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

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February 26 - March 11, 2010 Volume 12 ~ Issue 5

# GETTIN' DIRTY

**YORK EXPERTS SHOW  
 HOW TO GROW THIS  
 YEAR'S GARDEN**

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Cyan Magenta Yellow Black

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**T PUBLISHER'S NOTE**

# What do you like about York Beach?

By **DAN SZCZESNY**  
The York Independent

Now that it appears York Beach will be enjoying a higher profile this year with Harvestfest in October, it's appropriate that the planning board has begun studying how to improve the area. A recent survey to residents kicked off the revival plan and many of the answers were predictable. Traffic congestion and parking appear to top the list of complaints. Old time quaintness and family friendliness are strong positives for the beach.

So, nobody asked me but here's how I would have answered the survey.

*What do you like about York Beach?*

Despite how some feel, the beach is nowhere near as gaudy as Old Orchard. Has anyone been to Weirs Beach, N.H. in the summertime? Overall, the town has done a great job keeping the beach simple, clean and old-fashioned. And it is a resort town, after all. Some overpriced tschotchkis, salt water taffy and cotton candy are expected, and appreciated.

I like that there's a fortune teller.

I like that surfers come down in the middle of winter.



Dan Szczesny

I like that the town is considering a smoking ban for the beaches (even though this would only be a resolution and therefore not enforceable).

I like that there's an area on the rocks across from the Union Bluff where you can sit in the summer (or winter) in relative privacy and look out over the whole inner beach.

I like buying a coffee in the winter from the Daily Grind and walking down to the back roads off the main beach road and looking at the empty cottages.

*What don't you like?*

I'll be the first to admit that traffic is terrible in the summer. But then again, just don't go there if you don't like it. Sometimes, it's nice to sit back and relax and people watch as you bumper to bumper your way down the beach. (I guess, this isn't much of a dislike.)

I don't like, or rather don't understand, why more people don't go to the beach in the winter. The air is cleaner, the water seems bluer, the space is limitless. And if more people came to the beach, more stores would stay open, which leads to the next point:

I don't like that the town is empty six months of the year. I know people live there, so where do you go? Write and tell me because I'm curious. Where do you eat?

*What five words describe York Beach?*  
Neon. Taffy. Skee-Ball. Surfs. Blue.

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**LOCAL GOVERNMENT**

# SCHOOL'S OUT—FOREVER

Selectmen won't ask voters for restoration funds

By **TARYN PLUMB**  
The York Independent

As the spring creeps closer, topics relevant to the upcoming annual town meeting—to be held Saturday, May 22—have dominated town agendas.

## School house not worth saving—but toll booth is

Despite concerted efforts by advocates, selectmen have decided not to ask voters to approve funds to purchase and restore a historic school house in town.

But with good reason, officials say—the town was recently informed that the Maine Municipal Association (MMA), which provides York's property casualty and liability insurance, would not cover the Agamenticus school house, a historic but near-deteriorating piece of the town's past.

"The building is unsafe," town manager Robert Yandow said.

In fact, Yandow said, the MMA even advised officials not to allow town employees into the dilapidated school house.

Selectmen voted at their most recent meeting not to include an article on the up-

coming town meeting warrant requesting funds to purchase, stabilize and rehabilitate the building.

“The building is unsafe.”

coming town meeting warrant requesting funds to purchase, stabilize and rehabilitate the building.

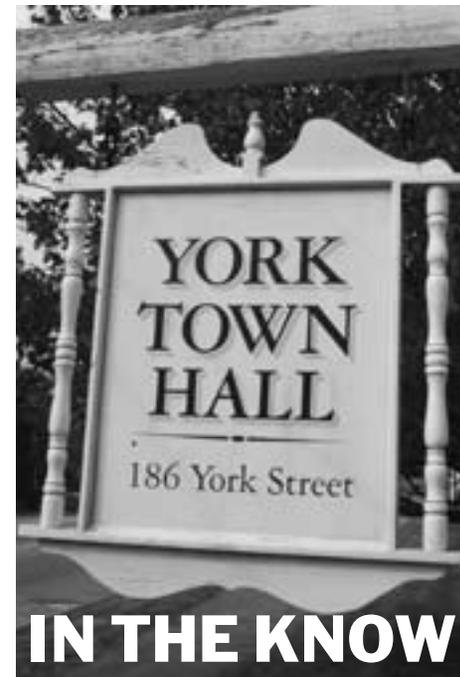
Last fall, after owner Michael Genewicz announced his intent to raze the structure, a five-member committee was formed and given 45 days to suggest alternatives. In January, the group asked selectmen to approve an article requesting \$200,000 for the school house, which was designated a historic property by the historic district commission in the late 1980s.

Members of the group told selectmen that they intended to submit a citizen's petition to request funds. Neither committee member Pamela Wallis nor Neil Rolde returned calls seeking comment by deadline.

However, a citizen's petition, if filed, may create a logistical problem of its

own: According to Yandow, the town's home rule charter makes no reference to a citizen's petition for a budget article; it only references citizen's petitions for ordinances. He said he referred the question to MMA and expects to have a reply soon, although he couldn't say exactly when.

Meanwhile, sticking to their well-voiced position that the York toll plaza should stay where it is, selectmen voted to approve a proposal from eTrans Group to conduct a study on all-electronic—essentially cash-



## IN THE KNOW

### A BI-WEEKLY ROUND UP OF GOVERNMENT IN YORK

less—tolling. According to its Web site, eTrans is a toll collection industry consulting company that was founded by people who established many of the original electronic toll collection programs.

The cost of the study is not to exceed \$15,000, according to Yandow. It is expected to be completed within 30 days, he said, and will be submitted by the town to the U.S. Army Corps of Engineers.

The Maine Turnpike Authority was expected to vote this week on whether to send its proposed options for the toll booth relocation to the U.S. Army Corps of Engineers.

Cyan Magenta Yellow Black

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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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MAKING SENSE OF INVESTING

**Oodles of ordinances**

Voters at the May annual town meeting will be faced with a panoply of proposed ordinance amendments. Selectmen voted on the statutes this week, and residents will get their say in a public hearing on Monday, March 22.

Notable among them: Changes to the surfing ordinance that would designate "safe swim zones" banning surfing in certain areas between 9 a.m. and 5 p.m. from June 14 to Labor Day.

The safe zones would exist between the staircases on Beacon Street and Long Sands General Store, an area encompassing about 2,000 feet, according to Parks and Recreation director Mike Sullivan. Meanwhile, stretching 800 feet each on either side of each zone would be mixed-use areas, which would allow both surfing and swimming.

The ordinance would also mandate that surfers wear leashes attached to their

“We’re cleaning house, getting organized.”

boards, and stay at least 35 feet away from swimmers.

According to Sullivan, the current ordinance, which has been in effect since the 1960s, restricts surfers to just a 120-yard area between Beacon Street southerly to the Sun 'N Surf restaurant.

Other changes being proposed: allowing for cultural facilities to be created in York for artistic and educational pursuits; clarifying a yard and barn sale ordinance to underscore the fact that it limits permanent yard sales at residences, and does not apply to commercial auction halls; and repealing a private road improvement assessment ordinance, enacted in 1987, the usage of which would now violate state law due to ensuing legislative changes.

Meanwhile, proposed changes to the harbor ordinance would alter fees for commercial fishermen and boat owners who use town-owned float systems, as well as mooring space assignments.

In total, eight ordinances are being proposed for deletion because they are obsolete or redundant; many of those pertain to the York Beach Village Corporation, which

was dissolved by the state in 1977. Others are meant to shift jurisdiction between town boards, or are being amended to clarify definitions or merely fix grammar.

Overall, many of the changes reflect a "very basic cleanup of town codes," Burns explained. "We're cleaning house, getting organized."

**Thinking ahead**

But while selectmen and residents mull over amendments for May, behind the scenes, many town departments are already getting ready for November.

Burns, for instance, plans to propose a reformatting of the existing zoning ordinance to make it more user-friendly for residents, employees and officials. Essentially, this would put the dimensional provisions, standards and other information pertinent to each zone all in the same place.

This is no small task, as there are currently 20 zones and four overlay zones in York, Burns said. For clarity's sake, the proposed amendment would also define every use in the zoning ordinance.

As Burns described it, "it's code cleanup," rather than any sort of major policy change.

Also looking ahead to next year, Sullivan plans to re-propose a seaweed management program.

Ideally, this could be implemented with the current beach-raking program, he said, and would encompass raking and clearing seaweed from rocks and the beach. This would require additional man hours and some new equipment.

Sullivan suggested the measure to selectmen in December, but no money has yet

“Sullivan plans to re-propose a seaweed management program.”

been appropriated for it in the budget. "I don't think the issue is going away," he said, but "the remedy is."

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

**MIDDLE SCHOOL BOOK CLUB**



York Public Library hosts a book club for York Middle School fifth and sixth-grade girls on Tuesday afternoons. The most recent book the girls have read was "Stargirl" by Jerry Spinelli.

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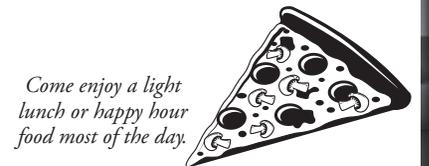
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Legion - 1st Monday of month 7pm

S.A.L. - 1st Tuesday of month 7pm

AUX - 2nd Monday of month 1pm

House Committee - Last Thurs. of month 6pm

Executive Board - Last Thurs. of month 7pm

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LYNNE BAILEY

# Q & A

## THE NURSE/CAREGIVER

By **TARYN PLUMB**  
The York Independent

She's seen the devastation.

Registered Nurse Lynne Bailey, a mother-of-two from York, spent eight days tending to the sick and wounded in the earthquake-annihilated city of Port-au-Prince, Haiti.

The experience changed her in a way she never could have imagined.

**Name:** Lynne Bailey  
**Lives on:** Cape Neddick  
**Age:** 53

Profession: Registered Nurse, working per-diem at the cancer centers at York Hospital and Wentworth-Douglass Hospital; also runs Graphiti Screenprinting & Signs.

**When did you go to Haiti?**

I was there for eight days. I left Jan. 29, and came back Feb. 5.

**What compelled you to go there?**

That's a really hard question to answer because the only people that would ask me that are the people who don't know me. There's no one real answer. I had no reason

not to go. I have a very flexible schedule, my kids are old enough, I felt like I had the capability of doing something. I just didn't think otherwise.

**How many people went down with you?**

Four of us went down—myself, the director of Vision International Missions, another female nurse, and a Haitian man who's been living in the United States for more than 20 years who served as my interpreter. Twenty-four hours into it, the second nurse went back home.

**You also brought suitcases of donated medical supplies with you?**

Yes. The donations just poured in. Everybody: friends, family, clients, co-workers, nurses I went to nursing school with, perfect strangers. Thousands of things were donated, it was just remarkable.

**Where did you stay?**

We were in Port-au-Prince, at the home of a minister. His home had some damage from the earthquake—the walls around the house had fallen in, some of the courtyard had caved in, there were cracks in the building—but it was safe. It was a typical



cement, floor-to-ceiling Haitian home, no electricity, no running water, no windows, no glass or screens on the windows, everything wide open. The mosquitoes are relentless.

**What did you do day-to-day?**

We would set up remote clinics. I worked with two other Haitian nurses. We saw every patient that came to us, whether it was for bandage-changing or infections.

“ We went miles up a mountain on roads that you couldn't even call roads...”

A lot of the kids are sick, the babies are sick; they all have diarrhea from the water, upper respiratory infections from sleeping outside in tents. We saw everybody we could and did what we could with the donated supplies. We did this every single day. We would come home, in the dark,

have dinner, pack the bags for the next day, go to bed, get up again in the dark. If we had the opportunity to leave supplies, we would.

**How many natives did you care for?**

Well over a thousand, easily. We didn't count. They gave out numbers (to patients). Usually 350 people a day. All ages—from brand new babies to 70-year-old women. The ones that were critical, we made sure they were transported to a hospital. We went miles up a mountain on roads that you couldn't even call roads, to get to tent cities at the top. There was just devastation. It was desperate.

**What kinds of medical issues did you deal with?**

We saw amputations; skull fractures that were closed with staples and sutures; severe burns; crushing injuries that were healing. We saw a lot of people with critically-high blood pressure; infections. We saw people that were just psychologically traumatized. A lot of children who understood what had happened, over the ages of 5 and 6, had stopped eating. That was probably the hardest part of the trip, the kids that stopped eating. That's what broke my heart.

### What adjectives would you use to describe the situation in Haiti?

When you're driving through the city, it almost looks like a movie set, because it's nothing like you've ever seen before, the destruction and the devastation. Everything is gray and dusty, there's no electricity, so there's nothing but natural light. There's so much burning going on around the city, so there's an acrid smoke smell all the time. The majority of people still hadn't gone back in their homes—even if there wasn't any damage—so they were living in their courtyards, or in tent cities. Nothing could've prepared me for it. Nothing. I've never seen that kind of poverty and desperation in my life. They showed pictures on TV of people singing and celebrating, but we didn't see any joy, we really truly didn't. One of the things that was hard to adjust to was nothing is normal—not the transportation, not the roads, the food, there's no water—nothing is normal, and everything takes so much longer to do or to get. A minute was like a week, and a day was like a month.

### What did you eat?

Goat, every single day. We had someone who did cooking for us; she cooked in a tiny room on wood and with no light. We had goat and rice and beans and plantains every single day. I had never had goat before. I will have it again. It's a wonderful meat.

### What does goat taste like?

I guess you say it's like chicken, but it's heavier than chicken. I didn't complain. I was so grateful to have food every night, very fortunate.

### Are you planning to go back?

I will do it again. There's no doubt in my mind. That's one of the reasons I got into nursing, was to be able to do mission relief trips—but I didn't expect to be able to do them so soon, or under the circumstances of an earthquake in Haiti.

### How did the experience change you?

“I've never seen that kind of poverty and desperation in my life.”

It just reinforced my commitment to nursing, reinforced the fact that this is what I love to do. I was also in awe of the people that came forward. I heard it over and over again, “Thank you for going, I can't, but let me do this.” here was always some gesture, some way for them to contribute. You don't see that on a day-to-day basis. I was allowed to see it over and over and over again. I don't know how to thank everybody—I really truly do not know how to thank everybody.

To help with the relief efforts, visit [www.redcross.org](http://www.redcross.org), or [www.vimissions.com](http://www.vimissions.com).

If you have a suggestion for someone who could be skewered—er, interviewed—here, please contact Taryn Plumb at [tarynplumb1@gmail.com](mailto:tarynplumb1@gmail.com).

## YORK LIBRARY

### Film Festival on Sunday, Feb. 28

Director Franco Zeffirelli's film “Tea with Mussolini” will be shown Sunday, Feb. 28 at 3 p.m. Free. A group of women expatriots living in Florence Italy on the brink of World War II extract a promise from dictator Mussolini that their lifestyle will be preserved. The cast includes: Maggie Smith, Joan Plowright, Cher, Lily Tomlin, and Judi Dench. Rated PG for thematic elements, language, brief nudity, and some mild violence. 117 minutes.

