



REPORTER

YOUR COMMUNITY NEWSPAPER



www.waterbororeporter.com

LOCALLY OWNED & OPERATED

Sweet traditions



Four-year-old Megan Metz, of Hollis, tries a pancake with fresh maple syrup at Hilltop Boilers in Newfield on Saturday morning, March 26 during Maine Maple activities. PHOTO BY CYNTHIA MATTHEWS

GETTING FIT LOCALLY

BY CYNTHIA MATTHEWS

Sun Salutations Yoga

Nichole Tracy will not only motivate you, but she will inspire you. Tracy is the owner and operator of Sun Salutations Yoga, an eco-friendly studio in Buxton. The yoga space is on the first floor of what used to be her detached garage. Designed and largely constructed by Tracy herself, it includes numerous recycled, re-purposed, reused, and environmentally responsible materials, such as a cork floor with radiant heat, ceiling fans. It is a “sunny” warm orange color, which is cozy and inviting.

At 16 years old, Tracy became a vegetarian. Mostly, she made the decision for animal rights, but she was also sick with asthma, taking medicine, using a nebulizer. She was overweight and depressed. In less than a year, she went from 155 lbs. to 95 lbs. “I ate a lot of beans,

some chicken and fish,” Tracy said. “I love kidney beans – they were always a favorite.”

In 1992, Tracy went a step further, and became a vegan. “I was very strict, and it helped my health,” Tracy said. Tracy had been a library aid in middle school, and due to her asthma, couldn’t participate in gym. Once she became vegan, she was able to do things.

She then discovered yoga and breathing. She was able to slow her breath down and breathe in her belly. She had never been able to do that before. She was once on 6 to 7 medications, today she only takes

one. She uses a preventative inhaler and an allergy medicine. “I don’t have asthma attacks anymore!” said Tracy.

In June, 2006, Tracy completed a registered yoga teacher course through the Yoga Alliance, and the grand opening of Sun Salutations Yoga was in September. Tracy’s yoga classes are more individualized. “I modify a lot, so that you can get the most out of the class without hurting yourself,” explained Tracy. “It’s all about breathing and alignment,” she continued. “It’s a mind set: breathe, slow down, don’t judge. It’s vital to integrate these things to make a better experience. Mindfulness.”

But that’s not the end of Tracy’s story. After the birth of her son in the late 90s, her weight

(Continued on page 2)



Nichole Tracy owns Sun Salutations Yoga in Buxton. COURTESY PHOTO

Reading challenge

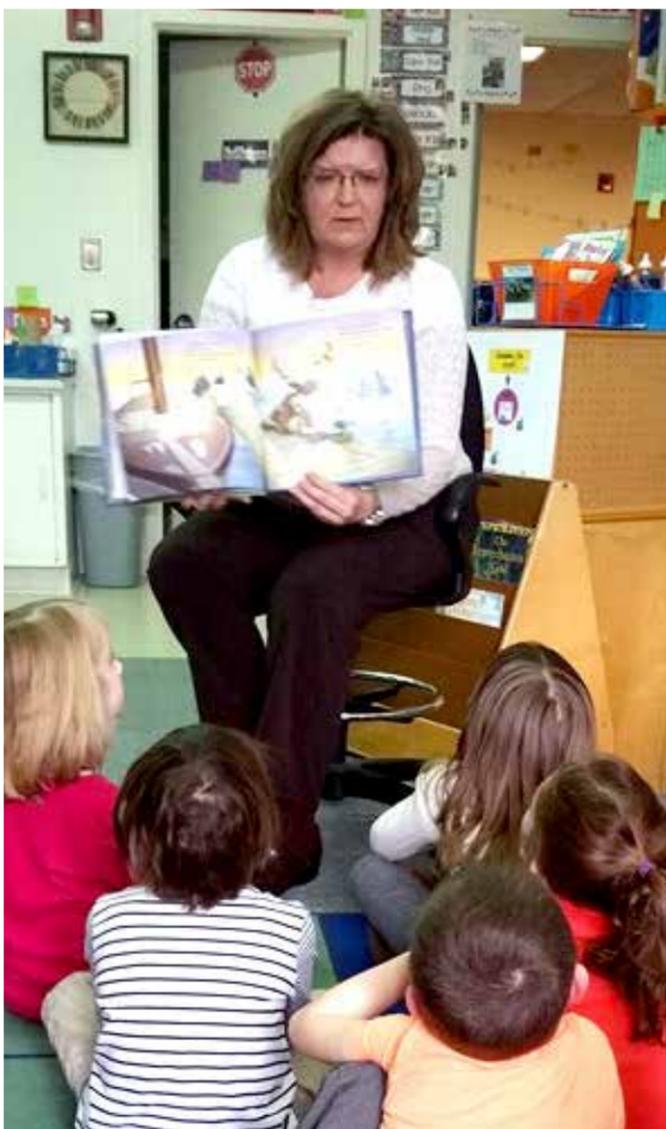
Recently, in March, Rep. Karen Gerrish (R) of Lebanon was thrilled to take part in the state’s Read To Me Challenge which allowed her to visit Shapleigh Memorial Elementary School and read to groups of students.

Rep. Gerrish spent an afternoon reading to four, pre-K, kindergarten, and first-grade classes as part of the initiative to promote reading among students.

“There is nothing I enjoy more than reading and spending time with kids,” said Gerrish. “Reading is such a critical component to early childhood education. We know that from pre-K through third grade is when kids learn to read, after that they read to learn. It’s vital that we do everything we can to make sure kids are not falling behind at this early age.”

The students particularly enjoyed “Circus Ship” by Maine author Chris Van Dusen. Gerrish provided all four classes with their own copy of the book as well as both new Maine State flags and United States flags.

“It’s an honor to represent the people of District 20, especially the little ones,” said Gerrish.



Rep. Karen Gerrish (R) recently spent an afternoon reading to Shapleigh Elementary students. COURTESY PHOTO

ELECTIONS & TOWN MEETINGS

ALFRED



Town meeting wrap-up

BY ALLISON WILLIAMS
awilliams@waterbororeporter.com

There were 110 residents at Alfred’s annual town meeting, 107 there in time to vote by secret ballot on article 3, to increase the property tax limit of \$52,713.32 in case the municipal budget results in a property tax commitment higher than this limit. This was approved 84 to 19.

All articles were approved although some were questioned.

