

York
The Independent

INSIDE: A WINTERTIME SMOOTHIE MADE WITH FRUIT AND SPINACH PAGE 10



The Independent

The hometown voice of the greater York region

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FREE

Jan. 14 - Jan. 27, 2011 Volume 14 ~ Issue 1



Cyan Magenta Yellow Black

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DON'T HIBERNATE!

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No need to hibernate

By **JEFF RAPSIS**
The York Independent

It's winter, in case you haven't noticed. And if you haven't, you must either be wintering down in Florida or a resident of one of York's many cemeteries. Town manager Rob Yandow told me once that York has hundreds of cemeteries within its borders, which I find amazing. Perhaps for a future edition, we'll take you on a tour.

And as I write this, we're in the middle of the Jan. 12 coastal blizzard, and right now it's snowing "to beat the band," a phrase that somehow lives as a way of describing snow falling heavy and fast, though it's not used in any other context. I wonder why?

But when it comes to winter itself, there's no need to wonder. This time of the year is my favorite in New England: even with the shoveling and other cold weather hassles (and heating bills!), there's nothing like getting out on a day after a heavy snowfall, breathing in the cold air, locking my boots into the old pair of no-wax cross-country skis and heading into the woods.

Here in York, a resort area where summertime is really the main event, such pro-winter thinking is a little weird, I know. Many folks, especially those in seasonal businesses, high-tail it down south about



Jeff Rapis

now, to wait out the brunt of winter in a warmer clime. I can certainly understand that.

But for those of us who stick it out year round, there's no reason to resign yourself to a season of hibernation or hunkering down.

Winter is a great time to get out and get to know your community in a way that's not possible during the height of tourist season. The beaches and coast are totally different this time of year.

To help you make the most of the chilly season, this edition of the York Independent highlights the many things to do in the dead of winter. So in the pages that follow, you'll find all kinds of alternatives to hibernation.

To me, one of the most interesting is on Sunday, Jan. 23: a program at the Old York Visitor Center about Boon Island, a small island about eight miles off of York's coast. We just passed the 300th anniversary of the infamous wreck of the Nottingham Galley, in which the survivors resorted to cannibalism before they were finally rescued.

To me, the island and its granite lighthouse, tallest in New England, are a part of what makes York a special and unique place. The lighthouse (now automated and unmanned), standing firm for 150 years against Mother Nature's worst, now faces preservation challenges. There's no guarantee it will endure, but its eventual demolition is all but a done deal if we forget it's out there.

So attend and get familiar with an important part of York.

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COURTESY PHOTO

On Saturday, Jan. 8, a female red and white Pekingese mix, weighing 12 pounds, and approximately six months to one year old (pictured above) was stolen from the Animal Welfare Society in West Kennebunk. The dog, a female red and white Pekingese mix, weighs approximately 12 pounds. She was last seen wearing a pink collar. The AWS is asking for the public's help in bringing this dog back to the shelter safely. If seen, please do not approach the person with the dog, but rather, call your local police department immediately. A reward is offered for the dog's return.

COMMUNITY BRIEFS

YORK TO CELEBRATE MLK DAY

Monday, Jan. 17 will be York's second annual MLK Day celebration in honor of Martin Luther King's life and teachings. York's program is one of thousands being celebrated around the country on the national holiday honoring Dr. King. The York MLK Day of Service will be both educational and entertaining—and will help us be more aware of our responsibility to work toward a more just and inclusive society. A historical reenactment of the story of former slave Harriet Tubman will be presented by Gwendolyn Quezaire-Presutti. This one-woman show describes Tubman's struggle, courage and endurance in her fight for freedom and in her heroic role in the Underground Railroad.

Quezaire-Presutti's performances, which are for adults and children, have been described as "spellbinding, captivating and riveting" as they take the audience back to the time of slavery in America. With skill and imagination, Quezaire-Presutti de-

picts the enormous courage of many who risked everything to be free. Following the enactment, Julie Weiss, Ph.D., an education specialist in human rights, will lead an interactive discussion about the ability of ordinary people to make a difference in the world, and the meaning of privilege in relation to responsibility.

The program begins at 9 a.m., at the York Middle School. Children and adults are welcome. The cost of entry is a pair of new or barely used mittens or winter hats for families in need or one item of food for donations to the York Food Bank.

First winter market of '11 set for Saturday, Jan. 15

The next winter farmer's market in York will take place Saturday, Jan. 15 at Fosters Downeast Clambake in York Harbor. Participating will be: Archer Angus, BCS Designs, Borealis Breads, Buddha's Burning Buns, Chefs Cove Café, Chop Chop – Tom Eaton,

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This is the first year presenting a winter version of the summer farmer's market and it has already grown, both in vendor participation and customer attendance, in the past two months; everyone involved wishes to thank the public for supporting the local farmers, food-producers, artists & artisans.

For more information about the Winter Gateway Farmers Market, visit www.gatewayfarmersmarket.com or contact Steph at the Greater York Region Chamber of Commerce at 363-4422.

York Public Library prepares for Preschool-Age Fair

The York Public Library will host its 6th Annual Preschool-Age fair on Saturday, Jan. 22 from 10 a.m. until Noon. Participation is open to all local preschools, child care and enrichment class providers to preschool-age children. The fair is a great occasion for parents to get their children connected to the many learning opportunities available in our community. Previous fairs have included many child care and preschool placement offerings as well as enrichment programs such as music, yoga, dance, art, sports, and literacy. The York Public Library is located at 15 Long Sands Road in York. For information and registration, please contact Kathleen Whalin, Children's Librarian, at 363-2818.

Don't miss Boon Island Day on Sunday, Jan. 23

The public is invited to a special Boon Island Day event at Old York's Visitor Center at the Remick Barn in York, on Sunday, Jan. 23, at 1 p.m. Five guest speakers will focus on the history of Boon Island, a remote, barren outpost about eight miles from the shores of York. The event is sponsored by Museums of Old York, with the assistance of the American Lighthouse Foundation (ALF).

Jeremy D'Entremont, author and president of ALF, will present an overview of the history of the island and its lighthouse, established in 1811. Bob Trapani, executive director of ALF, will speak about his first hand experience with the lighthouse, which is under ALF's care. Maine author/historian William O. Thomson will discuss the colorful human interest stories of Boon Island Lighthouse keepers and their families. Stephen Erickson of Portsmouth will discuss his surprising conclusions reached in his book on the infamous 1710 Nottingham Galley shipwreck at Boon Island. The event is expected to last about three hours. Admission is \$10, and refreshments will be served. Call 363-4974 for more information. The storm date will be Sunday, Jan. 30.

Village Elementary School registration now underway

Registration at Village will be ongoing throughout the month of February. Daily Office Hours are 7:30 a.m. until 4 p.m., evening hours on Wednesday, Feb.

9: 6 until 8 p.m. Registration packets can be picked up at the Village Elementary School Office or downloaded from www.yorkschoools.org/ves.

To be enrolled in kindergarten, your child must be 5 years of age on or before October 15, 2011.

For all registrations, please bring in the original birth certificate and proof of residency.

Appointment for Kindergarten Screening and a review of Medical Records will be made when the kindergarten registration packet is returned. For more information or assistance, please call the Village Elementary School Office at 363-4870.

Fuel & More to host chilly clam bake

To get an idea of what it's like to have no heat, Kittery's Fuel & More Program, will host a New England Clam Bake outside on Saturday, Mar. 26 at Captain & Patty's (formerly Capt. Simeon's) in Kittery Point. For those who get too cold, seating is available inside the restaurant.

The meal, which is cooked on seaweed, includes a cup of chowder, steamers & mussels, 1 1/2 lb. lobster (or chicken), corn, roasted red potatoes, roasted onions, roasted sweet sausage & blueberry cobbler. There will be a cash bar, entertainment & fire pits. Social hour will be 5 to 6 p.m., with dinner served at 6 p.m. Additionally, there will be gift baskets to be raffled off.

Cost is \$40 per person and tickets may be purchased at the Kittery Town Offices or by calling 475-1313 or 439-6338. Tickets will be on sale until Thursday, Mar. 17. All proceeds will benefit Kittery families with their heating needs.

York Adult Ed offers new courses this winter

Along with course favorites, many new classes are being offered this winter by York Adult Ed including offerings in cooking from soda making at home to healthy comfort foods for those cold winter nights. If you are looking to try a new art class, several opportunities are starting in the next couple of weeks including watercolor painting, oil and acrylic painting, as well as knitting and crochet.

If this is the year you have promised to learn some new technology, many computer classes are offered including Microsoft Excel, Microsoft Word, Quickbooks and the ever popular - Computers for Grown-ups. If your resolution was to get in shape, several fitness classes include Zumba to Yoga are offered. For those of you who enjoy walking, but not when it is icy and cold, Walking in a Winter Wonderland is back. Are you looking to save money in the New Year? Consider taking Couponing 101, or How to Reduce your Home Energy Cost. You could also save money on doctor's visits and missed work by taking Surefire Natural Methods to Prevent Colds and Flu. Perhaps you are just looking for a new hobby—why not try classes on Beekeeping, Guitar, Weekend Navigator, Italian, Voice-Overs and even the Art of Happiness. Full descriptions on all classes can be found in the brochure. Register on line at www.yorkadulthoodeducation.org or by calling York Adult Education at 363-7922.

Here's your chance to be named 'Miss Maine'

Are you a woman who needs scholarship money, values excellence, enjoys a challenge, and/or wants to grow personally and professionally? Then the Miss Maine Scholarship Program is for you! Registrations are now being accepted for the 75th annual Miss Maine Scholarship Pageant scheduled for Saturday, June 18 at the Crooker Theater at Brunswick High School. The Miss Maine Scholarship Pageant is the official state preliminary to the Miss America Pageant, the largest source of scholarships for women in the world. All participating contestants in Miss Maine will receive scholarship assistance, while Miss Maine receives more than \$75,000 in cash and in-kind scholarships and prizes. Students may use their scholarships for two year or four year universities or colleges as well as post-graduate or graduate school. Scholarships go directly to the student's college or university. Potential contestants must be a United States citizen, must be between the ages of 17-24 and must be a high school graduate no later than six months after the date of the competition. She must be at least a six-month resident of Maine, must attend a Maine university or college, or must work full-time in Maine. The maximum age to participate in the pageant is no more than 24 years old on December 31, 2011. To obtain a registration form and for additional information about Miss Maine 2011, contact Audrey Findlen at afindlen@maine.rr.com or the Miss Maine Wbb site, www.missmaine.org.

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BOB WILES

Q & A

THE UNEXPECTED ATHLETE

Although there's no scientific data, it's a pretty well-known fact: More New Year's resolutions are broken than fulfilled.