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

## Events

• **Enrichment Fair for elementary-age children:** Saturday, Feb. 27 (Snow date: March 6) 10 a.m. to noon. Bring your family to the library and learn about enrichment opportunities for elementary age children in our community, including: nature, tutoring, recreation, childcare, dance, horseback, music, and art lessons. There will also be some entertaining demonstrations!

• **York Reads Film Festival:** “On Golden Pond” on Tuesday, March 2 at 1 p.m. While at their summer home on Golden Pond, the Thayer family is forced to renew their bonds of love and overcome generational friction. Henry Fonda plays the 80-year-old curmudgeonly, retired professor, who has a bickering, but loving relationship with his wife played by Katherine Hepburn, and a distant and turbulent relationship with their daughter,

played by Jane Fonda. Winner of Academy Awards, including Best Actor (Fonda) and Best Actress (Hepburn). Rated PG. 105 min.

“The Prime of Miss Jean Brodie” Tuesday, March 9 at 1 p.m. Maggie Smith plays a Scottish schoolmistress who is not always a positive influence on her impressionable charges at an all-girls school in Edinburgh during the 1930's. Smith won the 1969 Academy Award for Best Actress. Poignant and funny, based on the novel by Muriel Spark. Rated PG. 116 minutes.

“Empire Falls” Tuesday, March 16 at 1 p.m. Adapted by author Richard Russo from his Pulitzer Prize winning novel, “Empire Falls” is a powerful portrait of blue-collar America, a timeless tribute to the inherent decency and good humor that sustains working-class people in everyday life. Set in a Maine town, the cast includes, Ed Harris, Helen Hunt, Paul Newman, and Joanne Woodward. MPAARated: TV-14. 195 min.

“Young at Heart” Tuesday, March 23 at 1 p.m. The Young at Heart Chorus, with an aver-



age age of 81, performs music that ranges from James Brown to Coldplay. This film traces their final weeks of rehearsal as some members struggle to overcome ill health and the adversities of age. Hilarious and moving, this film demonstrates the life-affirming power of music. Rated PG for some mild language and thematic elements. 108 minutes.

• **York Reads book discussion:** “Olive Kitteridge” Thursday, April 8 at noon. Sandell Morse will lead this lunchtime interactive discussion.

• **Medigap:** Tuesday, April 13 at 4 p.m. York Hospital and the Southern Maine Agency on Aging invite you to attend a free community discussion on Medigap plans. RSVP's are required. Call York Hospital's Fundraising office at 363-2385 or e-mail [fr@yorkhospital.com](mailto:fr@yorkhospital.com). Sponsored by York Hospital.

• **Artist Sean Beavers** will present his exhibit “Simple Objects and Everyday Things” through Tuesday, March 2.

## MY KIND OF TOWN

# KIDS AND CREATIVITY

Let the library's 'Enrichment Fair' link your children to a wide range of activities

By JENNIFER L. SAUNDERS  
The York Independent

If you're like me, when you think about the arts in and around town you start thinking about summer. After all, the historic Ogunquit Playhouse season begins as the summer weather arrives, seeing us through to October with the best of musical theatre from past and present.

However, as I began planning for this summer's artistic activities—I know my daughter Katie is not the only one in town now signing up for summer theatre camps and the other artistic happenings to be found from Portsmouth to Portland—I am reminded that Seacoast Repertory Theatre presents musicals, drama and comedy all year long. There are the other arts happenings, too, featured at our own many local galleries and shops, with musical presentations and exhibitions of paintings, sketches and sculptures.

Yes, my fellow arts aficionados, there is plenty for us to do whatever our ages

### Who's gonna be there?

Attendees scheduled to be a part of the York Public Library's Second Annual Enrichment Fair include Youth League Football, Brainwaves Learning Center, Child Abuse Prevention Council, ChildLight Yoga, Center for Wildlife, Dance Street Studios, L'Ecole de Nicole Fun with French, Girl Scout Council, Hilton-Winn Enrichment Center, Little League Baseball, Mrs. Murphy's Kitchen, Mt. Agamenticus Conservation Program, Naked Plates Pottery, Museums of Old York/Historical Society, Piano with John Swiedler, Rye Airfields, Seacoast Science Center, Seacoast YMCA, The Dance Connection, Tidewater School, Treetop Chorus, Triple G Farm, Usborne Books & More, York Strings, White Pine Farm, York Parks and Recreation and Gallant Chiropractic Wellness Center.

and tastes may be. And, for those of you with children who think your kids might enjoy taking part in activities other than performing on stage or becoming a star of the rink, field or gymnasium, there is no shortage of opportunities.

And this Saturday, Feb. 27, from 10 a.m. to noon, the York Public Library has announced it will host its Second Annual Enrichment Fair, where parents and elementary school-aged children can get a firsthand look at the many learning opportunities available from programs based right here in the greater York community.

As York Public Library Trustee Barbara Bourgoine put it in the announcement of this year's fair, “Our community is full of excellent extracurricular options for our children to get involved in—more than I ever knew existed.”

To find out more about this event—or for snow date information—call the library at 363-2818 or visit [www.york.lib.me.us](http://www.york.lib.me.us).

In the mood for an exhibit or movie? The library's your place for that, too.

### Praise showered on 'Singin' in the Rain'

Now, getting back to my theatre obsession, I was alerted to some great news in recent weeks by our friends at the



Ogunquit Playhouse—and for those of us you were fortunate enough to see last season's unforgettable stage production of that classic MGM musical “Singin' in the Rain,” this announcement will probably come as no surprise.

It turns out that the Ogunquit has received not one but TWO Independent Reviewers of New England Award (IRNE) Nominations for the show. Nominations went to Jon Peterson for Best Supporting Actor in a Musical for his fabulous re-creation of the role of Cosmo Brown—made famous in the movie by none other than the inimitable Donald O'Connor—and to Jayme McDaniel for Best Choreography.

“To stage the largest musical in our history, complete with real rain on our stage, took a tremendous team effort and we are just delighted that our good friends Jon and Jayme have been recognized for their wonderful work in our production,”

Executive Artistic Director Bradford Kenney pointed out in the announcement of the recent recognition.

There is a saying in theatre that goes something like this: “There are no small parts, only small actors.” But there was nothing small about the integral parts McDaniel and Peterson played in this production as choreographer and supporting actor. And their responses to news of their awards show how much of a family the cast of this

production really was.

If you have the Broadway bug the way I do, you'll be happy to know that the 2010 season is set to begin Memorial Day Weekend, with this year's offerings slated to include “The Drowsy Chaperone.” For more information, visit [www.ogunquit-playhouse.org](http://www.ogunquit-playhouse.org).

And now, taking a moment away from the stage itself, I would be remiss if I didn't mention that the Ogunquit Playhouse Foundation has three scholarship awards available for graduating seniors or recent graduates of Wells High School, York High School and Kennebunk High School who are planning to pursue secondary education in the arts or related fields. In addition to demonstrated interest and experience in the arts, applicants must write a two-page essay explaining their past participation and their goals for the future.

Applications, which are due at the playhouse before May 1, are available through each school's guidance department or by visiting the playhouse's Web site. For all the specifics, visit [www.ogunquitplayhouse.org](http://www.ogunquitplayhouse.org).

Jennifer Saunders is a contributing editor for the York Independent.



## COMMUNITY BRIEFS

### Wells Reserve wins Visionary Award

The Wells National Estuarine Research Reserve was recognized recently by the Gulf of Maine Council on the Marine Environment, which presented the Wells Reserve with its 2009 Visionary Award.

The Council praised the Wells Reserve “for sustained excellence in science, communication, partnerships, education, and stewardship of the Gulf of Maine ecosystems.”

“The Wells Reserve is honored to receive a Gulf of Maine Council Visionary Award,” said Reserve Director Paul Dest, who accepted the award on behalf of the organization. “It recognizes the great work and many accomplishments of our staff in the areas of science, education, and conservation. And it intensifies our commitment to protecting and restoring ecosystems around the Gulf of Maine.”

The Gulf of Maine Council cited the Wells Reserve for fostering “an environment of coastal understanding and awareness through numerous programs that have been effective in training many stakeholders in the region, and enlightening marine professionals about the scientific dynamics of estuarine and coastal ecosystems.”

The Gulf of Maine Council on the Marine Environment was established in 1989 by the governments of Nova Scotia, New Brunswick, Maine, New Hampshire, and Massachusetts to foster cooperative actions within the Gulf watershed. Its mission is to maintain and enhance environmental quality in the Gulf of Maine to allow for sustainable resource use by existing and future generations.

Each year, the Gulf of Maine Council gives Visionary Awards to two individuals, businesses, or organizations within each state and province bordering the Gulf. The awards recognize innovation, creativity, and commitment to protecting the marine environment.

The Wells National Estuarine Research Reserve expands knowledge about coasts and estuaries, engages people in environmental learning, and involves communities in conserving natural resources. The Wells Reserve is headquartered at historic

Laudholm Farm. Its work is supported by Laudholm Trust, a 501(c)(3) nonprofit organization, and the National Oceanic and Atmospheric Administration. For more information, visit [www.wellsreserve.org](http://www.wellsreserve.org).

### Camp now accepting applications

Each year more than 100 York County youth ages nine to 14 attend Vaughn Island 4-H Environmental Camp in Kennebunkport. The camp is geared toward first time and experienced campers, with special sessions to introduce younger children (nine to 11-year-olds) to the joys and skills of outdoor camping.

Many youth have made this an annual event, and have created fond memories and friendships that will last a lifetime. The camp also has a teen leader component which trains youth aged 14 to 17 to assist as counselors in training.

“This is a wonderful chance for a two- to three-night camping adventure on a beautiful island in Cape Porpoise,” said Jon Prichard, the program’s director and extension educator, who notes that the camp is quite affordable with fees from \$200 to \$240 and available scholarships. The program includes camping skills, leadership, recreation, environmental education, and community building. For 38 years Vaughn Island 4-H Camp has been helping youth develop an appreciation of the marine environment, recognizing that they themselves are part of earth’s interconnected web of life.

Directed by University of Maine Cooperative Extension (York County), the Camp is affiliated with Tanglewood 4-H Camp and Learning Center and licensed by the State of Maine.

For a copy of the camp brochure and application packet, contact the office at (800) 287-1535, or 324-2814 or download registration materials at: <http://extension.umaine.edu/york/programs/vaughn-island-4-h-camp>.

### Adult education classes are available

If you’re wondering if you have what it takes to succeed in college or it’s been a

while since you were in a formal classroom, College Success Skills at Wells-Ogunquit Adult Community Education can help you become a successful college student.

You’ll start with the application process, fill out the financial aid forms and select your classes while learning the “language” of college. Develop your reading, note-taking, test-taking and study skills. Explore your learning style and time and stress management techniques. You’ll visit local colleges and find out what will be expected of you in the college classroom.

College Success Skills starts Tuesday, March 9, 6 to 8:30 for 10 weeks. Fee: \$35, Materials: \$15.

If you need to improve your math skills to pass a college or training placement exam, or prepare for a college math class, join Math for Your Future. Generally, the basics of pre-algebra, algebra and geometry will be reviewed and reinforced. However, the specific emphasis of the topics to be covered will depend on the needs and goals of the class participants. Math for Your Future starts Thursday, April 29, 6-8:30. Class meets on Mondays and Thursdays for 12 sessions. Fee: \$39, Book Deposit: \$75.

Call the adult education office at 646-4565 or visit their Web site at [www.wells-ogunquit.maineadulted.org](http://www.wells-ogunquit.maineadulted.org) for more information, to register or request a fee waiver.

### New way to predict flooding on the Seacoast

National Oceanic and Atmospheric Administration’s National Weather Service in Gray created a new way to allow first responders to know the dangerous impacts of coastal flooding and make quicker, more accurate decisions to save life and property.

The “Coastal Flood Nomogram,” a new experimental forecast technique combines the effects of storm tides and large, breaking waves to better predict damage potential from flooding along the southwest coast of Maine and New Hampshire.

This forecast technique visually shows the combined effects of storm tides and wave heights to accurately predict the impacts of “splash-over” damage, beach erosion, and coastal flooding. It incorporates new coastal flood climatology to more accurately predict flooding and provide better decision support for emergency managers and first responders.

The nomogram was first tested in 2007 during Portland’s seventh highest storm tide in history, which produced 32-foot waves near the shore.

The Web-based Coastal Flood Nomogram animates hourly forecasts of storm tides in Portland Harbor with wave predictions using advanced computer modeling programs. The product is available through a partnership with the Gulf of Maine Ocean Observing System (GoMOOS) and is posted on their Web site twice daily at [www.gomooos.org/coastalflooding](http://www.gomooos.org/coastalflooding).

### Hospital offers scholarships for medical-related studies

The York Hospital Auxiliary is accepting applications from area high school seniors attending York, Wells, Kennebunk, Marshwood or Noble High Schools or Traip or Berwick Academies, and upon graduation, plan to attend an accredited school for study in a medical-related field. The auxiliary will offer \$9,000 in scholarships to three students (\$3,000 for each).

Applications are available in the guidance

office of the schools mentioned above as well as the volunteer office at York Hospital, or may be downloaded from their Web site at <http://newsroom.yorkhospital.com>. Application deadline is Thursday, April 15.

### Library hosts book club for middle school girls

Look in at the York Public Library on a Tuesday afternoon and you will see a group of York Middle School fifth and sixth-grade girls deep in discussion about a book they have all chosen to read.

This is the “Girls’ Point of View Book Club,” the brainchild of Library Assistant Jeanine Means and endorsed by Library Director Robert Waldman and Middle School Principal Steve Bishop.

The girls have been enthusiastic from the start. The turnout has been high and the caliber of the discussions impressive. The discussions are facilitated by four senior girls from the York High School National Honor Society, Monique Boutin, Dakota Snyder, Haley Webster, and Liz Cartier.

The group receives multiple copies of the books for the program on loan from “Mainely Girls,” a non-profit organization supported by funds from a number of Maine businesses and foundations, including the Maine Humanities Council and the Stephen and Tabitha King Foundation. All the books feature girls and women who face various issues and challenges.

“A Cinderella tale, Ella Enchanted” by Gail Carson Levine, was the first book the group tackled. The discussion was supplemented by a separate viewing at the library of the feature film based on the book, complete with pizza and snacks. Their most recent book, “Stargirl” by Jerry Spinelli, features an eccentric student who changes her high school forever. It addresses the perils of popularity, the courage of nonconformity, and the thrills of first love.

### Class of 1970 holding reunion in July

The York High School Class of 1970 is holding a reunion on Saturday, July 17 at the American Legion in York.

The organizers have been able to track down many members, but are still having difficulty locating these classmates: George Saurman, Ruth Spear, Cathy Tibets Spohrer, Polly Ward, Marcia Welch Thompson, Philip Hames, Jane Jackson Graub, Robert Olson, Melody Angers, Steve Armstrong, Donald Clark, Bill Dufresne. Those who have any information are asked to contact Edna Howell Allen, 363-5714 or John Schofield, 363-4566.

A Facebook wall has also been started. Search for “York High School Class of 1970.”

### Ocean Bank makes donation to area towns

Ocean Bank recently made two \$1,000 donations to the town of Wells Special Fuel Fund, and the town of Kennebunkport Emergency Fuel Program. The donations will help provide fuel assistance for those low-income families in Maine to help them offset fuel costs this winter.