There were cuts in the social service agencies which included the American Red Cross, Caring Unlimited, Home Health Visiting Nurses, and York County Community Action. On this one, Claudette Dupee, representing the agency, listed the numerous ser-

vices which it provides, including financial assistance, legal advisor, tax prep assistance, head start, weatherization, Nasson Health Care, counseling on housing including home ownership education and default homeownership assistance, transportation (buses/vans in miles, 1,289 and volunteer drivers 16,736 miles, and 24 riders; WIC (women, infants and children, 52). The dollar value of services to Alfred residents amounted to \$515,295; the total amount requested was \$2,100 as in the past two years. The amount approved by voters was \$1,000.

Some which formerly came under social service were not included this year in the warrant, such as the Biddeford Free Clinic, Day One, and York County Shelter.

(Continued on page 4)



Maple season in Maine

From left, Tom Pingree chats with Bruce Bierce, Jr. and his wife, Ping about the various grades of maple syrup on Saturday at Pingree's Sap House in Cornish.

Maddie, Grace and Abby Sanborn of Baldwin visiting Pingree's Sap House in Cornish.

YOGA

(Continued from page 1)

went back up again. But Tracy hadn't really noticed, she was flexible and strong because of yoga. In 2012, they hosted an exchange student from the Czech Republic. He was 6-foot, five. Tracy is 4-foot, nine and one-half inches. He weighed less than she did. That's when she realized that doing yoga and eating vegan wasn't enough.

"I stopped eating sweets and stopped eating at night," explained Tracy. "I eat a big breakfast, big lunch, and have a shake at night. I eat whole grain carbs, soups, whole foods, beans, cashews, no more processed foods." And she lost weight, not only by shifting her diet around, but increasing her workouts to four days a week, incorporating strength training and weights to tone, and dancing for cardio. "I go (dancing) every weekend," proclaimed Tracy. In the past year and a half, she went from a size 14-16 to a size 0-1. "It

was all from learning how to eat and exercise, and to be realistic."

"We need to be real with ourselves. We are responsible, and we need to take responsibility. We can get out of it. We are in control. It can be liberating!"

"At 42, I'm the healthiest and fittest I've ever been," added Tracy. "Age has nothing to do with it. Anyone is capable - we all have the power to change within us."

Tracy had always had some workout equipment, but began to add more, and in March of 2015, she moved her equipment to the space above the studio. In April, Tracy became a certified personal trainer through the National Academy of Sports Medicine. Just like in the studio, the training room was also Tracy's design and she did the finished carpentry, etc.

"It's a labor of love, a big part of me, of who I am," she added.

Tracy now sees about 8 to 14 clients per week for personal training, and offers eight yoga classes a week. Patty Barber and Bruce Mc-



The pancake servers at Hilltop Boilers in Newfield.

PHOTOS BY CYNTHIA MATTHEWS

Laughlin of Hiram have been coming to Sun Salutations for about four years, and McLaughlin is now doing personal training with Tracy. "It's great! It's nice and comfortable, no pressure." For her personal training clients, she offers free

yoga. "It's important to do both."

Tracy's brother died of leukemia at age 30. He loved what he did and lived a full life. "He taught me how precious life is and how to appreciate it," recalled Tracy. "I need to do what I love. I'm never

going to settle. Life is a choice, and I need to put things in my life that bring joy. I'm glad, blessed, that I learned that early in life."

"I help people to be healthier, and I'm healthier," confided Tracy. "It is so fun. I need it as much as my clients do."

Tracy's parting advice: "Find things that nurture your soul. Pay attention to your Mind and Body."

Sun Salutations Yoga is located at 332 Chicopee Road in Buxton. For the class schedule and more information, visit their website, www.sunsalutationsyoga.com or contact Nichole Tracy directly at info@sunsalutationsyoga.com or call 642-6751.

Are you one of the 66 percent of Americans who set a fitness goal as one of their New Year's Resolutions? Are you afraid you might end up being the one in three Americans who can't make it through the end of January? Well, you don't have to do it alone. There are lots of local fitness classes and groups in the area to keep you motivated and help you reach your fitness goals. The Reporter will periodically feature these local fitness options.

Write to us at news@waterbororeporter.com if you have suggestions or comments.



NATURALLY JAMMIN
Made in Maine

Retail Shop NEW HOURS!

Thursday Evenings 5-8pm
Come enjoy strawberry shortcakes, ice cream & more!
Fridays & Saturdays 8am-3pm

18 RYAN LANE, LIMINGTON
(GPS to Moody Rd., off Moody Rd., take right on Ryan's Lane, stay right at Y, look for Bee logo)

Our jams, fruit butters and syrups are made with all natural ingredients & sweetened with only pure honey!

Order online 24/7: NaturallyJammin.com

For more information please call 590-9983



APRIL CLASSES

For more information and to register go to:
www.mymcal.com
or call 247-2022.
84 West Road, Waterboro

Maine Driving Dynamics	4/5	6:00 PM
Beginning Yoga for Seniors	4/5	9:00 AM
Brains and Consciousness	4/5	6:00 PM
Using Your Insurance Without Losing Your Shirt	4/5	6:00 PM
Inside NASA	4/6	8:00 PM
What Happens When You Die	4/7	6:00 PM
Drivers Ed. Orientation	4/11	6:00 PM
General Notary Prep	4/12	6:30 PM
Drivers Education	4/25	2:05 PM
Intro to Nutrition	4/25	5:30 PM
Choosing Nutritional Supplements	4/25	8:00 PM
Double Swing Handle Basket	4/26	5:30 PM
How to Be a Healthy Vegetarian	4/27	6:00 PM
Basic Sign Language	4/27	6:00 PM
Crop By Crop	4/27	6:30 PM
Prenatal Yoga	4/27	6:30 PM
Tai Chi 50+	4/28	9:00 AM
How to Be a Healthy Vegetarian	4/28	6:00 PM
Welcome to Medicare	4/28	6:00 PM
Finding Your Passions After You Retire	4/28	6:00 PM

Online classes through ed2go begin April 4
www.ed2go.com/mae



Province LAKE Golf Course

Is pleased to present:



Tim Sample DownEast Humor
Sat., April 16

- 8:00 PM show, doors open at 6:30 PM
- Show tickets: \$20 per person
- Fore Restaurant will be offering their full menu (reservations required, call 207-793-9612)
- To purchase tickets and for more information visit www.provincelakegolf.com

18 Mountain Road, Parsonsfield, ME

Salon Allure

1168 C Main St., Waterboro
(Next to State Farm)
Walk-ins Welcome
Call for an appointment today!

Melissa Blackington 247-2800 Kathie Chute

SMHC Health Education April programs

Southern Maine Health Care (SMHC) has announced the following health education programs during the month of April.

CANCER CARE Macrobiotics Natural Foods Cooking Class

Macrobiotics is a natural approach to health and sickness. A macrobiotic diet consists of whole foods and cooking techniques brimming with health giving qualities. Should you be facing a serious illness or simply looking for better health, we encourage you to explore the possibilities. Presented by Macrobiotic Master Chef Connie Arnold.

