THEODORE "TED" TRUMAN

PICTURES AND ADDITIONAL INFORMATION

Note: Newspaper clippings from Biddeford Journal acquired through newspaperarchives.com



Ted's father, Peter Throumoulos, was born in Ordu, Turkey in 1886. He first came to Biddeford as a young man along with his brother, Louis. They first worked in the Pepperell mills.

Peter made periodic trips back to Turkey. As was the tradition at the time, Peter's father made arrangements for Peter to marry a 17 year old girl who had lost her parents. In 1921, Peter married Marika Ifantides, who was born in Istanbul Turkey in 1902. Peter kept returning to Biddeford, where he and Louis grew their grocery business. He would return periodically to Turkey, then Greece, where he eventually moved his family. Marika stayed behind with the children until 1929, when they all immigrated to Biddeford.

He died at the age of 53.



The Puritan, located on the corner of Alfred and Main Street. It was initially owned by this family then sold to Milton Mouzas.



Throumoulos Market on the corner of Alfred and Pool Street. Building was purchased in 1921 after a 1920 fire (note burnt sections on the left and 3rd floor.

1921-Major project to lift the building which became Throumoulos Market. Peter Throumoulos can partly be seen on the far right dressed in heavy coat and hat.





Louis Throumoulos inside the store circa 1922.

Ted Truman as a young boy



Paul Truman in traditional Greek costume



Cheer For Your Favorite Team

Thursday at Thornton Athletic Field

Biddeford vs Thornton



Complete Your Thanksgiving Cheer by a Visit to
THE WONDER BAR
THANKSGIVING
SPECIAL
Turkey Soup or
Tomato Juice

Roast Vermont TURKEY

Giblet Gravy
Celery Dill Pickles
Olives, Squash
Mashed Potatoes
Boiled Onions
Green Peas
Cream Cheese, Saltines
Choice of
Mince or Pumpkin Pie
Coffee Tea Milk

TED THROUMOULOS, BHS

\$1.50

Special Dining Room for Ladies and Escorts

THE WONDER BAR

12 Washington Street

Biddeford

From Journal: November 21, 1944



1947 Biddeford High School Football team. Ted standing in the back row, second from right



Greek servicemen stationed in Pearl Harbor, January 12, 1944. Paul Truman on the right



Biddeford Man's Name Longest On Roster Of U. S. Army

Special Despatch to The Fress Herald Biddeford, July 27—Local friends of Cpl. "Paul Throumoulos," former Biddeford High student who left school in 1940 to join the Army, were interested today to learn from an official release that he has the longest name on the roster of the U. S. Army—Polycarvos Thronumoulopoulos.

The corporal, who will be 21 this Fall, requested foreign service after his entry in the Army and was sent to Honolulu, where he was stationed Dec. 7 when the Japanese attack occurred.

Thronumoulopoulos and his family mercifully shortened their name to Throumoulos for every day use. His mother, Mary Throumoulos lives here on Birch Street and his uncle, Louis Throumoulos, his godfather who took care of him after the death of his father some years ago, runs a fruit store at the corner of Alfred and Pool Streets.



Corp. Paul Throumoulos



Ship that Ted served on as Chief Engineer



Ted's military service medals and memorabilia

From Journal December 2, 1963





From Journal 1966

FEDERAL REALTY Co.

From Journal November 22, 1963

1st Anniversary



Meet The Staff: Left to Right

Sitting: Mrs. James Truman and Ted Truman. Standing: Paul Truman, James Truman and Plato Truman.

Federal Realty Co. Offers You York County's Most Aggressive And Most Complete Real Estate Service.

In Our FIRST YEAR Alone We Transacted For Over \$250,000 In Real Estate Values.

Federal Realty Co.

Offers You A Complete Choice Of The Finest In: Single Homes In The Area. (Ranches — Cape Cods — etc.) Apartment Houses — Duplexes.

