

Can you find Coop?



Coop is hiding somewhere in this publication...

Find him and you could win your own stuffed Coop! See details on the Kids' corner page.

Maine's largest direct mail community publication company serving over 200,000 homes and "It's All Good News"!

# The Good News Gazette

FREE



PRST STD  
US Postage Paid  
Permit #11  
Newcastle, Maine

ECRWSS  
POSTAL  
CUSTOMER

A Product of  
**Turner Publishing**  
INCORPORATED  
A Maine Owned Company

Direct-Mailed Each Month to the Residents Augusta, Vassalboro, N. Vassalboro, and E. Vassalboro.

Volume 20 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

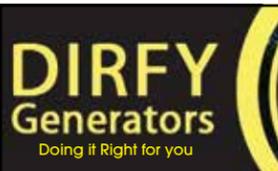
The Good News Gazette

## INDEX

Funny Things Kids Say .....2  
Maine Calendar.....3  
Puzzle Page .....4  
Kids Corner .....5  
The Healthy Geezer .....6  
V Paul Reynolds .....6  
Student News .....11  
Movie Review.....12  
Critter Chatter.....13  
Classifieds .....14

## FEATURE ARTICLES

Leg Cramps.....8  
Tips to make a yard less attractive to ticks.....9  
A FEW WORDS by: John Governale Polar, the Titanic Bear.....15



IS NOW SELLING HEAT PUMPS

Page 9



# Cony stages their 133rd Chizzle Wizzle

AUGUSTA — Cony High School's Chizzle Wizzle Variety Show for 2024 is the longest-running high school production of its kind. The March show was the 133rd annual student-run show, even running a modified version during the Covid 19 lockdown.

Executive Co-Producer & Olio's Director Lindsey Morin talked to me about the challenges with the COVID protocols. The many different skits, acts, songs, and dance numbers all had to be individually videotaped. "There were a lot of masks on – masks off happening," she said. Morin, an Ed Tech/Special Education, explained that after each group or individual performer had their time, the area had to be re-sanitized as well as all stage props. Covid testing and vaccinations were also in the mix.

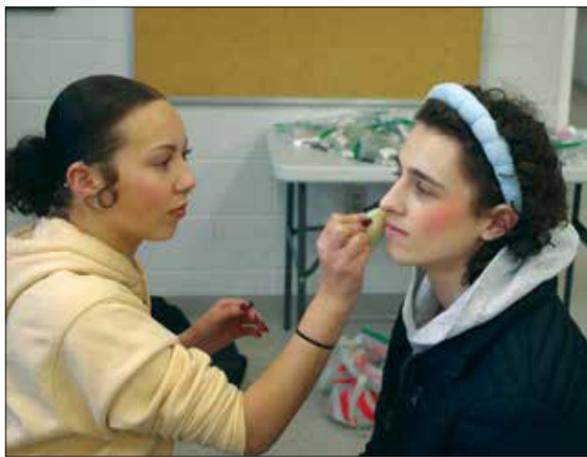
Morin also felt that the COVID-19 epidemic contributed to a slight loss in interest in Cony's historical (since 1892) variety show, both among the students and the community. It would be hard to dwell on that point however since this year's Chizzle Wizzle saw around twelve dozen students (many seniors), faculty and other volunteers involved in putting the two-part show together. Morin herself has been involved with CW for many years.

"I think the struggle after Covid is that the underclassmen haven't had a strong group to follow and 'learn



The traditional large Dance Group of Chizzle Wizzle was choreographed by Mrs. Holly Collins Gannett.

Photos by Bill Van Tassel



Cony freshman Olivia Chartier does makeup on junior, Luca Hardy, who had several bits in the Olio's during Chizzle Wizzle rehearsal.

the ways' because the upperclassmen weren't able to have that experience; so, in that aspect, we are rebuilding and reteaching the student body what CW means to the Cony community," Morin added. "We want the

alumni and community to keep coming and enjoying the tradition; showing current students how important carrying on the legacy is for them all."

