

The York Independent

The hometown voice of the greater York region

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December 4 - 17, 2009 Volume 11 ~ Issue 24

Homemade For The Holidays

**A GUIDE TO BUYING AND ENJOYING
LOCAL FOOD PRODUCTS IN THE YORK AREA**

Festivals signal the season

Well, it's upon us. Once the Nubble is lit, there's no question we are in the midst of another holiday season. On Nov. 28, they came from Maine, New Hampshire and Massachusetts, but also as far away as New York and Pennsylvania to watch one of this state's most recognizable icons light up and begin several weeks of festivities and seasonal shopping.

(Sadly, high winds prevented the lighting of the underwater Christmas tree. No, I'm not kidding, United Divers of New Hampshire were going to light a tree underwater.)

Still, the lighting signals a whole host of events. Check out Jennifer Saunders' column this week. From the Festival of Lights to the Festival of Trees, there's going to pretty much be a festival for anybody's tastes. That's literally going to be true of the Festival of Gingerbread Houses!

I was also encouraged to see that most of the super food places mentioned in this week's cover story will have fairly decent hours, at least through the holidays. It could be better of course. An old friend of mine who owned a sub shop in a downtown area once commented that if your store isn't open past 5 p.m., your clientele tends to be people



Dan Szczesny

without jobs. At least staying open until 6 p.m. gives those after work shoppers a chance to stop at your place instead of the outlets.

But the trend seems to be moving in the right direction. There's a "buy local" movement afoot in York that has some momentum, which is nice to see. About a dozen village shops will stay open later than usual during the Festival of Lights on Saturday to try and take advantage of potential customers in the area. That ties into the York Business Association, which was just formed this year and designed to market shopping downtown.

In a funky economy where people are still being Scrooges about spending, a "we're all in it together" approach is a smart one; things like set hours, contests and gift cards is part of a successful approach.

And it's that kind of pride in place that goes beyond making the cash register sing. It's also about making York a great place to live, work and play for the holidays. And that's a lot to be thankful for.

TIGHT TIMES

School district's deficit unexpectedly doubles

By TARYN PLUMB

The York Independent

As the year crests to a close, officials are continuing to tackle wide-sweeping, quality-of-life issues—and at the same time, they're keeping a watchful eye on the books.

Budget woes

School officials got a surprise before Thanksgiving break when they learned they'll now be facing a budget shortfall double the amount they had initially anticipated for Fiscal Year 2010.

The damage: \$314,671.80, which is roughly \$158,000 more than they were expecting, according to Henry Scipione, superintendent of York schools.

Officials had previously batted down the hatches for a roughly \$156,000 decrease in state aid to their overall \$26 million budget; in preparation, they were able to offset those cuts with stimulus funding.

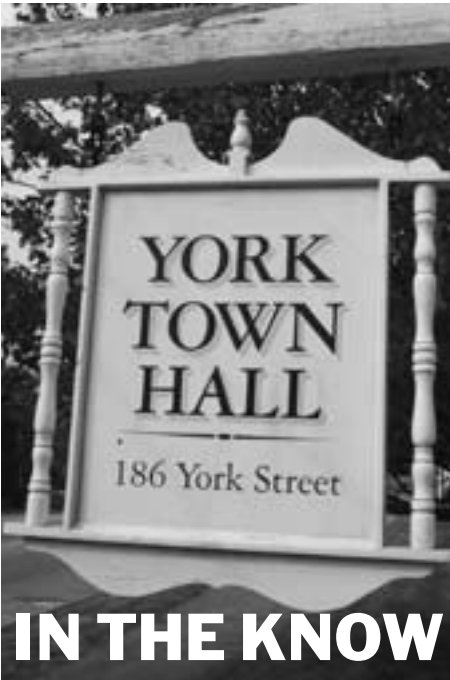
But now, there's another \$160,000 to be made up.

In response, officials have put a freeze on spending for all non-essential items, including supplies, technology, professional

said, and what that ultimately means for the schools would have to be determined at such a juncture.

But there's still time: The cuts don't have to be made up until June 30.

"Right now, we're optimistic that we're going to be able to control it," Scipione said.



IN THE KNOW

A BI-WEEKLY ROUND UP OF GOVERNMENT IN YORK

Similarly, school officials have gotten a handle, to an extent, on the swine flu.

H1N1 and seasonal flu vaccination clinics were held at all four schools the week before Thanksgiving. The vaccine was first administered to high-risk students, then opened up to all students, Scipione explained.

Ultimately, everyone that wanted the vaccine received it, he said. In that respect, "We were very lucky," he said.

All told, of the district's 1,920 students, 914 received the H1N1 vaccine, and 601 received the seasonal flu vaccine.

As Scipione noted, the first bout of the virus seems to have run its course. Absentee rates spiked the first part of November, and peaked at 18 percent district-wide. They're now back to normal, which is between 5 and 8 percent, Scipione explained.

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“Right now, we’re optimistic that we’re going to be able to control it.”

development and teacher course reimbursement. As Scipione explained, only items that are absolutely necessary to the school's functioning will be approved.

What's more, the school committee and school officials will keep a close eye on the budget through monthly reviews. Over the next few months, budgets will be widespread on their minds, as the committee and school officials are also concurrently working on the Fiscal Year 2011 budget, which will be voted on by York residents in May.

Scipione assured that, at this point, there aren't any planned cuts in staff. However, if they can't ultimately close the funding gap, they'll have to take "additional action," he

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

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

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“We’re at an average level now,” he said. “This first round, at least, seems to be behind us.”

Tolling turmoil

Meanwhile, town officials are standing their ground when it comes to the long-discussed and contentious relocation of the York toll plaza—and they’re gearing up their arsenal for a fight.

Selectwoman Catherine Goodwin is now assembling a white paper explicitly explaining the board’s position on the plaza. Her fellow board members will later review and endorse the paper.

“We’re still all on board (in) that we think they can make improvements (to the plaza) where it is right now, instead of doing a massive expansion and taking people’s land,” said Selectman Chairman Michael Estes.

In a meeting on Nov. 5 at the Maine Turnpike Authority Portland headquarters, representatives of the engineering firm HNTB, Inc., released a list of locations for the plaza: One at its current site, with renovations costing an estimated \$56 million and having an impact on roughly 28 acres of wetlands; another just over a mile north, expected to cost \$34 million and affect 1.7 acres of wetlands; and a third nearly two miles north, expected to cost \$35 million and affect 3.8 acres of wetlands. Engineers also recommended a “no build” option.

MTA officials are sticking to their position that the current site does not meet basic engineering and safety regulations, counting against it its location near an interchange with merging traffic, and on a curve, at the bottom of a hill and in the wetlands. But other options could include taking land by eminent domain.

Going forward, the authority intends to meet with landowners and abutters where potential land-taking might occur, Estes explained; the authority also plans to hold a public hearing for residents in January at a date to be determined.

Selectmen, for their part, are pushing for “open-road,” or “highway-speed” tolling at the current site; this which would remove toll booths from the center lanes and allow E-Z Pass users to drive beneath sensors at highway speeds. Cash collection booths would still be in place to the far right sides of the plaza.

“We think there are better ways that they could spend their money,” Estes said. “We haven’t seen anything compelling enough to tell us that it should be different. Their

vision needs to change.”

Sign of the Times

With a similar eye toward the future, the community development department is analyzing the town’s sign standards that regulate business advertising in town.

To seek community input on the subject, the department will hold a public forum at 6 p.m. on Tuesday, Dec. 8 in the York Public Library Kennebunk Room.

Residents and businesses are both encouraged to come to provide input, concerns, and ideas, according to town planner Christine Grimando. Ultimately, she’d like to hear what businesses and residents find limiting, what they feel works well, what shouldn’t be changed, what sizes are ideal, and how

““ The signage appropriate for Route 1 is different from what you’d want in the village center,” ”

signs impact the character of different parts of town.

This is the first of several public input sessions to be held on the subject, Grimando explained.

One area of improvement she’s already identified: Regulating the use of temporary event signs. Also, the department would like to develop a fair way to differentiate signs in different areas of town; Grimando noted that the current sign standards are uniformly applied and don’t do a proper job of defining the different characteristics of various areas of town.

“The signage appropriate for Route 1 is different from what you’d want in the village center,” she said.

Selectmen are at work on a similar issue: They are currently looking at the town’s business directional sign ordinance policy.

Town Manager Robert Yandow will appoint a committee to analyze the ordinance, according to Estes.

As he put it, selectmen are regularly “peppered” with requests for signs. But “We don’t want to clutter all our roads with signs,” he said.

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

YORK

A different kind of holiday service

On Thursday, Dec. 17, at 7 p.m., St. George’s Episcopal Church, 407 York St., York Harbor will hold “Amazing Grace: A service of hope and healing.”

Each year at this time, we celebrate holidays that hold deep religious and secular significance. Gatherings of friends, family and loved ones are moments of joy and thanksgiving touched by the hope of new beginnings represented by Christmas and the birth of Christ.

But for many, rather than joy, there is pain and grief for losses experienced in the near or distant past, including mourning the death of loved ones, longing for justice and inclusion, dreams delayed and unfulfilled, or living on the edge of limited resources.

Using prayer, music and laying on of hands, a community of faith becomes a place where grief, fear and discouragement can be openly acknowledged and hope can be renewed. It is an expression of “All are welcome at God’s table,” something we take seriously at St. George’s. By grace and in community, God’s supportive, compassionate presence and the love that “passes all understanding” becomes available to absolutely everyone.

This is an intentionally inclusive service and the church invites the entire community to come and participate. The service will be on Thursday, Dec. 17, at 7 p.m. at 407 York St., York Harbor.

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AUX - 2nd Monday of month 1pm

House Committee - Last Thurs. of month 6pm

Executive Board - Last Thurs. of month 7pm

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BRETT GAMACHE

Q & A

THE PAINTER

By TARYN PLUMB
The York Independent

This young artist's inspiration comes in many forms—whether it's the clamor of York Beach or a bucolic small town in Italy; a public restroom or a playground; hills dancing with long grass or architecturally stunning piazzas. New Hampshire-born Brett Gamache has traveled with his brush and canvas from New York City to York Beach to Ascoli Piceno, Italy, where he stayed on a Fulbright Grant for close to a year.

In his work, he strives for vitality and liveliness, capturing fleeting moments in the bustle and clatter of everyday life.

Name: Brett Gamache

Age: 30

Background: Grew up in Londonderry, N.H.; received his Bachelor's of Fine Arts at Massachusetts College of Art in Boston and his Master's of Fine Arts at the University of New Hampshire; has lived in York for seven years.

What draws you to oil and canvas?

I'm drawn to the qualities of oil paint: the thickness of it as a material, the ability

that it has to transform into the illusions of objects. That's sort of a magical quality that it has. I'm drawn to canvas because of the give that it has, as opposed to a hard surface.

Where do you draw your inspiration from as an artist?

Currently, since I've moved to York, I've been drawn to landscapes. I do

“ There are some amazing sunsets on Long Sands Beach, with the buildings silhouetted.”

two bodies of work—plein air, which is direct observation landscape painting done on-site, outside. It's about capturing light in a fleeting moment; a faster process, more direct. The other type is inventive work in the studio, which is usually at night, tends to be more narrative, and usually includes figures. I'm



influenced by my environment, whether I'm in Italy or York, observing the people and how they interact in spaces. I'm also influenced by art history and inspired by Italian painters, as well as Greek art.

What is inspiring about York?

I'm always trying to look for new and unique subjects, a new spin on an old subject. Of course, I'm drawn to the ocean and the beaches. But I'm always trying to come up with a different way of capturing it, not the typical cliché. For instance, I did a painting of a light house, which is sort of a common place to go to paint. I tried to find more of a unique angle or composition; (my painting) incorporates high-tension lines as a focal point, with the light house in the background.

How do you try to stay fresh?

I kind of go on a gut feeling. Something sparks an idea—it could be a particular perspective on something, an angle on something; just the geometric forms that make up the composition, or a particular light. There are some amazing sunsets on Long Sands Beach, with the buildings

silhouetted. Or certain people doing something on the beach triggers it.

Explain the plein air process.

I try to work pretty intensely, have everything ready to go, and just work as fast and as hard as I can. I have a three-hour window that I can work with, after that I hit my limit, I kind of get burnt out, and the light also tends to change. It's different light in the fourth hour. The studio is much slower. It slowly reveals itself, goes through a lot of changes, trial and error. It takes a few months to make, and it's done at night, when I'm more in touch with my imagination.

Talk about your Fulbright Grant.

I applied through UNH. The proposal was to study the works of Piero della Francesca and Andrea Mantegna, and to bring my ideas and inspiration back into the studio to generate work. The other aspect was to paint the Italian landscape during the day. I picked a small town called Ascoli Piceno. (He visited there as a grad student at UNH for a five-week painting course, and also taught there). I became familiar with the town, had

friends in town; I felt it was a good place to set up shop and have a studio. I was there for 10 months (from September 2007 to July 2008). I had a show for the town—a way of saying thank you for everything the town did—that included 24 to 25 paintings.

Why Francesca and Mantegna?

I'm drawn to their storytelling. They just capture life so well, and light, as well. They just blew me away. They're very unique. There's a mysterious quality to their work that intrigued me. It just keeps you looking, keeps you coming back. Every time you turn to them, there's something new that you see.

Mantegna did a wedding chamber in a castle; he painted all four walls with images of the bride and groom's family, and on the ceiling he painted an illusionistic opening where you can see the sky, and small angels are looking down at you. I got to go there a few times, and had an opportunity to draw in the room.

Francesca did a series of paintings based on The Legend of the True Cross, a narrative that depicts the wood that later becomes the crucifix. Piero depicted them behind the altar of a church in Arezzo, Italy. They're large-scale frescoes with beautiful color. The light in the paintings is unbelievable. I see new things very time I look at them. There's a freshness in his work, it doesn't look labored on. It looks like it just came out, with ease. I think that freshness is something I strive for in my own work. It's about getting that quality of something that's alive.

What sets you apart as an artist?

One of the nicest compliments I got was "There's life in his work." That's really all you can ask for. I think just trying to capture light, as well, is a main goal. Humor has come through in the last few years; I'm just trying to make something enjoyable. It's just being drawn to interesting forms, too: Corkscrew slides, tumbles of hay, the forms of them, the negative space that they create in between one another.

“Humor has come through in the last few years; I'm just trying to make something enjoyable.”

View Gamache's work at the York Public Library in the exhibit "Home and Abroad; from Maine to Italy." Consisting of 35 paintings, it will be on display through Jan 2. For more on Gamache, visit www.brettgamache.com.

Know of a York resident who you'd like to see cross-examined? Send a note to editor@yorkindependent.net.

YORK LIBRARY

Gingerbread House Festival!

Saturday, Dec. 5 is the big day, when awards for this year's entries will be presented at 11 a.m. at York Public Library. The entries will then remain on display through Friday, Dec. 18, provided we don't get hungry...just kidding!

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

- Special Holiday Book Sale, Festival of Lights Celebration: Friday, Dec. 4 from 10 a.m. to 5 p.m.; Saturday, Dec. 5 from 10 a.m. to 2 p.m. On Saturday, Dec. 5, Santa Claus himself will visit the library and welcome children in front of the fireplace from 11 a.m. to 12:30 p.m.

- Film Festival: "Avenue Montaigne" (2007) will be screened on Sunday, Dec. 6 at 3 p.m. Cecile de France sizzles as a waitress with a dream in this French romantic comedy. Rated PG-13 for some strong language and brief sexuality. In French with subtitles. 101 minutes.

- Local Authors Series: Tuesday, Dec. 8 at 7 p.m. Beth Allison Maloney will speak about her book "Saving Sammy: Curing the Boy Who Caught OCD." Her book chronicles her quest to find whether her son's mental illness could be caused by infection. Free.

- Holiday Family Film Special: "A Christmas Carol" (1951) will

be screened on Sunday, Dec. 20 at 3 p.m. Dicken's classic tale of miserly Scrooge and the frightening Christmas Eve he will never forget as he is visited by three ghosts meant to teach him the true meaning of the Christmas season.

