michelle Guy** of Berwick, **Joshua Herbein** of York, **John Holly** of York, **Alexander Lauzon** of Arundel, **Heather**

**Lund** of Alfred, **Rose Moshimer** of Kennebunkport, **Haley Nason** of Saco, **Samantha Paquette** of Wells, **Nicole Poirier** of Wells, **Victoria Reagan** of Kennebunk, **Mariah Tetherly** of Kennebunk, **Megan Valente** of Wells.

• This fall, the Kittery Art Association will award their Marcia Abigail Ryder Scholarships to **Leigh Fraser**, an R.W. Traip Academy graduate who has spent her entire young life loving all forms of art. All of the Marcia Abigail Ryder Scholarships are made possible by the enthusiastic attendance and generous donations at fund-raisers. Every year the Kittery Art Association seeks out talented students who wish to continue their art education. To learn more about the KAA and upcoming events, call the gallery at 451-8384, visit [www.kittery-artassociation.org](http://www.kittery-artassociation.org), or visit on Facebook.

## ICE CREAM TIP SHEET



We asked for your favorite summer ice cream tips, and here's a selection of responses...



“Recently a friend of mine visiting from away went to Big Daddy's for an ice cream cone. She ended up wearing her ice cream and we couldn't stop laughing! That proves the point that laughter and ice cream make the world go round.”

-Traci, Wells



“My favorite ice cream place is by far Mrs. & Me. I have been going there since my children were little and now I bring my grandkids. The best deal for seniors is on Monday and Tuesday: buy one and get one free. The serving is very large and very delicious. It is located on Route 1 in Kittery.”

- Regina Godfrey, York



“I suggest placing a miniature marshmallow in the bottom of cone to prevent drips.”

- Irene Lambert, Wells



“The Scoop Deck in Wells is a great place to join the many loves of ice cream and you pay for a small, but it looks like a large!”

- Pat Chabot, Millbury, Mass.

## GET A FREE CONE!

E-mail us your summer ice cream tips and we'll send you a certificate for a free small cone at the Sundae on the Beach on Route 1 in Wells. E-mail your tip and your mailing address to:

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## Donations, volunteers needed

• **York Hospital's Meal Delivery program** is looking for volunteer drivers with dependable vehicles and good driving records to deliver meals during the day. Drivers are reimbursed for mileage and also provided with a free meal. Anyone interested should contact Roberta Sullivan at 351-2224 or [rsullivan@yorkhospital.com](mailto:rsullivan@yorkhospital.com), or Leisa Smith at 351-3596 or [lsmith@yorkhospital.com](mailto:lsmith@yorkhospital.com).

• **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 the Animal Welfare Society 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.

## 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.

## Local organizations

• **The Kittery Historical and Naval Society** meets the second Tuesday of the month at the Lions' Club Building on State Road at 7 p.m. The public is always invited to attend. For further information contact the Kittery Historical and Naval Society, P. O. Box 453, Kittery, ME 30904-3080, 439-3080, or call Barbara Estes at 439-1332.

• **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. For more information, 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-

## Horoscopes

By Rusty

The Southern Maine Coast's leading astrologer and semi-retired Skee-ball consultant

**Aries** (March 21-April 19): Big things are in store for you today. Too bad the store is Building 19.

**Taurus** (April 20-May 20): Relations with others become remarkably simple today when you become universally despised.

**Gemini** (May 21-June 20): Romance might be disappointing today. But then that's nothing new for you, is it?

**Cancer** (June 21-July 22): For all your troubles, you have a talent for consistency. For example, you consistently annoy everyone.

**Leo** (July 23-Aug. 22): This is a tricky day for financial transactions or money—or at least it

would be if you had any.

**Virgo** (Aug. 23-Sept. 22): When I said it was a good time to take up an instrument, I meant something other than tooting your own horn.

**Libra** (Sept. 23-Oct. 22): Most of your confusion today will come from incorrect assumptions. At least that's what I believe will be the case.

**Scorpio** (Oct. 23-Nov. 21): Be very clear when dealing with bosses, teachers, and authority figures today. Leave them absolutely no room to doubt that you're a complete idiot.

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.

• **American Legion Post 56** holds bingo at 7 p.m. every Wednesday, call 363-0376.