Chizzle History – Taken from the 2024 Program

In the 1890s, a group of Cony students banded together to raise money for a high school football team. The students organized the Chizzle Wizzle Association, named after a popular school cheer: "Chizzle Wizzle, Chizzle Wizzle, Sis Boom

Bah! Cony High, Cony High, Rah Rah Rah!"

In the early years, the shows were primarily dramatic productions, with an emphasis on comedy and

**Chizzle**  
→ Page 6

**SELLING HOMES,**  
*Building Community*

207.248.6044  
WWW.POULIOTREALESTATE.COM

**POULIOT**  
REAL ESTATE

**DAVE'S APPLIANCE**  
WINTHROP, ME

800-295-8858  
www.davesappliancewin.com  
"Quality Service...Always"

**SALES • SERVICE • PARTS • HEAT PUMPS**

Spring into savings at  
**COLLEGE CARRY-OUT**

**THE NEW DAILY DELIVERY SPECIAL**  
NO COUPON REQUIRED  
\$34.99

**16" BBQ CHICKEN PIZZA**  
Specialty Pizza & A 2 LITER OF SODA  
\$27.99 WITH THIS COUPON

**TWO 16" ONE TOPPING PIZZAS**  
AND A 2 LITER BOTTLE OF SODA  
\$34.99

**10" 3 TOPPING PIZZA**  
SMALL GARDEN SALAD & A 2 LITER OF SODA  
\$23.99 WITH THIS COUPON

**COLLEGE CARRY-OUT**  
126 MOUNT VERNON AVE., AUGUSTA  
Sun.-Thurs. 9am-8pm • Fri. & Sat. 9am-9pm  
Deliveries start at 10:30am. Deliveries must be placed 30 minutes before closing.  
Serving our customers since 1981

**ALUMINUM DOCKS, BOAT LIFTS & SWIM RAFTS!**  
*Professional Installation Services Available Within 48 Hours!*

**LARGEST SHOREMASTER DISTRIBUTOR in the COUNTRY**

**Hammond Lumber Company**

**22 LOCATIONS ACROSS MAINE & NEW HAMPSHIRE**  
WWW.HAMMONDLUMBER.COM

**Mesothelioma Diagnosis?**

If you or a loved one needs help with an Asbestos injury claim call Joe for a **free case evaluation.**

Download our **FREE** Asbestos Injury Source Book at [joebornstein.com](http://joebornstein.com)

LAW OFFICES OF  
**JOE BORNSTEIN**  
PERSONAL INJURY ATTORNEYS

**207-CALL-JOE**

OVER **25,000** VICTORIES for injured Mainers

# 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](mailto:FunnyThingsKidsSay@turnerpublishing.net)

**Central Maine COMMUNITY COLLEGE**

**YOUR FUTURE STARTS HERE**

2020-2025 Graduates qualify for the **FREE** college scholarship!  
Choose from over 50 degrees & certificates and experience our on-campus, hybrid, or 100% online courses designed to fit your schedule.

[www.cmcc.edu](http://www.cmcc.edu) • [enroll@cmcc.edu](mailto:enroll@cmcc.edu) • 207-755-5273

Central Maine Community College does not discriminate and is an equal opportunity/affirmative action employer. For more information, please call 207-755-5396 or email [humanresources@cmcc.edu](mailto:humanresources@cmcc.edu).

**The ONLY 5-STAR Medicare Plans in Maine!**

**Switch to an All-In-One Medicare Plan**

**OUR PLANS COVER:** ✓ Hospital ✓ Medical  
✓ Prescriptions ✓ Worldwide Emergencies

**MARTIN'S POINT® HEALTH CARE** | **GENERATIONS ADVANTAGE**

[MartinsPoint.org/MA](http://MartinsPoint.org/MA)