For children

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

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

Monthly programs

- Tactile Toddler, second Tuesday of the Month. Tuesday, Dec. 8 from 10:15 to 10:45 a.m. Kimberly Whelan, preschool educator, leads this monthly program offering very young children a chance to dive into a range of materials. Please dress



your child in play clothes or bring a smock.

- American Girl fans, second Tuesday of the month from 4 to 5 p.m. (Tuesday, Dec. 8) Come learn more about American Girl doll, Kirsten as she discovers Christmas in America is different than in Sweden. Barbara Forrester will share Kirsten's Sweden traditions of Saint Lucia's Day and will help you make a special holiday craft. Don't forget to bring your doll to the meeting. This is a drop-in 'club' for kids ages Kindergarten and up. For those who attended last month's program, you may bring in your wooden spoons to add more details if you wish.

- Art by the Pond, third Tuesday of the month, Tuesday, Dec. 15, 10:15 to 10:45 a.m. Holiday Ornament Extravaganza. Graphic Designer, Jill Burke helps parents or caregivers and kids 3-6 years old use construction paper, tissue paper, glitter glue and lots of imagination to create 3-dimensional holiday ornaments!

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IT'S YORK'S MOMENT TO SHINE

Saturday, Dec. 5 is a date simply loaded with local holiday activities!

By **JENNIFER L. SAUNDERS**

The York Independent

There are no two ways about it. When it comes to York, there is plenty to do during this “most wonderful time of the year.” With the tower and keeper’s house at the Nubble now lit in innumerable white lights for the holiday season, it is time for York Village to have its moment to shine with the Festival of Lights Celebration.

From Breakfast with Santa to the Festival of Lights Parade itself, Saturday, Dec. 5, is packed with all those favorite local traditions that are sure to make your day “merry and bright.” Whether you’re looking for that craft item for a special someone or longing for a taste of delicious Christmas sweets or cocoa or just in the mood to sing along to a favorite Christmas song, this day has at all—culminating with the annual Festival of Lights Parade at 4:30 p.m. in York Village.

From business to churches, from youth groups to veterans’ groups, this parade features music, merriment and the jolly old elf himself, St. Nick, as it makes its way from Foster’s Clambake to Village Elementary School under the glistening lights of the trees and windows of York Village.

The fun never ends with the parade, though, as there are always special concerts, dinners and chances to meet up with Santa even after the parade passes by and the lights go on in the village. To find out all the details about this year’s Festival of Lights—which features a wonderful mix of the new and the familiar, visit the York Parks and Recreation Web site at <http://parksandrec.yorkmaine.org>.

Not only a parade and lights, but a festival of gingerbread houses!

And, of course, with the Festival of Lights comes the Festival of Gingerbread Houses at the York Public Library. Visit the library during the Festival of Lights to view the Festival of Gingerbread Houses that will adorn the Children’s Room for the days ahead—or come back after the festival to see which entries won this year’s



prizes for the best edible creations.

Also in conjunction with the Festival of Lights, the library is hosting a Holiday Book Sale, visits from Santa Claus and the Holiday Film Festival Carnival of Cartoons. Visit www.york.lib.me.us to find out more.

The much-anticipated Festival of Fostering Trees is also back again this year, with the trees set to be on view at American Legion Post 56, right next door to Hanaford, on Friday and Saturday, Dec. 4 and 5, from 10 a.m. to 8 p.m., and again on Sunday, Dec. 6, at 10 a.m. and continuing through to the raffle at 4:15 p.m. Bring a new, unwrapped toy for the American Legion’s “Toys for Tots” or a nonperishable food item for the York Food Pantry—or both—as your entry fee. Raffle tickets will be available at the bargain price of 25 for just \$5 to bid on your favorite trees at this year’s event, with all the proceeds going to assist children in foster care in Maine. To learn more about this special annual event, contact local resident Janalee Moquin at 423-4281 or janaleemoquin8@yahoo.com.

York’s Center for Wildlife to hold holiday open houses

There is so much to do in town I can’t imagine being anywhere else during this particular weekend of the holiday season, but if you happen to be traveling during this year’s festivities, not to worry—more fun times are ahead. The lights of York Village will stay on throughout December, and other local organizations are promising fun events for all in the weeks ahead.

Staff and volunteers at Center for Wildlife, for example, are welcoming visitors on each of the weekends between Thanksgiving and Christmas to come by the CFW’s Mountain Road location, pick up a gift for the holidays and enjoy holiday sweets and treats to the sound of festive music. This is not only a chance to do some special shopping, but you’ll get to meet and learn about some of non-releasable “wildlife education ambassadors”

“When it comes to York, there is plenty to do during this ‘most wonderful time of the year.’”

who reside at the center all year long.

These birds, mammals and reptiles have sustained injuries or recovered from illnesses that have made it impossible for them to survive in the wild—which is always the center’s first goal for its animals. Instead, these amazing animals help us to learn about the wildlife that lives right outside our own front doors.

The open house dates at the Center for Wildlife continue on Saturdays and Sunday, Dec. 5 and 6, 12 and 13, and 19 and 20, from noon to 4 p.m. To find out more, call 361-1400 or email outreach08@yorkcenterforwildlife.org.

What’s Christmas without a little Charles Dickens?

And what holiday season would be complete without the holiday classic, “A Christmas Carol?” The York Public Library will conclude its Fall Film Series on Sunday, Dec. 20, at 3 p.m. with the 1951 version of “A Christmas Carol,” featuring Alistair Sims’ unparalleled performance as Ebenezer Scrooge. Although this version is not rated, the library reports it is the equivalent of a “G” movie today, so this dose of holiday fun is perfect for the whole family—just like all of the events coming up in York’s calendar of holiday offerings.

Hope to see you at the Festival of Lights—and Trees and Gingerbread—and at the CFW and the movies! Happy holidays!

Jennifer Saunders is a contributing editor for the York Independent.

COMMUNITY BRIEFS

Musician to swim York River Dec. 13

Nationally recognized accordion player Gary Sredzienski has become a local legend thanks to his energetic surf-music band, his long-running 1950s-style WUNH radio show and for being the focus of the one-man play “Creek Man.” But another feat is gaining momentum as his claim to fame. Sredzienski dives into the water every December, defying the tides and the temperature, to do a charity swim. This year, he is taking the plunge for Share Our Strength Seacoast.

On Sunday, Dec. 13, Sredzienski will swim five miles along the York River to the ocean to raise money to help end childhood hunger. This will be Sredzienski’s third charity swim, so, to add a new twist, he will get out of the water and put on a Serfs holiday show at The Stage Neck Inn in York Harbor.

The event raises funds for Share Our Strength Seacoast when people make a donation in honor of the swim. To donate, visit firstgiving.com/swimforhunger.

Sredzienski will enter the river at the bridge on Scotland Bridge Road in York at about noon on Sunday, Dec. 13. He hopes to reach the mouth of the ocean in two or three hours. He will warm up and rejuve-

nate at the Stage Neck Inn, then join his band for a Serfs’ Holiday Extravaganza.

There will be a \$15 cover charge at the door. Guests who bring a canned good or toiletry for the Footprints Food Pantry in Kittery get in for \$10.

The Serfs show will be from 5 to 7 p.m. at the Stage Neck Inn, 8 Stage Neck Road, York.

To follow Sredzienski’s training and musings on this swim and more, visit his Facebook page at facebook.com/pages/Garys-Swim-for-Hunger.

Democratic town caucus Jan. 31

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

Meet candidates and talk with elected officials. Participate in shaping the direction of the Democratic Party and get



On Sunday, Dec. 13, accordion player Gary Sredzienski will swim five miles along the York River for charity. Hopefully, it will still look like this, without ice.

involved in the race for Maine’s next governor.

For more information, contact Victoria Simon at vsimon@maine.rr.com or call 363-6140.

York schools awarded \$10,000 grant

The York School Department was re-

cently awarded a \$10,000 grant through the SMART program of the Maine Arts Commission. The York proposal, written in collaboration with the York Public Library, the York Art Association, and the York Diversity Forum was selected to receive \$10,000 in funding during the 2009-10 school year. York’s project was designed to use the visual and performing arts as vehicles to help stu-

dents celebrate diversity while recognizing the power of the arts to promote international understanding.

A performance on Friday, Dec. 4 featured grade seven students who have worked with musician Randy Armstrong and Indian dance teacher Jasmine Shah, delving into the arts of India, Pakistan, Africa and the Afro-American cultures and comparing and contrasting art and music styles during the week of Monday, Nov. 30.

Learning about the lives and work of Ghandi, Nelson Mandela and Martin Luther King, Jr. students will continue to examine principles of human rights and global awareness.

A community-wide culminating event will take place on Martin Luther King Day, Monday, Jan. 18 when town residents gather for a day of celebration and service. Representative seventh grade students will join the artists for a morning showcasing their music and performance. They will be joined by New Hampshire artist Richard Haynes who will share his artwork and speak of the role of artists as "Keepers of the Culture." This event, organized by York's Martin Luther King Service Committee has planned a day of inspiration, rich with opportunities for service and enjoyment for York residents of all ages. The event is supported by a generous grant from the Savings bank of Maine. The Martin Luther King Day event will be held at York High School. A 9:30 a.m. opening, featuring coffee and light refreshments in York High School's Commons will be followed by the 10 a.m. keynote and student performances in the York High School auditorium. We strongly encourage you to attend this fun-filled event. Mark your calendars now for a day of joyful celebration and service! Register for the Martin Luther King celebration online at osrs.yorkschoools.org.

Regional photographers featured in new exhibit

The George Marshall Store Gallery will feature New England photographers through Sunday, Dec. 20 with a panel discussion on Sunday, Dec. 13 at 2 p.m. with photographers John Kelley, Douglas Prince and Paul Wainwright. They will speak about their work and processes and lead a discussion with the audience.

The gallery is located at 140 Lindsay Road in York. Hours are Wednesday through Saturday 11 a.m. to 4 p.m. and Sunday 1 to 4 p.m. and by appointment. For more information, call 351-1083 or visit georgemarshallstoregallery.com.

Santa Come Home performance added Dec. 5

To accommodate the calls for tickets following sell-out crowds coming to see the hit Christmas comedy Santa Come Home, The Players' Ring, in Portsmouth, has added a 4 p.m. matinee performance Saturday, Dec. 5. Regularly scheduled show times are Friday and Saturday at 8 p.m., and a final performance on Sunday, Dec. 6 at 7 p.m., for which tickets are still available.

So what is so funny about this play? Christmas Eve. A newly retired children's celebrity (Captain Zeus) and his long-suffering wife find their two daughters have come home for the holidays with two unexpected guests who test the family to its dysfunctional limits. Add to this

scenario the family's preparation for their annual Christmas show at the local grange hall—which, this year, is being broadcast live throughout Taiwan—and you discover what happens when "coming home for the holidays" does not quite go as planned.

The play is directed by Tim Diering and features some of Diering's and Kimball's favorite actors from the Portsmouth, Newburyport, and Portland theatre communities: Lisa Stathoplos, Gregg Trzaskowski, Christine Penney, Tracy Bickel, CJ Lewis, Alan Huisman, and award-winning singer Caitlin Kelty-Huber.

While The Players' Ring traditionally offers founder F. Gary Newton's adaptation of Christmas Carol during the holiday season, this year the board decided to diversify, and offer not only the holiday favorite, but also an original comedic work in the true spirit of the theatre's mission to foster the works of local playwrights. Christmas Carol will follow on the comedy's heels, opening on Friday, Dec. 11.

Tickets are \$12 for adults and \$10 for students, seniors, and members. For reservations, call (603) 436-8123 or purchase online at playersring.ticketleap.com.

Schools use new ways of contacting parents

The York schools are providing a new automated system for communicating important school information to parents. AlertNow will allow schools to send a telephone or e-mail message notifying parents of school delays or cancellations due to inclement weather, as well as other important school announcements. The automated message can be delivered but interaction with the caller is not possible. AlertNow will also be used in the event that parents need to be contacted due to an emergency at school. Parents will be informed immediately when emergency communication is necessary. The caller ID will display the school's main number when the general announcement is delivered. General announcements will be placed to the home phone. If the message is an emergency, the caller ID will display 411. Emergency broadcast will include all contact numbers on file. AlertNow will leave a message on any answering machine or voice mail. If the message stops playing, press 1-9 and the message will replay from the beginning.

St George's to hold presentation on Dec. 8

St. George's Episcopal Church will have a presentation from parishioner and theologian Derek Michaud entitled "Who do we say he is?" on Tuesday, Dec. 8 at 7 p.m. How is it that a child born in a barn 2000 years ago changed the world? How can the baby we celebrate at Christmas be both fully human and also somehow fully divine? This is the third in a series of informal presentations and discussions in Adult Spiritual Formation entitled, "Loving God with all our Minds." These events are designed to complement each other but also stand alone so even if you can't make it on Dec. 8, stay tuned for future announcements and join in when you can. Absolutely no previous study of theology is required for any of these events and all are welcome to join the conversation. St. George's Episcopal Church, 407 York St., York Harbor. For more information, call 363-7376.



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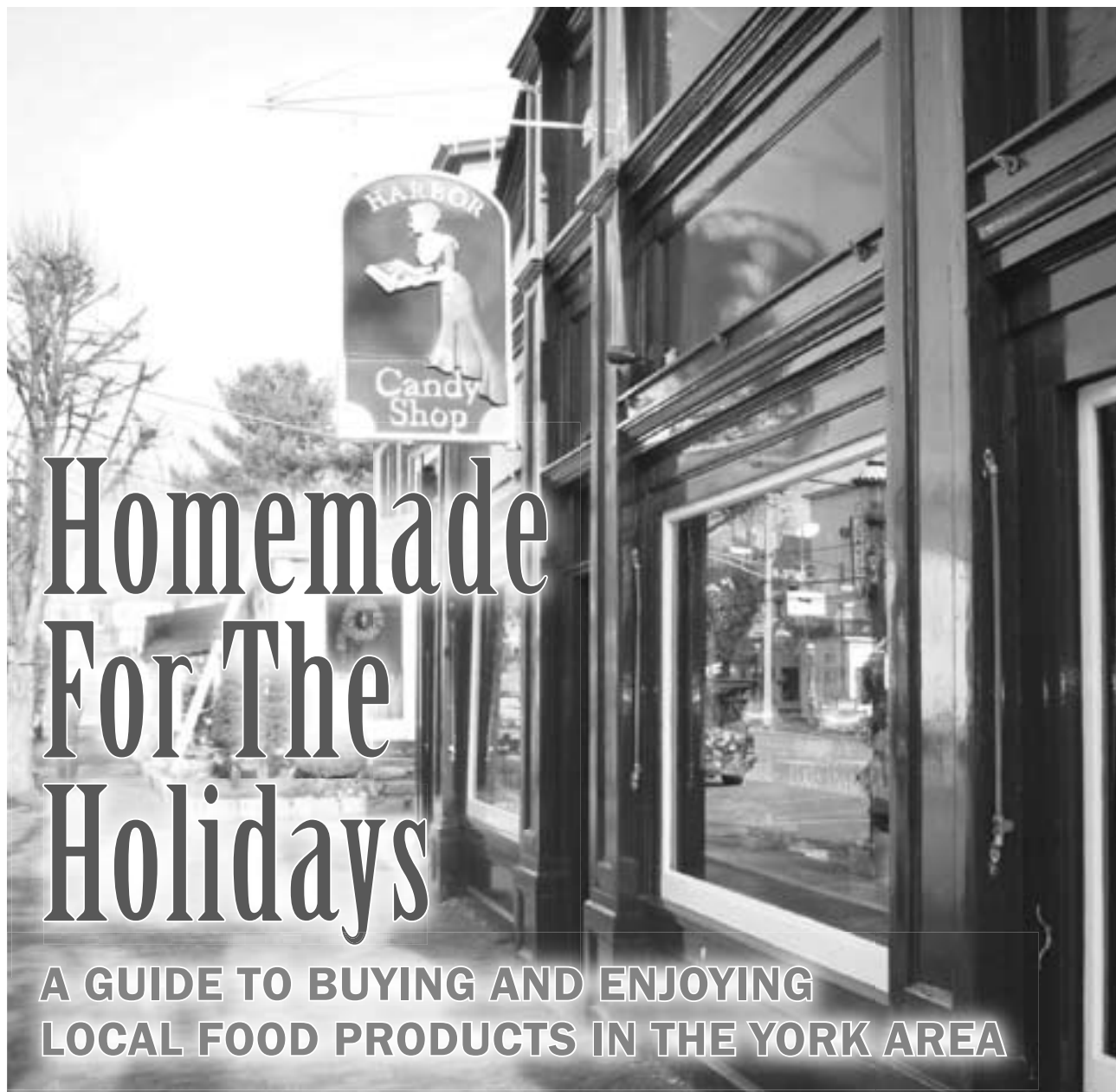
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Homemade For The Holidays

A GUIDE TO BUYING AND ENJOYING
LOCAL FOOD PRODUCTS IN THE YORK AREA

By **SARAH GRANT**
The York Independent

Food makes a wonderful gift. You can give single products such as a bottle of wine or a tin of really good tea. But why not pair the bottle of wine with a complimentary cheese, and let a well baked baguette go along for a complete treat? How about finding a sweet loaf of amazing Pig's Fly fruited bread to be sliced up and toasted with a pot of that tea?

