



# REPORTER

YOUR COMMUNITY NEWSPAPER

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## Walk-in care to open in Sanford

*New service complements Emergency Department, which remains open*

Southern Maine Health Care (SMHC) has announced that it will open a Walk-In Care Center in Sanford this summer, adding to the full complement of healthcare services they already provide to the Sanford community.

SMHC Walk-In Care will be located in the Goodall Medical Office Building on the hospital's main campus on June Street. The SMHC Emergency Department will continue to offer full-service emergency care 24/7 at that campus, staffed by emergency trained physicians and nurses.

The new walk-in center will offer people an additional quick, less expensive option for non-emergency medical care. The center will be open to everyone daily, including extended evening hours and on weekends, with no appointment necessary.

"We're pleased to offer an additional service to residents of the Sanford-Springvale area," said Ed McGeachey, president and CEO of SMHC. "Walk-in Care will complement the Emergency Department care that is already offered at the Sanford site. We are pleased to continue to provide this life-saving care while adding a walk-in service for less serious, minor medical issues after hours or when an individual's doctor is not available."

SMHC Walk-In Care is a great new service for Sanford that will meet these more minor medical needs seven days a week, saving people time and money when emergency level care is not necessary," added McGeachey.

SMHC also has walk-in centers in Biddeford, Kennebunk, Saco, Sanford and Waterboro.



Massabesic High School varsity softball coach Kevin Tutt, left, along with players and coaches were on hand for the opening day of Alfred/Lyman Little League at the Alfred park on May 1. PHOTO BY DEBBIE CORMIER

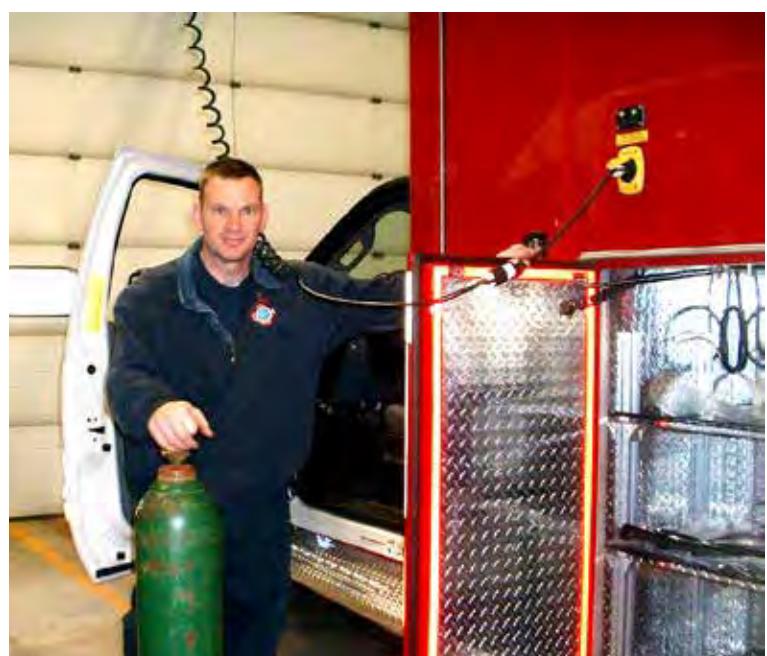
## New ambulance for Alfred

BY ALLISON WILLIAMS  
awilliams@waterbororeporter.com

Last week the personnel at Alfred's Public Safety Building were busy transferring blankets, oxygen tanks, and all the other paraphernalia needed in emergencies from the town's old ambulance to the newly arrived one. Assisting was Ron Morin, the dealer for Sugarloaf Ambulance/Rescue Vehicles. He would drive the old ambulance, taken in partial trade for the new one, to the dealership in Wilton.

There it would be retrofitted for further service and go to a village needing a new ambulance. Or perhaps it would travel overseas to a country like Ghana, Africa, which might have no ambulance at all and where they once sent one. He explained an ambulance might be

(Continued on page 3)



Chris Carpenter moves an oxygen tank from the old ambulance to the new one before the old truck is driven away to the dealership in Wilton.

PHOTO BY ALLISON WILLIAMS



The Massabesic Lions Club held its annual awards night to recognize five students for their volunteerism in the community on April 14 at the Lion's Club Den in Waterboro. Recipients of the 2016 Massabesic Lions Club Youth Recognition Awards were, from left, Dawn Gifford, Madison Bantz, Jane Pettit, Jamie Dunlap and Xavier Lundigan, all Massabesic High School students.

COURTESY PHOTO



Boy Scout Troop 399 from Lyman-Dayton held their April court of honor on Saturday, May 2. The scouts have a lot of outdoor activities planned for this year and are looking for new scouts ages 11 and older. If interested email bstroop399@gmail.com or call Tom Cormier at 247-8540.

