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**FREE** 

March 11 - March 24, 2011 Volume 14 ~ Issue 5

# HOMEGROWN

AN UPDATE ON THE MOVE TO RAISE AND SELL FOOD LOCALLY



Q&A, 4 Local Food, 8-11 Live Music, 13 Horoscopes, 14

Cyan Magenta Yellow Black

4

#### Stopping to smell the cow manure

#### By JEFF RAPSIS

The York Independent

I grew up in a house with a fairly big back yard, and my father tried to plant big stuff in there, including corn. One of my earliest memories is being out there with him in springtime, and making rows in the soil, and having him press his thumb into the dirt, and then me dropping a seed into each hole, then covering it up.

"Whatever you do, don't step on those," he cautioned, indicating the rows we'd been working on all afternoon.

Not long after, one of the neighborhood tough kids stopped by to check out the garden. I was there by myself, and felt it wise to repeat my father's admonition.

"You can't step on those rows," I said.
"Oh yeah?" he replied, pushing his foot right into one.

And from that point on, it was all downhill with me and gardening. I think that mght have been the seed (har!) of my life-long take-it-or-leave-it attitude toward trying to coax produce from the soil. Or maybe it was watching endless reruns of the old TV show "Green Acres."

Whatever the reason, for years, I just haven't really been able to get excited about

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PUBLISHER EMERITUS

ASSOCIATE PUBLISHERS

CONTRIBUTING WRITERS

Jennifer L. Saunders, Taryn Plumb,

PRODUCTION MANAGER

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Stephen M. Rasche

Deborah A. Bouchard

Dan Szczesny, Jeff Rapsis

Sarah Grant, Amy Diaz

Glenn Given

**PUBLISHER** 



Jeff Rapsis

gardening. Until now.

As I get older, I find myself more willing to stop and smell the cow manure. For one thing, I worry about the consequences of a food supply system that has me eating

vegetables out of season and transported thousands of miles. For another, I am more and more interested in how what I eat affects so much about me.

In the past, instead of treating my body as a temple, I would treat it more like a lobby. That's an old joke, but it's certainly applied to me over the years.

One thing that made a difference was that I had a health scare some years ago that forced me to radically change my diet for the better. And after awhile, I was surprised at how I learned to get along so well by eating better and, most importantly, eating less.

And then there's the old self-reliance card. With spring on the way, with it comes the prospect of working the earth to produce actual food for myself. In a world where we have to rely on so many others for so many things, it's comforting to know that we have within our grasp the ability to grow our own food.

And even if you don't have the time or interest to garden on your own, this edition's cover story brings you up to speed with the York area's many options in local agriculture.

Will this be the year I garden? Stay tuned? And even if it isn't, you'll find me haunting the farmstands up and down Route 1 and on the many backroads, too.

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York Elks Lodge

essay winner noted

Keenan Gamache (above center) has been judged the winner of the York Elks Lodge Americanism Essay Contest. This year's theme was "Why I'm Proud to be an American" Keenan is the son of Jules and Brenda Gamache of York and is a 5th grade student at York Middle School. Keenan's entry has also been selected as one of the three best essays in the Elks Coastal District and has been forwarded to the Maine Elks Association for further judging. For his outstanding effort, Keenan received \$100 from the York Elks Lodge. Special thanks to Principal Steve Bishop and Keenan's teacher, Mrs. Young for their time and effort.

#### York High School Band to present concert

The York High School Music Department will present an evening of concert band music on Thursday, March 17. The program will include performances by the YHS Concert Band and special guests, The Sea Coast Wind Ensemble, under the direction of Mark Salinski. The concert will take place in the YHS Auditorium and begins at 7 p.m. The concert is free of charge and doors will open at 6:30 p.m.

#### Library to run program for autism awareness

Today, one in every 100 children is diagnosed with autism, a complex group of developmental disorders, which is increasing by 10 to 17 percent annually. Early detection by family and physicians is critical to the success of a comprehensive therapy program, which may includes the entire family. Children with autism live in our communities and attend our schools. To heighten awareness during this month of

recognition, the York Diversity Forum is presenting the program, "Autism." A panel of family members, moderated by Susan Macri, Director of Special Education in the York Schools, will talk about their experiences with an autistic child. A short film will also be shown. "Autism" is being held on Sunday, April 2 at the York Public Library, Long Sands Road, from 10 a.m. to noon. Coffee will be served at 9:30 a.m.

#### York County GOP to meet in Sanford

The York County Republican Committee will meet for its regular monthly meeting on Monday, March 21, 2011 at 7 p.m. at the PeoplesChoice Credit Union, 23 Industrial Park Road, Saco. Social Hour is at 6 p.m. Featured speaker will be Bruce Poliquin, Treasurer for the State of Maine. According to Ron Morrell, chairman of the York County Republican Committee, "Poliquin's communication and articulation of our state's fiscal condition has been impressive. Registered Republicans are invited to join members for this meeting to hear first hand about the state's challenges and have the opportunity to ask Treasurer Poliquin questions." More information about the committee can be found at: www.yorkgop.com.

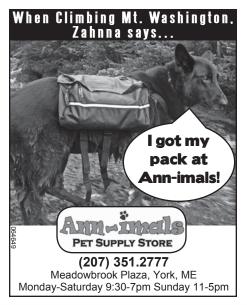
#### Dog park raffle winners announced

The Ogunquit Dog Park's fall raffle is over and the winners are: two \$50 gift certificates to the Kittery Trading Post, Susan Kennedy and Marilyn Colby; two rounds of golf at Cape Neddick County Club, Newell Perkins; gift certificate to Old Village Inn, John Mixon; gift certificate to Gypsy Sweethearts: Angela Garger; pet wellness check-ip at Post Road Vet, Karen Bertini; Ogunquit Beach n' Sport Gift Basket, Cindy Correll.

#### Youth Enrichment Center to hold fundraising gala

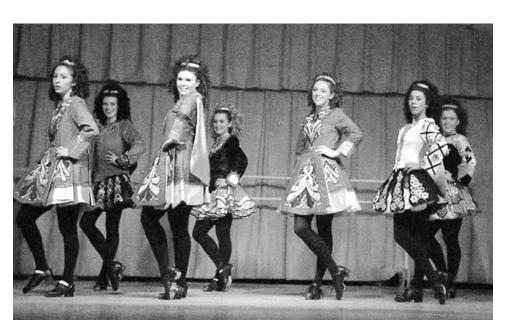
The Youth Enrichment Center at Hilton-Winn Farm, a 501 (c)(3) nonprofit organization will be a hosting its 9th Annual Fundraiser Gala on Saturday, April, 2, 2011 at 6:30 p.m. at the Ramsdell-Rogers Function Facility American Legion Post











COURTESY PHOTO

Ogunquit Performing Arts is again celebrating St. Patrick's Day with the fabulous Irish Stepdancers AND the Irish film: Billy Elliot. It's Saturday March 19 at 6:30 p.m. at the Dunaway Center in Ogunquit. And it's only \$5!

56, 9 Hannaford Drive York, Maine. Join in a fun-filled evening to help support a great organization for kids! Enjoy delicious food, great music, raffles, silent/live auctions, with items donated from businesses including Red Sox Tickets, Portland Sea Dog tickets, Boston Duck Tours, Hotel and Restaurant gift certificates, Ski Passes, beautiful art from local artists, and many, many more. Tickets: \$40 per person or table of 10 for \$375. Please call The Hilton-Winn Farm at 361-1385 for tickets and more information.

#### Hardware store to help York County Shelter

York County Shelter Programs is an emergency homeless shelter serving formerly homeless men, women, and children in Alfred, Maine that has operated for the past 30 years. The Shelter has been exceptionally busy this winter and they are in desperate need of bath towels. If you have any new or used bath towels in good condition or know of a possible resource for any that could be donated, it would be greatly appreciated. During the month of March. Wells Aubuchon Hardware Store on 1165 U.S. Route 1 in Thompsons Plaza in Wells has generously agreed to be a collection site for towels for the York County Shelter Programs. For additional information please contact Mary Doyle at 324-1137.

#### York County group conducting survey

York County Community Action
Corporation is conducting a community
survey to help determine the programs and
services most needed by residents of York
County. The survey can be found on the
YCCAC Web site (www.yccac.org) and
takes only a minute or two to complete.
YCCAC needs as many respondents as
possible. Those who complete the survey
will be eligible to participate in a raffle
drawing for a \$50 Walk Mart gift card.
The Community Survey will be held until
Friday, March 18. For more information,
please contact Brad Bohon at 324-5762.

#### Local wood carver exhibits at York library

Bird and fish wood carvings by Bill Coite will be on display on the main level of York Public Library during March and April. Bill Coite is a life-long resident of York Harbor. He is a licensed State of Maine Hunting and Fishing Guide as well as a US Coast Guard licensed Charter Boat Captain who specializes in inshore fly-fishing and light tackle. Mr. Coite began carving 40 years ago as a hobby during long Maine winters when he couldn't fish or hunt. Locally known for his fine carvings, he continues to carve for his own enjoyment when time permits. The York Public Library is located at 15 Long Sands Road in York. For more information, please 363-2818 or visit www.york.lib.me.us.

# The Online Heating Oil Marketplace Lowest Price Around! Now Delivering To The ME & NH Seacoast Area Access to industry-leading area oil companies Heating Oil dealer ratings by consumers like you Secure, personalized heating oil account history Exclusive, special heating industry promotions Secure and simple payment options PLUS: All OrderOil dealers available 24/7/365 www.OrderOil.com

#### **Empty Bowls event** to benefit York Food Pantry

Southern Maine Community College is proud to present Empty Bowls at York Art Association on Friday, Mar. 25 from 5 to 7 p.m. Empty Bowls is an international, grassroots movement whose mission is to raise awareness and money to aid organizations in their quest to end hunger. York High School will be joining SMCG members and creating bowls to sell as part of the event. Local restaurants have volunteered to fill the bowls with a sampling of soups and breads. The bowls can be taken home after the event as a reminder that there is always someone out there with an empty bowl.

Proceeds from the Empty Bowls event will benefit the York Food Pantry. Bowls will be available for sale prior to the event or on the night of the event itself. There is a \$15 minimum per adult bowl, and a \$10 minimum per kids' bowls. For more information contact Mary Sweeney at: 363-6937 or msweeney5@mac.com.