The following a guide contains just some of the wonderful food and beverage oriented purveyors in the York area, many of whom make their own products with Maine ingredients. Stay away from the overpriced, over-hyped, over-crowded malls. Enjoy your holiday shopping in smaller stores, where you'll often find better selection, better customer service and often the best price. To reduce it to two words: Buy Maine.

If you know of any great places that weren't included in this round-up, please let us know! Send a note to editor@yorkindependent.net and we'll include it in a follow-up!

Harbor Candy Shop

248 Main St., Ogunquit; 646-8078
Open 9 a.m. to 5 p.m. every day until Christmas

I love this shop. It faithfully greets me with its painted lady façade and confection-filled windows every time I drive down Berwick Road into Ogunquit village. The shop is what Willy Wonka himself would have had if he had gone retail. When I was a sandy kid in a wet bathing suit, I would press my face on the glass of the then-beachside shop in a wishful, vain attempt to taste the mountains of fudge that lined the case windows.

You can find anything here you might want for the candy lover in your life. Case after case in the store is filled to capacity with passionately crafted choco-

lates: all kinds of chocolate-dipped candied fruits (so elegant), lovely and unusual cream centers and truffles, cordials, barks, nut clusters, truffles, turtles, toffees, marzipans—exquisite fruit-shaped marzipans; mallows, and non-pareils; liqueurs; pralines and mints.

Along the sides of the store are the mountains of various fudges and divinities that made me salivate as a kid, and still do. There are huge handmade candy canes

“Where else can you buy real fruit jellies?”

and real fruit jellies. Where else can you buy real fruit jellies? There is an assortment of ribbon candy that was a staple at Christmas in my childhood home, but this is hand-pulled ribbon candy.

The Harbor Candy Shop remembers special diets with an extensive line of sugar-free fine chocolates and vegan chocolates, too. Whatever their diet, most everyone loves chocolate!

Half of one wall in the store is nearly floor to ceiling with clear plastic self-serve bins of probably every flavor and color of Jelly Bellies for jolly Saint Nick's jelly belly. The rest of the store is crammed with imported foil-covered chocolates that look like nut crackers and Santa and snowmen and stars. Find the bins of “penny candy” appropriate for any season. More tables are covered with shop-crafted molded chocolates of reindeer, more Santas and other holiday favorites.

The friendly staff is happy to make up custom boxes of up to 2 pounds each of any fine candy you choose, or you can pick up one of their stunning “samplers,” almost always garnished with a shiny dark chocolate embossed in gold leaf with “Harbor Candy Shop.”

Carpe Diem

150 Wells Street, North Berwick; 676-2233

Monday through Friday 9 a.m. to 5 p.m.

It's well worth the country road trip to North Berwick to pick up a bag or ten of fine Carpe Diem coffee and to be enveloped by the roasting bean aroma as you enter the store. Carpe Diem coffee usually retails for between \$13.50 to \$16 per pound, but you can pick up a full pound of most varieties at the factory store for only \$9.50. Half-pounders are \$5.25.

“We roast each varietal individually, and blend later.”

Co-owners Jane McLaughlin and Gussie von-Wellsheim roast their African, Hawaiian, South American and Indonesian beans a shade darker than typical American roasters, but only to enhance the smooth, full-bodied flavor of all their coffee products. Complexity of the coffee blends is explained by von-Wellsheim: “We roast each varietal individually, and blend later.”

Carpe Diem has recently introduced their tea line called Carpe Tiem, including Indian black, Himalayan green, white, spicy licorice mint and fruit teas.

Other giftable products at the store are cool, heavy diner mugs for \$5, hats, tote bags and tea infusers, thermoses, coffee scoops, copper travel mugs and cute tea towels all for very reasonable prices. I have thrilled many gift recipients with a pound of their favorite coffee and a mug or tote bag. Great gift under \$20.

Call ahead for large orders.

Appledore Cove

19 Buffum Road, North Berwick; 676-4088
Open Monday through Saturday 10 a.m. to 4 p.m.
www.appledorecove.com

While you are in North Berwick, just shoot down



SARAH GRANT PHOTO

The interior of Ogunquit's Harbor Candy Shop is overflowing with chocolate gift items and other confections.



SARAH GRANT PHOTO

For the coffee and tea fanatics on your list, Carpe Diem in North Berwick carries a wide range of its own roasts.

Route 4 South to the edge of town to find Appledore Cove. Jeff Garstka and Tom Gorski started Appledore Cove in 2002. This year, they won first place among 1,400 other competitors (including Stonewall) at the Fancy Food Show in New York City for their Seaside Barbecue sauce.

Garstka and Gorski marry surprising flavor combinations in their jams, sauces, salsas and condiments using only the finest, freshest local ingredients with ambrosial results. Take for example, Blackberry Vanilla and Black Pepper Jam, or Spicy Maple Fig Sauce. There

“ I have a problem not eating the Ginger Cranberry Apple Chutney straight out of the jar...”

is a wonderful Brown Ale (Smuttynose) mustard and a Mojito Cocktail Sauce that I can’t wait to try. I have a problem not eating the Ginger Cranberry Apple Chutney straight out of the jar by the spoonful. It’s probably more appropriate to use this condiment to enhance the flavors of turkey or ham.

At the factory store, you will save 20 percent off the online price (already a better price than the famous competitor) and no shipping cost.

Portsmouth Tea Company
475 High St., Somersworth, N.H.; (603) 692-4043
Open Monday through Saturday, 10 a.m. to 6 p.m.

This is the only business featured in this story from across the river in New Hampshire. It is easy to order this delectable tea online, but go to the store to sample any flavor and see the tea in sample jars you can open to sniff the contents. You’ll find many more choices than you can on the Web site, as well as discontinued samples and grab bags (stocking stuffers) for \$2.

Owner Marshall Malone has blended all new flavors

“ A warning: these lattes are five times hotter than McDonald’s coffee ever dreamed of being. ”

with additions of flowers, fruits, spices, nuts, and essences with the finest quality teas from international sources. The result is heaven.

On a diet after the holidays? Consider Malone’s line of sweet tooth teas (no sugar, just fruits and vanilla and nuts and so forth) guaranteed to satisfy your dessert cravings. A sampler set includes Sweet Almond, Peppermint Pat Tea, Chocolate Cream Truffles and Caramel Oooooolong. As they say, "I mean, really...could you have a bad day with any of these?"

Sweet Almond is my favorite. Malone brewed a tea latte for me in this flavor at the café store. A warning: these lattes are five times hotter than McDonald’s coffee ever dreamed of being. Let it steep with the cover off for a good 5 to 10 minutes before you imbibe. I just got my taste buds back yesterday.

There are other Portsmouth Tea flavors I love, such

as Earl Grey Le Crème. It’s reminiscent of a cup of fine British tea perfectly cut with rich English milk. Because these teas make such a great gift, I keep a few extra tins on hand for last minute situations.

All Portsmouth Teas come in tins in two sizes averaging \$7.95 for a small (15 servings) and \$14.95 for a large (50 servings).

When Pigs Fly Bakery
447 U.S. Route 1, Kittery; 439-3114
Open 10 a.m. to 6 p.m. daily

It may seem odd to give bread as a holiday gift—until you have sampled the amazing breads of Pigs Fly Bakery. Owners Ron and Andrew Siegal and their unlimited imaginations have been dreaming up mouth-watering jumbles of inlays and wholesome, fun ingredients for their breads for almost two decades.

Who would not want to receive an oversized loaf of

“ I’m dreaming of turkey sandwiches on the Curried Butternut Squash with raisins and pears. ”

"Jingle Bread," made with unbleached flour, cranberries, raspberries, rum-soaked raisins, hazelnuts and homemade almond paste with a crunchy, sugared crust dusted with snow-like confectioner’s sugar too? It is as beautiful as it is toothsome. All this for \$6!

There is Chocolate Bread that my slim sister-in-law would love because there is little or no fat in it, just lots of dark cocoa, brown sugar and chocolate bits (only \$5). I’m dreaming of turkey sandwiches on the Curried Butternut Squash with raisins and pears. There is almost not enough bread to hold together the multitude of Sicilian Green and Kalamata olives in the Olive Bread. I bought delectable Sauerkraut Rye as a first night Hanukkah gift for my dear friends. When my son returns from college, he will no doubt devour the Red Pepper Hummus with sesame seeds and garlic in my

Continued on next page.



SARAH GRANT PHOTO

A holiday display of jams and jellies, as well as award-winning barbecue sauce, greets visitors to Appledore Cove in North Berwick.



SARAH GRANT PHOTO

Sandra Freeman, owner of Divine Chocolate, greets visitors to her Cape Neddick retail store.

Continued from last page.

best olive dipping oil.

Imagine adding one of these breads—almost any of these breads—to a breakfast gift basket along with organic maple syrup from the Village Market, Gingerbread Pancake/Waffle mix from Stonewall, coffee from Carpe Diem, Tea from Portsmouth Tea Company and jams from Appledore Cove.

Or, how about adding a loaf of Sicilian Green Olive with Hot Peppers and/or a baguette to an Italian foods gift basket filled with special sausages, cheeses and pasta from Enoteca and supreme quality olive oils, balsamic vinegar, sauces and wines from the Clown?

Among many more fancy breads, there are, of course, traditional breads like Peasant White, New York Rye, baguette, Tuscan Wheat, and oat breads. Each of them exceptional, with ingredients such as whole grains, whole eggs, honey and molasses. All breads are priced at either \$5 or \$6 a loaf and are very freezable in their sturdy plastic bags until gift-giving time.

My Wine-y Sister

2 Beach St., Atlantic Building, York; 361-6400
Open Thursday through Monday

“We are here in the winter to help local people find something special to give as gifts.”

Don't forget My Wine-y Sister, tucked away under

Blue Sky in the Atlantic Building in hibernating York Beach.

Owner Linda Sirois has put together an interesting wine assortment from value prices to more elegant selections. You'll find wines from all regions of the United States, France, Chile, South Africa, Portugal and Spain. She also carries a good array of cheeses, pâtés, accompanying crackers and flatbreads. More Maine products fill shelves, such as Stonewall goods and Vervacious cooking rubs from Biddeford.

Check out the next wine tasting on Friday, Dec. 11 from 5 to 7 p.m. Taste Maine meade (great dessert wine), German sparkling, Santa Rita Cabernet Sauvignon (Chile), Hobnob Pinot Noir from France, and Chenin Blanc from California. Sister's wine tastings always include appropriate cheeses. This tasting features Brie, English Cheddar and White Stilton with mango and ginger.

“We started this business for the Town of York,” Sirois said. “We are here in the winter to help local people find something special to give as gifts or just as an indulgence.”

Stonewall Kitchen

Stonewall Lane, York; 351-2713
Monday-Saturday 8 a.m. to 8 p.m., Sunday 9 a.m. to 6 p.m.

Everybody knows this place...quite literally. When I was moseying around the store on a recent Friday evening, I heard no fewer than four different foreign languages spoken by fellow “guests.” In late November. And no Canadian French, either.

But what's not to like at this flagship, factory store?

There are opulent gift baskets of various themes all ready to go, beautifully wrapped in cellophane. Or, choose a container from the store such as an enameled colander and fill it with your own gift ideas. Choose from all kinds of cooking gadgets, delicious jams, sweet and savory sauces, candy, free recipe cards,

“I heard no fewer than four different foreign languages spoken by fellow ‘guests.’”

bread mixes, syrups, cookbooks, glass ornaments, aprons and more. Much more.

Two large tables near the registers features a variety of products and gift sets made with this year's official holiday flavors: gingerbread and peppermint.

How delectable do gingerbread pancakes or waffles sound? Gingerbread hot chocolate? My sister would love that one. There are gift sets for gingerbread cookie-making, an unassembled gingerbread house you put together yourself, or buy a naked, already-assembled gingerbread house that you decorate. The kits contain all the necessary fixings to complete the fun project.

Peppermint Land has peppermint bark, peppermint hot chocolate, peppermint stir sticks for stirring hot chocolate, peppermint bark shortbread cookies, peppermint marshmallows, chocolate-peppermint whoopee pie mix and a luscious chocolate peppermint fudge sauce. Did I say it's Peppermint Land?

There is so much more in this store, including seemingly endless samplings of jams, salsas and sauces, that I could fill this entire issue with Stonewall details. If you get tired of free samples or just want a meal, order up a dish from the café and have a seat while you watch everyone else in the world shop.

Divine Chocolate of Cape Neddick

1480 Route 1, Cape Neddick; 363-1300
Open Monday, Tuesday, Thursday, Friday 10 a.m. to 5 p.m.
Saturday noon to 4 p.m.; closed Sunday and Wednesday.
Holiday hours Thursday, Dec. 17 to Wednesday, Dec. 23 from 10 a.m. to 5 p.m. every day.

This is the place to get “nuts and chews.” A friend gave me a box of Divine Chocolate assorted turtles, and then I knew why the place was named Divine.

Owner Sandra Freeman, another rugged individualist entrepreneur, perfectly tempers three colors of chocolate around caramel, nuts, berries and soft centers, so that each piece has an inviting luster finish.

The first thing that caught my eye was the gigunda



SARAH GRANT PHOTO

The interior of Divine Chocolate of Cape Neddick shows many already-wrapped gift items.

peanut butter patties in both milk and dark chocolate. I can’t forget to tell Santa about those. For “from away” friends with a fondness for York, look for the

“I think people like to come here because I accommodate them...”

Nubble Light chocolate nibble, a hefty slab of chocolate imprinted with the image of the famous lighthouse. There are some scrumptious looking barks too: Milk Chocolate Banana Walnut, Cranberry Pistachio Bark, Dark Chocolate Blueberry Bark and Milk Pumpkin Spice that tastes like a pumpkin pie. “I think people like to come here because I accommodate them,” said Freeman, accounting for her repeat customers. Probably so, but I think they may also come back for the chocolate.

The Clown in York
659 U.S. Route 1, York; 351-3063
Open Monday through Saturday 10 a.m. to 6 p.m.
Sundays (December only) 1 to 6 p.m.
Inquire for extended holiday hours to be determined.

Surprising name, but a fabulous shop. Owner Kyle Wolfe has uniquely combined wines, antiques, art and giftware into this spacious shop. Every nook and cranny of the place has something fascinating to consider. Wolfe and her partner husband import wines and epi-

“You can enjoy a free wine tasting at the shop every second Friday of the month.”

curean foods directly from Italy, so no middleman. It shows in the prices. In some cases, Wolfe’s prices can be half of her nearest competitor’s. She has a different selection and often more exclusive stock. Italian wines line three walls, from floor to ceiling. You can enjoy a free wine tasting at the shop every second Friday of the month. Call for times. On Friday, Dec. 11, drop in to taste upper end wines such as Amoronnes and Super Tuscans. I was attracted to the exquisite Tuscan extra virgin olive oils, truffle oils and Modena Balsamic vinegars. Wolfe has a terrific Modena vinegar sample pack, for example, a good value for your favorite gourmet at \$45. You’ll also find an eclectic assortment of cookbooks, great kitchen gadgets under \$10 such as a no-touch garlic peeler; a ring-sized palm peeler or a palm zester that would fit conveniently into a stocking; cute wine glass and bottle charms; insulated BYOB bags; and beautifully and functionally designed cutting boards and pottery bowls. The Clown carries pestos, spreads and tapenades directly from Italy. I’m anxious to try the green olive cream (actually a fine tapenade) or the artichoke cream on my next round of bruschetta. Or, maybe I’ll just toss some in hot pasta. I bought several boxes of Vino Veritas Chocolates, specially made for pairing with wine. My wine- and chocolate-loving relatives will eat them up.

