

**York**  
**The Independent**  
*The hometown voice of the greater York region*

**INSIDE: THE STORY OF WHAT YOUR KIDS EAT FOR SCHOOL LUNCH PAGE 10**

[www.yorkindependent.net](http://www.yorkindependent.net) **FREE** Feb. 11 - 24, 2011 Volume 14 ~ Issue 3



**DUE FOR A**

**MAKEOVER**

**HOW TWO UPCOMING MEETINGS WILL HELP RESHAPE YORK VILLAGE. PAGE 6**

Cyan Magenta Yellow Black

1



# In need of a makeover?

By **JEFF RAPSIS**

The York Independent

No, not me—though I could probably lose a few pounds, I know.

I'm talking about the York Village Intersection, which is due for some changes in the coming years. Not only will the layout of the roads and sidewalks be reconfigured, but the whole neighborhood will be the subject of an effort to create a more inviting place for residents and visitors.

To that end, two meetings are coming up soon that will play a role in the coming makeover. On Monday, Feb. 14, a public hearing will be held on what's being called "interim improvements" to the intersection's road layout. And then, on Wednesday, Feb. 16, there's a meeting of a new group that hopes to eventually make the whole York Village more of an inviting place. The public is invited to take part in both meetings; you'll find the details in this edition's cover story starting on Page 6.

As for the roads, take it from me—that intersection is confusing to someone new to the area. When I first came through a few years ago, headed from Interstate 95 to the seashore, I came into York Village on Route 1A and had no idea which way to turn. Also, it wasn't clear who had the right of way. Out of caution, I slowed to a crawl, causing the



Jeff Rapsis

cars in back of me to have to slow down, too. It took several more passes before I got the hang of how it works, though to this day I'm still not sure.

Getting a few changes made to clarify which cars are supposed to go where will go a long way toward untangling this situation, and also make a more favorable impression on visitors trying to do just what I did: get to the beach without getting into an accident. Some minor changes such as new stop signs have already been made, and even just that was a big help.

More significant, I think, is the long-term effort to get the whole York Village area to function more as a pedestrian-friendly destination for residents and visitors alike. That's a worthy goal, as it will help preserve an important part of what makes York a special and unique community.

One key element is to retrofit the area for people rather than cars. Ironical, isn't it? York Village was around long before driving a car became a prerequisite for citizenship.

However, in the 65 years or so since World War II, York Village (like so much of New England and, indeed, America) has been gradually altered to make it more convenient for autos and less so for pedestrians. Which each change to help traffic flow better, we took a little step toward changing the village into a place where cars could easily swing through without stopping, and away from a place where people wanted to come to, visit, and spend time.

That's too bad, because each step in that direction was a step toward York losing a little bit of its character, which diminishes the quality of life for all.

So let's cheer on these efforts to help turn York Village back into a place not only worth passing through, but also stopping and checking out.

## THE INSIDE GUIDE

*Community News, 2-3*

*Q & A, 4*

*Library Happenings, 5*

*Cover Story, 6-7*

*Arts Listings, 8*

*Food, 8-10*

*Pet Connection, Tides, 12*

## The York Independent

### Staff

#### PUBLISHER EMERITUS

Stephen M. Rasche

#### PUBLISHER

Deborah A. Bouchard

#### ASSOCIATE PUBLISHERS

Dan Szczesny, Jeff Rapsis

#### CONTRIBUTING WRITERS

Jennifer L. Saunders, Taryn Plumb, Sarah Grant, Amy Diaz

#### PRODUCTION MANAGER

Glenn Given

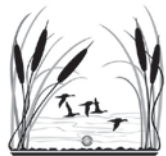
*The York Independent is published 26 times per year by York Independent Newspaper, LLC, (207-363-8484) and is available at select locations in the greater York region. Offices are located at 4 Market Place Drive, Suite 215, York Village Business Center, with access from Route 1.*

Linda J Haigh

Hank J Herdt

## Caring Way, INC

"Caring for the ones you love"



Senior Home Care  
Transportation  
& More

Office: 207.363.3767

Cell: 207.451.0757

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

090116



603.343.1242 or 603.767.2112

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

053591

Interior & Exterior Painting

Drywall

Taping

Skim Coating

Cosmetic Repairs

Design Ceilings & Repairs

Staining

& Much More!

## NEW STORE IN YORK



COURTESY PHOTO

Ann Veronica, a Maine-based handprint company, celebrates its eighth year in business with the launching of a second retail store located at Meadowbrook Plaza, 647 U.S. Route 1, York. Founded in 2003 by Cape Elizabeth resident Ann V. Perrino, Ann Veronica's retail store has always featured her line of Maine-made hand-printed apparel, bags and accessories. Hours for the York store until spring are Wednesday through Saturday 10 a.m. until 5 p.m. and Sunday Noon until 4 p.m. Visit [www.annveronica.com](http://www.annveronica.com) or call 363-0563.

## COMMUNITY BRIEFS

### Guys' Night Out at York Art Assoc.

York Art Association, 395 York St., (Route 1A) will be hosting a Guys' Night Out shopping extravaganza on Friday, Feb. 11 from 6 to 8 p.m. YAA wants to make shopping for that perfect gift as painless as possible, so there will be refreshments, a low-key environment, and plenty of assistance, including gift wrapping and a raffle for some lucky shoppers. York Art Association has assembled a special Valentine's Day Sale featuring work by our many talented jewelers, textile artists, potters, etc. Instead of just giving her flowers, why not give them to her in a ceramic vase? Does she like silver jewelry, or beaded jewelry? York Art Association has it all, and provides one-stop, one-of-a-kind shopping. York Art Association will be open regular winter hours: Thursday through Sunday from 10 a.m. until 4 p.m., but on Monday, Feb. 14, hours will be noon until 4 p.m. Also, on display will be a collection of vintage Valentine's Day cards belonging to local artist Leslie Doherty. The collection includes cards from the 1860s through the 1940s. Doherty has been collecting the Valentine's Day cards, and postcards

for over thirty years. Collectors take note: Doherty will be selling some of them during YAA's Valentine's Day sale! For more information call 363-4049, or visit: [www.yorkartassociation.com](http://www.yorkartassociation.com).

### York County Community College to host Visiting Artists Series

York County Community College will be hosting the 6th Annual Visiting Artists Series, bringing local Maine artists to the campus to enrich the curriculum with cultural diversity and artistic talent. The Visiting Artists Series incorporates a variety of artistic forms, and sponsors artists from across the disciplines, including writers, designers, artists, actors and musicians. The purpose of the lecture is to bring practicing artists to York County Community College community to share their expertise with students and the community.

A special effort is made by the VAS search committee to draw on a variety of artistic disciplines, and to include both traditional and non-traditional artists. The 2011 presentations may be the most diverse

Heating Oil  
Kerosene

**ESTES OIL  
& PROPANE**

Diesel  
Propane

Best Oil Company in York, 7 Years Running!  
**Full Service Heating**



Pre-Buys • Budget Plans • Sales  
Repairs • Heat Conversions  
Residential & Commercial  
Installation of AC, Gas & Oil Heat



**207-363-4172**

053580



range of artists to date. The series begins on Thursday, Mar. 10 with graffiti artist, Tim Clorius, followed by accordionist, Gary Sredzienski on Wednesday, Mar. 16; video and photo artist, Sarina Khan-Reddy on Thursday, Mar. 24; writer/performer Susan Poulin on Wednesday, Mar. 30, and author, Tess Gerritsen, will finish the series on Thursday, Apr. 17.

All Visiting Artists Series performances are free and open to the public. For more information visit [www.yccc.edu/community\\_events](http://www.yccc.edu/community_events) page or call 216-4320.

### The Museums of Old York announce Decorator Show House

The Museums of Old York is pleased to announce Emerson House, 31 Long Sands Road in York Village, as the 22nd Annual Decorator Show House. Designers have been issued invitations to preview this historic 1794 Georgian style Colonial property and by late March their proposals will be juried and chosen designers will begin work transforming this twenty-five-space house into a showplace for the benefit of the Museums of Old York.

The Decorator Show House will be featured in Maine Home and Design Magazine; previous Show Houses have been featured in Traditional Home, Better Homes and Gardens, the Boston Globe, and many other local and national publications. The major fundraiser annually attracts thousands of

visitors and raises much needed funds for the ongoing preservation efforts and educational programs sponsored by the museum.

Mark your calendar and plan to attend the Preview Party scheduled for Friday evening, July 15. This is a wonderful opportunity to be among the first to view the newly decorated home and meet the designers who made it all possible.

The Show House will open to the public Saturday, July 16 and run through Saturday, Aug. 13 on Monday, Wednesday, Friday and Saturday 10 a.m. until 4 p.m.: Thursday 10 am until 7 p.m., and Sunday 1 until 4 p.m. The Show House is closed on Tuesdays; parking in village. A \$20 admission fee will be charged at the door, advanced ticket sales are available through the Museums of Old York Office.

The Show House will be chaired by Beverly Young with a committee of volunteers. If you would like to volunteer for a committee or during the Show House please call the Museum office at 363-4974 ext. 13. Additional information about this exciting event is posted online at [www.oldyork.org](http://www.oldyork.org).

### SIS Swing Dogs prepare to join in human dogsled race

The Swing Dogs of Sanford Institution for Savings are set to participate in the Mousam Mush Human Dogsled Race to be held Saturday, Feb. 19 at 11 a.m., in Gowens Park, Sanford.

## LIP SERVICE



COURTESY PHOTO

On Sunday, Feb. 20, at 4 p.m., Christ Church, 6 Dane St., Kennebunk will have the honor of presenting in concert Jason D. Ham, euphonium soloist with the West Point Band, accompanied by the church's new Music Director, Warren D. King. Jason Ham has performed at such distinguished venues as Carnegie Hall and Avery Fisher Hall, where he soloed with the New York Philharmonic. If you don't know what a euphonium is, come find out. If you do know, come hear it played masterfully. Suggested donation for admission is \$10, or \$7 for children. Tickets are available in the church office at 6 Dane Street, just a half block from Main Street in downtown Kennebunk, 985-4494. The church is handicapped-accessible from the Green Street parking lot, across from Town Hall.

## YORK VILLAGE BUSINESS CENTER



OFFICE RETAIL SPACE AVAILABLE  
Route 1 - York, Maine  
207.641.2111 • [bmalone@heylanddevelopment.com](mailto:bmalone@heylanddevelopment.com)

## FRANMAN TRANSPORTATION

Tom Franey, Proprietor/Owner

### Airport Destinations

Portland - Manchester - Boston, including South Station  
Weddings/Receptions • Sporting Events • Holidays  
General Shuttle • Door-to-Door Service • Individual or Groups

## Best Prices

Serving Seacoast NH and Southern Maine:  
York - Portland - Portsmouth - Dover *Call and ask for your area*

**603-312-0782**

[tom@franmantransportation.com](mailto:tom@franmantransportation.com) | [www.franmantransportation.com](http://www.franmantransportation.com)

*New home decor items  
arriving daily!*



Essentials For The  
*Birds ~ Garden ~ Home*

244 US Route One, York, Maine 03909 207.363.8181

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

Hours: Weekdays & Saturday 10-5, Sunday 12-5, CLOSED WEDNESDAYS



JAYNE HITCHCOCK

## Q &amp; A

## CYBER SCAMBUSTER

By TARYN PLUMB

The York Independent

Frantically and unexpectedly, she became a victim.

The husband-and-wife scam artists flooded Jayne Hitchcock's e-mail inbox; impersonated her online; even followed her one night.

And we're not talking for weeks or months—this went on for years.

But she fought it, and now, as many of us post every little detail of our lives online, she's working to ensure that others don't become unwitting victims to the faceless predators of the Internet.

**Name:** Jayne Hitchcock

**Lives in:** York

#### So how does Working to Halt Online Abuse (WHOA) work?

We're a virtual organization, and we're completely volunteer. Our volunteers are from all over the world—the U.S., Canada, India, the U.K. If people find they are being harassed or stalked online, or cyberbullied, we're a place they can turn to for free help. We never contact the cyberbully or harasser; we work with (the victim) to solve it before it becomes a bad situation. On average, we resolve about 70 percent of the cases, mainly by contacting the ISPs (Internet Service Providers), showing proof that the person is being harassed. That usually does it. Because if the harasser finds out they can't get away with it, they usually stop. With the other 30 percent, sometimes (the victims) will hire a lawyer, or a private investigator; some resolve it on their own, or it just stops

for whatever reason.

#### What happened to you?

I was living in (Okinawa) Japan, and had gotten books published there. Coming back to the U.S. (settling in Maryland in 1996), I wanted to pursue a children's book, and I was looking for an agent. On a writing group online, I found a post where somebody said they were a literary agency. They started asking for money, that sent up a red flag because real agents don't ask for pay up front; I started asking questions, some writers e-mailed me and said they had paid for various fees. They were supposedly located in New York state. I contacted the Attorney

“It amazes me what lengths someone will go to to make someone else miserable.”