PHOTO BY DEBBIE CORMIER

# GETTING FIT LOCALLY

BY CYNTHIA MATTHEWS

*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.*

## Yoga and more

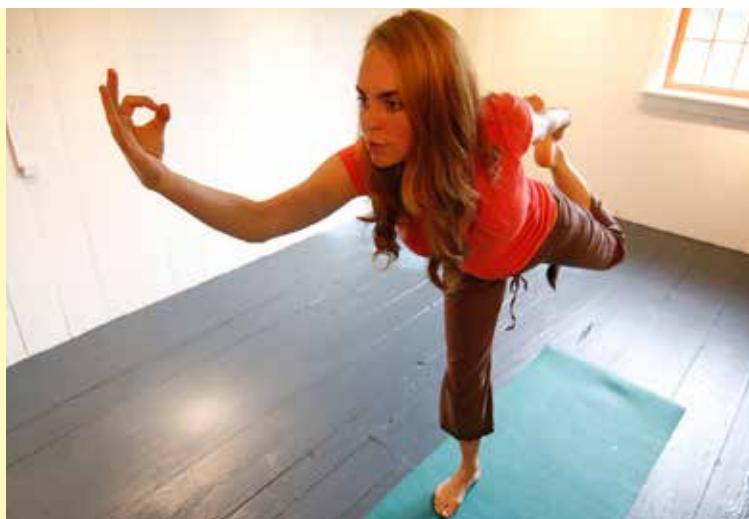
C. Josephine Wilkins, owner and instructor of Everybody's Community Studio in Cornish returned to Maine last summer for her 20th High School reunion. She grew up in Porter, and she and her husband decided to move to Maine and try it for a year. They bought an old restored farmhouse, renovated part of the barn, which was once a doll store, into the studio with a meditation room. She opened the studio last July, holding just one class a week. Mostly through word of mouth, the studio grew to 5 classes a week. "It has been great to come home and recon-

nect with family and friends, their families... There is a great blend of people that come," said Wilkins.

Wilkins first studied yoga at a hot barn in Porter when she was 18, and continued to practice yoga through college. She trained as an actress, and found herself in New York. While there, she felt the call to teach yoga herself. "Where do I train?" she asked her instructor, who replied, "Just show up next Thursday at 4pm." Wilkins ended up filling in for the instructor that day, learning by doing, intuitively. She later moved to Los Angeles, and continued to practice and teach.

In LA, she met her husband, Ben, who asked, "Why aren't you doing yoga and intuitive sessions?" She put the question to the universe, and the answer came back, "You gotta do this!" So she did.

Wilkins uses her own unique style of intuitive guided yoga which she has been teaching for the last 10 years, in her yoga classes and private yoga sessions. "Each group's energy is different," she explains. "I am guided specifically to what this energy has within it, and what specific needs the group has." Wilkins says there are constant opportunities to get signals, some might be more general than others. During class, she sometimes uses cards, such as angel cards, to get a connection with what's happening in the room. Participants choose



C. Josephine Wilkins in her studio in Cornish. COURTESY PHOTO

their own card from the pile. One time, a participant spoke to her after class - he had the same card for 3 classes. "The universe is obviously trying to tell you something," she told him.

In addition to yoga classes, Wilkins offers group intuitive sessions as well as private, guided intuitive sessions. She also observes a New Moon Ceremony each month, in which participants celebrate their manifestations and victories over the last month, and set their intentions for the coming months. "It is truly my passion," said Wilkins, "to get reflection, to give people the skills to follow their intuition." She begins each session with a prayer and intention. "Her ability to sense your emotions before you have time to put words to them is not only uncanny, and comforting, but out of this world," commented Paul from Waterboro. "She listens attentively and intuitively knows just what your wavering mind or tired soul is seeking to nourish itself. This is all done with the most loving inflection and amazing sense of humor," added Jocelyn, of Santa Monica, CA. "Her reassuring 'chuckle' lets you know that 'someone' or 'some-

thing' is indeed coming through," continued Paul. "Positive, reassuring, and an uplifting experience that leaves you smiling, laughing and crying all at the same time."

"Self-care is the main way to connect with intuition," explained Wilkins. Jocelyn of Santa Monica added, "She is a role model of self-care because she knows it affects the accuracy and level of her abilities. She eats a clean, whole food, plant-based diet. She has an advanced yoga, meditation, and spiritual practice. And she is devoted to this work."

Though the studio itself is closed, Wilkins will still be providing her unique style of yoga online through videos and meditations on her website, her own YouTube channel, by phone coaching and Skype. "I'm looking forward to continuing online," said Wilkins. "These are amazing people. We have quite a bond."

Visit [www.studioeverybodys.com](http://www.studioeverybodys.com) or their Facebook Page to watch a video or a meditation. Maybe working with your intuition is what will keep you motivated to meet your fitness goals this year!

## BRIEFS

### Plant sales

The Buxton Garden Club's annual plant sale is Saturday, May 7 from 9 a.m. to noon at the Dennett, Craig & Pate Funeral Home parking lot at the corners of Routes 4A & 202 in Buxton. FMI call Linda at 929-5531 or email [buxtongc@gmail.com](mailto:buxtongc@gmail.com).

The Tory Hill Church annual plant and bake sale is Saturday, May 7 from 9 a.m. to 1 p.m. at 1197 River Road (on the church lawn) offering annuals, perennials, baked goods, hot dogs, and a green elephant table with an assortment of used pots, tools, etc.

### Senator King at Waterboro library

Senator King's constituent service session will take place at the Waterboro Library Wednesday May 11 from 10 am to noon. A representative of Senator King will be at the library to provide an alternative outreach opportunity for citizens to meet directly with a staff representative to discuss specific problems, legislative issues, or concerns regarding federal government agencies. No appointment is necessary.