Village Food Market
Main Street, Ogunquit; 646-2122
Open 6:30 a.m. to 7 p.m. seven days a week.

“What remarkable section of Maine foods this place has.”

What remarkable section of Maine foods this place has. They're all conveniently on shelves as you first enter the store. There are Maine-made jams and jellies; Out on a

Limb low sugar spreads and syrups; canned Bar Harbor Chowders; Pastor Chuck Organic apple products; Raye’s many flavors of mustards; Suzipoo’s (of Ogunquit) muffin and cookie mixes; Organic Maine maple syrup; Maine salt water taffy; Maine Needhams from Ellsworth in various flavors; Mike’s Maine Pickles (try the hot pickled sausage); and lo and behold Appledore jams, dips and sauces. You could definitely fill a Maine foods gift basket just from this one source. I bought Raye’s whole grain mustard with cranberry. I’ve been looking for that stuff everywhere. It’s so good on a turkey sandwich of Pig’s Fly Curried Butternut Squash Bread and also spread with Appledore Cove’s Ginger Cranberry Apple Chutney.

Enoteca Italiana
20 Walker St., Kittery; 439-7216
Open Tuesday to Saturday, 10 a.m. to 7 p.m., Sunday, noon to 4 p.m.

Nearly synonymous with fine Italian products, Enoteca is well-known and thought of my most epicureans of Southern York County. I am most impressed by their

“For one thing, Enoteca is one of the few local places that carries Maine cheese.”

sausages and cheeses. The deli case is stocked with Arthur Ave. dry sausages (hot dry, sweet dry and caccitorini) from the Bronx. There are fresh sausages from a special purveyor in Dover. Poppers grows their own animals and makes some of the most fabulous fresh sausage around. Typically, Enoteca stocks hot, sweet, and spiced apple along with the most flavorful liverwurst I have ever put in my mouth. It is much more

the quality of a fine country pâté except for its cylindrical shape. The typical creamy richness of regular liverwurst lives only in the background of this special treat. The initial impression is sweet fruitiness (of perhaps apple?) with an herbaceous finish that must be tasted to be appreciated. I have never experienced liverwurst with an inlay of such an array of ingredients. It works. The cheese case is special, too. For one thing, Enoteca is one of the few local places that carries Maine cheese. Silvery Moon is a creamery in Westbrook. Their cows are always grassfed and you can taste bovine good health, contentedness and creamy butterfat in every Silvery Moon cheese. Enoteca typically carries Silvery Moon Camembert, Tuscan Herb Curds, Dill Tally-ho, rich and smooth Plain Curd (my favorite), and Brie. “It’s probably the best Brie I have ever had in my life,” said store manager Allison Connelly. Among the other cheeses are uncommon finds like Aged Stilton, Blue Shropshire, both Gorgonzola Dolce and Gorgonzola Picante, Raclette, and from Spain, Rosemary Manchego and Valdeon (a blue). In my wanderings I also found a number of both domestic flavored and imported dry pastas. The basil tomato is so fragrant that you can smell it beyond its tightly sealed heavy cellophane bag. Hard-to-find garafalo (fine egg noodles) is among the imports. There are plenty of fine balsamic vinegars; chardonnay and Cabernet Sauvignon vinegars from Spain; and extra virgin olive oils from all over the world. If you’re really lucky, you can pick up Tuscan rolls or breads delivered from Anna Rosa Bakery. Usually they come in on Friday or Saturday, but give Allison a call ahead to reserve your first choice.

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



The Clown in York carries a wide selection of unusual wines and other food-oriented gift items. SARAH GRANT PHOTO

ART

JUST FOR HER-SELF

Caren Backman pursues her own vision through acrylics, watercolors

By **SUZIE GOODWIN**
The York Independent

“Caren Backman, artist.” I think she’ll probably chuckle when she reads that. She has no current shows and has no real body of work. In fact, she was pretty sure that I had the wrong person when I suggested a story about her art. What I had hoped to find was a story about everyday art—how art doesn’t have to make history, but how it can benefit your life in the simplest ways. What I found was an artist who, perhaps unknowingly, embraces the purest ideal of art.

Caren and her family have lived in York for about 10 years. Although she has not pursued a career in the arts, she did attend art school in her youth. She says she has a tendency to gravitate to artistic people and had been close friends to her husband’s parents, both successful artists, years before she met her husband. The walls of her home were filled with art, most belonging to her in-laws. It’s obvious that art is very much a part of her life.

She began painting when she was 9 years old. As she raised her family, she shared with them many creative outlets and encouraged them to express themselves freely. Her youngest daughter is currently attending an art school in California. Caren

gives some of credit for her daughter’s interest to pursue an art education to her high school art teacher Mr. Phipps.

Although Caren’s painting hasn’t been a constant activity in her life, it has never been far from reach. In fact, in difficult times she would turn to her painting to find respite there. Referring to her art as therapy, she describes it as a safe place when chaos storms and she felt she had no control. Her recent work depicts natural disasters, abstracts, yet with vibrant colors, which she says suggests hope.

She is a quiet woman, but once she began to talk about her art she slowly became animated. As she talked, it became clear that she saw things in pieces,

as concepts. As you view her current work, you start to see the ideas she’s trying to express and things start to make sense. Her work, her idea, is equally if not more important than the finished product. Her paintings take a strong idea or concept and assign it to a visual image. As you’re pulled into her work, you find words and verses, written obscurely into the painting, adding a deeper layer meaning.

She embraces contradictions both formally and conceptually. Concepts become an expression in her art, embedded words, almost poetic; help shape the images that have formed clearly in her mind. Thinking through a concept becomes a form of relaxation.



SUZIE GOODWIN PHOTO

York resident Caren Backman creates art not for the galleries, but as a means of personal self-expression.



SUZIE GOODWIN PHOTO

Backman has recently turned to watercolors to realize her uniquely personal, and colorful, vision.

“As you’re pulled into her work, you find words and verses, written obscurely into the painting, adding a deeper layer meaning.”

A spark of an idea becomes a tangible statement, translating her thoughts to form. An example of this is found in her recent work of natural disasters. The paintings are abstract and reflect the lack of control we have in natural disasters and so often find in our own lives. She uses vibrant colors, recognizable shapes and words to form a visual image of her thoughts. “I see things in contrast—lines, shapes and shadows. Looking beyond the actual image,” she says, “sometimes forming ideas while doing everyday activities.”

Caren is a professional social worker. Her artistic characteristics—her ability ‘to see beyond’ what’s in front of her—is a skill that no doubt makes her a good at what she does. Her ability to be non-judgmental is a tool she relies on when dealing with difficult family situations. She

has also used art as a form of therapy for her clients as well. It is also not difficult to understand why she finds her artwork a safe haven to express herself.

She returned to painting after her in-laws passed away recently. Painting with watercolors is a new medium for her. It’s much different than the acrylics she’s used in the past, and she’s begun taking classes at the York Artists Association. She practices new techniques she learns in the traditional setting, but then finds a way to translate those skills into her own work.

Artists have relayed stories through paintings and drawings for thousands of years... emotions and experiences shared through a drawn line or a splash of color. I wasn’t sure what I was expecting when I drove to Caren’s home. What I found was someone who was telling her own story, exploring and embracing the benefits of art everyday. Everyday art.

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

UPCOMING EVENT

YAA's annual Holiday Fine Craft Show coming Dec. 11-12

Local artisans get a chance to offer special handmade items for the season

By **SUZIE GOODWIN**
The York Independent

On Friday and Saturday, Dec. 11-12, the York Art Association will hold its holiday fine crafts show, a highlight of the group's yearly calendar. The event is open to all artisans, not just members, and it will be a great place to find something unusual for this year's gift giving.

Sixteen award winning artists from York and the surrounding seacoast area are expected to attend; their work will be on display and available for sale. There will be four jewelers; Anja Davis, Anne Gately, Louise Gerstenblatt, Barbara Hopkins, and John Wise. You will be able to choose from many one-of-a-kind designs in metal, precious and semi-precious stones and beads; and wearable art with styles ranging from casual to elegant, and all hand-crafted.

Several other artisans will attend as well, including photographers, woodworkers, potters and more. With everyone feeling the pinch this year, it will be a great place to find unique thoughtful gifts for those special people on your list.

Louise Gerstenblatt, one of the jewelers who will be at the show, is an active member of the YAA and has been instrumental in making the annual event a success. In addition to organizing the fair, she manages the gallery's gift shop.

As an artist, she designs and creates her fine jewelry from hand-crafted components, including wire-sculpted and wrapped pieces she makes herself. Jewelry designs speak more to the owner's personality than any other form of art. Each piece of jewelry showcases her skill, while making a statement of unique style. With Gerstenblatt, it's obvious she is an artist who loves her craft.

Her love for jewelry began at an early age and she can remember playing with her grandmother's jewelry as a little girl. For years, she satisfied her obsession by shopping fairs and small shops searching for unique jewelry. About 20 years ago,

she took her first of many classes, never expecting to find that she had a flair for design. She still proudly displays that first piece—a unique necklace, looking contemporary even by today's standards.

Now living in a one-bedroom apartment, her studio is compact, organized and...located in a closet. Her apartment walls are decorated with vibrant artwork created by family members, her shelves are full of colorful hand-crafted pottery and her necklaces are draped over coat racks, jewelry stands and the backs of chairs. Her passion is proudly displayed everywhere.

Gerstenblatt is an avid supporter for the arts. She was also recently appointed as the southern regional co-coordinator for the Maine Craft Association. This post will be instrumental in bringing the association and its benefits to the southern part of the state of Maine. She enjoys sharing and encouraging emerging and established artists.

“Each piece of jewelry showcases her skill, while making a statement of unique style.”

Gerstenblatt moved to York five years ago and immediately joined the YAA; at first, she found it wasn't quite geared toward her line of work. In the past few years, however, the York Art Association has begun to recognize and involve artisans other than the more traditional—including jewelers such as Gerstenblatt, photographers and others.

Several years ago, the board members enlisted the help of a focus group. A number of non-members from the community were enlisted to help define the mission of York Art Association. As a result of the board's innovative thinking, the association (which recently celebrated its 50th birthday) is now open year round, has more than 150 members and a 14-member board.

It has a multi-part mission statement: Promoting the arts; Providing exhibitions,



SUZIE GOODWIN PHOTO

A selection of items created by York jewelry designer Louise Gerstenblatt, whose work will be available at the York Art Association's annual Holiday Fine Crafts Fair.

workshops, performances, art and fine craft sales; Encouraging creativity by supporting individual artists to show and perform their works; and Collaborating with business and community organizations to further cultural appreciation among residents and visitors to the York area.

In keeping with those goals, the York Art Association has many new programs and shows scheduled. On Thursday, Dec. 3 through Saturday, Dec. 5, the gallery, partnering with the town's recreation de-

partment, will exhibit the art of local K-12 students. Also planned is an event with the community's diversity forum. Check the association's Web site for a complete list: www.yorkartassociation.com.

The annual Holiday Craft Fair is being held at the YAA on Friday and Saturday, Dec. 10-11, at 394 York St., Route 1A in York Harbor. 10 a.m. to 5 p.m. For more information, call the association at 363-4049 or e-mail Louise Gerstenblatt at lgoriginal@aol.com.

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ALL HAIL THE MIGHTY SPUD

A look at the overlooked potato, Maine's legendary export crop

By **SARAH GRANT**
The York Independent

When I was a little kid, nothing delighted me more at dinnertime than a mountain of mashed potatoes with streaming rivulets of melting butter. Actually, mashed potatoes still delight me; just much less often, as I now more often opt for a side salad or brown rice.

In case you didn't know, Maine has a long history as one of the top potato producers in the country. Our slightly acidic, mineral rich soil is paradise for any seed potato. I have to remember every year to plant in a part of the field I have not amended with rich composts, so the potatoes do not develop scab.

There are three categories of popularly grown potatoes based on starch content and purpose.

High starch varieties are best for baking and frying. Green Mountain is a variety that leads this category in flavor and really is responsible for putting Maine on the potato map. You may have seen Belrus potatoes in the store. They are the dark-skinned russet whose skin is thick and crunchy when baked. Irish Cobbler is hard to grow, but has great flavor.

Don't get that bowl out yet

Although these high starch varieties are officially recommended for mashing, I disagree. Their high starch and low

moisture content result in mealy, loose-mashed potatoes because they absorb too much water during boiling, and they do not stand up to re-heating.

Medium-High starch varieties are referred to as "all purpose" potatoes, meaning they hold up well in salads, casseroles, and when roasted. They are excellent for mashing. Generally, I do not recommend baking these potatoes; their skin is usually too thin. The Kennebec is probably the best-known all-purpose Maine potato. They have a long shelf life after harvesting.

My favorite, though, is the Yukon Gold, whose rich, buttery flesh requires less added fat (butter, sour cream) when mashing.

Low-starch potatoes do well in soups, salads and in boiled dishes. The Katahdin is the best-known Maine low starch spud. It has a thin skin and a waxy texture so it stands up well to reheats after it is cooked. No doubt, Katahdin potatoes starred in the last New England boiled dinner you enjoyed.

By the way, Chases Farm at 1488 North Berwick Road (Route 9) in Wells is now selling their own Kennebecs, Katahdins and Chippewas (another good medium starch, all-purpose grown only by Chase). But hurry, as Chases Farm is going to be open only until Christmas Eve.

General potato wisdom

Store potatoes in a cool, dark place. For optimum shelf life, an unheated 35 to 40 degree room works well. Keep them cov-

ered or in a bag to prevent them from becoming green and bitter. The common practice of storing them at room temperature in your kitchen pantry promotes sprouting and dehydration.

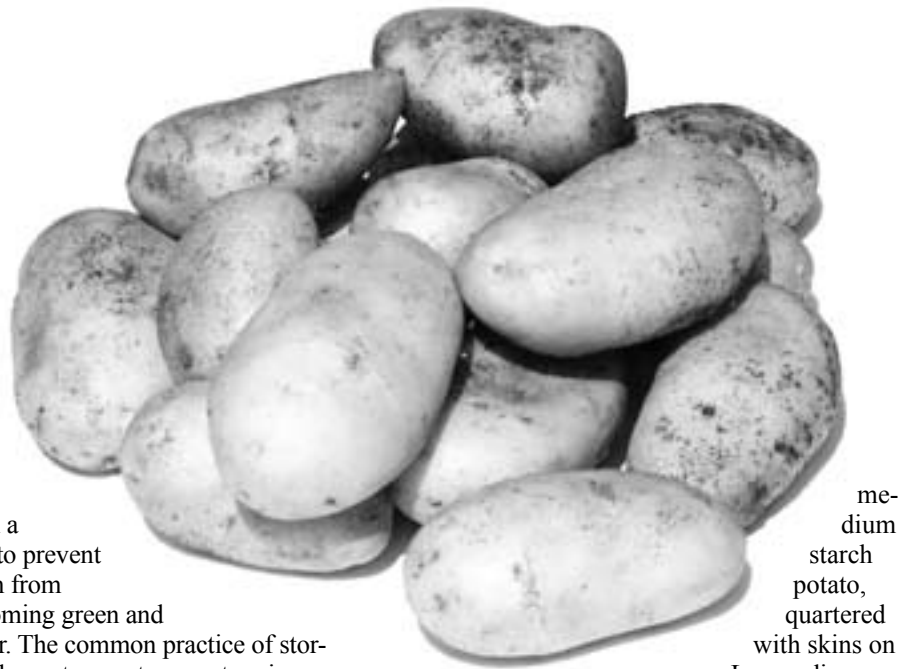
Most of the bad rep potatoes get as "fattening" comes not from their average calorie count of 110 per baker, but from all the fat we add to them when we prepare them. Actually, typical potatoes contain no fat, 26 grams of carbohydrate and 3 grams of protein. If you cook potatoes with the skin (and eat the skin), they nourish you with a whopping 620 mg of potassium and 45 percent of our recommended daily vitamin C. Other nutrients include iron, folate, niacin, B₆, and trace amounts of copper and zinc.