General's office in New York and posted on the group about it. Somebody began impersonating me online, they were writing things on hundreds of news groups, trying to be me; they started flooding my e-mail with hundreds of nonsensical messages, calling my house and hanging up. I was working at the University of Maryland—they went to the school Web site, filled out all the message forms they could find, claiming to be me and bashing the school up and down. I was followed one night on campus. We kept changing our phone number, they kept finding it somehow. They just kept trying to cause a lot of trouble. I think they were frustrated that I blew the whistle on their



PHOTO COPYRIGHT BREATHLESS FOCUS PHOTOGRAPHY

little scam, but also that I wasn't backing down. I got ticked off; I wasn't going to let them make me feel afraid. It's one of those situations where you either stand up or you go hide under a rock. In February 1997, I started WHOA (with a partner who eventually went on to become a lawyer). In 2005, we started the kids and teens division.

#### What eventually happened with your case?

It started in 1996, and by the time it was all said and done, it was 2006. I really didn't think anything would ever be done, I just thought they would keep bothering me for the rest of my life. I had to sue civilly; the Attorney General's office in New York took them to court (they won, and started giving money back to the writers); the U.S. Postal Inspection Service got involved in 1999. It was a husband-and-wife team, they finally arrested them in 2000. The husband did eight months, he got out of jail, the wife died. I haven't heard a peep since.

#### What have you seen with WHOA?

Everything. You think of it—it's been used against somebody. eBay auctions gone wrong; online greeting cards; e-mail; Facebook; Myspace; message boards; online games. Anything you use online can be used against you. It amazes me what lengths someone will go to to make someone else miserable.

#### How many queries do you get?

Up to 75 a week, some weeks it's more, some weeks we don't see anything. If it's a holiday, a weekend and a full-moon all at once, we see a big increase.

#### Do stalkers/cyberbullies know their victims, or is it random?

It's about half and half. The ones that do know the person, it's usually an ex, a family member, cousins, sisters, co-workers, roommates, neighbors. It's a little bit of everything.

#### You also do speaking?

Yes, at middle and high schools, and I also recently started speaking at elementary



schools. There has been a big increase in concern about this since the Phoebe Prince case in Massachusetts. Kids especially aren't thinking about what they're posting online. I have two (social profile) alter-egos—a boy and a girl—and before I go into a school to speak, I'll randomly select students from the school and friend them, and see how many accept this random stranger as a friend. These kids post their cell phones, their home addresses, their schedules, their e-mails. I show pictures (with the faces blocked out) of them giving the finger, drinking, smoking, and tell them, 'You made a complete stranger a friend. That person could be a predator, a bully, a scam artist, now they have access to all this information.' When they see themselves up there, even though I've hidden their faces, they know who they are.

#### What tips can you offer to people in terms of keeping their information private online?

When you get your e-mail address or screen name, try to make it as generic as possible; try and use a free e-mail account

as much as possible; don't use your full birth date, especially on Facebook, because that could be used by hackers or criminals. Put as little information in your profile as possible. Put only what you really want the world to see.

“If there were a verification process, 90 percent of the cases we see would be gone.”

#### What's the biggest thing threatening privacy online?

The biggest problem I see is Web sites like Facebook, Myspace and Skype don't make you prove that you are who you say you are when you open up an account. That just opens up the door for people to create profiles to harass somebody. If there were a verification process, 90 percent of the cases we see would be gone.

For more information, visit <http://haltabuse.org> or <http://haltabusektd.org>.

## YORK LIBRARY

### Local author speaks about book

On Wednesday, Feb. 23 at Noon, the Library presents Louis Salome - Local Author - Brown Bag Lunch Series. Louis will speak about his new book, *Violence, Veils and Bloodlines: Reporting from War Zones*, based on his reporting from Northern Ireland to Afghanistan, across Europe, Central Asia, North and East Africa and throughout the Middle East. In varying intensity and combinations, he found human behavior rooted in ethnicity, religion, language, culture, territory and history, all of which bind and separate people and usually lead to conflict. Co-sponsored by York Diversity Forum.

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.

## Events

• **York Reads! One Book, One Community** - this year's book selection, in celebration of the 50th year since its publication, is *To Kill a Mockingbird*. This is the 7th Annual York Reads and many events are scheduled to take place during the month of March. Books are available to borrow or purchase at the Library. Read the book in February and plan to participate in the programs coming up next month.

• **Darcy Scott, Local Author Series**, Friday, Feb. 11, at 7 p.m. Author Darcy Scott will speak about her new book, *Hunter Huntress*, described as "a sensual, hypnotic and uncompromisingly complex tale of music, myth and obsession." After a horrific car crash claims the life of her young son, the formidable and talented pianist Jamie Lloyd quits her high-powered job with a New York symphony and moves to New Hampshire where she marries a seafaring marine biologist. Although it's a good life, Jamie is tormented by thoughts of Michael Ryan, the man whose carelessness shattered her world. As Jamie faces off against her foe, she comes to find that Michael Ryan's inevitable ruin is not necessarily her salvation.

• **"Ratatouille," Family Film Festival**, Saturday, Feb. 12 at 6:30 p.m. Remy, a young rat with culinary talents, teams up with a boy restaurant worker. But who would want a rat in the kitchen? Rated G. Grab your pillows & blankets, wear your pj's, and come enjoy the movie along with complimentary popcorn.

• **"Eat, Pray, Love," Winter Film Series**, Sunday, Feb. 13, at 3 p.m. A woman realizes how unhappy her marriage really is, and after a painful divorce, she takes off on a round-the-world- journey to "find herself". Rated PG-13 for brief strong language, some sexual references and male rear nudity. Run time: 133 min

• **Stroke Signs and Symptoms - Save a Life**, Tuesday, Feb. 15 at Noon. Come learn about stroke: the risk factors, warning signs, and what you can do to minimize your risk. A free, healthy lunch will be provided. RSVP required: Contact York Hospital's Fundraising office at 351-2385 or [fr@yorkhospital.com](mailto:fr@yorkhospital.com).

#### • Hooked Rug Raffle

**Drawing**, Thursday, Feb. 17 at Noon. Our local Seacoast Ruggers have donated a beautiful 22" x 37" "Heart in Hand" pattern hooked rug made by their members to be raffled to benefit the Library. The rug is on display at the Library and raffle tickets are available at the circulation desk for \$1 each or 6 for \$5. The winning ticket will be drawn during the Seacoast



Ruggers exhibition at the Library.

• **"The Magic Flute" - Opera at the Library Series**, Saturday, Feb. 19 at 1 p.m. A film of the Metropolitan opera production of Mozart's *The Magic Flute* with Kathleen Battle and conducted by James Levine will be shown following an introduction to the opera and its composer by local resident and opera aficionado Gretchen Baldwin.

• **Harvey Reid and Joyce Andersen**, Concerts for a Winter Afternoon, Sunday, Feb. 20 at 3 p.m. Reid and Andersen have combined their talents to create one of the most potent duo teams in acoustic music. They are gifted instrumentalists, strong and versatile singers as well as prolific songwriters playing a dizzying array of styles of roots and Americana music. Kathleen Soldati, who will amaze with her voice and repertoire, will open the show singing blues, jazz and folk.

## 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.

**MISSED YOUR PAPER?**  
**THAT'S OKAY!**  
Read yours online at

[www.yorkindependent.net](http://www.yorkindependent.net)

York  
The Independent  
The hometown voice of the greater York region

Leeward Landing  
charitable  
**Thrift Store**

**Recycle, Renew and Reuse for Charity!**

Brand name clothes, furniture and household items at a fraction of their retail prices.

**Thrift Store Open 7 days a week**  
**90 US Route 1 York, ME**  
**207-361-4085**

**Recycle Furniture Store Open Thu - Mon**  
**4 US Route 1 York, ME**  
**207-361-4500**

We accept donations of gently used clothes and household items!

Call to have furniture donations picked up.

So far this year we have donated \$30,000 to York County food pantries — Thank You!



❖ For more information ❖

[www.leewardindustries.org](http://www.leewardindustries.org)

066489

The Yarn Sellar  
Fine Yarns & Knitting Supplies  
NEW LARGER LOCATION!  
Tues Evening 6-9  
Shop & Knit  
Find us on Facebook  
New Location! 264 U.S. Route 1, York  
207.351.1987 • [www.yarnseller.com](http://www.yarnseller.com)  
Monday~Saturday 10-5

GAUCHOS  
CHURRASCARIA  
Brazilian Steak House  
**Special Valentine's Weekend**  
*Friday*, Complimentary glass of champagne or wine with dinner  
*Live Brazillian Music*  
Friday, Saturday & Sunday Evening  
*Monday*  
Live Jazz and a special Valentine's gift for Ladies!  
**207-774-9460**  
100 Commercial St., Portland, ME  
**603 669 9460**  
62 Lowell St, Manchester, NH  
GAUCHOSBRAZILIANSTEAKHOUSE.COM



Let Us Save You From High Oil Prices!

**363-OILS** (6457) *Call & Start Saving Today!*

Our Current Dollar

Stretching Price Is: **\$3.179**

10/20\*  
Per Gal

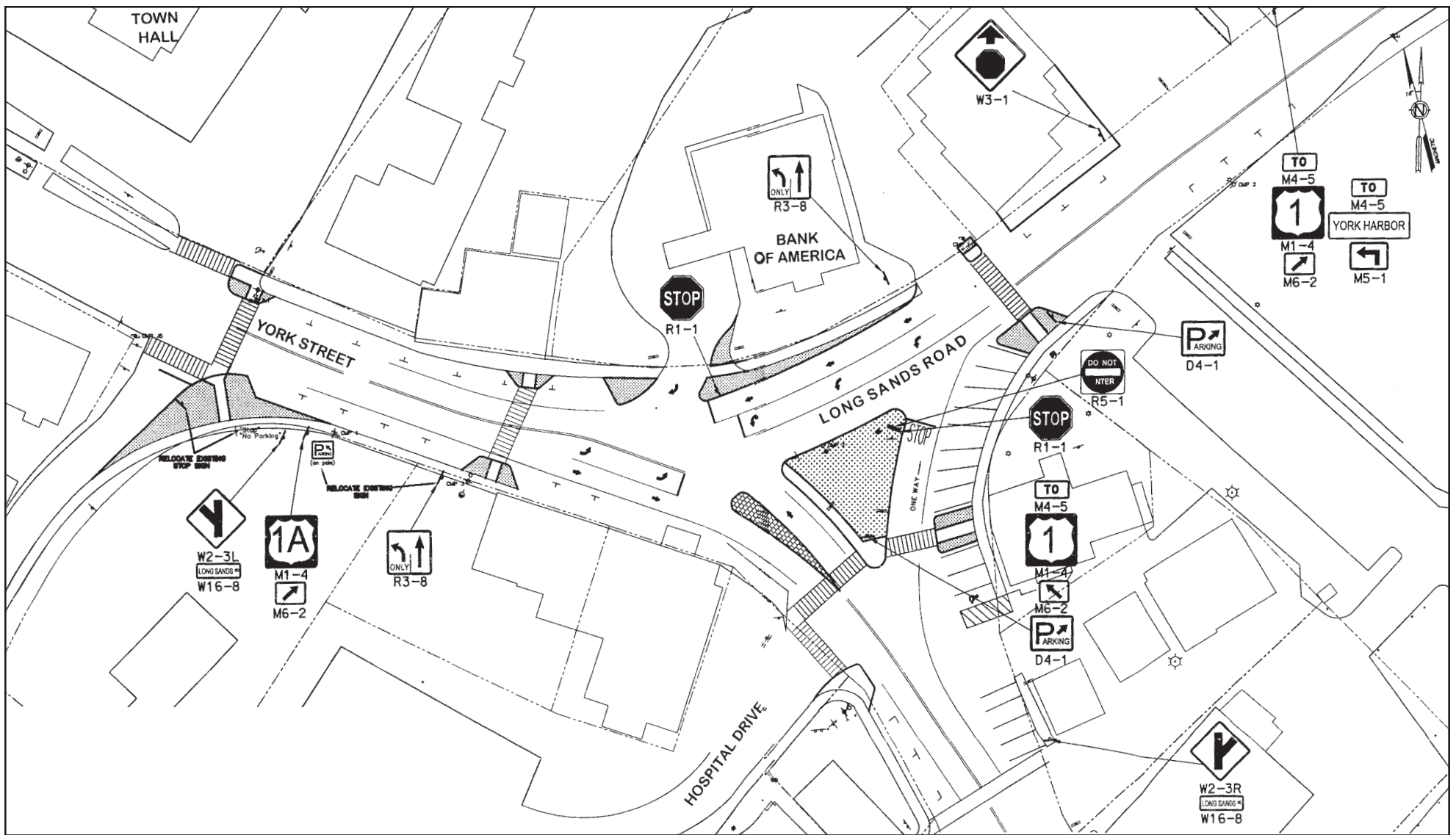
**YORK OIL & PROPANE**

\*For up-to-the-minute pricing please visit [www.yorkoil.net](http://www.yorkoil.net)

PO Box 850 York Beach, ME 03910  
Tel. 363-OILS [www.yorkoil.net](http://www.yorkoil.net)

067070





COURTESY IMAGE

The schematic diagram above, prepared by CLD Consulting Engineers, shows proposed interim improvements to the York Village Intersection that include the installation of turning lanes, stop signs, and mid-road curbing on York Street to help guide traffic through the area. The proposed changes will be discussed at a public hearing on Monday, Feb. 14.