House Lots — Beach Property — Property Management — Business & Commercial Properties — Appraisals.

And Don't Forget When You Wish To Build A Brand New Home:



GROSSMAN'S Offers You A Complete Line Of Fine Homes With No Down Payment.

PLEASE FEEL FREE TO STOP IN AND VISIT OUR MODERN OFFICES AT 67 ALFRED STREET

Federal Realty Co.

67 Alfred Street
Biddeford — AT 4-4211

FIFTH

SIXTH

Political Advertisement * OPEN LETTER TO THE CITIZENS * OF BIDDEFORD AND YORK COUNTY Why YOU should VOTE for PLATO TRUMAN to represent the people of York County in the CONGRESS of the UNITED STATES.

(FOR BIDDEFORD CITIZENS)

Never in the HISTORY of this city, has Biddeford ever had a Democratic FIRST Governor, U.S. Senator or U.S. Congressman; every election year the carpetbaggers from up state come down to our city and county, pick up our solid important votes, yet we have never received anything in return.

SECOND TRUMAN is a self-made successful business man, and we all know that the Government is the biggest business in the world. Why shouldn't we have a man in Washington who knows and understands big business watching out for our interests.

TRUMAN likes people, he has worked and grown with the man on the THIRD street and understands his problems.

FOURTH TRUMAN is for sale to NO MAN and will work for the best interest of all the people in the first district.

> TRUMAN is a charitable man who has always been there to help in community or state needs. He personally initiated the TRUMAN SCHOLAR-SHIP in 1964; one that gives \$500 per year to needy local students.

TRUMAN is a man who KEEPS HIS PROMISE - During his last campaign for the U.S. Senate Democratic nomination in 1966, TRUMAN told the people of Maine that he would go to Vietnam after the election, WIN OR LOSE. He kept his promise, and went on his own time and expense and reported to the people of Maine on his return.

TAKE A LOOK AT OUR COMMUNITY AND SEE IF WHAT I SAY IS NOT TRUE

PLATO TRUMAN IS WILLING TO DO MORE THAN HIS SHARE TO HELP YOU,

ALL YOU HAVE TO DO IS GO OUT AND VOTE

JUNE 17

Ted Truman, Chairman Truman for Congress Committee





Plato Truman campaign 1968 From left to right: Charley Mantis, Peter Truman, unknown, Helen Truman, Paula Truman, Kiki Truman, Stella Taleinto and Ted Truman.

Truman Claims Blue Tickets Are Back

Tornado Snaps Through Town In Minnesota

TRACY, Minn. (AP) - A torthe sting of a big whip Thursday

trict.

The long narrow blue tickets to an ordinary Democratic balwith a donkey on the top, which lot, with black crosses in the with a donkey on the top, which lot, with black crosses in the were circulated in Biddeford in squares opposite certain key 1966, are again being printed, names. One important differaccording to an irate Theodore Truman. Truman is campaign conspicuously absent, although manager for his brother, Plato, he was then one of the Demoone of three nominees for U.S. cratic candidates for nomination one of three nominees for the U.S. Senate. The "bal-Congressman from the first dis-lots" were unsigned by any The tickets, as printed in committee or person, leading re. nado snapped through town with June, 1966, bore a resemblance cipients to believe they were of. ficial copies of the Democratic ballot. Ted Truman was inform. ed of the circulation of the tick. ets at 3 p.m. on voting day June 20, 1966, when scores had already been distributed.

As the ballots or tickets were illegal, then as now, the candidate's brother had immediate. ly called the Attorney General's office in Augusta, and received an illegal ruling; state troopers had then descended on all seven wards in Biddeford, at polling places where the tickets had been passed out. Few were con-fiscated, however, as, when the troopers had arrived, the tickets had quietly disappeared, as if by magic.

Ted Truman, who says he has irrefutable proof that the ploy will be tried again next Monday, has already notified Attorney General James Erwin, who has promised immediate action when and if any distribution is attempted.