Potatoes rank high on the short list of comfort foods and holiday feast indulgences. It is in this spirit that I offer the following mashed potato recipe from when I cheffed in my South Carolina bistro. We served these potatoes as a starch option every night. Very popular. I recommend that you eat this dish only when absolutely necessary, like tomorrow, but don't tell your cardiologist.

Mashed Potatoes, Southern Style

Serves 4 to 8, depending

• 2 pounds of Yukon Golds, or another



medium starch potato, quartered with skins on

• Low sodium

chicken broth, enough to cover potatoes in a 2 quart sauce pan when boiling

- 2 sticks of butter, at least
- 1 cup of half and half
- A generous dollop of mayonnaise, about half a cup (This is not optional.)
- Sea salt and pepper to taste

Boil potatoes in chicken broth until fork tender. Drain completely in colander then return them to the saucepan or warmed bowl. Using a masher or immersion blender (for smoother results), incorporate butter, half-and-half and mayonnaise. Season to taste.

More potato recipes are available from the Maine Potato Board at www.maine potatoes.com/recipes.html.

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

You can do a lot more with pumpk

Halloween, Thanksgiving are behind us, but don't count out pumpkins just yet

By **SARAH GRANT**
The York Independent

Retailers live by the calendar. They tell us that pumpkins are out of season and out of mind, and are proving that fact by putting canned pumpkin on sale and sugar pumpkins on clearance.

But most pumpkins don't have calendars. They have no idea that Thanksgiving is over, and that most folks have had their fill of pumpkin pie. Sugar pumpkins have a very long shelf life. I still have a stableful of sugar pumpkins that I grew last summer, and I intend to use them all

winter for yummy quick breads, cookies, soups and side dishes, but...probably not for more pie.

Small pumpkins are very easy to cook. Just thoroughly wash the outside of the fruit, and bake the entire thing in a preheated 350 degree oven until it yields to pressure, usually in an hour and a half. Let it cool, easily split it open, and separate the cooked pulp from the skin and seeds.

It is always easiest, most flavorful and nutritious to cook whole foods from eggs to apples and squash the way nature dresses them in their jackets and, in the case of fruits, with

seeds and stems intact. Steaming or boiling after peeling renders less flavor and watery results. A great many nutrients and a lot of flavor reside within or just under the skin and are obviously lost with peeling. Besides, it's just unnecessary labor.

The following is beautiful pumpkin dish is contributed by Zach Crosby, Executive Chef of Five-O at 50 Shore Road, Ogunquit.

Pumpkin Gnocchi

Serves four as an appetizer or side

- The pulp of 1 large sugar pumpkin
- 2 tablespoons butter
- 1 ¼ cups unbleached all-purpose flour
- 1 egg yolk
- Salt and Pepper to taste



EAT HERE

A weekly column about local food

By SARAH GRANT

The York Independent

Remember your Neighbors: The giving at Thanksgiving has diminished stores of food at our local food pantries. With so many Mainers needing food, don't forget to donate some cans or much needed cash to the York Community Food Pantry. Food items most needed now are condiments like ketchup, mayo and mustard; coffee, pancake mix, syrup and cereals. Also needed are personal non-food items like shampoos, conditioners etc. Please deliver them to the Food Pantry on Thursdays from 8 to 11:30 a.m. at 38 Woodbridge Road, York. "Cash is magic," says Tom Whalen, co-director of the pantry program. "Money is critical right now because our costs are up." Please send donations to York Community Food Pantry, P.O. Box 243, York, ME 03909

Restaurant Bits

• **Christmas in Italy** at Five-O is Thursday, Dec. 10. Enjoy five Italian wines of various regions from Vinilandia Imports. Importer, Martin Kolk will be on hand to explain the intricacies of each wine offering served with its appropriate dinner course starting with an amuse of Cabbage Bruschetta with Pancetta followed by a squash and endive salad. Pesce Al Cartoccio (Seabass baked in parchment with aromatic vegetables) or Short Ribs are the entrée choices, then Gnocci with wild mushrooms, sage, cream, truffle essence and parmesan will be served. Dense Cake with mascarpone cream and fresh berries finishes the feast. The full dinner with wines is \$69 including tax and tip. Guests are welcomed with appetizers at 6:30 and will be seated at 7 p.m. Reservations are highly recommended. Five-O, 50 Shore Road, Ogunquit; 646-5001

• **It's worth the trip to Dover** if you like Thai food. Sara Thai Restaurant at 92 New Rochester Road (Route 108), Dover, phone (603) 743-1611, has the most complexly flavored, authentic, passionately prepared, not overly sweet Thai dishes that I have tasted on the East Coast. At last visit, my dining partner and I enjoyed a very aromatic, coconut based Tom Ka soup as first course. We shared Spicy Drunken Noodles (even better than Pad Thai) with chicken and equally spicy Pad Prik King with Shrimp, each dish brimming with a rainbow of crisp, fresh vegetables and well developed flavors. We left sated and happy.

• **Litchfield's has re-opened in Wells** under new owners, Elaine and Bob Stone. This is not the Litchfield's my



grandfather frequented in Boston 70 years ago. This new incarnation offers a full bar including 14 beers on tap. The new five page dining menu, which has nothing over \$20, features salads, soups, sandwiches, and entrées like steaks and chicken. Try the separate pizza parlor for a variety of pizzas subs, appetizers, salads and Italian dishes.

While you wait for your order, you can entertain yourself in the game room with a multitude of game options from Guitar Hero to Classic Pac-man. Litchfield's, 2135 Post Road, Wells; Open 7 days at 11 a.m.

• **Prime Steakhouse at 331 Shore Road** in Ogunquit presents their "Back to Basics" special every Sunday, Monday and Tuesday. \$10.99 allows your choice among four entrees: Fish and Chips, Pan Roasted Chicken Breast with sautéed mushrooms, Grilled Hanger Steak or Steamed Lobster. The last three are served with potato and vegetables. Prime is open Friday through Tuesday at 4:30 for dinner. 646-8600.

Events

• **The weekend of Dec. 5 and 6 is crazy busy** with at least 1,217 Christmas craft fairs, holiday bazaars, and festivals in York and Kennebunk, The Button Factory open artists' studios, the Strawberry Banke Candlelight Stroll and so on. My general strategy is to concentrate on York and nearby towns the weekend of Saturday December 5 and 6, and then I'll attend the continuing Christmas Prelude in Kennebunk the weekend of Dec. 12 and 13. So, in the interest of sanity, I have listed just a few food-oriented events for these weekends that have caught and held my attention.

Saturday, Dec. 5

• **Goodies and Gifts Night:** 5:30 to 8 p.m. at York Village Elementary School gymnasium on York Street, York Village. Sponsored by PAWS (Parents Active With Schools). Local artisans featuring a wide variety of hand-crafted and food items.

• **A Christmas Tea:** Noon to 4 p.m. (last serving 3:30 p.m.), Jefferds' Tavern, 3 Lindsay Road, York Village. Fine selection of festive desserts and teas. \$6 includes choice of dessert, tea and admission to the folk art exhibit. Children under five free. Sponsored by Museums of Old York

• **If you want to find a relatively quiet,** slower-paced, truly country-style Christmas Fair, take a scenic trip to the South Berwick-Wells Christian Church at 612 Emery's

Bridge Road, South Berwick in the heart of Tatnic. From 8:30 a.m. to 2 p.m. you will find some of the best home cooking around, like the doughnuts – a true, long time Maine traditional treat – made on the spot. Also, look for hand-dipped chocolate covered cherries and plenty of home-baked goodies. Stay for lunch and choose among beef stew, baked beans and hot dogs with homemade pie for dessert.

Sunday, December 6

• **Experience a real Victorian High Tea** held at the historic Fogg Homestead in Eliot. The restored colonial style house, built in 1819 by William Fogg is rarely open to the public. During the tea you may view the interior of this beautiful home while you enjoy the fare of delicate tea sandwiches, scones with clotted cream, assorted sweets and a collection of teas. Seatings at 2:30 and 3:30. Call for reservations 439-9437. The William Fogg Public Library, 1216 Old Road, Eliot.

Saturday, Dec. 12

• **9:30 and 11 a.m.** Children ages 6 to 10 can create their own gingerbread houses at the South Berwick Library, 37 Portland St., South Berwick Village, 384-3308. Enjoy refreshments and holiday stories too. Free of charge. Register as soon as possible.

• **1 to 8 p.m.** Holiday Wine and Cheese Tasting. Stop by Down East Wine Imports for samples of their favorite wines and award winning Maine cheeses. Suggestions will be offered to enhance your holiday meals. Wines in a variety of price ranges for entertaining or gift giving. A new Maine law prohibits children on the premises during wine tastings. 13 Western Ave., Lower Kennebunk Village.

• **2 to 5 p.m.** Cookie Decorating Party for Kids. Our bakery elves will help kids decorate holiday cookies that will be as fun to make as they will be to eat! "The Healthy You-Healthy Family" raffle tickets will be on sale, proceeds to benefit The Child Abuse Prevention Council of York County. Drawing will take place on Sunday, Dec. 13 at 4 p.m.. Port Bakery and Café, Route 35, Lower Kennebunk Village.

• **5 p.m. to close.** Immediately following the cookie decorating party, put your hands by the fire! Enjoy hot cocoa, mulled cider, and holiday treats by the fire on the patio at Port Bakery & Café, Route 35, Lower Kennebunk Village.

Sunday, Dec. 13

• **8 a.m. to noon.** Breakfast with Santa. Bring your child for a special holiday brunch hosted by the jolly old man himself. Souvenir photo included. Large buffet brunch with hot and cold items and specialty treats. Adults \$20, under 12 \$10. Nonantum Resort, Ocean Avenue, Kennebunk.

ins than Jack O'Lanterns and pie

Purée cooked pumpkin and push through sieve, or food mill.

Melt butter in large saucepan. Add pumpkin purée. Cook over medium heat stirring constantly until it is thick and sticks to the pan.

Remove from the heat. Add flour and egg and season. Mix until just incorporated and forms a dough. You might need to add a few more pinches of flour.

Roll about a cup of dough into a 2 foot long rope (about half inch thick), and cut into 1 inch sections. Use the back of a fork to make an impression on the back of each section.

Drop sections into salted boiling water and cook until they float. Drain.

Toss with your favorite sauce, top with grated cheese and serve.

I, personally, like a simple béchamel sauce simmered with a splash of apple cider and a couple torn leaves of fresh sage.

White Sauce or Béchamel Sauce

- 2 tablespoons butter
- 2 tablespoons flour
- 1¼ cups milk, heated
- Salt
- Freshly ground pepper

Melt the butter in a heavy-bottomed saucepan over low heat. Stir in the flour and cook, stirring constantly, until the paste cooks and bubbles a bit, but don't let it brown—about 2 minutes. Whisk in the hot milk. Raise heat a smidge and stir constantly as the sauce thickens. Bring it to a boil. Add salt and pepper to taste, lower the heat, and cook, stirring

for 2 to 3 minutes more. Remove from the heat. To cool this sauce for later use, cover it with wax paper or pour a film of milk over it to prevent a skin from forming.

Zach Crosby, Executive Chef

FIVE-O

50 Shore Road, Ogunquit
646-5001
Open every day at 5 p.m.

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



A round-up of York area happenings

Send us your listings!

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

Events

The Museums of Old York will once again host a Christmas Tea at the historic Jefferds' Tavern as a part of the annual Festival of Lights celebration in York Village on Saturday, Dec. 5. The Christmas Tea will be held at Jefferds' Tavern, 3 Lindsay Road in York Village, from noon to 4 p.m. The last sitting will be at 3:30 p.m. This yuletide tradition brings holiday cheer to the entire family. Candlelight, a warm fire, shining silverware, delicate teacups and Christmas greens set the stage at Jefferds' Tavern. But the desserts are really the highlight – from apple pie to cheese-cake. Enjoy the ambiance, company of friends and wonderful desserts as you warm yourself by the fire. Admission is \$6 and includes a choice of desserts and tea. There is no charge for children under five years old. For more information, visit the museum online at oldyork.org.

The York Art Association invites the community to join them for a holiday event on Wednesday, Dec. 9 at 7 p.m. Back by popular demand, due to a filled to capacity audience last year, Michael Howard will read "A Child's Christmas in Wales" by Dylan Thomas and "A Christmas Memory" by Truman Capote. Admission is free. Glog, hot cocoa and sweets will be served. The holiday "Small Works" art exhibit and sale will be available for viewing before and after the reading. York Art Association is located at 394 York St. Seating is limited to 50 people.

St. George's Episcopal Church will have a presentation from parishioner and theologian Derek Michaud entitled "Who do we say he is?" on Tuesday, Dec. 8 at 7 p.m. Just who is Jesus of Nazareth for us today? How is it that a child born in a barn 2000 years ago changed the world? How can the baby we celebrate at Christmas be both fully human and also somehow fully divine? This is the third in a series of informal presentations and discussions in Adult Spiritual Formation entitled, "Loving God with all our Minds." These events are designed to complement each other but also stand alone so even if you can't make it on Dec. 8, stay tuned for future announcements and join in when you can. Absolutely no previous study of theology is required for any of these events and all are welcome to join the conversation. St. George's Episcopal Church, 407 York St., York Harbor. For more information, call 363-7376.

Hospice of York will be offering holiday drop-in bereavement sessions on Wednesday, Dec. 9 and 16 from 6:30 to 8 p.m. in the basement of the medical office building at York Hospital. If you or someone you know would like to take part in these sessions, please come for one or all of these sessions. You do not need to register, and the sessions are offered free of charge, as always. There will be another formal living with loss group starting sometime in January. If you are interested in attending this group, please call Nikki at 475-7308 to register.

The York Public Library will host Beth Allison Maloney who will speak about her book "Saving Sammy: Curing the Boy Who Caught OCD" on Tuesday, Dec. 8 at 7 p.m. When Maloney's sixth grade son, suddenly began to exhibit disturbing behavior and was diagnosed with obsessive-compulsive disorder (OCD) and later with Tourette syndrome, she was unwilling to accept the doctors' prognoses for lifelong mental illness. Her book chronicles her quest to find whether her son's mental illness could be caused by infection.

Union Congregational Church will hold a service on Thursday, Dec. 17 at 7 p.m. for those who mourn, for those who struggle during the Christmas season. The brief service will be followed by a time for light refreshments and fellowship. Other opportunities to acknowledge God's gift to the world during this Christmas season, at Union Congregational Church, include a 10 a.m. Sunday Morning Christmas Worship service on Sunday, Dec. 20, and a Christmas Eve Candlelight service, Thursday, Dec. 24, at 7 p.m. All are welcome. Union Congregational Church is located on Church Street, in York Beach.

Harvey Reid and Joyce Andersen will perform at Remick Barn in York for their second annual holiday and solstice concert on Sunday, Dec. 20 at 3 and 6 p.m. Seating is limited, visit seacoastguitar.org for more information or to purchase tickets for \$15 or \$8 for students.

Ogunquit Performing Arts is importing Inkas Wasi musicians and dancers from Peru for a special festive holiday performance on Saturday, Dec. 19 at 7:30 pm at the Dunaway Center, 23 School St. in Ogunquit. Capitalizing on the exotic sounds and hand-sewn brightly colored costumes of their native Peru, the Inkas Wasi performance in Ogunquit will feature Christmas songs from around the world. In addition to Peruvian music and dancing, there will be special opportunities for audience participation. Tickets are \$12 and are available in advance at the Dunaway Center, Ogunquit Welcome Center, and the Ogunquit Camera Shop.

The American Holistic Nurses Association (AHNA) will take meet on Tuesday, Dec. 8 from 7 to 9 p.m. at the Candleshop Inn, 44 Freeman St. in York Beach. The focus of the meeting will be "How to Deal With Holiday Stress." Five tips for dealing with the inevitable stress that surrounds this time of the year will be discussed, including letting go of unrealistic expectations; staying within your financial budget; doing something for someone else; ideas for being flexible, spontaneous and creative; and how to be realistic with time.