**BROKER INFORMATION:**

**GHM INSURANCE**

**207-873-5101**  
Calling this number will direct you to a licensed insurance broker.

**Lee Cabana** is authorized to sell Martin's Point Generations Advantage.

Medicare evaluates plans based on a 5-star rating system. Star Ratings are calculated each year and may change from one year to the next. Generations Advantage 2019 Overall Ratings: 5 Stars for HMO Contract H5591; 4.5 Stars for LPPO Contract H1365. RPPO Contract R0802 was too new to receive a 2019 Star Rating. Visit [www.Medicare.gov](http://www.Medicare.gov) for more information. For more information on Generations Advantage, you can also call 1-877-553-7054 (TTY:711). We're available 8 am-8 pm, seven days a week from October 1 to March 31; and Monday through Friday the rest of the year. This is an advertisement. Martin's Point Generations Advantage is a health plan with a Medicare contract offering HMO, HMO-POS, HMO SNP, Local and Regional PPO products. Enrollment in a Martin's Point Generations Advantage plan depends on contract renewal. Martin's Point Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-877-553-7054 (ATS : 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-553-7054 (TTY: 711).

Y0044\_2019\_167\_M Accepted: 10/23/18

# MAINE CALENDAR

## APRIL

**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

## Scott's Antiques Looking to Buy!



30+ years of experience

Trustworthy appraisals based on current market value

Will come to you—house calls at your convenience

Tel: 207-754-7478 Email: [ScottsAntiques60@gmail.com](mailto:ScottsAntiques60@gmail.com)

Seeking:

- Antiques
- Vintage Collectibles
- Jewelry
- Gold and Silver
- Old & Interesting Items

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** — 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](http://www.runsignup.com).

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

**May 19** — Mahoosuc Community Band Spring Concert, 4 p.m., Bingham Auditorium, Gould Academy, band plays with Gould students during this school year, conducted by Jim McLaughlin. Donations are accepted at the door to defray the cost of music. FMI contact Scott Hynek ([hynek@roadrunner.com](mailto:hynek@roadrunner.com)).

## MONTHLY MEETINGS

**WATERVILLE:** Understanding Symbolism 6-week Grief Support Group, starting March 21, every Thursday 6:00 - 7:30 p.m., Hospice Volunteers of Waterville Area Community Center, 304 Main Street, Waterville, trained bereavement volunteers, free-of-charge, for more information or to register, contact Sarah Swift-Simons, Executive Director at 873-3615 x 15 or email [sarah@hvwa.org](mailto:sarah@hvwa.org).

**AUGUSTA:** Greater Augusta AARP Chapter 511 meets 4th Wednesday of the month Mar-Oct and 2nd Wednesday Nov and Dec. Meetings are from 10:00-11:00 a.m., lunch following at Cohen Community Center, 22 Town Farm Rd., Hallowell, dues are \$7.00 annually, lunch is \$5.00 per person, call (207) 480-9658 for more information.

**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.

**TURNER:** "Music for Mavis" Cabin Fever Concert Series, January through April, on Tuesday evenings from 6:30 - 8:00 pm., Turner Universalist Church, concert will be upstairs in the beautiful stained-glass worship room, right across from the

## 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](mailto: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](mailto: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](http://www.turnerpublishing.net/pdf/Deadlines.pdf)

**2X2 AD THIS SIZE**

Call 225-2076 or email [advertising@turnerpublishing.net](mailto:advertising@turnerpublishing.net) for pricing on our calendar page.

**1X2 AD THIS SIZE**

Gazebo on Rt 117, Turner.

### MONMOUTH:

Friends of Cumston Public Library book sale, 9 a.m.-1 p.m. third Saturday of the month, lower level, Cumston Hall, 796 Main St., Friends of Cumston Library on Facebook.

### WINTHROP:

Winthrop Maine Historical Society, first Thursday of month, 6-8 p.m., Winthrop History and Heritage Center, 107 Main St., 207-395-5199, [winthrop-mainehistorical@gmail.com](mailto:winthrop-mainehistorical@gmail.com).

### RANDOLPH:

Maine-ly Harmony women's barbershop group, 6-8 p.m. Wednesday, Randolph United Methodist Church, 16 Asbury St., Randolph, women of all ages who like to sing welcome. Call Lea at 207-622-1273 or Jenny at 207-441-2816.

