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# Oxford Hills Observer



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April 2024 • Volume 22 • Issue 4

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**DIRFY Generators**  
Doing it Right for you

**IS NOW SELLING HEAT PUMPS**

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**HAPPY Spring**



## New Paris Town Manager jumps into action

PARIS — There is a flurry of activity in the Town of Paris, with phones ringing off the hook and a constant stream of people coming into the Town Office to meet the new Town Manager, Natalie Andrews. Known for her big smile, the energetic professional has hit the ground running; listening to residents, working with her new staff, going from meeting to meeting and popping in on the various departments. She has been up at the crack of dawn to meet the Highway Dept guys as they kicked off their day and spent time with the folks at the Town Dump, the Fire Dept and the Police Dept. In between setting up her office and reviewing the upcoming budget and dozens of files, she is also getting to know her staff team within



New Town Manager Natalie Andrews on the phone in her office

Submitted photos

the Town Office and Parks & Recreation Dept.

"Paris is an exciting place

to be right now," Andrews enthused. "The staff have a serious commitment to the Town and a passion for their jobs and the Dept. Heads and I are in the middle of discussing our goals for the Town."

Andrews' recent executive roles have included Senior Tax Assessor for the City of Auburn, Tax Assessor for the Town of Norway, Bethel Town Manager and recently Chair of the Oxford Hills Board of Directors of Maine School Administrative District 17, which includes Paris, Norway, Waterford, Otisfield, West Paris, Hebron, Har-

risson and Oxford.

Born in Germany, Andrews is a self-described, "Military Brat." Her father was in the Marine Corps and Navy, and her mother was born in Indonesia and immigrated from Holland. Natalie's family relocated from Germany to Maine when she was two and she spent her childhood moving from base to base. Now a West Paris resident, she has deep family roots and many memories in Paris and West Paris.

She loves Oxford Hills and is excited about her new Town Manager position for the Town of Paris. "When

I worked in Auburn, it was easy to feel disconnected," Andrews explained. "Paris is an important part of Oxford Hills and I really wanted to contribute more to my community."

Andrews means what she says; she is currently volunteering as the Board Chair of the Oxford County Assessment Review, the Chair of the West Paris Budget Committee and the Chair of the Education Committee for the Executive Board of the International Association of Assessing Officers – Maine Chapter.

"We're delighted Natalie is here," said Chris Summers, Chairman of the Selectmen. "She is a real go-getter with significant leadership skills and government agency experience, and we look forward to working with her. Liz Knox, our long-time Town Clerk did a fantastic job filling in for a few months and now Natalie can take the helm and continue to move us forward."

Natalie Andrews is also an active mom to three adult sons. When she is not at the Town Office or giving back to her community, she spends time with her logger husband, loves to travel, enjoys reading and doing research and "loves playing in the dirt."



Liz Knox, (right), long-time Town Clerk and Interim Town Manager for the Town of Paris, brings new Town Manager, Natalie Andrews up to date.

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# Funny Things Kids Say!

Share the funniest thing your kid or grandkid said this week!



My mother was dying in the hospital, so I prayed to "the our father" for her non-stop. So, I tried to teach my boyfriend's niece "the our father". She practiced saying "the our father" saying... and lead us not into Penn station & deliver us from evil old men.

*Ellen B. Laine, New Auburn*

When my 5 yr. old great-grandson was visiting, he was eating a small bag of chips near me. He said, "Do you want some?" I said, "Sure." So, he pulls out a chip the size of a dime and passes it to me. I said "Thank you." He said, "Do you want some more?" I said "Sure." So, he pulled out another one the size of a rice crispy and I took it and ate it. Then, he looks me in the face and very seriously says, "Does it taste like more?"

*Dottie Libby, Poland*

Submit this form with your Funniest Thing Kids Say conversation and we will publish in an upcoming issue.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

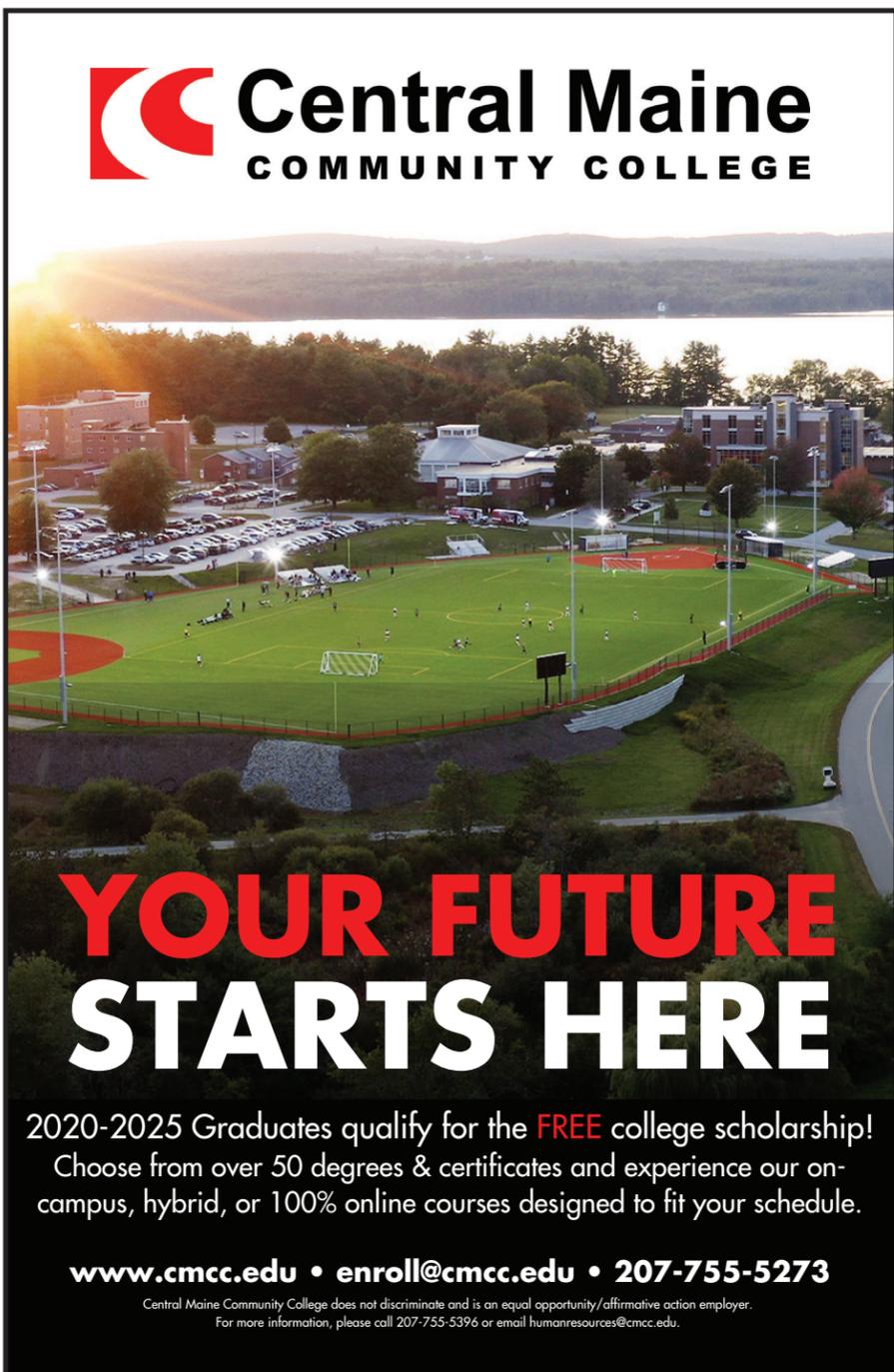
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# CALENDAR

## April

**April 13+14** — Grand and Glorious Yard Sale, 9 a.m. to 3 p.m. Saturday, 9 to noon Sunday, Wayfair Building located at Brunswick Landing, 46 Burbank Avenue, Brunswick, Admission is free both days.

**April 16** — Rain Gardens Presentation, 5:30-7:00 p.m., Mt. Blue Area Garden Club, Trinity United Methodist Church, Farmington, event is free and open to the public.

**April 20** — Understanding Symbolism on Maine's Early Gravestone, 10 a.m. in the library's Community Meeting Room, Lithgow Public Library, 45 Winthrop Street, Augusta, FMI call 207.626.2415 or [www.lithgowlibrary.org](http://www.lithgowlibrary.org).