The Wells and Kennebunkport fuel programs were established to assist local families in need when state and federal programs are not available to them, and for those who don’t qualify for general assistance, but are in need of heating fuel.

Grand Opening  
of

# York Grille & PUB

Grand Opening Week

## Special

for York Residents!

Ask your server for a

# 10% Discount

*Where good friends meet to eat*

— Drink & Meal Specials Daily —

## Happy Hour

### Buffalo Mozzarella Sticks

Buffalo mozzarella cheese coated with buffalo sauce, lightly battered & deep fried served with buffalo sauce 3.99

**4 Fried Chicken Drumsticks** 3.99

**2 Sliders of the Day** 3.99

### Loaded Potato Skins

a blend of cheese, bacon, & scallions served with sour cream 3.99

### Appetizer Sampler

3 jalapeno poppers, 3 mozzarella sticks and 2 chicken tenders 4.50

**Oven-Baked Nachos** 5.99

### Pulled Pork Sandwich

roasted pork in a light BBQ sauce on a bulky roll served with French fries 7.99

### Saturday Date Night Special

*Your choice of one of the following appetizers:*

Stuffed Mushrooms or  
Chicken Quesadilla

*And your choice of two of the following entrees:*

Lasagna with garlic bread,  
Fish and Chips, or  
Yankee Pot Roast.

Includes two desserts 25.99

### Saturday & Sunday All Day

Draft Pints 1.00

12 Oz. Prime rib with your  
choice of starch and  
vegetable of the day 10.99

## Entrees

### BAKED HADDOCK DINNER

Fresh haddock topped with white wine garlic butter and Ritz cracker crumbs. Served with your choice of starch and vegetable of the day 13.99

### LASAGNA

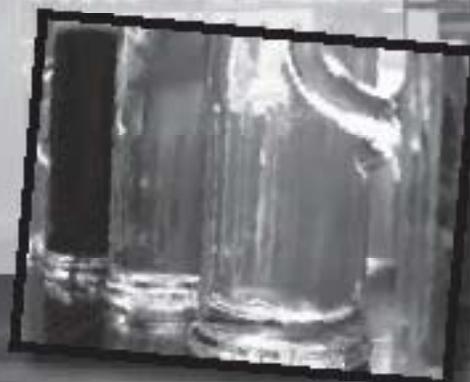
Layers of delicious cheese and meat with traditional marinara sauce. Served with garlic bread 10.99

### YORK BURGER

A half-pound of beef cooked to your liking on a bulky roll with lettuce, tomato, and onion served with French fries and a pickle 9.99  
*Add cheese or bacon 50 cents*

### NEW YORK SIRLION

Cooked to your liking and served with your choice of starch and vegetable of the day 14.99



647 u.s rt 1  
York, ME 03909  
(207)361-4120

# LETTERS

The York Independent welcomes letters on local issues of reasonable length. We reserve the right to edit letters for style and sense, and to reject letters judged unsuitable for publication. Send your letters to us via e-mail at [editor@yorkindependent.net](mailto: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.

## How about a “town hall campus?”

To the Editor:

Let us give thanks that at last the Town Hall will be rejuvenated. It’s a fine building in an appropriate location. It has not only a location but a presence in the center of our town—just where Town Hall should be.

It would seem there might be possibilities for making a “campus” around the Town Hall to relieve the congestion that is within the building. The “Ice House” on Woodbridge Road, as it was called, is now standing idle, for sale and quite near by. Could this be used as an “Annex” to the Town Hall where a whole section of business could be housed comfortably? I assume it is for sale but maybe, as it has not been sold, it could, perhaps be rented.

The Old Methodist Church across from the bank now belongs to the hospital who might be interested in renting the lower floor for another “Annex” to the Town Hall, which would relieve the congestion at the Town



Hall.

Either one of these locations would be a possible place to put some of the important town businesses—even if only the time the Town Hall is being rejuvenated.

Someone could certainly put all those voluminous records on a compact disk so space would be less of a problem. Hopefully these suggestions could save the town money

and also put some people to work and save the look of our center of York, keeping everything close at hand.

We could also sell the land behind the cemetery and have some additional money for these projects.

The current owners of Coventry Hall have expressed an interest in purchasing back the land which we, the town, purchased from them.

They would be good stewards of their property and be delighted to have the property for their own use.

*Cynthia H. Raymond  
York*

## GUEST OPINION

### YORK ENERGY COMMITTEE UPDATE

Greetings from the York Energy Steering Committee. The last time we wrote to you in the summer of 2009, the committee had just been formed. We’ve done quite a bit since then and thought it was time to bring you up to date.

You may recall that this is a town committee, formed exclusively to investigate the amount of greenhouse gases that are emitted by municipal and school buildings and to advise selectmen on how best to reduce those emissions.

The town hired an intern to gather data about energy use in these buildings. They then sat down with the data and ranked them according to the amount of carbon dioxide emitted per square foot

It was felt this was the fairest method to use, because while some buildings are bigger and may consume more energy, they may be more efficient overall as compared to other buildings.

The “top 15” emitters, therefore, are as follows: town hall, police station, senior center (although station and center are in the same building, we broke each down separately), school administrative offices, village fire station, public works garage on Chases Pond Road, the public works garage on Rogers Road, Coastal Ridge Elementary School, the library, Village Elementary School, middle school, high school, Grant House, York Beach

fire station, and the public works landfill.

The next step is to hire an energy auditor to drill down into the data and tell us and the board of selectmen how we can best use the money appropriated by the town last year to make energy efficiencies.

“Hot off the presses,” we just learned on Feb. 12 that we were successful in applying for a \$10,000 grant from the state to help defray the cost of future data collection.

Members of the committee are meeting with the selectmen in March to go over the data and review a draft “request for proposals” from auditors.

It is our hope that we will be able to put the work out to bid shortly thereafter, with the auditor hired by April.

We’ll keep you informed as we continue this process. If you have any questions, please contact any of the members: Jeff Beaudoin, [jeffbeaudoin@gmail.com](mailto:jeffbeaudoin@gmail.com); Clark James, [trees@maine.rr.com](mailto:trees@maine.rr.com); Deborah McDermott, [phagain@gmail.com](mailto:phagain@gmail.com); John DeStefano, [johnd@destefano-associates.com](mailto:johnd@destefano-associates.com); Wayne Boardman, [YorkCO2@wboardman.com](mailto:YorkCO2@wboardman.com); Zak Harding, [zharding@yorkschoools.org](mailto:zharding@yorkschoools.org); Phyllis Newman (alternate), [pznewman@msn.com](mailto:pznewman@msn.com).

*The above was submitted by Deborah McDermott on behalf of the committee.*

## GUEST OPINION

### HARVESTFEST COVERAGE DISTORTED

*This commentary was submitted by the board of directors of the Greater York Region Chamber of Commerce.*

Several recent articles and editorials published by the Portsmouth Herald, The York Weekly and The York Independent have been riddled with misinformation and distortions about Harvestfest 2010, and we feel it is time to set the record straight on this issue.

We have been available to answer any and all questions posed by the reporters and editors of these papers. When we do so, we feel our responses have been slanted in an effort to increase the perceived “controversy” surrounding Harvestfest to make the issue as newsworthy as possible. Without conflict and controversy there is not an “inside scoop” to get, nor an article to write about it.

Unfortunately, as long as conflict is maintained, cooperation and constructive dialogue concerning the opportunities this change can provide cannot begin to flourish.

Nothing could be more transparent than the decision to move Harvestfest from the overcrowded village setting to the beach. Half of the Harvestfest celebration has been located at the beach for the past five years, so it’s not a new idea. The other half of Harvestfest—the food tent and the juried crafters which are the parts we managed in the village—will be moving there this fall to make a safer, more pedestrian-friendly event. It couldn’t be simpler.

There is no conspiracy, no master-minded effort to steal business from the village to give to the beach, as comments in previous newspaper articles would have you believe. York Beach businesses may choose to take advantage of the additional foot traffic in the area, or they may choose not to. Since the York Beach venue has been in place for years, the chamber board did not consider business expansion in that area as a basis for the decision to move certain events there. By the same token, the board felt the increased availability of parking and the elimination of traffic gridlock in the village was perceived as an opportunity, not as a threat, to village businesses.

There is no intent to make Harvestfest as big as the Hampton Seafood Festival, where their food tents alone take up three city blocks! Our decision was simply a matter of public safety and it addresses the challenge of successfully managing the logistics of a large outdoor festival. Harvestfest over the past few years has attracted too many people who were squeezed into too small a space. Plain and simple, Harvestfest has suffered from growing pains that required us to find a remedy if the event was going to survive for another 25 years.

We are following the process the town has established for reviewing public events through the special event permit, just as we have every year—there’s nothing new here either. Once we have ironed out the logistics of the event and it has passed the muster of the town of York department heads as required, we will submit our Special Event Permit application to the town manager for approval by the board of selectmen.

We’re not hiding anything—as in past years, we’re working to make sure we have a plan that will work before submitting it for final approval. This is the same process every organization has to follow. Historically we have submitted our special event permit request in September and it has been accepted without any problem.

Our spokesperson, Cathy Goodwin, has been the target of intense criticism following the announcement that certain events would move to the York Beach venue. These criticisms are unfounded. We want everyone to know that she had no vote in the matter; in fact, she only lent her support to the proposed change after several internal meetings took place to address all of the issues surrounding the move. It was the board of directors who voted unanimously to make these changes. It is now her job to support our decision in a positive and constructive way and we are pleased with the way that she has done so.

A fact that has attracted little media attention is that we have been working with representatives from the village merchants and the First Parish Church to find appropriate activities that would fit into the village infrastructure. And we have developed ideas for the other weekends in October so that many different types of groups can benefit from a focus on the entire Town of York.

The mission of the chamber is to promote the prosperity of the region, and we do that by facilitating economic activity for our business and non-profit communities. Events are one way we achieve this mission. Plans are being formulated for an

“Plain and simple, Harvestfest has suffered from growing pains that required us to find a remedy.”

Artfest, Brewfest, and Kidsfest activities. We certainly do not have an exclusive hold on these weekends, as the papers suggest! The development of these activities is an open-ended process, just as Harvestfest has been for 25 years. If

a group or organization wants to participate by adding events, more the better! We don’t want to do it all—we can’t do it all!

What is our plan for 2010? It is to once again host southern Maine’s premiere fall festival—the 26th annual Harvestfest in York. We will have great fun like we always do, and so will all the participants, whether they are vendors, visitors, or natives! We will continue to collaborate on ideas, and support our merchants and non-profit groups. It’s what we do.

The chamber door is always open, so please stop by if you have any questions. Or you can reach us by calling 363-4422.

*Submitted by the following members of the York Chamber of Commerce board of directors: Chris Kehl, chairman; Jeff Pelkey, vice chairman; Dawn Fernald, Dr. Nancy Flolid, Phil Lusty, Elaine Morgillo, Jennifer Thibodeau, Jim Gavin, Steve Sanborn, Mike Lassel.*

Editor’s note: *Chamber officials have not brought any factual errors to our attention regarding our reports on the Harvestfest controversy. The York Independent stands by its coverage.*

## COVER STORY

# GETTIN' DIRTY

YORK EXPERTS SHOW  
HOW TO GROW THIS  
YEAR'S GARDEN

PAGE 9

By **SUSAN KING**  
The York Independent

As a writer, you're supposed to write what you know. So imagine my horror when it came time to write about gardening, as I have managed to kill every plant that has entered my home.

Last year, while living in Tennessee, I made a valiant effort to grow lettuce in a garden at the community center where I was working at the time.

I got the necessary seeds at a nearby farmer's market. I thought for sure they'd have to be better than run-of-the-mill garden center seeds. Then I got a shovel and got to work.

I dug, seeded, watered, and repeated—watering, that is.

Every day, I'd go out to the small, somewhat shaded plot with a water bottle and check to see if the soil was dry and would pour some water on the seedlings and hope that next week I'd see some growth.

The weeks ticked by and a few months and countless headaches later, what had grown out of the ground was pathetic at best.

After a failed resuscitation mission that involved chemicals that probably shouldn't be near anything edible, the result was little more than completely wilted and dead leaves. I admitted defeat, went to the Piggly Wiggly, and bought lettuce.

With two years between me and the epic failure, I am determined to grow something this year, be it a flower or a tomato.

To learn where it all went wrong, I talked with a few experts in the York area. They shared tips and suggestions for starting flower, vegetable and herb gardens.

After winning the battle against the frozen and canned, fresh veggies are back in style. And with soaring food prices, climate change fears and an increasingly eco-friendly population, vegetable gardens are making a comeback.

Thinking of starting one yourself? I've been told that it's easier than I made it look.

## How does your garden grow?

David Bridges, owner of Coastal Landscaping and Garden Center, Inc. in York and Peter Farley of Jo-Ann's Gardens in Wells both shared tips for setting up the perfect garden.

Fertilizer, water and preparation are the most important facets to a gorgeous garden, Bridges and Farley agreed.

"You can start preparing your garden in the fall, a year ahead of schedule, or as early in the spring when the soil has dried enough so you can till it," Bridges said.

To prep the garden, you need to use the proper fertilizers and compost. Bridges recommends an organic fertilizer such as Espoma and Coast of Maine, two products that he has used himself and had great results with.

The most important part of fertilizing, Bridges said, is getting it on the ground early enough.

"You have to let it sit in the ground for two weeks to a month so it can break down and be readily available for the plants to grab when they're planted," he said.

But before you start putting down fertilizer, it's important to plan. Don't expect any plant to just grow anywhere. Give it some thought.

Your first thought should be location: not a lot of vegetables will grow in the shade, Bridges said. Sun is a veggie garden's best friend.

Draw a map, to a scale, of the ground that you have to work with. Keep in mind that you will need paths, borders and some space between rows.

Next, figure out what you want to grow. There is no standard as to the vegetables that need to be in your garden. Don't like squash? Don't grow it. Bridges said the list is endless as to what will grow in direct sunlight during the summer in York.

To be sure, check the seed packet, which will generally give directions as to how to grow the individual plant.

Flowers and vegetables bloom and ripen at different times throughout the season, which is important to keep in mind. Consider choosing a few early, mid-season and late vegetables so you have a constant supply of them.

After choosing the veggies you want to grow, do a little research and learn the particular characteristics of each plant.

A distance of 20 inches between the rows is ample for most vegetables in a carefully managed home garden. Tall peas, tomatoes and corn should be allowed at least 2 to 2½ feet and should be staked for best results. The proper thinning out of all kinds of vegetables is recommended. Don't allow root crops to crowd each other in the row. Thin out radishes, beets, onions, turnips, etc., to stand about from 2 to 4 inches apart in the row, according to variety. Beans will yield more and better pods if plants stand 4 to 6 inches apart in the row.

As to the actual location of the different rows and crops, these are good rules to follow:

If the land runs east and west, the taller plantings should be on the north, so that the light will not be shut off from the lower growing vegetables. Corn grows so much taller than anything else cultivated that it should, if possible, be placed in back.

Cabbage and cauliflowers grow at about the same height, and may be planted side by side and given the same treatment. Tomatoes can follow potatoes, and so on in the order of height up to the front of the garden.