### All about Luther Moore, Limerick's Lawyer

This talk will be presented by Tony Carroll and the Limerick Historical Society on Thursday, May 12, 7 p.m. at the Conference Room in the Limerick Municipal building. The town lawyer may not have been all that residents thought he was. Luther seems to have had many interesting incidents and occupations. We are often surprised at what an ancestry search turns up!

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**Massabesic High School Class of 2017 Benefit Dinner**

*At the Lions Den on Route 202 in Waterboro*

**Taste of Italy**  
(Gluten free options available)

Saturday, May 7<sup>th</sup>, 2016  
4:30-6:30pm

\$10 for adults  
\$6 for children ages 6-10  
Free for children age 5 and under

# ALFRED

Allison Williams  
awilliams@waterbororeporter.com  
324-5823

## AMBULANCE

(Continued from page 1)

good for five years, depending on its mileage. Helping transfer the equipment to the new ambulance were Arin Auger, Chris Carpenter and Steven Lord.

Lord explained the new ambulance has cost the town approximately \$200,000 with the trade-in of the old one. Also, because Waterboro ordered its ambulance at the same time, the Alfred one benefitted from some cost reduction from that order.

## New concession stand

A crew of four has been working on a new concession stand situated beside the tennis court at the Alfred Park. It will replicate a similar building behind the water fountain. Women from the new entry center have been making it happen, under the watchful eye of Chuck Hagen.

The project has benefited from the generosity of several donors. F.R.Carroll poured the concrete flooring; the cement blocks and filler cement were donated by Genest. It is estimated the project will be completed in another week depending on the weather.

## Town hall

The state has recently upgraded the HAVA (Help America Vote Act) process with new technology and equipment. The town clerk and election warden attended training last week and received the new equipment which will replace the older Harper machine for disabled persons. An advantage is that they are smaller and include their own programming. They are being distributed to all Maine communities.

There is a list of committees looking for members posted on the Town Hall bulletin board.

Town Clerk Andy Bors reports there were four births in April, one death, seven burial permits issued, eleven altered dogs licensed, four unaltered dogs licensed, and thirteen hunting and fishing licenses issued.

## Parish church

During the service on May 1 three young people were recognized as new acolytes. They were Trenten LeMay, Andrew McGlincey and Vanessa McGlincey. Aiden Harris was unable to attend. This winds up the Christian Education program until fall.

Following the service a pot-luck dinner was held and discussion on the church's positive qualities which will help the search committee in its work to find a new pastor.

A small scholarship is available to Alfred Parish Church members to be awarded in August to those pursuing a post secondary

education. Applications are due by June 30. They can be placed in the scholarship mailbox near the entry door. For questions contact Julie Nugent or Nancy Sobanik

A costume jewelry sale will be held during fellowship hour on May 22 in Conant Chapel. Proceeds will benefit the general fund.

## Plants wanted

The York County Master Gardeners are preparing for their annual plant sale on May 21 in Springvale outside the Extension Office. Those with garden plants to share may contact Priscilla McGuire or call the extension office. A digging crew will come and dig them up unless you wish to do it yourself. Boxed seedlings are also welcome.



## Wizard of Oz coming to MMS

Follow the yellow brick road to Massabesic Middle school's production of "The Wizard of Oz, Young Performers Edition." This performance is based on the original children's novel written by author, L. Frank Baum, released on May 17, 1900. Step back in time and enjoy this adaptation prepared for you by our hard working and enthusiastic middle schoolers. The show will be held at the Massabesic Middle School cafeteria stage, 134 Old Alfred Rd, East Waterboro on Friday, May 13 at 7 p.m. and Saturday, May 14 at 3 p.m. Doors will open one hour before showtime. Use the cafeteria/gym door entrance. Tickets prices are \$8 for adults and \$5 for students and children age four and up. Children four and under are free of charge. Shown is the cast of Massabesic Middle School Drama Club.

COURTESY PHOTO

# Bees are buzzing in Limington

BY CYNTHIA MATTHEWS

Bees hibernate in the winter, and come out to collect honey in the spring. In February, beekeepers begin to prepare the hive for the spring. They "feed" the hive fondant, a water and sugar/corn syrup mixture set in "patties" by sliding it into the hive "so they're not hungry," explained Jedd Nevells of Naturally Jammin' in Limington. Aside from that, you leave the hives

Spring has sprung! Once the pollen and nectar comes out, the bees get busy collecting pollen, which sticks to the little hairs that are all over their body and bring it into the hive. They can almost collect their weight in pollen. When they return to the hive, the worker bees take the pollen off, and put it in the cells, pounding it in with their heads. "It's really interesting to watch," exclaimed Nevells. The bees collect nectar by sucking it out of flowers, storing it in sacs on their back legs. When they return, "they essentially regurgitate it in the hive," explained Nevells. "It is mixed together with the pollen to make honey."

The color and flavor of the honey depends on the source of the nectar. "Honey collected in spring is lighter, due to the spring flowers. Wildflower honey is the

most common. Yellow comes from dandelion, orange is red maple," described Nevells. "The name or type of honey is based on what the bees foraged on. Honey that comes from blueberry fields is called blueberry honey, raspberry honey comes from bees that foraged on raspberry bushes, etc. Honey that is extracted in the fall is darker."