**April 20** — Annual Smile Fund, 9 a.m. to noon, West Parish Congregational Church. All donations to this sale will be used to buy dentures for adults that need them. Donations of household goods, books, toys, and puzzles may be dropped off at the Congregational Church starting on Friday, April 12. For an application for dentures call the church at 207-824-2689. FMI, please contact Jane Chandler at [jane.h.chandler@gmail.com](mailto:jane.h.chandler@gmail.com).

**April 20** — Earth Day Trailhead and Garden Cleanup, 10 a.m.-2 p.m., Alan Day Community Garden, Whitman Street, Norway, give back to celebrate Earth Day by helping us clean-up the Farm to Town Trailhead and the Alan Day neighborhood, come back to the garden for lunch and afternoon activities, wear safety vests, work gloves, boots, free, registration required, meet at the garden.

**April 20** — Spring French Toast & Pancake Breakfast, 6:30 a.m. - 10 a.m., Leeds Volunteer Fire Department, Ridge Road, Route 106, Leeds, french toast, pancakes, eggs, bacon, sausage, ham, home fries, coffee, cider and OJ, Adults \$10, Kids

4-12 \$6, funds raised will be used to replace air packs and air bottles.

**April 21** — Vernal Pool Explorations, 10 a.m.-12 p.m., Smith Bridge Preserve, 577 Allen Hill Road, Norway, learn to identify vernal pool species: wood frogs, spotted salamanders, and the elusive fairy shrimp with our partners at Lakes Environmental Association, free, registration required.

**April 27** — Rural Community Action Ministry Auction 4 Action, 4:30 p.m. to live auction end, Boofy Quimby Memorial Center, 96 Howes Corner Rd., Turner, for more info call 207-524-5095.

**April 27** — Earth Day Workday, Spring Cleanup at MOFGA's Common Ground Education Center, 9 a.m. to 12 p.m., Maine Organic Farmers and Gardeners Association, 294 Crosby Brook Rd., Unity, Tasks include raking, garden bed prep.

**April 27** — Earth Day Event, 9:00 a.m. - 12:00 p.m., Maine Organic Farmers and Gardeners Association, 294 Crosby Brook Rd., Unity, Volunteer to help clean, for more info call 207-568-4142.

**April 27** — Annual Topsham Train Show, 10:00 a.m. to 3:00 p.m., Mount Ararat High School, \$5 per person and children under 12 are free, will have meet and greet at 12:30 pm and 1:30 pm for everyone to participate.

**April 27** — Saturday Night Church Supper, 5 p.m., First Congregational Church of Gray at the Parish House, 5 Brown Street, Gray, handicapped accessible, menu includes: variety of casseroles & salads, baked pea beans, red hot dogs, breads, assortment of desserts & beverages, meals are single-sized and are \$10.00 each, please pay at the door.

## MAY

**MAY 2** — Woodland Wonderplay, 9:30-11:30

a.m., Shepard's Farm Preserve, 121 Crockett Ridge Rd., Norway, nature exploration & play, Educator Lisa Henderson will guide little ones and their caregivers, geared towards 3-5-year-olds, older and younger siblings welcome, free, registration required, <http://norwaymaine.com>.

**May 3** — Little Keepsakes: My Little Sunshine Tote Bags in honor of Mother's Day, 10:00 a.m. - 11:30 a.m., Lewiston Public Library Children's Department, 200 Lisbon Street, Lewiston, caregivers will be able to create a personalized keepsake tote bag using the handprints of their young children, for more information about our programs please contact the Lewiston Public Library's Children's Department at 207-513-3133 or by email: [LPLKids@lewistonmaine.gov](mailto:LPLKids@lewistonmaine.gov).

**May 4** — Last Sheaf Building Materials Exchange. Sat. May 4, 8am-2pm. New and used discount building Materials (Greater discounts for low-income home owners). Come join us for free:  
· Coffee and donuts  
· Activities for the children  
· Lunch starting at 11am  
102 Lisbon Street, Lisbon, ME. 207-407-4002

**May 11** — 37th Annual Spring Bird Walk, 7:30 a.m., Roberts Farm Preserve, 58 Roberts Rd., Norway, help us identify year-round residents and spring migratory species and learn about how we track migratory species with MOTUS\*. Free. Registration required, (207) 739-2124.

**May 14** — Telstar High School Spring Concert, 6:00 p.m., Come hear our children make joyful noises! Telstar High School, 284 Walkers Mills Rd., Bethel. 207-824-2136.

**May 18** — Plant Sale, 8 a.m., Gardiner Library Association, 152 Water St., Gardiner, all types of plants are welcome- natives, cuttings, seedlings, divided perenni-

als, herbs, and vegetables, plants need to be healthy, and pest-free. No invasive species, plants must be in pots and labeled, will sell for \$1, \$3, \$5 and \$10, all proceeds from sale will go to Gardiner Library Association for maintaining building and garden, deliver plants to the Library on Friday May 17th between 3 p.m. and 7 p.m. (or before 7:30 a.m. on May 18th), any questions please contact John Woytowicz at 207-592-0692 or Kathy Brown at 443-739-6458.

## ONGOING:

**Food Addicts Meetings**  
**FREE** - Food addicts in recovery meetings Tues, Thurs and Sun by phone and ZOOM. [foodaddicts.org](http://foodaddicts.org) FMI call 623-8375 or 623-1924.

**BRIDGTON** — Ping Pong at Bridgton Town Hall every Sunday from 1-4PM. It is great exercise, it is fun, and it is free! Bring a friend.

Events for the Maine News Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: <https://www.turnerpublishing.net/pdf/Deadlines.pdf>. Email your event information to [articles@turnerpublishing.net](mailto:articles@turnerpublishing.net) and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster.

## MAINE CALENDAR PAGE

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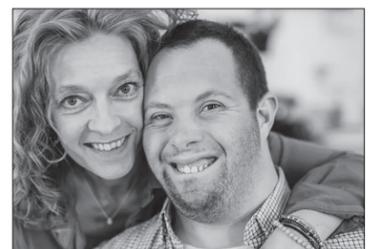
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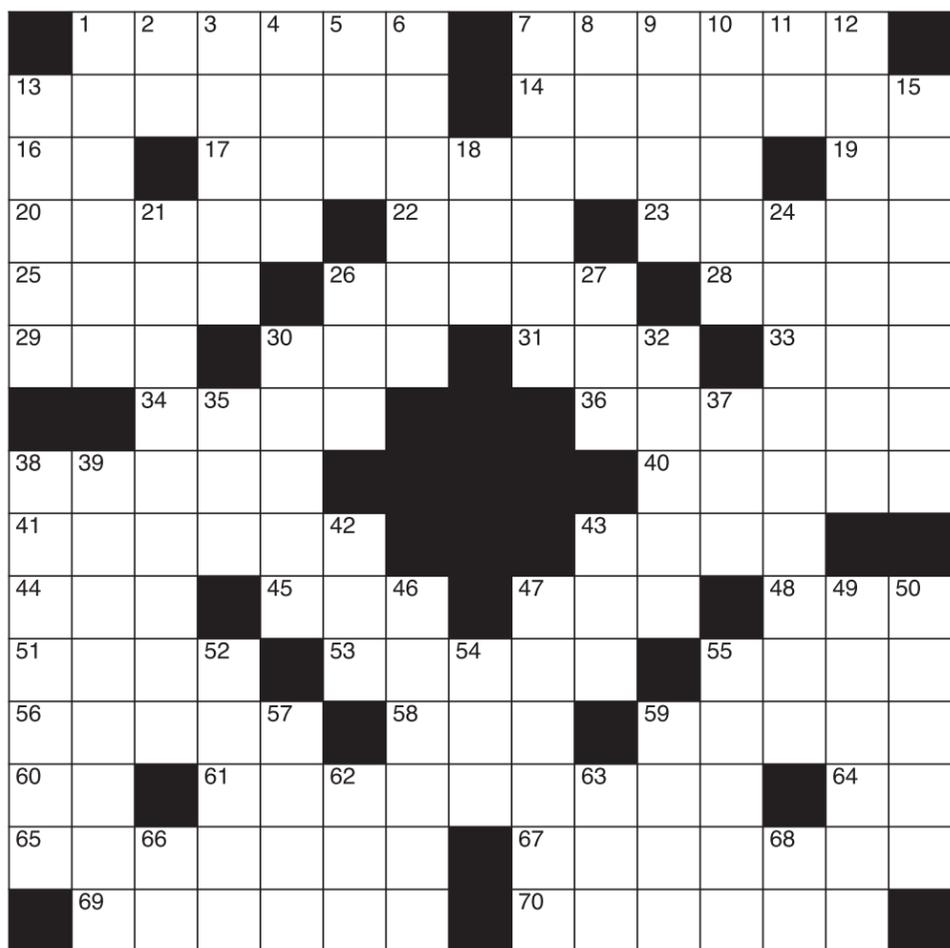
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# Crossword