So have you already abandoned yours?

If you need a little inspiration as the cold days of January settle in, just take a look at Bob Wiles, a Kittery dad who transformed himself from soft-and-sedentary to a running machine.

After a shocking encounter with a scale five years ago, he set a goal—and never (quite literally) stopped.

Name: Bob Wiles

Lives in: Kittery

Age: 33

Day job: Semi-conductor manufacturing

How did this all start?

I had been athletic in high school and college, but when I got out of school and got a job, I started putting on weight. Five years ago, I got a scale for Christmas, and I stepped on it after a big Christmas dinner and was horrified to see I was over 230 pounds. I said 'Oh boy, something's gotta change.' I got on a stair climber and an elliptical at the gym, then I started running a bit, and started eating better. At some point, I decided I liked running—it was a way to be competitive. I wanted to see if

I could get in good enough shape to run a 5K in under 20 minutes, which seemed like a crazy goal at the time. From there, the obsessive competitive freak in me came out and I kept trying to see how fast I could get. I'm still trying to figure out what I'm capable of.

How often do you run?

I run every day, usually twice a day, Monday through Friday, and then once

“ I need to be a bit more careful about my training without pushing it too hard. ”

Saturday and Sunday. I get up to 90 or 100 miles a week, when I'm training for a big race. Some people tolerate higher mileage and some are good at the track and running fast. I do best by running a lot of miles.

Had you run much before?

I'd done charity 5Ks where I was basically dying to finish, other than that I'd just run to get in shape for other sports (in high school and college)—and it was viewed as a necessary evil, or sometimes



punishment.

How much weight have you lost?

Right now I'm around 168, so more than 60 pounds.

What other positive health impacts have you experienced?

I just feel better, I have a ton of energy. I surprise myself with how much energy I have. I was lucky to realize (that I had a problem) at 28, rather than 48.

So why running?

I set some small goals at first. As I started realizing that I was able to accomplish them, I got competitive about it, I also got curious about what my limits might be. I started to really set some aggressive goals. Every time I accomplish a goal I set, I pretty quickly set a new one.

What were your initial goals?

The first was to run a 5K in under 20 minutes; at the time, thought I would be flying if I did that, now it's something I do on an easy day. Then I wanted to run a half-marathon in under an hour-and-a-half.

How many marathons/half-marathons have you run since?

I've done a couple of marathons, and some half-marathons, but I still do a lot of 5K and 10Ks in the summer. My first half-marathon was the 2006 Seacoast Half Marathon. I was hoping to be under 1 hour, 30 minutes; I did it in 1 hour, 27 minutes and change. My first marathon was the Maine Marathon in 2007; my goal was to qualify for the Boston Marathon, which required doing it in 3 hours, 10 minutes. I did it in 3 hours, 6 minutes. I did Boston the following spring. But I don't even have too much interest in focusing on the marathons.

What are your future goals with running?

My focus this year is on the New England Road Racing Grand Prix. It's a series of races that range from 5K up through a marathon going all through the spring and fall. It requires you to be in good, versatile overall shape.

Do you usually make New Year's resolutions?

I really don't. I did that first year, but that was just kind of out of disgust of the scale and the mirror. My resolutions for this year are not necessarily all running-related—I want to focus more time on my two boys and my family. As far as

running, one of the things I need to focus on is being more patient. I leaped in pretty wholeheartedly and started training pretty hard. I need to be a bit more careful about my training without pushing it too hard. Realizing you're not invincible, especially when you're running well, is hard to do. It's about balancing a healthy obsession without tipping over into addiction.

A lot of people lose momentum with health and fitness goals—how did you stick with it?

I'm a fairly stubborn person, so once I set some goals, it's hard to derail me. And once I accomplish a goal, I've already got my next one lined up. It's important to keep setting new goals. The thing is that people can give up if the goal seems too difficult, or if they become complacent.

What advice would you offer people to help them be successful?

Being consistent and setting reasonable but challenging goals and sticking to them. It's easy to let something derail

you and say 'This was out of my control.' At some point you have to stop making excuses.

What's your advice on life?

It's important to have some passion

“ I'm a fairly stubborn person, so once I set some goals, it's hard to derail me. ”

about your family and your work—and also about your hobbies. It's important to balance the three things. You have to rank your priorities of family and work, of course, but it's important mentally and emotionally to have hobbies you can be passionate about, as well.

Have a suggestion for someone who could be skewered—er, interviewed—here? Contact Taryn Plumb at tarynplumb1@gmail.com.

YORK LIBRARY

Concert coming on Sunday, Jan. 16

The New Year brings the first of three Winter's Afternoon concerts at the York Public Library on Sunday, Jan. 16 at 3 p.m. This free concert is part of the Live at the Library series, which encompasses drama, poetry readings, and various forms of music and art. Light refreshments will be available during the performance. Peg Chaffe and Cheryl Sager, musicians and writers, return for their second appearance as Nice and Naughty. In addition, the Al Derben Trio will play a mix of swing, jazz, and American standards. The next concert in the series is on Sunday, Feb. 20 with Kathleen Soldati, and Harvey Reid and Joyce Andersen.

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

Events

• **Under the Same Moon**, York Diversity Forum Film Series, Saturday, Jan. 15 at 7 p.m.

Heart-warming story about a mother who leaves Mexico to make a home for herself and her son (Adrian Alonso). When the boy's grandmother dies, leaving him alone, he sets off on his own to find his mother (Kate del Castillo).

• **Seacoast Ruggers Exhibit Reception & Demonstration**, Thursday, Jan. 20 at noon. Seacoast Ruggers will host a reception for their exhibit which will be on display in the Library through February. Members will also demonstrate rug hooking.

• **6th Annual Pre-School Fair**, Saturday, Jan. 22 (snow date: Saturday, Feb. 5) 10 a.m. until Noon. A fun and informative fair to connect you and your preschool-age child to enrichment and childcare opportunities in our community. Parents will find resources while children enjoy hands-on activities at the fair. Anyone interested in participating should contact the library at 363-2818.

• **Frozen River**, York Diversity Forum Film Series, Saturday, Jan. 22 at 7 p.m. Two single mothers risk everything to smuggle illegal immigrants

across the Canadian/U.S. border.

• **The Secret In Their Eyes**, Winter Film Series, Sunday, Jan. 23 at 3 p.m. Retired Argentinean federal justice agent Benjamin Esposito (Ricardo Darin) tries to find closure for an unresolved homicide case that has haunted him for decades. The film is part cold-case mystery, part long-lost love story, and part thriller set both in the present and in 1970s Argentina under the tight control of its infamous military dictatorship. 2010 Oscar winner – Best Foreign Language Film. Rated R for a rape scene, violent images, some graphic nudity and language. 129 mins. (2009) (Argentina) In Spanish with subtitles.

• **Lara Bricker Local Author Series**, Tuesday Jan. 25 at 7 p.m. Lara Bricker, author of *Lie After Lie: The True Story of a Master of Deception, Betrayal, and Murder* will speak about her book. Julie Keown had a great job, financial security, and a perfect husband who was attending Harvard Business School. But after Julie suddenly died, and doctors discovered she's been poisoned with the main ingredient in antifreeze, her parents began to suspect that her husband, James, was not so perfect. This blow-by-blow account shows how investigators and state police unraveled James Keown's chilling web of deceit.

• **Letting Go: On Death and Dying**, Saturday, Jan. 29



(Snow date Sunday, Jan.30), 11 a.m. York Hospital, York Public Library, and Hospice of York are pleased to present a panel discussion on What should medicine do when it can't save your life? The discussion will be moderated by neurologist, Dr. Patricia Locuratolo. Other participants are: Dr. Robert Horowitz (Oncologist), Dan Thornhill Esq. (Lawyer), Dr. Henry Guertin-Ouellette (retired Psychologist), and Johnna Shennett, RN (Hospice & palliative care nurse from Portsmouth Regional Hospital). The discussion will focus on the article, "Letting Go: What should medicine do when it can't save your life?" by Atul Gawande. Copies of the article can be picked up free of charge at the Library. The article can also be accessed on line at: <http://tinyurl.com/39px4fn>. While not required, reading it in advance would enhance your experience.

• **God Grew Tired of Us**, York Diversity Forum Film Series, Saturday, Jan. 29 at 7 p.m. This film follows three Sudanese boys, refugees from Sudan's bloody civil war, as they try to adjust to life in the U.S. Coming from unspeakable conditions, young witnesses of unspeakable horrors, their honesty and goodness is unquestionable. And so the question raised is, "What conditions create a civilized society?" 2006 Sundance documentary prizewinner.

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 Kittery Art Association presents Reflections**, an all-member art show, from Saturday, Jan. 15 through Sunday, Feb. 6. After much New Years revelry, enjoy these purely inspiring Reflections. This all-member show includes many images of refreshing creations, done in a variety of media. The public is invited for the Art Opening on Sunday, Jan. 16 from 4 to 6 p.m. The gallery is located at 8 Coleman Ave., Kittery, off of Route 103. Winter Gallery hours are Saturdays Noon until 6 p.m. and Sundays Noon until 5 p.m. To learn more about the KAA and upcoming events, call the gallery at 451-8384 or visit www.kitteryartassociation.org.

• **Call for Art: Regional & State**, Invitational and Juried, exhibition, all media, all themes. Deadline: Thursday, Jan. 20; Drop off: Saturday, Jan. 29; Pick up: Saturday, Apr. 16. Two cash awards, all fee free, insured. (Public space, no nude figures exhibited). Gallery at 100 Market St, Portsmouth N.H., prospectus required. E-mail: maskmakernh@gmail.com, (prospectus in subject line) or 100 Market Group, Ltd., PO Box 1267, Portsmouth, NH 03802, Attn.: Michael J. Simchik.

• **Jazz Breakfasts at the Portland Museum of Art**,

7 Congress Sq., Portland, Sundays, Jan. 30 through Apr. 3, 10:30 a.m. until Noon, concerts are free with museum admission. Jazz breakfasts are a longstanding and popular tradition at the museum and offer a blend of traditional favorites, new trends, and everything in between. The Museum is proud to showcase Maine musicians. For more information: 775-6148, www.portlandmuseum.org.