### JAY:

St. Rose of Lima Food Assistance, 1 Church Street (Parish Hall) A "Blessing Box" faces the street in front of the building, which provides food for those who need it and an opportunity to donate for those who have the means. The Tri-Town Ministerial Association Food Pantry is also located in the building. More information or to help out: (207) 893-2173.

### SABATTUS:

Weekly Group Runs, every Wednesday, 6 p.m., Mixer's parking lot, FMI, check out the Sabattus Rec Club Running Program Facebook page, or email [running@sabattusrec.com](mailto:running@sabattusrec.com).

## ONGOING:

### Food Addicts Meetings

**FREE** - Food addicts in recovery meetings: Tues Zoom and phone, Thurs phone and Sun in person. [foodaddicts.org](http://foodaddicts.org) FMI call 441-8002 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.

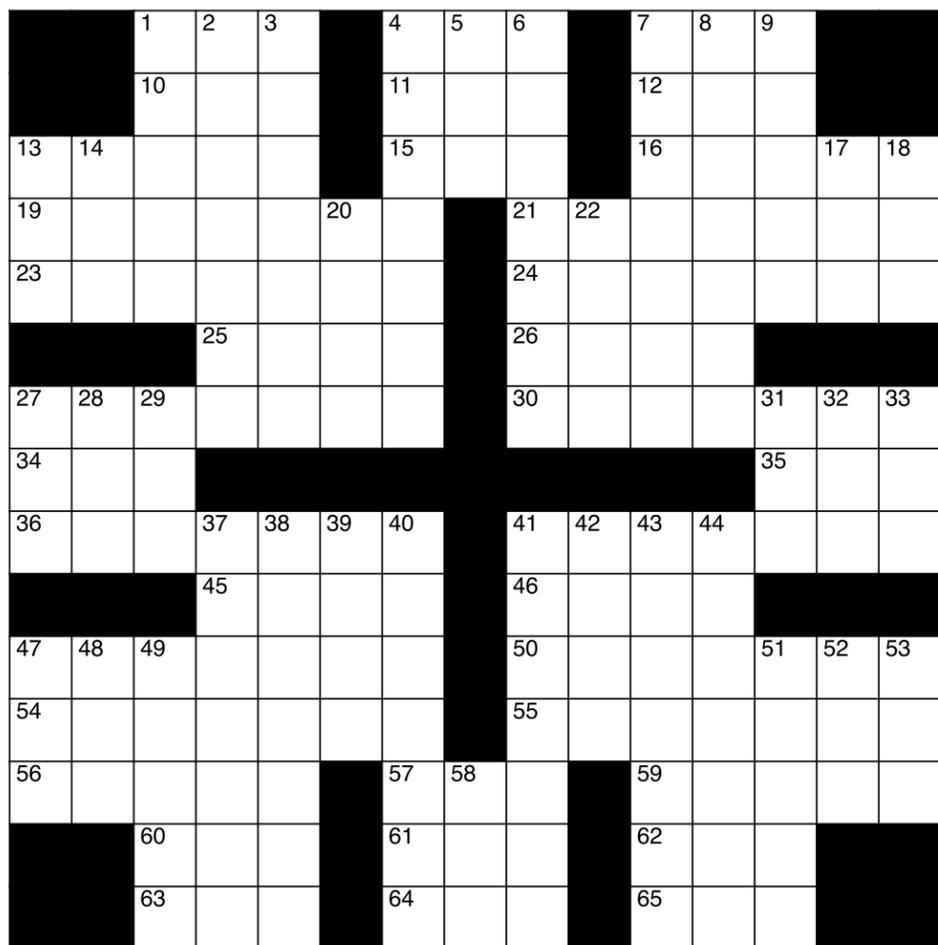
Events for the Maine News Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: <https://www.turnerpublishing.net/pdf/Deadlines.pdf>. Email your event information to [articles@turnerpublishing.net](mailto:articles@turnerpublishing.net) 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.