The York Public Library will conclude its free comedy film series on Sunday, Dec. 20 with "A Christmas Carol." Stingy old Ebenezer Scrooge is known as the meanest man in London. He overworks and underpays his humble clerk, Bob Cratchit, whose little son, Tiny Tim, is crippled and may soon die. On Christmas Eve, Scrooge has a haunting

nightmare and learns the error of his ways through the intervention of three spirits in this faithful adaptation of the Dickens classic. This 1951 British film has endured as everyone's favorite film version of A Christmas Carol. Alistair Sims' performance as Scrooge is unparalleled. Scrooge's reclamation is hard-won, but when he is reclaimed, Sims' transformation of the character is miraculous—he actually looks like a different person.

The Southern Maine Potter's Guild offers an open invitation to anyone interested in pottery to join the group by coming to the meetings the first Monday of each month at 6 p.m. The Monday, Dec. 7 meeting will be at the studio of York resident Mary Sweeney for a holiday pot luck dinner. A pottery piece swap will take place. For more information, e-mail the president at handsonpottery@msn.com.

The Festival of Trees is coming to the Dyer Library and Saco Museum in Saco. As always, gorgeously decorated trees, wreaths, and other holiday items will be available for a silent auction concluding December 12. For the first time, however, all the main galleries of the Saco Museum will be decorated for the holidays by designers hand-picked by our Festival of Trees Design Committee, and these glorious displays, including a select group of decorated

trees, will stay on view and open to the public through New Year's Eve. Visions of Sugarplums is free and open to the public through Thursday, Dec. 31. Visit dylerrlibrarysacomuseum.org for more information and for a schedule of events. **Strawberry Banke Museum** hosts the annual Candlelight Stroll taking guests through holiday traditions that span three centuries of New England life. Stroll through life in a simpler time as 350 years of American history, winter traditions, and holiday celebrations unfold around you in Portsmouth, N.H., the state's oldest waterfront neighborhood. Hundreds of candles light the lanes and landscapes where guests visit historic houses from four centuries decorated in period regalia. Guests can also enjoy holiday house tours which present the evolution of winter traditions over the centuries. This unique Christmas New Hampshire event is one of the state's most treasured traditions. For more information call (603) 433-1100. Visit Saturdays, Dec. 5, 12, and 19 or Sunday, Dec. 6, 13, and 20 from 4 to 9 p.m. Tickets are \$20 for adults, \$10 for kids ages five through 17 and kids under four are free. The family rate is \$40.

City Theater, Biddeford's Historic Opera House is presenting its second annual musical holiday treat, the Christmas With Friends Holiday Concert: A Musical

Celebration of the Season, at 2 p.m. on Sunday, Dec. 6. The location, of course, is the grand 1890's restored opera house, located at 205 Main St., in downtown Biddeford. The program will feature more than twenty musical holiday offerings, both popular and classical, including familiar carols, contemporary favorites, and selections from The Messiah. A sneak peak at a few of the titles reveals: The Christmas Waltz, The Carol of the Bells, Ave Maria, I'll Be Home for Christmas, The Prayer, Baby It's Cold Outside, Abundance and Charity.... and many more. Additionally, we are very excited to present an original composition, You Christmases With, written and performed by Kevin Smith and Travis Grant. Further, there will be holiday readings, to help evoke the joyous spirit of Christmas. Tickets are \$10 and are available by calling City Theater, at 282-0849. You may also purchase tickets via the theater's Web site, at citytheater.org. And of course, tickets will be available at the door. The show will be an exciting, fun, and festive event, great for the whole family, and one not to be missed. It will surely be a perfect way to kick off your holiday season.

Seaglass Chorale will present the Tidings of Joy holiday concert, under the direction of Jean Strazdes, on Saturday, Dec. 12, at the Holy Cross Lutheran Church, Lord and Storer streets., Kennebunk at 7:30 p.m. The 50-member chorale will be singing Laud to the Nativity, a work written by Ottorino Respighi in 1930. The piece tells the story of the Nativity through the eyes of the shepherds. Soloists will be Carol Mastrodomenico, soprano, Felicia Plunkett, mezzo-soprano, and Kevin Broad, baritone. In addition, the chorale will be singing selections from the Messiah and other seasonal music that will be enjoyable to all. The chorale will end the evening with a holiday sing-a-long. Tickets for the Saturday evening concert are \$10.

This concert will also be performed on Sunday, Dec. 13, at Holy Family Church, 66 North Ave., Sanford, at 7 p.m.. The price of admission will be a free-will donation at the door for the Sanford/Springvale Food Pantry. This annual benefit concert is sponsored by the Sanford Institution for Savings and will be dedicated to the wonderful life of Jackie Nolette who passed away in the summer of this year and who was a much beloved member of the Sanford community and of the Seaglass Chorale.

The New England Language Center's International Art Gallery has received a shipment of beautiful traditional arts and fine crafts from Russia and will be holding a Russian Easter Bazaar on Saturday, Dec. 5 from 11 a.m. to 3 p.m. at 16 Hillside Drive, Rochester, N.H. The event is free of charge and open to the public. It will include a variety of educational activities, such as storytelling, Russian cartoons, specific historical information about the crafts, and an exhibit of unique contemporary Russian art and traditional Russian icons. Among the items available are Matryoshka (nested doll) sets, hand painted Khokhlama wooden bowls, wooden spoons, candlesticks, wooden eggs, figurines, icons, Russian holiday greeting cards, carved wooden toys and lacquer boxes. All are unique pieces which celebrate authentic Russian arts and culture. You will learn fascinating background details of tradition.

FRIDAY & SATURDAY, DEC. 11-12



The York Art Association will hold a craft show on Friday, Dec. 11 and Saturday Dec. 12 from 10 a.m. to 5 p.m. at 394 York St. There will be 16 artisans offering their work for sale. Five very different jewelry makers: Anja Davis, Anne Gately, Louise Gerstenblatt, Barbara Hopkins, and John Wise work in metal, precious and semi precious stones and beads. Four potters; Cathy Cantara, Amy Clark, Roger Galuska and Mary Sweeney will participate in the show. In addition, there will be woodworking designs by Cynthia Ellis and Martin Fosburg. Silk painter Sue Wierzba will be selling her hand-painted silk scarves and accessories, and photographer Doug Coleman will be selling calendars of his work. Kristine Arnold does leaded glass and Claudia Hopf is famous for her paper cuttings. Jean Bitomski makes hand knitted hats and gloves and Golden Harvest handmade ornaments will be offered. For more information call Louise Gerstanblatt 361-288 or e-mail at lgoriginal@aol.com.

Proceeds will go to support Russian artists and artisans and New England Language Center cultural programs. For more information, contact Marina Forbes at (603) 332-2255 or by e-mail at marina@anylanguage.org. **Join Dr. Jennifer Dijkstra** at the Wells Reserve at Laudholm on Wednesday, Dec. 9 at noon for “Contaminants in Estuary Food Webs.” This Lunch n Learn program is open to all. Come with a curious friend and bring your bag lunch. A \$2 donation to the Wells Reserve education program is suggested. For more information, call 646-1555 or visit wellsreserve.org. Dijkstra is the George Ford Post-Doctoral Research Fellow at the Wells National Estuarine Research Reserve, where she has been investigating the relationship between warming of salt marsh pools and the bioaccumulation of mercury in fish, shrimp, amphipods, epiphytes, and sediment. She holds a doctorate from the University of New Hampshire.

Exhibits, music, theatre, books and more
The Music Hall pays homage to the great film festivals and film criticism with Lorna’s Silence, best screenplay at Cannes; Afghan Star, the documentary about the new Afghan “American Idol” style television show that won awards when it debuted at Sundance; Bright Star, the new film about John Keats from director Jane Campion (The Piano) that debuted in Portsmouth at Telluride by the Sea; and finally, the November Wildcard Movie: For the Love of Movies, a documentary about film criticism with guests on film such as Roger Ebert and New York Times critic A.O. Scott. Gerald Peary, Director, and Amy Gellar, Producer, will be there to speak after For the Love of Movies. For show times visit themusichall.org.


Pontine Theatre & Vintage Voices presents a New England Christmas on Friday, Dec. 11 through Sunday, Dec. 13. Pontine’s co-directors, Greg Gathers and Marguerite Mathews, in a program of seasonal offerings by some of New England’s most beloved writers: Gladys Hasty Carroll, e. e. cummings, Ogden Nash, and Rebecca Rule. Add some Holiday songs by Portsmouth’s own Vintage Voices (Anne Corriveau, soprano; Marya Danihel, alto; and John Stromgren, baritone), and a dash of cookies & egg nog, and you’ve got a performance sure to please everyone in the family. Single tickets are \$23 with a \$3 discount for students and seniors and may be purchased online at www.pontine.org. For information contact info@pontine.org or (603) 436-6660. **Jane Freeberg** will sign copies and read from her new children’s book, “The Scallop Christmas,” beginning at 10:30 a.m. Saturday, Dec. 19, at Kennebooks in Kennebunk. The store is located at 149 Port Road in the Lower Village. Nearly 35 years ago, Freeberg listened to a friend’s story about one exceptional Christmas she had as a child in a small New England fishing village. And she never forgot it. Now, she shares it all in “The Scallop Christmas,” the story of how a young girl comes to understand what is truly important. Beautifully illustrated by Astrid Sheckels, the book is published by Maine-based Islandport Press. For more information about the event, call 967-6136. **The Holiday Do’s** photo exhibit celebrates a fun new perspective with models decorated in high fashion flair to represent everything magical about the holidays. Using festive ribbons and bows, Christmas lights, snowflakes, feathers, wreathes, garland, gift boxes (and even Time Square’s New Year’s Eve Ball), New England’s premiere

portrait photographer Danie Connolly captures the glamour and humor of outrageous hairstyles adorning local citizens and celebrities. Tinsel never looked so good! It will be on exhibit at All Day Breakfast 55 Western Ave., Kennebunk through Wednesday, Dec. 30 from 8 a.m. to 2 p.m. everyday.

Health, support and wellness
York Hospital’s Heart Health Institute is pleased to offer a new weight management program that will fit into your busy schedule. ‘Why Weight?’ is a 12-week weight management program that offers a one-on-one approach to exercise and healthy eating. The program includes 12, one-on-one weekly meetings with a personal fitness coach and two individualized consultations with a registered dietitian. Also included is a 12-week gym membership to the Heart Health Institute conveniently located in the Long Sands Plaza, York. Call (207) 351-3700 for more information. The cost is \$239. **‘Don’t Weight to be Healthy’** is a 10-week weight management class offered at York Hospital’s Heart Health Institute on Thursday evenings from 6 to 7:30pm. The group setting fosters an environment of support and teamwork. Weekly classes are facilitated by a registered dietitian and a fitness instructor. Also included is a 10-week gym membership to the Heart Health Institute conveniently located in the Long Sands Plaza, York. New session begins in January 2010. Call (207) 351-3700 for more information. The program costs \$199 **Attention new moms and moms-to-be!** The third annual Seacoast Mom & Baby Wellness Sampler will be held on Friday, Nov. 20 from 1 to 3 p.m. at Yoga East Yoga Studio in Portsmouth, N.H. Learn about natural approaches to family wellness and chat with local business owners about products, services and issues that are important to you and your growing family. The afternoon will be filled with product demos, free screenings, information gathering, meet-and-greet, free samples and gifts, refreshments, and a drawing for amazing raffle items and gift certificates provided by the featured vendors and others. For event information, visit childlightyoga.com or call (603) 781-3323. **Wells-Ogunquit Adult Community Education Yoga Classes** begin soon. Call 646-4565 or visit wells-ogunquit.maineadulted.org for more information and to register. **Yoga On York Fall Kids Yoga** will be offered on Mondays from 3:30 to 4:30 p.m. for children in grades 1 through 4 and on Thursdays from 3:30 to 4:30 p.m. for grades 4 through 7. Classes start in mid-October and run for six weeks. Preregistration is required. Visit yogaonyork.com and under the CLASS-ES heading you will find Kids Yoga and can print and mail-in your registration form. For more, call 363-9642. **York Hospital’s Yoga Center**, located at the Heart Health Institute, offer yoga classes for persons of all abilities. Seated yoga for those with limited mobility is offered as well. The Yoga Center at the Heart Health Institute is located at 127 Long Sands Road. Please call 207-351-3700 for registration information. For new participants, your first yoga class is free. **Zumba Gold** will be held on Tuesday evenings from 6:15 to 7 p.m. at Yoga on York this fall. The next session begins Tuesday, Nov. 3. Zumba Gold brings is a fun, fitness aerobic dance system that is easy-to-follow for all levels including the older adult and very beginner. Enjoy dancing to the rhythms of salsa,

17

FRIDAY, JAN. 1



The annual Atlantic Plunge will be on Friday, Jan. 1. Take the plunge at Kennebunk’s Gooch’s Beach. Registration will begin at 10:30 a.m. and the swim will happen at 11 a.m. Every \$100 raised in pledges earns a chance to win an Apple iPhone or iPod Nano. All proceeds will go to support the work of Caring Unlimited, York County’s domestic violence program. Form a team with friends or co-workers to see who can raise the most money! Start a new family tradition by taking the Plunge together and helping to end domestic violence in our community. Sign up today by visiting the events page at caring-unlimited.org or by calling 490-3227 ext. 100.

merengue, swing samba, belly dance and more. Visit yogaonyork.com or call 363-9642 to register for the classes. **WORKSHOPS AND ENRICHMENT**
Fall Pottery Classes and Workshops are ongoing at the Red Door Pottery Studio in Kittery. Learn to make your own holiday gifts. For more information or to register, visit reddoorpottery.com or call 439-5671. **The Maine Association of Nonprofits (MANP)** will be offering several Skill-Builders in York County this September. Registration is required for all MANP SkillBuilders and full course descriptions, dates, location, and registration information are all available at nonprofitmaine.org/skillbuilders.asp. Fees for half-day courses are \$50 for members, \$100 for nonmembers. **So You’ve Been Laid Off, Now What? and Job Club for Job Seekers** are job hunting classes being offered in the weeks ahead by Wells-Ogunquit Adult Community Education. For details, Call the adult education office at 646-4565 or visit wells-ogunquit.maineadulted.org. **York Adult Education Classes** begin soon. For more information or to register visit yorkadulthoodeducation.org or call 363-7922.

Ongoing Donations and volunteers needed
York Community Thrift Shop, located at 1320 Route 1 in Cape Neddick requests donations of small furniture, small kitchen appliances, costume jewelry, summer hats and shoes. Proceeds from the shop benefit townspeople through the Food Pantry and Family Services. Call 363-2510. **The York County Shelter Programs** is looking for various items and has volunteer opportunities. Call 324-1137. **York Harbor Inn** is collecting donations and supplies for AWS and Safe Haven Cat Rescue throughout the summer.

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.

Exhibits, music, theatre and the arts
Children’s Museum of Maine has a full calendar of special events available at kitetails.com. **Just Us Chickens Artist Co-op** is located at 29 Government St. in downtown Kittery and is open 11 a.m. to 6 p.m., Tuesday through Saturday. Call 439-4209. **Kripalu DansKinetics** at Spinnaker Point Recreation Center, Spinnaker Way, Portsmouth, N.H. DansKinetics is a unique blend of yoga and dance. Call (603) 436-2313. **Pontine Theatre** in Portsmouth, N.H., offers an array of public events. Call (603) 436-6660 or e-mail info@pontine.org. **The Portland Museum of Art** offers an extensive collection of fine and decorative arts dating from the 18th century to the present housed in three architecturally significant buildings. Call 775-6148 or visit www.portlandmuseum.org. **The Red Door Gallery Shop** is open at 44 Government St. in Kittery, featuring pottery, handmade jewelry, weaving, used books, sports memorabilia and more on display Wednesdays through Saturdays from 11 a.m. to 4 p.m. until the end of December. Call 439-5671. **RiverCurrent Studio/Art Gallery** on the corner of Lindsay Road and Mill Dam in York Village features assemblage, collage and mixed-media sculpture and is open daily and by appointment. Contact Rosalind Fedeli at 351-3262 or visit rosalindfedeli.com. **Seacoast Undercurrent**, a gallery devoted to contemporary art in downtown Portsmouth, N.H., showcases emerging artists working with all kinds of contemporary media and practices. Visit

ellogallery.com.

