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VOLUME 22 ISSUE 8 - APRIL 2024

Turner Publishing, Inc., PO Box 214, Turner, ME 04282 • 207-225-2076 • Fax: 207-225-5333 • E-Mail: articles@turnerpublishing.net • advertising@turnerpublishing.net • turnerpublishing.net/news

FRANKLIN FOCUS

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FEATURED USED VEHICLES



page 16



Solar eclipse worth the trip

By Bill Van Tassel

It would be a safe guess to say that all those people, from Southern Maine, the rest of New England and beyond, who made the drive to the Rangeley Lakes Region for the ultimate view of the April 8 Solar Eclipse, would say, "It was worth the trip."

Only the experience of this incredible event could mollify those who had to endure the halting and frustrating traffic jams getting there and returning home. Whether your home was in Lewiston/Auburn, Southern Maine or below the 45th parallel, drivers had to deal with miles of unusually, heavy traffic, very heavy for these parts.



While waiting for their solar eclipse moments, these Bates College professors had a nice table set for their pre-eclipse lunch. Around them was a mass of hundreds of excited tourists gathered in Rangeley's Lakeside Park for this unique April 8 event.

My seventy-five-mile trip from Turner to Oquossoc took only 1 and 1/2 hours, though you had to slow to

a crawl when passing the various Scenic Lookouts which were overflowing to the narrow roadsides with



L to R: Adrian Tucker from Turner, Pat McCluskey of Peru and Sue Tymozcko of Lewiston taking a look at the moon's progress in blocking the sun's light during April 8 full solar eclipse in Rangeley. The very active trio are all retired educators.

vehicles and tailgating parties. Returning home after the Eclipse show was a different story.

After 4 p.m. the main roads from Rangeley and Oquossoc, Routes 17 (to 108) and 4 were nearly bumper to bumper for miles. Where 108 and 4 meet in Livermore, the confluence of vehicles created a new single line that ranged from two to five miles in length. So, my return trip was nearly double the 1 and 1/2 hours.

But, yes, though I didn't handle my drive-home attitude as well as I should have, it was most definitely worth it to witness a full Solar Eclipse. The crowd in Rangeley began filling the Lakeside Park early that Monday morning, though the moon would not start

gradually blocking the sunlight until after lunch. We all had time to test our special safety glasses; one fellow was walking around wearing a welder's mask. I guess he had done some research.

As the sun's fullness began to get diminished by the encroaching moon, lunch-time foods were packed away and more eyewear, some highly creative, began to appear on everyone's face. It was fun to watch the little children who, unaware of the rare moment's significance, reacted with their nervous energy, simply happy to be doing what all the adults were doing.

It was a beautiful, cloudless day in Rangeley, Maine.

Eclipse
→ Page 2



Bill Van Tassel photos

The April 8 solar eclipse in Rangeley, just coming out of totality around 3:30 in the afternoon. Photo taken with hand-held Pentax camera and Tamron telephoto lens. The full totality of the moon's blockage of the sun lasted about 2.5 minutes.

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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: _____

Zip: _____

Email Address: _____

Phone: _____

Funny Things Kids Say
Turner Publishing, Inc.

P.O. Box 214, Turner, Maine 04282
Or email: FunnyThingsKidsSay@turnerpublishing.net

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Eclipse

Page 1

Those of us by the shore of the lake could feel a steady, cool breeze coming off the still frozen water. Predictably, as the sun continued to disappear the temperature of the breeze cooled by around

five degrees. At full totality, with just a black circle surrounded by a thin coronal ring, the crowd got noticeably quiet. Then, in the dawn-like darkness around Rangeley Lake, the crowd began cheering.

We had been given a rare opportunity to see an astronomical event that will not happen in the United States

until August 2044. I will be ninety-four years old and surely not able to handle heavy traffic. So, it was worth it to spend one half of the day in the sun, and the other half in my car. My wife's sister's family drove from Rochester, NH way up to Millinocket to witness this event. (Total drive time: 12 hours.) Her Facebook

post declared, "It was so totally worth it."

(Turner Publishing would like to thank the Rangeley Chamber of Commerce for its Shadow of the Sun Festival, and opening its facilities for a major influx of visitors to the Solar Eclipse event. Thanks also to the Franklin Savings Bank for letting our reporter park at their site.)

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Maine Calendar

APRIL

April 20 — Clothes Closet Clearance Sale, 10 a.m.-2 p.m., Casco Village Church, United Church of Christ, 941 Meadow Rd. in Casco, all winter items must go to make room for Spring! Fill a brown grocery bag for \$5! (Limit 6 bags), contact us at 207-627-4282.

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.