#### Don't forget to dial 2-1-1

For the millions of Americans needing help every day — from locating financial assistance during a family crisis, to finding adequate care for an aging parent, to fuel assistance — 211 is an easy to remember phone number connecting people quickly to essential community resources. The toll free hotline connects callers to trained call specialists who can help 24 hours a day, 7 days a week with services in their own community.

The 10 United Ways in Maine, in collaboration with Youth Alternatives

Ingraham, established 2-1-1 Maine, Inc. five years ago, as an efficient and effective response to the growing complexities and needs in health, social, economic and human services. Since then, it has grown into a comprehensive statewide directory of over 8,000 health and human services, including but not limited to, food, child care, senior services, legal services, housing, heating, substance abuse and mental health.

"York County residents have increasingly turned to 211 Maine for help, particularly in the areas of heating, housing, utilities, mental health and food," said Barb Wentworth, Director of Community Impact at United Way of York County. "We are very fortunate to have a 24/7 resource like 211 Maine to quickly and easily direct people to the services they need, when they need them"

For information about 2-1-1 Maine, including what programs and services are available or how to submit information about your community service organization, visit http://www.211maine.org.

#### Free film series continues at York Library

The York Public Library will continue its series of critically acclaimed films on Sunday afternoons through April. All screenings start at 3 p.m., the public is invited, and admission is free. There will be free popcorn, and beverages for \$1. Upcoming films in the series are:

- Coco & Igor (2010), Sunday, Mar. 13
- Departures (2008), Sunday, Mar. 27



## **TOM CLARK**

### THE COMEDIAN/MOTIVATOR

6 6 Onstage, you've

only got a certain

#### By TARYN PLUMB

The York Independent

Laughter never gets old.

And it comes in many forms, as Tom "TTTom" Clark has learned in his 30 years garnering giggles and guffaws. The Kittery comedian does regular stand-up and corporate comedy. He gets up before crowds on cruises and at comedy clubs and retirement homes. He even recently created a Maine caricature, C.L. Thomas, who bashes tourists, teenagers and technology.

Comedy comes down to basic principles, he says; but, still, getting people to laugh isn't always easy. Here he shares some secrets learned in three decades delivering punchlines.

Name: Tom Clark (a.k.a. "TTTom")
Who he is: Comedian and motivational speaker

From: Kittery Age: 55

#### So you use a triple T in your name—what's that about?

I'm a stutterer. I had a stutter as a child, and I went to a therapist. Sometimes it still manifests, but not usually onstage. I never looked at it as a handicap. One of my jokes is, 'I asked for a tuna fish sandwich and got two of them.'

#### How and why did you get into comedy?

My stock answer is that I was always a butthead, and I decided to get paid for it. I was the typical class clown—and

I'm the last of six boys in my family, so I was always looking for attention. I did acting in college, and took various speech classes, then I hooked up with some funny bartenders and entertainers, and started to tend bar in Kennebunkport in the early 80s. We put together a group called "The Boffo players," (an old Vaudeville term) doing sketch comedies, original music. Then I lived outside Boston and hit the

open mic scene, which was just starting to explode then. That was about the same time Steven Wright got picked up by "The Tonight Show." Denis Leary started there, Lenny Clarke and Steve Sweeney started there.

## After 30 years in the business, how do you come up with new ways to make people laugh?

One of the things I like is my versatility—I do character comedy, corporate comedy, motivational speaking for the hospitality industry. That's how I've stayed afloat, is redefining myself and changing with the times. Most of the stuff I try to do is self-deprecating. My daughter just turned 14—she's 14 going on 40—and I've written some things about her. I knocked off a whole slew on what it is to be getting older: Losing my hair, but gaining my hair—it leaves my head but gets on my back, in my ears. It's life experience that people can relate to.

#### How do you come up with your material?

Just day-to-day conversations, I tell friends 'I did this, this, this, and this' and if they laugh, I see fertile ground. The difference between a comedian and a funny guy at a party is a comedian can tell a story over and over and over again. Onstage, you've only got a certain amount

got a certain amount of time to get to the punchline. I also now do a show with a Maine character called C.L. Thomas.

#### What's he all about?

The C.L. doesn't stand for anything. In college, I thought I was going to be a writer; it was going to be my pen-name. This'll be the fourth summer (with that character). I open up telling a little history about moving to the area and starting to hear the Maine accent. Then I change into a shirt that says "Old Guys Rule," suspenders, glasses that slide halfway down my nose, and a fishermantype hat. I turn around and say "The





Maine greeting is "g-o-o-d-n-u," goodnu.'
He's a rambling Mainer giving advice, throwing in a little stuff about the hospitality business. I tried to write something that everybody could relate to. I came up with show, 'How to Be a Better Tourist.'
The show this year is 'Tourists, Teenagers, Technology, and Other Things That Ain't Right.' I'll be at the Rhumb Line Resort in Kennebunkport in July and August. I also hope to bring it up to Hollywood Slots (in Bangor).

There are very where I think' ous,' and it bor to me in a long now. Also, the 'This doesn't have you be recover from the property of th

## What's the biggest place you've worked?

I did "An Evening at the Improv," a TV show on A&E. That was my first national appearance.

#### What are your goals going ahead with your comedy?

online.

the Internet has really

All your stuff has to be

changed everything.

The Maine character I really like. That's sort of gotten my creative juices going again. The stand-up was getting a little stale, it also hit a huge bump with the recession.

#### How has comedy changed in 30 years?

The onslaught of the Internet has really changed everything. All your stuff has to be online. It's almost better that way. If you put a bit on YouTube and it goes viral, then people are wanting to see who you are and where you perform. The technol-

ogy is the biggest change. And it's really opened up the market. Guys can be getting hits and club owners start hearing about it. I know one guy who doesn't even do the clubs, he's on his own little niche. There's a whole new market out there.

#### Has the substance of comedy changed?

Not really. Comedy will always be unique ways of looking at the world; making people laugh at themselves; having an ability to laugh at yourself. Those three things will always stay the same.

#### What comedians do you look up to?

I've always been a huge Richard Pryor fan. He and George Carlin were my two heroes growing up. Nowadays there are so many. Louis C.K. is smart and can go both ways—he can shock you, but still have a point of view. In Boston, there are still some great guys working the clubs.

#### Have you bombed? And how do you recover from that?

There are very few things nowadays where I think 'This is going to be hilarious,' and it bombs. That hasn't happened to me in a long time. I know what's funny now. Also, there are times when you say, 'This doesn't have anything to do with

me.' (For instance), I had to do a Christmas show with real estate agents, builders, bankers; they had their trophy wives, and they weren't there to laugh. When you die like that, you gotta

just remove your ego. But when you're in a club and you're saying to yourself, 'This is some of my best stuff and they're staring at me,' maybe it's too drunk a crowd or it's too late at night. With my experience, I just plow through.

#### So as a comedian, what's your advice

You gotta be able to laugh at yourself. The saying is, 'Those that have the ability to laugh at themselves will never run out of material.' If you take yourself too seriously, you're doomed.

For more on Clark, visit www.tttom-talks.com.

#### 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.

#### Theatre, Shows

- · Pontine Theatre Presents The Whale, Friday, Mar. 11 through Sunday, Mar. 13. Performance times are Friday at 8 p.m.. Saturday at 4 p.m. and at 8 p.m., and Sunday at 2 p.m. Tickets are \$24 and may be purchased online at www. pontine.org. Tickets may also be purchased at the door, based upon availability (cash & checks only). The box office opens a half-hour prior to each performance. Pontine's West End Studio Theatre is located at 959 Islington St., Portsmouth N.H. For more information contact Pontine: info@pontine.org or (603) 436-6660.
- Nasson Community Center's Little Theatre, 457 Main St., Springvale presents Elvis and his five-piece band featuring Dana Z. an Elvis Tribute Artist, Saturday, Mar. 19 at 7 p.m. Dana Z, who was a finalist

in the biggest contest of Elvis impersonators, is a New England man who has honed down the look, voice and moves of The King. Tickets: \$15 in advance or

- City Theater in Biddeford presents the musical, Edges, Friday, Mar. 11 through Sunday, Mar. 20. Fridays and Saturdays at 8 p.m.. Sundays at 2 p.m. This show is for anyone who has ever been in love, had to make a decision, had a fight with their sister or been on Facebook, call 282-0849 or www.citytheater.org for tickets.
- The River Tree Arts Maine Playwright's Series - Introducing a raucous comedy, The Terminal Bar by David E. Butler. Friday and Saturday, Mar. 25, 26 at 7:30 p.m. \$10 in advance, \$12 at the door. 35 Western Ave., Kennebunk, 967-9120 or ww.rivertreearts.org.

#### **Books**

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

Tuesday, Mar. 15, 7 p.m.: New York Times best selling author Michael Palmer and his son Daniel Palmer read from their latest thrillers; Thursday, Mar. 17, 7 p.m.: Joshua Foer talks about his new nonfiction book called Moonwalking with Einstein: The Art and Science of Remembering Everything; Sunday, Mar. 20, 4 p.m.: Adam Haslett reads from Union Atlantic, just out in paperback; Thursday, Mar. 31, 7 p.m.: RiverRun Bookstore and the Portsmouth Athenaeum present local author Rodnev K Watterson, who will talk about his new book, 32 in '44: Building the Portsmouth Submarine Fleet in World War II. The Portsmouth Athenaeum will hold a reception across the street after the event.

· Writers in the Loft; Andre Dubus III on Wednesday, Apr. 13 at 7 p.m. Tickets: \$37 for members of The Music Hall (\$40 for general public). Included in the package are a reserved seat, a copy of Townie (hardcover \$25.95), bar beverage; and

author presentation, Q+A, and book signing meet-and-greet. Tickets are available through The Music Hall Box Office, located at 28 Chestnut Street, Portsmouth, over the phone at (603) 436-2400 or online at www. themusichall.org. Packages, as available, can also be purchased on the night at The Music Hall Loft Box office at the Loft at 131 Congress St., beginning at 6:30

• The Buddhist Book Club meets on the last Wednesday of each month at 7 p.m. at the Seacoast Wellness Center, 135 Mc-Donough Street in Portsmouth, N.H. For more information about The Seacoast Wellness Center. visit www.seacoastwellnesscenter.com, or call the Center at (603) 531-3130.