Health and wellness
York Hospital’s Yoga Center, located at the Heart Health Institute, offer yoga classes for persons of all abilities. Seated yoga for those with limited mobility is offered as well. Introductory Yoga is Tuesdays from 4:30 to 5:30 p.m. and Thursdays, 9:30 to 10:30 a.m. and 4:30 to 5:30 p.m. Yoga Level 1 is Tuesdays from 6 to 7:15 p.m. and intermediate is Tuesdays 9 to 10:30 a.m. Seated Yoga is on Tuesday from 3 to 3:30 p.m. The Yoga Center at the Heart Health Institute is located at 127 Long Sands Road, York, Maine. Please call 207-351-3700 for registration information. For new participants, your first yoga class is free. **Aerobics, Yogalates and Weight Training** classes are available at York Fitness Center, Route 1, in York. Call 363-4090. **Know Your Numbers** is a cholesterol screening offered by SMMC Visiting Nurses on the second and fourth Wednesdays of each month. An appointment is necessary and there is a \$15 fee for this service. Call 985-1000. **The Heart Health Institute** offers classes including weight management. Call 351-3700. **SMMC Visiting Nurses Monthly Diabetes Support Groups** are offered at the Richard Martin Community Center in Biddeford on the second Monday of each month from 6:30 to 7:30 or 8 p.m. and at SMMC Visiting Nurses in Kennebunk on the fourth Monday of each month from 7 to 8 or 8:30 p.m. Call 985-1000, 283-7680 or (800) 794-3546. **Yoga on York** offers a variety of styles and levels of mind-body fitness classes including yoga classes ranging from Gentle Yoga up to Power Yoga, Prenatal Yoga, NIA and Pilates-Yoga Fusion. Visit yogaonyork.com or call 363-YOGA.

CATS ICE HOCKEY LOOKS FOR BREAK-AWAY SEASON

Boys squad hopes to skate through tough early season

BY CHRIS SHIPLEY

The York Independent

The York Wildcat's boys ice hockey team will skate into their 2009-10 season opener this Saturday against Class A Gorham High School. The Cats will look expand on last season's playoff berth which they earned by defeating #2 seed Cape Elizabeth in the regular season finale.

This year's team looks to be more seasoned than last year's squad after Coach Michael Vessey lost 12 players to graduation prior to the '08-09 campaign. Last year's young squad will return with a host of new players as Coach Vessey, along with assistant coaches Jim Powers and Phip Decato, experienced the biggest try-outs to date as he enters his seventh season as head coach.

Coach Vessey said he expects as many as three freshman to be starting on the varsity squad come Saturday.

"Our first five or six games are going to be very tough," said Coach Vessey about the start of the new season. "If we can walk out of that stretch .500, I'll be very happy. We should be stronger than last year."

When asked about benchmarks set for the team for the early part of the season, the coach said, "Develop talent, work on discipline, and get ready to make a push for the playoffs late in the season."

The Cats will also find themselves taking the ice against Cape Elizabeth early this season, a team that's expected to be one of the stronger teams in the division. With some early challenges in a tough schedule to start off the season, look for this year's Wildcat squad to take advantage of last year's returning players' experience as they begin their run for the 2009-10 post season. The puck will hit the ice at 8:15 p.m. Saturday, Dec. 5 at University of Southern Maine Ice Arena. There will be bus transportation from the school leaving at 6:15 pm.



PRACTICE MAKES PERFECT

ALL PHOTOS BY CHRIS SHIPLEY

Clockwise from top: Members of the York Wildcats Boys Ice Hockey team workout at Dover Ice Arena. Coach Michael Vessey works with his offense during practice. The defense of the Girls Wildcats Ice Hockey team come together during a practice session. Gabby Boualavanh works out during practice drills.



Lady Wildcats start season with win/loss

BY CHRIS SHIPLEY

The York Independent

The Girl's Wildcat ice hockey team are off to a 1-1 start. The Cats avenged last season's first round tournament overtime loss against Falmouth winning 2-1 in their season opener on Nov. 21, but fell to Scarborough 6-5 on Nov. 28.

Hannah Keating scored her first goal unassisted against Falmouth and Olivia Lereoux got an assist setting up Gabby Boualavanh for the second goal of the game. Senior Goalie Ashly Neal had a strong night with 13 saves.

Against Scarborough, Nicci Heroux found the back of the net twice while Kat Hird, Josie Ganem, and Alex Haight each scored a goal in the loss. The Lady Cats enter their second season as members of the Maine Principals Association this year, having previously played as a club team. Last year's fourth place finish with 11 wins was a solid start to their switch from a club team. However, Coach Kevin Banfield is looking to improve on that record this season.

"We have 18 games on the schedule," he said. "I'd like to get at least 12 wins, one more than last year would be good." Coach Banfield said he feels confident with his rosters' depth as more than a few names off last year's great team will reunite on the ice. Seniors Kat Hird and Hannah Keating are team captains along with Senior Kelle Cribby and Freshman goalie Olivia Drew. Coach Banfield will look to take advantage of his well conditioned bench this season as the league has increased game period times from 12 to 15 minutes. The Lady Cats will return to action in their home opener Saturday, Dec. 5 against St. Dominic at 12:05 pm at Rochester Ice Arena in Rochester, New Hampshire.



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YORK HIGH SCHOOL SPORTS DEC. 4 - 17

Call ahead for times and confirmations of play-off games

Friday, Dec. 4 <ul style="list-style-type: none">• 3:30 p.m. Boys Varsity Ice Hockey Practice• 3:30 p.m. Girls First Team Basketball vs. Kennebunk• 4 p.m. Boys First Team Basketball @ Noble• 5 p.m. Girls Varsity Ice Hockey Practice• 5 p.m. Girls Junior Varsity Basketball vs. Lake Region• 6:30 p.m. Girls Varsity Basketball vs. Lake Region	<ul style="list-style-type: none">• 4:30 p.m. Girls Junior Varsity Basketball @ Gray New Gloucester• 5 p.m. Boys Junior Varsity Basketball vs. Gray New Gloucester• 6 p.m. Girls Varsity Basketball @ Gray New Gloucester• 6:30 p.m. Boys Varsity Basketball vs. Gray New Gloucester	<ul style="list-style-type: none">• 5 p.m. Girls Varsity Ice Hockey Practice
Saturday, Dec. 5 <ul style="list-style-type: none">• 9:30 a.m. Coed Varsity Wrestling – Sullivan Duels• 12:05 p.m. Girls Varsity Ice Hockey vs. St. Dominic• 5 p.m. Boys Junior Varsity Basketball vs. Lake Region• 6:30 p.m. Boys Varsity Basketball vs. Lake Region	Wednesday, Dec. 9 <ul style="list-style-type: none">• 5 p.m. Coed Varsity Wrestling Meet	Tuesday, Dec. 15 <ul style="list-style-type: none">• 3:30 p.m. Boys First Team Basketball vs. Old Orchard Beach• 4 p.m. Girls First Team Basketball @ South Portland• 4 p.m. Boys Varsity Ice Hockey Practice• 5 p.m. Girls Junior Varsity Basketball @ Poland• 5 p.m. Boys Junior Varsity Basketball vs. Poland• 6:30 p.m. Boys Varsity Basketball vs. Poland
Monday, Dec. 7 <ul style="list-style-type: none">• 5 p.m. Girls Varsity Ice Hockey Practice	Friday, Dec. 11 <ul style="list-style-type: none">• 3:30 p.m. Boys Varsity Ice Hockey Practice• 3:30 p.m. Girls First Team Basketball vs. Noble• 5 p.m. Girls Varsity Ice Hockey Practice• 5 p.m. Girls Junior Varsity Basketball vs. Freeport• 6:30 p.m. Girls Varsity Basketball vs. Freeport	Wednesday, Dec. 16 <ul style="list-style-type: none">• 3:30 p.m. Girls Junior Varsity Basketball @ Wells• 5 p.m. Boys Junior Varsity Basketball @ Wells• 5 p.m. Girls Varsity Ice Hockey Practice• 6:30 p.m. Coed Varsity Wrestling Meet
Tuesday, Dec. 8 <ul style="list-style-type: none">• 3:30 p.m. Boys First Team Basketball vs. Robert W. Traip• 4 p.m. Girls First Team Basketball @ Marshwood• 4 p.m. Boys Varsity Ice Hockey Practice	Saturday, Dec. 12 <ul style="list-style-type: none">• 1:50 p.m. Girls Junior Varsity Ice Hockey vs. Scarborough• 5 p.m. Boys Junior Varsity Basketball @ Freeport• 6:30 p.m. Boys Varsity Basketball @ Freeport	Thursday, Dec. 17 <ul style="list-style-type: none">• 4 p.m. Boys First Team Basketball @ Wells• 5:30 p.m. Girls Varsity Basketball @ Wells• 7 p.m. Boys Varsity Basketball @ Wells.
	Monday, Dec. 14 <ul style="list-style-type: none">• 3:30 p.m. Boys Varsity Ice Hockey Practice	

PRUGAR, SMALL RECEIVE AWARDS

ALL PHOTOS BY CHRIS SHIPLEY



Jared Prugar

Jared Prugar had 28 touchdowns and a dominating season for the Wildcats Football team this year and he, along with Coach Randy Small were honored at the 28th Annual All-Star Awards Banquet in Portland for their efforts.

Prugar received the 2009 Bruce Campbell award, given annually to the most valuable player in the Maine Western Class B Conference. Coach Small was honored for the second time with the Class B Coach of the Year honors, his first win coming back in 1997 following his first season as the Wildcats Head Coach.

Prugar is now the third Wildcat to win the Campbell Award and the first since 2004.

“I was surprised, I re-

ally wasn't expecting it,” Pruger said. “There were so many people who had great

seasons. It's just an honor. This really is a team effort. I couldn't have done it without the offensive line. They were there all season opening up the holes for me. A lot of my success this season goes to them.”

Prugar’s accomplishment was not lost on Coach Small.

“When his name was called, it was just like Christmas morning,” said Coach Small. “I am proud of him and his parents, who did a tremendous job raising him. He's just a phenomenal human being and deserves something



Coach Randy Small

honor.

“I am not at all surprised he won,” Prugar said. “He puts in so much time and effort every year. He certainly deserves this.” Coach Small also went on to recognize his staff of assistant coaches, longtime assistant Stacey Bradburn, Steve Howe, Kip Humphrey and Scott Taylor, Ed Shegen, Rich Labonte, Archie Jones, Don Harmon, Mark Stevens, Josh Reid, Brian Kay, and Shaun Bradburn.

- Chris Shipley

YORK HIGH SCHOOL GIRLS VARSITY ICE HOCKEY '09-'10

Date	Opponent	When	Final
Nov. 21	at Falmouth	6:10 pm	2 - 1
Nov. 28	at Scarborough	8:30 am	5 - 6
Dec. 5	St. Dominic Reg	12:05 pm	-
Dec. 9	at Biddeford	4:30 pm	-
Dec. 12	Scarborough	12:10 pm	-
Dec. 19	Portland	12:25 pm	-
Dec. 22	Deering	8:00 pm	-
Dec. 23	at Cheverus	4:30 pm	-
Dec. 29	at Brunswick	4:15 pm	-
Jan. 2	Gorham	9:00 am	-
Jan. 4	Yarmouth	7:30 pm	-
Jan. 9	at Cape Elizabeth	5:00 pm	-
Jan. 13	at Portland	4:30 pm	-
Jan. 16	Cheverus	12:40 pm	-
Jan. 18	at Gorham	3:15 pm	-
Jan. 23	Cape Elizabeth	1:15 pm	-
Jan. 27	at Deering	4:30 pm	-
Jan. 30	Biddeford	12:40 pm	-

YORK HIGH SCHOOL BOYS VARSITY ICE HOCKEY '09-'10

Date	Opponent	When	Final
Dec. 5	at Gorham	8:15 pm	-
Dec. 7	at Cape Elizabeth	7:00 pm	-
Dec. 9	at Kennebunk	6:00 pm	-
Dec. 16	Greely	5:30 pm	-
Dec. 21	Biddeford	6:30 pm	-
Dec. 23	at Leavitt	7:30 pm	-
Jan. 2	Leavitt	3:30 pm	-
Jan. 8	at Yarmouth	4:50 pm	-
Jan. 9	at Camden Hills Regional HS	6:00 pm	-
Jan. 11	Noble	6:30 pm	-
Jan. 16	at Thornton Academy	8:00 pm	-
Jan. 18	Marshwood	9:00 am	-
Jan. 23	Gardiner Area	4:30 pm	-
Jan. 25	Westbrook	7:30 pm	-
Jan. 30	at Westbrook	4:00 pm	-
Feb. 1	Yarmouth	7:30 pm	-
Feb. 6	Cape Elizabeth	5:45 pm	-
Feb. 11	at Greely	7:05 pm	-

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

Xena

Meet Xena! She is an affectionate eight year old Boxer. Xena is a sweet girl that can't wait to find a forever family to shower with love. She is a smart dog that knows the commands "sit" and "shake." Xena would love to share her new home with other dogs, cats and children of all ages. If this love bug has caught your attention please fill out an adoption application and stop in with your family including dogs to meet Xena.



Reba

Meet Reba, a seven-and-a-half year old Beagle with a beautiful tri-color coat. Reba is a gentle dog eagerly awaiting a forever home. She's smart, and knows how to "sit" and "down," but she could still use some help getting used to being house trained. She is social and affectionate, so she should be able to share a home with dog savvy cats, some other dogs, and respectful children with little difficulty. If you'd like to adopt Reba, please fill out an adoption application and then bring your entire family, including dogs, in to meet her.



Gunner

Meet Gunner, a three-year-old Greyhound with a beautiful brindle coat. Gunner is a retired racer who's eagerly awaiting a home he can relax in and call his own. Being a former racer, he's not that used to the everyday occurrences of living in a home like climbing stairs, doorbells, and such, so he'll need some help adapting. He'll also need some help with house training and basic obedience. We offer obedience classes here at the shelter, with discounted rates for adoptees, that may be a good idea for him. He's a sweet and laid-back boy though, and should be a welcome member of any family. He should be able to share a new home with other dogs and children over the age of 6, but he does not get along well with cats, so we'll be requiring that he not share a home with any. If you'd like to adopt Gunner, please fill out an adoption application and then bring your entire family, including dogs, in to meet him.



Eliza

Meet Eliza! She is a one-year-old cat that has a nice short brown tiger and white coat. Eliza can't wait to find a loving forever home to call her own. She should do just fine sharing her new home with other cats and respectful. Eliza enjoys her play time and also enjoys her nap time. This sweet and playful girl will be tons of fun for one lucky family. If you are looking to adopt Eliza please fill out an adoption application and stop by to meet her.



Moby

Meet Moby, a three-year-old cat with a beautiful orange tiger coat. Moby is an active boy who is eagerly awaiting a forever home. He can be very playful too, though he may need some help learning when to settle down. Regardless, he should have little difficulty sharing a new home with other cats, and he loves getting a good petting. If Moby sounds like the cat for you, please fill out an adoption application and then stop by PetSmart in Biddeford to meet him.



Jake

Jake is a four-year-old cat with a handsome grey tiger coat. Jake can be shy at first, but very sweet and affectionate once he's comfortable. He should have no problem sharing a new home with other cats and children of all ages. If Jake sounds like the cat for you, please fill out an adoption application and then stop by PetSmart in Biddeford to meet him.



Velvet

This little cutie is Velvet! She is an adult Rex bunny with a beautiful brown coat. Velvet is a friendly little girl that can't wait to find a forever home to call her own. She would love to find a family that is willing to handle her daily so that she can stay as happy and friendly as possible. If you are interested in adopting this sweet heart please fill out an adoption application and stop in to meet her.



Ellie

Ellie is a two-year-old Parakeet with lovely yellow feathers that have a few spots of green in them. Ellie is a friendly girl that is looking for a loving forever home. If Ellie is given bird treats along with a good quality Parakeet food she should stay healthy and happy. If you are interested in adopting Ellie please fill out an adoption application and stop in to meet her.