"I love beekeeping," said Nevells. While one honey super (a 10 frame box) can produce about 40 pounds of honey, it takes some time to build up the hive. You start with one box, known as a package of bees which contains 12,000 bees and 1 queen. "They are put into a foundation box, with a wax or plastic frame with wires in it," explained Nevells. "Once the bees build the frame out, you add new frames, and feed them a sugar water mixture. When they start to make honey, you take the feeders out." You then close up the box and leave it alone for about three weeks and then check it to see if the queen is laying eggs. "This is called a 'brew.' This is the bottom box." Next, you take out 8 full frames: a 5 frame 'nuke,' a shake-frame, a frame of brew, a frame of pollen and 2 empty frames, and put them in a second box, which goes on top of the first. "The workers

will go up into the second box to get it ready for the queen. When it's ready, she will move up into the second box to lay eggs, creating a second brew." When that is ready, you add a third box on top of the first two. "This is the honey super – this is where the bees store honey for you," continued Nevells. "You never take from the bottom two boxes, that is the bees' food." These bottom two boxes can contain 40-60 pounds of honey. Nevells has worked hard cultivating her bees, and currently has 15 hives. "Someday, I would love to raise queens," she added.

Nevells herself could be considered the honey "queen" of the area. Not only does she keep bees and sell honey, honey is the only sweetener used in her products. Despite her bee keeping efforts, she doesn't make enough honey to sustain her business, and has to buy it from other sources. "Some day," she said.

What makes honey so special? Honey is composed of two main sugars, which do not need to be

broken down by digestion, but are quickly absorbed into the blood stream. "It can give you a quick energy boost," said Nevells. "It also contains protein, vitamins and minerals, and no cholesterol – it is very good for you." Honey is one of nature's best all around remedies, having antibacterial and anti-inflammatory properties, probably the reason why it has been called the "Nectar of the Gods."

Located at 18 Ryan Lane in Limington, Naturally Jammin' is open Thursdays (when you can sample strawberry shortcake, fruit topping sweetened only with honey served on your choice of ice cream or a "bee" biscuit), Fridays and Saturdays (when you can sample a "bee" biscuit and your choice of honey butter or maple butter). You can also visit them online at [www.naturallyjammin.com](http://www.naturallyjammin.com). Their grand opening is Saturday, May 7 from 12-3 p.m. Stop by to see the bees at work in the observation hive, enjoy face painting, balloons, raffle, pony rides and sample their products.



## 2nd Annual Gun Show

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May 14th - 9am to 5pm

May 15th - 9am to 2pm

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[www.buxtonhollisrodgunclub.org](http://www.buxtonhollisrodgunclub.org)

All firearms laws will be observed

### EXHIBITOR INFORMATION

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8 foot tables at \$40 per table

Exhibitors should start set up by 7am

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Shawn Sage, 84 Lower Tarbox Road, Hollis Center, ME 04042

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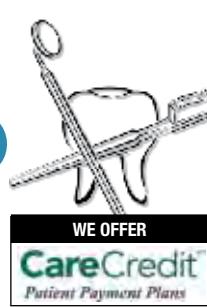
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# SPORTS

## BASEBALL

### Mustangs shut out Sanford Bergeron's four-hitter keys win

BY MICHAEL DEANGELIS  
[mdeangelis@waterbororeporter.com](mailto:mdeangelis@waterbororeporter.com)

Weston Bergeron pitched seven scoreless innings and Derek Coulombe drove in the lone run of the game with two outs in the fourth to lift Massabesic to a solid 1-0 win over host Sanford at Goodall Park on a chilly Tuesday, May 3.

Mike Ravi, who pitched for the Spartans, was nearly as good as Bergeron. He went the distance as well, giving up six hits to the Mustangs while walking none and fanning one. Bergeron was dominant with eight strikeouts.

Dawson Renaud led off the fourth with a hustle double, just beating the relay throw from shortstop Frankie Veino into second base. Renaud was still there two outs later when Coulombe dropped a single into left field to plate the catcher.

Sanford (0-6) had threatened in the bottom of the third when Bergeron walked the leadoff man

who Xavier Chasse moved into scoring position with a sac bunt. The threat fizzled when Bergeron got the next man to sky out to Adam DeAngelis in foul ground at first and he struck out the next man to close the door.

The momentum stayed with Massabesic, and Bergeron, in the bottom of the fourth when he needed a shut down inning to preserve the 1-0 lead. He fanned the first two men before Keith Kerigan singled, but the inning ended on a fly to center.

In the fifth, the Spartans put two men on base for the only time of the night, but with two out, Bergeron induced a weak tapper back to him that he calmly flipped to DeAngelis for the third out. He retired seven of the final eight batters to close out the game and push Massabesic's record to 2-3 in the early going.

Designated hitter Brandon Dyer was 1-2 with a walk, Bergeron had a hit and reached on

an error. Jake Gregoire was 2-3 with a pair of singles.

Massabesic faces a tough four-game stretch starting with Cheverus on Thursday, May 5 and following with Deering, South Portland and ending with Scarborough on May 12. Combined the four teams hold a 15-3 record.