## Grow yourself a seacoast flower garden

There's nothing like fresh-cut flowers, but it takes planning and patience and attention to detail to grow them yourself.

"Building a flower garden is like building a wall," said Peter Farley, co-owner of Jo-Ann's Gardens in Wells. "If you don't build the base right, the wall's not going to be built right."

Building a solid base can be a challenge in York and area towns, because of the amount of sand found in the soil. The water table can also be a factor, with some parts of town closer to the ocean prone to flooding.

To establish a garden—whether it's flowers or vegetables—the soil needs to be dry enough, Bridges said.

To build the base, Farley recommends a mix of soil and compost in a flower bed to offset the sandy, gravelly backfill that is generally found close to the Seacoast. After you develop a good base of soil, you can get the roots started for the plants and start fertilizing and using a spray fertilizer, like Miracle Gro, every couple of weeks.

For fertilizer, Farley said a slow-release formula, like Osmocote, is excellent because it releases nutrients into the ground every time it's watered.

With a solid base, good fertilizer and regular watering, Farley said there's very little you can't grow in gardens...even in a climate like Maine.

"A mixed garden with petunias, marigolds and begonias creates gorgeous color from the time you plant it through fall," he said.

York's climate and proximity to the ocean has very little effect on growing power, other than requiring more soil and fertilizer to make a strong base for flowers. Most annuals, which include popular varieties like marigolds and impatiens, like indirect sunlight rather than direct, so be sure to find a somewhat shady spot for the plants.



DAN SZCZESNY PHOTO

Watering cans at Coastal Landscaping in York hang in waiting for garden season to blossom.



DAN SZCZESNY PHOTO

David Bridges prepares for the upcoming garden season in the Coastal Landscaping greenhouse.

To form the garden, the best way to make sure that all the flowers are visible is to arrange the tallest ones in the back with the smaller plants in the front. If you want to create a garden that is meant to be viewed from all angles, simply put the tallest plants in the center with the smaller ones creating rings around the center.

As for maintenance, there's no "one size fits all" approach. Each flower has different needs as far as watering and sunlight are concerned. However, Farley said a little common sense can go a long way.

If the soil is dry, water it," he said. "A lot of flowers will also just kind of look dull when they need water."

To make gardening even more of a seemingly daunting task, over-watering can be just as much the kiss of death as a lack of water.

It's important not to drown the flowers, when the soil gets too water-logged, the plants can just stop growing."

For most gardens, the optimal amount of water from rain or watering is an inch every

week, but many established plants can easily weather short periods of dryness, which is not a huge concern in York.

Give infrequent but generous waterings, about an inch once a week and avoid frequent shallow waterings, which only encourage roots to stay near the soil surface. The more deeply rooted your plants, the more resilient they'll be in a dry period.

But before you get the hose out, it's important to keep a few things in mind.

A sprayer nozzle is great for washing the car, but practically useless for garden watering because it can gush a high-pressure jet that flattens plants. It's also impossible to stay in one spot long enough to deliver enough water to penetrate the soil to the roots where plants take it up. Instead, for watering the garden, you're better off to set up a sprinkler

to run for a period of time.

In addition, there's also the fact that a hot afternoon is about the worst time to water because a lot of the water evaporates in the

heat.

The best time for is early in the morning or in the evening. In the heat of the day—between 10 a.m. and 6 p.m.—the sun and ocean breeze, mixed with salt air, can quickly evaporate a significant quantity of water. Overhead watering with a sprinkler is best done in the morning so that leaves can dry off through the day. Foliage that's frequently wet overnight creates the perfect environment for fungal diseases.

You've planted, watered and the flowers have bloomed and are now looking a bit brown. It's time to deadhead.

Deadheading means removing flowers that are fading or have finished blooming. Many perennials, day lilies and bearded irises, for example, have ugly brown floral remains and will look much better if you remove them.

When flowers are pollinated, they form seeds, which cost plants energy. By preventing seed formation, you can direct energy toward new flowers, and more leaf and root growth.

Because true annuals are programmed to die after they produce seeds, regular clean-up of old flowers will prolong blooming, so be

“A lot of flowers will also just kind of look dull when they need water.”

## Nurture that green thumb by joining the Old York Garden Club

The Old York Garden Club was established and federated in 1932 with Edith Burbank Junkins serving as the first president

Now led by president Sherry McConnell, the club has more than 100 members. At this time, they maintain 18 areas in the community, including the monument area in the center of town, and a traffic island at the end of Southside Road.

The goals of the club are to stimulate knowledge of garden-

ing and to aid in the protection of trees, plants and birds.

Anyone visiting York can readily see evidence of an active garden club and McConnell said that York has some fantastic gardens throughout town.

A couple of events are on the schedule this year for the club including the annual flower sale at the end of May and a flower show in the fall. In the summer of 2009, the club held its bi-annual open gardens, with the next one slated

for the summer of 2011.

Community service plays a large role in the activities of the garden club.

The club awards scholarships to second-year college students who pursue courses in horticultural-related studies. Contributions are given yearly to charitable organizations that deal with environmental issues, notably Center for Wildlife, York Land Trust, York Rivers Association, Conservancies, and others.

On Wednesday, April 14, the garden club will host a meeting open to the public at 1 p.m. featuring award-winning floral designer Mary Huntoon, who will give her "Spring Fling" demonstration. Her designs have appeared in many standard flower shows, including the New England Spring Flower Show and the Newport Flower Show.

Want to learn more? Visit [www.oldyorkgardenclub.org](http://www.oldyorkgardenclub.org).

—Susan King

## WHAT TO DO & WHEN TO DO IT

Need help figuring it out? Check out the April-to-June to-do list of David Bridges of Coastal Landscaping.

### In April:

- Late March and early April are the best times to prune deciduous trees.
- Cut back ornamental grasses and other winter standing perennials.
- Clean leaf litter in garden beds.
- Spread lime.
- Apply dormant sprays to appropriate trees shrubs, and vines.
- Sow seeds indoors.
- When soil is workable test for acidity and nutrients.
- At the end of the month it is usually warm enough to begin planting bare root trees and shrubs.
- Visit your local garden center for inspiration.

### In May:

- Continue planting bare root trees and shrubs.
- Divide late blooming perennials.
- Direct sow cold tolerant seeds such as California poppies, lettuces, and members of the pea family.
- Start indoors fast growing vegetable seedlings such as cucumbers (best if sowed in peat pots).
- Later in month begin to harden off seedlings.
- Work compost into garden beds.
- Sprinkle slow release fertilizers to perennials, trees and shrubs.
- Plant cold-tolerant annuals such as pansies, osteospermum and stock.
- Plant balled and burlaped trees and shrubs and container plants with established root systems.
- Feed nesting birds.

### In June

- Sow wildflowers and all other seeds outdoors.
- Purchase and plant annuals for containers and beds.
- Continue to plant trees, shrubs and perennials. Water plants deeply each week.
- Weed asparagus and strawberry beds.
- Set out remaining heat loving vegetable transplants such as tomatoes and peppers.
- Fertilize lawns.
- Divide and or transplant spring blooming perennials.
- Label areas for planting more bulbs in the fall.
- Feed roses.
- Apply fungus control to prone plants such as fruit trees, roses, grapes, phlox and monarda (best to apply before fungus appears).
- Apply slug control, particularly after rainy spells.

sure to clear away any dead flowers.

Mid-summer, it's time to do a flower bed tune-up after heat, sun and a lack of water have left your plants battered and a little worse for wear.

Treat your flower beds to a thorough weeding, cut back plants that don't look good, deadhead finished flowers, and fill gaps with fresh new plants, or pop a container into that bare spot.

**Spice up your life with an herb garden**

When growing herbs, location is key. Some like it sunny and dry, while others prefer filtered sunlight and moist soil. It's best to match seeds with the site.

But the best part of herb gardens is that they can be mobile and grown just about anywhere and there's a solution for any location. If your patio is the only sunny spot, set out herbs in large pots. If your yard is all sun, try planting shade-loving plants east of taller varieties like sunflowers. The tall plants will generate shade for the smaller ones.

Lucy Clarke, manager of Wild Iris Herb Farm, said plants like basil, chives, dill, oregano, rosemary, tarragon and thyme prefer full sun while chervil, lemon balm and mint prefer partial shade.

Because herbs can be grown inside or outside, in pots or in the ground, Clarke said there is no herb that can't be grown in York. Most herbs, however, can be grown in the ground as long as moisture and sunlight are taken into consideration.

How much should you plant?

Many people are surprised to learn how much a single plant can produce a single rosemary or tarragon plant will satisfy most culinary needs."

If you plan to freeze or dry herbs for the winter, take that into consideration. It might take a dozen basil plants to generate a year's worth of pesto.

Some plants, including basil, chives, lemongrass, parsley and thyme, do best with seeds started indoors. Others, including mint, rosemary and tarragon, do better when propagated from cuttings (bought as plants).

When starting seeds, note the germination requirements, including soil temperature. Once seedlings appear, make sure they have ample air circulation, sunlight and humidity. To increase humidity, mist the area with a

spray bottle. And be patient...some plants take several weeks.

As soon as your plants bear a couple sets of leaves, thin them to the proper spacing distance. To see how much space each plant needs, consult your supplier. Roots need room to gather food and water, and overcrowded plants will go hungry.

Seeds should stay indoors until your frost-free date, which will vary by region. In York, May 15 is the recommended date.

When it's time to transplant, it's a good idea to "harden" your seedlings. Gradually move the seedlings or transplants outdoors so they have time to adjust to new temperature, wind and light levels. If possible, transplant on a cloudy day or in late afternoon. Special

boxes and plastic tunnels are available for hardening seedlings. Check with your supplier for additional tips.

Remember to water and weed early and often. When you water, saturate the soil thoroughly and make sure there's ample drainage. Watering deep allows plants to grow strong

roots. Weeding keeps your garden clear of competition and makes it look more attractive.

When plants are several inches tall, you might consider mulching. Mulch deprives weeds of the light they need to grow. Leave a circle of soil bare around the base of each plant to prevent mulch-loving pests like slugs and snails from taking over.

Few plants can survive winter temperatures in Maine. If you've grown the herbs in pots, simply bring them indoors. If you've grown them in the garden, dig them out and plant them in pots that are 2 inches wider than the root ball. Many plants will thrive in a window that gets a few hours of sun each day or when placed under fluorescent lamps.

Want to preserve the herbs you grew over the summer for winter soups and stews?

It's simple to make herb cubes in the freezer.

Chop up your herbs and place them in ice cube trays, then cover with water and freeze. To preserve the color and flavor, use boiling water to fill the tray (this blanches the herbs). Some herbs, like cilantro, keep better when frozen in oil. Mince the herb in a food processor, then introduce olive oil until you produce a fine puree. Pour into ice cube trays or bags and freeze.

“Many people are surprised to learn how much a single plant can produce.”

**AREA NURSERIES, GARDEN CENTERS**

You need the basics to start a garden. Try these places in the York area for seeds or advice. And if you know of others, let us know, too!

• **Coastal Landscaping and Garden Center, Inc.**, 941 Route 1, York; 363-6202

• **Wild Iris Herb Farm**, Kingsbury Lane / Route 91, York; 363-4153

• **Jo-Ann's Gardens**, 708 North Berwick Road, Wells; 646-7020

• **Moody's Nursery & Garden Center**, 82 Ferry Road, Saco; 284-7233

“Clarke said there is no herb that can't be grown in York.”



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DAN SZCZESNY PHOTO

Carol Bridges tends to a variety of plants, including non-native potted cacti, being nursed through the long Maine winter in the Coastal Landscaping greenhouse.



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## ART

# A STUDENT OF BEAUTY

For Doug Taylor, painting is a key part of life

By **SUZIE GOODWIN**  
The York Independent

Every artist approaches his or her art differently. For Doug Taylor, being an artist “is more than just applying paint to a canvas—it’s a lifestyle.”

At first I wasn’t sure what he was trying to say, but as he continued to talk, I began to understand.

Taylor moved here from Boston about 16 years ago with his partner. They had wanted something more than apartment living and, after coming to Cape Neddick to visit a friend, they knew they had found that it. The property they bought had been overgrown and needed some work, but they were thrilled. Some of that work included a beautiful garden which they then opened to the garden club, local church groups and even hosted a fashion show.

They fell in love with the community and opened their hearts and home to it. He believes that if you put kindness out there, people will respond to it. He tries not to waste any energy on negative thoughts or attitudes.

In addition to the gallery he has over his

garage, Doug is part owner of the gift shop in York Village called Beyond the Sea. The shop opened about four years ago. Before the little gift shop opened, he had owned floral wholesale business in Boston for over 25 years.

He’s been painting for more than 30 years. He won his first art contest when he was in 9th grade. He smiles at the memory and says “it’s a different kind of validation than when your mom says—oh honey that’s beautiful.”

And something tells me he values what mom says, as he calls her at least every other day. (I hope my boys are reading this.)

Doug describes himself as a “student of art.” He loves to look at it, own it, talk about it and create it.

The best part of the process for him is when he envisions the image he wants to paint. Something will grab his attention and he’s inspired. Sometimes he gets lost in the process; time passes—the painting takes on a life of its own.

“An artist combines his vision and his technique in order to convey to another person what he sees. It’s more than just recording what you see. It’s how you feel about what you see.” He finds inspiration in his surroundings and loves to combine the

“It’s more than just recording what you see. It’s how you feel about what you see.”



SUZIE GOODWIN PHOTO

Cape Neddick-based artist Doug Taylor with some of his work.



An winter scene oil painting created by Doug Taylor.

things that are beautiful to him. He loves to paint his familiar surroundings. There were many scenes paintings of his home, garden and of the yard in his gallery.

Because of his passion for flowers, I expected some floral prints. But the studio was filled with landscapes. Doug prefers a larger viewpoint and enjoys the contrast between sharp and soft. Most of his paintings reflect nature with a little mankind and how they live together. Painters have the ability to tweak the visual; often he’ll inject himself, or someone he cares about, into the scene.

His approach to each picture is unique—different. He never gets bored but admits he does sometimes get frustrated. It can be difficult to get translate what you see from three dimensions into two.

His instructor, from the Rockport School he attended right after high school, had told him to always have more than one painting going at a time—that way if you get frustrated you have somewhere to turn to. These days, Doug usually has five to eight paintings he’s working on. And because his medium is oil, he can go back and rework them until he’s happy with them.

He’ll play with the shadows and light un-

til he gets it the way he wants it. Even when he thinks the painting is complete, he may go back months later and add something.

Although Doug is content with his life, like most of us, he’s had his share of sorrow and heartache. During one of those times he had turned inward, journaling every day and finally rediscovering himself. He now has a greater appreciation for life, love and family. There’s balance once again, and his garden is back in bloom.

As an artist and a person, he’s always trying to improve and considers himself a student rather than a painter. His advice to those of us who are struggling artists? Put your all into it, do the best you can do, and keep your mind open to new instruction. York is a great community filled with artists, and you don’t have to look very far to find help.

For Doug, being an artist is lifestyle . . . I see that now.

*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.*



SUZIE GOODWIN PHOTO



SUZIE GOODWIN PHOTO

A vibrant scene captured in oils by artist Doug Taylor.