April 20 — BOOK SALE, 9 a.m. - 2 p.m. A BIG, well-organized sale of books for readers of all ages and interests plus DVDs, videotapes, music CDs, and puzzles. Pricing is by donation with all proceeds going to the Wilton Public Library. At 128 Weld Street, Wilton, ME (next to the Wilton Town Office).

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.

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 25 — Great Falls Forum, "Bringing Youth

Leeds Volunteer Fire Dept.

Spring French Toast & Pancake Breakfast!

Saturday, APRIL 20th, 2024
6:30 am - 10 am
Ridge Road, Route 106

French Toast, Pancakes, Eggs, Bacon,
Sausage, Ham, Home Fries,
Coffee, Cider & OJ

Adults-\$10, Kids, 4-12-\$6
Funds raised will be used to replace air packs
and air bottles.



Voices from LA to the World," 12 noon to 1 p.m., Callahan Hall, Lewiston Public Library, 200 Lisbon Street, Lewiston, free, bring your bag lunch, coffee, tea, and water available, public program, information on lecture available by contacting Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

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://norway-maine.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.

May 4 — Shred-a-thon, 8 a.m.-noon, Food City, Bridgton, downsizing, decluttering, clearing out a home, closing an office, rain-or-shine, drive-through, no appointments needed, documents can be boxed or bagged, you do not have to remove clips or file hangers—everything gets shredded! Certificates of Destruction are available on request. Suggested donation is \$18.00 per box (bankers' box - 15 x 12 x 10 inches).

May 4 — Greater Freeport Community Chorus Spring concert, "I Dream a World," 7 p.m., North

Yarmouth Congregational Church, May 5, at 3:00 p.m. at Brunswick United Methodist Church, admission at the door is \$10 for adults, and free for children under 18, no online or presale tickets.

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 16 — Nomad Trail Series: May-October, 6 p.m., Farm to Town Trailhead, Water Street, Norway, monthly 4.2 mile race series, register for one (\$10/\$15 on site) or for all six (\$50) races. Register: www.runsignup.com.

MONTHLY MEETINGS

BETHEL: Story Time, every Wednesday in April, 10 a.m.-11 a.m., Bethel Library, 5 Broad Street, Bethel.

LIVERMORE FALLS: Story Time, Wednesdays at 10:30 a.m., Treat Memorial Library, 56 Main St., Livermore Falls, favorite picture books, sing-a-longs, and other activities, any questions or for more information, please call the library at 897-3631.

WILTON: Coffee and Cribbage (new dates and time), Thursdays (starting February 1), 9:30-10:30 a.m., SeniorsPlus, 284 Main St., Suite 100, Wilton, welcome to all beginner and experienced cribbage players, we will have limited cribbage

MAINE CALENDAR PAGE

If you are hosting a free community event and would like it added to our calendar, please email your details to: advertising@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. Our Maine Events calendar page is FREE for free community events. Church, library and school event news is free on this page. If you are a business and/or charging admission/fee, there is a charge for a display ad on these pages. Email: advertising@turnerpublishing.net. Call 207-225-2076 for prepayment options. Events for the Maine Events 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: www.turnerpublishing.net/pdf/Deadlines.pdf

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boards available, so if you are able to bring your own, please do so.

WILTON: Loose Ends Knitting Group (new dates and time), Tuesdays (starting February 6), 1-2 p.m., SeniorsPlus, 284 Main St., Suite 100, Wilton, bring your own knitting, crocheting, needlepoint, or anything you enjoy, relax and socialize as we learn and grow together as a group, extra yarn and needles will be available.

WILTON: SeniorsPlus Walk-in Tech Assistance, Thursdays 10 a.m.-noon, SeniorsPlus Wilton, 284 Main St., Suite 100, Wilton, assistance with a device like a phone, tablet, or laptop?

FARMINGTON: St. Joseph Nutrition Center, corner of Quebec and Middle Street (across from St. Joseph Church) A "Blessing Box" in front of the building provides food for any who need it and an opportunity to donate for those who have the means. More information or to help out: (207) 778-2778.

FARMINGTON: The Farmington Farmers' Market has moved indoors to its winter home at the St. Joseph

Center, 130 Quebec Street. Farmington's winter market is held each Saturday, 10 a.m. to 1 p.m., November through April. St. Joseph Center is located at the corner of Quebec and Middle Streets, near the UMF Fitness & Recreation Center.

ONGOING:

Food Addicts Meetings
FREE - Food addicts in recovery meetings: Tues Zoom and phone, Thurs phone and Sun in person. foodaddicts.org FMI call 441-8002 or 623-1924.

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 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.