• **Knit awhile and crochet** meets at York Village Marketplace, 10:30 a.m. to noon or 1 to 2:30 p.m. Fridays. Come alone or bring a friend, beginners to

**Sagittarius** (Nov. 22-Dec. 21):

Unexpressed expectations lead inevitably to disappointment. And in your case, expressed expectations don't make much of a difference.

**Capricorn** (Dec. 22-Jan. 19): Give things time and don't jump to conclusions. Those 14 men your wife has been dating does not mean she's disenchanted with the marriage.

**Aquarius** (Jan. 20-Feb. 18): The world may be your oyster, but all that's on tonight's menu is clam strips.

**Pisces** (Feb. 19-March 20): Today you should kick up your heels and shout, "I'm glad I'm alive!" You should also renew your membership in the Liar's Club.

advanced. Free. Call 363-4830.

• **Mothers of Pre-schoolers (MOPS)** meets the first and third Tuesday of the month at York Street Baptist Church, 61 York St., York. Call 363-2177 for more information.

• **The Nubble Lighthouse Keepers Square Dance Club** dances are held at the Wells Activity Center, Sanford Road, Route 109, off Route 1, Wells.

• **The Ten No Trump Duplicate Bridge Club** meets at the Masonic Temple on Long Sands Road (located next to the Lucas & Eaton Funeral Home). Call 363-7415.



York, Maine  
207-363-4053 • 800-344-5710  
[WWW.C21ATLANTIC.COM](http://WWW.C21ATLANTIC.COM)  
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**YORK - TRANQUIL SETTING JUST OUTSIDE OF TOWN!** Over 3500 SF of living space. Open concept family room with cathedral ceiling, fir floors and fireplace. 3 bdrms serviced by 2 baths; including the master with a custom walk-in shower and soaking tub. **\$534,800**



**YORK - SNAP THIS UP FAST!** Year round vacation, retirement or investment home within an easy walk to Long Sands Bch. 3 bdrms, woodstove, oil heat, & remodeled kitchen. Outdoor fieldstone fireplace, mature landscaping, 12x30 shed. **\$329,000**



**YORK - WELL MAINTAINED AND AFFORDABLE HOME!** This two bedroom, 1 bath mobile home has recently been updated with new carpet and newer appliances. Easy access to the highway, beaches, shopping, schools, and town. **\$287,400**



**YORK - CONTEMPORARY CAPE IN YORK RIVER FARMS!** 2,350 sq. ft of living space. 3-4 bdrms, custom kitchen, cath. liv. rm. with exposed beam work and Swedish woodstove. Beautifully landscaped with 2 decks. **\$498,800**



**SOUTH BERWICK - PACKED WITH POTENTIAL!** Here is your chance to own a new construction 1 flr living home with 3 bdrms, 2 baths and full basement. Pella windows, kohler fixtures. On over 2 wooded acres. Easy drive to downtown & beaches **\$249,000**

## LAND FOR SALE

**YORK RIVERFRONT LOT!** 3.98 acre wooded parcel of land offering an abundance of privacy and over 300 feet of frontage on the York River. This is an opportunity to own one of York's last few remaining riverfront lots. **\$229,000**

**YORK - GREAT IN-TOWN LOCATION!** Enjoy all the comforts of the center of York from this half acre lot in an established neighborhood. 3 bedroom septic design and town water. **\$99,900**

# RIVERS BY THE SEA

## SALES & RENTALS

"Personalized not Franchised"



### MEET AT THE BEACH!!!

#### York Beach.

Less than a mile from Long Sands Beach! 3 bedroom year-round cape on over 1/2 an acre. Sold turn key and completely furnished! Lots of potential! **\$219,900**

#### York Beach.

Only steps to Short Sands Beach! 2 floors of comfortable living can be yours in this wonderful 2 level 2+ bedroom year-round condo! In sight and sound of the ocean! Sit on your deck and smell the ocean breezes. Proven rental history. Being sold turn-key and completely furnished! **\$305,000**



#### York Beach.

About a mile to Long Sands. Nice 3 bedroom cottage nestled in quiet wooded area. Large enclosed porch. Great rental property! **\$254,900.**