#### **Adult Ed**

Wells Ogunquit Adult

Please sign up with a partner. lowing classes or events can be 3/23-5/25, W, 7:15-8:15 p.m. found at www.wells-ogunquit. maineadulted.org. Registration

• Belly Dancing - This ancient art inspires grace, poise and confidence and boosts self-esteem. Strengthen your core, improve flexibility, and shake off inches. 3/24-5/19, Th, 6:30-7:30 p.m.

 Piano for Beginners Release your musical self! Learn how to read music and play basic songs. 3/22-5/3, Tu, 6:30-8:30 p.m.

 Violin for Beginners -Whether you are an absolute beginner or have some previous musical experience, you can participate. 3/28-5/16, M, 6:30-7:30 p.m.

• Tai Chi - Tai Chi is an internal martial art practiced with slow, gentle movements. Safe for any age and fitness level. For beginners and anyone from the winter class. 3/21-5/2, M, 6-7

#### YORK LIBRARY

#### York Reads! One Community - Southern **Dinner Served**

In conjunction with this year's selection of the York Reads Program, "To Kill a Mockingbird," set in Alabama, Museums of Old York will serve a traditional multi-course Southern dinner in the Remick Barn function room on Friday, Mar. 25 at 6 p.m. The menu will feature such dishes as fried chicken, baked ham, fried green tomatoes, okra, sweet potatoes, and peach and pecan pies. Pitchers of iced tea, one of the South's favorite beverages, will be served. Guests are encouraged to bring their own favorite beverage. \$25 per person. Reservations required, contact Richard Bowen at rbowen@oldyork.org or 363-4974.

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

#### **Events**

- Mary Cerullo, Local Author's Series, Friday, Mar. 11 at 7 p.m. Author Mary Cerullo will discuss her book, Shipwrecks, an exploration of how two strikingly different shipwrecks. separated by two thousand miles and two centuries, share a common history of life, death, and rebirth. The first, Henrietta Marve, was a slave trader that sunk off Florida in 1700 and the second was an elegant steamer with crew members from a thriving middle-class black community in Maine. Each of their stories starts with underwater exploration, one a search for fabled gold, the other for families lost at sea.
- Shark Tale, Family Film Festival, Saturday, Mar. 12 at 6:30 p.m. Oscar the fish gets in very deep water after he claims he has killed a member of the shark mafia. If ever anyone needed a pal, Oscar does, even if it comes in the form of a vegetarian great white shark. Rated PG. Grab your pillows & blankets, wear your pj's, and come enjoy the

movie along with our complimentary popcorn. Rated PG. 90 minutes

- Literature and Medicine Series, Thursday, Mar. 17, 4:30 to 6:30 p.m. The first of four programs to be held on the third Thursday of the month for four months, this series discusses literature in relationship to medicine.
- Curt Bessette and Jenn Kurtz with Neal Zweig, Winter Concert Series Sunday Mar. 20. 3 p.m. Curt is an award winning songwriter and guitarist. Jenn is a wonderful harmony singer. Together with Neal Zweig (lead guitar) they perform a tight mix of originals, popular favorites and a few songs from their World War II concert program.
- · Deborah Swiss, author of "The Tin Ticket: The Heroic Journey of Australia's Convict Women" reveals the heartbreaking, horrifying, and ultimately triumphant story of 25,000 women exiled from the British Isles, pressed into servitude and then unchained to forge the most liberated society of its time. Deborah Swiss writes and speaks on women's history, gender equity, and work/life balance.



#### York Reads! One **Discussions**

- showing of the film To Kill a Mockingbird, an adaptation Gregory Peck. (1962). Not Rated. 130 minutes. This will be shown again on Saturday, Mar. 26 at 7 p.m.
- Raptors Returning, Tuesday, Mar. 22 at 10:30 a.m. Birds you can expect to see in the wild and in your backyard. Collaboration with the Center for Wildlife and the York Public Library Science Story Hour:
- truth and legend.



#### Book, One Community Events and

- "Eyes on the Prize": Tuesdays and Wednesdays: March 15, 16, at noon, Brown Bag Lunch Series. The six part award winning Civil Rights documentary series will be shown over 6 consecutive Tuesdays and Wednesdays in March.
- Thursday, Mar. 17 at Noon, of Harper Lee's novel, starring
- Kristen Lamb, Julie Eneman,
- Community Characters and Eccentrics, Thursday, Mar. 31 at 7 p.m. This program will be held at The Museums of Old York's Remick Barn, Richard Bowen will present stories and anecdotes about selected notable figures from York's past

#### **GREEN WEDDING GIVEAWAY 2011**

Education. Details for the fol-

online, by phone 646-4565 with

Master Card or Visa, by mail P.O.

Box 1650, Wells, ME 04090 or in

· Zumba® - Zumba® is a fun.

the office at Wells High School,

Latin-inspired workout that uses

easy-to-follow moves to create

a fun fitness routine. No dance

experience necessary. 3/21-5/2,

•Tap Dancing for Fun and

Exercise - Tap dancing is a fun

form of dance exercise and you

do not need a partner. This class

· Ballroom Dancing - Enjoy

a variety of dance combinations,

rhythms and styles. Beginners,

learn basic ballroom steps. Ex-

perienced dancers are welcome

is open to all levels of experi-

ence. 3/23-5/25, W, 6-7 p.m.

Route 109. Wells.

M, 6-7 p.m.



Deb Cram Photography

Three finalists were recently announced in Clay Hill Farm's third Green Wedding Giveaway®. Luke Fuller and Catherine Madison of Portland, Maine, Jeff Court and Samantha Smith of Worcester, Mass., and Amy Watson and Douglas Figueiredo of White Plains, N.Y., begin their five-week campaign to create a community give-back event or program that will help them earn votes and make a difference in their communities. Public Votes contribute close to 50% of the finalists' overall score, with the judges' marks for campaign creativity and media coverage completing the final grade. The message and mission of Clay Hill Farm's annual wedding challenge is to celebrate real people making a difference in the world by inspiring green connectedness and acceptance of all green shades. The three finalists will embark on a journey to spread that message in their campaigns, and will stay in touch with the voting public through weekly blog posts and videos on the Green Wedding Giveaway website, www.greenweddinggiveaway.com. From L to R: Jeff Court, Samantha Smith, Luke Fuller, Catherine Madison, Douglas Figueiredo and Amy Watson

If you own land that can be subdivided and have a family member that meets Habitat for Humanity guidelines to qualify, go to our website



## www.habitatyorkcounty.org

to learn more or call 207-985-4850.

**Habitat for Humanity York County** PO Box 267 Kennebunk, Maine 04043



## **HOMEGROWN**

#### An update on the move to raise and sell food locally

**6** The whole point

assistance to help cover

the up front costs of

running the farm.

of the CSA really is

By SUSAN KING

The York Independent

Editor's note: A version of this story ran in last year's York Independent at this time. With spring on the way, we thought it was worth looking at again.

You see it everywhere: Signs that say "Eat Local" or "Locally Grown" and you wonder how you, as a consumer, can know for sure that the tomatoes you're buying are in fact locally grown. Or, perhaps more to the point, why does it matter?

In the past few years, farmers and concerned citizens have started a campaign to encourage start watching what they to provide financial eat—or rather, watch where it comes from.

"It's critical that people support local farmers because we need to be able to have

a local source of food especially as this world starts to get crazier and crazier... it's so elemental," said Jacquelyn Nooney, owner of Touching Earth Farm in Kittery.

How can you be sure you know where it comes from? You can grow them yourself, but sometimes your own backyard just isn't

One of the next best things could be farms that offer community-supported agriculture, or CSAs.

CSA is a partnership between consumers and farmers in which members buy shares of the farm's harvest and enjoy regular allotments of food throughout the growing season. For farmers, this provides the upfront infusion of cash they need to get

the season started and a ready market and community of supporters.

The whole point of the CSA really is to provide financial assistance to help cover the up front costs of running the farm," said Nikki Lewis a grower at Touching Earth Farm. "People are buying shares when buying seed, material and all the planning and ordering starts to happen."

Touching Earth Farm is starting their second year of CSA and increasing their 50 shares from last year to 60 available shares for consumers to buy.

For 20 weeks, from June to October, CSA members can pick up a share of produce every Tuesday. Whatever the farm has left is brought to farmer's markets in Portsmouth, N.H. and Exeter, N.H

Sign-ups for CSA shares often begin in February by directly

contacting the farm and continue through March and April.

The cost is generally between \$500 and \$600 for 18 to 20 weeks of fresh produce.

There is no one-size-fits-all approach to CSA. Each farm structures their program differently to meet the needs of the consumer. Some variations are the financial commitment and what level of participation is required by the shareholders. Some farms will let you break up your payments, while others require the full amount when signing up. Work volunteering is a requirement at some farms, though not many, where each shareholder must complete so many hours per month of work on the farm.

The legal form of the farm operation, payment plans and food distribution systems also vary from farm to farm.

The goods offered by CSAs can vary from farm to farm. Most offer a diversity of vegetables, fruits, and herbs in season; some provide a full array of farm produce, including shares in eggs, meat, milk, baked goods, and even firewood.

Typically, CSA members will pick up their share of produce each week from a pre-determined pick-up spot.

Buying a share at a CSA doesn't come without risk for shareholders. There are many things that could go wrong, like weather and disease, that farmers have little to no control over, Nooney said.

"People buy into not only reaping the harvest but also into the risk," she said. "Most people are really understanding, they know that is part of farming. You have years where certain things are bountiful and plentiful and years were there are things like fungus and insects."

#### 6 I know a lot of farmers that were under water and could do nothing. 🤊 🤊

#### Overcoming challenges

The major challenge of farming in New England is weather. The unpredictable climate can create a short season, leaving many farmers to figure out how to get more

"The growing season is short in New England and the challenge is trying to extend it and squeezing the most out of that season," Lewis said.

In 2009, Maine farmers took a hit during the rainy month of June.

"We were lucky because we have this beautiful slope," said Nooney of her hillside farm. "We had no drainage problems and were really fortunate to have that site. I know a lot of farmers that were under water and could do nothing."

In a time when local farms are already struggling against the larger commercial operations, that can cause serious damage.

#### Food for thought

Before choosing community-supported agriculture, make sure to do your homework and ask questions. Crops, pricing, schedules, and requirements vary farm to farm and it's important to be aware of what's expected from the consumer.