Saturday, April 2 and 23, 10:30 a.m. to 12:30 p.m. Sweetser School, 50 Moody Street, Saco, Free. Pre-registration required, call 283-7320.

CHILDBIRTH EDUCATION Breastfeeding Class

SMHC's board-certified lactation consultant will cover how to breastfeed your baby, what's normal, and where to get help if needed.

Tuesday, April 26, 6 to 8 p.m. SMHC Medical Center, 1 Medical Center Drive, Biddeford, Free. Pre-registration is required, call 283-7350.

Childbirth Education Class

This class will cover a variety of birth information, as well as pain control, stages of labor, positions, breathing and much more. Let us help you become more informed so you can create realistic

goals and expectations for your most perfect day. Expectant mothers should be in their last trimester.

Every 4-5 weeks on a Saturday (April 30), 9 a.m. to 4 p.m. SMHC Medical Center, 1 Medical Center Drive, Biddeford. Cost: \$75. Pre-register at 283-7350.

Safe Baby - Infant Safety & Infant/Toddler CPR

This class provides a non-certificated course by the American Heart Association to family and friends, as well as basic home safety for your baby as they grow.

Third Thursday of each month (April 21), 6 to 9 p.m. SMHC Medical Center, 1 Medical Center Drive, Biddeford. Cost: \$35/couple; \$20/person. Pre-register at 283-7350.

CLASSES/EVENTS

Advance Care Planning Seminar

What happens if you're too sick to speak for yourself? Have you discussed your health care wishes with your loved ones? Not sure where to begin or what steps to take? This seminar will introduce you to advance care planning. Presented by Heather Di-Yenno, LCSW and Ron Morton, SMAA Volunteer/SMHC Patient and Family Advisor.

Wednesday, April 15, 1 to 2:30 p.m. SMHC Medical Center, 25 June Street, Sanford, Free. Pre-registration required, please call 283-7669.

Adult Day Services for Alzheimer's & Dementia - Sanford

SMHC's Adult Day Service Program promotes the well-being of people with Alzheimer's and dementia. Participants enjoy different activities in a therapeutic environment designed to maximize their current abilities. For

the caregiver, the Adult Day Service Program offers support and education, as well as a break from the responsibility of providing 24-hour care.

Monday through Friday, 7:30 a.m. until 4:30 p.m. The Pavilion, 35 July Street, Sanford. Call Kathy at 490-7650.

Total Joint Replacement Education Class

Designed for those considering total joint replacement. Participants will learn what to expect before, during and after their procedure and stay in the hospital. Open to anyone interested.

First Thursday (April 7), 1 to 2:30 p.m. and third Thursday (April 21), 3 p.m. to 4:30 p.m. SMHC Medical Center, 1 Medical Center Drive, Biddeford, 1st floor, Classroom 1, Free. To pre-register (not required), call 283-1126.

Weight Loss Surgery Information Session

Is weight loss surgery the right decision for you? Have you tried the other weight loss methods and nothing seems to work? If you're considering weight loss surgery, then this introductory class is for you. Information will be presented about nutrition, resources, and other topics to help with the lifestyle and emotional adjustments you may face.

Biddeford Medical Center
Second Wednesday of each month (April 13), 5 to 6 p.m. SMHC Medical Center, 1 Medical Center Drive, Biddeford, Free. Registration is required, please call 284-2630.

Sanford Medical Center
Fourth Thursday of each month (April 28), 5 to 6 p.m. 25 June Street, Sanford, Free. Registration is required, please call 284-2630.

Be Tobacco Free

SMHC's "Be Tobacco Free" program is a comprehensive four-week course designed to offer the tobacco user with all the information and tools required to become tobacco free. Our Certified Tobacco Treatment Specialists will offer insights into smoking habits, stress and the relationship it has to smoking, as well as nicotine replacement options available. Ongoing support is also valuable in guiding the tobacco user to become tobacco free.

Individualized Sessions
SMHC Medical Center, 1 Medical Center Drive, Biddeford, Cardiopulmonary Gym, Free. Call 283-6408 to schedule an appointment.

SUPPORT GROUPS

Alzheimer's Support Group
Open to anyone that has a loved one diagnosed with Alzheimer's or any form of dementia. The group helps participants understand the process of the disease and allows for sharing and questions. Those attending the daytime support group are able to bring their loved one with them who will attend the Pavilion's Activity group during the support group. The group is supported by the Alzheimer Association of Maine.

First Wednesday of each month (April 6), 7 to 9 p.m. and third Wednesday (April 20), 10 a.m. to 12 p.m. Pavilion Conference Room, 35 July Street, Sanford, Free. For More information, call 490-7650.

Better Breathers Club of Southern Maine (Pulmonary Rehabilitation)

Open to anyone interested in learning more about pulmonary disease and improving their quality of life. Small group sessions allow participants to share experiences and learn in a comfortable and caring environment.

Second Wednesday of each month (April 13), 1:15 to 2:30 p.m. SMHC Physicians, 9 Healthcare Drive, Biddeford, Free. For more information, call 283-7789.

Breast Cancer Survivors Support Group

Second and fourth Thursday of each month (April 14, 28), 5:30 to 6:30 p.m. SMHC Medical Center, 1 Medical Center Drive, Biddeford, Webber Building, 2nd floor Conference Room, Free. For more information, contact Helene Langley at 283-7805.

Cancer Support Group - Kennebunk

All individuals in treatment, caregivers, and survivors are welcomed. Our goal is to provide the opportunity to share our individual journeys and offer each other hope and strength.

Fourth Thursday of each month (April 28), 1 to 2 p.m. St. Martha's Church, Route 1, Kennebunk (Please park in the rear of church and enter using the rear door entrance. Group meets in the second room on the left.), Free, For more information, call Peggy at 283-7320.

Cancer Support Group - Saco

We welcome those affected by cancer and their family/friends. Support, information, and networking will be provided by skilled facilitators.

Second and fourth Monday of each month (April 11, 25), 10:30 to 11:30 a.m. SMHC Walk-In Care, 655 Main Street (entrance on Ross Road), Saco - 2nd floor Conference Room, Free. Registration required. Call Peggy at 283-7320.

This list in its entirety is available on the SMHC website at www.smhc.org under Community Programs.