### CLUES ACROSS

1. Island nation
7. Platforms
13. Project plan
14. French fishing port
16. South Dakota
17. Oakland's baseball team
19. Military policeman
20. Ornamental stone
22. Garland
23. Process that produces ammonia
25. Mousses
26. Music notation "dal \_"
28. Fail to win
29. Peyton's little brother
30. Not near
31. Some cars still need it
33. Lizard genus
34. An idiot (Brit.)
36. Postponed
38. African country
40. Gazes unpleasantly
41. In a way, traveled
43. Ukraine's capital
44. Appropriate
45. Dash
47. Twitch
48. Swiss river
51. Data file with computer animations
53. City in S. Korea
55. Particular region
56. They have eyes

### CLUES DOWN

58. Tear
  59. Large Madagascan lemur
  60. Not out
  61. Ornamental saddle covering
  64. A driver's license is one
  65. Latin term for charity
  67. Rechristens
  69. Objects from an earlier time
  70. Hindu male religious teachers
- 
21. A type of compound
  24. Avenue
  26. High schoolers' test
  27. A type of meal
  30. Gradually disappeared
  32. Ancient Frankish law code
  35. Popular pickup truck
  37. Buzzing insect
  38. Deal illegally
  39. Lying in the same plane
  42. Obstruct
  43. Related
  46. Challenge aggressively
  47. Nocturnal hoofed animals
  49. Bird's nests
  50. Forays
  52. \_\_\_ B. de Mille, filmmaker
  54. Title of respect
  55. One-time name of Vietnam
  57. Self-immolation by fire ritual
  59. Private school in New York
  62. Political action committee
  63. A way to fashion
  66. Email reply
  68. "The Great Lake State"

# Famous Birthdays

APRIL 7  
Russell Crowe, Actor (60)

APRIL 8  
Skai Jackson, Actress (22)

APRIL 9  
Elle Fanning, Actress (26)

APRIL 10  
Mandy Moore, Singer (40)

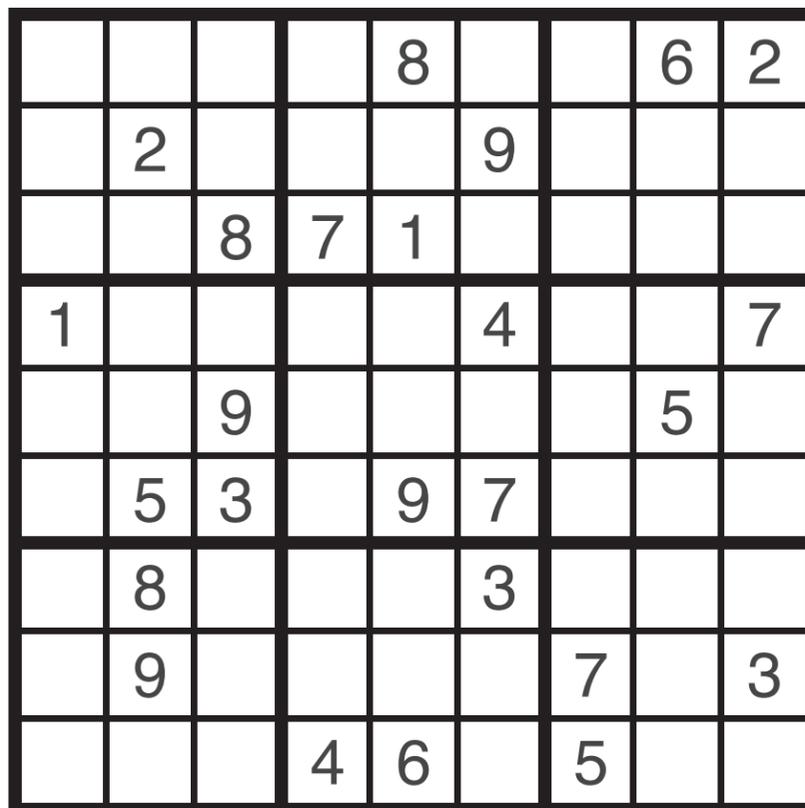
APRIL 11  
Ken Carson, Rapper (24)

APRIL 12  
Saoirse Ronan, Actress (30)

APRIL 13  
Al Green, Singer (78)



# Sudoku



Level: Advanced

# Horoscopes

### ARIES - Mar 21/Apr 20

There is more to any situation than the money factor, Aries. When a new opportunity comes your way, look beyond the payoff to see what the heart of the offer entails.

### TAURUS - Apr 21/May 21

Look to your family members if you need inspiration on a new project, Taurus. Use loved ones as a sounding board for all of the ideas that are bouncing around.

### GEMINI - May 22/June 21

The willpower that you have been relying on lately is still going strong, Gemini. That is excellent and it's having a profound effect on other areas of your life.

### CANCER - Jun 22/Jul 22

Cancer, gossip is not something you usually delve into, but you may get roped into a conversation this week. Try not to give any weight to the rumors swirling around.

### LEO - Jul 23/Aug 23

Leo, you shouldn't be boastful about your abilities, but try not to be too modest. Accept the credit you are given. Graciously embrace all of your good press.

### VIRGO - Aug 24/Sept 22

An interesting invitation might come your way, Virgo. It could open the door to a very busy social calendar if you accept and do some key networking.

### LIBRA - Sept 23/Oct 23

Libra, an issue that you were worrying about is unlikely to surface. Stay in the present instead of looking ahead to all of the things that might go wrong.

### SCORPIO - Oct 24/Nov 22

It may seem as if you are operating on autopilot, Scorpio. Days seem a carbon copy at this point. Do something to alter your routine.

### SAGITTARIUS - Nov 23/Dec 21

It's best if you avoid crowds for the time being, Sagittarius. You will benefit from some quiet time that only comes with being alone or within small groups of close friends.

### CAPRICORN - Dec 22/Jan 20

You are not normally characterized as "impulsive," Capricorn. However, this week you may surprise everyone. An opportunity to travel or another venture could drop in your lap.

### AQUARIUS - Jan 21/Feb 18

Aquarius, if you are not feeling challenged, you have to find activities that will get your brain moving again. Do whatever you can to spark some excitement.

### PISCES - Feb 19/Mar 20

The choices coming your way are quite varied, Pisces. It can be overwhelming, so do not make any rash decisions until you work through all of your options.



# Did you find Coop?



Look for Coop somewhere in this paper, (not this page or page 1) mail us us the name of the paper and page he is on, you could win a Coop stuffy!

Name \_\_\_\_\_

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Paper \_\_\_\_\_

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## What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

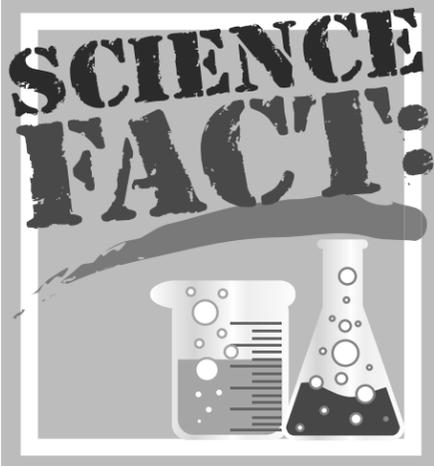
**A**



**B**



Answers: 1. Dog rolling in grass 2. Flower in blue flower pot 3. Missing plant on cart 4. Tree has an extra branch



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ANSWER: GRASS

## How they SAY that in...

**ENGLISH:** Mow

**SPANISH:** Cortar

**ITALIAN:** Falciare

**FRENCH:** Tondre

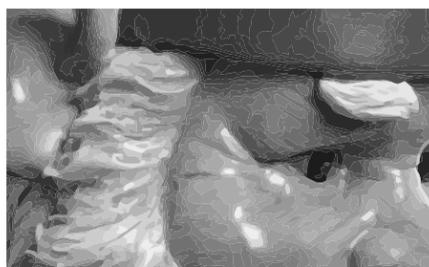
**GERMAN:** Mähen



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## GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: GARDEN GNOME

## THIS DAY IN...



## HISTORY

- **1803:** THOUSANDS OF METEOR FRAGMENTS FALL FROM THE SKIES OF L'AIGLE, FRANCE. THIS CONVINCES SCIENTISTS THAT METEORS EXIST.
- **1900:** FIRES CONSUME THE CANADIAN CITIES OF OTTAWA AND HULL, DESTROYING THEM IN 12 HOURS.
- **1954:** THE FIRST CLINICAL TRIALS OF JONAS SALK'S POLIO VACCINE BEGIN.