Snuggles

Meet Snuggles! She is a nine-week-old mixed breed bunny. Snuggles is a friendly girl that can't wait to find a forever family to call her own. She would love for her new owners to handle her on a daily basis so that she can stay as friendly and happy as possible. Snuggles like all rabbits loves to snack on raw fruits and veggies. Feeding her these types of snacks along with a daily rabbit pellet diet will keep her healthy and strong. If you are interested in adopting Snuggles please fill out an adoption application and stop in to meet her.



MUSEUMS OF OLD YORK

A photography first

George Marshall Store Gallery featuring works by 36 New England photographers

Although photography has often been included in exhibitions at York's George Marshall Store Gallery, this is the first time that the venue has been used solely to show the medium. Works by 36 New England photographers are exhibited throughout the two levels of the gallery, and the turnout to see these works has exceeded all expectations according to curator Mary Harding.

The public is invited to attend a panel discussion at the gallery on Sunday, Dec. 13 at 2 p.m. Photographers Carl Austin Hyatt, John Kelley, Douglas Prince and Paul Wainwright will speak briefly about their work and processes, then lead a discussion that will be open to audience participation.

The show came about at the suggestion of New Hampshire photographer Charter Weeks. Once committed to the idea, Harding began contacting photographers she already knew while taking suggestions from other curators, including Maine curator Bruce Brown.

"The suggestion of one photographer lead to another, and before I knew it, I had several dozen artists on my lists," recounts Harding. She stressed to all involved that she did not consider herself a curator of photography and would select work using the same criteria as for any other show.

While looking for variety in theme, size and technique, she discovered a new appreciation for the medium.

Despite the many new means of capturing and printing images, several of the exhibiting artists hold onto the traditional systems. Paul Wainwright's images of the skylights in the Cambridge, Massachusetts waterworks building have a very contemporary feel, but were taken with a large format film camera and wet-processed in a darkroom.

Sarah Sorg from Bangor Maine has two rich black and white photographs, which have the blackest of blacks and the whitest of whites while maintaining exceptional detail through out the images.

Images are captured by an array of devises including: film, digital, pinhole, Polaroid and disposable single use cameras, as well as scanners and transfer processes. Images are often manipulated using a wide variety of computer tools and programs. Deer Isle, Maine photographer Jeffrey Becton seamlessly knits multiple images together to create his mysterious interiors and landscapes.

Final images are created on desktop ink jet printers, large format industrial printers, the darkroom, as well as professional laboratories. Final presentation may include altering the surface. Kennebunk artist Brad Maushart adds a wax surface to his images, and York artist Mary Behrens applies acrylic paint to her iconic portraits that she appropriates from the Internet. Tanja

“The public is invited to attend a panel discussion at the gallery on Sunday, Dec. 13 at 2 p.m. Photographers Carl Austin Hyatt, John Kelley, Douglas Prince and Paul Wainwright will speak briefly about their work and processes.”

Hollander's large format images of marshes are laminated to a clear acrylic panel. There seems to be no limit to the possibilities, much to the benefit of the audience.

Several of the artists have chosen to present large format works which add to the dramatic effect of the exhibition. Erick Hufschmid's images of tamales taken while traveling in South America, Corey Daniel's image of a little girl's dress, Mary



COURTESY PHOTO

"Museum Views #1" is among the works on display at York's George Marshall Store Gallery.

Woodman's "portraits" of fruit and Denise Froehlich's four foot by six foot image of a tree are examples where scale creates an other worldly effect.

Although there is a predominance of black and white images, color images are found throughout the gallery including work by Maine photographers: Karen Bushold, Steven Delaney, Nancy Fulton, Sarah Gray, Tanja Hollander, Jim Kelly, Judy LaBrasca, Stuart Nudelman and Warren Roos. Other photographers working in color include: Jacque Cornel, Elizabeth Ellenwood, Nancy Grace Horton, Michael Penney, Peter Randall, Zack Richard and Marianne Pernold Young.

The exhibition continues through December 20th. Gallery hours are Wednesday through Saturday, 11 a.m. to 4 p.m., Sunday 1 to 4 p.m. and by appointment. 140 Lindsay Road, York. (207) 351-1083. www.georgemarshallstoregallery.com



William F. Connolly

William F. Connolly, 77, died Sunday, Nov. 15, 2009 at York Hospital.

He was born September 27, 1932 in Brockton, Mass. a son of the late John P. and Gertrude E. (Doherty) Connolly.

He graduated from Lynn Classical High School and from New York University.

He was an Air Force veteran and was the owner and operator of Beacon Ceramics Dental Studio in Manchester, N.H. for 38 years.

With over 55 years of fabricating dental prosthetics, he was a pioneer for introducing new methodologies to advance the profession. He was a member of the American Legion in York, the Derryfield Country Club and the Intervale Country Club in Manchester, N.H.

He was a quick witted man and well respected. He enjoyed racquetball, golf and tennis. His favorite past time was crossword puzzles; he felt that it kept his mind sharp.

He leaves his high school sweetheart and wife of 56 years, Helen E. (Boivin) Connolly; 4 sons, William F. Connolly Jr. of Pepperell, Mass., Brian D. Connolly and his wife, Terri of St. Paul, Minn., Bradford G. Connolly and his wife, Dorothy Larkin of Dunbarton, N.H., Barry E. Connolly and his wife, Laina of Manchester, N.H.; 2 daughters, Julie A. Rosa and her husband, Kevin of Manchester, N.H. and Jennifer A. Chamberlain and her husband, Lewis of Eliot; a sister, Jane Lyness Wall of Peabody, Mass.; 9 grandchildren, Danae, Amber, Darah, Brendan, Nathan, Sean, Matthew, Maggie and Reid; Two great-grandchildren, Devon and Amarah; many nieces, nephews and extended family and friends.

A celebration of life was be held on Friday, Dec. 4 at St. Christopher’s Church, 4 Barrell Lane, York. Memorial contributions may be made to the York Public Library, 15 Long Sands Rd., York, Maine 03909.

Lucas & Eaton funeral Home of York, Maine directed arrangements.

Andrew 'Drew' Casey

Andrew “Drew” Casey, 46, of Portsmouth, N.H. died on Friday, Nov. 27, 2009

Horoscopes

By Rusty, the Southern Maine coast’s leading astrologer

- Aries** (March 21-April 19): You will soon be entering the very best time of your life. After that, though, it’s all downhill.
- Taurus** (April 20-May 20): A loaf of bread, a jug of wine, and thou. And just so you know, the bread and wine are the real attraction.
- Gemini** (May 21-June 20): A little short on the sides, and no gel please. Oh, my error—I thought you said HAIROscope.
- Cancer** (June 21-July 22): So you want to know about YOUR future? Your life? It always has to be about you, doesn’t it?
- Leo** (July 23-Aug. 22): If the grass seems greener on the other side of the fence, there’s a reason. For one thing, you let your lawn die.

due to illness.

Drew was born March 8, 1963 in Manhattan, N.Y. and grew up in Redding, Conn. and always maintained a fondness for his childhood home despite having lived in Chicago, New York, Minneapolis, England, and Portsmouth, N.H. throughout his life.

His ebullient persona and endearing interest in people made lasting impressions on all those who met him. He embodied good cheer, good humor and, most importantly, good will towards everyone he knew.

Since 2006, Drew was Development Director for the Nashua River Watershed Association in Groton, Mass. He worked tirelessly on its capital campaign and applied his irrepressible ability to network for the organization’s benefit.

Previously, he was Development Director for the Museums of Old York, where he worked in a similar capacity. Drew also served on the board of the Pontine Theatre and gave generously of his time volunteering and raising money for various philanthropic causes, including Families First, Youth at Risk, the Children’s Aid Society, and The Special Olympics.

His loquaciousness, ever-present joie de vivre, and contagious energy were hallmarks of his personality and left an indelible impression on everyone he met. Possessed with an indomitable spirit, Drew always found joy in people and took pride in his ability to connect with everyone.

Drew is survived by his mother and father, Elizabeth B. and Edward J. Cole of Cape Neddick; his sister Lisa Rakaseder and his niece and nephew, Max and Eliza, of Portsmouth, N.H.; his sister and brother-in-law, Kristi and Mark Samber, and his nieces Betsy and Bailey, of Eliot; a step-brother Roger Dev, step-sisters Janica Shafer and Jennifer Cole, several aunts and uncles, and dozens of cousins. He was pre-deceased by his brother-in-law, Stephen Rakaseder, and his half-sister, Dorcas Ann Casey.

A memorial service will be held on Saturday, Dec. 5 at 1:30 p.m. in the First Parish Congregational Church, 180 York St., York.

In lieu of flowers, please make a donation to Families First or any other of Drew’s philanthropic causes.

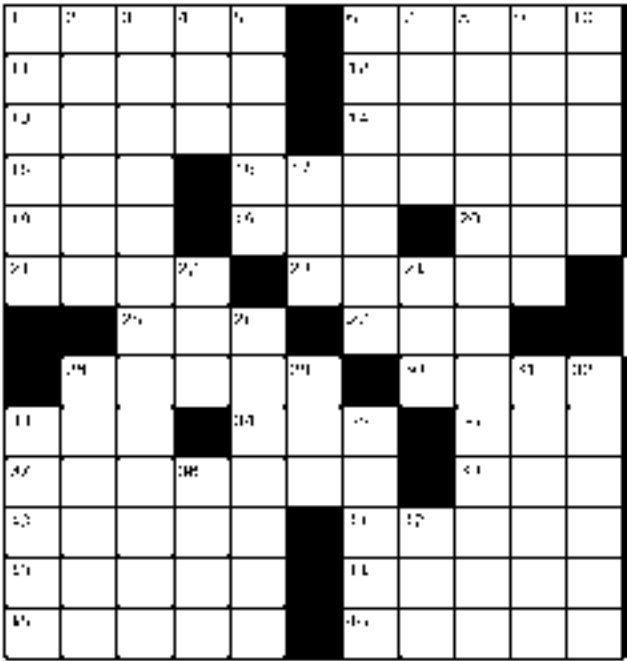
Lucas & Eaton Funeral Home of York, Maine is directing arrangements.

- Virgo** (Aug. 23-Sept. 22): Your sense of self-absorption will stand you in good stead at the upcoming narcissism convention.
- Libra** (Sept. 23-Oct. 22): Don’t dwell on the past. On second thought, considering your future, maybe it’s not such a bad idea.
- Scorpio** (Oct. 23-Nov. 21): Your lack of a sense of direction isn’t that important; the only direction you need to know about is down.
- Sagittarius** (Nov. 22-Dec. 21): Don’t look a gift horse in the mouth. Come to think of it, don’t spend too much time looking in any horses’ mouths.
- Capricorn** (Dec. 22-Jan. 19): Take time to enjoy yourself. After all, no one else seems interesting in doing it.
- Aquarius** (Jan. 20-Feb. 18): Your reputation precedes you, and so does your gut.
- Pisces** (Feb. 19-March 20): I see big things in your future. For one thing, your ego.

CROSSWORD PUZZLE

ACROSS

- 1 Defeats
6 Part of a repair bill
11 One with a record
12 1836 battle site
13 Neighbor of Togo
14 Moved a raft
15 Rooter
16 Bitter, for one
18 Hoary
19 Seventh Greek letter
20 "The Matrix" hero
21 Harvest
23 Pass
25 Golf position
27 Become a brunette
28 Texas player
30 Spot
33 Bat wood
34 NYC subway line
36 Shade
37 More intense
39 Important age
40 Inklings
41 "Do, — ..."



- 43 So out, it's in
44 Traveler's stop
45 German steel city
46 Fresh

DOWN

- 1 Request earnestly

- 2 Sigh, say
3 Tabloids
4 Great weight
5 Potions professor at Hogwarts
6 Scandinavian region
7 Lotion additive
8 Accountant's pages
9 Frittata
10 Western contest
17 Devoured
22 Abyss
24 Pro vote
26 Explorer Leif
28 Stage comments
29 Metal source
31 Makes baby food, maybe
32 Annual
33 Burning
35 Streetcars
38 Steak choice
42 1949 film noir classic

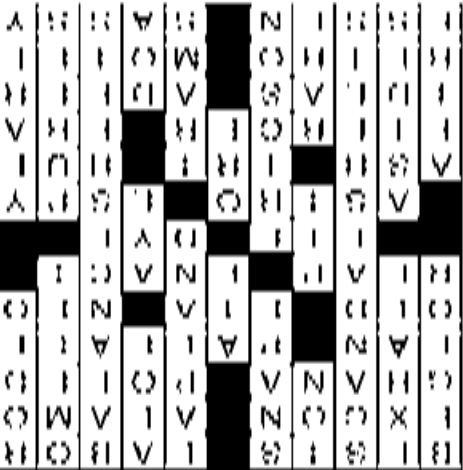
SUDOKU

Conceptis Sudoku By Dave Green

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

Difficulty Level ★★★★★ 12/04

Crossword Solution



Sudoku Solution

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

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Address: 79 US Route 1, York
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Year Built: 1875

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Deeded Right-of-Way to Mousam Lake! Built in 2007 this colonial style home offers open living spaces, master suite, cherry hardwood flooring, finished walk-out basement, wrap around deck, storage shed, and more. Take advantage of the Government Tax Credits! \$235,000. [Ken Peck 207-450-4668](tel:207-450-4668).

YORK BEACH



To the Beach! To the Beach!! To the Beach!!! Panoramic views of the Atlantic Ocean, Nubble Light House, Isle of Shoals and Boon Island! Just step across the street onto the warm summer beach sand. Use it as a two family or a 4 bedroom single, large lot with a private yard, bld. is expandable, WOW!! \$678,000. [Mitch Picard 207-332-5290](tel:207-332-5290).

WELLS



Great location offering privacy and so close to I95, 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! \$234,900. [Andy Stotz 207-730-1350](tel:207-730-1350).

WELLS



Well maintained Colonial beautifully sited on a well landscaped lot in a desirable neighborhood. Open concept floor plan, wood & tile floors. A short drive to access highway, transportation center and beaches. \$265,000. [Janna Syrene 207-251-0943](tel:207-251-0943).

WELLS



Due to the extension for the Tax credits, the Seller has decided to lower the asking price \$8,000. Hurry and take advantage of this great deal before time runs out! 3 bed, 1.5 bath, great up keep in a wonderful location. \$211,700.

[Andy Stotz 207-730-1350](tel:207-730-1350).

WELLS



Atlantic View condominiums. New, 'Green', beautifully appointed, maximizing location, scenery and private living with easy access to everything – North Wells for the convenience of harbor life, Drakes Island & Parsons Beaches nearby, on the way to Kennebunkport. 2300 s.f. plus of lovely living! \$299,000.

[Kathleen Thornton 207-337-0003](tel:207-337-0003).

WELLS BEACH



You can view sunrises over the ocean, sunsets over the marsh - luxury & comfort abound in this exceptional oceanfront property. Private master suite w/ 2 private decks & spa-like bath - 4 add'l BR to accommodate family & friends - 4 car garage & much more! \$2,190,000. [Carolyn Weller 207-351-6717](tel:207-351-6717).

YORK



Enjoy tranquility here in this home with nature at your back door. This home has all been updated with a beautiful new kitchen and new bath. Newer Roof, siding, furnace. Located in a rural area, yet minutes from I95, York Village and the beaches. \$249,900. [Diane Wyman 207-752-3236](tel:207-752-3236).

OGUNQUIT



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

[George Wilson 207-251-2941](tel:207-251-2941).

LOTS AND LAND

YORK Build your dream home or **Create your own family compound** on this wonderful **140 acres of lush land** off a Maine country road. 18 foot wide gravel road already in. NO WAIT FOR BUILDING PERMIT! Good land for horses. Lots of potential! \$299,000. [Louise Ducharme 207-252-3270](tel:207-252-3270).

YORK Building permit available now. This is a beautiful wooded lot located adjacent to one of York's premier golf courses offering privacy on a paved public road. Four bedroom septic design completed. \$129,900. [Jim Hager 207-361-7169](tel:207-361-7169).

WELLS Building packages in 2 very desirable neighborhoods \$279,000 & \$295,000, **just a step over Route One!** What a deal!! [Nancy Raynes 207-233-1693](tel:207-233-1693).



**In the spirit of the forthcoming holiday season,
wishing You and Yours all the very best!!**