1 Varrell Lane, York Harbor  
P.O. Box 549, York Beach  
P: (207) 363-3230 • fax: (207) 363-9911  
[www.riversbythesea.com](http://www.riversbythesea.com)





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## OGUNQUIT



SHORE ROAD BEAUTY! Most sought after location overlooking Perkin's Cove. Gracious Gambrel style home with 3 BR, 3 BA. Expansive deck with full views of ocean. Walk to Marg. Way and Cove. **\$1,300,000**

**George Wilson 207-251-2941**

## KITTERY POINT



PARADISE FOUND in this stylish Cape with wonderful twists on classic design. Bartlett Farms Country Estates is just off the beaten path yet close to Rte 1, Kittery Point, shops, restaurants & beaches. **\$450,000**

**Gail Benson 207-251-0632**

## KENNEBUNK



SPACIOUS CUSTOM BUILT COLONIAL. Only minutes to beaches, abuts 50 acres of Conservation. ACCESS TO MOUSAM RIVER BRIDLE PATH! Limestone & Red Oak flooring, 3 gas FP, Finished walk-out bsmt. **\$599,000**

**Ken Peck 207-450-4668**

## YORK



GREAT LOCATION! Cozy Post & Beam Townhouse w/open floorplan, exposed beams, cathedral ceilings, skylights, large deck, wood pellet stove, AC & 2-car garage. Close to highway, town, beaches & enjoy tennis & pool. **\$192,000**

**Nancy Raynes 207-233-1693**

## YORK BEACH



AT THE BEACH! Perfect Ocean Views from this well maintained 1st floor, 2 BR, end unit. Comfortable patio overlooks park & ocean. All the beach has to offer! Restaurants & Shops galore!!! **\$499,000**

**Carolyn Weller 207-351-6717**

## YORK



PEACEFUL RETREAT near York River & Ocean, 3 bedrooms, 2 baths, a fireplace in living room, beautiful 4 season glass sunroom that leads to deck, HW floors throughout plus a room for den/office. **\$329,900**

**Jim Hager 207-361-7169**

## WELLS



LOCATION!!! A 5 min. walk to Moody Beach, Built in 2003, but LIKE NEW. Cen. AC, deck, heated garage & large unfinished rm on fl. 2 for storage or 1520 sf of living space. HAS TO BE SEEN! **\$625,000**

**Nancy Raynes 207-233-1693**

## WELLS



ROW to Merriland River. 2.3 acr lot, Foundation & Leachfield have been blasted. Prot. cov. & Priv. Rd. maint. agrmts recorded. Septic design & house plans e inc. See VIRTUAL TOUR @ <http://www.PropertyPanorama.com/mls.asp?id=80291> **\$129,900**

**Joanne Stone 207-337-2359**

## OGUNQUIT



FULL OF MAINE CHARM! Spacious cottage w/ 4 bedrooms, walking distance to Ogunquit beaches, town and restaurants. Perfect year round condo, part of a 2-home assoc. GREAT RENTAL HISTORY. **\$267,000**

**Carolyn Weller 207-351-6717**

## OGUNQUIT



Amazing sunrise & sunset views over distant Atlantic! Custom built home w/ amenities, 4 BR, fireplaced LR, large 1st floor Master suite w/ office & FP, Ogt. beaches nearby. **\$799,000**

**George Wilson 207-251-2941**

## YORK



EASY LIVING! Bright & spacious, open-concept Post & Beam Townhouse. Private end unit w/ swimming pool & tennis courts. Sundek plus patio for gardening. Generous storage & parking. **\$189,500**

**Joanne Stone 207-337-2359**

## YORK



LOCATION, LOCATION, LOCATION!!! Walk to two beaches from this year round, move-in ready property. Great yard & deck for entertaining & low maintenance features. **\$275,000**

**Ken Knowles 207-451-0386**

## YORK



Priced to sell!!!! GREAT LOCATION 3/4 mile to Long Sands Beach, nestled in a quiet wooded setting. Year round 3 BR, 1 BA full walkout basement home. Use as vacation retreat or year round. **\$210,000**

**Andy Stotz 207-730-1350**

## Happy Labor Day and Back to School!

Come see and ride the  
RE/MAX hot air balloon at  
Laudholm Farm in September!  
(weather permitting)

[www.yorkmaine.com](http://www.yorkmaine.com)