Questions to ask yourself:

- · Do you like to eat lots of fresh vegetables?
- · Are you interested in trying new things?
- Do you cook at home at least four times a
- Questions to ask the farmers:
- How much produce is in a share?
- · What vegetables (and fruits) are to be expected?
- How many weeks is the share for?
- · When and where are shares picked up or delivered?
- · Are the shares pre-packed, or do members
- What type of payment schedule is expected?
- What happens if a pick-up is missed?
- Does the CSA offer extra add-ons (eggs. dairy, meat, seafood, flowers)?
- Is there a volunteer work requirement?
- How long has the CSA been running? A list of CSA farms in the area is available from Seacoast Harvest, an online guide to local food, at www.seacoastharvest.org

Andre Gagnon, owner of Andy's Greens in York, was one of those unlucky farmers, he said. Last summer, he didn't offer CSA due to bills and a financial mess from last year's season, his Web site said.

The rain—or sometimes the lack of rain—presents one of the most obvious challenges but there's one that can be even more devastating to farmers: insects and

Nooney said an airborne fungus wiped out her farm's entire tomato crop in 2009, costing the farm thousands of dollars.

"There's nothing you can do about it," she said. "We grow organically so we can't go out there with the fungicide and insecticides."

Instead of chemicals, Nooney uses barrier methods and row covers to help protect the plants and keep insects from getting to the vegetables and shield against some weather—but they only go so far. A soaking spring and a late cold snap can wreak havoc and take an entire season to fix.

Rae Avery of Moondance Farms in South Berwick, where they started their first year as a CSA in 2010, called farming a "leap of

"It's always unpredictable," she said. "Any farming venture is unpredictable. Last year was a very wet year. You just never know what you're going to come across.'

There's another challenge farmers face, Avery said, and that's overcoming someone's bad experience with another farm.

"If someone had a bad experience before you come along, you're saddled with that experience," she said. "You have to be able to reassure them that they're going to be OK and you're going to stand behind what you've promised."

She said that just having faith that people will say, "OK, I'll give you a try," can be the hardest part.

"For me, the garden itself is just a system and it's easy," she said. "But reaching out and having faith that those customers are going to be there is the hard part."

#### Where to go

Area farms offering community-supported agriculture:

· Connolly's Organics York

337-1623

· Touching Earth Farm

Kittery 439-4023

www.touchingearthfarm.com

 Moondance Gardens South Berwick

252-7539 Riverside Farm

North Berwick 651-5319

www.riversidefarmstand.com Wolf Pine Farm CSA

Alfred

www.wolfpinefarm.com

Andy's Greens
 Raynes Neck Road

475-6945

www.andysgreens.com

#### Area community-supported fisheries:

· Yankee Fisherman's Co-Op Seabrook, N.H.

(603) 474-9850 www.yankeefish.com

· Eastman's Local Catch Seabrook Beach, N.H.

(603) 760-7422 www.eastmansfish.com

#### Farmers make different options available

The rigid schedule and structure of CSA has some farmers searching for alternatives while still providing the same services.

Bill Connolly of Connolly's Organics in York is trying to do just that. He offers a CSA that he is hesitant to actually call a CSA.

"I offer everything a CSA does without the paperwork," he said. "The less paperwork I have to do, the better."

Instead, he focuses mainly on field visits, allowing people to come out to his farm just about anytime to pick out what they want and will work with consumers to set up a loose schedule for them to come by and buy produce, but he doesn't hold the customer's money up front. But he supports the traditional CSA model and said he was "this close" to adopting it for this season.

"I'm not against (CSAs) in any way," he said. "I just try to limit my exposure to scheduling 'snafus.' We don't take their money up front and they don't buy shares"

6 Obviously I want to sell what I grow and it is my livelihood, but I'm willing to work with people. Offer me a fair price and I'll consider it. 9 9

Connolly's model also takes a lot of the upfront commitment from the consumer, leaving them to buy only what they actually want.

For some, a CSA may be too much of a commitment. But that's no reason to immediately head to the grocery store. Farmer's markets abound in the region and not just in the summer, but yearround.

Many people living on a budget realizes that sometimes eating fresh, organic fruits and vegetables can have a bigger impact on your wallet than the less expensive alternatives at the grocery store. Many times food stamps haven't covered organic foods and farmer's markets often wouldn't accept the government benefits—until now.

While the Gateway Farmers' Market will not be accepting EBT, the electronic debit card issued for food stamp use, the Portsmouth Farmer's Market began accepting EBT two years ago and plans to continue.

#### It's not just for produce

After CSAs started popping up in urban areas in New England in the 1980s, the idea of community-supported fisheries naturally followed.

In summer, New England fishermen fish for cod, haddock, hake and the like (conventionally called groundfish) out in the Gulf of Maine, but at this midwinter point, they work closer to shore, harvesting shrimp. And not just any shrimp, but boatloads of small, sweet, pink Maine shrimp, a little-known seafood that is as much a joy of this state's winters as

lobster is in summer.

As delicious a product as it is, in the past the fishermen have been paid as little as 25 cents a pound for it, a price that doesn't even begin to cover the cost of a fishing trip.

Ultimately, the effort is about sustaining not just the fish but also a generations-old tradition that is rapidly disappearing along the coast. And that effort is all about the ability to make a living.

At Yankee Fisherman's Cooperative, based in Seabrook, N.H., the co-op's 60-plus members consist of ground-fishermen (catching cod, pollock, haddock, flounder, etc.), lobstermen, tuna fishermen, and shrimpers.

The cooperative was founded in 1990 to meet the needs of the local fishing community.

The boats have access to some of the most productive fishing areas in the Gulf of Maine and are all day boats, leaving in the morning to go fishing and returning to port each evening with their catch, thereby assuring that we have the freshest products available.

Though it's not a traditional CSF, the co-op does offer wholesale prices on whatever they catch to fish lovers and restaurants.

Whether fish or produce, the wholesale prices allow more people to purchase locally-grown (or caught) food.

Area farmers argue that buying local

has an impact on the economy and creates independence—which is important in today's world.

As delicious a product as it is, in the past the fishermen have been paid as little as 25 cents a pound for it, a price that doesn't even begin to cover the cost of a fishing trip.

## Do you feel like your bladder controls your life?



- Do you go more than 8 times a day or more than twice during the night?
- Are you bothered by the number of times you go?
- Do you often have an overwhelming urge to go?
- Have you had wetting accidents?

## Chances are you have an overactive bladder. But don't worry...there is help!

Urology Associates of York Hospital offers several treatment options including a new, non-invasive office procedure called "PTNS" or Percutaneous Tibial Nerve Stimulation. Bladder function is regulated by a group of nerves at the base of the spine called the sacral nerve plexus. PTNS uses gentle electrical impulses (neuromodulation) to change your bladder activity. It is a low-risk, office procedure that indirectly stimulates the nerves responsible for bladder function using the tibial nerve in your lower leg.

Certified Urology Nurse Practitioner Jane Berlew is now offering this alternative procedure for patients with overactive bladder at Urology Associates of York Hospital. We are the first to offer this procedure in Maine and the Seacoast NH area.

To see if this treatment is right for you, please contact Urology Associates of York Hospital at (207) 351-3975 today.



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The Annual Percentage Rate (APR) is effective as of 1/25/11, is fixed for one – fifteen years at 3.875% and would result in 12 – 180 monthly payments of betwee \$85.09 and \$7.33 per \$1,000 borrowed. All other normal closing costs associated with a purchase money or refinance mortgage do apply. Requires auto pay from a Sanford Institution for Savings Checking account. Minimum loan amount \$50,000, maximum loan amount \$417,000. Payments do not include amounts for taxe and insurance and the actual payment obligation will be greater. Borrower is responsible for property insurance and any cost or fees required by their current ender to have loan refinanced with SIS. Maximum loan amount not to exceed 80% of property value. This program is available for purchases and refinances of -4 family owner-occupied residences. Lien must be in first position. Offer is subject to change and may be withdrawn without notice.

**FOOD** 

## GET REAL MAINI REALLY CLOSE T

Season about to start for fourth generation sugar makers





Sarah Grant photo

Brookridge Boilers' sugarhouse

#### By Sarah Grant

The York Independent

Suzanne Guillemette is a fourth generation maple sugar maker.

"It's been a part of me since I was born. Even when I was a kid, the operation was all buckets and horse-drawn sleds," said Guillemette.

Her family hails from St. Zacharie, Quebec, 50 miles north of Jackman, Maine, where her father recently purchased his father's house, sugarhouse and a considerable parcel of land and continues the family sugaring tradition there. Suzanne continues the family tradition in Lyman, much closer to York, with her husband Richard and two daughters Bella and Gabby and son Rick. Brookridge Boilers, at 2144 Alfred Road, is a farm that also includes two dogs several chickens and half a dozen sheep along with their new spring babies. The family has more than 600 maple tree taps; they boil maple syrup in their own sugarhouse.

The season started a little late this year. You can't tap the trees until you are fairly certain that the average daytime temperature will hover around 40 degrees and won't drop much below 20 at night. We finally achieved that last weekend, enough so the family could start tapping trees to get their fancy run of sap. They need to get ready for

Maine Maple Sunday

on March 27.
These days only some of their trees have buckets; most are tapped into of a tubing system that pipes sap from a series of trees to central gathering tank. The Guillemettes pick



lamb

up the sap daily with a tractor towing another tank, and then pump it into the sugarhouse. This year the Guillemettes added an efficient forced draft to their evaporator to raise the BTU's of the wood fire, saving on wood and decreasing the time they need to boil down 40 gallons of sap into one gallon of syrup. The sap may run for as long as three weeks. All collected sap must be boiled within 24 hours for better grade syrup. The Guillemette's maple products are 100% organic. They use an organic de-foamer in the evaporation process.

Even after collecting sap, and evaporating it into syrup, Suzanne is hard at work in her kitchen making all manner of maple treats. She has already made lollipops, maple roasted mixed nuts and hard candies. By Maple Sunday she will have also crafted maple fudge, maple cream (my favorite), maple butter, maple granulated sugar, maple sugar blocks, maple popcorn and the very special sugar on snow.