## COVER STORY

# DUE FOR A MAKEOVER

How two upcoming meetings will help reshape York Village

By **JEFF RAPISIS**

The York Independent

What can be done to improve the York Village area—not just the intersection at its center, but the entire area, which makes up an important community center?

There's no one answer. So community leaders, town officials, and business owners want your input. And to that end, two public meetings are coming up that organizers hope will help guide efforts to keep York Village an attractive community center and destination for residents and visitors alike.

The first is a public hearing on Monday, Feb. 14 at 7 p.m. at York Library. The hearing is being held so town officials can get public input on what's called the "interim plan" to improve the road layout in York Village. Once the plan is finalized and costs are set, voters could see the improvements put to a vote in the spring of 2012, Town Manager Rob Yandow said.

The second is a public meeting on Wednesday, Feb. 16 at 6 p.m. in the Museums of Old York's visitor center at Remick Barn, on the corner of York Street and Lindsay Road. The meeting will feature Roxanne Eflin, an expert on reviving downtowns, and will serve to get a larger conversation going about what can be done to keep York Village intact and thriving, said Scott Stevens, executive director of the Museums of Old York.

"It'll be an introduction, an orientation for people, to hear some of the important information and ideas," Stevens said, "and it'll be the beginning of a discussion of all these elements in the same room."

Expected to take part are members of the York Historic District Commission, the York Community Development Department, the Museums of Old York, and the York Village Business Association.

Both meetings are free and open to the public.

And that's not all. On the town government side, officials are organizing a committee of

community leaders to focus on specific issues of traffic, parking, zoning, and signage in York Village.

Selectmen recently approved the committee, and town manager Yandow is in the process of involving representatives from local businesses, York Hospital, and the community at large.

"We're going to get some Village residents and some Village business owners involved, and use a community model to address the issues that need addressing," Yandow said.

### It takes a Village

Why all the interest in York Village?

Ask around, and you'll find a growing sense that York Village could benefit from efforts to help preserve its character and guide its development.

And the reason for that? Supporters of the cause say it's important to hold onto the character of pedestrian-friendly places such as York Village, which predate the automobile-centered development that has predominated in the United States since World War II.

"If you go to towns in California and Arizona, they're trying to recreate places where there is a village life and character," Stevens

said. "Here in New England, we risk sort of letting them slip away."

Even in the age of the car and the Internet, supporters say traditional town centers can still function as important community centers. They provide a sense of place that's important to instilling hometown pride, and they're



JEFF RAPISIS PHOTO

As part of the proposed interim changes to the York Village Intersection, the two-way road linking Long Sands Road with York Street along the intersection's southeastern side will be made one way, eliminating the need for a stop sign in this direction.

good for business as well.

That's been the case at York Beach, a traditional beach resort that was created as a walkable community by necessity. When it was developed in the late 19th century, most visitors arrived by passenger rail or trolley. In recent years, the town has struggled to find a balance in preserving York Beach's unique



character while still accommodating today's use of cars.

And now York Village is getting the same attention.

"It's really long overdue," Yandow said. "Our town Comprehensive Plan has made reference to these things for years. In the last five years, we've had an emphasis on York Beach. ... And now we're starting to move forward with identifying issues and improving the experience of York Village."

'Interim Plan' under study

Some "quick fix" actions have already been taken. To reduce driver confusion, the town has installed stop and yield signs to clarify that drivers on Route 1A (York Street) have the right of way through the York Village intersection.

More substantial changes are outlined in the "Intersection Interim Improvement" plan developed by CLD Consulting Engineers, which is the subject of the public hearing on Monday, Feb. 14.

Although the plan calls for keeping the intersection's basic layout intact, it adds turning lanes in several places, realigns the crosswalk pattern, makes a side street one-way, and adds a section of mid-road curbing to help guide traffic. (A diagram of the improvements is on Page 6.)

The interim plan was developed after an in-depth study revealed that the Village intersection could benefit from major (and disruptive) work to improve and upgrade drainage, place utility lines underground, and completely redesign the area—perhaps even moving the Civil War Monument from its perch in the center.

"People had some heartburn about that, but that is not going to be the subject of the public hearing," Yandow said.

The study also investigated options such as installing traffic signals (not recommended) and even converting the whole intersection into a rotary to improve flow and reduce speed.

Not ready for such major moves, town officials asked for a revision that isolated just the elements that could be accomplished with minimal cost and disruption. This "interim plan" is what's on the table for input on Monday, Feb. 14.

The engineering evaluation noted that while the interim plans will help traffic flow, it does not address long-term problems such as the sharp angle that Long Sands meets Route 1A/York Street, does not improve parking, and does not add any green space.

After the hearing, selectmen will decide if they want to go forward with a final design for the interim improvements, which is when detailed cost estimates would be drawn up. The earliest that voters might see the package on the ballot would be May of 2012, Yandow said.

In the meantime, the new stop and yield signs seem to have made a difference.

"I haven't heard any negative feedback about that," Yandow said.

### A long-range vision

A more long-range vision for the Village will be the topic of the meeting on Wednesday, Feb. 16 at 6 p.m. at the Museums of Old York Visitor Center. Guest speaker Roxanne Eflin, director of the Maine Downtown Center, will outline her four-point approach to reviving traditional downtowns and village centers.

Eflin was invited to York by Scott Stevens, executive director of the Museums of Old

York, after he heard her speak at a conference this past June.

"It was a real eye-opener," Stevens recalled. "It was about revitalization of Maine's downtowns, both the urban areas that had declined because industry had gone away, but also villages like York Village, which through historic preservation and careful planning, had fostered new business development."

"I came back thinking a lot about York Village," Stevens said. "It's a bit of a pass-through right now. It needs to become more of an integrated attraction in itself, where you can park your car and walk around."

Another thread spurring Eflin's invitation was the recent activity of the York Village Business Association, which successfully staged its own fall event after the decision to move the popular Harvestfest festival to York Beach.

"It's a positive thing," Stevens said. "We're now talking to each other on a regular basis."

The reason for the public meeting is so community members can hear Eflin's four-point plan for reviving downtowns, and also "I don't want to be exclusive," said Stevens, who encourages everyone to come at 5:30 p.m. for socializing and refreshments.

Although the meeting is not part of any town government effort, representatives of the town's Community Development Department will be attending, Yandow said.

Eflin has worked throughout Maine establishing action plans to preserve important community centers such as downtowns and villages, which are under siege by factors ranging from ill-advised zoning to car-centered development.

"She's a very dynamic speaker," Stevens said. "She's going to come down and talk about how historic preservation and economic development are not at odds, but in fact are tied together. We're going to explain the four-point approach, then break into groups...generating thoughts and ideas."

"At its worst, it'll be an interesting discussion that people decide doesn't go anywhere," said Stevens about the Feb. 16 meeting. "But I don't think that's going to happen."

Meanwhile, Yandow is putting together a committee to also work on long-range issues of York Village, similar to one that has focused on York Beach.

Selectmen made the effort one of his goals for the current year, and recently gave the green light to form such a committee, which Yandow is in the process of assembling.

The committee will look at issues ranging from traffic and sidewalks to zoning and infrastructure-related issues.

"It's in the very early stages," Yandow said. "It's open-ended, with no time frame established to come back with any kind of feedback. It's going to take some time because we're relying on a diverse group to get together. ... It's been a five-year-or-longer issue in York Beach, so it isn't a six-month process."

Yandow said the challenge will be balancing the desire to create a high quality village center with the need for it to function safely in the 21st century.

"The historic nature of the area is critical, but at the same time we need to make sure that the people who live, work, or travel through it, either people in cars or on foot, are safe. Public safety is of primary importance.

## FARM FUN



COURTESY PHOTO

The Youth Enrichment Center at Hilton-Winn Farm invites the public for some winter fun on Thursday, Feb. 24 from 10 a.m. until 2 p.m. There will be sledding, snowman building, cross-country skiing and snowshoeing along with a campfire and hot chocolate. A \$3 donation is suggested and a reminder to bring along extra skis, sleds and snowshoes. The Center is located at 189 Ogunquit Road, Cape Neddick. Directions: In downtown Ogunquit, turn left at Key Bank onto Berwick Road. Stay on Berwick Road for 3.2 miles. The farm is on the right.

### GUEST OPINION

## Energy efficiency in York should be everyone's business

By **VICTORIA SIMON**  
Guest Columnist

The York Energy Efficiency Committee Business Initiative is interested in how local businesses are thinking about global warming and their efforts to address it by reducing electricity and fuel consumption, recycling and food recovery, reduction of plastic and transitioning to renewable energy. We have developed a series of questions and have initiated conversations with business leaders in a variety of settings.

Thinking about writing this article on sustainability and business, I first wanted to know what major corporations are doing about climate change.

In my research I discovered Climate Counts, a non-profit campaign that scores companies annually on the basis of their voluntary action to reverse climate change. The Climate Counts Company Scorecard launched in June 2007 helps people vote with their dollars by making climate-conscious purchasing and investing choices.

According to the Climate Counts Web site, "We believe that positive change starts with a hopeful outlook that real change is possible and that the relationship between companies and consumers can become more substantive and constructive." To see how your favorite companies are doing and provide them with feedback, check out [www.climatecounts.org](http://www.climatecounts.org)

From there it made sense to look at how one large regionally based company is working towards sustainability. Stonyfield Farms, producer of organic yogurt, started out as an organic farming school in the early '80s. Today it's mission statement is, "Healthy food, healthy people, healthy business, healthy planet."

A recent innovation is the yogurt multi-pack cups made from a plant-based plastic

in contrast to traditional petroleum based plastic. To learn about their journey to corn based containers, the first of its kind in the country, check out their video, On The Road to Sustainable. Their Web site, [www.stonyfield.com](http://www.stonyfield.com), is full of useful information for consumers.

Closer to home, I talked with Joe Lipton about his business, Inn On The Blues at York Beach. A long list of actions designed to reduce his carbon footprint include switching to CFL bulbs, replacing shower heads and toilets to low flow and using VOC paint in the lodging.

To decrease electricity use, the restaurant has changed light ballasts to two bulbs per bay, a process known as de-lamping. The Gasket Guy regularly replaces gaskets to reduce energy loss and Baker Commodities picks up and pays Lipton for fryer oil. Biodegradable products are in use for cutlery and cups. Business administration is paperless.

In order to make "green" products more affordable, Lipton would like to see local businesses make collective purchases, the products to be distributed from a centrally located site. Stop in and thank Joe for his leadership in sustainability, and to enjoy good food and music.

I look forward to highlighting my conversations with Andrew Siegal, co-owner of Pigs Fly Bread and Matt Rothman, manager of Hannafords Supermarket, in future articles. The Business Initiative of the York Energy Efficiency Committee plans to collaborate with the York Chamber of Commerce and to continue to meet with York businesses so that we can work together to tackle the challenge of global warming.

*Submitted by Victoria Simon, member of York Energy Efficiency Committee, a non-profit citizen's group which meets at 7 p.m. on the second Tuesday of each month at the York Library.*



Cannot be combined with any other offer. Coupon has no cash value.  
Must be presented at time of purchase. Also accepted at Bagel Shack Rt1 Cape Neddick.

**ALSO REDEEMABLE AT BAGEL SHACK**

**50¢ OFF** BREAKFAST SANDWICH  
**\$1 OFF** LUNCH SANDWICH

**BREAKFAST & LUNCH**  
FULL LINE OF ESPRESSO DRINKS  
AND LARGE COFFEE SELECTION.  
18 DIFFERENT BAGELS,  
SOUPS, SALADS,  
SANDWICHES,  
FROZEN DRINKS  
& MORE...

**BAGEL BASKET**  
CAFE and COFFEE HOUSE

HRS: Mon. thru Sat. 6-2 • Sun. 6-1 Follow us on Facebook and Twitter!  
280 York St., York, ME **207-363-1244**

**When Climbing Mt. Washington, Zahanna says...**

**I got my pack at Ann-imals!**

**Ann-imals**  
PET SUPPLY STORE

**(207) 351.2777**  
Meadowbrook Plaza, York, ME  
Monday-Saturday 9:30-7pm Sunday 11-5pm

**Anthony's Pizza**  
**"Always Fresh Never Frozen"**

We are now in our 20th year serving the area's finest and freshest New York style pizza and our famous deli sandwiches. Our dough is made fresh daily on the premises and we use the highest quality Boar's Head cold cuts and our own slow roasted, store cooked roast beef in our sandwiches, or try our steak tip sub made with only real sirloin.