"This is typical of the old-time dirty politics that were rampant years ago in this city." Ted Truman said yesterday, "Political bosses were like czars and told the people how to vote. and for whom. These strong armed tactics have already been tried this year, against people who are openly cam-paigning for Plato."

Visibly upset, Theodore Tru-man went on: "This is the lowest type of politics. It effects the whole community. They've been cutting Plato up in pieces but he won't stoop to the smear tactics that the opposition are

"Look, politics is the noblest of all professions, but when good people are used in this way, they gradually withdraw from civic affairs. This is why there are so few solid citizens willing to run for public offices. And if all the fine, clear - thinking persons withdraw from public affairs, this county is doomed, and hoodlums will take over.

From Journal June 14. 1968

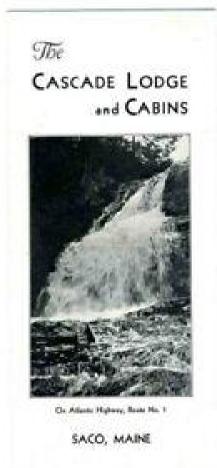


Ted Truman and Norma Smaha



Wedding Day 1969







Cascades Is Renovated

n Saco.

Truman Biddeford purchased the 42 year and even a fireplace. old landmark in October and The new owners plan to open a plans since then.

outdoor lighting system, a new future, 25 foot sign and new yellow A Sunday buffet brunch will co completed.

and trees to be viewed from returns after Labor Day.

W Hearth Room have undergone for up to 250 people. il extensive renovation, continuing In addition to the dining E is the yellow and brown theme of facilities, the Cascades has 16 ed the outside. However, the inside lodging rooms and 43 single and of remodeling will not be entirely double bedroom cabins, most complete until next year.

One new feature recently fireplaces.

ch

Renovations, both inside and added to the lodge is a meeting he i- out, are continuing at the room. Located on the second ra Cacades Lodge on Route 1 in floor, the completely equipped to conference room includes black-co brothers of boards, rostrums, microphones or

Ted Truman has been making the facility daily April 15 this m year, and operate at least nine eo Increased parking, a new months of every year in the

aluminum shingled roof to be offered from 9 a.m. to 2 F brighten up the facility's brown p.m. every week from April of buildings have already been through June. During July and a August the facility will be open New picture windows now for breakfast seven days perig enable the lawn shrubs, flowers week, before the Sunday buffet w

The lodge is now open for p The Lantern Lounge and the private parties, having facilities in

> equipped with their

From Journal March 17, 1973

WHEN WAS THE LAST TIME YOU ATE AT THE CASCADES INN?

TEL .: 692-3940

MAISON FONDEE EN 1854

CASE POSTALE 1696
QUEBEC, P.Q. - G1K 7K6

CANADA

JE Live of

PHARMACIENS EN GROS PRODUITS CHIMIQUES ET PHARMACEUTIQUES INSTRUMENTS DE CHIRURGIE COSMETIQUES CAMERAS

August 6, 1976

Mr. Ted Truman, Proprietor The Cascades Route 1 Saco Maine U.S.A.

Dear Mr. Truman,

Year after year it's always a new pleasure to enjoy that everlasting quality of meals served in a friendly atmosphere of The Cascades. Your Personnel also is frankly top-notch from the Reception desk up to the Dining room.

I humbly thought it might be of interest to a Landlord to receive the expression of such feelings.

Using the title of a book: Between Friends, recently given to your President, Mr. Gerald Ford from Canadian Prime Minister, Mr. Pierre Elliott Trudeau about the Bicentennial of your great Country, wants to express the sincerity of the above-mentioned statement.

Yours very truly,

Victor Livernois, Pharmacist, Vice-Pres.

WHEN WAS THE LAST TIME YOU FELT THIS WAY ABOUT THE SERVICE & QUALITY YOU RECEIVED AT A RESTAURANT VISIT US TODAY AND KINDLE A WARM FEELING OF HOSPITALITY FOR YOUR SELVES.