# To serve you better-not only do we mail our good news publications to your mailbox:

- You can find us free online at [www.turnerpublishing.net](http://www.turnerpublishing.net)
- You can find us at one of your local grocery stores while supplies last
- You can pick one up at our office in Turner



# 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

56. Act incorrectly
57. Defensive nuclear weapon
59. Class of escort aircraft carrier
60. To what degree
61. Buzzing insect
62. The human foot
63. "The Leftovers" actress Dowd
64. A place to stay
65. Sun up in New York

### 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)

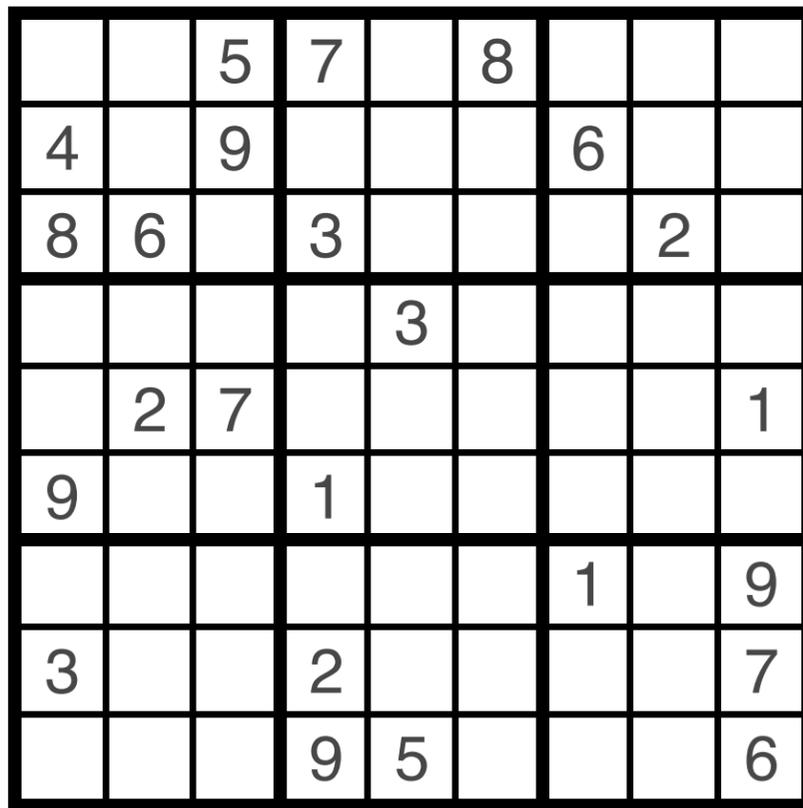
APRIL 18  
Kourtney Kardashian, Reality Star (45)

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 22

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 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](mailto: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

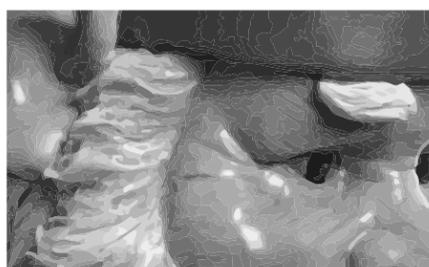
**GERMAN:** Mähen



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

## 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.

*All Rights Reserved © 2023 by Fred Cicetti.*

## FEATURE COLUMN

## The Bucket List



V. Paul Reynolds

A late friend, who had a penchant for taking chances, always insisted that "if it ain't scary, it ain't no fun!" And wouldn't you know it, he died from old age.

It's somewhat satisfying to look back at your life and realize that you have pretty much outlived your bucket list. Whether you

are an outdoors person or not, you probably have a list of things you'd like to do before Father Time pulls down the curtain.

Much of my bucket list over the years has been monopolized by an array of hunting or fishing adventures, some within reach and some pure fantasy. Blessed have I been with some wonderful hunts in Colorado and Quebec, not to mention dream-come-true fishing experiences in Labrador, Alaska and the American West.

The outdoor experience, I acknowledge, is not limited to just hunting and

fishing trips. The potential for outdoor adventures is almost limitless, whether it's camping out on the Gaspé or ice climbing on a glacier in Banff.