**We Deliver**  
**363-2322**

**For our full Menu visit us at:**  
**www.anthonysfoodshop.com**

**Anthony's Food Shop**  
**1/2 OFF**  
**PURCHASE OF ANY**  
**LARGE DELI OR STEAK**  
**SANDWICH AND THE**  
**SECOND ONE IS 1/2 PRICE**

With this coupon only. Not to be combined with any other order. Discounted sandwich to be of equal or lesser value.  
Expires 2/24/2011

**HANSCOM'S TRUCK STOP, INC.**  
**1-800-834-5171**

**BIO HEAT**  
Route 1 Bypass, Portsmouth

**Call 603.436.5171 days,**  
**603.436.8501**  
**eves & weekends**

**We Deliver #2 Fuel Oil,**  
**Kerosene, Gasoline**  
**and Diesel Fuel.**

**24 Hour Burner Service**

**100 Gallon Minimum** **BIO-HEAT ONLY**

**HANSCOMS COUPON**  
**5 cent**  
**per gallon**  
**discount**

**EXPIRES 3/31/2011** **ONE COUPON PER DELIVERY**  
**(603) 436-5171**

## VISUAL ARTS LISTINGS

### Send us your listings!

Got a gallery exhibit coming up? Send the info to [yorkindependent@gmail.com](mailto:yorkindependent@gmail.com). Listings run on a space available basis

• **Winter 2011 at 100**  
**exhibition at The Gallery** at 100 Market, 100 Market St., Portsmouth N.H. Showing now through Friday, Apr. 15. Hours: Floors 1 & 2: 8 a.m. to 10 p.m., Sunday through Saturday; Floors 3 & 4: 8 a.m. to 6 p.m., Monday through Friday.

• **River Tree Arts** is happy to announce the return of Popcorn Saturdays, its popular winter schedule of events for families and kids of all ages. Due to the generous support of Kennebunk Savings Bank, Popcorn Saturdays will run from until the beginning of May and will feature music, art, theater, dance and more. For more information, call 967-9120 or [www.rivertreearts.org](http://www.rivertreearts.org). RTA is located at 35 Western Avenue, Lower Village, Kennebunk.

• **Jazz Breakfasts at the Portland Museum of Art**, 7 Congress Sq., Portland, Sundays 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](http://www.portlandmuseum.org).

• **Historical Tours of The Music Hall** are held the first Wednesday of the month from 5:30 to 6:45 p.m. on Mar. 2, Apr. 6, May 4, and June 1. Tour tickets are \$6 (\$5 member) and can be purchased on the day of the tour at 28 Chestnut St., Portsmouth, NH, in advance at [www.themusichall.org](http://www.themusichall.org), or through the box office at (603) 436-2400. Box office hours are noon-6 p.m., Monday through Saturday.

• **European Drawings at the Portland Museum of Art**, 7 Congress Sq., Portland from

Saturday, Mar. 26 through Sunday, May 22; featuring approximately 30 drawings from the Museum's European collection, this exhibition will highlight masterworks by the finest draughtsmen of the 18th, 19th, and 20th centuries.



COURTESY PHOTO

A new show of paintings by Maine artist Hélène Farrar, 'Bird-works and Friends,' has opened at The Clown in York, 659 U.S. Route 1. There will be a meet-the-artist reception on Friday, Feb. 11 along with the Clown's Monthly Wine Tasting from 5 to 8 p.m. The event is free and open to the public.

• **The new Flights of Imagination exhibit at the Children's Museum of NH** show cases the fanciful work of three New Hampshire artists who share their otherworldly visions in this intergalactic artistic treat. This exhibit will be on display in Gallery 6 at the Children's Museum of NH now through Sunday, Mar. 6, 2011 at 6 Washington St., Dover, NH, and offers two levels of hands-on, custom-created exhibits for children ages 1 through 12. Open year-round,

season, gallery space is being expanded to accommodate new membership and fresh ideas. Call 439-4209 between Tuesday and Saturday for guidelines or bring a sample of your art form to be left for membership consideration to 9 Walker St., downtown Kittery.

• **Oil painting exhibit** by local Maine artist, BB Heintz at Rowan Tree Café, York Village, York, Monday through Friday 10 a.m. to 3 p.m., Saturday 10 a.m. to 2 p.m.

Racing) 590-7057.

• **Saturday, Apr. 9**, 10 a.m.: Luv2Run Portland 5K, #1 Cove Trail, Preble St. and Baxter Blvd. (Race around the beautiful Back Cove near downtown Portland). Contact: Michael Amarello (Three C Race Productions LLC). (603) 429-8879

• **Sunday, Apr. 10**, Noon: 2nd Annual CK Burns Race For Education, CK Burns School, 135 Middle St. Ext., Saco. (First Male /Female open and divisional winners, first Male/ Female Saco teacher.)

Contact: Lori LaBrecque (CK Burns PTO). 282-8723

• **Sunday, Apr. 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](mailto:Tonedog86@aol.com).

## OUTDOORS LISTINGS

### Send us your outdoor listings!

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

• **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, ME, 232-8920, [director@longfellowchorus.com](mailto:director@longfellowchorus.com).

• **Sunday, Mar. 13**, 10:30 a.m.: St Paddys Five Miler, Portsmouth, NH. 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, NH, 03801. (603) 235-4438, [hansons4@comcast.net](mailto:hansons4@comcast.net)

• **Saturday, Mar. 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, Apr. 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](mailto:Fiveksport@aol.com).

• **Sunday, Apr. 3**, 9 a.m.: Noreaster Reverse Sprint Triathlon, Campus Center at the University of New England, Hills Beach Rd., Biddeford (Run /Bike/Swim), Contact: Charles Melton (Self Propelled



# Local Flavors

## EAT HERE

### A weekly column about local food

By **SARAH GRANT**

The York Independent

Valentine's Day is all about the romantic restaurant. Well, it's about other stuff, too, but I am going to limit my discussion in this column to local romantic spots to take your honey to dinner.

• The discussion must begin with **Clay Hill Farm** with its beautiful dining room and warm ambiance. In fact, it has consistently been voted number one for weddings and romantic dining. Although you will be staring deeply into each other's eyes, the food quality counts, too. Clay Hill is committed to organics and pasture-raised. So, if you love someone, this is the way to feed them.

Clay Hill will be open from 5:30 to 9 p.m. or later on Saturday and Sunday with a special Valentine's menu from 5 until 9 p.m. on Valentine's Day evening. The menu is prix fixe (fixed price) with such flavors as goat cheese, Maine Scallops, New Zealand lamb and dark chocolate. See the complete menu at clayhillfarm.com. It costs \$68 per person and includes a glass of house red or white wine.

If you call them today at 361-2272, ask about the proposal package with flowers and champagne. That combination is magical, whether you plan on proposing or not.

• Chef Jerry Bonsey at **York Harbor Inn** has a whole weekend of fun, with romantic celebration as the theme. The Valentine Salsa Dinner Dance is on Saturday, Feb. 12, starting at 7 p.m. with live music from "Grupo Mofongo." Grupo Mofongo brings the best ingredients available and cooks a stew of Cuban and Puerto Rican Salsa music mixed with jazz and contemporary influences. Comprised of seven well-seasoned musicians, Grupo Mofongo will bring not only good music, but a lot of flavor to the stage. Salsa dance instruction will be provided. Oysters, filet mignon and white chocolate with raspberries are some of the flavors you will enjoy on this prix fixe for \$59.95 per person. Visit [yorkharborinn.com/dining/valentinediner.htm](http://yorkharborinn.com/dining/valentinediner.htm) for the entire menu. Call 363-5119 for reservations muy rapido.

Valentine Dinner at the York Harbor Inn is a less vigorous event on Monday, Feb. 14, from 5:30 p.m. to 9:30 p.m. The regular menu is available with a world of flavors.

Consider spending part of a dreamy weekend at the Inn with its view of York Harbor. The Inn's Special Valentine's Day Overnight Dinner Package is \$199 and includes dinner for two, choice of menu, salad, appetizer and dessert, overnight guestroom for two, continental breakfast, all tax and gratuities.

• Acting Executive Chef, Sebastian Ruscansky, at **Five-O Shore Road** in Ogunquit has come up with a spectacular special menu for Valentines weekend. To start, couples may share antipasto misto,



fried proscutto wrapped asparagus or Brandied French Onion Soup with Fontina croutons.

Some special entrees are presented as platters at the table then plated for

two in the kitchen. The choices here are Whole Roasted Capon with Parmesan risotto and Madeira prosciutto jus or a quartet of tournedos (petite filets) with various sauces and preparations. Another individually plated entrée special is to drool for: Baked Haddock filled with scallop mousse and lobster meat with fennel and anise cream. If none of these appeals to you, which would be surprising, you may also choose an entrée from the regular menu. House made desserts include shortbread hearts with chocolate ganache and banana cake with chocolate ganache. I heard a rumor about chocolate dipped strawberries too. Call for reservations, 646-5001. Five-O opens at 5 p.m.

Valentine's Day is Five-O's last hurrah before they close for their late winter break for six weeks. I expect that owners Jeff and Donato will be escaping to Italy for a little R & R (relaxation and research) and will come back refreshed and full of new ideas, trends and cooking gadgets to share with staff and customers. This is what makes Five-O so genuinely and reliably Italian. We are fortunate to have such a culturally rich escape just up Route 1. Other plans for those six weeks involve redecoration of the dining room. Look for a Grand Re-opening on Friday, April 1.

• Sweeping views of rolling meadows are what you will see from the panoramic windows of **Spring Hill**, 117 Pond Road in South Berwick, 384-2693. This spot, also a favorite for weddings, has specials going on all weekend from Friday through Monday. South Portland Wine Company is collaborating with the wizards of the kitchen, headed by Chef Maria Induisi-Richardson, to present a five course wine dinner inclusively offered for \$49.95 per person or \$24.95 for the dinner only. Go to the Web site [springhillmaine.com](http://springhillmaine.com) to view the entire prix fixe menu featuring Italian flavors. Reservations are required.

It's all about sharing with your darling Friday, February 11 through Sunday, February 13, when Spring Hill offers a \$50 special for two. Share an appetizer and dessert, but choose your own entrée from the entire regular menu. That's a good deal.

On the Day itself, make a reservation for dinner at Spring Hill and enjoy the easy listening sounds of Vivando (also playing on Sunday). Watch for surprise specials from Chef Induisi-Richardson. Spring Hill is open each of these evenings from 5 p.m.

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

# Guac-n-Roll!

Burrito Grill & Cantina

GUACNROLLCANTINA.COM

361-GUAC (4822) • DINE IN • TAKE OUT  
OCEAN AVE, SHORT SANDS BEACH

**\$1.50 Drafts**

during all Celtic  
and Bruins Games

**Winter Hours**

**Open Thursday thru Sunday**

**Cantina  
Specials:**

**Thirsty Thursdays:**

BUY 1, Get 1, 1/2 OFF  
Appetizers, Burritos, Everything!  
INCLUDES TAKE OUT!  
\$5 Margaritas & \$1 Drafts

**Fridays: Go-N-Fishn'**

BEER BATTERED FISH SPECIALS  
\$2 FISH TACOS \$6 FISH BURRITOS  
\$5 Margaritas & \$2 DRAFTS

**Its Soooooo Saturdays:**

Fajitas for 2! Only \$20  
Choice of any Fajita Comes  
with appetizer choice of  
Cheese Quesadeeee-yah or Wings  
\$1 Dos Equis Drafts 'til 10PM  
Free Trivia 8:45 p.m. Karaoke 10 p.m.

**Sundays: Settle Down!**

KIDS UNDER 12 EAT FREE  
ALL DAY! ALL NIGHT! (with purchase of drink)  
20% OFF TAKE OUT  
\$5 Margaritas - \$2 PBR DRAFTS

## ROOST CAFE & BISTRO

BREAKFAST ~ LUNCH ~ SUNDAY BRUNCH

THU - SUN 8AM - 2PM • DINNER THU - SAT 5 - CLOSE



**THROWBACK THURSDAYS FOR \$13**



• Fresh Artisan Breads  
(Asiago-Sage, Multi-Grain, Potato Rosemary)

• Homemade Scones  
(Blueberry, Lemon, Coconut-Date, et al)

• Handcrafted Meals including  
GLUTEN FREE MENU ITEMS

• Call for Information or with an Order for Breads  
• OR Gluten Free Items



2.5 miles south of Ogunquit Playhouse • 3.5 miles north of York Visitor Center

**207.363.0266** | 1300 Us Rt 1 Cape Neddick

See our menu at [www.roostcafeandbistro.com](http://www.roostcafeandbistro.com)



## FOOD

# THE CHALLENGE OF SCHOOL LUNCH

York cafeteria's try to serve healthy and source locally

By **SARAH GRANT**  
The York Independent

Imagine trying to work your way through a maze...up to your knees in mud...while juggling three eggs.

This is obviously an analogy, but it also describes the challenges and restrictions that Doris Demers, Director of School Nutrition for York and Kittery schools, creatively surmounts in her job.

The mud must be the government restrictions as to food resources that they will fund. The labyrinth is full of political dead ends, red tape and dietary guidelines set up by the USDA and the Institute of Medicine that restrict fats and sugars in school lunch programs and makes real "suggestions" as to what a food director must purchase and serve children of various ages and at specific times of the day.

The juggling act involves removing deleterious, empty-calorie foods that kids love such as French fries, sugary, high fat ice cream novelties, and fried potato chips while enticing them to purchase new choices, such as sweet potato fries, frozen 100 percent juice bars, and baked potato chips.