ROUTE 1,



283-3271

From Journal September 27, 1976

Cascade Inn changes hands

By JOEL BARRETT
Staff Writer
SACO — Like a new kid on the
block, Richard L. Aube has "opening
day jitters."
Aube, a builder, mobile home park

owner and developer from Standish, is the new owner of the Cascade Inn,

is the new owner of the Cascade Inn, a Route 1 restaurant built in 1930.
Today marks the seasonal reopening of the restaurant and the first day under new owner Aube.
"Sure, I have opening day jitters. I've always wanted to run a restaurant, but never in my wildest dreams, did I ever imagine getting into one this big," said Aube.
Aube bought the restaurant last week from the Truman family of Biddeford, who owned it for more than a decade.

Biddeford, who owned it for more than a decade.

No major changes in operation will be made, he said today.

"The Trumans' have run an excellent operation here...the only changes needed may be in the area of fine tuning," Aube said.

The Cascade includes a 450-seat restaurant, 150-seat lounge (added three years ago) and two large conference rooms. The inn has 68 rental units, including 38 individual cabins.

cabins.

Long-range plans include renovating the cabins to their original coning the cabins to their original condition. A motel may replace some of the units, he added, but any new construction would be designed in the style of the restaurant.

While Aube declined to release the exact sale price, he said it was in the neighborhood of \$1.5 million.

The bakery the Trumans added to the kitchen will probably be used to add new lines of pasteries to the menu, he said.

Like the old owners, the Aube's will run a family operation, Joining Aube

run a family operation. Joining Aube in the business will be his wife, Marie; two sons, Richard and Larry; and two daughters, Heidi and Holly. The Cascade has a devoted follow-ing of diners.

Photo by Thea Breite

Richard L. Aube of Standish, left, new owner of the Cascade Inn and Restaurant in Saco, shakes the hand of the former owner, Ted Truman sid he'll be staying on for a while as consultant and advisor to family had sold the restaurant. Looking on is Aube's wife, Marie. the Aubes.

On a busy Sunday, as many as 1,200 brunches would be served. The Cascade will continue to be the setting for many wedding receptions and banquets.

"It has one of the largest volumes (of diners) in the area," Truman

The Truman family bought the during the eight years prior to the operation in 1972 from Prescott Truman's takeover. owner that hired local managers to run the restaurant.

Absentee ownership allowed the Cascades to "go downhill" during the

Among the improvements is a new, \$65,000 dishwashing system. Any architectural changes the fam-

ily made were in harmony with the "New England-Maine-colonial" style

of the area, he said.

While the three brothers owned the business, Theodore and his wife Norma, were the principals involved in its day-to-day operation.

The heavy work load prompted Truman to look for a new owner who would be able to keep the operation

Twenty hour days, nine months a year, seven days a week just got to be a little too much," he explained. The Cascade was built in 1930 on 60

acres owned by Berlin Hawkes.
The property, which once was the site of early Indian settlements, features a 65-foot natural waterfall

features a 65-foot natural waterfall that lends its name to the present day restaurant and lounge.

From the 1930s to 1965, the Hawkes family ran the restaurant and cabins. When Hawkes retired, he sold the operation to Prescott Farms, a corporation run by the Noel family.

History behind the restaurant is colorful. In 1926, the site was the location for a silent movie "The Yukon," Truman said.

Truman said he'll be staying on for a while as consultant and advisor to

He called the new owners "good eight years that the company owned hardworking people, ambitous and

it.

The Truman family - consisting of brothers Theodore, James and Plato - took over the business when it was at "its lowest," Theodore Truman said.

Little maintenance had been done during the eight years prior to the Truman's takeover.

During the next 13 years, the family spent about \$1 million for improvements and new equipment. Truman said today.

Computer Chathot.