F.R. CARROLL, INC.
LIMERICK, MAINE

CRUSHED STONE
3/8" 3/4" 1-1/2"

READY MIX CONCRETE
HOT TOP • LOAM
MORTAR SAND
CRUSHED GRAVEL



MAIN OFFICE: (207) 793-8615
ASPHALT: (207) 793-4434
CONCRETE: (207) 793-2742
OR (207) 793-8753

D&R Think Spring!
PAVING & SEALCOATING RESIDENTIAL & COMMERCIAL

SPRING SPECIALS DRIVEWAYS • PARKING LOTS • ROADWAYS
Call us for all your asphalt needs. RECYCLED ASPHALT • GRINDING • CURBING

Dana Brown • 520 Ossipee Hill Rd., Waterboro, ME 04087

855-492-8177 OR 247-8706

Dick Moreau Electric
MASTER ELECTRICIAN

30+ years of experience • Reasonable rates • Small jobs okay
603-674-1273 • richardmoreau@reagan.com

Serving the Southern Maine Area

GoodFellas Landscaping

Spring Cleanups
Weekly lawn maintenance
Residential/Commercial
Fully insured
752-6917
Mulch, beds, walkways & more!

TO ADVERTISE:
CALL:
247-1033
or EMAIL:
ads@waterboro-reporter.com

Buy 3 weeks, get one FREE!



ALFRED

Allison Williams

awilliams@waterbororeporter.com
324-5823

TOWN MEETING

(Continued from page 1)

Glenn Dochterman was re-elected to a three-year term as selectman; Tony Palminteri was elected to a two-year term on the board of selectmen replacing John Sylvester who had resigned; John Flagler was re-elected to the RSU 57 Board of Directors; two write-in votes on Parsons Library Board of Directors gave the positions to Marta Northover and Eileen Connolly; and Greg Knight was elected to the Alfred Water District.

Before the meeting began Chris Carpenter was recognized for his service in Iraq (two stints) and Afghanistan (one stint) with an appreciation plaque. In the service he was a surgical tech, assisting surgeons in the operating room. Carpenter is Alfred's only full time fireman.

Anita liberty profiled

Alfred's "poet laureate", Anita Liberty, was profiled recently by the Maine Poets Society, of



Chris Carpenter displays the appreciation plaque he received at Alfred Town meeting. With him are his wife Holly and boys Bradyn and Jameson. Chris spent three stints overseas as a surgical technician.

PHOTO BY ALLISON WILLIAMS

which she has been a member for 38 years. She was first prize winner of their "Confusion" contest. In 1985 she was president of the Poetry Fellowship of Maine, the "former name of the Maine Poets Society". She has taught

poetry and published two books of poetry. Her "Taproot" poem was the title of the last Maine Poets Anthology in 2010. She says you don't need history books if you read poetry, because it gives you a whole story in one piece. She states her poems come easily because "I think that way." In poetry she says "You learn about

yourself."

Her friends are never surprised to receive a new poem as a Christmas gift. The latest was "In Exultation" and it was signed "Liberty Family" but those who received it knew who the author really was.

Sunrise service

A beautiful sunrise service, attended by 25 persons, was held in the old cemetery between the Parish Church and Town Hall on Easter morning. Although there wasn't actually a sunrise, it being overcast, it gradually became lighter so people could see their programs. Robin Tucker-Gahm provided the music with her guitar. John Harvey and young women from the Re-Entry Center took part in the service led by Rev. Diane Harvey. Following the service breakfast was prepared in Conant Chapel by the women from the Re-Entry Center.

Splish splash dance

A special dance will be held at Alfred Elementary School on Friday, April 8 from 6:30 to 8:30 p.m. Family entertainment and DJ will be provided by Flamin' Raymin' and Sizzlin' Suzzin' with an electric slide, macarena and other fun dances. Beach props will be on hand and a photo booth. Concessions will be what are found at the beach, including cotton candy.

Tickets will be sold in advance at Alfred Elementary School; the event is only for the Alfred Elementary School staff, students and their families. The cost is \$10 per family. And altho' this will be a beach dance, beach wear is OK but no bathing suits. All children must be accompanied by an adult.

Regarding the bird and bat houses

Credit goes to Bill Bullard who made all the kits used in the bird and bat house project in the town hall last week. Printed instructions were included and members of the Conservation Commission were on hand to give support to all the carpenters. It appeared to be a very successful endeavor. Residents came from Waterboro and Springvale, besides Alfred to participate.

Wool sale

Saturday, April 2 from 10 a.m. to 4 p.m. there will be a wool fabric sale at the Alfred Shaker Museum. Anyone with new wool/rug braiders, rug hookers, penny rugs and crafters who use new wool, may bring their excess pieces of wool and sell them.

There will be no charge for a table although a donation may be made to the museum gift shop. Sellers can set their own prices and do their own selling. For more information call Barbara Carlson at 651-6700.

Village notes

A gathering of rug hookers, known as a "hook in" will be held Friday, April 1 at 4 p.m. to Sunday at Notre Dame Institute. Those wishing more information may contact Brother Ted at 324-6160.

Gile's Farm states they had approximately 1,000 people going through the sugar house on Easter, or about as in 2014, which had been their best year. The new sugar house will be completed next year, when they plan a grand opening.

PUBLIC NOTICE TOWN OF LYMAN

Nomination papers for the June 14th Municipal Election are available for the following positions (all three year terms):

- 1 Selectmen/Overseer of the Poor
- 2 Budget Committee Members
- 1 RSU #57 School Board Member

Nomination Papers are available at the Town Clerk's Office during regular office hours, and must be returned by 4:00 PM on April 29th. FMI call 247-0643.

Drive home the savings.



Chris Doughty, Agent
1168 Main St
Waterboro, ME 04087
Bus: 207-247-8555
chris.doughty.rxbf@statefarm.com

Car and home combo.

Combine your insurance and save big-time. It's that easy.
Like a good neighbor, State Farm is there.
CALL ME TODAY.



statefarm.com®

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL

REPORTER

YOUR COMMUNITY NEWSPAPER

www.waterbororeporter.com

P.O. Box 75, North Waterboro, ME 04061
247-1033 • news@waterbororeporter.com

Kerry DeAngelis... Owner/Publisher/Advertising Manager
news@waterbororeporter.com or ads@waterbororeporter.com

Michael DeAngelis... Sports Editor
mdeangelis@waterbororeporter.com

Cynthia Matthews... Contributing Writer

Brigit McCallum... Contributing Writer
brigit@waterbororeporter.com

Joy Spencer... Contributing Writer

Allison Williams... Contributing Writer
awilliams@waterbororeporter.com

Cindie Wade... Distribution & Delivery



MAIL SUBSCRIPTIONS:

Receive the Reporter in the mail each week for only \$75 per year.

Published by KL Design & Marketing
www.kldesignandmarketing.com



The Reporter is independently owned and locally operated and has no affiliation with any other newspaper.