## E MAPLE SYRUP O HOME



Sarah Grant photo

Mom and Dad Sheep with Gabby Guillemette at Brookridge Boilers Farm

Sugar on snow probably originated with the Native Americans of Canada, who eventually taught their magic maple sugaring techniques to the white settlers of Quebec. Everyone from Michigan to Maine wants to claim the invention of sugar on snow, but we most likely owe this distinction to the Quebec settlers (and the natives who taught them) who first documented its recipe at least 400 years ago. To make sugar on snow, boil maple syrup to the soft ball stage (250 degrees or so) then spread it in a contiguous ribbon on clean snow. The delectable result is a

sort of maple taffy. Suzanne folds the ribbons of taffy into jars to sell it on Maple Sunday. It

arah Grant photo

Brookridge

with new baby

sells out fast.

Besides all the maple treats, and, of course, the maple syrup itself, the Guillemettes will offer self-guided sugar bush tours, syrup making demonstrations, and free syrup samples. There will be baby lambs to see and touch. Baby calves will be on hand for the same purpose from Grandpa Mike Guillemette's dairy farm. Mike Guillemette will also provide his fine quality organic milk, butter, eggs and meat for purchase from his neighboring Brookridge Farm. 4-H is kick-

ing off Maple Sunday at the Guillemette's Brookridge Boilers farm with an all-youcan-eat pancake breakfast with Brookridge Boiler's maple syrup. The breakfast includes coffee, juice or hot chocolate. Sausage will be available for an extra fee. Suzanne will donate a maple basket full of her handmade goodies to be raffled off. The proceeds from the raffle will go to the Relay for Life cancer project. Proceeds from the breakfast go to 4-H. The breakfast starts at 8 am and will run until about noon.

The hours for Maple Sunday at Brookridge Boilers are 8 a.m. to 3 p.m. Call Suzanne at 490-2957, or write to her at rachelcecile@gmail.com for more information on Maine Maple Sunday at Brookridge Boilers. For more information and a map of all the farms involved in Maine Maple Sunday go to mainemapleproducers.com/index.asp.

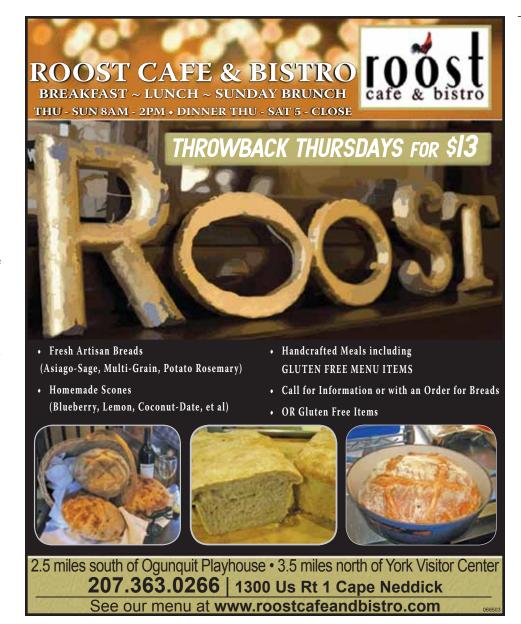
**Anthony's Combo Meals** 

> Our combo meals are the areas best value for food on the go. Whether you choose the popular #1 Cheeseburger meal featuring our handmade 1/3 lb burgers or the #5 that has a great portion crispy French fries there's a combo meal for you on our menu.

> > We Deliver 363-2322

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







## HOW TO COOK GRASS-FED BEEF

To avoid frustration, it's necessary to do things a little differently

**By Sarah Grant** 

The York Independent

Very often, the best restaurants, where quality and service are excellent and consistently so, are those where the owner is not only present, but directly involved in the minute-to-minute details of the operation. Prime, an example of this (331 Shore Road, Ogunquit; 646-8600), is Ogunquit's only steak house. They don't need another.

You will often find gregarious owner, Rick Dolliver, behind the bar at Prime serving up drinks, stories and a great sense of humor to his winter regulars who populate the bar/lounge to standingroom-only on weekend evenings. Rick's wife, Boriana, offers the perfect balance to Rick's unreserved vitality with her elegant, level-headed, cordial hospitality as she attends to each table in the lounge, while gracefully executing her role as head waiter and dining room manager. It may look like Rick is having a good time, and he is, but don't let his exhilaration fool you. He has a finger on the pulse of the entire operation at all times. Prime is his baby. It is his labor of love.

Dolliver built the exquisite 40 feet long, L-shaped bar with four-foot lengths of maple and walnut, from hand hewing to finishing. This past Christmas, Prime closed for a few weeks so Dolliver could build acoustical panels mounted on the sloping walls of the vaulted bar ceiling. The usual din is now greatly baffled without distracting from the clean lines and tasteful décor of appetizingly colored walls in shades of butternut squash and cappuccino accented only with striking paintings on loan from Van Ward Gallery. The three dining rooms flow from one to the next through ample openings interrupted only by load bearing partitions. Two original kitty-corner stone fireplaces eye each other with sidelong glimpses between what must have been the dining room and living room of this majestic former residence built in 1923.

Executive Chef Chris Pasternak learned his trade from the New England Culinary



Institute in Essex, VT and his restaurant work throughout New England.

"I spent time at Canterbury Shaker Village in New Hampshire where I acquired the knowledge of 'from farm to table cooking' and learned the importance of fresh ingredients. Prime's menu utilizes many local ingredients and represents an innovative and interesting approach to New England cuisine," said Pasternak.

Diners may build their own complete steak dinners. There are three charcoal grilled cuts, on the winter menu: 10-ounce Center Cut New York Sirloin, 8-ounce Filet Mignon and 10-ounce Hanger Steak that Prime proudly offers from their only meat supplier, Kennealy's of Boston. All steaks include the customer's choice of sauces: mushroom & brown butter bourbon, bleu cheese compound butter, béarnaise, Prime steak sauce or garlic butter. What sets Prime's menu apart from the usual grille a la carte menu is the inclusion of two generous sides with each steak dinner. The steak

Tel. 363-OILS www.yorkoil.net



Two dishes at Prime, Ogunquit's only steak house.



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\*For up-to-the-minute pricing please visit

www.vorkoil.net

dinners are a tremendous value in a price range from \$21 to \$26.

Another specialty of the house is the aged beef, not available all the time, because Dolliver dry ages beef himself for anywhere from 30 to 62 days. Right now, he is aging a bone-in rib eye loin that Dolliver will transform into 22-ounce tomahawk steaks in mid-April. This steak makes as much of an impression on your plate as it will on your palate.

But steaks are not all that Prime has on the menu. My favorite item is the fried calamari that Chef Paternak lightly breads and fries, then tosses in honey vinaigrette. He sprinkles the dish with salt and pepper and tops it with bits of fried onion and fried basil leaves. Each generous portion of fried calamari is served with Sriracha aioli. You haven't had fried calamari until you have tried Paternak's version.

The winter menu features a very good rendition of French onion soup seasoned with a bit of sherry and topped with Prime's delicious baguette and plenty of melted, gooey gruyère cheese. I have had my steak hankering sated with the small plate of char broiled hangar steak and tomato bruschetta.

It combines the best of a small salad and an open face steak sandwich with a grilled baguette, tomato vinaigrette, fresh basil and parmesan cheese. The Prime House Salad has retro flavors with a thoroughly modern presentation featuring iceberg lettuce, shaved cucumber, fresh radish, onion, tomato and buttermilk bleu cheese dressing.

The steak tips sandwich is served on ciabatta bread with sautéed peppers, onions and cheddar cheese. The 10-ounce burgers are resplendent with fresh lettuce, onion, tomato, a choice of cheese and Prime fries on the side. On Sunday and Monday through the end of March, build your own burger dinner with a choice of soup or salad, a burger and any beer for \$12. Find a tea totaling designated driver for Thursday nights through March for Prime's half price special on any alcohol in the bar, and there is a great deal of choice here. The only exception to this special is bottles of wine.

Prime is open six days a week from 4:30; the lounge opens at 4 pm. Their day of rest is Wednesday.

#### **EAT HERE**

#### Roost Offers Gluten-Free Options for Every Meal

#### By SARAH GRANT

The York Independent

It all started when the Roost hired Mike Spain as executive chef in December. But, a little background first. During his high school years, Mike worked for Aldo and Rob, presently the owners of the Roost Café and Bistro, for three years in their restaurant on Newfound Lake. NH. He then went on to college to study Criminal Justice and was working full time in a very busy, fine dining restaurant. In his third year of Criminal Justice, Mike had an epiphany that cooking was his passion, not law. He enrolled in the Culinary Institute of America in Hyde Park, NY and completed his AOS degree, graduating on the dean's list at the top of his class. Mike worked at Disney where the kitchen produced more than 1400 meals a day under a James Beard Award winning Chef in a fine dining venue.

Mike had been "dabbling" in gluten free baked goods and other edibles before the Roost hired him, and suggested that the Roost move in that direction.

Now the Roost has a complete line of scones, muffins, breads and cookies that are entirely gluten free and available every day the restaurant is open. If you are on a gluten-free diet, the Roost will spoil you, in a good way.

That's just the tip of the ice cream. The Roost has three gluten free menus, one for each meal of the day. Breakfast choices include all the usual eggs, omelets and house-made sausages as well as three types of benedicts served on just baked, gluten free biscuits. Lemon ricotta or coconut date pancakes are gluten free and available with a choice of syrups, blueberry compote or whipped cream. Gluten free anadama French toast is crème brûlée soaked GF anadama bread topped with a caramelized sugar crust. Gluten free breakfast prices range from \$7 to \$15.

From burgers to shrimp BLT's, lunch sandwiches are all served on freshly baked gluten free breads. The Roost has no fewer than a dozen sandwiches, three entrée salads, and three soups



available on the gluten free lunch menu that ranges in price from \$5 to \$12. French fries or sweet potato waffle fries accompany sandwiches.

**6 Gluten free** 

anadama French toast

topped with a caramelized

GF anadama bread

The gluten free dinner menu offers, steaks, lamb, scallops, salmon, and day boat fresh catches, but also look for these specialties: Cuban style pork marinated in mojo & lime juice then braised, served with rice & black beans; homemade chicken sausage with mashed potatoes and caramelized onion; poached lobster in a Meyer lemon citrus sauce over gluten-free pasta. Dinner entrée prices range from \$18 to \$20.

The Roost Café and Bistro is located at 1300 U.S. Route 1, Cape Neddick. Winter hours are Thursday, Friday, and Saturday 8 a.m. to 2 p.m.; 5 to 9 p.m.; Sunday 8 a.m. to 2 p.m. is crème brûlée soaked Call for reservations 363-0266. To read more or to check out all of the Roost menus, visit their very complete sugar crust. and up-to-date website roostcafeandbistro.com.