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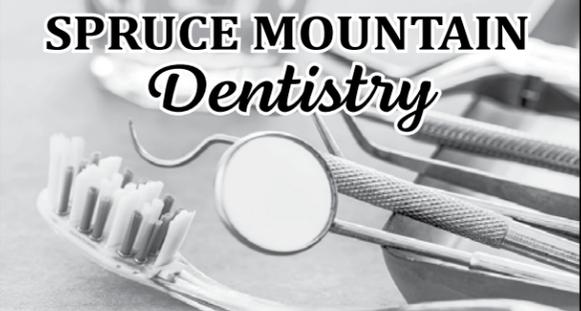
APRIL MEAT PACKAGE

2 Bone in Ribeye Steaks	2 pks. Ember Farms Pre Cooked Sausage Patties
3 lbs. Ground Beef	2 lb. Country Ribs
1 lb. Sirloin Tips	1 lb. Crispy Battered Green Beans
2 lbs. Boneless Chicken Breast	1 lb. Tater Tots
5 lbs. Bone in Chicken Thighs	1 Bag of Battered Onion Rings
1 lb. Breakfast Ham	

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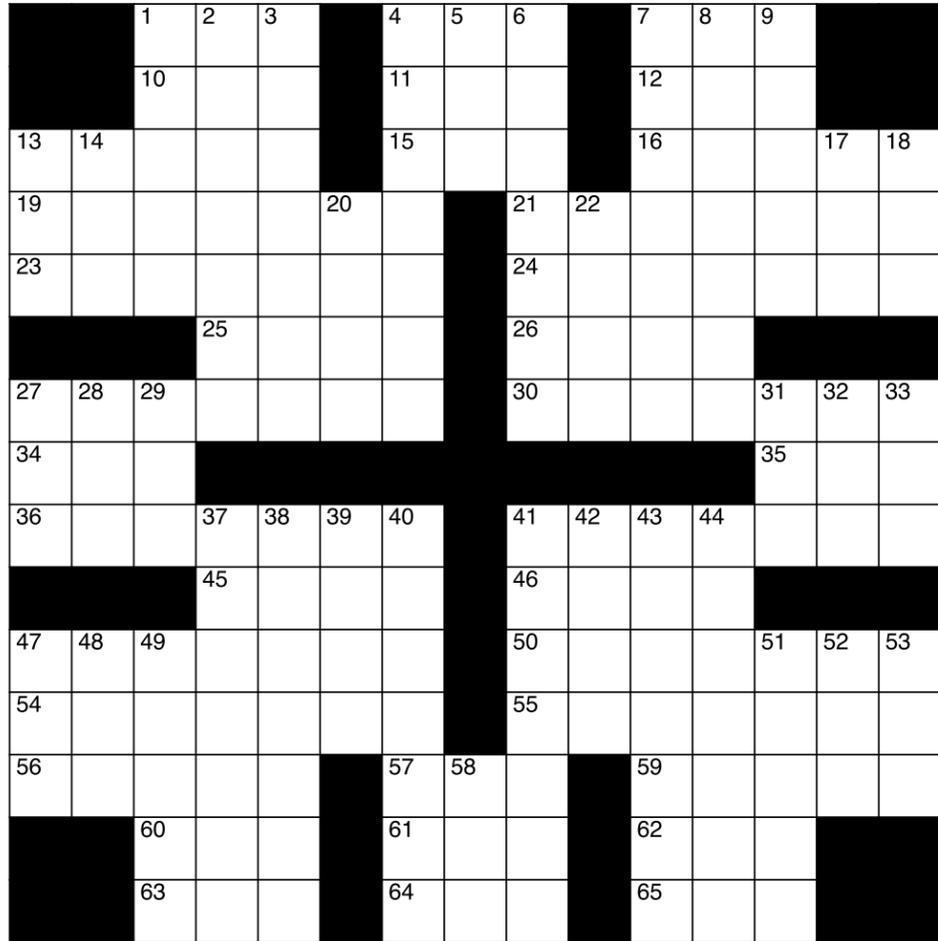


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Crossword



CLUES ACROSS

1. Midway between south and southeast
4. For each
7. Airborne (abbr.)
10. Photographs
11. They ___
12. It's important in respiration (abbr.)
13. Monetary unit
15. Cool!
16. A son of Jacob
19. Cut off
21. Devour
23. Agent of one's downfall
24. Best
25. Network of nerves
26. Partner to "oohs"
27. Origins
30. Sewing utensil
34. Alias
35. Swiss river
36. Greek mythological figure
41. Type of whiskey
45. Lay to rest
46. "Rule, Britannia" composer
47. Select jury
50. Feeling
54. Action regarded as morally wrong
55. Makes angry