©2016 All Rights Reserved. All logos and trademarks are property of their respective owners. No part of this publication may be reproduced without permission from the publisher. The opinions expressed in the Reporter are not necessarily those of the publisher.

NEW PATIENTS WELCOME

Insurance plans accepted

We bill your insurance!
No need to pay total fee up front.
We collect estimated co-pays at the time of service.

WAYNE LARIVIERE, DMD
GENERAL DENTIST

Call Today 247-3511

Massabesic Regional Medical Center
813B Main Street, Waterboro, ME

www.waterborodentist.com



TOWN OF WATERBORO

NOTICE OF PUBLIC HEARING

The Town of Waterboro Board of Selectmen will hold a public hearing at the Town Hall on **Tuesday, April 12, 2016 beginning at 6:00 pm.**

The purpose of the hearing is to hear comments on updating the Maine State Statute Citations noted in the following Ordinances: Town of Waterboro Zoning Ordinance, Town of Waterboro Site Plan Review Ordinance & Town of Waterboro Land Subdivision Regulations of the Planning Board.

Copies of the proposed amendments are available at the Town Hall and on the town website at www.waterboro-me.gov.

Waterboro Board of Selectmen

SPORTS

Middle School Mustangs take ice crown *Future bright for MOB*

BY MICHAEL DEANGELIS
mdeangelis@waterbororeporter.com

Liam Nash had two goals and one assist and Bryson Pomerleau made 12 saves to lift the Massabesic Middle School hockey team to a 3-0 win in the championship game over Bonny Eagle on March 29 at UNE.

The good news, for everyone in attendance, is the fact that both clubs will join forces next year for varsity and junior varsity seasons as Massabesic, Old Orchard and Bonny Eagle (aka MOB) all combine to make up their rosters.

Coach Tom Cormier was excited by both the win and the future, "we had a great rivalry with them this year, physical games like the championship game, but clean and well played...everyone is excited about next year."

Brendan Fedrizzi got the scoring going for Massabesic with a strike at the 8:55 mark of the first. Liam Nash provided the assist and the first period closed with the Mustangs ahead 1-0.

Nash bumped the score to 2-0, Aiden Russell assisting at 5:52 of the middle period, and the dagger to the heart of the Scots came just :29 second later when Nash got loose in the Bonny Eagle end and delivered his second score to push the lead to an insurmountable, and final, 3-0.

Massabesic entered the post season with the first seed behind the strength of a stellar 13-1-2

mark that had them potting 105 goals while yielding only 32.

The Scots, and here is the source of the excitement surrounding the varsity program, were just as impressive as the Mustangs neighbors turned in superb season of their own with a 12-1-3 mark that had them filling the net with 104 goals while giving up just 31. Both teams deadlocked with an eye-popping +73 goals for versus goals against.

Combined, the two linked foes went 25-2-5 with 209 goals for and a paltry 63 against.

Yes, the future looks bright. "We might have three or four guys that can step in and play as freshman next year," said coach Loren Blair who heads up the varsity program for MOB...We're all looking forward to winter and we just got into spring."

Massabesic stomped Noble 11-0 after a first round bye and they used a five goal third period, after trailing 5-4, to get past a feisty York team, 9-5, which pushed them into the finals against the Scots.

The Scots thumped Mt. Ararat 7-0 after their bye and they slipped past Maranacook 5-2 to secure a date in the final with their soon-to-be friends from the west.



TOP: The Massabesic Middle School hockey team won the Braun Championship on March 29, beating Bonny Eagle 3-0 at UNE.

PHOTO BY DEB CORMIER

BOTTOM: The Bonny Eagle Middle School hockey A team.

COURTESY PHOTO

SPRING SPORTS PREVIEW
Look for it in our April 8 issue.
 To place an ad in support of your favorite athletes or teams
 Call 247-1033 or email ads@waterboro-reporter.com.
Show your support for BOTH the athletes AND the community newspaper that follows them!

KASPRZAK INSURANCE ASSOCIATES, INC.
 Auto • Home • Life • Business • Health
247-4959
 RTE. 5 • NO. WATERBORO, ME 04061

Tory Hill Dental
 JOEL S. DOYON D.D.S.
Your family's neighborhood dentist.
 Call today for an appointment!
 175 Narragansett Trail, Buxton P.O. Box 17, Bar Mills, ME 04004 **929-6626**

Shear BRONZE SALON
Tanning Salon Open
 M-F 10-6, Sat.-Sun. 10-3
 366 Main St., Waterboro, ME 04030
247-7771

LIVE BAIT!
LAKESIDE SPORT & MARINE
 143 Emery Mills Rd., Rt. 109 Shapleigh
 Open: Tues.-Sat. 8-4, Sun. 8-noon
 New inventory arriving daily!
MARINE Full line of outdoor sporting goods
FIREARMS Sales & Service
AMMO - CAMO Fishing Supplies
 Scott
 lakesidesport@yahoo.com
(207) 636-1325

timberline COUNTRY STORES
BREAKFAST - LUNCH - DINNER
TAKEOUT SPECIALS
2 Lg. 1-Topping Pizzas \$14.99 EVERY DAY!
 Hot off the grill Burgers & Fries
 Fried Food Galore • Specialty Wraps
 222 Narragansett Trail, Buxton
 Corner of Routes 202 & 112
Eat-in or Takeout • 929-5000

BUY Local!



Classifieds

Call 247-1033 or email ads@waterbororeporter.com

Ad deadline: Tuesdays at 5 p.m. Published weekly every Friday.

Reach thousands of local customers!

EMPLOYMENT

LOOKING FOR FULL-TIME AND PART-TIME HELP!
Shear Bronze Salon in Waterboro is now hiring licensed stylists who are passionate and love cutting and coloring hair! We are looking for someone with a positive and pleasant attitude! Please send resume to: Shearbronzesalon@yahoo.com

Immediate Openings!
The Reporter is seeking part-time Advertising Sales Representatives, Freelance Writers and Community Correspondents.
Send inquiries to: ads@waterbororeporter.com
news@waterbororeporter.com

HARDSCAPE

AFFORDABLE STONE WALLS
Consultation, Instruction, Installation. DEP Certified, 25+ yrs exp, Sal Adinolfi, Stone Artisan • 205-6868

HOME IMPROVEMENT

Construction - all types. Excavating, Carpentry, Camps Lifted, Sill Repairs, Masonry, Foundations, and Demolition.
TODD ZAGARELLA LTD.
207-793-4111

Please recycle this newspaper

Your ad HERE only \$6 per week!

ADOPT A PET

Adopt a Pet
Sponsor a pet for only \$40 and help them find their forever homes. Call 247-1033.