#### BASEBALL

##### VARSITY

Date	Opponent	Time
5/7	@Deering/Hadlock	10am
5/10	South Portland	4pm
5/12	@Scarborough	4pm

#### TRACK & FIELD

##### BOYS VARSITY

Date	Opponent	Time
5/11	@Gorham	3:45pm

##### GIRLS VARSITY

Date	Opponent	Time
5/10	@Portland	3:45pm

#### OUTDOOR TRACK

##### Track girls fourth

Thornton Academy was first with 100 points and host South Portland edged the Scots by one point to take second place at a four-team varsity track and field event held Tuesday, May 3.

Massabesic generated 33 points behind three podium finishes from Moriah Biener. The junior was fourth in the 100 meter dash; second in the high jump and third in the 200 meter dash.

Kylie Johnson, a freshman, won the lengthy 3200 meter run with a 12:37.15. In second place was senior teammate Emily Wasina who finished three seconds behind Johnson.

Autumn Nostrum was runner-up in the 1600 meter race walk.

#### SOFTBALL

### Mustangs rout Monks Bean, Tutt pace win

BY MICHAEL DEANGELIS  
[mdeangelis@waterbororeporter.com](mailto:mdeangelis@waterbororeporter.com)

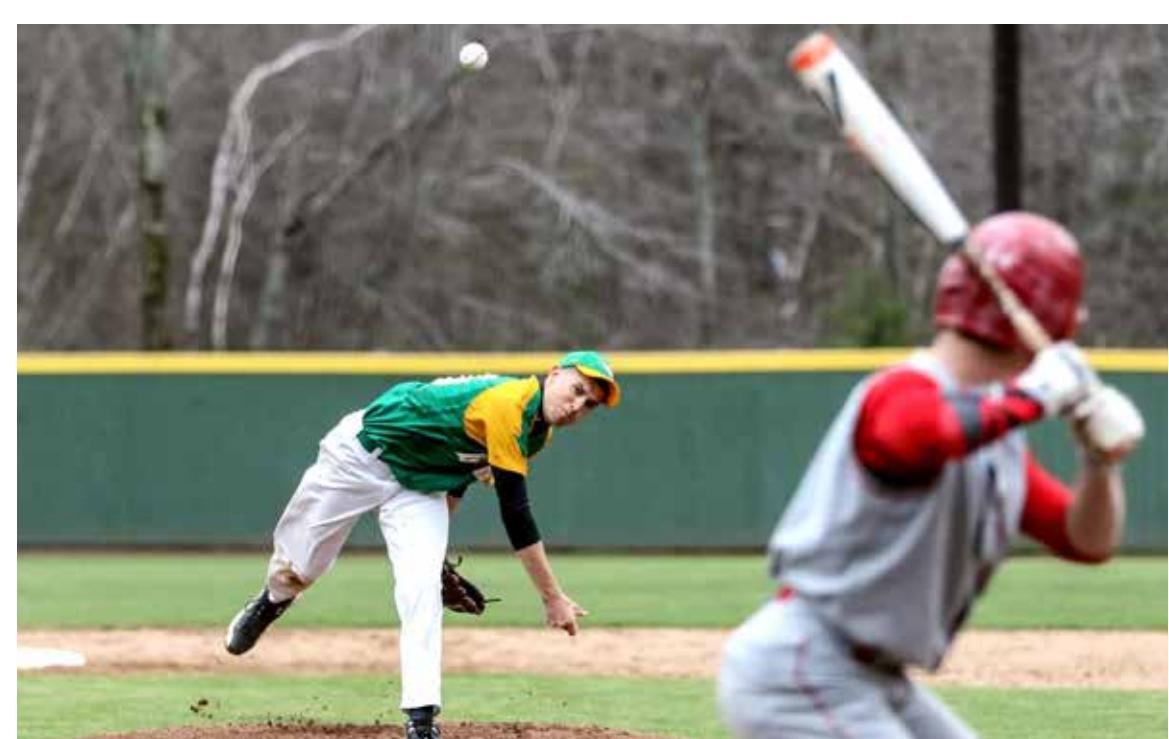
Freshman Grace Tutt pitched six scoreless innings in her first varsity start, fanning eight, and she scored the only run host Massabesic would need on a run-scoring triple from classmate Lacy Bean in the first to help lift the Mustangs to an easy 12-0 win over Cheverus on a dreary Wednesday night, May 4, under the lights at Lion's field in Waterboro.

Massabesic banged out 16 hits, half of which came in a decisive eight-run third that turned a tight 1-0 game into a laugher. Sarah Howe led with a walk and stole second. Bean (4-4, 2R, 3RBI) knocked in Howe with a double to left and she made it 3-0 when Kyra Cartwright bounced out to short. Sara Guimond tripled to restart the rally, Janelle Sperdakos knocked Guimond home with a single and Hannah Mooers reached on a error to put two on. Bella Lucier ripped a single to make it 5-0, Tutt followed with a run-scoring single of her own and Howe kept the hit barrage going with a two-run triple to make it 8-0.

Bean kept her perfect day going, hammering a single to left for her ninth base of the day and third RBI, that drove home Howe (1-2, 2R, BB, SB, 2RBI) with the eighth and final run of the frame.

Tutt, who gave up five hits, cruised after shaky top of the third in which Cheverus loaded the bases with one out, but failed to score, as Tutt closed out the inning with a strikeout.

Massabesic pushed their record to 3-2 with the win, following back-to-back losses to Sanford and Thornton Academy.



Massabesic senior Weston Bergeron shut out Sanford at Goodall Park with a 1-0 win on May 3.