• **The Art of Icon Painting** workshop will be offered at St. George's Episcopal Church, 407 York St., York Harbor, Thursdays: Feb. 3, 10, 17 and Mar. 3 from 10 a.m. until 1 p.m. The 4-session hands-on workshop for students interested in learning traditional Russian icons, one of the world's oldest and most respected forms of religious art, will feature individual attention and step-by-step instruction from renowned Russian artist, Marina Forbes. The program will include a detailed discussion and demonstration of traditional materials and methods of icon making. Under the direction of the instructor, students will create their own icons using a combination of traditional and contemporary materials and methods. Students will learn about board and painting surface preparation, gesso

application, image rendering, pigments, brush stroke techniques, detailing, highlighting, gilding, Old Slavonic lettering, and varnishing. For more information or to register, call Marina Forbes (603) 332-2255, marina@anylanguage.org or www.MarinaForbes.com.

• **The Maine State Museum** in Augusta marks the 300th anniversary of one of Maine's most storied nautical disasters with a new exhibit of objects recovered from the underwater wreck site of the British merchant ship, the Nottingham Galley.

Loaded with butter, cheese, and cordage, the Nottingham Galley and its fifteen-man crew set sail for Massachusetts from Ireland in September 1710. After days of worsening weather, the Nottingham Galley crashed into a ledge on Boon Island near York's Cape Neddick during the stormy night of December 11, 1710. The men survived but the ship and its contents were destroyed.

The exhibit features one of the ship's nine recovered cannons, along with a cannon ball, wadding, and powder bag. The exhibit's photographs and video show the underwater archaeology conducted by Dr. Warren Riess of the University of Maine's Darling Marine Center. The exhibit, "The Wreck of the Nottingham Galley," will be on view through March 2011 in the museum's lobby area.



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COVER STORY



DON'T HIBERNATE!

AN ON-TARGET GUIDE TO THE AREA'S OFF-SEASON!

It's January! The holidays are over. The tourists are elsewhere. It's quiet. Even many area residents are elsewhere—somewhere warm, for instance.

But for those of us braving winter on the Maine coast, it's not time to hibernate. Far from it. In fact, winter is a wonderful time to get out and experience all the region has to offer.

Here's a round-up of fun events to get you out of your snow-filled ditch and on the road to making the most of a great time of year.

Local events

• **Blends - The Art of the Winemaker - Wine Tasting at The Clown Friday**, Jan. 14. Stop in between 5 and 8 p.m., to meet Nat Saywell of R.P. Imports and taste selected wines of blended varietals from his portfolio. 659 US Rt. 1 York, next to Meadowbrook Plaza. For more information, call The Clown 351-3063.

• **The Child Abuse Prevention Council of York County** is hosting a wine tasting on Monday, Jan. 17 from 5 to 7 p.m., at the Old Vines Wine Bar on 173 Port Rd., Kennebunk. For a donation of \$25 you will receive a taste of wines from Spain along with some light refreshments and lots of good conversation. The Council provides programs throughout

York County in schools to help children realize that there is help for them if needed. Call the Council at 985-5975 to make your reservations. Space is limited.

• **The 2010-2011 Winter Gateway Farmers Market** will take place on 10 Saturdays between now and March at Foster's Downeast Clambake, York Harbor. Dates are: Saturday, Jan. 15 & 29, Saturdays, Feb. 5 & 19 and Saturdays, Mar. 5 & 19. The market will run 10 a.m. to 2 p.m. and there will be 20-30 vendors each Saturday. The market is free and open to the public. Visit www.gatewayfarmersmarket.com or call the Greater York Region Chamber of Commerce at 363-4422 for more information.

• **Free seminar at Kittery**

Estates, 220 State Rd., Kittery on Wednesday, Jan. 19 at 6 p.m. Come learn about a little known VA benefit that you could be eligible for if you are a Wartime Veteran or Surviving Spouse of a Veteran. You could be entitled to a significant monthly income, ranging from \$1,056 to \$1,949 per month from the Veterans Administration.

• Visit the **Wells Reserve at Laudholm** for their educational program Gulf Oil Spill - A Practitioner's Point of View on Thursday, Jan. 20, Noon to 1 p.m. Rachel Carson National Wildlife Refuge sent nine individuals on Gulf assignments after the BP oil spill. Join Ward Feurt, Refuge Manager, for a nuts and bolts view of the training, regulations, working conditions, and overall results of the Fish and Wildlife mission to recover oiled birds and to collect and document dead birds. Suggested donation of \$2/person. Pre-registration is not required. For more information: www.wellsreserve.org.

• **Family Contradance Series**, fourth Saturday of each month, next dance: Saturday, Jan. 22, 6:30 p.m. to 9 p.m., The Community House, Temple St., Kennebunkport, featuring

the Ti'Acadie Band with caller Bill Olsen. All dances are taught & all ages and abilities are welcome. Admission: Adults \$7 / Kids \$2, \$16 max per family, snacks and drinks for sale.

• Upcoming events at the **York Elks Lodge**, 1704 US Rt.1, York, 361-2788: Saturday Jan. 15: Rodger's famous \$10 haddock or chicken dinner, 5 p.m.; Sunday Jan. 16 & Sunday, Jan 30: best \$5 breakfast in town, 8:30 until 10:30 a.m.; Sunday Jan. 23: Chicken Shoot, 1 p.m.

• **Singles dance every Friday at Daniels Hall**, Route 4, Nottingham, N.H., 8 p.m. until Midnight. Dance is BYOB, casual dress, \$12 admission, which includes a free hot buffet and drink set-ups. Non alcoholic drinks are available. Smoking on outside patio. For more info visit: www.singlesdanceparties.com or call (603) 942-8525.

• Every Monday, Wednesday, and Friday, the Ogunquit Chamber of Commerce sponsors a **Guided Historical Walking Tour** of Ogunquit. Learn about the 350-year history of Ogunquit, the creation of Perkins Cove, and the establishment of the Marginal Way and Ogunquit Beach as public

areas. Tours meet at Katie's at 261 Shore Road, Ogunquit, at 9:30 a.m., and last approximately two hours.

• **The Ogunquit Fire Company Museum**, Firemen's Park at the corner of Shore Road and Cottage Street, Ogunquit, is open 24 hours a day, and features a steam pumper and other fire memorabilia.

Theatre, shows

• **Salon Night Saturday**, Jan. 22, 7 to 9 p.m., at The Red Door Pottery Studio, 44 Government St., Kittery, featuring The Press Room Beat Night performer, jazz musician, poet and hockey goalie, Bruce Valley. Free and open to the public; donations are encouraged for Footprints, Kittery's Food Pantry. For more information: 439-5671, www.reddoorpottery.com.

• **A Winter's Tale**, a three-part spoken-word series featuring autobiographical tales told without notes before a live audience, returns to The Red Door Lounge and Martini Bar, 107 State Street, Portsmouth, N.H. for Winter 2011. Show Dates: Sunday, Jan. 23, Sunday, Feb. 20 and Sunday, Mar. 20. Doors open at 6 p.m.; space is limited; first come, first served. Each night, hear a variety of short, unscripted true-life stories told onstage by local personalities. Admission is \$8; advance ticket sales are available at RiverRun Bookstore. Proceeds from the event go towards Seacoast Local's (H)JEAT campaign, which provides heating and food assistance to local people in need, and the Blue Ocean Society for Marine Conservation.

• Pontine Theatre will stage **Thornton Wilder's Our Town** at its West End Studio Theatre, 959 Islington St., Portsmouth, N.H. from Friday, Jan 28 through Sunday, Feb. 6. Tickets are \$24 (\$3 discount for seniors and students) and may be purchased at www.pontine.org; the theatre is fully accessible with private parking. For more information, call (603) 436-6660, or e-mail: info@pontine.org.

• **Lyric Music Theater**, 176 Sawyer St., South Portland presents Rent Friday, Feb. 18 through Saturday, Mar. 5, all tickets \$19.99 and available at www.lyricmusictheater.org or by calling 799-1421.

• **The Music Hall Presents Jane Monheit**, jazz vocalist, on Friday, Feb. 11 at 8 p.m. Tickets are \$42, \$36 and can be purchased at The Music Hall box office at 28 Chestnut Street, Portsmouth, N.H., by phone at (603) 436-2400, or online at www.themusichall.org.

Books & literature

January 2011 Events at RiverRun Bookstore, 20 Congress St., Portsmouth, N.H. All events are free and open to the public unless otherwise noted. For more information on events, visit www.riverrunbookstore.com or call (603) 431-2100.

• Monday, Jan. 17, 7 p.m., **Local Authors Night** at RiverRun Bookstore. In "Lead Poisoning" by J.E. Seymour; fugitive mob troubleshooter, Kevin Markinson, thinks New Hampshire is the per-

fect place to retire with his family, but his family doesn't want to see him. In *Changing Tides*, by KD Mason, this taut page-turner in the Jack Beale mystery series is set against the beautiful backdrop of coastal New Hampshire and the azure waters of Belize. In *The Loyalty Factor*, by Dianne Durkin, "Loyalty Factor's newly released book offers business leaders proven methodologies to recharge and reenergize their organization for ultimate success, productivity and profitability," says Dianne Durkin, founder of Loyalty Factor™, LLC.

• Thursday, Jan. 20, 7 p.m.: **Mira Bartok reads** from her new memoir, *The Memory Palace*, a breathtaking literary memoir about the complex meaning of love, truth, and the capacity for forgiveness among family.

• Sunday, Jan. 23, 7 p.m., (doors open at 6 p.m.) at **The Red Door: A Winter's Tale** returns to Portsmouth N.H. for a second season. Three Sunday evenings, once a month in January, February, and March, for a 21st century campfire of true stories told live, no notes, no net. This series is produced by Michelle Moon and Steve Johnson, and co-sponsored by The Red Door and RiverRun Bookstore. Ticket price TBA.

• Monday, Jan. 24, 7 p.m., **Socrates Exchange** meets at RiverRun Bookstore. The public is welcome for a lively town-hall style discussion using the Socratic Method. The group will be following along with the topics being aired on New Hampshire Public Radio. Please note: this group meets at RiverRun Bookstore this month, but will meet at SecondRun Bookstore starting in February.

• Sunday, Jan. 30, 2 p.m., **Elizabeth Atkinson** reads from her new book for middle readers, called *I, Emma Freke*, a charming story about smart, shy, nearly six-foot-tall, 12-year-old Emma, who feels like a misfit at school and at home.

• 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. For more information about The Seacoast Wellness Center, visit www.seacoastwellness-center.com, or call the Center at (603) 531-3130.

Adult education

Wells Ogunquit Adult Education. Details for the following classes or events can be found at www.wells-ogunquit.maineadulted.org. Registration online, by phone 646-4565 with Master Card or Visa, by mail P.O. Box 1650, Wells, ME 04090 or in the office at Wells High School, Route 109, Wells.