Blackie: Meet Blackie, a 12-year old short-haired cat. Blackie is a darling old soul. She would make a welcome addition to just about any household, though she would prefer not to live with dogs. Please note that Blackie is currently available for adoption at our satellite adoption partner PetSmart in Scarborough.
For adoption info visit: www.animalwelfaresociety.org
AWS is open from 11-4:30 Thursdays through Tuesdays. (Closed on Wednesdays.)

Autumn Green Funeral Home
Sharing Memories... Celebrating Life
47 Oak Street • PO Box 327
Alfred, Maine 04002 207-459-7110

ANIMAL FEEDS

Woodsome's Feeds & Needs
HORSE & PET SUPPLIES
We deliver • 247-5777
Open: M-F 8-5, Sat. 8-1.
Rte. 202, E. Waterboro

FITNESS

JUNCTURE LEARNING CENTER
Affordable fun & fitness w/ Coach Lisa for boys & girls ages 1-14. Tumbling FUN!, FUNergy!, open gym and more. FMI on Facebook or call 318-7685.

Holding a fundraiser?
The Reporter can help!
We offer a donation match to your advertising, which means for each ad you purchase, you will receive an additional week FREE.
That's 2 for the price of 1!
(1/8 page min. required purchase).
Call 247-1033 or email ads@waterbororeporter.com.

LIMERICK MILLS ANIMAL HOSPITAL
135 Elm Street, Limerick • 793-4493

We are a well-established, full-service, small animal veterinary hospital providing comprehensive medical, surgical and dental care.

WE SUPPORT ADOPT A PET www.limerickmillsvet.com

BUSINESS DIRECTORY



Build your business for only \$20 per week, 4 week minimum

J.R. GERRISH & SONS, LLC.
EXCAVATING CONTRACTORS & SEPTIC SERVICE

Free Estimates • Site Work
Septic Tanks Pumped
Systems Inspected
Septic Systems Installed

www.gerrishandsonslc.com
jebgerrish@gmail.com
Fax 207-324-9499

324-4984 JIM
423-7499 JEB

WANTED
Junk Cars & Trucks, Scrap Metal

HOURS OF OPERATION:
Scale/Yard: Mon-Fri 8-4, Sat 8-2
Office: Mon-Fri 8-5, Sat 8-3
Closed Sundays until April 1st

We buy the following metals:
Copper • Brass • Aluminum Cans • Batteries
Stainless • Lead • Wire • Aluminum Wheels (with or without tires) • Large amounts of Metal
Steel • Appliances • Catalytic Converter

C.I.A. SALVAGE We'll beat any reasonable offer for complete vehicles.
Toll Free: 877-456-8608 • 207-793-2022
366 Sokokos Trail N. • Route 5, Limerick, ME 04048

Lesley Leighton, Prop.

Leighton EXCAVATION

Driveways • Septic Tanks • Cellar Holes
Wells • Crushing • Screened Loam
Compost • Etc.

Pearl Street
P.O. Box 145
Waterboro, Maine 04087

207-247-5697
207-499-2545
Fax 207-247-4113

GRAPHIC DESIGN • ADVERTISING • MARKETING

KLDESIGN & MARKETING

Kerry DeAngelis • North Waterboro, ME
E-mail: kerry@kldesignandmarketing.com

More than 20 years of experience!

(207) 206-5639
www.kldesignandmarketing.com

TOP-IT-OFF OIL
QUALITY HOME HEATING OIL
LOWEST CASH PRICES

24 HOUR EMERGENCY SERVICE
1-800-293-6448
279 BIDDEFORD RD., ALFRED
- Serving all of Southern Maine -

Guaranteed Lowest Cash Price!

KENNEBUNK 985-6448
ALFRED 324-1133

Mike McGrath
Owner
207-251-3916

McGrath's Roofing
"Your Asphalt Roofing Specialist"
Serving All Of Southern Maine!

No Job To Big Or To Small!
Over 25 Plus Years Of Experience!

OBITUARIES

Patrick (Paddy) Broderick

Patrick (Paddy) Broderick, 83, passed away peacefully in his daughter's home in Limerick, Maine on Friday, March 25, 2016.



Patrick (Paddy) Broderick

He was born on Feb. 2, 1933 in Bloemfontein, South Africa, where he completed his schooling, before moving to Durban where he met and married the love of his life, Maureen, with whom he had 6 children.

Paddy worked as an auto mechanic until his retirement, at which point he was able to devote all his time to helping others, through the Society of St. Vincent de Paul and the Knights of da Gama. After 52 years of marriage, Maureen died unexpectedly, and Paddy's health and mobility became problematic to living alone. He moved to Limerick, Maine in June 2013, to live with his daughter Debbie, and son-in-law, Dale, becoming a parishioner of St Matthew Catholic Church in Limerick. In October 2013 he was awarded a papal award (Benemerenti medal) for his dedicated and selfless service to others.

Paddy is predeceased by his wife, Maureen, and is survived by his six children, Patrick, Debbie, Carole, Michael, John and Maryann; his five grandchildren, Linus, Lucy, Jessie, Eli and Micah; and five of his seven siblings, Jean, Vincent, Mickey, Maryann and Anthony.

A funeral mass to celebrate Paddy's life was held on Thursday, March 31 at 1 p.m. at St. Matthew Church, 19 Dora Lane, Limerick. In lieu of flowers, donations may be made to Hospice of Southern Maine in appreciation of their excellent care and service that they provided to him.

Todd John Carlton

Todd J. Carlton, 33, of Loop Road in Acton, died from an apparent drug overdose on Saturday, March 26, 2016. Todd's parents wanted to personally share their grief, shock and frustration with others who may be battling addiction. Don't break your parent's hearts. There is help available and no matter what comes; you are loved by many.



Todd John Carlton

Todd was born in Sanford on Oct. 14, 1982 the only son of John A. and Kathy M. (Jones) Carlton. He grew up in Shapleigh, attending elementary school in town and Acton, and graduated from Massabesic High School in Waterboro.

Todd had gotten into the apprenticeship program at the Portsmouth Naval Shipyard where he worked these last eight years as a Shipfitter, Work Leader and Material Control Manager. He was always the first one to lend a hand to others and stayed until the job was done.

Todd was an avid outdoorsman

who spent endless hours in the woods, hunting and four wheeling with his buddies. If you got stuck in the mud – Todd was the master of getting people unstuck from the mud holes! He went ice fishing on Mousam Lake or Square Pond; but his heart was content when he went up North in Greenville and Monson. Todd loved camping with his parents and his help with the yearly firewood was priceless.

The family would like to thank the Acton Rescue and Shapleigh Rescue for their efforts and professionalism.