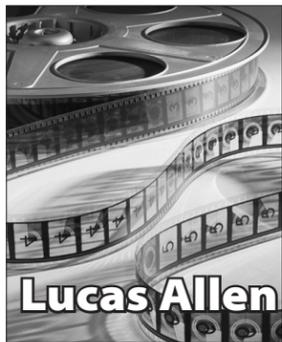
## New Word

### LAWN

an area of short, mown grass in a yard

MOVIE REVIEW

# Ghostbusters: Frozen Empire



(Columbia Pictures)  
Ghost Heads rejoice, the Ghostbusters are back! 40 years after the original film slimed the world, Ghostbusters: Frozen Empire follows up from 2021's Ghostbusters: Afterlife by bringing the ghost-busting action back to New York City. Not only that, the fun goofball spirit of the previous films that was started by late filmmaker Ivan Reitman remains alive and well. In the director's chair this time is Gil Kenan

(the man behind Monster House), who also wrote the script with Afterlife's director (and Ivan's son) Jason Reitman.  
After moving away from Summerville, Gary (Paul Rudd) and the Spengler family made their new home at the Firehouse thanks to Winston (Ernie Hudson). But while mother Callie (Carrie Coon) and older brother Trevor (Finn Wolfhard) are trying to hold down the fort, the youngest Phoebe (McKenna Grace) keeps getting into trouble, including a recent job that incurred the wrath of Mayor Walter Peck (William Atherton). Grounded, she then finds solace with a newfound friend in the teenage ghost Melody (Emily Alyn Lind). Meanwhile, Ray Stantz (Dan Aykroyd) receives a mysterious orb from a guy

named Nadeem (Kumail Nanjiani) and quickly discovers that it contains such dark power from within the spirit world.  
But while Winston's engineers Lars (James Acaster) and Lucky (Celeste O'Connor) are examining the orb, Ray along with Phoebe and Podcast (Logan Kim) get information from librarian Hubert (Patton Oswalt) that the orb contains the dark spirit Garraka, who wants to spread ice and terror onto the world. One thing leads to another and Garraka is soon unleashed upon our modern world ready to create a second Ice Age. It's now up to our heroes alongside Peter (Bill Murray) and Janine (Annie Potts) to save the world once more.  
Regardless of how you feel about Afterlife (or the 2016 reboot), these mov-

ies are made for the fans who appreciate and adore the 1984 film, the animated series, and its everlasting legacy. This one in particular has nostalgia, but also has a fresh new story with a menacing villain and higher stakes that feels like a natural progression from the past four decades. Both Kenan and Reitman once again took it upon themselves to create new ways to make ghost-busting magical, fun, and hilarious for a new generation along with new spooks. Not only do we see the return of the Bluto-inspired Slimer, but we also get the Sewer Ghost, the mysterious Melody, and the terrifying Garraka.  
There's also some heart to help go along with the laughs and the action, especially arcs for both Phoebe and Ray. The movie deals

with aging and adolescence that wonderfully bridges the gap between generations, which fans from both of those eras can appreciate. Plus, the idea of our heroes having a Q-inspired lab to test out new gadgets is great and can offer potential for future installments. Whether live-action or animated, these filmmakers certainly have a limitless imagination to help keep the legacy going.  
Naturally, you have a cast of returning and new actors doing wonderful work displayed on the screen. For starters, longtime fans will be very happy to see Aykroyd and company back together with Murray delivering fresh quips in his few scenes. The addition of Atherton as "pencil-neck" Peck proves to be very welcome as our heroes' classic antagonist. With Rudd,

his goofball fatherly role works nicely here as in the Ant-Man movies, while Coon does her frustrating motherly role just as well. Grace once again stands out among the younger cast, and Nanjiani and Oswalt fill their parts perfectly.  
For any fan of this franchise, Ghostbusters: Frozen Empire serves up a full platter of laughs, scares, and excitement. It's the kind of movie where you can sit back and watch the magic unfold before it leaves you smiling. As soon as you hear Ray Parker Jr's classic hit, it'll remain in your head for days.  
THE MOVIE'S RATING: PG-13 (for supernatural action/violence, language, and suggestive references)  
THE CRITIC'S RATING: 3.75 Stars (Out of Four)



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## Woodcarving glass case displays

NORWAY — David Peatfield of Norway stands beside a glass case display containing an assortment of birds, animals, and characters that he has carved and painted. David, who worked for the Water Department in Massachusetts, retired 20 years ago. It was about that time that he started woodcarving full-time. He was not formally trained and learned the craft by himself. A friend noticed his growing collection in his basement and commented how sad it was that no one got to see his work. Now, some of that collection displays through early May 2024. For display information, please visit the library's



Dave Peatfield

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# Norway Downtown secures \$1.78 Million for the renovation of the Norway Opera House

NORWAY — After nearly a year of waiting, Norway Downtown has received the exciting news that their request of \$1,788,000 for the renovation of the Norway Opera House has been approved by the Senate as a part of the Housing and Urban Development appropriations bill. This renovation project has been a shared dream of the two organizations as well as the community since the town of Norway took possession of the building by eminent domain in 2007, following a partial roof collapse and rear wall damage, compromising the integrity of the building.

The Norway Opera House was constructed in 1894 after a great fire swept through parts of town, leaving much of the downtown burned to the ground. The swift reconstruction of the Opera House was a symbol of the community's resolve, and the building has stood as a beacon of hope and perseverance ever since. Over the course of the last two de-



Cait Bourgault photo  
Norway's Historic Opera House illuminating Main Street at night.

cad, Norway Downtown, an affiliate program of the Maine Downtown Center, has been at the forefront of our successful Main Street

revitalization. Through the diligent application of the Main Street model coupled with the Four Point approach emphasizing eco-

nomie vitality, organization, promotion, and design, our community has witnessed a remarkable transformation from a landscape marred by neglect and vacant storefronts to the lively hub of activity that defines our Main Street today.

With its distinctive clock tower and Romanesque arch, the Norway Opera House has housed several locally owned businesses, including The Raven Collections, Fiber & Vine, and Handmade in Maine, on the first floor for over a decade. The upcoming renovations are nothing short of yet another metamorphosis for Main Street and with Norway Downtown leading the charge, the timing has never been better.

"This isn't just a win for us—it's a promise of vibrancy, a nod to our heritage, and a leap towards an exciting future," says Scott Berk, President of Norway Downtown.

The funds awarded will be directed toward the im-



Submitted photo  
Main Street Norway after the Great Fire of 1894, Norway Historical Society

mediate structure repairs required to welcome the public back into the building. Roof trusses, back wall repairs including window replacements, and a completely new roof will be addressed first. This will allow the internal scaffolding to be removed from the second and third floors, opening up

the performance and balcony levels.

Matt Delamater, President of the Norway Opera House, states, "We are proud to work in concert with Norway Downtown to finally realize the dream

**Downtown**  
→Page 11

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## Leg Cramps

**Jodi Cornelio**



Live Long, Live Well  
Jodi R. Cornelio, AS, BA, MBA  
Nutritionist, Personal Trainer  
and Motivational Speaker  
jcornelio@turnerpublishing.net

or standing up on a cold floor may help get rid of the cramp in your leg if it catches you by surprise in the middle of the night. Grabbing it, pounding it, or rubbing it will do little good and may even cause you more pain or damage after the charley horse disappears so please take caution with that.

**Why do cramps happen:**

Leg and muscle cramps happen due to an imbalance in electrolytes or loss of body fluids. Too little potassium, calcium or magnesium in the diet can cause leg and muscle cramps. Some medicines often prescribed for high blood pressure can cause increased urination, which may drain the body of these minerals and lead to muscle cramps. Sickness, which involves vomiting or diarrhea, can deplete the

body of fluids and minerals, and overindulging in alcoholic beverages, which rob the body of fluids and minerals, can increase leg cramps.

Other reasons why muscle and leg cramps happen could be over-exercising or working a muscle too hard or in an unusual unfamiliar manner. In some cases, blood flow is an issue whereas narrowing of the arteries that bring blood to the legs can cause a cramping pain in the legs and feet during exercise and cease when exercise stops. A more serious reason for leg cramps is nerve compression, where pressure on the nerves in the spine creates cramping. This leg pain usually gets worse with walking. Walking bent slightly forward, such as when pushing a shopping cart, might ease cramping.