To each his own. Some of us are more Walter Mitty-prone than others. A late middle-aged man I know is still scouring the website for his next thrill, whether it's bungee jumping over the Grand Canyon or buckling in for a zip ride over the Trolltunga Rock in Norway.

You can have it. Heights have never been my cup of tea. Funny thing, though, as a private pilot I never had a problem, but put me

on the edge of a switchback on the road to Pike's Peak or the Knife Edge on Mt. Katahdin and I fight butterflies and sweat like a Banshee in the Mohave.

A late friend, who had a penchant for taking chances, always insisted that "if it ain't scary, it ain't no fun!" And wouldn't you know it, he died from old age. He probably nailed it. How else can you explain some humans' yearnings when it comes to so-called extreme outdoor adventures?

If, like me, you are a cautious sort, not a thrill seeker, and your bucket list has been completed, you might want to consider a reverse bucket list: things you don't care if you ever do, even if you live to be 100 years old.

Just for example: Cliff camping, skywalking in the Alps, scaling up California Redwoods, tree

camping, snowboarding a Canadian glacier, rock climbing in Monument Valley, or extreme kayaking on the frothing Clendenning River in British Columbia. The list is endless.

What about your bucket list? In the motion picture by the same name, the bucket list items of cancer patients Carter and Edward were not necessarily anything daring or dangerous, or even outdoors related, just something each of them had always dreamed of doing, but never had the money or the time.

Here is the good news. Bucket lists, like personal ambitions, tend to melt and marginalize with the passing of time. My bucket list once included an Atlantic salmon fishing trip to the Kamchatka Peninsula and a guided trout fishing trip on the

San Juan River in Chile, neither of which came to pass.

If the elder George Bush could skydive at 85 years of age perhaps it wouldn't hurt for you and me to find ONE thing from the reverse bucket list and give it a shot. After all, adventures like these do add excitement to life and some say, free what is inside of us all. Helen Keller, who could neither see nor hear, said that "life should be a daring adventure."

*The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide and host of a weekly radio program "Maine Outdoors" heard Sundays at 7 p.m. on The Voice of Maine News-Talk Network. He has authored three books. Online purchase information is available at www.sportingjournal.com.*

## Sheepscot Valley Health Center

Convenient, Local, Quality Care



47 Main Street, Coopers Mills • (207) 549 - 7581 • SheepscotCHC.org

HEALTHREACH  
COMMUNITY HEALTH CENTERSAll insurances accepted  
Affordable care available

## Chizzle

Page 1

farce. By the turn of the 20th century, however, the show had evolved into the minstrel-and-olio format we use today. The production moved from Meonian Hall to the old City Hall auditorium. Since 2006 of course it has been staged at the Cony High and Middle School on Pierce Drive.

From 1900 to 1963, the minstrel show featured "End Men" (featured performers) in blackface and a Mr. Interlocutor. With the Civil Rights Movement in the 1960s, blackface was abol-

ished. In 1977, End Men became simply "Ends," because female performers were now allowed to take on the role. In 1964, a new logo was unveiled, featuring a derby hat, a microphone, a banjo, and a tambourine. These four elements are required to be in the logo each year, and students compete to have their designs featured on the Chizzle Wizzle pin and program. (This year's design is by Abigail Bucknam.) The Olio variety acts have been a part of the show since the beginning and give students a chance to perform alone or in small groups, in a comedy

skit, a vocal or instrumental number, or a dance.

This year's show got some positive comments from Cony alumni including the following from Melanie Fuller Lajoie on Facebook: "Amazing show last night! I truly enjoyed every moment the students were performing! From the backstage crew, the lighting, music, costumes, and talent it was a wonderful show! Mr. Scoville's [Cony Science Teacher] performance was great. He brings so much to the Cony community. Everyone should be very proud. Congratulations!"

# Solar Eclipse



The solar eclipse in Rangeley on April 8, just coming out of totality around 3:30 in the afternoon. Photo taken with handheld Pentax camera and Tamron telephoto lens.