PHOTO BY JASON GENDRON, S4 ACTION PHOTOGRAPHY

### BEGINNING ON MAY 11: Senior Luncheons

#### We're back for our 18th year NOW ON WEDNESDAYS!

Join us every 2nd and 4th Wednesday until November at Noon at the Ossipee Mountaineers Snowmobile Club, 275 Old Alfred Road, East Waterboro

Reserve your spot today at 247-6166, x115.

## WATERBORO

### Parks & Recreation

  
*It's almost time to think about summer!*  
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**Accepting Registrations**

#### Summer Day Camp - June 27-Aug. 5

Grades 1-6 (weekly rate and payment plans available)

#### Teen Adventure Camp - July 5-Aug. 11

Grades 7-9

#### Vacation Fun Camp - June 20-24, Aug 8-12, 15-19 and 22-26

Weekly and daily rates

#### Red Cross Swim Lessons

Testing and registration will be mid-June (TBA)

Registration forms available online at:  
<http://waterboro-me.net/parksandrec/>

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Using Games to Help Your Grade K-2 Child with Math	5/4	6:00 PM
Bridal Dance Bootcamp	5/5	7:00 PM
Brains and Consciousness	5/10	6:00 PM
Inside NASA	5/11	8:00 PM
Freedom Through Forgiveness	5/12	6:30 PM
Using Games to Help Your Grade 3-5 Child with Math	5/18	6:00 PM
Genealogy Basics	5/19	6:30 PM
Intro to Nutrition	5/23	5:30 PM
Choosing Nutritional Supplements	5/23	8:00 PM
How to Be a Healthy Vegetarian	5/25	6:00 PM

**NEW** Cape Cod & Martha's Vineyard Trip

9/16-18

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[www.ed2go.com/mae](http://www.ed2go.com/mae)

#### SOFTBALL

##### VARSITY

Date	Opponent	Time
5/6	McAuley	4pm
5/9	@Westbrook	4pm
5/10	@Windham	4pm
5/11	@Sanford	4pm

# SPORTS

## LACROSSE

### LAX ladies top Rangers, bash Bulldogs

Maquila DiMastrantonio had four goals and Delia Sylvain had a hat trick plus two assists to pace Massabesic to a 12-8 win over visiting Greely on Saturday, April 30 in varsity girls' lacrosse.

Madie Drain gave the Mustangs a 1-0 lead just two minutes into the game as Massabesic was seeking their first win of the season after falling 5-4 to Marshwood in the opener. Greely got even three minutes later, but Sylvain got her first off a free position at the 14:50 mark to make it 2-1.

Greely kept the attack going and got even at 13:06 on a score from Courtney Sullivan, but Massabesic closed the half by outscoring the Rangers 5-1 to take a commanding 7-3 lead into the break. DiMastrantonio potted a hat trick in just over a seven minute stretch from the 11:48 mark to 4:38.

The Mustangs got the first two goals of the second half as Josie Ring and DiMastrantonio pushed the lead to 9-3 and it appeared the rout was on.

Not so fast, as the Rangers scored five of the next six goals (Drain's second at 17:08) over the next fifteen minutes of play to make a game of it with just over four minutes to left and the score suddenly close at 10-8.

Sylvain shut the door and the comeback bid with a quick strike after a timeout call from head coach Brooks Bowen and Taylor Manning, Sylvain assisting, made it 12-8 before the final buzzer.

On Tuesday, May 3 the Mustangs routed Portland 17-3. The Bulldogs scored the first goal of the game just 45 seconds into the contest, but Massabesic scored the

### Lewiston tops Mustang men

*Solid effort falls short*

Lewiston scored the final six goals of the game, coming back twice from three goal deficits early, to pace a 13-8 win over host Massabesic (1-3) on Saturday, April 30. Ethan Ouellette had a hat trick for the Mustangs.

Four days earlier the Mustangs picked up their first win in more than two plus seasons with a 18-1 rout over host Noble. Kevin Nguyen had seven goals, Garrett Stubbs had four. Ouellette and Cam Roy both had hat tricks.

#### LACROSSE

##### GIRLS VARSITY

Date	Opponent	Time
5/9	@Cape Elizabeth	4:30pm
5/10	@Deering	4pm
5/12	Cheverus	4pm

##### BOYS VARSITY

5/6	@Bonny Eagle	4pm
5/10	Gorham	4pm

next 13 goals, six from Maquila DiMastrantonio, to blow the game open.

DiMastrantonio finished with seven goals and one assist.

At the halftime break the score stood at 11-1 and the Mustang coaching staff was busy totaling up the statistics.

Delia Sylvain recorded the 100th point of her varsity career during the game as the senior had four goals and four assists.

Allison Irish had a pair of goals; Madie Drain had a goal and two assists; Skylar Renaud, a freshman, scored her first varsity goal and she added two assists.

Taylor Manning had two goals.



Massabesic senior Maquila DiMastrantonio scored four goals vs. Greely on April 30.

PHOTOS BY JASON GENDRON, S4 ACTION PHOTOGRAPHY



Massabesic junior Ethan Ouellette scored hat tricks in his last two games.

#### TENNIS

##### Lady Mustangs sweep first three

The varsity girls' tennis team lifted its early season record to a perfect 3-0 with their third consecutive perfect 5-0 win over the visiting Tigers of Biddeford on Friday, April 29.