CLUES DOWN

1. An involuntary muscular contraction
2. Earnest
3. Cuts out surgically
4. Can't move
5. Baseball stat
6. British soldier
7. Traditional medicine plants
8. Political party controlled by managers
9. Hebrew prophet
13. Supporter
14. Relative biological effectiveness (abbr.)
17. Liberty Mutual mascot
18. Georgia rockers
20. A place where building is done
22. Large, deep-bodied fish
27. Clothing retailer
28. Supplement with difficulty
29. Annoy constantly
31. Founder of Babism
32. Indigenous person in parts of Asia
33. Sea eagle
37. Leave behind
38. Time of day
39. Colorless crystalline compound
40. They lay out course requirements
41. A diamond has three
42. Algerian coastal city
43. Remove cover
44. Rechristened
47. Distinctive practice
48. Defunct phone company
49. Turkish officer of high rank
51. Eliminate from the body
52. Witness
53. Soviet Socialist Republic
58. Founding Father Franklin

Famous Birthdays

APRIL 14
Sarah Michelle Gellar, Actress (47)

APRIL 15
Chris Stapleton, Singer (46)

APRIL 16
Sadie Sink, Actress (22)

APRIL 17
Victoria Beckham, Singer (50)

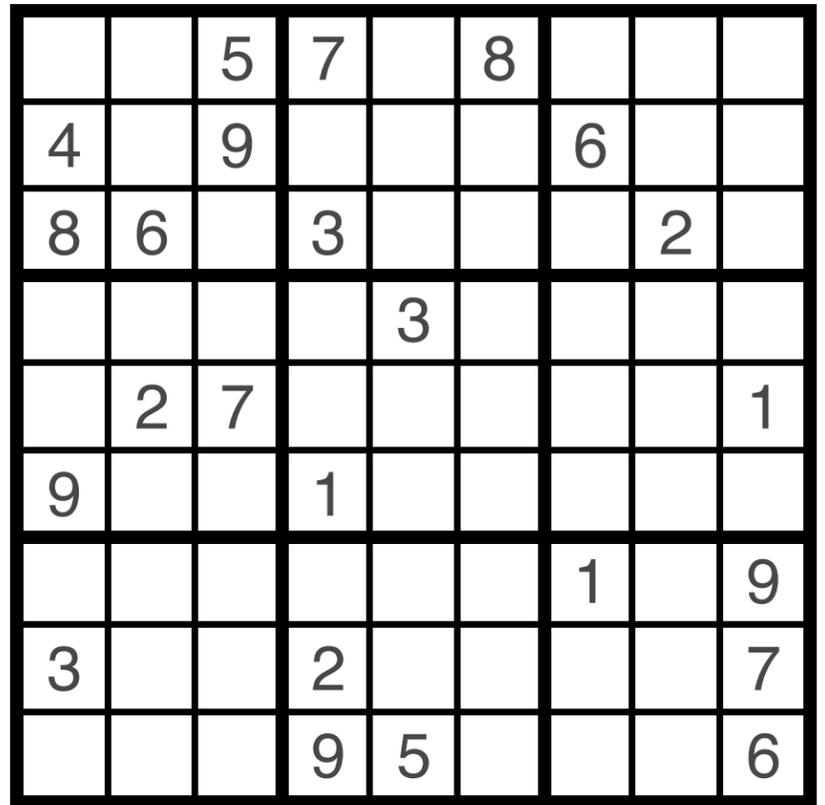
APRIL 18
Kourtney Kardashian, Reality Star (45)

APRIL 19
Loren Gray, Singer (22)

APRIL 20
Shemar Moore, Actor (54)



Sudoku



Level: Advanced

Horoscopes

ARIES - Mar 21/Apr 20

Aries, this is a great week for transformation. Be careful where you direct your attention, as what you do will have lasting effects. Choose your plans wisely.

TAURUS - Apr 21/May 21

Use this weeks powerful energy to strip away all of the unnecessary static in your life right now. It is doing more harm than good. Open yourself up to new opportunities, Taurus.

GEMINI - May 22/June 21

Gemini, there is a lot of stuff going on around you, and you need to sort through the noise to determine your priorities. Things will start to become more clear this week.

CANCER - Jun 22/Jul 22

You are in a great position to make some lasting and strong impressions on others, Cancer. Focus on group work, as this will showcase how well you work with others.

LEO - Jul 23/Aug 23

Leo, you do not know which direction to go in this week, and that is perfectly fine. Try out different options and figure out what fits best. This will require some trial and error.