Todd is survived by his parents, John and Kathy Carlton of Shapleigh; his son, David Carlton and by his grandmother, Areta (Rita) Ricker; his aunt and uncle, Karen and Stephen Blaisdell; numerous other aunts, uncles, cousins and friends; and his companion, Theresa Hersey.

Calling hours will be on Saturday, April 2, 2016 at the Alfred Parish Church, 12 Kennebunk Road, in Alfred, beginning at 11 a.m. until 1 p.m. where a memorial service will be held at 1 p.m. at the church with Rev. Beverly Brent, officiating.

To leave a message of condolence for the family, visit www.autumngreenfuneralhome.com

In lieu of flowers, memorial donations may be made to the Center for Grieving Children, P.O. Box 1438, Portland, ME 04104. This group has meetings locally in Sanford, please visit www.cg-maine.org

The Autumn Funeral Home, 47 Oak Street, in Alfred is respectfully handling arrangements.

Donald "Don" Leo Lunt Sr.

Donald "Don" Leo Lunt Sr., 51 passed away Friday March 25, 2016 surrounded by loved ones. He was born October 31, 1964 at Rumford Hospital. Preceding his death are his, biological



Donald "Don" Leo Lunt

father Donald McKeown Sr., adopted father George Lunt, as well as his brother Paul Manken, and sister Marie Wells.

Surviving him are his mother and step father Martha and Bill Guthzeit. He was father to Angella Hodgkins, Brenda Sargent, Melissa Lunt, Melanie Dumas, Donald Lunt Jr, and Billy Ray Lunt. Grandfather to Conrad Sargent, Emilie Hodgkins, Robert Bates Jr, Jaxson Sargent, Allison Hodgkins, and Grace Sargent. God father to Adam Stilphen. Brother to Billy Lunt, Joan Coffin, Rita Stilphen, Sissy Wilcox, Fred Blair, Donald McKeown, and Samantha Burdzel.

Don was a good ole boy, an avid hunter, and an outdoorsman. He loved flirting with the women, and could always make you smile with his corks attitude or to be victim of one of his many pranks.

Services will be held Friday April 1, 2016 at the Park Ave Church of God, 28 Park Avenue, Portland. Visiting hours will be from 2 to 5 p.m., service will be from 5 to 6 p.m., and a gathering right after.

Arrangements have been entrusted to Chad E Poitras Cremation and Funeral Service, Buxton www.maineFuneral.com.

Thomas B. Walsh

Thomas B. Walsh, age 59, of Main St., passed away on March 18, 2016 at his home.



Thomas B. Walsh

He was born in Saco on March 24, 1956, a son of Clayton and Ella (Hall) Walsh.

After graduating from Bonny Eagle High School, Tom enlisted into the United States Marine Corps and served during the Vietnam War.

Throughout his life he worked as a auto mechanic and was a longtime member of the Buxton/Hollis Lions Club and the Buxton/Hollis Rod and Gun Club.

He is predeceased by his mother- Ella; brothers- Doug and Rick Walsh; and a nephew- Ricky Walsh.

Tom is survived by his beloved wife Sharyn (Totman) Walsh; daughter Melissa Morin and her husband Ken of Connecticut; sons Aaron Walsh of Buxton and Chris Tibbetts of Buxton; father Clayton Walsh of Buxton; brothers Dwight Walsh of Buxton and Timothy Walsh of Hollis; sister Debra Baldwin of Bar Mills; two grandchildren; and many dear friends.

A graveside service with USMC honors will be held on Saturday, April 23, at 1 p.m. at Riverside Cemetery, River Road, Hollis.

Arrangements have been entrusted to Chad E. Poitras Cremation and Funeral Service, 498 Long Plains Road, Buxton. Online condolence messages can be submitted at the funeral home's website, www.maineFuneral.com

STATE OF MAINE
ALFRED

PROBATE COURT
YORK, ss.

PROBATE NOTICES

Notice is hereby given by the respective petitioners that they have filed proceedings in the following matters. These matters will be heard at 9:00 A.M. or as soon thereafter as they may be on the twenty-eighth day of April, 2016 at the York County Probate Court, 45 Kennebunk Road, Alfred, Maine, 04002. The prayers for relief may be granted on or after the hearing date if no sufficient objection be heard. This notice complies with the requirements of the Maine Probate Code and Probate Rule 4. **THIS IS A RETURN DAY ONLY. NO APPEARANCE IS NECESSARY. HOWEVER, ANY OBJECTIONS MUST BE FILED PRIOR TO HEARING AND MUST COMPLY WITH APPLICABLE COURT RULES.**

ISABELLE COLE BOULARD of Waterboro. Petition that the name of Isabelle Cole Boulard may be changed to Izzy Cole Boulard, presented by Lisa Boulard and Timothy Boulard, mother and father of said Isabelle Cole Boulard, minor, of 251 West Road, Waterboro, Maine, 04087, telephone number – 247-0202.

SAMANTHA LEE RAY of Hollis. Petition that the name of Samantha Lee Ray may be changed to Samantha Lee Carson, presented by Samantha Ray of 127 Little Falls Road, Hollis, Maine, 04042, telephone number – 590-3327.

RYDER ALLEN WINEGARDEN of Sanford. Petition that the name of Ryder Allen Winegarden may be changed to Ryder Edward Surels, presented by Patricia J. Winegarden and Charles Surels, mother and father of said Ryder Allen Winegarden, minor, of 2 Manor Circle, Apt #6, Sanford, Maine, 04073, telephone number – 604-9844.

JOSEPH CONLEY. Late of Sanford, deceased. Petition for Formal Adjudication of Intestacy and that she may be appointed Personal Representative, without bond, presented by Michelle Pierce of 1 Huntington Common Drive, Kennebunk, Maine, 04043, telephone number – 985-2810.

Dated: March 22, 2016

Carol J. Lovejoy
Register of Probate

Prearrangement consultation at no charge at the funeral home or in the comfort of your home.

Chad E. Poitras
CREMATION & FUNERAL SERVICES
Located in a quiet part of town, in a country setting.
498 Long Plains Road, Buxton
929-3723 • www.maineFuneral.com

“Mom LOVED playing slot machines. That was her enjoyment and relaxation. Our family all smiled as everyone left a chip by her picture.”

It is not about the the final journey, or the right music or even a favorite poem. It is about helping you create a fitting tribute. So that we make sure we understand exactly what you want, and provide you with everything you need to help say goodbye, please schedule an appointment with us today.