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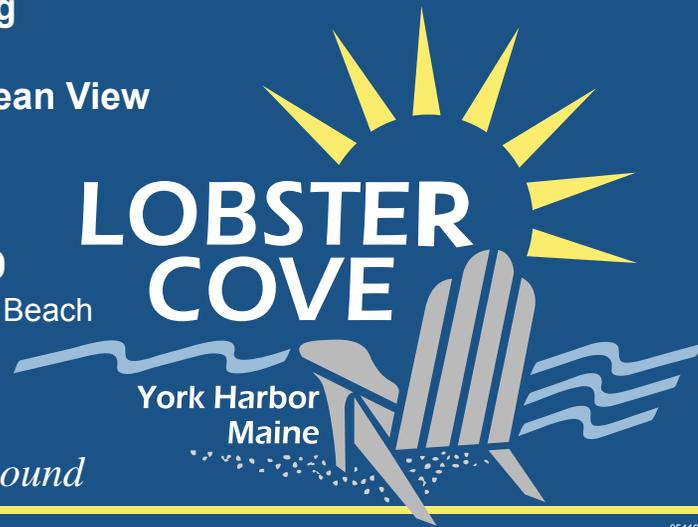
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SUZIE GOODWIN PHOTO

York photographer Audrey Gottlieb will present her work at the Stage Neck Inn in York Harbor on Saturday, Feb. 27. Her photos are also on display at York Hospital.

## ART

## Local gal, worldwide vision

Photographer Audrey Gottlieb seeks out images of diversity

By SUZIE GOODWIN

The York Independent

Our nation is truly a melting pot of a countless number of cultures from all over the world. I'd like you to meet a woman who has worked a lifetime to capture this diversity. Her name is Audrey Gottlieb. Audrey, a York resident, speaks four languages but she is heard most clearly through a fifth—her photography.

Audrey Gottlieb has had the opportunity to travel through most of her life and has an extensive body of work from her travels. She will be presenting at an upcoming luncheon sponsored by the International Women's Club of New England (based in Cape Neddick) to be held at Stage Neck Inn on Saturday, Feb. 27 at noon.

I had bumped into her a few times at the York Art Association, and we had talked. She was quiet and unassuming and passionate about photography. Now add humble to the list...who knew she was so deep? She laughed and said she gets that all the time.

For Audrey, culture and diversity is more than a fascination—it's almost an obsession. From her quiet childhood on the New Jersey shore to her exciting post with the United Nations peacekeeping effort in Cyprus.

Audrey fell in love with photography when she was a little girl. Her mother had a friend with a darkroom—and there in the dark sparked the start of a lifelong pursuit.

Her desire to travel came a little later, when she took her first trip to Europe during her junior year in college. Then her camera was a point and shoot.

She graduated from college with a degree in French, moved to Boston, and taught in the public schools. During one summer break she decided it was time for another trip to Europe—this time to Greece. As a child, she knew several Greek families and had felt very close to them.

She ended up staying there for several years. When she finally returned to the States, she got a job with the U.N. and moved to Queens.

By this time, her love for ethnic cultures had taken root. She felt compelled to capture the diversity. For 22 years, she experienced and lived among this with her camera in hand.

During her work at the U.N., she was sent to Cyprus for four years. She loved Cyprus and spending time with the troops. It was there that she began to perfect her technical abilities with the camera and in the dark room. The troops had darkrooms and she spent much her time there.

She shot mostly film—black and white, and slides—but now shoots digital. She uses the 35mm format because of its ease. She eventually left the U.N. to work fulltime as a stock photographer.

York is a long way from Queens and New York City, but it's now her home. Audrey loves it here; loves the nature and the beaches. Smiling, she says “I'm a fish and a true beach bum.”

“I'm a fish and a true beach bum.”

She decided to move to York after many years of camping in Cape Neddick. She had also visited Maine to attend workshops in Rockport.

She's not sure what's next, but plans to inventory her archive are on her list. My guess is that's going to take some time. Her apartment is filled with large colorful prints, boxes of enlargements and notebooks of slides and negatives storing her life's work.

She still spends most of her time working on her art, learning to market better in this new era of technology. She's not sure what her next project will be, but hinted it may include some of the agricultural culture of Maine.

In addition to presenting at the Stage Neck Inn, a collection of her hand-colored pieces are currently on exhibit at the York Hospital. She will also be teaching a class for photographers through the Kittery Adult Ed department. For more information about Audrey visit her Web site at [www.audrey-gottlieb.com](http://www.audrey-gottlieb.com).

*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](mailto:editor@yorkindependent.net).*

## EAT HERE

## A weekly column about local food

By SARAH GRANT

The York Independent



although donations are always welcome.

The association, along with the Maine Tree Crop Alliance, the Maine Seed Saving Network, and Fedco, will host the

11th annual combined Seed Swap and Scionwood Exchange (Scionwood are the cuttings from fruit trees for grafting onto another tree), in MOFGA's Common Ground Exhibition Hall in Unity. For gardeners and orchardists, it's like the most wonderful flea market in the world. Not only that, but most of the best stuff is free! Bring any seeds, scionwood, or cuttings you have to share freely with others. Last year, the meet gave away scionwood from well over 100 fruit varieties. For more information, call MOFGA at 568-4142.

• **Wine and dine in York Harbor:**

The York Harbor Inn, Coastal Route 1A, York Harbor is having a Burgundy wine tasting dinner on Saturday, Feb. 27, featuring Guillaume Suss of Albert Bichot. What's on the menu? **Hors d'oeuvres:** Tomato Chevre Tartlets, Roquefort & Pecan Toast, Albert Bichot Macon Village Clos L'Eglise 2008. **Appetizer:** Escargot in Puff Pastry, Parsley-roast garlic butter, Chablis Domaine Long Depaquit 2006.

**Salad:** Apple Walnut & Watercress, lemon Dijon dressing. Entrees: Duck Breast, Fig Sauce, truffled potato puree, Rully Blanc 2007, Beef Bourguignon, Bourgogne Pinot Noir 2006. **Dessert:** Apricot Almond Tort, vanilla cream, Cremant De Bourgogne Brut NV. It's at the Yorkshire Ballroom, \$49.95 per person. Reservations required, call 363-5119.

• **Red hot mixer:** KitchenAid is celebrating its 90th anniversary by re-issuing a limited edition of a retro-looking, bright candy apple red stand mixer with an uber cool glass(!) mixing bowl that not only allows you to measure with markings on the bowl, but go in and out of the microwave at will (Think: softening butter at the last minute before creaming.) Optional attachments give you culinary super powers that KitchenAids are famous for: pasta making, meat grinding and sausage stuffing. Not only that, but it just looks awesome on your kitchen counter when it is doing nothing at all. Pricy at \$399, but may be worth it. Check out details at [www.kitchenaid.com](http://www.kitchenaid.com).

• **Over in Dover:** Spend an evening sampling great food from some of Seacoast's best restaurants at the Seventh Annual Taste of Dover on Thursday, March 4 at 5:30 p.m. at the Millworks Café in downtown Dover. This year's Taste of Dover “Goes Green” with Spirits of the Rainforest. The event will showcase more than 20 restaurants and entertainment from Garrison Players. It's \$30 per person and tickets will not be available at the door. Contact [director@dovermainstreet.org](mailto:director@dovermainstreet.org) to get tickets.

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

• **Buy direct from the farmer/fisherman:** Do you like to eat lots of fresh vegetables and try new things? Do you want to support a local farm and get to know the people who grow your food? Seacoast Eat Local will be hosting a CSA + CSF Day at their upcoming Winter Farmers' Market on Saturday, Feb. 27, at the Wentworth Greenhouses in Rollinsford, N.H.. Residents will have the opportunity to learn more about CSA (Community Supported Agriculture) and CSF (Community Supported Fisheries), meet the farmers and fisher folk offering shares, and sign up for the 2010 season. Fifteen CSA farms are signed up to take part in this event.

This is a terrific way for people to get a steady supply of local food directly from the producers. Community Supported Agriculture is a partnership between consumers and farmers in which members buy shares of the farm's harvest and receive regular allotments of food throughout the growing season.

For farmers, this provides much-needed cash flow for the beginning of the season, as well as a ready market and community of supporters. Shareholders join in the risks of the growing season but reap the benefits of the harvest. Community Supported Fisheries (modeled after CSAs) are a way to buy seafood directly from fishermen, and support our local fisheries by purchasing seasonal shares.

Each CSA and CSF has its own pricing structure and distribution schedule, and some farms have work requirements. Sign-ups for CSA and CSF shares often begin in February by directly contacting the farm or sponsoring fishery. A list of CSA farms in the Rockingham, Strafford, and York counties is available at Seacoast Harvest, [www.seacoastharvest.org](http://www.seacoastharvest.org), an online guide to local food sponsored by Seacoast Eat Local.

Participating farms and fisheries include: Brookford Farm, [www.brookford-farm.com](http://www.brookford-farm.com); Connolly's Organics; Eastman's Local Catch, [www.eastmansfish.com](http://www.eastmansfish.com); Farmer Dave's CSA, [www.farmerdaves.net](http://www.farmerdaves.net); Heron Pond Farm, [www.heronpond-farm.com](http://www.heronpond-farm.com); Meadow's Mirth, [www.meadowsmirth.com](http://www.meadowsmirth.com); New Roots Farm, [www.newrootsfarm.com](http://www.newrootsfarm.com); Riverside Farm, [www.riversidefarmstand.com](http://www.riversidefarmstand.com); Riverslea Farm, [www.riversleafarm.com](http://www.riversleafarm.com); and many others.

More information about CSA + CSF Day can be found at [www.seacoateatlocal.org](http://www.seacoateatlocal.org). The site also provides details about Seacoast Eat Local's series of Winter Farmers' Markets, including a list of the 35+ other vendors you can expect to see at the Feb. 27 market in Rollinsford. Wentworth Greenhouses is located at 141 Rollins Road, Rollinsford, N.H., a mile past Red's Shoe Barn in Dover.

• **Organic seed exchange:** If you want to attend a Maine seed exchange, plan to attend The Maine Organic Farmers and Gardeners Association (that's MOGFA for short) Common Ground Education Center in Unity on Saturday, March 27 from noon to 4 p.m. There's no admission charge,

# IT'S PRUNING TIME

How to rejuvenate heirloom apple trees rooted in colonial days

By SARAH GRANT

The York Independent

They grow and survive everywhere near here. I see them in the fields of antique farms, on the edge of the woods and even along Route 1, especially in Cape Neddick. They are gnarled and sometimes covered in suckers and vines from decades of neglect. They have grown so many overlapping branches and whorls that they are almost unrecognizable as apple trees.

Some of these trees are daughters or granddaughters from the rootstock of our original apple trees. Some of them are volunteers that sprang from apple cores pitched to the side of the road long ago. Sadly, each September and October their fruit rots on the roadside as we speed by on our way to York Corner to buy the nearly flavorless, unremarkable apples at the super.

However, these old apple trees are a great, untapped (or shall I say an un-pruned) resource of delicious, truly organic, heirloom fruit.

## American apple history

The first apple trees in New England were brought here on the Mayflower. Earthworms stowed away in the soil surrounding the roots of those little trees, also the first of their kind on this continent. By 1630, New England colony-bound ships were a-buzz with honeybees because America lacked honeybees, and the colonists were not reaping many apples without the pollinators.

Apple trees did well in this climate, so subsequent ships brought bags of apple seed and more baby apple trees. Orchards were well established by the mid 1600s. Every village, town and farm had a variety of trees to produce an array of apples grown for assorted purposes. But the most important colonial product derived from Eve's favorite fruit was cider.

Water was not reliably potable, but apple cider was. Every man, woman and child drank the stuff. The apples that made the best cider were largely favored, and they grew right next to the good cooking apples that were ultimately dried and

saved for winter pies and dumplings, or they were made into apple butter and stored in earthenware jars sealed with beeswax. Some eating apples would last for up to six months in their natural state in a cellar that did not freeze.

There was a rainbow of apple colors, from light yellow to a nearly black purple along with red, greens, browns and oranges. Flavors ranged from barely edible (for making cider) to sweetness reminiscent of a banana or guava. They had colorful names like Winter Banana, Rambo, Paula Red, Sheep's Nose, Roxbury Russet and Black Oxford.

These apples, at least some of them, still exist. Their descendant trees can be coaxing into a fine crop of good quality apples with just a good pruning. If you are fortunate enough to live on an old farmstead or near one, adopt an apple tree or two. One of these sunny, late

winter afternoons, prune them with a chain saw or hand saw and a pair of loppers before gardening madness ensues.

““ Their descendant trees can be coaxing into a fine crop of good quality apples with just a good pruning. ””

## Good pruning practices

The general rule of thumb, according to the old-timers, is to prune the tree until birds can fly through it. In some cases, this means a lot of cutting. You may want to spread out pruning over two or three winters on trees that need major surgery. Be sure to get old growth pruning done now before new growth appears. Late winter or very early spring is the best time.

The main objective in pruning is to try to open up the interior of the tree to allow good light penetration through the canopy to the lower branches.

The first step is to remove all the upright, vigorously growing shoots that are shading the interior. Select three to five lower scaffold branches with good crotch angles and spacing around the tree. Remove downward-growing limbs, and excess scaffold limbs, at their base, but leave a collar. Don't cut flush with the trunk or host branch.

Suckers are easy to identify. They grow vertically at the base of the tree or in crotches. They drain nutrients needed for fruit production. You can cut them at their bases any time of the year and any time you see them.

Broken branches allow an entryway for insects and



SARAH GRANT PHOTO

A well-pruned apple tree from my old orchard. This photo was taken in 2008.

diseases. Cut them back to a healthy side branch or remove them entirely.

Remove the smaller or less productive of any rubbing or criss-cross branches. Their rubbing can cause bark damage and encourage the introduction of disease and pests.

Smaller interior branches develop lesser quality fruit, shade better producing scaffold branches and crowd access to fruit during harvest. Remove them to open the interior of the tree to more light and air.

You may notice suckers heading straight up to the heavens that are well above the natural shape of the tree's canopy. Head back these "competing leaders" so that the tree does not get too tall or become structurally unbalanced.

Sacrifice the more vertical of two or more branches that create a narrow crotch. As each of these branches grows, the bark trapped between them weakens the strength of their joint.

When several branches originate from the same point on the trunk, it is called a whorl. Remove all but the one branch that has the best access to light and seems to be the strongest.

That's all you need to do. Do not fertilize these well-pruned trees this spring. Just your late winter pruning efforts will reward you with a bevy of delicious, uncommon apples in about six months.

## Revisiting Popeye's favorite vegetable

Surprise! It's actually a good time to buy locally grown organic spinach

By SARAH GRANT

The York Independent

Popeye was at least partially right. Spinach is good for you, and it's delicious. But unfortunately, it does not grow instantaneous biceps.

Raw spinach is an excellent low calorie source of folic acid, vitamin A, potassium and magnesium. It is a good source of vitamin C, iron and also supplies riboflavin, niacin, Vitamin B6, calcium, phosphorous, zinc and copper.