VIRGO - Aug 24/Sept 22

Virgo, you have a tremendous amount of power at your disposal this week. Use all of it wisely and thoughtfully. Others will be strongly affected by your presence.

LIBRA - Sept 23/Oct 23

A conflict in your life that you may feel is beyond your control may crop up at the worst time, Libra. Use this as a learning opportunity on how to cope under pressure.

SCORPIO - Oct 24/Nov 22

Scorpio, you have the power to produce a powerful outcome, even if it seems that forces are working against you. Do not give up; in fact, double down your efforts.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, take things with a grain of salt if people seem insensitive to your feelings this week. You don't know what others have going on in their lives.

CAPRICORN - Dec 22/Jan 20

Nothing can stop you when you put a lot of gusto behind your efforts, Capricorn. Just be mindful of who you might affect if you take things with a little too much ambition.

AQUARIUS - Jan 21/Feb 18

Aquarius, are you getting the sense that something is going on around you that you're simply not a part of? Maybe your exclusive invitation is just waiting in the wings. Be patient.

PISCES - Feb 19/Mar 20

Pisces, stand up for what you want, even if means that you are taking a different stance than others. You don't have to please everyone in every endeavor.



Did you find Coop?

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



Name _____

Address _____

Paper _____

Page # _____ Phone # _____

Email info to: kidscorner@turnerpublishing.net

Or mail to: Turner Publishing

P.O. Box 214, Turner, ME 04282

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



THIS COMMON OUTDOOR PLANT CAN HELP PREVENT SOIL EROSION, MAKE A HOME LOOK NICE, AND CLEAN THE AIR.

ANSWER: GRASS

How they SAY that in...

ENGLISH: Mow

SPANISH: Cortar

ITALIAN: Falciare

FRENCH: Tondre

GERMAN: Mähen



CENTRE COURT AT WIMBLEDON IN ENGLAND IS THE MOST EXPENSIVE LAWN IN THE WORLD. THIS



TENNIS COURT REQUIRES A LOT OF UPKEEP.

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

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

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
Like us on Facebook!

THE HEALTHY GEEZER

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 over-reaching 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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STUDENT NEWS

Local students named to Bates College Fall 2023 Dean's List

Lewiston, ME — More than 590 students were named to the Dean's List at Bates College for Fall 2023. This honor is earned by

students with a 3.92-grade point average or higher. The following local students were named to the Dean's List:

Kahryn Cullenberg of Chesterville is majoring in Environmental Studies and Gender and Sexuality Stud-

Molly Harmon of Farmington is majoring in Sociology and Earth and Climate Sciences.

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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



Metro photo

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 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 welcoming 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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HAVE YOU FOUND THE PHONY AD?

Award celebrates the indispensable contributions of non-nursing care team members who support patient care

FARMINGTON — David Scammon recently received the BEE Award (Be Exceptional Every Day) at Franklin Memorial Hospital (FMH) in recognition of his exceptional non-nursing care. A nutrition representative, Scammon was nominated by two colleagues, Susan Loughrey, MA CCC-SLP, the director of Physical Rehabilitation and Sports Medicine, and Emily Clemens, RN, a nurse on the Med/Surg unit.

Loughrey stated in her nomination, “David delivers meal trays most weekdays to the Med/Surg unit. He is always smiling, greets patients by name, and is exceptionally polite and accommodating. He is like a bit of sunshine in the day for staff and patients. David is someone who truly seems to enjoy his job and interactions with others on a daily basis.”

Clemens echoed Loughrey’s sentiments stating in her nomination, “David is an incredible dietary rep. Not only is he an incredible help to nursing staff, he is also patient and fantastic with patients. He will take time out of his busy day to interact and listen to the patients’ stories, which makes them feel incredibly important. I have heard many patients



Submitted photo
Tania Dawson, MSN, RN, clinical resource manager, presented Scammon with a certificate and BEE Award pin.

praise him for the time he takes.”

As FMH’s inaugural BEE recipient, Scammon was celebrated in a public ceremony on March 7. The cafeteria served as the backdrop for this special occasion, where Tanya Dawson, clinical resource manager, presented Scammon with a certificate and BEE Award pin. The ceremony also featured words of gratitude from colleagues and hospital leadership.

FMH asks for the public’s help in sharing their story of how a nurse or other care team member made a difference in their care or that of someone they know. Boxes containing nomination forms have been strategically placed on the Franklin campus in waiting areas for easy access.

Online nominations can also be submitted at fchn.org/recognize.

The BEE Award, launched in January, complements the existing DAISY Award at FMH, acknowledging the vital contributions of non-nursing care team members alongside the recognition of nurses’ exceptional clinical skills and compassionate care.