Earth's. Aimee and Denny have created as multi-faceted resource both on line and in person. Go to the shop from 10 a.m. to 4 p.m. Monday through Friday, or call for an appointment on the weekends 409-0899. The Perrins have just founded a new meet-up for locavores. To find out more about the group go to meetup.com/ Locavore-Potluck-York-Maine/. Denny recently wrote a blog that appears in livinmagic.com. In it, he described the contradiction in western medicine where actual cures are always alluded to, but rarely accomplished. He also talks about how we can completely avoid western medicine in our lives through truly

good diet: Low or no glutens, grass fed

and grass finished meats, raw milk and

other well-raised animal products,

as well as, of course, a rainbow of nutrient dense local organic vegetables (the fresher, the better). He also identifies the "six obvious trends... and their relationship to diabetes, and

the plethora of chronic diseases that are all "rising" at light-speed rates." There is much more discussion here that will turn your head and perhaps open your eyes to become more aware of what you are putting in your mouth. Read Denny's blog at livinmagic.com. The newsletter also has several helpful links to local sources for raw milk, pasture raised meats and organic produce farms. If you can't find the newsletter at the above URL, request a subscription at Aimeeslivinmagic@ gmail.com.

Voici pour votre santé (Here's to your health).

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.

#### Aimee's Livin' Magic, a Locavore's Oasis

If you are scouring the countryside looking for good food from local farms that practice sustainable growing practices or raise cows and sheep in pastures where they are happiest and healthiest, you are not alone. You have people to meet and a place to go. Aimee's Livin' Magic is a unique shop. It is located at 254 Cider Hill Road, York in a 100-yearold house with a priceless view of the tidal headwaters of the York River. Aimee Perrin and her accomplished artist husband, Denny, have created a unique niche in both their health targeted food business and their conscious awareness and constant quest of local, sustainably grown food. They want to share all that they have learned with anyone who is interested in improving or sustaining their personal health and Mother





## **LOOKING FOR A HOME**

• Saturday, March 19: Join the Animal Welfare Society Mobile Adoption Team and visit with some adoptable canines at the Kennel Shop in Scarborough from 11 a.m. to 1 p.m.

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.animalwelfaresociety.org or call 985-3244

#### **Forge**

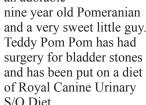
Meet Forge, a 2 year old Pit Bull. Forge is a friendly and comedic fellow who



can't wait to find a forever home. He is blind, but it hasn't slowed him down a bit. He's still high-spirited and affectionate. He loves being with people, so lots of playtime and regular walks would be great for him.

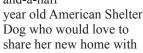
#### **Teddy Pom Pom**

Meet little Teddy Pom Pom! He is an adorable



#### Mijah

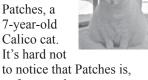
This little cutie pie is Mijah! She is an adorable oneand-a-half



certain cats and respectful children. Dogs are not Mihah's cup of tea so we will not be asking her to share her new home with any.

#### **Patches**

Meet Patches, a 7-year-old Calico cat.



unfortunately, an overweight cat. She was able to feast on tasty food a bit too much in the past, and she certainly shows it. Her large size hasn't affected her demeanor though. She's a very friendly and affectionate gal.

#### Pooh

Meet Pooh, a 5-year old

black cat. Pooh is a curious, curious cat. If something is going on around her, she's got to investigate and give her "approval." Pooh enjoys getting a scratch from people, but she isn't one to demand attention from every person she sees.

#### Reese

She is a netite oneand-a-half year old that would love to find a forever home to call



her own. Reese is a friendly little girl who is always up for a nice scratch behind the ears or even a belly rub.

#### **Jiffy**

This super six-monthold boy can't wait to find a forever home to call his own. Jif-



fy is a very laid back bunny that would love to share his new home with respectful children who are going to take him out and handle him on a daily basis in order to keep him a friendly boy.

#### **Alex and Paul**



This little cuties are Alex and Paul! Both are one year old Parakeets. Paul is the one that is green, yellow and black. Alex is blue, white and black. These two are the best of friends so we would like them to find a home where they can stay together.

#### Jojo

This cutie is Jojo! He is an adult male New Zeland



bunny that can't wait to find a forever family. Jojo is a friendly guy that would love to find a family that is willing to handle him on a daily basis in order to keep him this way.

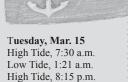
#### **TIDE CHART** York Harbor

#### Friday, Mar. 11 High Tide, 2:43 a.m. Low Tide, 9:15 a.m. High Tide, 3:18 p.m. Low Tide, 9:24 p.m.

Saturday, Mar. 12 High Tide, 3:30 a.m. Low Tide, 10:06 a.m High Tide, 4:10 p.m. Low Tide, 10:17 p.m

Sunday, Mar. 13 High Tide, 5:24 a.m. Low Tide, 6:10 p.m. Low Tide, 12:04 p.m

Monday, Mar. 14 High Tide, 6:25 a.m. Low Tide, 12:17 a.m Hide Tide, 7:12 p.m. Low Tide, 1:07 p.m.



Wednesday, Mar. 16 High Tide, 8:32 a.m. Low Tide, 2:25 a.m. High Tide, 9:13 p.m. Low Tide, 3:08 p.m.

Low Tide, 2:09 p.m.

Thursday, Mar. 17 High Tide, 9:31 a.m. Low Tide, 3:25 a.m. High Tide, 10:06 p.m. Low Tide, 4:01 p.m.

#### Friday, Mar. 18 High Tide, 10:27 a.m. Low Tide, 4:22 a.m. High Tide, 10:56 p.m. Low Tide, 4:52 p.m.

Saturday, Mar. 19 High Tide, 11:19 a.m. Low Tide, 5:15 a.m. High Tide, 11:44 p.m Low Tide, 5:41 p.m.

Sunday, Mar. 20 High Tide, 6:07 a.m. Low Tide, 12:11 p.m. Low Tide, 6:29 p.m.

Monday, Mar. 21 High Tide, 12:32 a.m. Low Tide, 6:58 p.m.

Hide Tide, 1:02 p.m. Low Tide, 7:17 p.m.

Tuesday, Mar. 22 High Tide, 1:21 a.m. Low Tide, 7:50 a.m. High Tide, 1:55 p.m. Low Tide, 8:07 p.m.

Wednesday, Mar. 23 High Tide, 2:12 a.m. Low Tide, 8:44 a.m. High Tide, 2:49 p.m. Low Tide, 8:59 p.m.

Thursday, Mar. 24 High Tide, 3:05 a.m. Low Tide, 9:40 a.m. High Tide, 3:47 p.m. Low Tide, 9:55 p.m.

Friday, Mar. 25 High Tide, 4:02a.m. Low Tide, 10:40 a.m. High Tide, 4:49 p.m. Low Tide, 10:56 p.m.

#### **CROSSWORD PUZZLE**

#### **ACROSS**

- 1 Antenna alternative 6 Up
- 11 "Sleeper" director
- 12 Tito Puente's music
- 13 Pitch
- 14 Bar mishap
- 15 Storage spot
- 16 Motel freebie
- 18 Recent: Prefix
- 19 WhatÕs more
- 20 Big tub
- 21 Writer Follett
- 22 Future cow
- 24 Gloss targets 25 Nine-sided figure
- 27 Latest fad 29 Non-wizard
- 32 Building wing
- 33 Ring item
- 34 Floral garland 35 Next-to-last letter
- 36 Antique
- 37 They hold power
- 38 Raring to go
- 40 Tease
- 42 Needed a massage
- 43 Earthy pigment
- 44 Release
- 45 Wendy's friend

#### **DOWN**

1 African fortress

3

1

Difficulty Level ★★★★

3

9

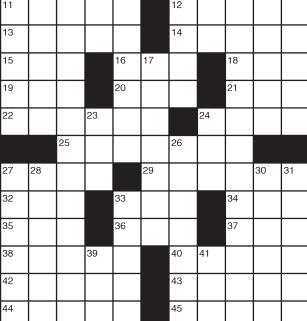
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#### 12 11 13 14



- 2 Skiing variety
- 3 Brilliant flash
- 4 Victor at Fredericksburg

By Dave Green

7

8

6

5

3/11

- 5 Pep up
- 6 Plus

9

3

5

**SUDOKU** 

6

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2

- 7 Keg need
- 8 Christmas tree sight

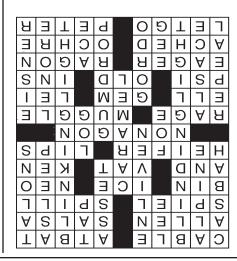
6

3

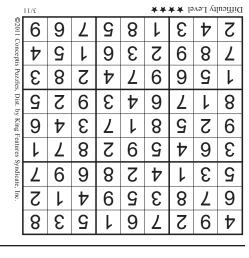
1

- 9 Out
- 10 Hawk's graspers 17 Sundae topping
- 23 Opponent
- 24 Ship record
- 26 Sweet treat
- 27 Undo, as a law 28 Region of eastern
- France
- 30 Poe lady
- 31 Former Disney honcho
- 33 Nickname of astronaut Cooper
- 39 Brain scan: Abbr.
- 41 Blackjack need

#### **Crossword Solution**



#### **Sudoku Solution**



#### What happens to York's recycables?

#### **By VICTORIA SIMON**

**Guest Columnist** 

The first time I saw a landfill I naively thought it was a natural part of the landscape. When I realized I was looking at a piece of earth devoted to the cover up of trash, I became a devotee of recycling.

I can't help but imagine scores of landfills quadrupling with population growth paralleling the amount of STUFF we buy and toss. When I moved to York in 1984, curbside recycling had yet to be born. As so often happens when change is needed, one concerned citizen spoke to another and they spoke to a few more and they became the York Recycling Committee. Their journey included studying recycling systems and laws and the successful Kittery program. They visited transfer stations, met with selectmen, had exhibits at Harvestfest, attended a Vermont conference, wrote columns for the York Weekly and finally on May 27, 1991, watched with satisfaction as the residents of York "lined up in an orderly, pleasant mob, circling around the many walkways of the high school" in order to pick up their first blue recycling bins.

My historian and champion of recycling is Lizzie Poole, who now resides in Key West. Others responsible for bringing us curbside recycling include Beverly Ramsdell, Bernie Reem, Miriam Kiner, Virginia Woodwell, Miriam Fuller Brown, Candy Backus and Margaret Tragard. I salute them all!