Bill Van Tassel photo



**Now Welcoming New Patients!**  
Personalized, high quality dental care in a comfortable and friendly atmosphere  
14 Merrill St Farmingdale 626-3091 info@gagnondental.com

**CUSHNOC ACADEMY**

**BECAUSE EVERY CHILD NEEDS...**

- ✓ a childhood
- ✓ a village
- ✓ a love of learning

195 Hallowell Rd  
Chelsea, Maine

**FOR MORE INFORMATION OR TO SET UP A VISIT, PLEASE CONTACT  
LEARN@STEPPINGSTONESMONTessorISCHOOL.COM**

COME CHECK OUT OUR PROGRAMS IN GRADES 4 THROUGH 8!



## KBH IS HIRING!

Kennebec Behavioral Health is currently hiring for multiple positions. If you are a mental health professional who wants to work with a supportive and mission driven agency, apply today!

Learn more about our career opportunities at [www.kbhmaine.org/careers!](http://www.kbhmaine.org/careers)



MENTAL HEALTH & SUBSTANCE USE DISORDER SPECIALISTS



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



1-888-322-2136



# Health & Wellbeing

Your Health, Mind & Body Connection

# 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.



Metro photo

### 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

### 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 com-

pression, 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 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.

**Cramps**  
→Page 11

Creating beautiful, healthy smiles with an emphasis on excellence

NOW ACCEPTING NEW PATIENTS



**Smile Solutions of Maine Complete Dentistry**

Waterville Office: 207-873-2073 • 98 Silver St., Waterville  
Winthrop Office: 207-377-6958 • 28 Old Western Ave., Winthrop

To learn more about our services and our team check out our website:  
[www.smilesolutionsofmaine.com](http://www.smilesolutionsofmaine.com)





Dr. Jay Wietcha    Dr. Peter Vayanos    Dr. Joseph Dumont

Call today to book an appointment at either one of our locations.

**ADOPT AN EAGLE**

**CALL THE AAE TODAY!**

Help your country's favorite bird of prey find a forever home!

FIRST 20 CALLERS GET A FREE BIRD CAGE!

GREAT WITH MOST CHILDREN

<http://www.adoptaneaglebs.com/>




**CENTURY 21 VENTURE LTD.**

**Sarah Chenery REALTOR®**  
chenery.c21@gmail.com

Cell: 207-496-7922  
Office: 207-622-6221  
1 Orchard St.  
Augusta, Maine 04330



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

**LEGAL SERVICES FOR MAINE ELDERS**

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

(Formerly Legal Services for the Elderly)



**FLAVORS FINE CANNABIS**

TUESDAY: Buy 3 Pre-Rolls Hand Rolled Get 1 FREE  
WEDNESDAY: Mix & Match OZ's for \$125  
FRIDAY: TGIF 10% off Total  
VETS TAKE ANOTHER 10% OF THAT  
ALWAYS: 10% OFF for VETS

•Women Owned •Daily Deals •Hand Rolled Joints•Local Products

Flavorsfinecannabis@gmail.com • 921 Eastern Ave., Augusta ME 04330  
Mon-Sat 10a-5p • Sun noon-5p 207-213-41161 @flavors\_Fine\_Cannabis



**Box Drop Mattress**

10% OFF FOR VETERANS UP TO 80% OFF Retail Prices Twin/Full/Queen/King

Over 20 Styles and Comfort Levels to Choose From BY APPOINTMENT ONLY

55 Grove Street, Waterville • 877-4244  
Owner Effie Dodge www.boxdropwaterville.com  
Delivery Available

**HAVE YOU FOUND THE PHONY AD?**





# Seasonal Guide

If you would like to be in this special section contact your sales rep directly, call the office at (207) 225-2076 or email us at [advertising@turnerpublishing.net](mailto:advertising@turnerpublishing.net)

## 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 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.



**VOLUNTEER DRIVERS NEEDED**

Volunteer Drivers use their own car to drive community members to medical or social service appointments.

**KVCAP Transportation Services**

Feel GOOD helping others! Earn reimbursement for mileage!