You see, she can't lose their interest because the kids are the customers of the in-school restaurants that Doris runs. She needs their participation to keep the establishments in business. The goal at the end of the maze is good and tasty nutrition for all the kids from ages 5 to 18 all day long.

Doris never loses sight of this goal. She attains it with every entrée, snack and breakfast served at the schools under her supervision every day. She accomplishes all of this with a very positive attitude.

Doris, a three-time winner of the Maine School Nutrition Award, and a continuing student of the Dietary Technical Program at SMCC, considers herself lucky. She has the dedicated support of two school districts that let balance her budget creatively when she buys local products instead of choosing from the often frozen commodities subsidized by the U.S. government, who may, for example

send her potatoes from Idaho or apples from Washington.

That is frustrating for someone who not only hears the beat of the buy-local drum, but also sings in the chorus. The nourishing lunches Doris designs often cost \$4 each, but lunch fees average less than \$2.10 per student. She resourcefully balances her total budget with profits from catering sales (for lunch meetings and the like) and a la carte (snacks and desserts) cafeteria sales.

Doris started her juggling act of kids' menu choices in 2003, when as a cafeteria manager, who was mindful of the obesity problem among kids and the issue of empty calories in school foods, quietly began to replace some of the worst offenders with worthy substitutes.

The candy bars, sugary cookies, sodas and white bread sandwiches were phased out. Now, in their places are low fat, low sugar granola snacks, 51 percent whole grain low sugar cookies, 100 percent fruit juice and whole wheat bread, multigrain bagels and even whole wheat cinnamon buns that are startlingly low on fat and sugar but both the kids and teachers like them.

Whenever possible, Doris buys brand names such as Arrezio, Froz Fruit and Hershey, who are suppliers of new frozen confections that meet or exceed federal guidelines and now occupy the ice cream freezer in the caf.

She says, "Kids like brand names. They are foods they recognize from home or the store. Brand names represent consistent quality, and consistency is very important when you are trying to please kids." Or, anyone. Hershey makes the 2.5 ounce ice cream sandwich the kids may opt to buy. "Portion control is key," say Doris. "I can allow them to opt for an ice cream sandwich as a treat, if its size fits into the 35-10-35 (percent of calories from fat, saturated fat, and total sugar) ratio that is required."

Locally speaking, Doris has managed to keep all Oakhurst milk products and Giles Orchard apples that come in from Alfred all during the school year. Last year, a York farmer planted an entire field of potatoes just



SARAH GRANT PHOTO

In York, the kids seems to prefer local Archer Angus burgers hands-down versus USDA commodity varieties.

for our schools and Doris' programs, and the kids enjoyed all manner of Maine potatoes throughout the school year.

Doris particularly favors baked potatoes because they remain whole, low fat and provide all the vitamins and minerals that the entire potato can offer. Sadly, this past season, the local crop failed, so potato products are now coming from wherever the federal government deems appropriate.

This year, the cafeteria menu accomplishment that makes Doris the most proud is the introduction of pasture-raised beef patties from Archer Angus in Farmington, Maine. The beef patties are an excellent, local product (see "Where's the Beef?" on Page 11) and are usually available only from select food markets, some restaurants and farmers' markets. The hamburgers are delivered directly by Ray Buck, who owns Archer Angus.

I was fortunate to witness lunch in York Middle School on burger day. Doris and I took an informal straw poll as the kids added condiments to the burgers just outside the kitchen. "These are waaay better than last years' burgers." "I like these burgers a lot," were among the positive-only comments we heard from the kids. I would guess that more than half of the trays that exited the kitchen were carrying Archer Angus hamburgers, and beyond the crumpled foil that wrapped the burgers, no vestige of them came back at the end of lunch.

The burgers are much more expensive than the commodity burgers offered by the USDA and worth every penny. Ray Buck has offered a \$50 credit to the schools for purchase of more patties with every side of beef he sells

to parents or anyone who asks for that school benefit.

One or more families can split a side and fill one or more freezers with all cuts of top quality, grass-fed, Angus beef: steaks, roasts, burgers, tenderloin, stew meat, hamburger, stock bones and marrowbones for about \$4.55/lb. and benefit the school lunch program, too. Take that, supermarkets! Call Ray Buck at 491-6354 for details and ordering.

Doris Demers plans to do much more with local farms as she meets more farmers who are interested in supporting this program. Right now, she fills out salad bars in all of her schools with dark leafy greens mixed with other lettuces and all types of colorful produce options in accompanying salad bar pans, including black beans and whole fruit.

Most farms grow excess vegetables and those that do not meet the cosmetic expectations of market customers. The schools are a great way to market these extra items. Of course, the schools are interested in tax-deductible produce donations, but because of Doris' innovative budget stretching; they are also in a position to buy.

"It doesn't matter to me if a tomato or a pepper isn't perfect to look at. We'll just dice it up and use it in the lunches," says Doris. "The more local a fruit or vegetable, the fresher it is because it doesn't have to travel across the country." Doris always has her eye on the goal of the best possible nutrition for our kids.

To find out more about what's new the local school lunch program, or to check out the latest lunch menu, go to [yorkschoools.org/~lunches/](http://yorkschoools.org/~lunches/).

## HOATY'S HOT WINTER SPECIALS

<p><b>\$409/MO.</b></p> <p><b>'08 LINCOLN MKX AWD ELITE</b> Very low miles, heated leather, panoramic vista sunroof, navigation, every option, factory warr. Stk#2497PA</p> <p><b>\$29,772</b></p>	<p><b>'01 CHRYSLER PT CRUISER</b> 4 Door, auto, AC, power windows, low miles, low price! Stk# 2501PA</p> <p><b>Only \$3,999</b></p>	<p><b>\$275/MO.</b></p> <p><b>'07 AUDI A4 AWD QUATTRO</b> Low miles, 6 speed, heated leather, power moonroof, Bose stereo, immaculate in and out! Stk#2529PA</p> <p><b>\$19,999</b></p>	<p><b>\$330/MO.</b></p> <p><b>'07 FORD F-150 4X4 CREW CAB</b> Loaded XLT, one owner, off lease, low miles, Ford Certified Pre-Owned with 6 year, 100k warranty, like new! Stk#2539P</p> <p><b>\$23,900</b></p>	<p><b>\$260/MO.</b></p> <p><b>'08 MERCURY MARINER AWD PREMIER</b> Heated leather, power moonroof, 1 owner, Ford Certified Pre-Owned with 6 year, 100k warranty, off lease. Stk#2551P</p> <p><b>\$18,900</b></p>	<p><b>\$302/MO.</b></p> <p><b>'07 MERCURY MOUNTAINEER</b> 4x4, only 24k, one owner miles! Heated leather, third seat, power moonroof, immaculate! Stk#2552P</p> <p><b>\$21,900</b></p>	<p><b>\$289/MO.</b></p> <p><b>'08 FORD EXPLORER IRON MAN 4X4</b> Very rare package, heated leather, moonroof, Ford Certified Pre-Owned with 6 year, 100k warranty! Stk#2565PA</p> <p><b>\$20,900</b></p>
--	---	---	--	---	--	--

\*Payments based on 20% down cash or trade @ 6.9% APR for 72 months with approved credit.

**1-877-395-FORD • WWW.STARKEYFORD.COM • RT 1, YORK MAINE ...SINCE 1955**



# Where's the beef? In Farmington, Maine

Local beef producer provides alternative to national food chain

By SARAH GRANT

The York Independent

I met Linda and Ray Buck on their Archer Angus Farm last fall. Appropriately, the 200-acre farm is located in Farmington, Maine. The approximately 150 head of Angus cattle that populate the farm have plenty of gently sloping meadows in which to graze, picturesquely backdropped by a million dollar view of the Maine mountains and Sugarloaf.

Ray spent summers on his paternal grandfather's farm where his several great-grandfather brought the first Herefords into the United States in 1855 and shipped them west to breed with longhorn cattle through the late 1800's. Since 1823, Ray's mother's family has raised jersey cows for dairy on another nearby farm. Ray, a Bowdoin graduate, and Linda, whose first career was as an executive in the financial field, chose to return to the two century family business of cattle farming as their second careers. They specifically chose to focus on the breeding of Aberdeen Angus for their superior traits of docility, hardiness and meat quality.

The Bucks are part of growing trend of small family farming where agricultural methods revert to pre-World War II methods of sustainable practices, but with 21st century technological tweaks. The Bucks are the type of farmers who combine science with heart.

They bring newborn winter calves into a heated building and give them the individual attention of bottle feeding (up to 30 pints a day) and tender handling for the first three weeks of life, after which the babes return to the barn (donning a "calves' coat" made of thinsulate for warmth) where they join the rest of their bovine family. They continue to get several bottles of milk every day from Linda until they are about three months old.

The Bucks also have plenty of field land dedicated to the hay crop they need for winter silage for their entirely grass-fed herd. Ray Buck tells me that he has just acquired an additional 200 acres from his nearby maternal family's former dairy farm. Approximately half of their total 400 acres will be pastureland for the cows to roam; the other 200 acres will support their hay production.

The Bucks' primary business involves animal husbandry developing high quality stock both on the hoof and as implantable embryos. The science that drives that endeavor is beyond my ken, but what I do understand is that the cattle that are no longer procreative candidates are slaughtered for their meat.

And, what meat! It is from cattle who were lovingly cared for and fed only what ruminant animals eat: grass. That means the beef from these animals is low in saturated fat, yet high in omega-3 fatty acids, beta-



SARAH GRANT PHOTO

Pregnant and grazing in the meadow is Beauty 014. Linda Buck saved her calf's life this winter by bringing her in from the frigid temps and bottle feeding her>



SARAH GRANT PHOTO

Linda and Ray Buck of Archer Angus in Farmington, Maine.

carotene, vitamin E, folic acid and antioxidants. Conjugated linoleic acid, thought to reduce the risk of breast cancer and diabetes, also is higher in pastured beef.

These cows do not require antibiotics because their diets and open-air lifestyles simply do not promote the spread of infection that is common in densely packed feedlots. Most grocery store beef originates from feedlots, often even the beef labeled "organic." The Centers for Disease Control estimate that 70 percent of all the antibiotics produced in the U.S. are used on livestock as well as humans. This is creating antibiotic-resistant super bacteria that our medical professionals are finding difficult to treat. Scary, huh?

Grassfed beef has a bolder, cleaner taste. It is also safer to eat, even at lower cooked temperatures, due to the near non-existence of e-coli bacteria in properly fed cattle. Moreover, grassfed beef has a normal pH, so any bacteria in it are no match for the high acidity of the human digestive tract. Yes, you guessed it: grainfed cattle beef has an acidic pH, so we have a tougher time battling its bacteria in our digestive systems, and feedlot herds have a significantly higher incidence of e-coli infection.

The docility of the Buck's cattle naturally yields tender, sweeter meat. The cattle are slaughtered humanely and only a few at a time, which hugely aids traceability, should that ever be an issue.

Additionally, the Bucks breed their cattle for natural fat marbling of the meat for flavor and added tenderness, even though the cattle are grass finished. Don't misunderstand, the meat is lean—the burger is 90 percent lean—and the visible fat is a desirable trait especially because this fat is imbued with the beneficial Omega 3 fatty acids, beta carotene, etc that were described above and are available only from grassfed animals.

Furthermore, according to mercola.com, an online natural health newsletter, "A 6-ounce steak from a

grass-fed steer can have 100 fewer calories than the same steak from a grain-fed steer. Simply by switching to lean grass-fed beef, in one year you could save 17,733 calories and lose 6 pounds without changing anything else in your diet."

You don't need to travel up to Farmington to purchase Archer Angus beef. Ray and Linda Buck come down to York County nearly every week year round. In the summer, you can find them along with their steaks, burger, stock bones and roasts at the Kennebunk Farmers Market every Saturday from early May to mid-November. Find more information on this market at [kennebunkfarmersmarket.org](http://kennebunkfarmersmarket.org).

In the winter, they come even closer. You can find the Bucks and Archer Angus beef at the York Gateway

Farmers' Market on certain Saturdays from 10 a.m. until 2 p.m. The next York Market is on Saturday, Feb. 19. For more information, go to [gatewaytomaine.org/index.php/events/winter-gateway-farmers-market](http://gatewaytomaine.org/index.php/events/winter-gateway-farmers-market).

If you have children attending York or Kittery

schools, they are eating Archer Angus beef in school lunches every time burgers are on the menu. School nutritionist Doris Demers introduced Archer Angus beef to all York and Kittery schools primarily because it is a local Maine product and fresher.

She also likes the fact that its origins are traceable, and then there is the tremendous boon to each child's nutrition. As Ray Buck says, "Balanced, quality nutrition is as important as teaching methods to kids. It fuels their bodies and brains for optimum learning."

So you think grassfed beef is expensive? Here is a little price comparison: Whole Foods charges a whopping \$28/lb. for pasture-raised tenderloin; the Bucks charge \$16/lb. for their pasture-raised tenderloin. Oh, and Hannaford regularly charges \$16.99/lb. for tenderloin steaks that more than likely came from feedlot cattle. Ask the butcher.