Dennett, Craig & Pate *Here for you since 1882*
Funeral Home and
Cremation Services

BUXTON • Portland Rd. & Rte. 202 • 929-8200
SACO • 365 Main Street • 282-0562 www.dcpate.com



LAKESIDE REALTY

143 Emery Mills Rd., Rt. 109, Shapleigh, ME 04076 • 207-850-1099
 Located in the same building as Lakeside Sport & Marine



Karen Cudworth
 Broker/Owner
 Cell: 207-206-2950
 mylakesiderealty@yahoo.com



Sherry James
 Sales Agent
 Cell: 207-206-4835
 mylakesiderealtysaj@yahoo.com



Jane Carmichael
 Sales Agent
 Cell: 207-459-4849
 mylakesiderealtyjmc@yahoo.com



Amanda Bedell
 Office Administrator
 Office: 207-850-1099
 Fax: 207-636-1591
 Lakesiderealtyme@yahoo.com

CALL TODAY for your FREE opinion of value!



NEW LISTING!
SHAPLEIGH: Almost 3 acres with this 3 to 4 bedroom cape, 1 full bath, 1- 3/4 bath with laundry on the 1st floor, 2-car garage, garden house, peach, apple and hazelnut trees, strawberry beds and raspberry bushes, grow your own food, have your own farm on matured grounds, paved driveway. RSU 57, taxes are good and no water sewer bill! Call for your showing today! **\$229,000**



NEW LISTING!
GREAT EAST LAKE - Waterfront living at its best! This three season camp has beautiful panoramic views of Great East Lake from every window! Sitting at the water's edge you are truly a part of Great East Lake. Deck set up for outdoor entertaining along with a dock. Inside there is a great dining area with views of the lake, a living room with a fireplace, the kitchen has a wood stove, there is a bedroom on the 1st floor as well as a unique loft that can be used as it currently is as a 2nd living room/bedroom combination. **\$255,900**

FEATURE OF THE WEEK



COMBINATION COTTAGE AND BUNK HOUSE!



NEW LISTING!
SPRINGVALE: 10.60 acres with 1,400 sq. ft. ranch-style home built in 2002, 3 bedrooms and 2 full baths, 26 x 30 steel building, sets back off the road for privacy. Bring your business or farm animals! **\$210,000**



NEW PRICE!
SPRINGVALE: 6 room, 3 bedroom, 1.5 bath New Englander with detached 2-car garage, screened in front porch and walk up attic. Newly gutted and renovated with hardwood and tile flooring. New appliances. Move in ready. This is quite the find in a quaint little neighborhood. Close to area schools, town shopping and New Hampshire. Motivated seller. **\$134,900**

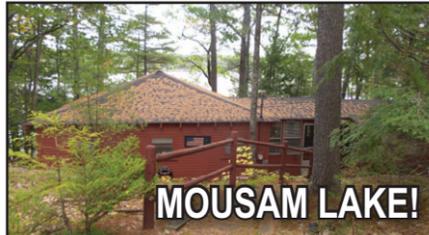
LYMAN: ROW to Bunganut - Quaint, 2 bedroom cottage with unfinished bunk house spread out over 1.5 acres with two right of ways to Bunganut Pond. Combination of land and camp. Whether you want to finish the bunk house, build your dream lakeside home or just keep the wooded land for privacy you have many options with this property. Don't forget you can walk across the street to enjoy the water of Bunganut Pond. Buy now and be ready for summer. **\$239,000 for both!**



WILSON LAKE: Cute cottage with beautiful sandy bottom, right of way, across the street to Wilson Lake, has 2 bedrooms, 2-car garage with overflow apartment above, wood floors and deck. **\$169,900**



WATERBORO: Commercial building on Main Street, freestanding, has many uses. Measures 1,324 sq. ft. with basement, private septic and public water. Considered a 3-car garage with many options. Call today, only **\$99,900**



MOUSAM LAKE!
ACTON: Very nice cottage on the upper part of Mousam Lake! Buy now and be ready to enjoy all that water front living has to offer. Knotty pine interior, very roomy, bring the whole family. 100' of sandy beach, comes with a dock. 3 bedrooms, vaulted living room, kitchen with breakfast bar, enclosed porch and expansive two-level deck. Turn-around driveway with plenty of off-street parking. Easy walking stairs to the water. Brand new septic, washer/dryer included. You'd be crazy to miss out on this one! **\$224,900**



WATERBORO: Ranch style home with 2 car garage, 2 to 3 bedrooms, 1 full bath and 2 half baths, new roof, 3 acres of manicured yard, village zone, includes a bright kitchen and wood burning fireplace and woodstove in the basement. **\$199,000**



SANFORD: Can't beat the price! This 3 bedroom, 1 bath home has recent updates which include new siding, replacement windows and exterior doors, a fenced yard, garage, and off street parking on a dead end road. Perfect starter home. Needs a little TLC, but at this price you can move right in, everything works, and then make the changes you want to make and this home yours! **\$75,000**

LAND FOR SALE

- ACTON** 60 wooded acres with a 4x4 road through-out property **\$129,900**
- ACTON** 5.5 acre wooded lot with 175' of waterfront on the 2nd basin of Great East Lake **\$128,000**
- BURLINGTON** 3.75 acres with 300' on Eskutassis Lake **\$55,000**
- LEBANON** .46 acres with a camper and ROW to Spaulding Pond **\$49,000**
- LEBANON** 15 acres abutting Wallingford Pond in Berwick; lot has 3 buildable acres **\$55,000**
- LEBANON EXCLUSIVE!** 22.7 acres on Smith Rd., 6.7 acres of pasture and 16 acres of timber with subdivision possibility **\$210,000**
- MOXIE GORE** 53 acres with 659' on Black Brook Pond **\$135,000**
- NEWFIELD** 30 acres on Gile Mountain. Breathtaking views from various vantage points **\$89,000**
- NEWFIELD** 5.1 wooded acres near local snowmobile trails **\$44,900**
- NEWFIELD** Beautiful wooded lot, minutes from NH, 5.7 acres **\$55,000**
- NEWFIELD** Beautiful wooded lot, buildable 2.5+ acre lot minutes from NH for **\$25,000**
- SANFORD** 234' on Mousam River on over .75 acres **\$85,000**
- SHAPLEIGH** .59 acre wooded back lot with ROW to Square Pond **\$55,000**



LIMERICK: 3 bedroom ranch with cathedral ceilings, nice yard, move in ready, with finished space in the basement. Call today! **\$130,000**



SHAPLEIGH: Lovely cape on private road with 2 acres, private driveway with 2 bedrooms and 2 baths. Also has a 20' x 24' building once a residence now a workshop. **\$170,000**



PENDING
NEWFIELD: 3 bedroom knotty pine interior with 1.5 acres, 2-car garage, brick hearth, rustic interior and wood stove hook-up, on the New Hampshire border. Move in ready with some fresh paint and updated windows. Only **\$79,000**.