Local hoop houses are bursting with baby spinach right now. We will surely see an abundance of it at the Rollinsford, N.H. winter farmers' market held at the Wentworth Greenhouses, 141 Rollins Road, this Saturday, Feb. 27 from 10 a.m. to 2 p.m.

If you miss the market, you can find local, organic, baby spinach at Portsmouth Health Foods, 151 Congress St., Portsmouth, (603) 436-1722. Their hours are 9 a.m. to 7 p.m. Monday through Friday; Saturdays until 6

p.m. on Sundays and 10 a.m. to 6 p.m..

Olivia's organic baby spinach at the major supers is a reasonable substitute, but it is clearly not local.

Fresh spinach keeps in the refrigerator for 4 or 5 days, but does not keep well after it is cooked. Washing it and briefly shaking it dry leaves just enough water residues to steam the spinach in a covered saucepan over high heat.

Another quick sauté side dish starts with a couple of tablespoons of pure olive oil in a stainless steel skillet over medium high heat. Avoid aluminum and cast iron because they react with the acid content of spinach. Add just one minced and smashed clove of garlic, then quickly sauté the spinach. Hit it with a dash of sea salt and a squeeze or two of lemon juice. If you prefer a stronger olive oil essence, drizzle good quality extra virgin olive oil over the finished spinach, but don't waste such good oil on high heat cooking.

Milk cuts the acidity in spinach and gives it a better mouth feel. Spinach goes well

in quiches, stuffings, or creamed (from recipe below) and tossed with small pasta shells or elbows, 3 chopped anchovies, minced Mortadella (about four slices), minced clove of garlic and minced ginger (1 inch piece), half a can of tomatoes and ¼ cup grated parmesan cheese.

Our all-time family favorite spinach side is creamed spinach. This recipe, from celebrity chef and restaurateur Emeril Lagasse, serves four generously.

## Creamed Spinach

### Ingredients:

- 2 pounds fresh baby spinach, washed
- 2 tablespoons unsalted butter
- 1/2 cup finely chopped shallots
- 1 teaspoon minced garlic
- 3/4 teaspoon salt
- 1/2 teaspoon fresh ground black pepper



- 1/4 teaspoon nutmeg
- 1/2 cup heavy cream

### Directions:

Bring a pot of salted water to a boil over high heat. Add the spinach and cook for 2 minutes. Drain in a fine mesh strainer, pressing with a large spoon or the back of your hand to release as much water as possible. Finely chop and set aside.

Melt the butter in medium sauté pan over medium-high heat. Add the shallots, garlic, and cook, stirring, until soft and fragrant, about 2 minutes. Add the spinach and cook, stirring, just until the liquid evaporates. Add the cream, salt, pepper, and nutmeg, and cook until the cream is reduced by half, about 4 minutes. Remove from the heat and serve immediately.

# A complete 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](mailto: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 Elementary-Age Enrichment Fair

will be held on Saturday, Feb. 27 from 10 a.m. to noon. Participation is open to all local providers of education, enrichment, and recreation programs to children of elementary school age. Participation is free. This is an opportunity for exhibitors to display materials and program information, and to present demonstrations and children's activities to parents and elementary school-age children. It's also a chance for inquiring parents to learn about local options and to sign up for programs. The fair is held at the York Public Library, 15 Long Sands Road. Call 363-2818 for more information.

**Pray the Devil Back to Hell** will be shown at St. George's Episcopal Church on Saturday, Feb. 27 at 7 p.m. The award-winning documentary is about the women's peace movement in Liberia. This was a spontaneous gathering of women of many different backgrounds and faiths who were weary of war and civil strife in their country.

**The Animal Welfare Society (AWS)** is hosting a portrait day at its location in West Kennebunk. The portraits will take place Saturday, Feb. 27, and Sunday, Feb. 28 from 11 a.m. to 4 p.m. in 15-minute increments, with a donation of \$25 or more to the Animal Welfare Society.

**Gateway to Maine:** Outside is offering "Shh...We're Tracking Wildlife" on Sunday, Feb. 28 from 9 a.m. to noon at the York Land Trust's Hilton Winn Conservation Area on the York/Ogunquit line. Trek alongside expert wildlife tracker Dan Gardoqui of White Pine Programs for a quick primer and practice session of winter wildlife spotting techniques. Be one of 25 people (adults, teens, and kids with parents) to sign up and bundle up, especially your feet, bring your own drinking water and join Dan and his staff for a winter wildlife tracking trek. This is a family-friendly program and is great for kids in backpacks, or those who are comfortable walking around in the snow. To register online, visit [www.whitepineprograms.org](http://www.whitepineprograms.org) or by phone at 361-1911.

**The York Public Library** will continue its series of critically acclaimed films on Sunday afternoons now through April. All screenings start at 3 p.m., the public is invited, and admission is free. In addition, there will be free popcorn, and beverages will be offered for \$1. Upcoming films in the series are: "Tea with Mussolini" on Sunday, Feb. 28.

The Winter/Spring Film Series is made possible by the Library Film Group, which is composed entirely of volunteers. Those interested in participating in the Library Film Group are encouraged to contact any group member at the screenings or to leave their name and phone number at the front desk of the library.

The York Public Library is located at 15 Long Sands Road in York. For more information, please call the library at

363-2818 or visit the library's website at [www.york.lib.me.us](http://www.york.lib.me.us).

**Travel to New York City** on Friday, April 23 to Saturday, April 25 with Wells-Ogunquit Adult Community Education. The registration deadline for this great trip is coming up quickly on Monday, March 1.

Coach transportation is provided from Wells and accommodations are at the Wellington Hotel, at 7th and 55th. The hotel is conveniently located on the edge of the theater district and close to Central Park, Times Square and Rockefeller Plaza. You will receive helpful hints and suggestions prior to departure so that you can design your own itinerary according to your preferences. So whether you're a museum or theater-goer, a sightseer, museum a shopper or enjoy fine restaurants and clubs, there's something for everyone.

Per person costs vary depending on room occupancy and start at \$279 for a quad room. Call 646-4565 for more information or visit [wells-ogunquit.maineadulted.org](http://wells-ogunquit.maineadulted.org) to view all the rates and registration information.

**St. George's Episcopal Church** will present "The End: Eschatology for the Present." The final presentation in the Adult Spiritual Formation, the topic will look at life after death, heaven, hell, final judgment, and the resurrection of the dead. The group will explore some of

the interpretations currently put forth by theologians as well as ask some of the central questions for ourselves. What happens when we die? Will the world always be as it is now? And what's with all that talk about judgment?

The event will be held Tuesday, March 2 at 7 p.m. at St. George's located at 407 York St., York Harbor.

Absolutely no previous study of theology is required and all are welcome to join the conversation.

**The York High School and Shtick Happens Players** will present Tom Stoppard's saucy and succinct and often wildly interpreted Fifteen Minute Hamlet on Wednesday, March 3 and Thursday, March 4 at 7:30 p.m. at the York High School auditorium. Tickets are available at the door. Something is rotten in the state of Denmark, it's just a question of what. See the lighter side of the "melancholy Dane" and discover why there is nothing like live theatre. Warning: It might get funny!

Act II brings you the return of the Shtick Happens Improv Troupe up to some of their old and some new tricks playing Keith Johnstone's wacky and brilliant Theatre Games.

**Tidewater School** in Eliot will look at songs for child from birth to seven years old on Wednesday, March 3 from 9 to 10 a.m. Abbey Hallberg Siegfried, Director of Music at St. John's Episcopal Church in Portsmouth and school organist and instructor at Phillips Exeter Academy, will lead you in singing seasonal and work songs suited for young children. Tidewater School is located at 228 Beech Road, just off Route 236 across from the Eliot Commons. For more information call 439-7911.

## FRIDAY, MARCH 5



Empty Bowls Soup Supper hosted by The Southern Maine Clay Guild will be held Friday, March 5 from 5 to 7 p.m. at the York Art Association, 394 York St., Rte.1, York. More than 200 bowls have been handcrafted and donated by SMCG members for the "Empty Bowls" event. These bowls will be on display from the opening day of the Second Annual Winter Clay Show at the York Art Association and can be purchased in advance of the soup supper. Proceeds from donations (\$15 minimum per bowl, \$10 kids' bowl) will benefit the York Food Pantry. For more information, call 363-4049.

**York Adult Education** is offering a WorkReady Program through Thursday, March 4, Monday through Thursday from 9 a.m. to 1 p.m. Improve your employment skills through this federally-funded credential program. For more information, call 363-7922. Free child care is available.

**The Kings of Comedy Basketball** return with the rest of the Fabulous Harlem Superstars to the York High School in York against York's Dream Team on Tuesday, March 9 at 6:30 p.m. The magic comes alive at each event as the Rockets go through their series of antics and comedy routines. They are an outstanding family show. In addition to the evening of razzmatazz basketball, the players visit the schools during the day to deliver an educational message about staying in school, furthering their education, dangers of drug and alcohol, peer pressure and building self-esteem. This event is hosted by the York Kiwanis Club, with Ocean Bank as the presenting sponsor. Part of the proceeds will benefit the D.A.R.E. program in York. Tickets for this basketball extravaganza can be purchased in advance at the Yorks Chamber of Commerce or Lontine Insurance. Tickets are \$8 in advance. Only 800 tickets are available.

**Wine tasting at the Clown** The focus is on wines from South Africa at The Clown's March Wine Tasting on Friday, March 12. Sample wines and learn more about this exciting wine region! Stop in anytime between 5 and 8 p.m., the event is free! For more information, call The Clown at 351-3063.

**A Celtic Evening**, featuring Storyteller, Diane Edgecomb and Celtic Harper, Margot Chamberlain will be Friday, March 12 through Sunday, March 14 at the Pontine Theatre in Portsmouth, N.H. Performances are scheduled for 8 p.m. on Friday, March 12 and Saturday, March 13, 4 p.m. on Saturday, March 13 and 2 p.m. on Sunday, March 14. Tickets are \$23 (\$3 discount for seniors and students) and may be purchased online at [www.pontine.org](http://www.pontine.org). For information, contact Pontine at (603) 436-6660 or [info@pontine.org](mailto:info@pontine.org).

**My Left Foot Irish grace and humor** are legendary and what better way to honor this tradition than by attending an "Irish Evening" on Saturday, March 13 at 6:30 p.m., at the Dunaway Center on School Street in Ogunquit where Ogunquit Performing Arts will be featuring stepdancers from the renowned Stillson School of Irish Dance to be followed by a showing of the provocative Irish film, "My Left Foot."

**MOVE! for MS** is happening Saturday, March 13 from noon to 5 p.m. in the York Middle School cafeteria. The event features a Zumba party with dancing, raffles, food, hula hoop and silent auctions to help stamp out Multiple Sclerosis. Tickets are \$10 in advance and \$12 at the door with PayPal accepted online. For tickets or more information, call Nina-Rosa at (603) 247-2115 or e-mail her at [neen.nina@gmail.com](mailto:neen.nina@gmail.com).

**An introductory meditation class** will be held at Aryaloka Buddhist Retreat Center in Newmarket, N.H. on Saturday, March 20 from 10 a.m. to 4 p.m. On this daylong workshop you will learn how to start meditation, how to practice a traditional Buddhist meditation form and how to incorporate meditation into your busy life. Suggested donation for the class is \$65 and includes a vegetarian lunch.

For directions, visit [www.aryaloka.org](http://www.aryaloka.org). For more information or to register, call (603) 659-5456 or e-mail [info@aryaloka.org](mailto:info@aryaloka.org).

**Laudholm Trust** now has application materials available for the 23rd Laudholm Nature Crafts Festival, a highly respected show to be held Saturday, Sept. 11 and Sunday, Sept. 12 at Wells Reserve at Laudholm. Information and applications are available at [www.laudholm.org](http://www.laudholm.org) or by calling 646-4521. Applications must be received by Tuesday, March 16.

**A financial and workforce development series** is currently underway in York County. Are you unemployed, underemployed, semi-retired, or recently laid-off from work and want to re-enter the workforce? This series is comprised of five modules that address personal finances, workplace communication skills, career exploration, educational opportunities and marketing tools for employment. Modules may be taken individually, in combination with other modules, or as an entire series. All modules are free. Registration is required. For more information regarding registration and all other details, contact Women, Work and Community at 286-1722.

## Health, Support 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 held on Tuesdays from 4:30 to 5:30 p.m. and Thursdays from 9:30 to 10:30 a.m. and 4:30 to 5:30 p.m. Yoga Level 1 is on Tuesdays 6 to 7:15 p.m. Intermediate yoga is Tuesdays 9 to 10:30 a.m. Seated yoga is held Tuesdays from 3 to 3:30 p.m. The Yoga Center at the Heart Health Institute is located at 127 Long Sands Road, York. Call 351-3700 for registration information. For new participants, your first yoga class is free.

**The Choose to Be Healthy Partnership**, a program of York Hospital, offers the "Freedom Clinic" which combines education and support through one-on-one consultation, weekly lecture series by a trained team of professionals such as a registered nurse, registered dietitian, physical therapist, and a certified hypnotherapist for healthy lifestyle resolutions and to help you stop smoking. The program also offers drop-in anytime support for one year. Call 351-3700 for more information. Another way to stop smoking, if you are a Maine resident, is to call the free Maine Tobacco Helpline at 1-800-207-1230. The program offers confidential phone support; you won't need to leave the house! In addition to coaching, the Helpline offers free nicotine replacement therapy (the patch or gum) to make quitting less difficult. Call now to find out if you qualify. Additional resources can be found at [www.tobaccofreemaine.org](http://www.tobaccofreemaine.org).

**York Hospital's Heart Health Institute** is offering a long-term weight management program that concentrates on permanent lifestyle changes. "Don't Weight to be Healthy" begins on Thursday, Jan. 14 and meets every Thursday for 10 weeks from 6 to 7:30 p.m. The \$199 fee includes 10 weeks of full access to the institute's fitness center. Call 351-3700 to register.



From Shutter Island

By **AMY DIAZ**  
The York Independent

### *Shutter Island* (R)

Leonardo DiCaprio pulls out the Boston accent again, this time as a lawman fighting crime on an island housing a gothic-castle-like hospital for the criminally insane in *Shutter Island*, a surprising dull-thud of a movie from Martin Scorsese.

I'm going to warn you now that to talk about this movie is to spoil it. If you want to go in knowing nothing, take my "meh" rating and get thyself to a theater with minimal Internet reading. Because...

There is a twist and the twist telegraphs itself almost as soon as the movie starts. "Oh," I thought, "so that's what's going on. I wonder how long it's going to take before the movie comes out with it." As it turns out, "way too long" is the answer.

We first see Leonard DiCaprio, playing U.S. Marshal Teddy Daniels, horking it up in a ferry bathroom, thoroughly seasickened by his boat ride. Along with new partner Chuck Aule (Mark Ruffalo), he's headed out to Shutter Island, a mental hospital for the criminally insane, responding to a report that a patient has escaped.