“If you have children attending York or Kittery schools, they are eating Archer Angus beef in school lunches every time burgers are on the menu.”



LOOKING FOR A HOME

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

**Juju**  
Cute as a button and raring to go! Juju is an adorable little two year old Chihuahua who is searching for that special someone. Juju is a very friendly boy and can't wait to share his new home with certain other dogs, cats and older children who will be respectful towards him. Small children make him very nervous and afraid.



great sharing his new home with other dogs, dog savvy cats and older children who will not scare him with quick movements.

**Spencer**  
Meet Spencer, a positively adorable black and white cat with luxurious medium hair. While he has been an outdoor cat, he'd much rather prefer to spend time indoors, particularly so he can always be around to get the attention he loves.



**Cooper**  
Meet Cooper! He is an eight year old Beagle and a smart little guy knowing the commands sit, come and would love to learn more. He must always be walked on a leash or out in a fenced in yard to keep him safe. He can't wait to share his new home with other dogs, cats and respectful children who will not frighten him.



**Baxter**  
Meet Baxter, a two year old black & white cat. Baxter is a calm kitty who is eagerly awaiting a forever home. Baxter would be happy to share a new home with other feline friends, but no dogs please, they're too much for him to handle.



**Therese**  
This lovely lady is Therese! She is a nine year old cat that has a short brown tiger and white coat. Therese is a great girl and would love to share her new home with certain other cats and respectful children.



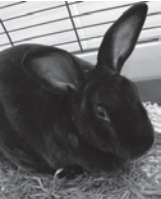
**Charlie**  
This happy handsome young man is Charlie! He is a seven month old Pitbull and a bit shy at first but once he knows you, he wants to be friends. Charlie is a lovely lad and will do



**Mr.Bunny**  
Meet Mr.Bunny! He is an adult rabbit that can't wait to find a forever home to call his own. Like all rabbits Mr.Bunny would love to be handled on a daily basis in order to stay as friendly as possible.



**Clyde**  
Meet Clyde! He is a velvety soft two-year-old Rex Rabbit who is searching for his forever family. Clyde is a friendly boy who loves to be out and about. If Clyde sounds like the pet for you please fill out an adoption questionnaire and stop in to meet him.



**Moxie and Rosie**  
Moxie is four years old with a black and white coat and Rosie is five years old and has a tri colored coat. These two are the best of friends and can't wait to find a forever home together. If these two sound like the perfect pair for you please fill out an adoption questionnaire and stop in to meet Moxie and Rosie.



TIDE CHART  
York Harbor

**Friday, Feb. 11**  
High Tide, 4:10 a.m.  
Low Tide, 10:45 a.m.  
High Tide, 4:47 p.m.  
Low Tide, 10:53 p.m.

**Saturday, Feb. 12**  
High Tide, 5:04 a.m.  
Low Tide, 11:44 a.m.  
High Tide, 5:47 p.m.  
Low Tide, 11:52 p.m.

**Sunday, Feb. 13**  
High Tide, 6:03 a.m.  
High Tide, 6:50 p.m.  
Low Tide, 12:46 p.m.

**Monday, Feb. 14**  
High Tide, 7:04 a.m.  
Low Tide, 12:53 a.m.  
Hide Tide, 7:50 p.m.  
Low Tide, 1:46 p.m.

**Tuesday, Feb. 15**  
High Tide, 8:02 a.m.  
Low Tide, 1:53 a.m.  
High Tide, 8:44 p.m.  
Low Tide, 2:41 p.m.

**Wednesday, Feb. 16**  
High Tide, 8:57 a.m.  
Low Tide, 2:49 a.m.  
High Tide, 9:35 p.m.  
Low Tide, 3:32 p.m.

**Thursday, Feb. 17**  
High Tide, 9:49 a.m.  
Low Tide, 3:43 a.m.  
High Tide, 10:23 p.m.  
Low Tide, 4:20 p.m.

**Friday, Feb. 18**  
High Tide, 10:39 a.m.  
Low Tide, 4:34 a.m.  
High Tide, 11:10 p.m.  
Low Tide, 5:06 p.m.

**Saturday, Feb. 19**  
High Tide, 11:29 a.m.  
Low Tide, 5:24 a.m.  
High Tide, 11:57 p.m.  
Low Tide, 5:53 p.m.

**Sunday, Feb. 20**  
High Tide, 12:19 p.m.  
Low Tide, 6:15 a.m.  
Low Tide, 6:40 p.m.

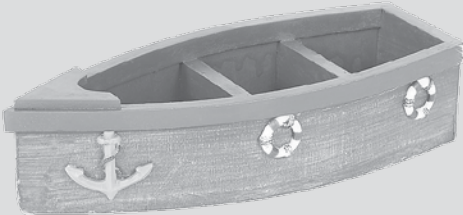
**Monday, Feb. 21**  
High Tide, 12:45 a.m.  
Low Tide, 7:07 p.m.  
Hide Tide, 1:11 p.m.  
Low Tide, 7:29 p.m.

**Tuesday, Feb. 22**  
High Tide, 1:35 a.m.  
Low Tide, 8:01 a.m.  
High Tide, 2:05 p.m.  
Low Tide, 8:21 p.m.

**Wednesday, Feb. 23**  
High Tide, 2:28 a.m.  
Low Tide, 8:58 a.m.  
High Tide, 3:03 p.m.  
Low Tide, 9:16 p.m.

**Thursday, Feb. 24**  
High Tide, 3:25 a.m.  
Low Tide, 10:00 a.m.  
High Tide, 4:06 p.m.  
Low Tide, 10:16 p.m.

**Friday, Feb. 25**  
High Tide, 4:27 a.m.  
Low Tide, 11:07 a.m.  
High Tide, 5:15 p.m.  
Low Tide, 11:22 p.m.



CROSSWORD PUZZLE

ACROSS

- 1 Man of steel
- 6 Pluto's place
- 11 Cheering loudly
- 12 Hollywood mover
- 13 Sample
- 14 Pound parts
- 15 Blasting stuff
- 16 Band blaster
- 18 Through
- 19 Sense of self
- 20 Gift from Santa
- 21 Conclusion
- 22 Not as bright
- 24 Paris' home
- 25 Travel group
- 27 Retain
- 29 Soybean, for one
- 32 Completely
- 33 \_ Moines
- 34 Hair goo
- 35 D.C. player, for short
- 36 Follower's suffix
- 37 Guy's date
- 38 Chapel topper
- 40 Peace goddess
- 42 Tie type
- 43 Arrive

1	2	3	4	5		6	7	8	9	10
11						12				
13						14				
15				16	17			18		
19				20				21		
22			23				24			
		25				26				
27	28				29				30	31
32				33				34		
35				36				37		
38			39			40	41			
42						43				
44						45				

2-11

- 44 Tree houses
- 45 Lets up

DOWN

- 1 Was a fink
- 2 Pulp source

SUDOKU

Conceptis Sudoku

By Dave Green

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

Difficulty Level ★★★★★

2/11

©2011 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

Crossword Solution

S	E	S	V	E		S	T	S	E	N
N	I	N	E	G		T	O	C	S	V
E	N	E	R	I		E	R	I	P	S
L	A	L	G		T	S	I		A	N
L	E	G		S	E	D		L	L	A
E	M	U	G	E	L		P	E	E	K
		N	A	V	A	R	A	C		
Y	O	R	T		R	E	S	N	E	D
D	N	E		Y	O	T		O	G	E
A	I	V		P	M	A		T	N	T
E	C	N	E	P		E	T	S	A	T
T	N	E	G	A		R	A	O	A	V
S	E	D	A	H		T	O	B	O	R

Sudoku Solution

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

©2011 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.



## LISTINGS

## Send us your listings!

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

## One-of-a-kind

• **February Fiber Frenzy, Saturday**, Feb. 12, 10 a.m. to 5 p.m. Pattern designer Gina House will be at The Yarn Sellar with her book to help celebrate a huge sale and the shop's new location with cake and prizes. Visit [www.yarnsellar.com](http://www.yarnsellar.com) and on Facebook The Yarn Sellar.

• **Eldredge Bros. Fly Shop**, Route 1, Cape Neddick will hold a New Beginners Tying Class on Saturdays, Feb. 12, 19, 26 and Mar. 5 from 9 to 11 a.m. The cost of this 4-day class is \$30, and Eldredge Bros. supplies all tools and materials. For more information, visit [www.eldredgeflyshop.com](http://www.eldredgeflyshop.com).

• **On Sunday, Feb. 13, Five-O Shore Road Restaurant** in Ogunquit and the Donato J. Tramuto Foundation will host a benefit for the **Frannie Peabody Center**. For each person who orders a brunch entrée, the Donato J. Tramuto Foundation will donate \$10 to the Frannie Peabody Center which is the largest community-based HIV/AIDS services organization in Maine, providing prevention services for at-risk groups and direct services for people living with HIV/AIDS serving Southern Maine for people impacted by HIV. Brunch will be served from 10 a.m. until 2 p.m.

• **Learn how to make a Healthy dinner** for two at Kittery Estates with their own Chef, Christopher Kennard, on Wednesday, Feb. 16 at 11 a.m. Bring a senior loved one and together watch a cooking demonstration. Stay and enjoy a complimentary lunch and after lunch tour the community. RSVP by Monday, Feb. 14 to Cassandra Wolf, 438-9111, [www.kitterryes-tates.com](http://www.kitterryes-tates.com)

• **The 2010-2011 Winter Gateway Farmers Market** will take place at Foster's Downeast Clambake, York Harbor. Dates are: Saturday, Feb. 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](http://www.gatewayfarmersmarket.com) or call the Greater York Region Chamber of Commerce at 363-4422 for more information.

• **Village Elementary School Kindergarten and New Student Registration**: ongoing throughout the month of February, daily office hours 7:30 a.m. to 4 p.m. Registration packets can be picked up at the Village Elementary School Office or downloaded from [www.yorkschoools.org/ves](http://www.yorkschoools.org/ves)

• **Valentine's Dance Saturday**, Feb. 12, 8 p.m. at Nasson Community Center, 457R Main St., Springvale. DJs Ben and Diane Taylor, Music of the '50s – '70s, open to singles, couples, casual dress, cash bar, raffles, free popcorn, \$10 at the door. For more information: 324-5657 or [nassoncc.org](mailto:nassoncc.org)

• **Harlem Rockets vs. Sanford Hot Shots**, Sunday, Feb.

13, 3 p.m., at Nasson Community Center, 457R Main St., Sanford, \$8 advance; \$10 at the door. For more information: [nassoncc.org](mailto:nassoncc.org), 324-5657.

• **Visit the Hilton-Winn Farm**, 189 Ogunquit Rd., Cape Neddick on Thursday, Feb. 24 from 10 a.m. until 2 p.m., to enjoy the beautiful outdoors, hiking, sledding, snowshoeing, cross country skiing, campfire and hot chocolate. Donation \$3. Bring extra snowshoes & cross country skis to share with a friend. For more information: 361-1385, [www.hilton-winnfarm.org](http://www.hilton-winnfarm.org)

• **Winter Wildlife Day** offers free fun indoors and out on Thursday, Feb. 24, 10 a.m. until 2 p.m., at the Wells Reserve at Laudholm. Celebrate wildlife and their habitats with live animal presentations (10 a.m. & Noon), tracking walks (11 a.m. & 1 p.m.), and a wildlife project for kids to take home. The event is free for all ages. Bring snowshoes, sleds, and cross-country skis Snow Date: Friday, Feb. 25.

• **Work Ready 55+®** is a free 60-hour training program that will help individuals identify and address the motivations and challenges faced when seeking a career or specialized training or dealing with any work related search. Designed for anyone age 55 and up, Work Ready 55+® is offered by four York County Adult Education programs and will run Monday through Thursday from 2:30 to 5:30 p.m., beginning Tuesday, Mar. 14 through Thursday, April 14 at Wells High School. Participants must be age 55 and up. Anyone interested in the training must complete an application and skills assessment. This can be done at one of the following information sessions.

**Information sessions:** Tuesday March 1, 2:30 to 4 pm at Kennebunk High School and Wednesday Mar. 2, 2:30 to 4 p.m., at Traip Academy in Kittery. For more information and to register for one of the information sessions, call one of the following Adult Education Programs: York Adult Ed: 363-7922, Wells-Ogunquit Adult

Ed: 646-4565, Kittery Adult Ed: 439-5896, Kennebunk Adult Ed: 985-1116.

• **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](http://www.singlesdanceparties.com) or call (603) 942-8525.

• **Upcoming events at the York Elks Lodge**, 1704 US Rt.1, York, 361-2788: Saturday, Feb. 12: Prime Rib Dinner, 5:45 p.m., Sunday Feb. 13: Best \$5 breakfast in town, 8:30 a.m. until 10:30 a.m., Sunday, Feb. 20: Chicken Shoot, 1 p.m., Saturday, Feb. 26: Bus trip to Foxwoods Casino leaves the lodge at 7 a.m., Sunday, Feb. 27: Best \$5 breakfast in town, 8:30 a.m. until 10:30 a.m., Sunday, Mar. 13: Kathy's Famous St. Paddy's Day Corned Beef/Ham Cabbage Dinner, 1 p.m.