Enrich Yourself: Social Security - Get the Facts - Have questions about Social Security? Learn how you earn Social Security credits and understand the statement, benefits for spouses, widows and widowers, and more. Wednesday, Jan. 19, 6:30 to 8:30 p.m. No charge; call 646-4565 to register. Enhancing your Photos With Free Online Tools - powerful websites let you enhance,

crop, rotate, add captions and special effects to your photos, all free! Bring your own digital photos on CD, DVD or flash drive. Mondays, Jan. 24 and 31, 6 to 8 p.m. Fee: \$49. Get Your Book Published - Take your book idea from conception to hardcover. You will receive key information on how to publish, market, and edit your book. Wednesday, Jan. 26, 6 to 9 p.m. Fee: \$19; optional book fee: \$20.

Home & Garden: Your Complete Garden Organizer Record what you have, what you order, what you plan to add and how to take care all of it. Learn when to plant, prune, divide, and how to control bugs and disease. Bring a 3-ring binder and pencil to class. Tuesday, Jan. 25, 6:30 to 8:30 p.m. Fee: \$15.

New York City in April: Looking for a great gift idea? Take your favorite person to NYC April 8-10, 2011. Travel on a comfortable coach where we'll serve refreshments en-route and view movies. Your package includes transportation, lodging and helpful hints. You plan the rest of your trip to make it a weekend to remember. Ages 10 to 17 are welcome when accompanied by an adult. Registration deadline is February 18, 2011.

Health and Wellness

The Cancer Care Center of York County in Sanford will host two open houses: Saturday, Jan. 29 and Saturday Feb. 5 from 10 a.m. until 3 p.m., at

27 Industrial Ave., Sanford. The Cancer Care Center has a patient resource library that is available for any community member to utilize. Patients are urged to visit only the most reliable internet sites such as the American Cancer Society and National Cancer Institute. Volunteers will be available at the Cancer Care Center to assist with any health-related searches. For more information about the winter Patient Resource Library open houses, contact Karen Pierce-Stewart, Executive Director at the Cancer Care Center: 752 1969.

Sacred Circle Dance, Friday, Jan. 28, 7 to 8:30 p.m., Portsmouth Center for Yoga/Arts,

9 Albany St, Portsmouth, N.H. No experience or partner needed. \$5. For more information: (603) 664-2796, amyla44juno.com, www.portsmouthyoga.com.

York Hospital's Yoga Center, located at the Heart Health Institute, offers yoga classes for persons of all abilities. Seated Yoga for those with limited mobility also offered. Instructor Sundie Gentry is one of only eight yoga instructors in the State of Maine to be credentialed and certified by the Iyengar Yoga National Association of the United States (www.IYNAUS.org). Iyengar Yoga encourages proper alignment to improve one's posture, flexibility and strength as well as regulated breath work to help with relaxation and stress

reduction. Class times are: Level I – Tuesdays & Thursdays: 4:30 to 5:30 p.m., Yoga Level II – Tuesdays: 9 to 10:30 a.m., Seated Yoga – Tuesdays: 3 to 3:30 p.m. The Yoga Center at the Heart Health Institute is located at 127 Long Sands Road, York. Call 351-3700 for more information. For new participants, your first class is free.

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.

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.

OUTDOORS LISTINGS

Send us your outdoors listings!

Got a road race, hike, or other outdoor activity coming up? Send the info to yorkindependent@gmail.com. Listings run on a space available basis.

• Sunday, Jan. 16, 12:30 p.m.: **Jimmy the Greeks Frozen 4-Miler**, Jimmy the Greeks Brick Oven Restaurant, 215 Saco Ave., Old Orchard Beach. A four-mile race at the warmest point on a winter day. Free pizza and drink specials. Contact Tony Myatt, Old Orchard Beach Recreation Department for more info: 934-0860

• Sunday, Feb. 2, 9:45 a.m.: **Mid Winter 10 Mile Classic**, Cape Elizabeth High School, 345 Ocean House Rd., Cape Elizabeth. (Capped at 800, cold, windy, & hilly, chances of survival questionable) Contact: Erik Boucher (Maine Track Club), 210-8655, erik@tri-maine.com.

• Saturday, Feb. 26, 8 a.m.: **The Longfellow February Frostbite 2.5K**, Pearl & Congress Streets/Franklin Park/Portland City Hall, 425 Congress St., Portland. (Closed-course, traffic-free race in the heart of downtown. Contact: Charles Kaufmann (The Longfellow Chorus), P.O. Box 5133, Portland, 232-8920, director@longfellowchorus.com.

• Sunday, March 13, 10:30 a.m.: **St Paddys Five Miler**, Portsmouth, N.H.. Paddys American Grille - Pease Tradeport, 27 International Dr.

(flat fast course, live music, pint glass to all finishers, post race party). Contact: Todd Hanson (New Heights), 100 Campus Drive, Suite 23, Portsmouth, N.H., 03801. (603) 235-4438, hanson4@comcast.net

• Saturday, March 26, 11 a.m.: **Race 2 the Point**, Scarborough, Blue Point School, 174 Pine Point Road (Includes Kid Fun Run, Scenic Route, Prizes and Post Race Refreshments). Contact: Jill McFarland (Moms in Motion), Pine Point Rd, Pine Point, Scarborough, 409-7984.

• Sunday, April 3, 10 a.m.: **Federal Jacks 5 Miler**, Consolidated School, 25 School St., Kennebunkport. (Beautiful course past George Bush's Compound at Walkers Point) Contact: Jim McCorkle, 865-4501, Fiveksport@aol.com.

• Sunday, April 17, noon: **82nd Annual Boys and Girls Club Patriots Day 5-Miler**, Portland Boys and Girls Club, 277 Cumberland Ave., Portland. (Oldest road race in Maine, cash prizes, post race raffle, t-shirts first 500) Contact: Tony Myatt (Boys and Girls Clubs of Southern Maine), 874-1069, Tonedog86@aol.com.

• Sunday, May 22, 9 a.m.:

Kittery Fire Association 5K Run and Walk, Gorges Road Fire Station, Gorges Road, Kittery. (5th Annual 5K run and walk in beautiful coastal Kittery) Contact: Dan Hale (Kittery Fire Association), 332-9125, kittery5K@hotmail.com

• Saturday, June 4, 8:30 a.m.: York Hospital 5K Road & Cross Country Race, Lower Back Parking Lot (Near ER entrance), 15 Hospital Drive, York. (Enjoy a scenic run through village, woods and by the York River! Prizes...) Contact: Jean Kolak Mercer (York Hospital), 351-2385, jkmercer@yorkhospital.com.

Ongoing

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.

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Local Flavor

THE BARN: WHERE CONSISTENCY

Route 1 restaurant stalwart approaches four decades in business

By SARAH GRANT
The York Independent

For the past 38 years, every morning at 5 a.m. the restaurant has been open, Betty Weaver has tirelessly baked breads and desserts in the kitchen. Owning a restaurant—a good and reliably consistent restaurant—requires endless hours of quality effort.

Even after hours of cooking and baking, it demands that the owner be present to taste the food; check in deliveries and make sure products are fresh; assure customer satisfaction; pay the bills, manage the employees; and count the cash register drawer. The unassuming, diligent Betty Weaver does all that.

Long-time residents know the place as the Lobster Barn, but a few years ago, a new sign went up over the parking lot: “The Barn, Seafood and Grill.”

Although Betty had been contemplating the name change for a few years, in practical Maine Yankee style, she didn’t actually change the name until a truck driver stoved down the original sign and it had to be replaced.

“The word ‘lobster’ defined us as mostly seafood and lobsters, which at that time, were expensive,” Betty said. “We have had a large menu with steaks, prime rib, chicken, burgers, sandwiches and more. Therefore, I think many potential customers just drove by and didn’t stop. The new name seems to be working; we are getting a lot more families and people who don’t want seafood.”

If you ask me, other than the name and an expanded menu, very little has changed at the Barn over the last 30-some years. The warm and comfortable dining room still features all the beautiful post and beam barn décor and fixtures lovingly installed by the original ownership crew of Betty, her husband Ted and Peter Thompson, who removed the original wood, frame and all, as well as the farm tools, from an antique barn that was originally on Shore Road.

They fashioned tables from wide barn boards and copper, and thoroughly urethaned them so that they gleam today as they did nearly 40 years ago.

“What was here before was the Pine State Diner,” Betty recalled. “The bar is

the original diner eatery where there was a counter with stools. The main dining room was the storage room and the kitchen is exactly where the old kitchen was.”

The entire building was greatly renovated when it became the Lobster Barn. You would never suspect that any other establishment had ever stood there. Additions have doubled the size of the bar and a newish entryway keeps the winter chill at bay. There is a charming wrap-around dining room to augment the main dining room, replete with farm tools, small machinery and memorabilia adorning the walls and corners everywhere you look.

I do miss the salad bar. It had all homemade Waldorf salad, coleslaw, macaroni and potato salads, several homemade dressings, bountiful baskets of Betty’s breads, a couple of choices of greens and all the edible accessories to make a nice tossed salad.

How do I remember all the details of a salad bar that was retired more than two decades ago? My first food-related job was as “salad girl” at the Lobster Barn when I was in college. I remember the herbal details of the recipes that Betty had authored at the restaurant’s



SARAH GRANT PHOTO

The interior of the Barn hasn’t changed much in the nearly 40 years it’s been serving customers on Route 1 in York.

inception. I mixed the salad dressings and combined the starches and freshly chopped vegetables for the combination salads, and kept the salad bar stocked during lunch and dinnertime.

Some of the salad bar stars disappeared with the buffet’s demise, but you can still choose from Betty’s homemade dressings (including the often-desired-but-difficult-to-find Russian dressing) or get her delicious coleslaw on the side. The tartar sauce is the best homemade variety I have had in any area restaurant.

As compensation for the long-gone salad bar, diners enjoy an “endless” garden salad with any entrée, served family style for the entire table (if the entire

CONTINUED ON PAGE 10

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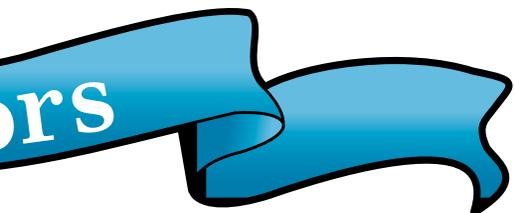
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January 20 at 6pm "La Trattoria"
1st Course: Fried Artichoke Hearts.
2nd Course: Grilled Romaine, Egg & Shaved Asagio Cheese.
3rd Course: Baked Ziti & Sausage.
4th Course: Pan Roasted Haddock Trattoria over Risotto.
5th Course: Tartuffata Cake, Coffee/Tea.