Most muscle cramps are not usually harmful but they are often painful. Self-care measures like properly hydrating, eating nutritious foods, and stretching after exercise can prevent and treat most muscle cramps and charley horses.

**When to see a doctor:**

Muscle cramps usually go away on their



Metro photo

own. They do not usually need medical care. However, see a health care provider for cramps that: Do not go away, cause severe discomfort, have leg swelling, redness, or skin changes, or come with muscle weakness. If these muscle cramps happen daily or very often and do not get better with self-care practices such as nutrition adjustments and hydrating methods, it is time to consult your physician.

**Factors that might increase the risk of muscle cramps include:**

Age, unfortunately. As we age we lose muscle mass so even some of the little tasks create stress on the muscles and cause cramping. Extreme sweat-

ing increases the risk of cramping due to mineral loss. Being overweight can create muscle cramps due to muscle strain. Pregnancy and some health issues such as diabetes or thyroid issues can increase the risk of muscle cramps as well due to changes in the body's fluid balance.

**Steps to help prevent and decrease muscle cramps:**

Hydrate daily. Muscles need fluids to work well. Drink liquids during heavy activities and throughout the day. Water or other liquids without caffeine or alcohol are recommended. If you are involved in heavy activity as part of your daily routine or if you are an athlete training long hours it is not a bad idea to

include a high-quality electrolyte drink in your hydration plan. These high-quality drinks or powders should include Water, Sodium, Potassium, Chloride, Calcium, Magnesium, Phosphate, Bicarbonate

Eat food high in potassium and magnesium to replace mineral loss. Some of my favorite foods high in potassium and magnesium are bananas, raisins, prunes, avocados, nuts, and seeds such as pumpkin seeds, Brazil nuts and almonds, green leafy vegetables, potatoes with skins on them, legumes like chick peas, tofu, salmon and fatty fish, molasses, oysters, okra, artichokes, and HEMP.

Stretch your muscles daily. It is a good idea to stretch in the morning upon rising gently and before going to bed at night. Stretching during and after exercise is always necessary. Light exercise, such as riding a stationary bicycle for a few minutes or going for a gentle walk before bedtime, also may help prevent cramps while you sleep.

As always I hope these health tips help you enjoy a cramp-free Spring.

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# Seasonal Guide

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## Tips to make a yard less attractive to ticks

Metro

Backyards are ideal places to spend warm afternoons soaking up some sun. Lazy days in the yard are a big part of what makes warm weather seasons like spring and summer so appealing. But those afternoons can quickly go off the rails when an unwelcome visitor makes its presence known.

Ticks can be found throughout the world, but the Centers for Disease Control and Prevention notes that only a select few types of ticks transmit bacteria, viruses and parasites, or pathogens, that cause diseases in people. But even if the number of tick species that transmit diseases to humans is relatively low, ticks that can infect humans are a notable threat. Such ticks carry pathogens that the CDC notes can cause a number of diseases, including Bourbon virus, Ehrlichiosis and, of course, Lyme disease, among others.

Human beings can come into contact with ticks in their own backyards. But humans can take various steps to make their lawns less welcoming to ticks.

- Cut your grass short and keep it that way. Black-legged ticks are transmitters of Lyme disease, which the CDC notes is the most common vector-borne disease in the United States. Lyme disease also poses a growing threat in Canada, where data from the Public Health Agency indicates human-reported Lyme disease cases increased from 144 in 2009 to more than 2,100 in 2022. Black-legged ticks do not like environments that are dry and hot, so short grass makes lawns less attractive to this type of tick. Consumer Reports advises homeowners who have let their grass



Metro photo

grow a little too high (around five or six inches) to bag their clippings when cutting the grass. Lots of clippings on the grass can provide a respite from the heat for black-legged ticks.

- Create a tick barrier if your property abuts woods. Woods provide a cover from summer heat that black-legged ticks crave. So properties that abut the woods may be more vulnerable to these unwanted guests than yards that do not border woodlands. A barrier of dry mulch made of wood chips between a property and a bordering wooded area can help repel ticks, who won't want to settle in often dry, hot mulch beds.

- Plant with infestation prevention in mind. Some plants can help to repel ticks because they boast certain characteristics that ticks cannot tolerate. The fragrances, textures and oils of plants like garlic, mint, lavender, marigolds, and others create less welcom-

ing conditions for ticks. Homeowners can speak with local garden centers for advice on tick-repellant plants that can thrive in their particular climate and on their properties.

- Remove yard debris. Piles of wood, leaves and brush can make for good conditions for ticks that transmit disease. After raking leaves and gathering brush, discard the resulting piles immediately.

These measures will not necessarily prevent all ticks from establishing themselves on a property, so individuals are urged to inspect their bodies and the bodies of their pets after a day in the yard.



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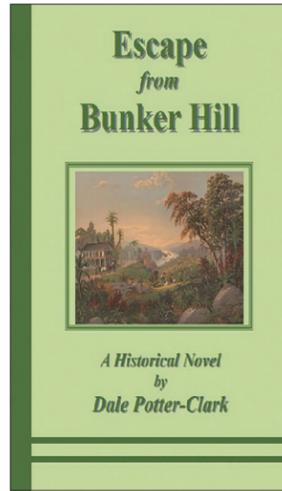
# Hebron Historical Society event on April 23rd

HEBRON — The Underground Railroad will be the topic of a book talk at the Hebron Historical Society on Tuesday, April 23rd at 7:00 p.m. by historian and author, Dale Potter-Clark.

Potter-Clark's interest in the Underground Railroad spiked several years ago when she discovered a couple named Mitchell had once lived in a house that she was researching. They had moved to Readfield, ME from Jacksonville, FL in 1861 and Potter-Clark immediately knew that was unusual. She had researched more than one hundred old houses and early



Submitted photos  
Dale Potter-Clark, author of *Escape from Bunker Hill*.



Cover of *Escape from Bunker Hill* by Dale Potter-Clark.

families in Readfield and had never found where anyone else had moved there from Florida during the 18th or early to mid-19th centuries. It seemed, she thought, especially peculiar they would have done so during the havoc of the Civil War. Potter-Clark suspected the Mitchells had been involved in the Underground Railroad and began to dig deeper to see what she could piece together about them and the Underground Railroad. One thing led to another and before she knew it a story had evolved in her head that she couldn't shake. She combined what she had

learned with her imagination and the historical novel took shape. Much of the story takes place in southern, central and western Maine and includes actual people, places and happenings.

The book talk will take place at 7:00 p.m. on Tuesday, April 23rd at the Hebron Town Office, 351 Paris Road. Copies of *Escape from Bunker Hill* will be available for purchase and signed upon request. For more information contact Bruce Conant, Hebron Historical Society program director PHONE: (207-966-2177 or EMAIL: [clydex@megalink.net](mailto:clydex@megalink.net).

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# Sciatica



Fred Cecitti

*Q. I'm getting pain in my right leg and my doctor says it's sciatica. Could you write one of your columns about this?*

Sciatica is pain that runs down the sciatic nerve from your lower spine to your buttock and down the back of your leg. Age-related changes in the spine are a common cause of sciatica.

Other sciatica symptoms include numbness, muscle weakness, a burning sensation and tingling. In rare cases, there is a loss of bladder or bowel control. Usually, only one side of your body experiences sciatica.

Most of the time, sciatica goes away within a few weeks of rest. If it

doesn't go away, see a doctor. About 85 percent of patients with sciatica get better over time without surgery.

Sciatica is caused by damage to the sciatic nerve, which is the longest nerve in the body. This nerve controls the muscles of the back of the knee and lower leg and provides sensation to the back of the thigh, part of the lower leg and the sole of the foot.

A common cause of sciatica is a herniated disk—also known as a ruptured or slipped disk. Disks are pads of cartilage that cushion the vertebrae in your spine. If a disk ruptures, it can press against a nerve root in your spine causing pain.

Other causes of sciatica include:

- Trauma. A blow to your spine can injure nerve roots.
- Tumors. As they grow, tumors can compress the spinal cord or the nerve roots.
- Stenosis. If sections of the spinal canal narrows, there can be pressure on the

spinal cord.

• Piriformis syndrome. The piriformis muscle runs from your lower spine to each thighbone. This muscle can put pressure on the sciatic nerve.

• Spondylolisthesis. This occurs when one vertebra slips slightly forward over another vertebra and pinches the sciatic nerve. This condition is often caused by degenerative disk disease.

Cigarettes are bad for your back. Smoking increases your risk of developing sciatica by blocking the body's ability to deliver nutrients to the disks of the lower back.