Acadia Byther (6-4, 6-3); Thyme Whitten (6-0, 6-1) and Emily Scavoni (7-5, 6-1) all took their singles' matches in straight sets. Michelle Radley and Alana Poulin took their doubles match 6-1, 6-1 and Joanna LaFrance and Katie Dupuis took consecutive 6-3 sets to win their match and complete the 5-0 sweep.

Four days earlier it was Marshwood who fell 5-0. Byther, again the #1 seed, won her match 6-4, 6-2 over Marissa Sewell. Whitten

(#2) topped Madalyn Letellier 6-1, 6-0 and Scavoni (#3) won her match 6-0, 6-0 over Mikayla Willey.

In doubles it was Radley with LaFrance, they won 6-0, 6-1 over Bridget LeSalva and Sydney Page. Poulin joined Ivorie Dickinson in defeating Morgan Hasty and Milly Barrett 6-1, 6-0.

#### TENNIS

##### GIRLS VARSITY

Date	Opponent	Time
5/9	Windham	3:30pm
5/11	@Bonny Eagle	3:30pm

##### BOYS VARSITY

5/6	Cheverus	3:30pm
5/9	@Windham	4:15pm
5/11	@Bonny Eagle	3:30pm



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## OBITUARIES

### Phillip P. Woodward

Phillip P. Woodward, 71, formerly of Waterboro, passed away on Thursday, April 21, 2016 at his home in Spring Hill, FL. He was born in Saco on March 17, 1945, a son of the late Elmer & Pauline Woodward.



**Phillip P.  
Woodward**

He was also predeceased by his brother, Terence Woodward in 2011. He attended local schools, graduated from Sanford High School and served with the Air National Guard.

For many years, he was part owner of Smith & Woodward Body Shop on Main St., Waterboro. He then moved to the Bradenton, Florida area where he raised his son, worked and owned a Texaco Station. In 2006 he moved to Spring Hill, Florida, staying busy by volunteering to mow the city green, fussing with his beautiful lawn and gardens and in recent years especially enjoyed restoring his 1963 Volkswagen Bug. Phil loved racing, whether it was stock cars in his earlier years or Nascar in his later years. He also had a great knowledge of antiques and appreciated buying and selling many items.

Phillip is survived by his son, Daniel Sergile, of New York, New York, and three sisters, Diana Hill of Hollis, Kathleen Leighton and her husband, Wesley of Waterboro and Spring Hill, and Brenda Williams of Spring Hill, along with many nieces and nephews. Phil will be sadly missed.

A private graveside service will be performed at a later date.

### Lucian A. Johnstone

Lucian A. Johnstone, age 83, of Alfred, passed away on April 21, 2016 at Southridge Living Center in Biddeford. He was born in Alfred on Aug. 17, 1932, a son of the late John and Ida (Lockwood) Johnstone. He proudly served in the US Army during the Korean War. Lucian worked for many years a housing maintenance manager. He will always be remembered as a jack-of-all-trades. He enjoyed doing crafts, especially popsicle stick crafts,

watching westerns, word searches, sports, wrestling, watching the Red Sox, and he loved his dogs. He will always be remembered as a sweet, nice man.

He is predeceased by his wife Marion; and siblings Russell and Joyce.

Lucian is survived by his children Edmond Johnstone of Sanford, Kenneth Johnstone of MA, Edith Johnstone of Sanford and Carol Jean Johnstone of Berwick.

A private graveside service will be held at Evergreen Cemetery in Alfred. Arrangements have been entrusted to Chad E. Poitras Cremation and Funeral Service, Buxton. Online condolence messages can be expressed at [www.maine funeral.com](http://www.maine funeral.com).

### James Barry Simeoni

James Barry Simeoni, 77, a longtime resident of Alfred, passed away peacefully at the Gosnell Memorial Hospice House in Scarborough on May 2, 2016.

James (Barry) Simeoni worked for Ace Traveler Corporation for 14 years building travel trailers. He then became a firefighter for 30 years; becoming the only full time firefighter and fire chief for 12 years during his career with the Town of Alfred. Following his retirement from the fire department, Barry enjoyed working at Sportline Trophy in Portland. He married the love of his life, Carolee in 1963.

James is lovingly survived by his wife of 52 years, Carolee Simeoni of Alfred; his two sisters-in-law and their husbands and also several cousins.

A Celebration of James' life will be on Sunday, May 15 at 11 a.m. at the Alfred Fire Department, 77 Kennebunk Road, in Alfred.

To leave a message of condolence for the family, visit [www.autumngreenfuneralhome.com](http://www.autumngreenfuneralhome.com)

In lieu of flowers, memorial donations may be made to the Gosnell Memorial Hospice House, 11 Hunnewell Drive, Scarborough, ME 04074.

The Autumn Green Funeral



**James Barry  
Simeoni**

Home is respectfully handling arrangements.

### Patricia Rocray

Patricia Rocray, age 64, of Arundel, died on April 21, 2016 at the Gosnell Memorial Hospice House following a long battle with cancer.

She was born on March 17, 1952, in Biddeford, a daughter of the late Edward and Eva (Lavalierie) Rocray.

Besides her parents, she is predeceased by a son, James T. Moreau.