High Peaks Alliance hires Director of Engagement

FARMINGTON — The High Peaks Alliance (HPA) has announced the addition of Amanda Laliberte as the new Director of Engagement. In this new capacity, Laliberte will create awareness of HPA’s ongoing projects, promote membership, and liaise between the community and HPA. Her goal is to foster a sense of ownership and commitment among individuals toward conserving access to our natural landscapes, making everyone feel included in these efforts.



Amanda Laliberte, HPA

personal connection to a place nurtures a sense of responsibility and care, La-

liberte, a Franklin County native, is committed to connecting people to the conservation efforts in the Western Maine mountains.

“I have witnessed firsthand the impact that knowledge and experience can have on individuals, inspiring them to become stewards of our natural resources,” says Laliberte. This belief motivates her to bridge the gap between year-round and seasonal residents and the HPA.

Laliberte’s commitment to her role goes beyond her professional responsibilities.

She actively seeks opportunities to educate herself on conservation practices, environmental research, and community engagement strategies. “Beyond my formal education, I have continued to immerse myself in the outdoor world, constantly seeking new experiences and expanding my skills. Whether it’s bagging a mountain peak, paddling a mountain pond, or birding for lifers, I find solace and inspiration in the beauty and tranquility of nature - and that’s my hope for everyone.”



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Leg cramps

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Avoiding leg cramps:

Have you ever woken up in the middle of the night with a muscle cramp in your leg? We know these as charley horses, and they most commonly occur in your calf or hamstring but can happen in any muscle in your body. They feel like a big knot in your muscle, can be incredibly painful and may happen unexpectedly. They usually last for 30 seconds to minutes. Straightening your leg 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-



Metro photo

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 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 sweating 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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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.

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Farmington Earth Day Volunteer Cleanup

FARMINGTON — Farmington's 11th Annual Earth Day Volunteer Cleanup - April 22

Volunteers of all ages are invited to partici-

pate in the 11th annual Farmington Earth Day Cleanup on April 22nd. The cleanup will be held from 1-3pm rain or shine (hopefully shine). Volun-

teers meet at the Pierce House at 204 Main Street, next to the Post Office, any time between 1 and 3pm. Bags and gloves will be provided. The adorable

baby goats will be back this year so everyone can have some time to pet them before they get to work cleaning the streets, parks and paths around

Farmington. There will also be green/gardening books available for free provided by the Franklin and Somerset County Literacy Volunteers (if we

have shine and as supplies last). For questions contact Jessica Casey at 381-0393 or email: director@farmingtonlibrarymaine.org.

Earth Day Workday

Maine Organic Farmers and Gardeners Association 294 Crosby Brook Rd., Unity, ME, United States

Join us to celebrate (belated) Earth Day with a

spring cleanup at MOF-GA's Common Ground Education Center in Unity, Maine, on Saturday, April 27, from 9 a.m. to 12 p.m. Spend time tidying the

grounds to get ready for the upcoming growing season and events we will be hosting. Tasks include raking and garden bed prep.

Earth Day Coastal Cleanup

April 22nd 8:30am-10:30am Sign up now! 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!

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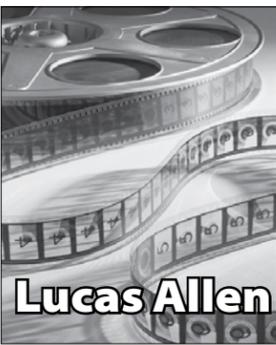
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MOVIE REVIEW

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 movies 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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CVA athlete Nathan Pare wins snowboard cross Rookie of the Year

CARRABASSETT VALLEY — Carrabassett Valley Academy (CVA) is proud to announce that post-graduate athlete, Nathan Pare, has received the prestigious “Rookie of the Year” award.

The International Ski and Snowboard Federation, also known as FIS (French: Fédération Internationale de Ski et de Snowboard), the highest international governing body for skiing and snowboarding, bestowed this honor upon Pare directly following the final World Cup event of the season at Mont Sainte Anne in Quebec, Canada.

FIS presents this award annually to one male and one female, from the sport of Snowboard Cross who have completed a first full season of competitions.

The criteria for the “Rookie of the Year” award is based on the fol-

lowing:

- 50% results in the current season
- 50% personality and attitude

The award recipients are selected through a voting process conducted by the Team Captains during the year’s final World Cup competition. Each Team Captain holds one vote, and in order to secure the award, the winner must obtain an absolute majority of votes. This process underscores the esteemed nature of the “Rookie of the Year” award.