Feb. 24 at 6pm "Amore" Celebrate Valentine's Day Twice!
1st Course: Vegetable Napoleon Risotto Cake.
2nd Course: Spinach, Strawberries, Goat Cheese Salad.
3rd Course: Homemade Gnocchi Pomodori.
4th Course: Tenderloin Tips, Portobello Mushroom & Gorgonzola Cheese Demi-Glaze.
5th Course: Fresh Fruit & Warm Chocolate For Dipping, Coffee/Tea.

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Cyan Magenta Yellow Black

table orders entrees, that is). A basket of Betty's fabulous homemade molasses oat and white breads arrives at every table when the server first greets customers. If you particularly like the bread, you may purchase it by the loaf on the way out.

The seafood is a chapter all by itself. Since the beginning, the Barn has purchased all its fish, seafood and lobster directly from the fishermen. When I was the happy hour bartender at the Barn (my second job there), I remember the anglers bringing in their day's haul and then kicking back in the bar with a few beers. That remains the standard practice.

So not only is the seafood the freshest possible, it is also some of the most reasonably priced around. For example, the five-ounce whole-belly fried clams are still \$11.95 (market price) since last summer. Compare that to the \$16 or \$18 price tag at nearby competitors.

"I shop around for the best price," Betty said, "and bargain with purveyors to keep my menu's quality consistently high and the prices consistently low." Another excellent value example is the crab and breading stuffed (fresh) haddock for \$15.95. Every entrée comes with a choice of endless garden salad (homemade dressings) or the soup du jour, a number of starch choices, or coleslaw. Betty or her chef of 17 years, Bernie Lontine, makes

“The new name seems to be working; we are getting a lot more families and people who don't want seafood.”

every side, sauce and soup completely from scratch. Save room for dessert. That menu features no fewer than seven regular items, as well as the Baker's daily whim(s), for \$4.25 each. The blueberry pie is exceptionally good. Betty uses her mother's all-butter pastry recipe and lightly dusts the exterior of the two-crust pie with sugar, cinnamon and nutmeg. Inside the pie is chock full of nothing less than Maine blueberries with that distinctive wild berry flavor. Each serving must be a full sixth of a large, deep-dish pie, certainly enough for two. Other choices include cheesecake, apple crisp, brownie hot fudge sundae, chocolate cream pie and traditional Indian pudding. Dessert specials the day I dined at the barn were chocolate-raspberry cheesecake and chocolate bread pudding: something for everyone.

If I haven't convinced you yet that the barn is great destination for winter dining, consider giving it a try on Wednesday or Thursday night when you may choose all the fried haddock you can eat or all the clam strips you can eat (any evening) for \$11.95 for a complete dinner with all the choices listed above.

The Barn is located at 1000 U.S. Route 1, York. Give them a call at 363-4721. Winter Hours are Wednesday through Friday from 4 p.m.; Saturday and Sunday, the Barn opens at noon. Look for Betty; she will be there. It would not be The Barn without her.



SARAH GRANT PHOTO

Hand-built booths, crafted from old salvaged barn lumber, continue to hold up at the Barn, a popular Route 1 restaurant open year-round.

FOOD

GOING GREEN AT THE TABLE

Recipe ideas to help you stay healthy through the winter

By SARAH GRANT

The York Independent

In the past couple of months, we have been turkeyed, gravied, and stuffed. We have been thoroughly desserted, eggnogged and punched ad nauseum. We have no doubt individually consumed enough sugar, butter and animal fats to sate a small family in any third world country for a year.

I don't know about you, but I am craving lighter meals, much less sugar and fat, and I am already practicing the pushing-away-from-the-table diet plan. I want more green on my plate.

Salads are always a great addition to, or even substitution for, a large dinner, but honestly, they get a little repetitious. Besides, in the winter our bodies crave hot foods. We don't want to cool down our cores with too many cold entrées. So try adding some of the many winter greens abundantly available at the super or the winter farmers' market to your meals.

"Isn't escarole bitter?" you inquire. "Kale, yuck," you say? When cooked, particularly when they are sautéed, bitter greens are caramelized. The heat of cooking converts their sugars and the greens sweeten considerably. They become much more palatable and add a great deal of flavor as well as nutrition to recipes that you might already be preparing.

Beet greens

Beet greens are a two-for-one bargain. Buy fresh beets with greens attached and in fresh shape: crisp stems and unbruised leaves. You can wash and chop the leaves and stems and add them to any soup, canned or homemade. Let them cook for a couple of minutes before you serve. One-half cup of cooked beet greens packs at least seven vitamins, eight minerals, as well as, being a good source of protein and fiber at 4 grams of each and only 39 calories. Then you still have the beets left to roast or boil and use in salads or as a side vegetable. Both the greens and the beets are highly anti-inflammatory.

Escarole

For centuries, Belgians have added escarole to potatoes before mashing them. They are sweet and delicious when allowed to simmer for a couple of minutes with the potatoes just before draining. Escarole is a bitter, but tender green, so it is also tasty in salads. Pair it with nuts and fruit or toss it with a sweeter dressing for complex flavor.

Escarole is an excellent source of vitamin K and a good source of folate and manganese. Current research studies suggest that high insulin and fiber content in escarole helps reduce high glucose and LDL cholesterol levels in diabetics and obese patients. Escarole is an excellent source of Vitamin A and a good source of beta-carotenes which make it an effective antioxidant.

Please try this at home:

Mashed Potatoes with Escarole

Gold potatoes have an intrinsic buttery flavor. Boiling them in chicken stock adds another dimension of flavor. (Vegetable broth works well, too.) Skip the butter this time, but



SARAH GRANT PHOTO

An easy-to-make "high fiber frittata" is one way to keep a healthy variety of greens in your wintertime comfort food diet.

mash in a generous amount of sour cream instead to add richness with less fat.

- 2 lbs of Yukon Gold or organic Maine gold potatoes
- 1 scant Tablespoon of Better than Bouillon Chicken Base
- Enough water to cover potatoes in saucepan
- ½ teaspoon salt
- 4 to 5 cups roughly chopped escarole
- 2/3 cups sour cream

Wash potatoes and cut them into eighths. No need to peel the thin skins; they add flavor, minerals and fiber to the final product. Place in pan and add enough cold water to cover potatoes. Add salt and Better Than Bouillon Chicken Base or substitute low sodium chicken broth for half of the water. Cover and bring to a boil, then reduce heat to low boil. Cook for approximately 10 minutes or until potatoes are just fork tender. Add chopped escarole and turn off heat. Let steam for a couple of minutes stirring once. Drain potatoes and escarole. Mash in sour cream and season with salt and pepper to taste. Serves four to six.

Spinach

We all know the benefits of spinach. As kids, Popeye taught us everything we needed to know. But, you grown-ups may be interested in the fact that spinach is rich in vitamin A (and especially high in lutein for eye health) and vitamin C. It contains a healthy smattering of vitamin E, vitamin K, magnesium, manganese, folate, betaine, vitamin B₂, calcium, potassium, vitamin B₆, folic acid, copper, protein, phosphorus, zinc, niacin, selenium and omega-3 fatty acids. Spinach is also a good source of iron, with as much as 6 grams of readily available iron in a cup of raw spinach. How much iron your body absorbs depends on consuming extra sources of vitamin C with the spinach.

Green smoothie

Here is a wintertime smoothie recipe that includes 1 cup of raw spinach as well as vitamin C packed winter tropical fruits: mango and pineapple. The fruits, by the way, completely mask the flavor of the spinach.

I highly recommend Brookford Farm low fat yogurt for this recipe. It comes from the milk of their grass-fed cows, so it is already rich with all kinds of green diet benefits—for example vitamin E, beta-carotene, and the healthy fats Omega-3 and CLA (conjugated linoleic acid). Brookford Farm is located at 70 Sligo Road, Rollinsford, N.H., just over the Route 4 bridge from South Berwick. The farm store is self-serve and open roughly from dawn until dusk. Visit their Web site brook-

fordfarm.com to read all about their grass-fed cows and other pasture raised livestock as well as the newest list of fresh products.

- 1 cup raw baby spinach
- 2/3 cup pineapple, fresh or frozen
- ½ cup mango, fresh or frozen
- ½ banana
- 1 cup yogurt
- 1 to 2 Tablespoons agave nectar, honey or maple syrup to taste

Put everything in your blender and purée. Enough for two one-cup servings.

Kale

Kale is one of the nutrition super stars among all vegetables. With a combination of vitamins, minerals, and high fiber, kale is a dieter's dream food. In addition to beta-carotene, an antioxidant believed by many nutrition experts to be instrumental in the battle against cancer, heart disease, and certain age-related chronic diseases, kale also possesses other important carotenoids: lutein and zeaxanthin that help to prevent UV rays from causing cataracts.

Kale is a good source of well-absorbed calcium. It also provides decent amounts of vitamin C, folic acid, vitamin B₆, manganese, and potassium. Its folate and B₆ keep homocysteine levels down, which may help prevent heart disease, dementia, and osteoporosis bone fractures. Kale rocks.

High fiber frittata

A frittata is an Italian open-face omelet.

- Spray vegetable oil
- 2 or 3 slices of onion, separate into rings
- 1 Cup (packed) escarole, medium chopped
- 2 Cups (packed) Kale, medium chopped
- ¼ Cup parsley, chopped
- Pinch of salt, pepper to taste
- 4 eggs beaten
- 2 T goat cheese

Spray medium skillet with vegetable oil spray. Heat over medium heat. Add onion rings and sauté until transparent. Add washed escarole, kale and parsley and stir occasionally to sauté until limp. Sprinkle with salt and pepper. Remove from pan and set aside. Wipe out pan and re-spray with vegetable oil. Turn down heat to low and add half of beaten eggs. Occasionally lift edges of frittata with heat resistant rubber scraper and tilt pan to allow uncooked egg to run under the omelet. Cook until solidified. Add half of sautéed greens and half of goat cheese to top of omelet. Slide frittata out of pan and onto plate to serve.

Make two frittatas. Buon appetito.

THE WIFE WINS THIS ONE



Dear Tom and Ray:

My husband, a dear, loving Englishman, drives with one foot on the brake and one foot on the gas. At a red light, the poor car is trying desperately to move forward, as told by the right foot, but is being held prisoner by the left foot. It's a terrible thing to experience, and takes every ounce of my being to stay silent (the last time I tried to explain the damaging factor of this type of driving, he started with the societal differences between the U.S. and England, his father blah blah and then something about the queen). So I gave up. I am just asking/begging you guys to declare that two-footed driving is bad. Really bad. So bad that a person might be deported back to his motherland if he continues to kill an innocent Volvo V40 and psychologically abuse his loving, supportive wife with such behavior. Thanks for your time, guys. I do hope you have a lovely, one-

footed day. — Nikki

TOM: What happened to the good old days, when couples used to argue about easy stuff, like finances and whether to send their kid to reform school?