• 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

• **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.lyricmusic-theater.org](http://www.lyricmusic-theater.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, NH, by phone at (603) 436-2400, or online at [www.themusic-hall.org](http://www.themusic-hall.org).

• **Nasson Community Center's Little Theatre**, 457 Main St., Springvale presents Checkered Floors by Cheryl Hamilton, a one-woman dramatic account including Somali immigration on Saturday, Feb. 26 at 7 p.m. Reservations: 324-5657; Tickets: \$15.

## IN SESSION



COURTESY PHOTO

River Tree Arts announces a new catalog of classes beginning Monday, Feb. 28. Choose from preschool morning classes in art and music, morning and afternoon adult art classes, after school classes for ages 5 through teen, new evening classes for adults and private & group music classes for all age. For more info, visit [www.rivertree-arts.org](http://www.rivertree-arts.org) or call 967-9120. RTA is located at 35 Western Ave., Lower Village, Kennebunk.

## MUSIC LISTINGS

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

## Friday, Feb. 11

• **Dave Gerard**, 8 p.m., Ship Cellar Pub at York Harbor Inn, Route 1A, York Harbor, 363-5119

## Saturday, Feb. 12

• **All Together Now**, 8 p.m., Tickets: \$12 in advance; \$15 at the door. Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, 646-4777  
• **Peter Black**, 8 p.m., Ship Cellar Pub at York Harbor Inn, Route 1A, York Harbor, 363-5119  
• **Curt Bessette & Jenn Kurtz**, 7 to 10 p.m., no cover. Blue Sky at the Atlantic House, York Beach,

363-0051

## Monday, Feb. 14

• **Peter Black**, 7 p.m., Ship Cellar Pub at York Harbor Inn, Route 1A, York Harbor, 363-5119

## Wednesday, Feb. 16

• **Tim Gurshin**, 8 p.m., Ship Cellar Pub at York Harbor Inn, Route 1A, York Harbor, 363-5119

## 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

## Friday, Feb. 18

• **Peter Black**, 7 p.m., Ship Cellar Pub at York Harbor Inn, Route 1A, York Harbor, 363-5119

## Saturday, Feb. 19

• **Suede**, 8 p.m., Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, 646-4777  
• **The Music Hall Intimately Yours Series Presents The Wailers**, 8 p.m. Tickets: \$42, \$29. The Music Hall, 28 Chestnut St., Portsmouth.

AMERICAN  
LEGION *Post 56*  
Presents...

## Month of February

*Friday 11th*  
**Casino Night**  
With Johnny Wad and The Cash

*Saturday 12th*  
**The Midlife Crisis Band**  
7p.m.

*Sunday 13th***Flea Market**

8:30a.m. - 3p.m.

*Tuesday 15th***Open Mic Night 6p.m.***Wednesday 16th***Bingo 6p.m.***Thursday 17th***BMV***Saturday 19th***What's Up Doc? 7p.m.***Tuesday 22nd***Red Cross Blood Drive**  
1-6p.m.*Tuesday 22nd***Open Mic Night 6p.m.***Wednesday 23rd***Bingo 7p.m.***Friday 25th***Karaoke 7 p.m.**

**Looking for space to have a party or an event?**

## Function Hall for Rent

Beautiful, new facility. Large room to hold your meetings, parties, training or any type of gathering! *Kitchen, bar facilities & handicapped accessible*

Call today to make an appointment or to see the facility.

PUB-56 Lounge  
is now serving  
LUNCH!

Wed-Thurs 12 noon until 8pm

Fri 12 noon until 9pm

Sat. 12 noon until 10pm

Sun Closed

*Come enjoy a light lunch or happy hour food most of the day.*



**BINGO**  
Every Wed.  
Night 6pm

## Monthly Meetings

Legion - 1st Monday of month 7pm  
S.A.L. - 1st Tuesday of month 7pm  
AUX - 2nd Monday of month 1pm  
House Committee - Last Thurs. of month 6pm  
Executive Board - Last Thurs. of month 7pm

**FMI 207-363-0376**  
9 Hannaford Dr., York, ME



# Classified Ads

## CLASSIFIED LINE ADS

\$8.00 per 15 words. Payment is due when ad is placed. We accept cash, check and all major credit cards.

## ADVERTISING DEADLINE

Monday by 5:00 p.m. prior to publication date.

## TO PLACE AN AD

Call **363-8484 x3**,  
email **classifieds@yorkindependent.net**,  
or stop by *The York Independent* office,  
4 Market Place Drive, Suite 215  
York Village Business Center  
with access from Route 1

**KEY ROOFING:** Gut leaks, repair specialist. Slate, shingles, rubber. Stay Dry! 30 years experience. Call NOW! 603-661-9480.

**PAINTING** Interior & Exterior. All your wallcovering needs. Call Roy 603-767-2112

**WANTED:** Got something to sell? Call The Maine Pickers

207-475-6824 Howard.

**RESIDENTIAL CLEANING:** Customized-Personal-Reliable and Upbeat. Excellent References. 207-752-7049.

## Horoscopes

By Rusty  
The southern Maine coast's leading astrologer

**Aries** (March 21-April 19): The best things in life are free. Unless your passion happens to be collecting masterpieces from the Italian Renaissance.

**Taurus** (April 20-May 20): Where have you been all my life? From the looks of things, somewhere close to a swamp.

**Gemini** (May 21-June 20): If someone attempts to lead you astray, tell them you already have a dog. A little horoscope humor.

**Cancer** (June 21-July 22): You will suffer continuous mild depression over the meaninglessness of life. In other words, business as

usual.

**Leo** (July 23-Aug. 22): For every action, there is an equal reaction, except in your love life, where there's no action at all.

**Virgo** (Aug. 23-Sept. 22): You will be disappointed to learn that your neighbor is the artist behind Marmaduke, and he's been basing the entire comic strip on your life.

**Libra** (Sept. 23-Oct. 22): Some are born great. Some achieve greatness. Others have greatness thrust upon them. And none of these categories applies to you.

**Scorpio** (Oct. 23-Nov. 21): Don't be afraid to stand up for what

you believe, even though it's painfully obvious to everyone around you that you're dead wrong.

**Sagittarius** (Nov. 22-Dec. 21): You have to go back before you can move forward. It appears you understand the first part of that advice extremely well.

**Capricorn** (Dec. 22-Jan. 19): You know your limitations, so stick with what works for you. In your case, that means staying in bed.

**Aquarius** (Jan. 20-Feb. 18): When you finally experience success, the taste will be sweet. Too bad you're a diabetic.

**Pisces** (Feb. 19-March 20): You show the potential to experience all kinds of growth. Unfortunately, most of it will come in the form of mold.

## NEWS OF RECORD

## OBITUARIES

### Pauline Alderson

Pauline Alderson, 94, passed away on Jan. 29, 2011 at Durgin Pines Nursing Home in Kittery, with her daughter by her side.

She was the wife of the late George C. Alderson, who died in March of 1993.

She was born on April 23, 1916 to the late Annie (Minty) and Mark Moore and was raised in Belmont, Mass., with her six siblings who are since deceased except for her surviving brother, John Moore of N.M. She married and raised four children in Lexington, Mass., while also working for many years at Durand's Ice Cream Shop and First National Stores in Lexington. Later in life she and her husband spent winters in New Smyrna Beach, Fla. and summers in York Beach, where she enjoyed every moment with her family and friends.

Her favorite memories were the times she cherished with her family which included her grandchildren and great-grandchildren. She always had a cookie or a hug for each. She spent many days at the beach; cooking and baking brought her great joy and her faith was of the utmost importance to her. She never had an unkind word for anyone and lived her life full of so much love.

She is survived by her daughter, Paula Huether of Nashua, N.H., and Carl Huether of Pelham, N.H., son Craig Alderson and wife Jean of Little River, S.C., son-in-law John Deely of Lowell, Mass., and daughter-in-law Mary Alderson of Maynard, Mass. She is also survived by 13 grandchildren and 15 great-grandchildren. She was also the mother of the late Janet Deely and Phillip Alderson, whom she loved and missed so dearly.

Burial will be held in the spring. Visit [www.lucaseatonfuneralhome.com](http://www.lucaseatonfuneralhome.com).

### Merle L. Hathorne

Merle L. Hathorne, 87, of 23 Avon Ave., died Tuesday, Feb. 1, 2011 in York Hospital.

He was born April 26, 1923 in Woolwich, a son of the late Hartley and Mildred (Bishop) Hathorne. He was a 1940 graduate of Morse High School in Bath. He served in the U.S. Army Air Corps from 1942 to 1945. He worked for Bath Iron Works and Hyde-Windless of Bath for 22 years and later worked for 25 years at the Portsmouth Naval Shipyard. He was a former Firefighter in Woolwich, and also volunteered with the Boy Scouts of America.

He was predeceased by his wife, Natalie E. (Giles) Hathorne, in 2003. He leaves five sons: Ronald D. Hathorne of Wells, Albert N. Hathorne and his wife Candice of Topsham, Stephen M. Hathorne of Clinton, S.C., Tyler O. Hathorne of Ogunquit and Corey D. Hathorne and his wife Kristen of York; two daughters, Sue Ellen Gay and her husband Mark of Cape Neddick and Fay A. Labbe of West Bath; a brother, Hartley Hathorne Jr. of Edgecomb; four sisters, Reta Delong of Florida, Verlie Grover of Wiscasset, Barbara Hallet of Bridgewater and Leah Harmon of Wiscasset; 11 grandchildren, 12 great-grandchildren and many nieces and nephews.

Merle is also survived by his sister in-law Betty (Giles) Richardson of West Bath and Patricia (Giles) Adams and her husband Robert of Boothbay Harbor. He was predeceased by a son, Drummond D. Hathorne; two brothers, Alvin and Bernard Hathorne; and two sisters, Evelyn Roberts and Madeline Delong.

A graveside service for Merle will be held in Laurel Grove Cemetery in Woolwich in the spring. Memorial contributions may be made to York Community Services. Lucas & Eaton Funeral Home, 91 Long Sands Road, York, is directing arrangements. [www.lucaseatonfuneralhome.com](http://www.lucaseatonfuneralhome.com).

## Local Births

Recorded York Hospital during December 2010

• **Xavier Charles Kinnear**, baby son of Samantha & Joseph Kinnear of South Berwick, was born Dec. 1, 2010. Proud grandparents are Cindy & Bob Laidler of Concord,

N.H., Michael Means of Hurricane, W.V., Nellie Perez of Fullerton, Calif., Chuck Kinnear of Phelan, Calif. Happy sibling is Coralie.

• **Jackson Mark Silva**, baby son of Christa & Gregori Silva of York, was born Dec. 7, 2010. Proud grandparents are Gregorio & Karen Silva of York and Mark & Tammi Stetson of

Wayhaw, N.C.

• **Hayley Lynn Meehan**, baby daughter of Marissa & Dennis Meehan of York, was born Dec. 28, 2010. Proud grandparents are Marcia Farris & Jim Goulet of Nashua, N.H., Michael Farris of Lenox, Mass., and Adrienne & Jack Meehan of Jefferson.

## WE BUY CARS & TRUCKS



**Paid Off or Not  
Instant Money  
on the Spot!**

All Makes & Models  
Wholesale Buyer

**DON'T GET RIPPED OFF!!  
CALL ME LAST.**

**Call HOATY Toll Free: 1-877-395-FORD  
or email: [hoaty@starkeyford.com](mailto:hoaty@starkeyford.com)**

## Community BULLETIN BOARD

**COLDWELL BANKER**  
YORKE REALTY

Office: 207.363.4300 X109  
529 US Rte One • Suite 101  
York, Maine 03909

Be Smart Like a **FOX**. Make It a **DUNNE** Deal!  
Direct: 207.332.6925  
[www.yorkmaineluxuryhomes.com](http://www.yorkmaineluxuryhomes.com) Phyllis Fox & Steve Dunne

**RE/MAX REALTY ONE** | 439 US Rte. 1, York ME

Turn "For Sale" into  
"SOLD"  
Call Joanne today.

Call Joanne direct at 207-337-2359  
[www.JoanneStoneBroker.com](http://www.JoanneStoneBroker.com)

**GET ON THE  
BOARD!**  
**Call (207)  
363-8484 x3**



## 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](mailto:yorkindependent@gmail.com). Listings run on a space available basis.

## Worship services

• **Praise on the Seacoast**, a monthly celebration of song and praise, will take place at the York-Ogunquit Church on Sunday, Feb. 20 at 5 p.m. This new worship experience is an opportunity to praise God and to discover more wholeness in a less formal, contemporary setting. York-Ogunquit United Methodist Church is located at 1026 US Route 1 in York. For more information: 363-2749 or visit [youmc.org](http://youmc.org).

• **St. George's Episcopal Church**, 407 York St. York Harbor: Sunday, 8 a.m., Holy Eucharist Rite II spoken service; Sunday, 9:15 a.m., Formation for all ages, 10:15 a.m., Holy Eucharist, Rite II with music, Thursday, 10 a.m. Holy Eucharist with optional laying on of hands for healing. Call 363-7376 or visit [www.stgeorgesyorkharbor.org](http://www.stgeorgesyorkharbor.org) for more information.