Dave Redmond: An excellent captain for the ship of state

The purpose of this letter is to express my support of David Redmond for the office of Governor of the State of Maine. In conjunction with that, I would like to relate a short story:

When I was General Manager of the Cascade Inn Restaurant in Saco, Maine, the kitchen was operated in much the same way as the Navy operates a ship. Everything was always kept spotlessly clean, and everything had to be done efficiently, quickly, and correctly.

On this ship, we had one captain; that was my Uncle Ted. He gave the orders; he was responsible for the smooth functioning of that kitchen so that the people who came to the restaurant would be well cared for and happy. There can only be one captain on a ship who gives the orders. This individual must be able to work smoothly and effectively with all the crew and to make the right decisions at the crucial times. Concurrently, the captain must be fair with all the members of the crew., There were over 100

people on the restaurant staff, and each person had his or her own talents, problems, and characteristics which had to be dealt with individually by the captain. He also had to be able to handle the many problems which arose daily — trouble with the plumbing, difficulties in the heating system, broken dishwashers, etc. We always had confidence in the way the restaurant was run, especially in the kitchen, because we had someone on whom to depend. If a problem cropped up, we could depend on the "Captain." Not to take anything away from

"Captain." Not to take anything away from my Uncle Ted, but there was a "General" running the front part of the restaurant — my Aunt Norma, who contributed immeasurably to the overall efficiency and success of the restaurant. My point is that, without strong management in a restaurant kitchen, chaos will result.

By the same token, without a stong person at the helm of our state government, we will also have chaos. The individual best suited to be Governor (or "Captain") of Maine, in my opinion, is a man whom I have admired and respected for over twenty years. Just as Ted Truman was thoroughly familiar with all facets of the restaurant business, so does David Redmond have the knowledge and first-hand experience to be Governor of Maine. He is and always has been a natural leader. Just as important, however, he is also a team player. He knows how to work with people and to inspire people to give their best for him. He does not work for so-called special interest groups, nor just for Democrats or Republicans or Independents. He works for all Maine people.

We need a "Captain" for our Ship of State who has had experience and whom we can rely on to do what is best for all the people. We need someone who will bring unity and cohesiveness to Maine.

Keep our ship running smoothly — support David Redmond for Governor.

> Milton Truman Biddeford

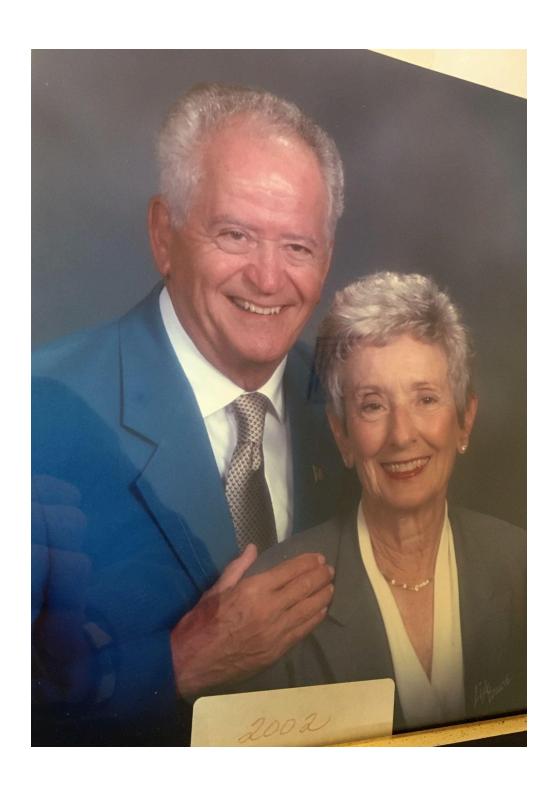


Truman siblings (left to right) James, Ted, Stella, Alice, Cynthia, Plato and Paul. 2002



Ted and Norma in the Concorde





Milton Truman 2021



Paul Truman

SACO — Paul Truman, 86, passed away Wednesday, Jan. 9, at Seal Rock Healthcare in Saco.