RAY: If he's actually using both feet at the same time, that is bad for the car. And potentially bad for you, too, Nikki, if you're the passenger.

TOM: If he's "riding the brake" — that is, resting his left foot on the brake while he's accelerating — he can easily overheat the brakes. And when brakes overheat, they stop working. That's bad, right?

RAY: Even if he doesn't overheat the brakes, he'll surely wear them out faster. He'll also be activating his brake lights when he's not intending to stop. That tends to confuse and infuriate the drivers behind him.

TOM: It also "outs" him as a full-blown geezer. If he's doing that, he might as well slap on a bumper sticker that reads "Follow Me to the Early Bird Special!"

RAY: On the other hand, if he uses two feet — one for the gas pedal and one for the brake — but only uses one pedal at a time, there's nothing wrong with that. Some people just feel that their reflexes are faster that way. Or that's the way they learned to drive.

TOM: It is, however, very difficult to avoid resting your left foot on the brake. Try it yourself. Your leg will be aching after about five minutes.

RAY: So make a deal with him, Nikki. If

he's willing to go to the gym and strengthen his gastrocnemius, soleus, plantaris, tibialis posterior, peroneus longus and peroneus brevis muscles so he can keep his nonactive foot flexed and off the unused pedal, you'll stop complaining about his driving.

TOM: But if he can't — or won't — stick to only one foot at a time, tell him for queen and country, you're buying him a car with a clutch. That'll give his left foot something productive to do.

Dear Tom and Ray:

Last summer, I was commuting home from work on the highway, and my 1998 Nissan Maxima started to overheat. The temperature outside was 90+. The engine started heaving, so I had to pull off the interstate and sit for a while, waiting for the engine to cool. Incredibly, right next to where I stopped, I found a 40-ounce bottle of Schlitz Malt Liquor, unopened. My inclination was to pour the beer into the radiator; however, my 19-year-old son advised against it, thinking it might damage the cooling system. Seeking a second opinion, I called my 24-year-old son, who also thought I was crazy. I took their advice and waited for a tow truck, but I think it would have been OK to use. What do you think? — Bob

RAY: I think it would have been OK in a dire emergency, Bob. If you had been stuck in Death Valley, with the sun beating down on you and the coyotes circling, sure. Then you pour it in and hope for the best.

TOM: It's mostly water. It's got a little

bit of alcohol in it, which used to be used as antifreeze. The carbonation isn't really a problem, because under pressure in the cooling system, that would flatten out. But the hops and barley and molasses and day-old soup, or whatever else they put in there, probably won't do your cooling system any good. And it would have to be drained out once you got back to civilization.

RAY: Plus, when the engine's overheating, you can't even remove the radiator cap until it cools down. In your circumstances, that would have taken at least an hour. The hot coolant is under such high pressure that if you were to remove the cap too soon, it would spray all over the place, scald your face and make you look like my brother.

TOM: And if you're going to have to sit there for an hour anyway, you might as well drink the Schlitz, wait for the tow truck to bring you some real coolant, and save the cost of having to flush out your coolant and replace it the next day.

RAY: And by the way, Bob, I hope you realize how rare it is that "19- and 24-year-old boys," "40-ounce malt liquor" and "wise decision" end up in the same sentence.

If you buy a used car, will you just be inheriting the previous owner's problem? Tom and Ray dispel this and other myths about used cars in their pamphlet "How to Buy a Great Used Car: Secrets Only Your Mechanic Knows." Send \$4.75 (check or money order) to Used Car, P.O. Box 536475, Orlando, FL 32853-6475.

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LOOKING FOR A HOME

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

• **Did you know** the Animal Welfare Society partners with ten retailers to offer satellite adoption centers throughout Southern Maine? Visit Ann-imals Pet Supply store in York, Pet Quarters in Wells, Nature's Gifts in Kennebunk, Petsmart in Biddeford, The Kennel Shop in Saco, Animal Medical Associates in Saco, The Kennel Shop in Scarborough, Paws Applause in Scarborough, Pet Quarters in Scarborough, and Andy's Agway in Dayton to meet all the great animals available for adoption.

Reese

This gorgeous young man is Reese, a two year-old Boxer/Pitbull.



a relaxing walk as much as a thrilling game of fetch. She should do fine sharing a new home with some other dogs and children over the age of eight. Cats are a bit too much for Reese so we will not be asking him to share his new home with any.



Midnight

Meet Midnight, a two year-old black cat.



She's very mellow and prefers taking things at her own pace. She enjoys nothing more than to spend a quiet afternoon napping in a cozy spot. Being over six months of age, Midnight's adoption fee would be waived.

Juno

Meet Juno, a one-and-a-half year-old brown patched tabby cat. Juno is primarily a calm cat, preferring to take a nap in a cozy bed or relax by a window than to run up the walls. However,



she doesn't mind getting some playtime in on occasion, even with other cats.

Sara Jean

This gorgeous gal is Sara Jean! She is a four year-old that has a short brown tiger and white coat. Sara Jean is a great girl and would love to share her new home with most other cats and children of all ages.



Clover

Meet Clover! She is a beautiful three month-old mixed breed bunny, she is a bit timid but very sweet. She can't wait to have an owner who will handle her on a daily basis. Doing this will keep her as friendly as possible.



Jack

Meet Jack, a one-and-a-half year-old rabbit. Jack is a friendly guy and would love to find a home where he can be handled on a regular basis in order to keep him healthy and happy.



Eli

This cutie is Eli! He is a one-and-a-half year-old guinea pig that is searching for the forever home of his dreams.



Reese would love to share his new home with certain other dogs and children over the age of 12. Cats are a bit too much for Reese so we will not be asking him to share his new home with any.

Gary

Meet Gary, a four year-old Greyhound. Gary is a retired racer who is eagerly awaiting a forever home to settle into. Because of his racing past, he's not accustomed to living in a household environment. His new owners will have to be patient with him and help him get used to things like doorbells, stairs, and other common household things.



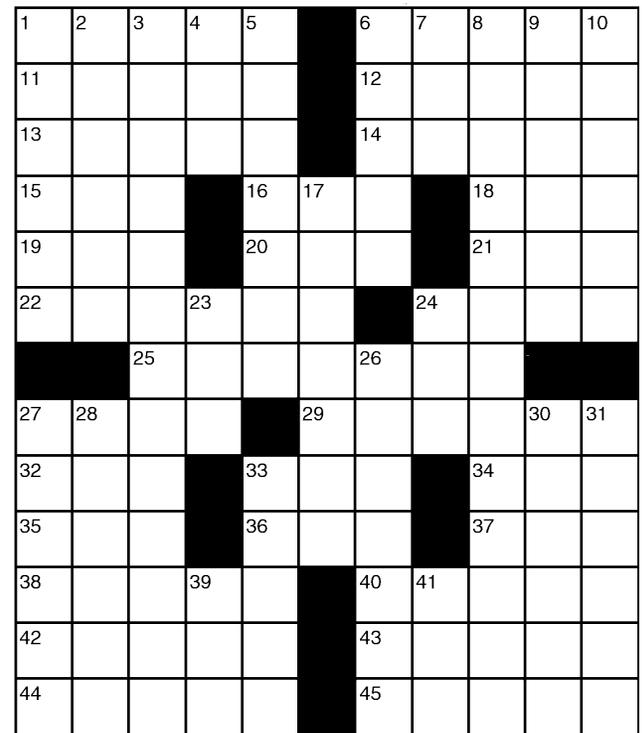
Lilly

Meet Lilly, a three year-old Shepherd Mix. She's very laid back and enjoys

CROSSWORD PUZZLE

ACROSS

- 1 Highway exits
- 6 Yellow gem
- 11 Downloadable read
- 12 Love to pieces
- 13 Fragrant bloom
- 14 Doorstop shape
- 15 Old hosiery
- 17 Spot to jot
- 19 Wall climber
- 20 Galoot
- 23 Broadway's Stritch
- 25 Penalty
- 26 Deb's event
- 28 Torture device
- 29 Screen dots
- 30 Sugar suffix
- 31 Methane, e.g.
- 32 Singing Sandra
- 33 Famed cellist
- 35 Setting filler
- 38 Serving girl
- 41 In any way
- 42 Chip choice
- 43 Virile
- 44 Get some shut-eye



1-14

DOWN

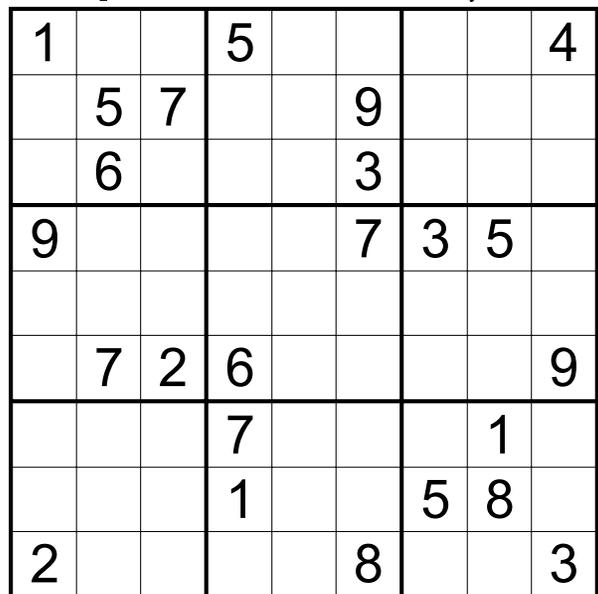
- 1 Gym unit
- 2 Jurist Fortas
- 3 Van Morrison song
- 4 Race runner
- 5 City silhouette

- 6 Light brown
- 7 Some poetry
- 8 Pea's place
- 9 Bol. neighbor
- 10 Last letter
- 16 Give too much
- 17 Director Almod—var
- 18 Assumed name
- 20 Country bar activity
- 21 Surrendering cry
- 22 Gaggle members
- 24 Pen fill
- 25 Phoned copy
- 27 Cuts off
- 31 "Gee!"
- 33 Holler
- 34 Repast
- 35 Toast spread
- 36 Greek vowel
- 37 Pale
- 39 Fidel's pal
- 40 Spring

SUDOKU

Conceptis Sudoku

By Dave Green

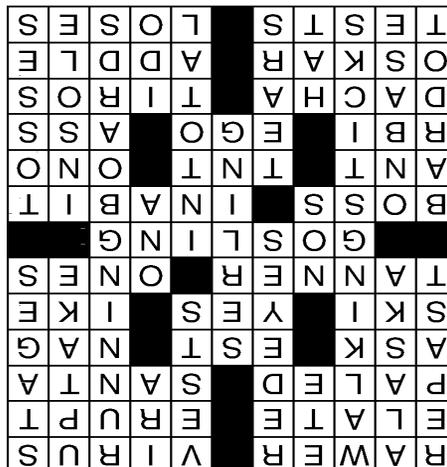


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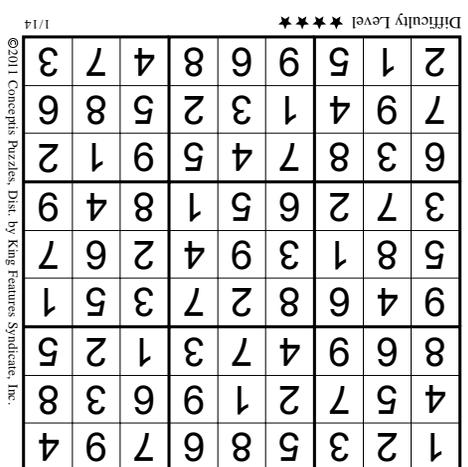
Difficulty Level ★★★★★

1/14

Crossword Solution



Sudoku Solution



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TIDE CHART

York Harbor

Friday, Jan. 14

High Tide, 5:55 a.m.
Low Tide, 6:35 p.m.
Low Tide, 12:34 p.m.