CVA Coach Freddy McCarthy had the following to say about Pare’s award, “Nate, your skills, dedication, and positive outlook truly make you stand out. I’m incredibly proud of you and excited to see where the future takes you. Congratulations on being named Rookie of the Year. You absolutely deserve it!”



Submitted photo

From L to R: Nathan Pare accepts Rookie of the Year alongside female winner.

The state of local news -excerpt from American Journalism Project

Communities across the United States lack sources of trusted information about what’s happening around them. Local news is our most trusted source of information about the world around us. It provides a shared understanding of what’s happening in our city halls, schools, and businesses. Local news connects us to our community and to our neighbors and it uplifts voices that would otherwise go unheard.

Local news demands accountability from community, business, and governmental bodies. It forces decision-making structures to operate within the public’s view. Local news lends us agency, empowering us with the knowledge we need to make informed decisions about issues critical to our daily lives.

But local news is disappearing.

From 2000 to 2018, weekday newspaper circulation fell from 55.8 million households to an estimated 28.6 million. From 2000 to 2020, the newspaper industry’s advertising revenue fell by an estimated 80%.

Broken models

For the last 150 years,

we’ve relied on ad revenue, a market transaction, to support a public good. Advertising once accounted for 80% of newspapers’ revenue. In the past 20 years, that revenue stream has fallen by 80%. The economics that supported the news industry for most of the twentieth century are no longer viable. Of the commercial newspapers that still exist, most have been forced by revenue losses to cut resources so dramatically that they struggle to provide any civic value to communities.

Ghost newspapers

More than half of those remaining newspapers are owned by financial institutions whose cost-cutting strategies have stripped newsrooms of the resources necessary to produce consistent, original reporting on basic information. People who live in communities that still have a local newspaper may also effectively be living in news deserts.

The rise of misinformation

In the absence of trusted news sources, we see targeted disinformation campaigns, including efforts to spread misinformation

through social networks and websites masquerading as news brands.

Dependency on national news sources that are removed from everyday life

Without a trusted local alternative, individuals have no choice but to turn to the echo chamber of national news outlets and social media for information. Local stories, when they are told by these institutions, be-

come cherry-picked anecdotes that build on national tensions. They’re used to engage a national audience rather than to inform a local one.

Excerpt from American Journalism Project at <https://www.theajp.org/why-local-news/>

We at Turner Publishing continue to send out local community news and good news only. Our plight and

goal are simple. Keep readers of the local communities they reside in informed of good things that are happening around them. And we do it FREE by sending their local community publications to them once a month. So when you support Turner Publishing and put your business ads in one of our 22 local community newspapers in Central and Western Maine you not only get great exposure in

your community but you also can feel good that you and your business are supporting local community news and a vehicle (Turner Publishing) that distributes this news to mailboxes in your community. Call us today at 207-225-2076 to find out how you can support local community news and get a badge on all your ads that says so as well as other perks to bolster your business name.

2024 SPRUCE MTN. SPRING SPORTS SCHEDULE

BASEBALL			SOFTBALL			TRACK		
Date	Location	Time	Date	Location	Time	Date	Location	Time
4/5	(s) H Gray-NG	4:00	4/13	(s) H Poland	1:00	4/9	(s) @ Mt. Blue	4:00
4/11	(s) H Mt. Abram	4:00	4/16	(s) @ GNG v. Pr. Isle	11:30	4/22	@ Carrabec	4:00
4/13	(s) H Poland	1:00	4/16	(s) @ GNG v. GNG	1:00	4/26	H Hall Dale	4:00
4/19	H Boothbay	4:00	4/19	H Telstar	4:00	4/29	@ Mtn. Valley	4:00
4/22	@ Hall Dale	4:00	4/22	@ Hall Dale	4:00	5/3	H Oak Hill	4:00
4/24	H Madison	4:00	4/24	H Madison	4:00	5/6	@ Maranacook	4:00
4/26	@ Mountain Valley	4:00	4/26	@ Mountain Valley	4:00	5/10	H Dirigo	4:00
4/29	H Waterville	4:00	4/29	H Waterville	4:00	5/13	@ Madison	4:00
5/3	@ Madison	4:00	5/1	@ Lisbon	4:00	5/16	H Boothbay	4:00
5/8	H Oak Hill	4:00	5/3	@ Madison	4:00	5/22	@ Winthrop	4:00
5/11	@ Fryeburg	11:00	5/8	H Oak Hill	4:00	5/27	H Madison	4:00
5/13	@ Dirigo	4:00	5/11	@ Fryeburg	11:00			
5/15	@ Telstar	4:00	5/13	@ Dirigo	4:00			
5/17	H Lisbon	4:00	5/15	@ Telstar	4:00			
5/20	@ Monmouth	4:00	5/17	H Lisbon	4:00			
5/22	H Mt. Abram	4:00	5/20	@ Monmouth	4:00			
5/24	H Maranacook	4:00	5/22	H Mt. Abram	4:00			
5/27	@ Winthrop	4:00	5/24	H Maranacook	4:00			
5/29	H Dirigo	4:00	5/29	H Dirigo	4:00			