Get emergency treatment for sciatica if: you have sudden, severe pain in your lower back or leg; numbness or muscle weakness in your leg; pain following a violent injury, or you have trouble controlling your bowels or bladder.

There are many ways to treat sciatica including injections, pain-relieving drugs, muscle relaxants, hot or cold packs, physical

therapy and surgery.

To avoid sciatica, you should:

- Exercise regularly.
- Sit with good posture and lumbar support.
- Take frequent breaks if you work at a desk.
- Adjust your car seat so that your knees and hips are level and you aren't overreaching for the pedals.
- If you stand for long periods, rest one foot on a stool. (Bar rails were invented to reduce back discomfort.)
- When lifting, bend your knees, not your back. Lift with your legs.
- Carry objects close to your body.
- Don't reach and lift objects; pull them close to you first. Remember this tip when emptying a car trunk.
- Sleep on a good mattress; if you wake up with back pain, you need a new one.

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## CMCC to build addition to Kirk Hall, expand healthcare programs

AUBURN — Central Maine Community College (CMCC) has been awarded Congressionally Directed Spending funds to expand healthcare training programming by building and equipping a 7,200-square-foot addition to Kirk Hall. The increased space and equipment would train an additional 100 nurses annually, add healthcare programming, update science labs that are

used for required courses in healthcare programs, improve the exercise science and physical fitness specialist programs, and enhance short-term workforce training programs in healthcare areas such as medical assistant, certified nurse assistant, basic life support certification, and phlebotomy.

CMCC's Healthcare Training Expansion project will create opportunities to

enroll more students in high-wage in-demand fields and help fill workforce shortages in healthcare. The College's nursing education and healthcare/wellness training space is at full capacity. The additional space will allow the College to enroll more students and create new healthcare programming to help fill the State's workforce shortages.

"Having the ability to

grow healthcare programs will make it possible for more Mainers to enroll and benefit. Healthcare jobs are in high demand, high wage jobs where earners contribute to Maine's economy. CMCC has a long history of educating students who stay in Maine and this project will increase those numbers," said Dr. Betsy Libby, President of Central Maine Community College.

### Downtown

Page 7

of welcoming the public back into the Norway Opera House. It's a partnership that's paved the way to this momentous milestone."

Norway Downtown and the Norway Opera House extend their gratitude to Senator Collins, Senator King, and their offices for standing by this capstone project that anchors our economic and cultural revival. This is an exciting time for the town of Norway.

About the Norway Maine Opera House: The NOH is actively raising funds needed to bring the second and third-floor performance spaces back to a fully func-

tioning opera house and ensure its place in the community for generations to come. To be involved in this exciting opportunity, consider joining the NOH Events Committee, sign up for their monthly newsletter, or donate. For more information on this vital project, please visit [www.norway-operahouse.org](http://www.norway-operahouse.org).

Free help for limited-income Mainers of any age who are having trouble getting or affording their medications through Medicare.



**Call LSE's Medicare Part D Appeals Unit**  
**Toll Free at 1-877-774-7772**

(Formerly Legal Services for the Elderly)

## Scam Alert Bulletin Board



Let It Go...to Voicemail

When it comes to combatting scams, we all have the same superpower. The single most effective way to avoid scam calls is to let your answering machine or voicemail screen calls for you. It's a power we all have, but unfortunately, it's not a power we all use.

Federal Trade Commission data from last year show that the telephone was the source for more than a third of reported scams. Reported losses

were nearly \$700 million, with a median loss of \$1,200. That's a lot of phone fraud. Thanks to criminals, we can't rely on Caller ID, so our best defense is letting calls go to the machine. This gives you the opportunity to listen to messages with intent, and with time to consider its validity.

So don't forget that YOU have a superpower, one that can protect you from the IRS scam, or the Medicare scam, or the grandparent scam, or dozens of other impostor scams – by letting them go to voicemail.

**Be a fraud fighter! If you can spot a scam, you can stop a scam.**

The AARP Fraud Watch Network is a free resource for all. Learn how to proactively spot scams or get guidance if you've been targeted. Visit [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork) or call our dedicated helpline to speak to a fraud specialist at 1-877-908-3360.

**HAVE YOU FOUND THE PHONY AD?**

# SeniorsPlus

## Volunteerism, Supporting Communities and Wellbeing

To understand volunteering, I took a look at the history of volunteering. How did volunteering become an essential part of the American tradition?

In 1736, Benjamin Franklin initiated volunteerism by organizing the first fire department. In the early days of America, communities developed fire departments through volunteering initiatives. Volunteer fighters make up most of the fire departments and municipalities in communities today. To imagine America without volunteers would be like imagining our communities without the help of firefighters. Could you even imagine communities without fire departments?

In the hundreds of years of volunteer history, communities and our government recognized the need for social services, but unfortunately, the funding was not available. Due to the high need for resources, groups like the YMCA, Salvation Army, Red Cross, and the United Way were established.

Volunteering is not just an act of selflessness and generosity; it's a gateway to a healthier mind and body. Research shows that helping others can significantly enhance mental and physical health, providing a powerful reason to get involved. Assisting others can stimulate pleasure centers in our brains, releasing endorphins that bring feelings of tranquility and joy. It's a win-win situation; not only do the recipients of our service benefit from the community's generosity, but it also enhances our own mental and physical well-being.

Another positive outcome of the volunteer experience is professional and personal development. Volunteering is more than just a way to give back; it's a platform for community service that can expand your social circle, help you practice your interpersonal skills, and even open doors in the job market. The benefits of volunteering extend far beyond community service, encouraging a positive relationship between the community and yourself.

At SeniorsPlus, we have a full spectrum of services for the communities we serve in Androscoggin, Franklin, and Oxford counties. We offer Medicare counseling, money management support, proper nutrition with our Meals on Wheels program, congregate dining sites, workshops that offer enrichment and learning opportunities, and a friendly caller program. These opportunities are all available with the help of our volunteers. Currently, we have over a hundred volunteers and that number is growing by the day. Slowly but surely, community members are coming back out into the public after the pandemic, and feeling the positive effects of volunteering. SeniorsPlus volunteers are putting smiles on the faces of our community and in return, a sparkle in their own hearts. Would you consider enjoying the benefits of volunteering? We would welcome you with open arms!

*Kimmy Dionne is the Volunteer Services Coordinator at SeniorsPlus.*

Reference: [www.volunteer-opportunities.org/history-american-volunteering](http://www.volunteer-opportunities.org/history-american-volunteering)

**Community Services resource center for Androscoggin, Franklin, and Oxford counties**

**8 Falcon Road  
Lewiston, ME 04240  
1-800-427-1241 • 795-4010  
[www.seniorsplus.org](http://www.seniorsplus.org)  
Like us on Facebook!**

# Native plant and seed sale offered by Oxford County Soil and Water Conservation District

OXFORD — Warm weather is coming, and it's time to start thinking about your garden! Oxford County Soil & Water Conservation District is pleased to offer an amazing list of native plants for beginning to advanced gardeners throughout Oxford County and the surrounding area. We will also be offering wildflower seed mixes with a

variety of native and naturalized annuals and perennials to provide your yard with years of color. This is one of our biggest fundraisers of the year and proceeds support our educational programs in Oxford County!

We have a large selection of flowering perennials, herbs, groundcovers, edible plants, shrubs, and

trees. Some crowd favorites include Echinacea, Aster, Milkweed, Meadowsweet, and Ostrich Fern; several varieties of low bush, half-high, and highbush blueberries are available; and both deciduous and evergreen seedlings are being offered.

Nearly 1500 species of native plants are found in Maine. They provide food,

fiber and habitat for wildlife and humans. All the plants on our list are either native or proven to be beneficial to pollinators and wildlife and are not dug from the wild or invasive. We offer plants that are not only beautiful but also serve an ecological function in our landscapes!

Conservation-focused gardening is fun, interest-

ing, and rewarding. For more information about gardening with native plants go to [nativeplanttrust.org](http://nativeplanttrust.org) or visit our website at [oxfordcountyswcd.org](http://oxfordcountyswcd.org).

Our Native Plant and Seed Order Form is available to download on our website at [oxfordcountyswcd.org/native-plant-sale](http://oxfordcountyswcd.org/native-plant-sale) or by contacting OCSWCD at [oxford-](mailto:oxfordcountyswcd@gmail.com)

[countyswcd@gmail.com](mailto:countyswcd@gmail.com) or 207-744-3119.

All orders must be received by Friday, May 3rd and pick-up day will be Friday, May 24th at the Oxford County Cooperative Extension Office: 9 Olson Rd. Paris, ME.

Oxford County Soil & Water Conservation District is an equal-opportunity employer and provider.