Saturday, Jan. 15

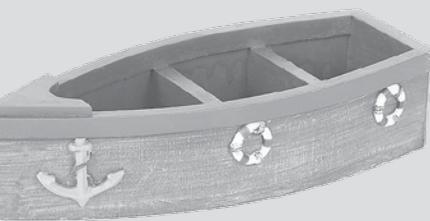
High Tide, 6:49 a.m.
Low Tide, 12:37 a.m.
High Tide, 7:33 p.m.
Low Tide, 1:31 p.m.

Sunday, Jan. 16

High Tide, 7:42 a.m.
Low Tide, 1:32 a.m.
High Tide, 8:27 p.m.
Low Tide, 2:25 p.m.

Monday, Jan. 17

High Tide, 8:34 a.m.
Low Tide, 2:26 p.m.
Hide Tide, 9:16 p.m.
Low Tide, 3:14 p.m.



Tuesday, Jan. 18

High Tide, 9:23 a.m.
Low Tide, 3:16 a.m.
High Tide, 10:03 p.m.
Low Tide, 4:00 p.m.

Wednesday, Jan. 19

High Tide, 10:10 a.m.
Low Tide, 4:05 a.m.
High Tide, 10:49 p.m.
Low Tide, 4:46 p.m.

Thursday, Jan. 20

High Tide, 10:58 a.m.
Low Tide, 4:53 a.m.
High Tide, 11:34 p.m.
Low Tide, 5:31 p.m.

Friday, Jan. 21

High Tide, 11:46 a.m.
Low Tide, 5:42 a.m.
Low Tide, 6:16 p.m.

Saturday, Jan. 22

High Tide, 12:20 a.m.
Low Tide, 6:32 a.m.
High Tide, 12:35 p.m.
Low Tide, 7:03 p.m.

Sunday, Jan. 23

High Tide, 1:08 a.m.
Low Tide, 7:23 a.m.
High Tide, 1:27 p.m.
Low Tide, 7:52 p.m.

Monday, Jan. 24

High Tide, 1:58 a.m.
Low Tide, 8:18 p.m.
Hide Tide, 2:21 p.m.
Low Tide, 8:43 p.m.

Tuesday, Jan. 25

High Tide, 2:51 a.m.
Low Tide, 9:16 a.m.
High Tide, 3:19 p.m.
Low Tide, 9:37 p.m.

Wednesday, Jan. 26

High Tide, 3:48 a.m.
Low Tide, 10:19 a.m.
High Tide, 4:23 p.m.
Low Tide, 10:37 p.m.

Thursday, Jan. 27

High Tide, 4:49 a.m.
Low Tide, 11:26 a.m.
High Tide, 5:31 p.m.
Low Tide, 11:41 p.m.

Friday, Jan. 28

High Tide, 5:55 a.m.
Low Tide, 6:42 a.m.
Low Tide, 12:36 p.m.

COMMUNITY LISTINGS

Send us your listings!

Let the community know about your group, service, or good cause. E-mail it to us at yorkindependent@gmail.com. Listings run on a space available basis.

Local organizations

• **Eggs n' Issues** takes place the second Friday of each month from September through June at the York County Community College, 112 College Drive, Wells. Networking and breakfast begin at 7 a.m. and speakers begin at 7:30 a.m., with a Q&A to follow. \$10 pre-registration; 15 at the door. For more information: 646-9282.

• **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.

• **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. Visitors are welcome. Call Catherine Bosbach at 363-2418 for more information.

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

• **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.

• **The Kittery Historical and Naval Society** meet the second Tuesday of the month at the Lions' Club Building on State Road at 7 p.m. The public is welcome. For information contact Kittery Historical and Naval Society 439-3080, or call Barbara Estes at 439-1332.

• **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. 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 6 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 advance. Free. Call 363-4830.

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

• **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, York (located next to the Lucas & Eaton Funeral Home). Call 363-7415.

• **Yarn in the Barn** meets on the third Friday of each month. Please bring your own materials. Beginners are welcome. Sessions are held at the Remick Barn. Free. Snacks available for purchase.

• **York County Democratic Committee** meets at 6 p.m. on the third Thursday of every month at the Alfred Parish Church on the Alfred Village Square, Alfred. Call 284-2953 or visit www.york-countymainedems.org.

• **York Diversity Forum**, a grassroots organization formed to honor, protect and defend the growing diversity of the York community meets at 8:30 a.m. the second Tuesday of each month at York Public Library. New members welcome; e-mail mainemullens@gmail.com.

• **The York Kiwanis Club** meets at 7 p.m. Thursdays at the York Harbor Inn, York. Guests welcome. Call 363-5110.

• **The York Rotary Club** meets at 7:30 a.m. Fridays at the York Harbor Inn, York. Call 363-5110.

Support

• **Gamblers Anonymous** meets every Saturday morning 9 a.m. at York Hospital Hall House, the gray building next to the hospital's helipad. This is a 12 step meeting for people with a gambling problem who want help stopping gambling.

• **Gam-Anon** meets every Saturday morning 9 a.m. at York Hospital in the Medical Office Building, the mauve building directly behind the main hospital, in the basement conference room. Gam-Anon is a support group for family members and/or friends of people with a gambling problem.

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

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

• **The Kevin Brown Fuel Assistance Fund** for emergency help with home heating costs is overseen by the York Ecumenical Council. For information on receiving assistance contact one of York's local churches or Kate Henderson at 363-8017. This fund is open to anyone in need.

• **The Special Needs Parent Network** meets the last Friday of each month from 6 to 8 p.m., at the Family Resource Center at Landmark Hill at the York-Kittery town line. Contact Marcia Flinkstrom at 384-5041 or mfinkstrom@comcast.net or Lisa Richard at 324-5501 or bugsnola@msn.com.

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

Donations, volunteers needed

• **The York County Shelter Programs**, an emergency homeless shelter in Alfred, Maine, would appreciate the donation of a working evaporator and condenser unit for a 10'x12' walk-in freezer. The use of television converter boxes have resulted in very poor or no television reception at the Shelter. The donation of a basic Time Warner cable service that would enable the residents to have the opportunity to watch the news and some programs would be greatly appreciated. Please call Mary Doyle at 324-1137 or e-mail mqdoyle@gmail.com if you can help with either one of these needs.

THANKS A 100 MILLION



RE/MAX associates in York gathered recently to celebrate hitting \$100 million in sales.

Celebrating a local business milestone

RE/MAX Realty recently announced that in 2010 their York office surpassed the \$100 million mark in Real Estate sales.

"With our agents, the best in the business, the track record of RE/MAX worldwide and our unparalleled local results, we firmly believe we are by far the best choice for the buyer and seller," said Ina Toth, Managing Broker at RE/MAX.

"It is the unwavering support of our 2010 clients and customers that catapulted us to this 100+ million benchmark

in Maine. We have grown sales volume, market share and the number of units sold in 2010 and I am extremely proud of the talented agents at RE/MAX Realty One," Toth said.

The agency attributes its success to sellers that work closely with their RE/MAX agent to properly set sales price expectations when pricing the property, working with buyers who believe that this is a great time to buy with great opportunities and continued record low interest rates.

MUSIC LISTINGS

WHO'S PLAYING, WHEN & WHERE

FRIDAY, JAN. 21

• **Intimately Yours: Sharon Jones and the Dap Kings**, Tickets: \$48, \$38, The Music Hall, 28 Chestnut St., Portsmouth, NH (603) 436-2400

SATURDAY, JAN. 22

• **Cheryl Wheeler**, 8 p.m., Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, 646-4777

FRIDAY, FEB. 4

• **Justin Townes Earle**, 8 p.m., Tickets: \$22, \$17, The Music Hall, 28 Chestnut St., Portsmouth, NH (603) 436-2400

SATURDAY, FEB. 5

• **Sonya Kitchell**, 8 p.m., Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, 646-4777

THURSDAY, FEB. 17

• **The Music Hall Intimately Yours Series Presents James Hunter**, 7:30 p.m. Tickets: \$20, \$29. The Music Hall, 28 Chestnut St., Portsmouth, NH (603) 436-2400

SATURDAY, FEB. 19

• **Suede**, 8 p.m., Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, 646-4777

SATURDAY, FEB. 26

• **Dave Mason**, 7 p.m., Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, 646-4777

FRIDAY, MAR. 11, 2011

• **Bob Marley**, 8 p.m., Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, 646-4777

SATURDAY, MAR. 25

• **Leon Redbone**, 8 p.m., Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, 646-4777

AMERICAN LEGION Post 56 Presents...

Month of January

Friday 14th

Karaoke 7-11pm

Saturday 15th

Little Nicky & The Profits

Tuesday 18th

Open Mic 6 pm

Wednesday 19th

Bingo 7pm

Saturday 22nd

Crazy River Band

Tuesday 25th

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Wednesday 26th

Bingo 7pm

Friday 28th

Karaoke 7-11pm

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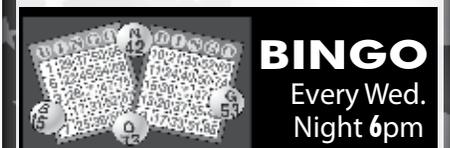
Wed-Thurs 12 noon until 8pm

Fri 12 noon until 9pm

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Executive Board - Last Thurs. of month 7pm

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NEWS OF RECORD

OBITUARIES

George Edward Cooper

George Edward Cooper, 101, of 107 Cider Hill Road, York, passed away Saturday, Dec. 11, 2010 in Durgin Pines.