Until recently, I blissfully tossed paper, cardboard, glass and acceptable plastic into my blue bins. More material in bins

meant less trash destined for the landfill. But then I started to wonder. How did I know for sure that once my blue bin was picked up that in fact the recyclables would undergo a transformation that would give them new purpose?

I saw the pictures of China's polluted, diseased rural villages, the recipients of much of our recycled stuff. They were troubling. I had perused Waste Management's Web site. I was impressed by their stated commitment to addressing the environmental impact of managing waste. But I wanted to see for myself.

I scheduled an appointment for a meeting and tour of the Rochester (N.H.) Transfer Station. In February, Sally Sulloway and I met with Steve Boyd, plant manager. His job is specific to handling the materials that are brought to the Rochester transfer station. Sales, as we learned, is a different division, as is hauling; separate but interdependent.

We learned that our paper and cardboard is processed at the Rochester site; compressed, bundled and sold. (The compressed colorful bales create an astonishingly beautiful visual impression.) Everything else is loaded into larger trucks and hauled to the Avon, Mass. plant where it is separated, processed and sold.

Steve pointed out the differences in the trucks that were single versus dual stream. The belief is that single stream encourages a higher rate of recycling because it is simpler for the homeowner. More recyclable material means more saleable product, which means increased profit for Waste Management.

Steve couldn't answer my questions about what we should do with the plastics

not designated by Waste Management as acceptable. He did tell me that these materials make up a very small percentage of recyclable material and have less value in the marketplace.

When I asked him what residents needed to know about recycling, he didn't hesitate to tell me: NEVER place recyclables in plastic bags. Bags will automatically be pulled from the line and tossed in the trash. Keep recyclables clean and loose. The cleaner and dryer the materials, the better the product.

As for the product, Steve admitted that much of it is sold to China. As for those pesky plastics that possess a number other than 1 or 2, Rob Yandow, York town manager, assured me he would give Waste Management a call. He also revealed future plans to use the town garage as a transfer station.

As Rob pointed out, the goal is to keep material out of the waste stream. To accomplish that, he believes a transfer station in town along with single stream recycling will make it easier for everyone to recycle. The town is making progress towards that goal.

Anything that can be recycled should be. Anything designed to be used once and tossed in the trash is destined for the landfill. Practice the 4 Rs: Refuse (disposable plastics), Reduce, Reuse, Recycle.

Victoria Simon is a member of the 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.

**MUSIC LISTINGS** 

## WHO'S PLAYING, WHEN & WHERE FRIDAY, MAR. 11 FRIDAY, MAR. 25 • Peppino D'Agostin

#### FRIDAY, MAR. 11

- Bob Marley, 8 p.m., Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, 646-4777
- Jerry Short, 8 p.m., Ship Cellar Pub, York Harbor Inn, Rt 1A, York Harbor, 363-5119

#### SATURDAY, MAR. 12

• Wayne & Steve, 8 p.m., Ship Cellar Pub, York Harbor Inn, Rt 1A, York Harbor, 363-5119

#### WEDNESDAY, MAR. 16

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

#### FRIDAY, MAR, 18

· Gandolf Murphy and the Slambovian Circus of Dreams, 8 p.m., Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, 646-4777

#### SATURDAY, MAR. 19

• Dan Stevens, 8 p.m., Ship Cellar Pub, York Harbor Inn, Rt 1A, York Harbor, 363-5119

#### WEDNESDAY, MAR. 23

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

- Livingston Taylor, 8 p.m., The Landing At Pine Point, 353 Pine Point Road, Scarborough, 774-4527
- Jimmy D, 8 p.m., Ship Cellar Pub, York Harbor Inn, Rt 1A, York Harbor, 363-5119

#### SATURDAY, MAR. 26

- Leon Redbone, 8 p.m., Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, 646-4777
- The Music Hall Intimately Yours Series Presents Mavis Staples and Billy Brass, 8 p.m. The Music Hall, 28 Chestnut St., Portsmouth, NH (603) 436-2400
- Yes, 8 p.m., Casino Ballroom, 169 Ocean Blvd., Hampton Beach, N.H., (603) 929-4100
- Peter Black, 7 p.m., Ship Cellar Pub, York Harbor Inn, Rt 1A, York Harbor, 363-5119

#### WEDNESDAY, MAR. 30

• Pat Cottrell, 8 p.m., Ship Cellar Pub, York Harbor Inn, Rt 1A, York Harbor, 363-5119

#### FRIDAY, APR. 1

• J. Geils, 8 p.m., The Landing At Pine Point, 353 Pine Point Road, Scarborough, 774-4527

• Peppino D'Agostino, 8 p.m., Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, 646-4777

#### FRIDAY, APR. 8

• The Music Hall Intimately Yours Series Presents Rebirth Brass Band. 8 p.m. The Music Hall. 28 Chestnut St., Portsmouth, NH (603) 436-2400

#### SATURDAY, APR. 9

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

#### WEDNESDAY, MAY 4

• Ottmar Liebert & Luna Negra, 8 p.m., Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, 646-4777

#### THURSDAY, MAY 5

• Deftones, 8 p.m., Casino Ballroom, 169 Ocean Blvd., Hampton Beach, N.H., (603) 929-4100

#### FRIDAY, MAY 13

• Tesla, 8 p.m., Casino Ballroom, 169 Ocean Blvd., Hampton Beach, N.H., (603) 929-4100

#### SATURDAY, MAY 14

• Dark Star Orchestra, 8 p.m., Casino Ballroom, 169 Ocean Blvd., Hampton Beach, N.H., (603) 929-

#### SUNDAY, MAY 15

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

#### FRIDAY, JUNE 3

• The Music Hall Intimately Yours Series Presents Jim Brickman, 8 p.m. Tickets: \$50, \$42. The Music Hall, 28 Chestnut St., Portsmouth, NH (603) 436-2400

#### FRIDAY, JUNE 24

• Greg Brown Concert, 8 p.m., Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, 646-4777

#### SUNDAY, JUL 3

· J. Geils, Jeff Pitchell, Gerry Beaudoin & Texas Flood, 8 p.m., Jonathan's Restaurant, 92 Bourne Lane, Ogunquit, 646-4777

#### SATURDAY, AUG. 6

• America, 8 p.m., Casino Ballroom, 169 Ocean Blvd., Hampton Beach, N.H., (603) 929-4100

#### Presents... Month of March

AMERICAN

**LEGION** Post

Friday 11th Karoke 7 p.m.

Saturday 12th
Center for Wildlife - Meet & Greet some of their animals, 2 p.m.

> Saturday 12th 7th Sun Band 8p.m.

Tuesday 15th
Open Mic Night 6 p.m.

Wednesday 16th Bingo 6 p.m.

Thursday 17th
St. Patrick's Day Dinner, 4 - 6 p.m., \$5

Friday 18th

The Substance Band 8 p.m.

Saturday 19th Wildhorse 8 p.m.

Tuesday 22nd Open Mic Night 6 p.m.

> Wednesday 23rd Bingo 6 p.m.

Friday 25th Karoke 7 p.m.

Looking for space to have a party or an event?

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#### 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.



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

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**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.

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Horoscopes By Rusty
The southern Maine coast's leading astrologer
and former Hosni Mubarek image consultant

Aries (March 21-April 19): Don't get ahead of yourself, especially if you just passed a sign that says Bridge Out.

Taurus (April 20-May 20): Your greatest achievements are yet to come, which isn't surprising, given what you've accomplished so far.

**Gemini** (May 21-June 20): There's poetry in your horoscope. There's a reason why "love" rhymes with "none of the above."

Cancer (June 21-July 22): According to the alignment of the planets, your time has come, but your subscription to Newsweek ended 3 weeks ago. **Leo** (July 23-Aug. 22): How much scope would a horoscope scope if a horoscope could scope scope?

Virgo (Aug. 23-Sept. 22): Everything is in order for you to take charge. Or, in a pinch, you could take cash.

Libra (Sept. 23-Oct. 22): In relations with your boss at work, you are destined to become his or her right-hand man. Unfortunately, your boss is left-handed.

Scorpio (Oct. 23-Nov. 21): Alas, you will have to get through yet another day without being hounded by paparazzi or autograph-seekers. Sagittarius (Nov. 22-Dec. 21): The more you want things, the less likely you are to get them. So I really don't want that money you loaned to me. Really, I don't.

Capricorn (Dec. 22-Jan. 19): You are part of the unbroken chain of humanity, which explains why you eat only at chain restaurants.

Aquarius (Jan. 20-Feb. 18): Take a few minutes from your busy schedule to ponder life's mysteries. Okay, that's enough.

Pisces (Feb. 19-March 20): Have you ever had one of those moments when everything just seemed so great you wanted to shout for joy? Me, neither. **NEWS OF RECORD** 

#### **OBITUARIES**

#### Colin J. Littlefield

Colin J. Littlefield, 83, of 10827 Lupine Lane, Fort Wayne, Ind., and formerly of Newport, R.I. died Monday, Feb. 28, 2011 in the Visiting Nurse & Hospice Home.



He was born July 14, 1927 in York, Maine, a son of the late Joseph William and Mary (Chisholm) Littlefield Sr. and was a graduate of York High School.

He was a U.S. Navy veteran of World War II. He worked as an electronics technician at the Portsmouth Naval Shipyard and later at the Newport Naval Underwater Systems Center. He was past Commander of the Boardman-Ellis V.F.W. Post 6977 in York Beach, Maine. He enjoyed spending time at Sebago Lake through the years.

He leaves four sons, David Littlefield of Fort Wayne, Ind.; Gary Littlefield of Chicago; John Littlefield of Denver, Colo; and James Littlefield of Rhode Island; a sister, Mary Ferrelli of Portsmouth, N.H.; four grandchildren, four great-grandchildren. He was predeceased by two brothers, Joseph W. Littlefield Jr. and William J. Littlefield; a sister, Helena Muller; and a half-sister, Anna Littlefield. He also leaves his very good friend of many years, Anna Gittens.

A service was held on Wednesday, March 9 in the Lucas & Eaton Funeral Home, 91 Long Sands Road, York with a gathering and luncheon to follow in the V.F. W. Burial will be held in the First Parish Cemetery in the spring.