## Nordic Walking and Gentle Flow Yoga Programs this April in Norway

NORWAY — The Western Foothills Land Trust is excited to bring back two invigorating and health-focused programs for the local community. Beginning this April and continuing through the fall, the Trust is offering Nordic Walking Thursday mornings and Gentle Flow Yoga sessions with Kat Larsen on Wednesdays. These programs are designed to promote health, well-being, and a deeper connection with our beautiful natural surroundings.

Nordic Walking: Thursdays at the Farm to Town Trailhead: Starting April 11th, in collaboration with the Town of Norway Recreation Department, you can get moving in a friendly, social setting every Thursday from 9:30 to 11:00 am. Nordic walking is a low-impact exercise that



All smiles for participants after a morning Nordic walk at the Farm to Town Trailhead.

Lee Dassler

combines walking with the use of poles to engage the upper body. It's a great

way to improve cardiovascular fitness, strength and balance while enjoying the

outdoors. The guided walks will meet at the Farm-to-Town Trailhead located at

22 Water Street in downtown Norway. This unique trail system links Roberts Farm Preserve to downtown Norway. This free program is a fantastic opportunity to meet fellow enthusiasts and enjoy the outdoors together. Bring your own poles or email [info@wftmaine.org](mailto:info@wftmaine.org) if you need to borrow a pair.

Gentle Flow Yoga: Wednesdays at Roberts Farm Preserve: From 9:30 - 10:30 am start your Wednesdays with Gentle Flow Yoga at the Roberts Farm Preserve Warming Hut, led by the experienced Kat Larsen E-RYT500. For this April through June series, each session offers a peaceful retreat into yoga, suitable for all skill levels. Yoga mats and water are provided, all you need to bring is yourself and a readiness to relax. Space is limited to twelve

participants per session on a first-come, first-serve basis, ensuring an intimate and focused environment. The Warming Hut opens for this donation-based program at 9:15 am.

Don't miss your chance to be part of a community that values health, wellness, and the benefits of being outdoors. For more details on how to participate, visit [www.wftmaine.org](http://www.wftmaine.org) or contact the Trust directly at [info@wftmaine.org](mailto:info@wftmaine.org).

About Western Foothills Land Trust: Western Foothills Land Trust is dedicated to the conservation and preservation of native ecosystems, farm and forest lands, watersheds, and scenic landscapes for the benefit of wild and human communities in western Maine. To learn more visit [www.wftmaine.org](http://www.wftmaine.org).

## Restored Art Exhibit at Norway Memorial Library

NORWAY — Visitors to Norway Memorial Library may view an exhibit of restored art on the reference room walls. "Local Artists of Yesteryear" features paintings and photographs by some of Norway's well-known artists, George Lorenzo "Shavey" Noyes, Zilpha Anne Plummer, Vivian

Akers, and Minnie Libby collected by Richard Sousa of Norway. These pieces represent a small portion of his massive art collection.

Rich, who moved to the area eight years ago, acquired the first pieces from auctions, flea markets, and art galleries soon after his marriage. He and his wife

alternated picking them out through the years. The collection became a way to decorate their home. He clearly enjoys seeing the paintings restored to their former glory. He says, "I like to fix broken things like old tools and damaged paintings." Rich is a member of the Western Maine

Art Group.

The exhibit may be seen whenever the library is open through April 2024. Norway Memorial Library is located at 258 Main Street in Norway, Maine. For more information visit [www.norwaymemoriallibrary.org](http://www.norwaymemoriallibrary.org) or call 207-743-5309.



Rich Sousa and Shavey Noyes charcoal drawing

Submitted photo

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# 2024 OXFORD HILLS SPRING SPORTS SCHEDULE

**BASEBALL**

| Date | Time     | Opponent           |
|------|----------|--------------------|
| 4/16 | 11:00 AM | Brunswick          |
| 4/18 | 4:00 PM  | @Brewer            |
| 4/24 | 4:00 PM  | Messalonskee       |
| 4/26 | 4:15 PM  | @ Mt. Ararat       |
| 4/29 | 4:00 PM  | Fryeburg Academy   |
| 5/1  | 4:00 PM  | @Mt. Blue High     |
| 5/3  | 4:00 PM  | Edward Little HS   |
| 5/6  | 7:00 PM  | @ Skowhegan        |
| 5/8  | 4:00 PM  | @Lewiston HS       |
| 5/10 | 4:00 PM  | Hampden Academy    |
| 5/13 | 4:30 PM  | @ Bangor HS        |
| 5/15 | 4:00 PM  | Mt. Ararat         |
| 5/18 | 1:00 PM  | @ Edward Little HS |
| 5/20 | 4:30 PM  | Lewiston           |
| 5/22 | 4:00 PM  | Skowhegan          |
| 5/28 | 4:30 PM  | @ Camden Hills     |

**JV BASEBALL**

| Date | Time     | Opponent         |
|------|----------|------------------|
| 4/16 | 11:00 AM | @ Brunswick      |
| 4/18 | 12:00 PM | @ Brewer         |
| 4/24 | 4:15 PM  | @ Messalonskee   |
| 4/26 | 4:00 PM  | Mt. Ararat HS    |
| 4/29 | 4:00 PM  | @ Fryeburg Acad. |
| 5/1  | 4:00 PM  | Mt. Blue HS      |
| 5/3  | 4:00 PM  | @ Edward Little  |
| 5/6  | 4:00 PM  | Skowhegan Area   |
| 5/9  | 4:30 PM  | Lewiston         |
| 5/10 | 4:00 PM  | @ Hampden Acad.  |
| 5/13 | 4:30PM   | Bangor           |
| 5/14 | 4:15 PM  | @ Mt. Ararat HS  |
| 5/17 | 4:00 PM  | Edward Little HS |
| 5/21 | 4:30 PM  | @ Lewiston HS    |
| 5/22 | 4:00 PM  | @ Skowhegan      |
| 5/28 | 4:00 PM  | Camden Hills     |

**SOFTBALL**

| Date | Time     | Opponent         |
|------|----------|------------------|
| 4/16 | 11:00 AM | Brunswick        |
| 4/18 | 4:00 PM  | @ Brewer         |
| 4/24 | 4:00 PM  | Messalonskee     |
| 4/26 | 4:15 PM  | @ Mt. Ararat     |
| 4/29 | 4:00 PM  | Fryeburg Academy |
| 5/1  | 4:00 PM  | @ Mt. Blue HS    |
| 5/3  | 4:00PM   | Edward Little HS |
| 5/6  | 4:00PM   | @ Skowhegan      |
| 5/8  | 4:00PM   | @ Lewiston       |
| 5/10 | 4:00PM   | Hampden Acad.    |
| 5/13 | 4:30PM   | @ Bangor HS      |
| 5/15 | 4:00PM   | Mt. Ararat HS    |
| 5/18 | 1:00PM   | @ Edward Little  |
| 5/20 | 4:30PM   | Lewiston         |
| 5/22 | 4:00 PM  | Skowhegan Area   |
| 5/28 | 4:30PM   | @ Camden Hills   |

**JV SOFTBALL**

| Date | Time     | Opponent          |
|------|----------|-------------------|
| 4/16 | 11:00 AM | @ Brunswick       |
| 4/18 | 12:00 PM | @ Brewer HS       |
| 4/24 | 4:15 PM  | @ Messalonskee HS |
| 4/26 | 4:00 PM  | Mt. Ararat HS     |
| 4/29 | 4:00 PM  | @ Fryeburg Acad.  |
| 5/1  | 4:00 PM  | Mt. Blue HS       |
| 5/3  | 4:00 PM  | @Edward Little HS |
| 5/6  | 4:00 PM  | Skowhegan         |
| 5/9  | 4:30 PM  | Lewiston          |
| 5/13 | 4:30 PM  | Bangor            |
| 5/14 | 4:15 PM  | @ Mt. Ararat      |
| 5/17 | 4:00 PM  | Edward Little HS  |
| 5/21 | 4:30 PM  | @ Lewiston HS     |
| 5/22 | 4:00 PM  | @ Skowhegan       |
| 5/28 | 4:00 PM  | Camden Hills      |