As if mental hospitals housing criminal prisoners in 1950s Boston isn't creepy enough, *Shutter Island* becomes notably creepier once Daniels hits land. The Deputy Warden (John Carroll Lynch) takes his gun. Dr. Crawley (Ben Kingsley) seems genuinely concerned about the well-being of the missing woman but also strangely obstructive of Daniels' investigation. The Grim Reaper-ish Dr. Naehring (Max von Sydow) reminds Daniels a little too much of the Nazis (and their crimes) he saw when he liberated Dachau. And the patients all seem jumpy — telling him to run or indicating with their too-

a hurricane rages. Scorsese recreates this feel very well, to the point where I even found myself thinking "hey, there's the misdirection" and "hey, there's the influence of the Cold War." It's like looking at the wardrobe pieces from *Mad Men* — elegantly crafted, perfectly representative of their time period but empty and lifeless if they aren't filled with a well-developed character.

Perhaps with its leftover Boston accents and its grim-faced DiCaprio, *Shutter Island* is supposed to make us think of *The Departed*. But my thoughts turned instead to the recent *The Wolfman*, another airless recreation of an earlier style of filmmaking. Put *The Wolfman* and *Shutter Island* together and you have a matinee double feature tailor made for *Mystery Science 3000*-style enjoyment. Or at least it would be, if the makers of those movies hadn't so studiously avoided any sense of camp or fun or anything that would make people suspect that these movies aren't 100 percent Grade A Serious Movie caliber. Except they aren't. They are both sterile, vacuum-sealed copies of an old-fashioned style that was only really fun because those movies had either a B-movie desire to be all they could be, melodrama-wise, or because they evoked a spooky period vibe. *Shutter Island* does neither of those things. It is a pretty reproduction that is initially pretty to look at but ultimately not attention-holding.

And, just maybe, Mr. Scorsese, is it time to find another muse and let DiCaprio take a movie off? **C**

*Rated R for disturbing violent content, language and some nudity. Directed by Martin Scorsese and written by Laeta Kalogridis (from the novel by Dennis Lehane), Shutter Island is two hours and 18 minutes long and is distributed in wide release by Paramount Pictures.*

## WHERE TO SEE THE FLICKS

For films and showtimes, call the theater.

### Wells Five Star Cinema 7

75 Wells Plaza, Wells, Maine • (207) 646-0500

### Regal Cinemas Newington 15

45 Gosling Road, Newington, N.H. • (603) 431-4200

### The Music Hall

28 Chestnut St., Portsmouth, N.H. • (207) 436-9900

### Smitty's Sanford Cinema & Pub

1364 Main St., Sanford, Maine • (207) 490-0000

### Smitty's Cinemas Biddeford 8

420 Alfred Road, Biddeford, Maine • (207) 283-4500

### The Cinemagic & IMAX in Saco

779 Portland Road, Saco, Maine • (207) 282-6234

### Cinemagic Grand Stadium at Clarks Pond

333 Clarks Pond Highway, South Portland, Maine • (207) 772-6023

## New book explores WWII

Reviews of a recent historical writing

By **LISA PARSONS**  
The York Independent

*Citizens of London: The Americans Who Stood with Britain in its Darkest, Finest Hour*, by Lynne Olson, 2010, Random House, 471 pages.

This book has gotten attention not only in New Hampshire, where one of its three main subjects lived and governed, but nationwide. It's an Amazon Editors' Pick for February. Author Lynne Olson is touring a high-level circuit that has included the Treasury Executive Institute, the National Press Club, and Politics and Prose bookstore in Washington, D.C. So when she gives a talk at the New Hampshire Historical Society in Concord, you might want to go.

And not only if you're a history/WWII buff.

The book centers on three men: journalist Edward R. Murrow, "hard-driving millionaire" Averell Harriman, and John Gilbert Winant, who was U.S. ambassador to Britain during World War II, after having served two terms as governor of New Hampshire. Who knew?

You could be excused for expecting a dry, dull read — how many 400+-page nonfiction books about history are really zippy reads? But you'd be wrong. Olson's story moves at a good tempo and gets into not just the official diplomatic stuff but the everyday troops'- and citizens'-eye views of race relations, imperialism and British vs. U.S. culture. It makes the high-level diplomacy personal, and the personal political.

In high school they taught us the dates and the names of battles and treaties. In *Citizens of London*, Olson brings me to London 1940 where the citizenry is enduring the Blitz and wondering when will America please help; to FDR's White House where the word is "Of course, you have our support" but the action is repeatedly stalled; to St. Paul's School and then the Statehouse in Concord where Gil Winant begins his career and then is appointed ambassador to Britain. She puts me in the train station when Winant arrives to assume the post — he's met by the king, so anxious are the Brits to curry American favor, and so happy are they about the departure of previous ambassador Joseph Kennedy, who had turned a cold shoulder.

I'm not a WWII expert so I can't judge Olson's political analyses. But as a storyteller, she excels, and for piquing your interest in history this book is a

good bet. Put on some Big Band music and settle in with *Citizens of London*.

*You Are Not a Gadget: A Manifesto*, by Jaron Lanier (2010, Knopf, 209 pages)

Virtual reality engineer and all-around thinker Jaron Lanier argues, with feeling, against cybernetic totalism in the disjointed but still interesting *You Are Not a Gadget*.

"Cybernetic totalism" is Lanier's name for the stance some people take that "Computers will soon get so big and fast and the net so rich with information that people will be obsolete, either left behind like the characters in Rapture novels or subsumed into some cyber-superhuman something." If you believe this, Lanier points out, "you might cease to design technology to serve humans, and prepare instead for the grand events it will bring." People are doing this, and we've got to stop them (and ourselves, from participating) before it's too late, Lanier says. And we must hurry, before "lock-in" sets in — lock-in is when the way you happened to start out doing something becomes the way it's done forever because it would be so hard to change. Like the fact that we organize everything into "files" on our computers. It didn't have to be that way — who knows what other organizational schemes we could have embraced? — but there's no backing out now.

So what does Lanier want us not to lock in?

Pretty much anything that constrains us into impersonal, digitized, multiple-choice data. Anything that takes away the mystical magical non-gadgetary person-ness we all have. Lanier does wade into the argument over whether consciousness is more/other than what brains do when they have enough connections in them, but he's vague and not terribly convincing — and it doesn't really matter anyway, to the rest of what he's saying. Even if consciousness is an illusion, let's keep it up, is, I think, the point.

So if you are wont to disagree, you'll find it easy enough.

But whether you are already inclined to side with or against gadget-ness, or you think you're a noncombatant, the book's worth reading because we all have a stake in the Internet.

And here's one we can all agree on: "once you have the basics of a given technological leap in place, it's always important to step back and focus on the people for a while." **B**



York High School Goalie Alex Ahrikenchikh will look to continue his success as the Wildcats meet Greely in the first round of the Western Conference B Tournament on Saturday, Feb. 27 in Portland.

## YHS boys' hockey to play for championship on Feb. 27

Nearly two weeks has passed since the York High School boys' hockey team has taken the ice. That game, a 4-1 win over the Greely Rangers, concluded the Wildcats' regular season (15-3) with an eight-game win streak.

Unfortunately, the Cats will have to wait to see if that streak continues into the Western Conference B Tournament. The Cats will enter the tournament as the #1 seed, but not skate in their first tournament game until Saturday, Feb. 27—a total of 16 days after their final regular season game.

The Wildcats' last loss came in mid-January to Thornton Academy 5-0. The loss marked the only time this season the Cats were held scoreless and despite York Goalie Alex Ahrikenchikh's 31 saves, the Cats allowed the Golden Trojans to score more goals than any other game this season.

That was then—since that loss, the Wildcats were flawless posting eight straight wins and dominating in each game. The question now is, can that intensity be carried over the 16-day break?

The upside will be time for the team to bounce back from some late season injuries and rest some tired legs, but the Cats will have to find a way to reignite their late-season intensity after this long break.

The Wildcats will meet Greely once again as they return to action in the Western Class

B Semifinal. Greely finished the season 1-1 after the York loss their victory came in a 12-1 blowout win over Westbrook. The puck will hit the ice Saturday, Feb. 27 at 8 p.m. at the Portland Ice Arena. For ticket and transportation information contact York High School Athletics Department at 363-3621 ext. 217.

—Chris Shipley

### Wrestlers grasp 10th place

York High School wrestlers finished in 10th place at the Class B State Championships on Saturday, Feb 13 at Medomak Valley High School in Waldoboro. Billy Gauthier became the first York wrestler to win three consecutive state titles, capturing the 135 lb. title. Gauthier pinned Ryan Botting of Hermom High School in 1:19. Billy now advances to the New England Championships, set for Friday and Saturday, March 5 & 6 at the New Haven Athletic Complex in New Haven, Conn.

Also placing for York was John Goyetche, who took third at 145 lbs. John, a sophomore, had an excellent tournament, upsetting the #1 seed from the East region in the quarterfinals. The team finishes its season with a dual-meet record of 22-8 (school record) and will return all but three seniors next year.

—Bryan J. Thompson

# CHAMPIONS!

YHS girls' hoop squad wins Western Conference, advances to state championship game on Feb. 26

By **CHRIS SHIPLEY**  
The York Independent

For the second consecutive year, the York High School girls' basketball team is headed to the state championship game.

The trip to Bangor on Friday, Feb. 26 comes courtesy of the Western Conference Class B Championship victory on Saturday, Feb. 20 over the Greely Rangers in front of a raucous crowd at Portland's Cumberland County Civic Center.

The Lady Cats' big three (Emma Clark, Niki Taylor, and Stephanie Gallagher) all had spectacular performances, as expected, combining for 32 of the Cats' 50 points in the 50-38 victory.

The Cats, now 21-0 on the season, also found some inspired play from two surprising sources—sophomore guard Andrea Mountford and Freshman Forward Emily Campbell both delivered brilliant performances in the second half to help fight off a late Rangers push.

The Cats' defense got off to a great start early holding the Rangers scoreless in the first quarter, and combined with Gallagher's nine points (including the Cats' only three-pointer of the game) went up 11-0 at the end of the first. She ended the game with 16 points, saying "I was comfortable, I knew I had to play my game and if I had an open shot I had to take it."

Greely calmed their nerves for the second quarter and matched the Cats, with each team scoring 11 points with the Cats up 22-11 at the break.

The second half would prove more of a challenge for York as the Rangers started to mount a comeback behind the three-point shooting of Greely's Nicole Faietta. Although the Lady Cats would never trail in the game, Greely would cut their lead to seven points at the start of the fourth quarter.

Then enter Mountford and Campbell. Andrea Mountford's tenacious defense proved vital, as she fought for rebounds and created turnovers in an effort that wasn't overlooked by Team Captain Stephanie Gallagher.

"She's a tough kid, she works hard every single day and that's what we expect from

her," Gallagher said. "She's a starter and she should be, she deserves it."

At one point, Mountford battled for three consecutive rebounds, which impressed coach Rick Clark.

"I told her I've never seen a sequence like it before—three consecutive rebounds and then get the ball back and go in and score the lay-up," the coach remarked.

Emily Campbell came off the bench to score six points behind her clutch free throw shooting and one critical basket to stop a Rangers run midway through the fourth quarter.

Her contributions were not lost on her teammates or coach. Emma Clark commented, "Emily Campbell did a really good job for us; rebounding especially and putting it right back up. She hit some key shots from the foul line that put us up at key points in the fourth quarter."

After the game, coach Clark said, "She's a secret weapon for us. She's been there all season long not quite pulling off the offense as a beginning freshman, but every game she been more involved. It didn't surprise me, I'm so happy it happened when it did."

And the praise didn't end there. Niki Taylor received her second consecutive Mike DiRenzo Award, given to the tournament's MVP, for her 14 points and 15 rebounds effort. After the game, Taylor was already looking ahead to Friday's state championship.

"I'm just glad that we won," she said. "I'm glad that our whole team played phenomenal today and we need to take that up to the state game. We have to look towards the future and bring home the state title. We have to go to practice this week like nothing's changed. We have to go strong."

In Bangor, the Lady Cats will face the Nokomis Warriors, who ended their season with a 17-4 record including a 37-22 upset win over Mt. Desert Island last week to advance to the state championship game.

Tipoff is scheduled for Friday, Feb. 26 at 7 p.m. at the Bangor Auditorium. Tickets are available through York High School; they're \$7 adults, \$4 students.

Chris Shipley covers local sports for the York Independent.



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CHRIS SHIPLEY PHOTO

The 2010 Western Conference B Champion York High School Wildcats pose for a team photo following their victory over the Greely Rangers on Saturday, Feb. 20 in Portland.

**YORK HIGH SCHOOL  
SPORTS FEB. 26-MARCH 10**

*Call ahead to confirm times and locations*

**Friday, Feb. 26**

- 3:30 p.m. Boys Varsity Ice Hockey Practice
- 5 p.m. Boys Varsity Indoor Track—New Englands @ Roxbury, Mass.
- 5 p.m. Girls Varsity Indoor Track—New Englands @ Roxbury, Mass.
- 7 p.m. Girls Varsity Basketball—State Championship @ Bangor
- 8:45 p.m. Boys Varsity Basketball—State Championship @ Bangor

**Saturday, Feb. 27**

- TBA Boys Varsity Ice Hockey—Semifinal

**Monday, March 1**

- TBA Boys Varsity Ice Hockey Practice

**Tuesday, March 2**

- 3:20 p.m. Boys Varsity Ice Hockey Practice

**Wednesday, March 3**

- 7 p.m. Boys Varsity Ice Hockey—Regional

**Friday, March 5**

- TBA Boys Varsity Ice Hockey Practice

**Saturday, March 6**

- 1 p.m. Boys Varsity Ice Hockey—States

**Monday, March 8**

- 6:30 p.m. Winter Sports Awards

**Wednesday, March 10**

- 6:30 p.m. Winter Sports Awards



CHRIS SHIPLEY PHOTO

At left, York's Niki Taylor fought off pressure throughout the game to win her second Mike DiRenzo Award. At center, Andrea Mountford battles to get off a shot early in the fourth quarter. At right, Emma Clark and Stephanie Gallagher celebrate Saturday's victory.

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

## Sampson

This gentle soul is Sampson! He is a gorgeous 11-year-old Dalmatian. Sampson is a sweet heart that is searching for that special someone. He is a sensitive boy that will do just fine sharing his new home with respectful older children and cats. Dogs are not Sampson's cup of tea so, we will not be asking him to share his new home with any. This sweetie is cautious at first but, don't let this fool you! Once Sampson knows that you just want to be his friend he warms up and is very loving and loyal. Sampson is mostly house trained and given a sound schedule and even being crated when you are not at home will help him catch on in no time. If this beautiful boy sounds like the one for you please fill out an adoption application and stop in with your family to meet Sampson.



comedian in her life who helps boost your energy in the morning with a healthy run and fills your day with joy of knowing you are making his life complete! True to his terrier heritage, Fuji is high spirited and craves daily exercise. Obedience classes are one of his absolute favorite pastimes and he would love to show you just how smart he is by continuing these classes with you. He is a charmer, a lover and a prized companion all wrapped in one fur filled package!

## Brazil

This little beauty is Brazil, a two-year-old cat with a beautiful black coat. Brazil came to us with her litter of kittens, and now that her matronly duties are done, she's eagerly awaiting a forever home. She's a very loving girl who would make a great companion. She gets along fine with other cats and children of all ages. If you'd like to adopt Brazil, please fill out an adoption application and then stop by to meet her.