• **Ogunquit Baptist Church**, 157 Shore Rd., Ogunquit: Sunday worship and Sunday School at 9:30 am; nursery care available during worship. Fellowship time following worship; 11 a.m., adult class. [www.ogunquitbaptistchurch.org](http://www.ogunquitbaptistchurch.org).

• **Bahai'i Faith** meets Sunday morning for devotional meetings and fellowship. Call 363-4591.

• **Cape Neddick Baptist Church** schedule: Sunday School for all ages at 9 a.m.; Sunday worship service and Junior Church at 10:15 a.m.; choir rehearsal, 6 p.m. Wednesday prayer meetings, 7 p.m. Call 363-3566 or visit [www.cape-neddick-baptist.org](http://www.cape-neddick-baptist.org).

• **First Parish Church**, 180 York St., York, offers thought-provoking sermons, special music, child care and church school for all ages. Sunday worship services are held at 10 a.m. Call 363-3758.

• **Holy Cross Lutheran Church** - Informal worship service on Saturday afternoons at 4 p.m.; traditional worship service on Sunday mornings at 10:45 a.m. Modern Lutheran liturgy service at 8:15 a.m. on Sunday mornings. Free "Share the Bounty" supper of baked beans, hot dogs, and home-made pies is offered the first Saturday of every month from 4 to 6 p.m. The free Friendship Lunch is presented the second Monday of every month at Noon, and Harvest Café will prepare a free dinner for the community at 5 p.m. on the third Thursday of each month. Holy Cross Lutheran Church is located on Storer St. in downtown Kennebunk, between Main St. and the roundabout, with handicap accessibility and two parking lots. For more information call 985-4803, or visit [www.kennebunklutheran.org](http://www.kennebunklutheran.org).

• **St. Christopher by the Sea Church** holds Masses at 6 p.m. Saturdays, 7:30 a.m. and 11 a.m. Sundays. Call

363-4177.

• **Trinity Episcopal Church**, at the corner of York St. and Woodbridge Rd., York, offers Mass on Sundays at 10:30 a.m. Call 363-5095.

• **Union Congregational Church**, Church St., York Beach, offers weekly worship services commencing at 10:45 a.m. on Sundays. Call 752-7280.

• **York-Ogunquit United Methodist Church**, 1026 Route 1, York, is a Reconciling Congregation. Sunday School is at 9:15 a.m. Sunday worship begins at 10:30 a.m., with refreshments and fellowship afterward. Nursery care provided. Handicapped accessible. Call 363-2749.

• **York Street Baptist Church**, 61 York St., York, holds Sunday morning service at 9 a.m.; Sunday School (for all ages) begins at 10:45 a.m. Call 363-2177.

## Donations, volunteers needed

• **The Ogunquit Museum of American Art (OMAA)** is looking for volunteers to serve as docents in the Museum. Free informational sessions for prospective docents will be held on Tuesday, Feb. 15; Tuesday, Mar. 15 and Tuesday, Apr. 12 at 10 a.m., at the OMAA winter office located at 196A York Street, York. (on the left side of Ellis Insurance). Hands-on training at the Museum for those who decide to become OMAA docents will take place in late April, before the Museum opens for the season on May 1. For more information or to register, e-mail [ssager@ogunquitmuseum.org](mailto:ssager@ogunquitmuseum.org) or leave a message at 646.4909

• **Caring Unlimited** is seeking new volunteers. On Tuesday, Mar. 8, new volunteer training will begin for Hotline Advocates, Kidworkers and Court Monitors, as well as two administrative positions. More information about the three positions as well as the administrative positions can be found online at [www.caring-unlimited.org](http://www.caring-unlimited.org). Volunteers are encouraged to apply online, or to call Monique at 490-3227 x107.

• **The Yarn Sellar** is supporting a local mom with a deployed soldier knit up Helmet liners for the troops. You can print off the pattern at <http://knitting.about.com/od/hatpatterns/a/helmetliner.htm> or come into The Yarn Sellar for a free pattern. The liner needs to be knit in 100 percent wool (non-flammable) and only in Tan, Brown, Black, or Charcoal. Bring the liner into the shop and it will be shipped out by the local family. The Yarn Sellar, 264 Route 1 York, 351-1987. Over two dozen have already been shipped out to soldiers and more are welcome.

• **Cluster Youth Mission Trip**, Hamburg, N.Y., July 30-Aug. 6, 2011. High school youth travel with Group Work Camp to repair homes for the poor and needy. Spiritual and special trip for youth and their chaperones. Call for more info: Rose Cronin 337-0637, St. Christopher Church, York

• **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, 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.

• **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

• On all four Wednesdays in February, for lunch and dinner, the **Hayloft Restaurant** on Route 1 in Moody, will donate 10% of their gross sales to the Ogunquit Dog Park. The Hayloft is located on the south-bound side of Route 1 at the light in Moody. Menus on [www.thehayloftrestaurant.com](http://www.thehayloftrestaurant.com).

• **The York VFW** serves public meals at their 75 Cape Neddick Road, York, location. "Friday Night Dinners" are served each week at 5:30 p.m., followed by karaoke. Cost: \$7. "Chix Shoots" meals are served each first and third Saturday of the month at 6:45 p.m. Sunday breakfast is held each week from 8 a.m. to 11 a.m. For more information, call 363-9827.

• **Robert's Maine Grill**, Route 1, Kittery, offers a "Community Supper" every Tuesday night. The main focus of the supper is a \$12, 3 course menu; their mid-week "recession buster." A portion of proceeds from the Community Suppers is donated to a local non-profit. Community Suppers are open to the public, and reservations are strongly recommended. For more information about the Community Suppers, or for reservations, call 439-0300 or visit [www.robertsmainegrill.com](http://www.robertsmainegrill.com).

• **Wells-Ogunquit Senior Center Coffee Shop** 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.



# Let Us Save You From High Oil Prices!

## 363-OILS (6457) Call & Start Saving Today!

Our Current Dollar

Stretching Price Is: \$3.239

10/20\*  
Per Gal

# YORK OIL & PROPANE

\*For up-to-the-minute pricing please visit [www.yorkoil.net](http://www.yorkoil.net)

PO Box 850 York Beach, ME 03910  
Tel. 363-OILS [www.yorkoil.net](http://www.yorkoil.net)

067685

# SEACOAST GLASS

AUTO GLASS • CUSTOM MIRRORS  
TUB & SHOWER ENCLOSURES • VINYL WINDOWS  
STOREFRONTS • PLEXIGLAS & LEXAN

PORTSMOUTH  
431-2077

KITTERY  
439-2077

YORK  
361-2077

002400

Century 21  
ATLANTIC REALTY

York, Maine

207-363-4053 • 800-344-5710

[WWW.C21ATLANTIC.COM](http://WWW.C21ATLANTIC.COM)
[INFO@C21ATLANTIC.COM](mailto:INFO@C21ATLANTIC.COM)


**YORK HARBOR – GREAT NEW PRICE!** 4 bedroom custom built home has hardwood floors throughout, custom kitchen, fieldstone fireplace and a great outdoor patio. Located less than 2/10ths of a mile from the beach. You'll want to call this home. **\$834,000**



**YORK BEACH - IN-TOWN 2007 FARMER'S PORCH CAPE** features four bedrooms, master suite, central air, 9' ceilings, open concept first floor, finished third floor. Bright and cheery with loads of bells and whistles. **\$650,000**



**SUMMER LIVING AT LONG BEACH IN YORK!** This 2 bedroom cottage is a seasonal home but could be converted to year round. Watch the sights and sounds of the ocean from your front porch. Currently going through condo conversion. **\$374,900**



**YORK BEACH - OCEAN VIEWS GALORE!** Renovated 5 BR Victorian. New kitchen with tin ceiling, rebuilt fireplace, updated baths and more. Currently going through condo conversion that will allow 3 separate condos on large beach lot. **\$749,900**



**YORK BEACH LIVING AT IT'S BEST!** This renovated 2 BR year round condo is steps from the beach. Wake up to the sights and sounds of the ocean. Enjoy cooking in the new kitchen and evenings on the front porch. Move-in condition. **\$399,900**

## LAND FOR SALE

**SO. BERWICK – 8 ACRES!** 10,000 SF per dwelling unit. This property is the last remaining 'chunk' of land within walking distance to the Center of South Berwick. Fully surveyed and wetland delineated. Call for further details.

**\$349,000 YORK** - 365' FRONTAGE ON ROUTE ONE 2.69 ACRE LOT! Many uses allowed, zoned RT1-6. Septic design & soils tested for a 4 bdrm home. BUILD IMMEDIATELY **\$179,900**

067683



# RE/MAX<sup>®</sup> REALTY ONE



439 US Route One  
York, ME 03909

&  
84 School St (intersection of RT 1)  
Ogunquit, ME 03907

Office: 207.363.2497 Toll Free: 800.272.4366

207.646.4546

Each office independently owned & operated

## YORK



IMPECCABLE GAMBREL on 1.83 wooded & private acres in Woodside Meadow w/ 3 BR, 2 BA, Hardwood, solid doors, lots of natural light & Anderson windows, generator, walk-out basement w/ woodstove. **\$374,000.**

**Louise Ducharme 207-252-3270**

## YORK



ENJOY River Access from tastefully remodeled 1880 3 BR two-story home w/ 21st century amenities! Spacious new eat-in kitchen w/ Staron counters, special 5" oak flrs. Separate 1-car garage. **\$329,900.**

**Bill Conda 207-450-5030**

## YORK BEACH



OCEANFRONT! Spectacular "Turn of the Century" Victorian on the Nubble. Walk to beaches. Enjoy views of Long Sands Beach, abounds in charm & architectural detail including "candy kiss turret." **\$1,199,000.**

**Jean Kovacs 207-408-1822**

## WELLS BEACH



Two seasonal cottages just steps to sandy Crescent Beach, on almost 1/4 acre lot & bordering Rachel Carson Wildlife Preserve. A PREMIER LOCATION and endless possibilities! **\$339,900.**

**Kathy Thornton 207-337-0003**

## WELLS BEACH



Spectacular water views on the Webhannet River. 3 BR/2BA w/ newly renovated gourmet kitchen, lg deck/yard. Step to the Beach! Kayak, Swim, Sunsets & Great Rental History! **\$459,900.**

**Kathy Thornton 207-337-0003**

## YORK HARBOR



This ca. 1880 home was converted to year-round residence & sits high on a hill overlooking tidal inlet w/ LOVELY WATER VIEWS. Near town, but very private w/ deck, porch & backyard. **\$399,000.**

**Nancy Raynes 207-233-1693**

## YORK



Majestic setting for this 5 BR Colonial w/ in-ground pool & in-law rm. over garage. Lovely beamed LR w/ FP, Newly finished custom kitchen w/ 6 burner gas stove, double ovens, granite, desk & office area. **\$599,000.**

**Bill Conda 207-450-5030**

## WELLS



NOT A DRIVE BY! 3-4 bedroom cape blt. in 1998 w/ 1857 sqft of immaculate, warm living space. 1st floor master w/ bath, HW flrs, gas FP, screen porch, full basement, AND only 2 miles to beach! **\$339,900**

**Jean Kovacs 207-408-1822**

## YORK



RENOVATED year round beach home w/ Apt. 2/10 mile walk to beach. 5 bdrm home w/ 1 bdrm apt. w/ rental history. Unique mix of period details and modern amenities. **\$559,000.**

**Louise Ducharme 207-252-3270**

## KITTERY



Location is everything! 3 BR., 2.5 BA pristine, quality craftsman style cape on a wooded lot in new subdivision, Close to beaches, major highways, shopping, Portsmouth, 1 hr. from Boston. Move in now. **\$344,900.**

**Jean Kovacs 207-408-1822**

## OGUNQUIT



VERY PROFITABLE 8-bedroom B&B and could be a private home. Minute's walk to Ogunquit Center & beaches. Artistically decorated. Best location in Ogunquit for business! Enjoy the jacuzzi too. **\$849,000.**

**George Wilson 207-251-2941**



## Sapphire Award 2011

RE/MAX Realty One announced that the following have achieved the Sapphire Award for outstanding sales in 2010: **Gail Benson, Nola Cady, Robert Coles, Abigail Douris, Louise Ducharme, Jane Morris, Lynn O'Neill, Ken Peck, George Wilson, Don Wunder and Diane Wyman.**

"The Sapphire Award winners are on the leading edge of the record-breaking sales that RE/MAX Realty One's York and Ogunquit offices achieved last year," says Ina Toth, Managing Broker. "In 2010 RE/MAX Realty One participated in 300 transactions in York County, representing \$100,346,957 in Real Estate sales volume, nearly double the next highest producing office, based on data from MREIS, Maine's Multiple Listing Service."

Visit **RE/MAX Realty One** on the web or contact Ina Toth at 207-363-2497 if you are interested in exploring opportunities with RE/MAX Realty One in 2011.

RE/MAX REALTY ONE LOVES  
GETTING THE REAL ESTATE JOB DONE!

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

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