He was born on Sept. 29, 1921, in Constantinople, Turkey, a son of Peter and Marika Ifantides Throumoulas. Paul graduated from



Biddeford High School, Class of 1940. He also attended Northeastern Business School in Portland.

Paul was

in the United States Army during World War II. He was platoon sergeant in charge of 38 men. He served overseas for 43 months in Hawaii, Southwest Pacific and European Theater. He proudly held the longest name, Polycarpos Panayiotis Throumoulopoulos, in the U.S. Army.

He owned and operated Throumoulos Market in Biddeford for more than 30 years.

He was proprietor of York County Rendering Company for eight years. In 1960, he founded Truman's Driving School in Biddeford. In 1975, he moved the school to Saco becoming the largest driving school in the State of Maine. In his free time, Paul opened Mr. T's Pizza in Biddeford. He retired in 1985.

Paul had a passion for antique cars and loved to tell a story. For anyone who knew Paul, one story led to another. His enjoyments were the simplicities of life, from good conversation to Greek dancing.

Mr. Truman was a member of St. Demetrios Greek Orthodox Church in Saco.

He was preceded in death by: His wife, Kiki Misogianes Truman on July 23, 2000; and one brother, Jim.

He is survived by: Three sons, Peter Truman of Old Orchard Beach, Louis Truman of Northport and Milton Truman of Fort Myers, Fla.; two daughters, Maria Truman of Saco and Paula Truman of Sanford; two brothers, Plato and Theodore; three sisters, Cynthia, Stella and Alice; two grandchildren, Mikel and Katie; and several nieces and nephews.



Plato Truman

October 21, 1928 to April 7, 2021

Obituary

Mr. Plato Truman, 92 of Saco, passed away peacefully at Southern Maine Medical Center on Wednesday April 7th, 2021 with family by his side. He was born October 21, 1928 in Athens, Greece, a son of Peter Throumoulos and Marika Ifantides Throumoulos. Plato moved from Greece with his family to the Biddeford/Saco area at the age of 2, attending Biddeford Schools, Portland Law School and served his country in the United States Army.

As an active member of the 102nd Maine Legislature, he also ran for the United States Senate using the slogan "Two Great Names, One Great Candidate". He was a big presence and had a lifelong love of politics. With a rough exterior, all that knew him saw he had a loving, generous heart.

Plato is a member of the Greek Orthodox Church, was a past member of the Biddeford-Saco Ahepa Club, the Biddeford Elks, The Masonic Blue Lodge of Biddeford, as well as the Scottish and York Rites of Saco and the Kora Shrine Club of Lewiston. Plato had a love for his community and enjoyed giving back to the Biddeford/Saco area. He was actively involved with the Greek community in both Maine and Florida. Plato loved to travel, living winters in Boca Raton Florida, traveling extensively. During his run for the US senate, he received Washington approval to travel to Vietnam during the height of the war on a fact finding mission to get a firsthand view of the war. During that trip he spent time with Archbishop Iakovas then the Archbishop to the Greek Orthodox Archdiocese of North and South America and was granted an audience with the Pope.

Mr. Truman was a very successful businessman, partnering with his brothers Jim, Ted and Paul in Throumoulos Markets. Later sold to his sisters. Plato and brothers Jim and Ted then owned and operated business companies; Truman Wholesale Foods, Federal Realty, the Lighthouse Motor Inn in Pine Point, and the Cascade Inn and Restaurant in Saco. He was a partner in the Hitching Post Restaurant in Saco with his brother Ted and Senator Peter Danton. Later in life he enjoyed his morning coffee club with friends, and visiting the Old Orchard Beach summer happenings. An avid walker, loved to swim and enjoyed watching a good football or basketball game with family as well as family meals.