She is survived by three children Juley Nickerson and her husband W. Richard of Steep Falls, Jennifer Moreau of Arundel, and Randall Desmarais II of Spring, TX.

At Patricia's request, there will be no services.

Arrangements have been entrusted to Chad E. Poitras Cremation and Funeral Service, Buxton. Online condolence messages can be expressed at the funeral home's website, [www.maine funeral.com](http://www.maine funeral.com).

In lieu of flowers, memorial contributions can be made to the Gosnell Memorial Hospice House, 11 Hunnewell Rd., Scarborough, Maine 04074 or the Animal Welfare Society, PO Box 43, West Kennebunk, Maine 04094.

### Arthur J. (Jim) Quale

Arthur J. (Jim) Quale, 87, of Shapleigh, died peacefully on April 27, 2016 at the Maine Veterans Home in Scarborough.

Jim was a former 39 year resident of Reading, MA, retired to Garland, ME in 1994 and moved to Shapleigh, in 2010.

He was born in Boston, Massachusetts on Nov. 14, 1928, the son of Charles and Bessie (Gillett) Quale. Jim was a Marine Corps veteran and served in the Army National Guard in Massachusetts.

Arthur was the beloved husband of his wife, Marie (Skinner) Quale for over 60 years, and the devoted father of a son, Mark and his wife Maureen; a son, Jon and his fiancée Tania; and a daughter, Kristin and her husband, John



**Arthur J. Quale**

Gerhardt; also eight grandchildren and seven great grandchildren.

He was predeceased by his father, Charles, his mother, Bessie and his only sibling, Charles.

A graveside prayer with military honors will be held on Friday, May 13 at 10 a.m. at the Southern Maine Veterans Cemetery, 83 Stanley Rd., in Springvale. Following the military honors, you are invited to a Memorial Service at 11 a.m. at the Crossroads United Methodist Church, 16 Grammar Road in Sanford. A reception will be held immediately following the service.

To leave a message of condolence for the family visit [www.autumngreenfuneralhome.com](http://www.autumngreenfuneralhome.com).

In lieu of flowers, please consider donating to the Maine Veterans Home, 290 US Route One, Scarborough, ME 04074.

### Anita (Annie) Sawyer McKeown

Anita (Annie) S. McKeown, 80, of Parsonsfield, a beloved wife, mother and grandmother, died on May 2, 2016 at Southern Maine Healthcare in Biddeford.



**Anita Sawyer  
McKeown**

Annie was born on April 29, 1936 in Portland, the daughter of Edwin A. and Della M. (Hatt) Sawyer. She was raised in Portland and attended local schools. As a thirteen year old teenager, Annie began working as a waitress in various restaurants. Her spunk and warm smile greeted each customer! She then went to work in the local shoe shops and at the Biddeford Tannery. Annie worked in many different positions at the Pepperell Mill and retired in 1999 from Biddeford Textile. While out dancing one night, Annie danced with a handsome man who captured her heart, Henry McKeown. Annie took classes in sign language so she could have a conversation with her future mother-in-law. By this simple act of kindness, it endeared her even more into Henry's heart.

They married on July 1, 1974 and together with a blended family, made their home in Parsonsfield.

They worked hard together, raising their children and shared their love of gardening. Annie became an expert in preserving the bountiful harvests; making bread-n-butter pickles, pickle beets and apple butter. Annie cooked from scratch and loved to visit with family and friends over a plate of hot muffins. She and Henry enjoyed dancing at the Wagon Wheel and day trips to Mohegan Sun in Connecticut. They took trips out West to Colorado, Las Vegas, and many memories were made when they flew to Hawaii.

Annie was a gracious and kind woman. She was truly the matriarch of her large and active household. She forgave easily, had an open mind and heart towards others. Annie was a woman of great faith; she knitted prayer shawls, was a praying partner within the Prayer Chain and an active Eucharistic Minister at St. Matthew's in Limerick. Each morning she and Henry would say their morning prayers, recite the rosary together and then – played a fierce game of Yahtzee! Annie had a great sense of humor too.

Annie will be remembered for her genuine caring of others and her devotion to her husband and family. She has now entered into eternal rest and in once again reunited with her children, Tammy Goble, Debra Ingalls and Yvonne McKeown.

She is lovingly survived by her husband of 42 years, Henry McKeown of Parsonsfield; her children, Debra Kenney of Old Orchard; John and Michael McKeown both of Biddeford; Janice Ingalls of Georgia; Robert Ingalls of Fairbanks, Alaska; and Lisa Ingalls of Wells; 19 grandchildren and many great grandchildren; several nieces and nephews. She was also predeceased by her half-brother, Irving Sawyer and half-sister, Florence Haskell.

Family and friends are invited to call on Tuesday, May 10 from 5-8 p.m. at the Autumn Green Funeral Home, 47 Oak St., in Alfred. A Mass of Christian Burial will be held on Wednesday, May 11 at 10 a.m. at St. Matthew's Catholic Church, 19 Dora Lane in Limerick.

In lieu of flowers, memorial donations may be made to the American Lung Assoc. of Maine, 122 State St., Augusta, ME 04330.

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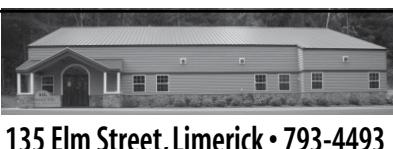
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