Memorial contributions may be made to Boardman-Ellis V.F.W. Post 6977, P.O. Box 201, York Beach, ME 03910, or to the hospice of your choice. Online condolence may be made at www.lucaseatonfuneral-home.com.

#### Deborah T. White

Deborah Tracy White, 69, of 25 Plaisted Road, York, died Tuesday, March 1, 2011 in her home with her family by her side.

She was born May 17, 1941 in York, Maine, a daughter of the late Robert S. and Frances (Hawkes) Tracy of York. She graduated from York High School and Colby Junior College.

Debby worked as a paralegal through-

out her career; many of those years were spent working for James S. Erwin. She was involved with many organizations around York throughout her life. Most recently she served as secretary/treasurer of the Hartley Mason Reserve Trust in York Harbor, Maine.

She leaves a daughter, Sheldon Elizabeth White of York; a sister, Judith T. Cook of Port St. John, Fla.; and nieces Debbie and Linda.

Funeral services will be private at her request.

Memorial contributions may be made to Beacon Hospice, 42 Brickyard Court, York, Maine 03909. Lucas & Eaton Funeral Home, 91 Long Sands Road, York, Maine is directing arrangements. Online condolences may be made at www.lucaseatonfuneralhome.com.

#### Thomas N. Tarrant

Thomas N. Tarrant, 82, of 96 A Long Sands Road, York, died Wednesday, Jan. 5, 2011 in York Hospital.

He was born April 7, 1928 in Manchester, N.H. a son of the late Samuel C. and Isabel (Horner) Tarrant. He worked as a patent attorney for many years before retiring. He was a man with great mechanical skills and he loved to dance.

His wife, Virginia E. (Joyal) Tarrant, died in 1996.

He leaves three sons, Thomas J. Tarrant and his wife Margaret of North Attleboro, Mass., Samuel N. Tarrant and his wife Judith of Canton, Mass., and Andrew R. Martel Tarrant and his wife Jelia of Winthrop; two brothers Robert S. Tarrant of St. Augustine, Fla. and John B. Tarrant of Manchester, N.H.; and three grandchildren. A sister, Constance T. Rinden, predeceased him.

A funeral service for Thomas will be held at the Unitarian Universalist Church of Manchester on Sunday, March 13, 2011 at 2 p.m. with a reception to follow. There are no calling hours.

Memorial contributions may be made to York Hospital, 15 Hospital Drive, York, Maine 03909 or Meals on Wheels. Lucas & Eaton Funeral Home, 91 Long Sands Road, York, Maine is directing arrangements. Visit www.lucaseatonfuneralhome.com.

#### Bessie Malek

Bessie Malek, 91, of 15 Long Sands Ave., York, died Monday, Feb. 28, 2011 in York Hospital.

She was born February 1, 1920 in Pitts-

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field, Mass., a daughter of the late Arthur and Laura A. (Edger) Johnson.

She leaves two daughters, Betty A. Christenson and her husband Lee C. Christenson of York Beach, and Margaret R. Hancock of Hatfield, Mass.; four grandchildren, Todd Giroux, Jennifer Christenson, Keith and Jason Hancock; four greatgrandchildren, Derek, Stephanie, Mathew,

Alyssa. A brother, Albert Johnson, and a sister, Lucille LaFrance, predeceased her. Funeral services will be private.

Lucas & Eaton Funeral Home, 91 Long Sands Road, is directing arrangements. Memorial contributions may be made to York Hospital; 15 Hospital Drive, York, Maine 03909. Online condolences may be made at www.lucaseatonfuneralhome.com.

#### **COMMUNITY LISTINGS**

#### Send us your listings!

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

#### Worship services

- 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 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.
- 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.
- First Parish Church, 180 York St., York, offers thoughtprovoking 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 homemade 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.
- 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 York County Shelter Programs, an emergency shelter for homeless men, women and children, is desperately in need of the donation of new bath towels or used bath towels in excellent condition. Towels can be dropped off at the Emergency Shelter on Shaker Hill Road in Alfred at any time; shelter is open 24/7.
- 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. 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 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. Volunteers are encouraged to apply online, or to call Monique at 490-3227 x107.
  - The Yarn Sellar is sup-

porting 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,
  or Leisa Smith at 351-3596 or
  Ismith@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**

- 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."

# York Hospital's Auxiliary is now accepting applications for 2011 scholarship awards.

The York Hospital Auxiliary is accepting applications from area high school seniors attending York, Wells, Kennebunk, Marshwood, Traip, Noble or Berwick Academy who, upon graduation, will attend an accredited school for study in a medical-related field.

The Auxiliary will offer \$9,000 in scholarships to three students (\$3,000 for each). Applications are available in the guidance office of the schools mentioned above as well as the Volunteer office at York Hospital or can be downloaded from our website in our "news and events" section at yorkhospital.com.

Application deadline is April 15, 2011. For more information, please contact the Volunteer office at York Hospital at 207 351-2224 or email fr@yorkhospital.com.



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15 Hospital Drive, York, Maine 03909 · Toll free 877-363-4321



York, Maine 207-363-4053 • 800-344-5710 WWW.c21ATLANTIC.COM



YORK BEACH - FABULOUS OCEAN FRONT PROPERTY ON THE NUBBLE! 12+ bedrooms. Run as a B&B or turn it into a spectacular multi generational family home. Live your dream of oceanfront living. \$1,150,000



YORK - PERFECT SETTING QUIET LIVING! 8 rm 3 bath Contemporary with oak firs, exposed beams, skylights, 1st fir bdrm, sunroom and 15 x 23 great room. Easy access to the nearby York River or walk to York Village. \$429,000



A COUNTRY CHARMER IN CAPE NEDDICK! Stunning saltbox colonial features wonderfully updated kitchen & baths, cathedral liv rm w/ fieldstone fireplace, 1st floor master suite, wraparound deck & gazebo overlooking immaculate grounds. \$425,000



YORK BEACH - RARE AND AFFORDABLE
OPPORTUNITY! Condo living just steps to the water.
'03 stand-alone cottage. Queen size BR w/built-ins,
applianced kitchen w/dinette. \$42/month fee inc. water
and power. Weekly rentals ok. Great 2nd home or
investment. \$96,500



LONG SANDS BEACH IN YORK is where you will find this 2-car garage with approval to be replaced with a cottage or add living space above. This is one of three stand alone properties on a very large lot located at the beach. Currently in condo conversion. \$274,900

#### **LAND FOR SALE**

YORK - WATERFRONT LOT WITH 290 FT. ON THE YORK RIVER!! VERY PRIVATE yet convenient to schools and shopping. Septic design for a 4 bdrm home. <u>BUILD IMMEDIATELY</u> \$219,900

YORK HARBOR NEAR THE BEACH! Very affordable building lot. This 1.1 acre wooded lot has a unique building envelope where you can build a 3 bdrm home. Town water & sewer are at the street & would need to be brought through the lot. Easy walk to the beach, town, & schools. \$99,000

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# REALTY

Office: 207.363.2497 Toll Free: 800.272.4366

439 US Route One York, ME 03909

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

207.646.4546

#### YORK HARBOR



Ocean Front Stage Neck Townhouse with the most magnificent sunrises and views of the ocean. This 1800 sq ft open concept chalet condo has 3 Bdrms, Master on 1st floor and 2 lower bdrms with sliders to the ocean. Beach rights, boat dock, tennis & dining. \$899,900.

Bill Conda 207-450-5030

#### NAPLES-



Possibly one of the finest log homes on Sebago waters. Peaceful lakefront dream home on private 3.87 acres, unique custom trims and high-end craftsmanship. Deep water dock and 12KW generator included! Drive in, Float in, or Fly in! Your Golden Pond?

Allen Kew 207-232-3660

#### OGUNQUIT



WALK TO PERKINS COVE and the MARGINAL WAY from this impeccable 4 bedroom 2 bath home featuring mahogany floors, stone fireplace, central air, 2 large decks, 2 bay garage, in a PREMIER LOCATION. \$685,000.

**Bob Davis 207-251-2819** 



The perfect getaway, investment, or year-round condo located steps from Short Sands Beach in York, Maine. Located on 2nd & 3rd floor, 2-3 bdrm, covered porch within sight and sound of the sea. Great opportunity to enjoy all this seaside community offers! \$259,900.

Jim Hager 207-361-7169



Originally built in 1880, this home has been converted to a year-round residence. It sits high on a hill overlooking the tidal inlet with lovely water views. A great location- near town, but very private with deck, porch, backyard, and mature landscaping. \$329,000.

Nancy Raynes 207-233-1693



Warm Rustic Contemporary Home On Lovely Wooded Lot. 3 Bedrooms, 2 Full Baths, and Vaulted Ceilings. This home is all set for expansion, with a newer, larger septic system. New Steel Roof, for those snowy winters, and partially finished walkout basement. Great Price, great location!

**Diane Wyman 207-752-3236** 



Elegance, Style and Waterfront with Dock! One of York's finest waterfront properties. This wonderful home sits on a 3.56 acre parcel that is tastefully landscaped & very private. A gorgeous HEATED Infinity pool, multi-level patios that overlook 305' of York River frontage w/ a newly rebuilt dock. \$1,795,000.

**Diane Wyman 207-752-3236** 



Zoned for retail of merchandise produced on site, service business (massage, beauty salon), garden center, day care, animal grooming, ice cream shop -- use your imagination and work from home!

Joanne Stone 207-337-2359



Great location offering privacy and so close to 195, train station, and beaches. Beautifully kept sunny and bright 3bed, 2bath home has room for expansion. Open concept with loads of closet space. A must see in today's market! Room for a 2 car garage. \$239,900.

Andy Stotz 207-730-1350



CAPE NEDDICK RIVER VIEWS - simply lovely riverside home w/ Flowing & Open living spaces, 1st fl mstr BR. LIVE & RELAX HERE! Great for entertaining & enjoying sweeping views of river and meadow. Attached AND bonus detached garages! Close to Beach. \$695,000.

Mitch Picard 207-332-5290



## Land Land Land

#### **CAPE NEDDICK**

Lot near River Road. \$74,900.

Bill Conda 207-450-5030

2.3 acres with R.O.W. to Merriland River. \$108,900.

Joanne Stone 207-337-2359

Bill Conda 207-450-5030

#### **MOODY**

One of 2 lots, septic design available. \$112, 500.

1 acre and you can have a dock (with a permit).

\$149,000.

George Wilson 207-251-2941

*UST SAW SOM* 