## Nickles

Meet Nickles, a one-year-old cat with a beautiful tortishell coat. Nickles is an affectionate girl who would love nothing more than to find a forever home where she can give, and receive, lots of love. She should do well sharing a home with other cats, dogs, and children of all ages. If you'd like to adopt Nickles, please fill out an adoption application and then stop in to meet her.



## Camila

This lovely lady is Camila, a four-year-old cat with a beautiful brown tiger and white coat. Camila's a prodigious follower of the three Ls: lazy, lovable, and lap warmer. As long as she gets plenty of places to stretch out in and laps to relax on, she'll be a happy cat in her new home. Her easy going demeanor means she'll be quite content sharing a home with other cats. If you'd like to adopt Camila, please fill out an adoption application and then stop in to meet her.



## Tulula

Meet Tulula, an adorable two-year-old Dutch Mixed rabbit with gorgeous brown and white fur. Tulula is the mother of a litter we recently received at the shelter and now that her motherly duties are done, she's eagerly awaiting a forever home to relax in. She's a typical rabbit who would love to find a home where she can be handled and played with on a regular basis so she can be as happy and healthy as possible. If you'd like to adopt Tulula, please fill out an adoption application and then stop in to meet her.



## Big Papi

Here's a high-spirited fella looking for his own home plate to slide into! Meet Big Papi, a two-year-old Boxer with a handsome white coat. Papi is a comedic boy who loves getting in a lot of playtime with his squeaky toys and kongs. He's also friendly and would do fine sharing a new home with some other dogs and dog savvy cats who won't run from him. He needs a little help learning manners though, so it's best that any children in his new home be over the age of 6 who can help teach him some. Papi is a fun, active dog who would love to be the home run hitter for your family's team. If you'd like to adopt Big Papi, please fill out an adoption application and then bring your entire family, including dogs, in to meet him.



## Fuji

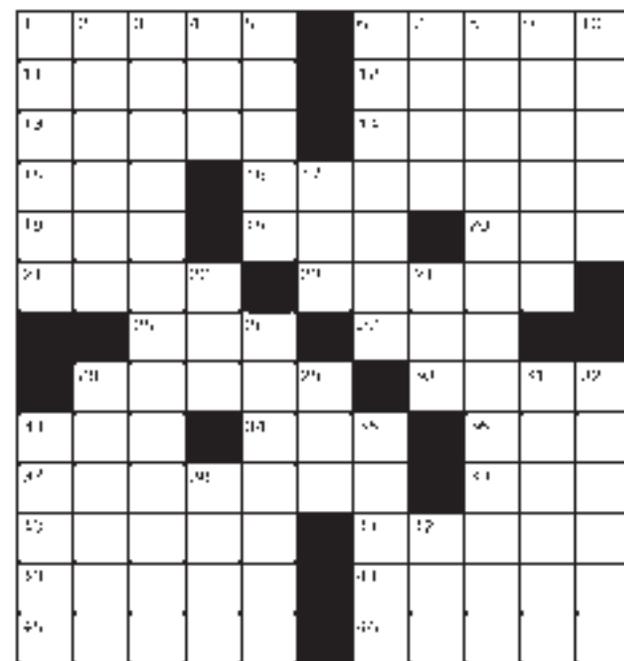
Like a mexican jumping bean, Fuji is waiting to be the taco supreme of one lucky families life! He's a one-and-a-half-year-old comical character that joyfully bounces around loving life. He has found several playful pooch friends and does well with dogs that can appreciate his excitement. Always ready for a game with a squeaky toy and his favorite human, Fuji will make you laugh and realize how wonderful the simple things life really are. Zest filled Fuji would like to welcome older kids into his life. Those that can treat him with respect and help with obedience would best fit him. Fuji would like to be that



## CROSSWORD PUZZLE

### ACROSS

- 1 Blockheads
- 6 Target for Tell
- 11 Bay
- 12 Sturdy
- 13 Tent anchor
- 14 " \_\_ all, folks!"
- 15 Has permission to
- 16 Church aide
- 18 Zoo critter
- 19 Damage
- 20 Angled pipe
- 21 Castor's mother
- 23 Radio part
- 25 Dam org.
- 27 Cunning
- 28 Pistachio part
- 30 Melville captain
- 33 Look upon
- 34 \_\_ Palmas
- 36 History stretch
- 37 Ad focus
- 39 Hounds' quarry
- 40 Made anew
- 41 In the vicinity
- 43 Agassi of tennis



2-26

- 44 Elk's cousin
- 45 Lab work
- 46 Raft mover

- 3 Went with the likeliest case
- 4 "It's a mouse!"
- 5 Iron output
- 6 Oregon city
- 7 Sci-fi writer Frederik
- 8 Behaved comically
- 9 Miniature
- 10 Collectible car
- 17 Heel
- 22 Blvd.'s kin
- 24 Man-mouse connection
- 26 Refers
- 28 Peaceful
- 29 Lancelot du \_\_
- 31 Kindle
- 32 Anne of "All About Eve"
- 33 Small herring
- 35 Philatelist's find
- 38 Tabloid fodder
- 42 Ghost call

### DOWN

- 1 Bleak
- 2 Like some books

## SUDOKU

### Conceptis Sudoku

By Dave Green

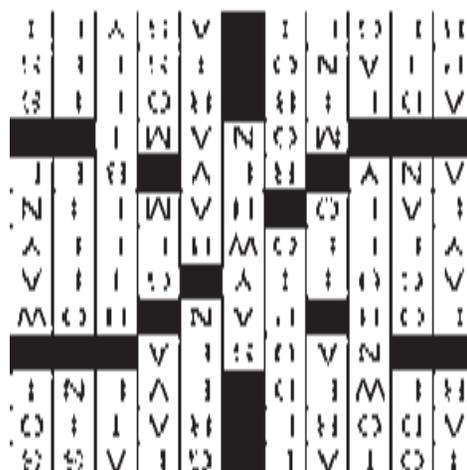
			8		6			
	6							3
		5	2		9	4		
6		1				9		5
8		3				7		2
		9	3		5	6		
	3						4	
			7		8			

Difficulty Level ★★★★★

2/26

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## Crossword Solution



## Sudoku Solution

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

## OBITUARIES

**Susan M. MacLellan**

Susan M. MacLellan, 55, died Tuesday, Feb. 16, 2010 in Massachusetts General Hospital with her family by her side after a with cancer.

She was born Oct. 27, 1954 in Beverly, Mass., a daughter of Barbara A. (Green) Carroll and the late James J. Carroll and had lived in Tewksbury, Mass. before moving to York.

Susan will be remembered as a loving wife, mother, grandmother and for her dedication to her children and for her smile. She had worked as a teacher in the Special Education Dept. and is fondly remembered supervising the cafeteria in the York Elementary School System.

She leaves her husband of 32 years, Allan D. MacLellan; two sons, Allan I. MacLellan and his friend Avery (Earl) Brow of Baltimore, Md. and Douglas J. MacLellan of York; two daughters, Mary K. Fulmer and her husband, Kevan of Amesbury, Mass. and Elizabeth S. MacLellan of York; her mother, Barbara A. Carroll of Beverly, Mass.; a brother James M. Carroll and his wife, Mary Beth of Falls Church, Va.; five sisters, Nancy E. Zuk of Danvers, Mass., Linda A. Carroll of Centralia, Ill., Barbara J. Medieros and her husband, Paul of Waltham, Mass., Joyce P. Runser and her husband, Michael of Sydney, and Mary M. Cronk and her husband, John of Stratford, N.H.; two grandchildren, Jacqueline A. Fulmer and Juliet S. Fulmer. Susan also had four siblings from her father's previous marriage including James Carroll, Michael Carroll, Marie Folsom and Cheryl Robicheau along with many nieces, nephews and friends.

She was predeceased by her

sister Janet M. Carroll of Salem, Mass.

A funeral Mass was celebrated Sunday, Feb. 21 in St. Christopher's Church in York

Burial will be held in the First Parish Cemetery in the spring.

Memorial contributions may be made to Autism Society of America.

Lucas & Eaton Funeral Home was in charge of arrangements.

**Bradleigh C. Salter**

Bradleigh Clive Salter, 35, died Thursday, Feb. 11, 2010 in the presence of his loving mother Linda, dad Rob and close friends Brian Dunn and Sara Pucko.

Brad was born in York, Pa. on August 13, 1974. He lived most of his life in York, Maine but spent several years in Los Angeles pursuing an acting career.

He was employed at the Weathervane restaurant in Kittery at the time of his death.

Brad was a kind and loving son and brother. He had countless friends in both New England and California. He always cared more about the people he loved than he did about himself.

Brad is survived by his mother and dad Linda and Robert Canale of York, Maine; his loving brother Matthew Canale of York, Maine and Miami; and his father Dr. Barry Salter and his wife Carol of Kennebun.

He also leaves behind seven aunts and uncles Gale Moore of St. Augustine, Fla., Norman and Sharon Wilson of Miami, John and Jane Wilson of Indianapolis, Steve and Shaw Canale of Asheville, N.C.; and great-aunts and uncles Christine Gaitain and Louis Bograkos both of Somersworth, N.H., Kim and Bessie Valasiadis of Rockville Centre, N.Y.; and many cousins in New England, New York, Washington D.C., and Florida.

In lieu of flowers, donations

may be made in Brad's name to the Seacoast Repertory Theatre, 125 Bow St., Portsmouth, NH 03801.

A celebration of Brad's life will be held on Sunday, March 21 at 2 p.m. at the family home on 32 Mallard Drive, York, Maine.

Lucas & Eaton Funeral Home was in charge of arrangements.

**Christine B. Miedema**

Christine B. Miedema, 63, died Tuesday, Feb. 16, 2010 at home.

She was born Nov. 6, 1946 in Boston, a daughter of the late John D. and Wanda (Dombrowski) Schroeder.

She leaves her husband of 15 years, Wayne H. Miedema; a son, Christopher Schroeder of Sandy, Utah; two brothers, John Schroeder of Feeding Hills, Mass. and Richard Schroeder of Missouri; a brother in law, Kevin P. Quinn of York; a sister in law, Ruth Muscatell of Concord, N.C.; a granddaughter, Kylie Schroeder; nieces and nephews; many friends.

A sister, Wanda Quinn predeceased her in March of 2009.

Christine worked as a Nurses Aide for the former Harbor Home and she cared for her sister Wanda until her death in 2009. She will be sadly missed by all.

Services were held on Friday, Feb. 19 at Lucas & Eaton Funeral Home.

Burial will be private in the spring.

Contributions may be made in memory of Wanda Quinn to the American Cancer Society, 30 Speen St., Framingham, MA 01701.

Lucas & Eaton Funeral Home was in charge of arrangements.

**ENGAGEMENTS****Barrett-Hall**

Kevin and Lori Barrett of York are proud to announce the engagement of their daughter, Aubrie Nicole Barrett to Albert Franklin Hall, son of Donna Hall of Waterville and Lowell Hall of Oakland.

Miss Barrett is a 2009 graduate of the University of Montana with a bachelor of science in wildlife biology and a York High School graduate. She also attended Unity College where the two met. The future groom is a 2006 graduate of Unity College with a bachelor of environmental science with a concentration in conservation law enforcement and a minor in wildlife biology.

Albert proposed on horseback in the Sapphire Mountain Range on Paws Up Ranch in Montana on Oct. 18, 2008. They both moved back to Maine after the future bride graduated college and currently work and reside in York.

The couple is planning a June 12, 2010 wedding at First Parish Congregational Church in York and reception immediately following at the Dockside Restaurant in York Harbor.

**York native named Sailor of the Year**

A Fleet and Industrial Supply Center (FISC) Norfolk Sailor from York has been named Sailor of the Year for 2009

by Commander, Fleet and Industrial Supply Centers (COM-FISCS).

Logistics Specialist 2nd Class Korilyn C. Barrett (Aviation Warfare) was recognized by Rear. Adm. Mark Heinrich, COMFISCS, for her outstanding achievement as the leading petty officer for FISC Norfolk's Logistics Support Center New London, in Groton, Conn.

LS2 Barrett is the oldest of five children and daughter of Kevin and Lori Barrett of York. She is a 1999 York High School graduate and has been serving in the U.S. Navy since 2002.

**Students recognized for academic success**

The following students from York were recognized for academic success in the fall 2009 semester and named to Dean's List at their respective schools:

Giancarlo DeSario, Riger Williams University; Katherine Rasche, Skidmore College; Kayleigh Barrett, Molly Carl, Christopher Jones, Timothy Jones, Ashley Mace, Daniel Macglash-ing, Chelsea McGowan, Thomas

Ross, Carli Sayward, University of Maine Farmington; Jessica Dunfey, Stonehill College; Alexander Quinn, Worcester Polytechnic Institute; Jonathan Estes, Thomas Ohlson, Kevin Dennis, Southern New Hampshire University.

**York student featured at Portland museum**

Madigan Cogger of York Middle School will be featured in an exhibit at the Portland Museum of Art. In celebration of National Youth Art Month during the month of March, the Portland Museum of Art, in collaboration with the Maine Art Education Association (MAEA), has organized an exhibition of artwork created by Maine art students.

The museum's exhibition, running from Saturday, Feb. 27 through Saturday, April 4 will showcase more than 100 works of art by students throughout the state, from elementary school through high school.

An exhibition celebration will be held at the museum on Saturday, March 6, from 5 to 7:30 p.m. Admission is free to the public and refreshments will be served.

**Bank announces new manager in York**

Kennebunk Savings announced that Michael Moloney has been promoted to Vice President, Retail Market Manager of the bank's York offices.

**Horoscopes**

By Rusty, the Southern Maine coast's leading astrologer and part-time income tax preparation expert

**Aries** (March 21-April 19): The past is prologue. But your past is on the post office bulletin board.

**Taurus** (April 20-May 20): You are feeling sleepy. Very sleepy! Time to stop listening to so much public radio.

**Gemini** (May 21-June 20): On the 12th day of Christmas, my true love gave to me: earplugs!

**Cancer** (June 21-July 22): Sometimes you're the windshield. Sometimes you're the bug. But what if you're the windshield on a VW bug?

**Leo** (July 23-Aug. 22): Do you if the Romans, the Arabs, or the

ancient Indians discovered the concept of zero? I ask you because it's clearly a number you're familiar with.

**Virgo** (Aug. 23-Sept. 22): These boots were made for walking. However, it's a heckuva lot easier to just get in the car and drive.

**Libra** (Sept. 23-Oct. 22): You are blessed with an extraordinarily long life line. Which is too bad for you, because your life sucks.

**Scorpio** (Oct. 23-Nov. 21): Some are born great. Some achieve greatness. But most of us have mediocrity thrust upon us.

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

You will not be able to get the old "When you say Budweiser, you've said it all" advertising jingle out of your head. It will not be a good day.

**Capricorn** (Dec. 22-Jan. 19): Ninety-nine zodiac signs on the wall, ninety-nine zodiac signs. Take one down, pass it around, ninety-eight Zodiac signs on the wall.

**Aquarius** (Jan. 20-Feb. 18): Yesterday's path will lead to tomorrow's destination. But as for today, you're stranded.

**Pisces** (Feb. 19-March 20): If they can put a man on the moon, why can't they make a machine that automatically writes horoscopes?

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