Mr. Truman is preceded in death by his parents Peter and Marika Ifantides Throumoulos; siblings Paul Truman and wife Kiki, James Truman and wife Helen, Stella Taliento and husband Albert, Cynthia Mantis and former husband Peter and brother-in-law Arthur Danas.

Mr. Truman is survived by his brother and sister-in-law Ted and Norma Truman of Scarborough; sister Alice Danas of Lowell, MA, as well as cousins Gregory and Sofia Ifantides, Vasili Ifantides and Irene and Paul Vouros. Numerous close nieces and nephews.

Visiting Hours will be at 10:00a.m.-11:00a.m. on Friday, April 16th, 2021 at Hope Memorial Chapel, 480 Elm Street, Biddeford, ME 04005. A Funeral service will be held at St. Demetrios Greek Orthodox Church in Saco at 11:30a.m. on Friday April 16th, 2021. Burial will follow the service at St. Demetrios Cemetery in Biddeford. In lieu of flowers, donations can be made to the St. Demetrios Church or the St. Demetrios Church Cemetery. Arrangements are by Hope Memorial Chapel.

Posted May 18, 2022

Obituary: Theodore "Ted" Truman

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Theodore "Ted" Truman

SCARBOROUGH - Theodore "Ted" Truman, 92, of Piper Shores, Scarborough, died peacefully during the night of May 12, 2022, with his wife of 52 years, Norma, by his side. Born in Biddeford, Ted was the son of the late Peter and Marika (Yfantides) Throumoulos. He attended Biddeford Public Schools and graduated from Biddeford High (president of his senior class), class of 1948, where he excelled in sports under Warner Keaney. He graduated from Maine Maritime Academy in 1951 with a BS degree and in 2003 he was inducted into their Wall of Honor. Ted spent several years at sea as an engineering officer on cargo and passenger ships sailing around the world ten times. He also had a two-year tour of duty in the U.S. Navy on the USS Wacamaw. Ted was a partner in

business with his brothers, Plato and James in Throumoulos Markets, Truman Wholesale Foods, Federal Realty, York County Rendering Co., Lighthouse Motor Inn and the Cascade Inn and Restaurant, which he and his wife managed. He was also a partner in the Hitching

Post Restaurant in Saco. He retired in 1985. Ted was elected to, and then served in, the 103rd Maine Legislature. He was also on the Board of Directors of the Maine Maritime Academy for ten years, the Board of Directors of St. Andre Hospital, the Board of Directors of the Pepperell Trust Bank for 25 years, and a member of the Board of Governors at the Royal Palm Yacht and Country Club for three years. Ted was a past member of the Abenaki Club in Biddeford Pool and the Boca Raton Resort and Club. A past member of the Biddeford Saco Elks, the Masonic Blue Lodge of Biddeford, the Scottish and York Rites of Saco and the Kora Shrine Club of Lewiston, as well as a member of the Saco Ahepa Lodge. Ted valued helping others. He believed in giving back to the community. Ted and Norma contributed to the building programs at the YMCA, St. Mary's Catholic Church, St. Brendan's Catholic Church, St. Demetrios Greek Orthodox Church, St. Demetrios Cemetery Chapel, St. Mark's Greek Orthodox Church of Boca Raton, as well as many local organizations. He and his wife, Norma, were active in tennis, golf and croquet tournaments and competed in some of the finest facilities around the country. One of many highlights of their life together was when they were two of only 200 people in the world that chased Haley's Comet from Miami, Florida, to South America on a British Airlines' Concorde, literally traveling to the edge of space in 1986. Surviving are his wife, Norma (Smaha) Truman; his sister, Alice Danas of Lowell, Massachusetts; and several extended family members. A visiting hour will be held from 10-11 a.m., at St. Demetrios Greek Orthodox Church on Tuesday, May 24. Services will be conducted at 11 a.m., and burial will take place in St. Demetrios Cemetery immediately following. To view Ted's memorial page or to leave online condolences for the family, please visit http://www.hopememorial.com.