VARSITY BOYS TENNIS			VARSITY GIRLS TENNIS		
Date	Location	Time	Date	Location	Time
4/9	(s) @ Mt. Blue	5:00	4/9	(s) @ Mt. Blue	4:00
4/22	Carrabec	4:00	4/22	@ Carrabec	4:00
4/24	@ Winthrop	4:00	4/26	H Hall Dale	4:00
4/29	H Mtn. Valley	4:00	4/29	@ Mtn. Valley	4:00
5/1	@ Carrabec	4:00	5/3	H Oak Hill	4:00
5/8	H Boothbay	4:00	5/6	@ Maranacook	4:00
5/10	@ Dirigo	4:00	5/10	H Dirigo	4:00
5/13	H Madison	4:00	5/13	@ Madison	4:00
5/16	@ Boothbay	4:00	5/16	H Boothbay	4:00
5/22	H Winthrop	4:00	5/22	@ Winthrop	4:00
5/27	@ Madison	4:00	5/27	H Madison	4:00




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Blue Vue Plants

I am writing this on the first of February, and you are now reading it in April. I can tell you I am EXCITED for Spring, and I know I have 3 more months! But starting this article and finding a few photos just crank me up another notch to think of all the lovely plants coming plus the ones that are in the snowbanks just waiting for Spring. I want to write this article on 4 major plant groups (that have many varieties within the family). But before that – let’s talk about the early Spring. The Thu/Fri of Memorial Day weekend my big delivery truck arrives with annuals, veggies, herbs and HANGING BASKETS. I remember May Baskets in May – choosing them from the lady who sold them next to my grammar school. Off to the store for lots of great penny candy and then to your best friend to “hang” it and run through the fields and woods until they caught you! Those May baskets were works of art – and then the great candy treats. That is what my hanging baskets remind me of! They are breath-



Bartzella Itoh yellow peony

taking and need no candy to enhance them. I have 80 13” hangers @\$29.97 and 60 11” hangers for \$21.97. I probably will have some 10” hangers coming in early June. Of course, veggies, herbs and annuals are on that truck also! Check for the coupon in this paper for pricing.

However, the main thrust of this article is Fruit Trees, Blueberries, Peonies and Lilacs. All Fruit Trees are \$25.97 – and I have the following coming in in mid-March. Reliance & Contender Peach, Montmorency Cherry Tree, Red Delicious, Wolf River, Ambrosia, Cortland



Ripening blueberries

and Macintosh Apple trees, plus 20 Snow Fountain Weeping Cherry for beautiful landscaping effects. No photos of those. Check out <https://www.facebook.com/bluevueWeld/> for an “early” sale on these – probably 2nd week of April on a Saturday a.m.

I have over 15 varieties of peonies all for \$12.97 each – EXCEPT for the Bartzella Itoh Yellow Peony which is just under \$25.00. I planted 18 different varieties of peonies this past Fall along a large rock barrier. I can hardly wait to see them come up this Spring.

Bartzella Itoh Yellow



Sensation lilac

Peony

Next are the Blueberries – I love them best when picked full of sunshine. The warm sweet flavor cannot be beat. Several varieties for our area. All \$9.97. Some plants are on the small size, but they grow fast. I also have Haskaps – google about them. They are another great fruit. I also have other fruit-bearing shrubs as well as strawberries.

Finally, the Lilacs – remember, lilacs, peonies, blueberries and fruit trees all



Primrose lilac

typically live well over 50 years! These plants are ones that will stick by you and be beautiful in their own time each year. I am just featuring the following 3 photos – Congo, Primrose and Sensation – but have many more gorgeous ones.

Think about having these (and other) beauties blooming in your yard – and all priced at \$12.97 each!

That is not all – I have hundreds of varieties of perennials and thousands of plants. No plant I sell is over \$30.



Congo lilac

You could buy 2 blueberries, 3 peonies, 3 lilacs and a fruit tree for around \$125.00. Try to match those prices. I am known for my pricing, the variety and the quality of my plants. You can even buy some of my premium potting soil (bring your own 5-gallon bucket and spade - \$5.00 per bucket). Come on over – the opening is May 1st officially, but often open a few days earlier (depending on the snowbanks). That is Blue Vue Plants, 586 West Side Road, Weld, ME.

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