**GIRLS TENNIS**

| Date | Time    | Opponent              |
|------|---------|-----------------------|
| 4/11 | 4:00 PM | Mt. Blue High School  |
| 4/19 | 4:00 PM | @ Edward Little HS    |
| 4/24 | 4:00 PM | @ Mt. Ararat          |
| 4/26 | 4:00 PM | Skowhegan             |
| 4/29 | 6:00 PM | @ Lewiston            |
| 5/3  | 4:00 PM | @ Brunswick HS        |
| 5/6  | 4:00 PM | Edward Little HS      |
| 5/8  | 4:00 PM | @ Messalonskee        |
| 5/13 | 4:00 PM | @ Saint Dominic Acad. |
| 5/15 | 4:00PM  | Lewiston              |
| 5/17 | 4:00 PM | MPA Singles Champ.    |
| 5/22 | 4:00 PM | Lake Region           |
| 5/28 | 4:00 PM | Messalonskee          |
| 5/31 | 4:00 PM | Regional Team Prelims |
| 5/12 | 4:00PM  | State Team Finals     |

**BOYS LACROSSE**

| Date | Time        | V/JV | Opponent            |
|------|-------------|------|---------------------|
| 4/11 | 5:30/7:00   |      | @ Edward Little HS  |
| 4/16 | 7:00        |      | @ Hampden Acad.     |
| 4/20 | 10:30/12:00 |      | Erskine Academy     |
| 4/22 | 4:00/5:30   |      | Oak Hill            |
| 4/26 | 5:30/4:00   |      | @ Westbrook         |
| 4/29 | 4:00/5:30   |      | Gardiner Area       |
| 5/3  | 5:00/6:45   |      | @Lewiston           |
| 5/8  | 4:00/5:30   |      | Mt. Blue            |
| 5/14 | 4:00/5:30   |      | Cony HS             |
| 5/16 | 7:00/4:00   |      | @Bonny Eagle HS     |
| 5/20 | 4:00/5:30   |      | Winthrop/Maranacook |
| 5/23 | 4:00/5:30   |      | Mt. Ararat HS       |
| 5/25 | 11:00/12:30 |      | @ Bangor HS         |
| 5/29 | 5:00 pm     |      | @Morse HS           |

**GIRLS LACROSSE**

| Date | Time        | V/JV | Opponent             |
|------|-------------|------|----------------------|
| 4/11 | 3:30        |      | @ Edward Little HS   |
| 4/16 | 12:30/11:00 |      | @ Windham HS         |
| 4/19 | 4:00/5:30   |      | Mt. Ararat           |
| 4/23 | 4:00/5:30   |      | Thornton Academy     |
| 4/25 | 5:30/7:00   |      | @ Messalonskee HS    |
| 4/30 | 4:00/5:30   |      | Cheverus             |
| 5/4  | 11:00       |      | @ Hampden/Brewer/GSA |
| 5/7  | 4:00/5:30   |      | Falmouth HS          |
| 5/11 | 11:00/12:30 |      | Bangor HS            |
| 5/13 | 5:00/6:30   |      | Lewiston HS          |
| 5/17 | 4:00/5:30   |      | @ Mt. Blue HS        |
| 5/21 | 5:00/6:30   |      | @ Maranacook         |
| 5/22 | 4:00/5:30   |      | Cony HS              |
| 5/28 | 5:00/6:30   |      | @ Brunswick HS       |

*Dates and times are subject to change.*



**OUTDOOR TRACK**

| Date | Time     | Location     |
|------|----------|--------------|
| 4/17 | 3:30 PM  | Gouin Track  |
| 4/26 | 3:30 PM  | Mt. Ararat   |
| 5/2  | 3:30 PM  | Waterville   |
| 5/9  | 3:30PM   | Lewiston HS  |
| 5/16 | 3:30 PM  | Leavitt      |
| 5/25 | 10:00 AM | Messalonskee |
| 6/1  | TBD      | TBD          |
| 6/8  | TBD      | TBD          |

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## HELP WANTED

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Work from home office or company office. Base plus commissions on sales. This position is customer service and community focused and is responsible for generating advertising sales. You will be connecting with advertisers, businesses and the community via phone, email, Zoom, and in-person. Prospecting sales opportunities and selling print, digital ads, and direct mail flyers is the primary function of this position. Primary territory is Maine. Being involved and knowing the community is very important to the success of this position. The perfect candidate for this position must have a winning attitude and be competitive by nature and have the strong desire to help grow and nurture businesses and community. Knowledge of direct mail marketing and digital marketing is helpful. Must have 5 years sales experience, preferably in advertising or media. Must have a working knowledge of computer software programs such as Microsoft Office, social media platforms and database systems. Must be organized and detailed. Must have a home computer or laptop, printer, cell phone and a dependable car and a valid driver's license. Opportunities for Sales Management is a natural progression for this position and anyone with sales and marketing skills in the media world should apply. We are an EOE. Full benefits included.

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## February Phony Ad Winners

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- Lisbon Ledger: Mary Bishop
- Lake Region Reader S: Jill Sansouci
- Lake Region Reader N: Gerald Webster
- Moose Prints: Sandy Drew
- Oxford Hills Observer: Linda Richardson
- Somerset Express: Darlene Brown
- Two Cent Times: Shawn Knox
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- Presumpscott Post: Robert Pinkham

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It is easy to find - just read through the ads in this issue of this paper and find the phony ad. Either fill out the entry form below (one entry per month please) and mail to: Find The Phony Ad Contest, P.O. Box 214 Turner, ME 04282 or email to: [phonyad@turnerpublishing.net](mailto:phonyad@turnerpublishing.net). (one entry per household please)

You must include all the information requested below to be eligible to win.

Note: Turner Publishing will not lend or sell your email address to a third party.

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Please tell us your age (circle one) 12-25 yrs. 26-35 yrs. 36-45 yrs. 46-55 yrs. 56 yrs. & up

The Phony Ad is: \_\_\_\_\_

Tell us what you think of this publication: \_\_\_\_\_

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Do you read our paper online at [www.turnerpublishing.net](http://www.turnerpublishing.net)? Yes or No

# Mexico/Oxford wrestling



Hawk Shawn Sherrick, who has cerebral palsy, wrestling an Oxford Hills Eagles opponent on March 6 at MVMS.



Photos courtesy of Ralph Sherrick  
L-R: Shane Smith & Anthony Mazza, coaches for Mountain Valley Middle School wrestling team, the Hawks.

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**Seniors, choose a direction.**

First place winners receive a new laptop computer, second and third place winners a new iPad, and all entrants receive fun prizes from Joe.

The deadline for this year's contest is May 3, 2024.  
**Be creative. ENTER TODAY!**

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# Make Every Day Earth Day

Conserve. Reduce. Restore.  
#EndPlastics

## A brief history of Earth Day

Metro  
Earth Day is celebrated each April and draws attention to a range of issues affecting the environment. Earth Day aims to raise awareness in the hope of inspiring change.

Earth Day is observed on April 22. According to National Geographic, the first Earth Day was celebrated in 1970. Wisconsin senator Gaylord Nelson was inspired to begin a national celebration uniting the environmental movement after witnessing environmental activism in the 1960s. With the help of Denis Hayes, a graduate student at Harvard University, Nelson organized the first Earth Day. Twenty million peo-

ple participated in events across the United States and strengthened support for environmental legislation like the Clean Air Act and the Endangered Species Act.

Earth Day was expanded to a global initiative in 1990 under guidance from Hayes. Nearly 200 million participants in more than 140 countries now join together in the name of protecting the planet. Awareness continues to be raised each year regarding renewable energy and climate change.

One of the hallmarks of Earth Day celebrations is the planting of trees. Researchers estimate roughly 15 billion trees are cut down each year across the globe. By planting a tree every



Metro photo

Earth Day, people can make a difference. Trees absorb carbon dioxide and release

oxygen and bolster ecosystems for wildlife. Shade trees can reduce reliance on

fans and air conditioning systems.

The main message of

Earth Day 2024 is the need to commit to ending reliance on plastics, says *EarthDay.org*. The goal is a 60 percent reduction in the production of all plastics by 2040. Plastics are bad for the environment a growing body of research indicates they have an adverse effect on the major systems of the body, including immune, respiratory, digestive, and hormonal systems.

Everyone can do their part to promote the ideals behind Earth Day. For 54 years, millions of people have been advocating for change to benefit the planet and human and animal health, and that fight is ongoing.

## Earth Day coastal clean up

April 22nd 8:30am-10:30am Sign up now! [Kelly@merepointoyster.com](mailto:Kelly@merepointoyster.com)

Mere Point Oyster Company is looking for volunteers to join our efforts to

keep our shorelines clean. Volunteers will meet up at a few distinct locations in

Brunswick on Saturday, April 22nd (over 15 miles of shoreline). All ages and well-

behaved dogs are welcome! After walking the shoreline, Mere Point team leaders will

be shucking oysters for all to enjoy at no cost. Our way to say thank you!



let's grow together

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