Edward was born in York on Sept. 2, 1909, the son of the late George R. and Abbie F. (Todd) Cooper. He was a graduate of York High School class of 1927. Following school he worked as a typesetter for the York Press for a number of years, leaving to work at the Portsmouth Naval Shipyard in the inside machine shop during World War II, retiring as a government inspector in 1970. He also worked for Moulton & Goodwin Feed and Grain Store and operated his own chicken egg breeding farm.

He was a member and oldest living Past Master of St. Aspinquid Masonic Lodge and also served as secretary for many years. He was a member of Royal Arch Chapter #73, St. Amand Commandery #20, Kora Shrine and the Order of the Eastern Star. He was an avid hunter and belonged to the Fish and Game Protective Association of Sanford. He was a lifetime member of the NRA. Ed and his wife Ginney spent their weekends at their camp on Mousam Lake in Acton, hunting, fishing and socializing with their family and friends.

He was predeceased by his wife Virginia (Gould) Cooper and his brother Waldo Cooper. He is survived by two nieces, Eleanor Apgar of York and Frances M. Peters of Boca Raton Fla.; and a nephew, George W. Cooper of York.

A calling hour for Mr. Cooper will be held from 10 to 11 a.m. on Friday, Jan. 14

with a Masonic service at 10:30 a.m., in the Lucas & Eaton Funeral Home, 91 Long Sands Road, York. A funeral home service will begin at 11 a.m. Burial will follow in the First Parish Cemetery, York. Visit www.lucaseatonfuneralhome.com

Janice Wildes Fawcett

Janice Wildes Fawcett, 84, of 161 York St., York, died Friday, Dec. 31, 2010 after a period of failing health.

She was born Dec. 20, 1926 and grew up in Melrose, Mass., where she graduated high school. She met her husband of 50 years while working at the Boston Adult Education Center. Among other places, she worked at the Kittery Carousel, York Hospital, York County Counseling, and the University of New Hampshire.

She enjoyed tennis, Harbor Beach, UNH Hockey, Boston sports, Rick's Restaurant, but, most of all, she enjoyed spreading her abundant supply of love and appreciation to everyone she met. All who knew her will miss her cards, letters, phone calls, and loving concern.

She was predeceased by her husband, Thomas Fawcett, in 1999 and by sisters Barbara Curtis, Lois Stocking, and Winona Clarkson. She is survived by a sister Carol Atkinson of Mattapoisett, Mass.; sister-in-law Nancy Pearl of Essex Junction, Vt.; a daughter, Sherry Fawcett and husband Paul Cody; grandchildren Thomas and Liza Cody, all of York; as well as many loving nieces, nephews, friends and caretakers.

A memorial service for Janice will be



LOCAL BIRTHS

Recorded York Hospital during November

The following births were recorded recently at York Hospital:

- Born Nov. 15, 2010, **Kiarrah Elizabeth Marie Baird**, baby daughter of Hope Mansfield & Jeremy Baird of South Berwick. Proud grandparents are Brandy & Samuel Mansfield of Newaygo, Mich. and Susan & Ronald Baird of South Berwick. Happy Siblings are Aiden & Noah.
- Born Nov. 16, 2010, **Chase Stephen Tuttle**,

baby son of Amanda & Adam Tuttle of Eliot. Proud grandparents are Mr. & Mrs. Norman Chouinard of South Berwick, Mr. & Mrs. Stephen Marshall of Eliot, and Mr. & Mrs. Glen Tuttle of Brookfield, N.H. Happy sibling is Hannah.

- Born Nov. 17, 2010, **Justin David Ponds, Jr.**, baby son of Heather Cote of South Berwick & Justin Ponds of Clearwater, Fla. Proud grandparents are Roger & Jeanne

Cote of South Berwick.

- Born Nov. 23, 2010, **Owen John Waters**, baby son of Michelle & Brian Waters of York. Proud grandparents are Shirley & Arthur Bruno of Woburn, Mass. and Patricia & Gary Waters of Aquebogue, N.Y. Happy siblings are Brody, Evah & Darla.

- Born Nov. 26, 2010, **Natalia Lynn-Marie Goodwin**, baby daughter of Natasha Needham & Nicholas Goodwin of Eliot. Proud grandparents are Robin Taylor of Waterville, Scott Needham of Eliot, and Wendy Goodwin of Eliot.

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held on Saturday, May 14, 2011 at 11 a.m. in the First Parish Church, 180 York St., York. Memorial contributions may be made to the York Ambulance Assoc., P.O. Box 238, York, ME 03909. Lucas & Eaton Funeral Home, 91 Long Sands Road, York, is directing arrangements. Visit www.lucaseatonfuneralhome.com.

Ethel J. Hutchins

Ethel J. Hutchins, 90, of 51 Agamenticus Road, Ogunquit, died Monday, Jan. 3, 2011 in Varney Crossing.

She was born Mar. 8, 1920 in Waltham, Mass., a daughter of the late Julius and Selma Johnson and had graduated from Boston University. She had taught in Waltham school system and for a short time at Wells Junior High School. She was a member of the Ogunquit Baptist Church and spent much of her time as a caretaker to family and friends. Her husband of 67 years, Richard T. Hutchins Sr., died in September of 2010.

She leaves a daughter, Christine L. Greenspan of Chesterfield, N.H.; two sons, Richard T. Hutchins Jr. and his wife Connie of Dover, N.H. and Peter A. Hutchins and his wife Janice of Somersworth, N.H.;

six grandchildren and seven great-grandchildren. She was predeceased by a sister, Eleanor Cavendish; two brothers, Warren Johnson and Arthur Johnson, and a son-in-law Stewart Greenspan.

Funeral services will be private. Memorial contributions may be made to Varney Crossing, "Activity Fund" 47 Elm St., North Berwick, ME 03906. Lucas & Eaton Funeral Home, 91 Long Sands Road, York, is directing arrangements. Visit www.lucaseatonfuneralhome.com.

Eleanor M. Griffiths

Eleanor M. Griffiths, 90, of 79 Portland St., Berwick, died Thursday, Jan. 6, 2011.

She was born Aug. 14, 1920 in Utica, N.Y., a daughter of the late Thomas J. and Mae Davenport (Son) Griffiths Jr. She leaves a nephew Christopher Simonds of York and his family. A sister, Harriet G. Simonds predeceased her. Funeral services will be private. Burial will be in the family lot in Forest Hill Cemetery, Utica, N.Y. Memorial contributions may be made to the York Senior Center, 36 Main St., York, ME 03909. Lucas & Eaton Funeral Home, 91 Long Sands Road, York is directing arrangements. Visit www.lucaseatonmfuneralhome.com.

READER OPINION

Send us your letters

The York Independent welcomes letters on local issues of reasonable length. We reserve the right to edit letters for style and sense, and to reject letters judged unsuitable for publication. Send your letters to us via e-mail at yorkindependent@gmail.com, or via mail to The York Independent, 4 Marketplace Drive, Suite 215, York Village Business Center, York, ME 03909. Questions? Call us at (207) 363-8484.

Food pantry says thanks

To the Editor,
The York Community Food Pantry is again overwhelmed by the generosity of the people of York. As the need grew, so did the response from neighbor to neighbor.

This holiday season the outpouring of support for all those less fortunate was amazing to all of us that work with the pantry.

We had donations of every kind from canned goods to turkeys and hams and a sizeable amount of donations. We are so grateful to the many churches, organizations, real estate agencies, schools, businesses and individuals who came forward to offer their

services to make the holidays a little happier for so many families in need.

Special thanks to the employees of Hanaford, Fabulous Finds of Kittery, York Rotary, Leeward Industries, Festival of Fostering Trees, Festival of Gingerbread Houses, York Community Thrift Shop and to everyone who opened their hearts to others this blessed season.

We salute you and are proud to be part of this caring community.



*Pat Whalen
Manager, York Community Food Pantry*

Horoscopes By Rusty
The southern Maine coast's leading astrologer and ex-financial advisor to Bernie Madoff

Aries (March 21-April 19): What's old is new. In your case, however, it's already back to being old again.

Taurus (April 20-May 20): Don't be reluctant to insist on equality, even if you really are very below average and completely undeserving.

Gemini (May 21-June 20): Learn by your mistakes so don't you to have repeat something. I mean, learn from your mistakes so you don't have to repeat something.

Cancer (June 21-July 22): Being treated poorly should make you realize that you deserve to be treated better. So if you get treated

like crap, in your case consider it an improvement.

Leo (July 23-Aug. 22): Today someone will try to get something from you for nothing. But the joke's on them, because you have absolutely nothing of value to give.

Virgo (Aug. 23-Sept. 22): Don't be afraid to take aggressive action if it will show your leadership ability. Go ahead and take that last potato chip!

Libra (Sept. 23-Oct. 22): Get out and have fun! Meeting someone new is an excellent way to make life more interesting, especially if you're married.

Scorpio (Oct. 23-Nov. 21): If you see someone disadvantaged

and in desperate need, it's a great day to reach out and help. This dynamic should work in your favor.

Sagittarius (Nov. 22-Dec. 21): Those who don't learn from the past are doomed to repeat it. So maybe it's about time you cracked open that biography of Adolf Hitler.

Capricorn (Dec. 22-Jan. 19): Don't contribute or donate to a cause about which you know little. Instead, why not consider the Horoscope Writers Benevolent Association?

Aquarius (Jan. 20-Feb. 18): I'd say you should let your intuition guide you, but I sense it hasn't done you much good so far.

Pisces (Feb. 19-March 20): It's a great day to just start over. In your case, I'd head back to the maternity ward.

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Jim Hager 207-361-7169

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Jean Kovacs 207-408-1822

YORK



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WALK TO THE BEACH and Marginal Way from this completely redone, sunlight filled, immaculate home in Ogunquit's best neighborhood. Designer kitchen & bath, wood flrs & EXCEPTIONAL rental income. **\$459,000.**

Bob Davis 207-251-2819

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Charming 4BR Cape w/ YORK RIVER R.O.W. to w/ dock, nice for BOATING! Perfect for downsizing or starting out. Private yard, 1st flr bdrm, oak flrs. Fireplace, woodstove, Galley kitchen w/ Granite & Stainless appliances. **\$309,500.**

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