**KVCAP**  
Kennebec Valley Community Action Program

Need more information?  
Call 207-859-1500  
or Email: [info@kvcap.org](mailto:info@kvcap.org)

Best Rates | Best Service | Best Rates | Best Service | Best Rates | Best Service

**Cleaning Needs, Remodeling, & Roofing**

20 • 30 • 40 • 50 Yard Roll Off  
6 • 8 • 10 Yard Debris Dumpsters

**GREGORY'S DisposALL**

- Guaranteed Lowest Rate
- Same Day Service
- Courteous Staff
- 25 Years in Business
- Direct Owner Involvement
- Residential & Commercial
- Weekly Pickup Service

Unmatched Service Try Us!

Call Gregory Today!

Office: 465-4500 • Home: 465-9417

**DIRFY Generators**  
Doing it Right for you

**DIRFY GENERATORS IS NOW INSTALLING HEAT PUMPS**

The Efficiency Maine rebate guidelines have changed, call and schedule an evaluation to review the new guidelines and see how you can take advantage of the available rebates.

**GIVE US A CALL TO LEARN MORE**  
207.637.3346  
[dirfyheatpumps.com](http://dirfyheatpumps.com)

DIRFY (Doing It Right For You) Generators has been in business for 47 years, and now, due to popular demand from our customers, we are providing and installing heat pumps with the same great service and same award winning staff!

**PORTOFINO REMODELING, LLC**

Looking for the best walk in tub?  
Best walk in shower?  
Available at the best price?

We are a Maine Company.

**PORTOFINO REMODELING, LLC**  
69 Laurier Street, Lewiston, ME 04240  
**CALL TODAY! 207-513-6913**



Let Houle's P & H take care of all your heat pump needs.

**You could be eligible for Efficiency Maine Rebates up to \$2,400. Heat pumps: \$2,000 for 1st indoor unit, \$400 for 2nd indoor unit**

**REBATES UP TO \$2400!**

**Ductless Heat Pump Benefits:**

- Low-cost heating
- Provide air conditioning in the summer
- Easy to retrofit into existing homes
- Improved comfort in homes

Call Houle's P&H today to find out if you are eligible to save up to \$2400 and call now to see how you can save on heat bills and cool your house in the summer too!

**Houle's**  
PLUMBING  
HEATING & COOLING  
ELECTRICAL

19 North Street, Waterville • 872-6762 • [www.houlesphac.com](http://www.houlesphac.com)



**Dan Farrell Remodeling & Restoration**

Repair | Remodel | Restore  
207.951.4189

Providing superior quality at affordable prices.

**Handyman Services Available**

# Scouting honors Eagle Scout Isa Russell and all her female leaders at the 5th anniversary of Girls in the Program

AUBURN — Isa Russell of Randolph achieved Scouting's highest award- the Eagle Scout rank- during a ceremony in Auburn at the United Methodist Church on March 9. Five years ago, the Boy Scouts of America significantly changed the organization by allowing girls to become Cub Scouts and members of Scouts BSA. Every year, March is designated Women's History Month by presidential proclamation. The month is set aside to honor women's contributions to American history. Eagle Scout Isa Russell joins a proud history of Women Leaders in Scouting.



Isa Russell

"My Eagle Project was rebuilding three sets of stairs at the Viles Arboretum in Augusta, Maine. I've been going there for hikes for most of my life, and I wanted to use my project to give back to a place with a lot of sentimental value to me," Isa said. One of the main goals of Scouting is to develop today's youth into tomorrow's leaders. Those seeking to earn the Eagle Scout rank must show leadership by identifying a problem in their community and then developing and implementing a plan to correct it. "I think that for me, the hardest part of

making Eagle was finding the motivation to finish. There were some days where I didn't feel that I could make it, and I struggled to find the motivation to complete my project." But Isa Russell did finish and achieved her goal and is today an Eagle Scout, something that less than six percent of all Scouts achieve. Isa attends the Maine Arts Academy in Augusta where she is in her

senior year. During her Eagle Court of Honor, Isa gave mentor pins to several leaders in Scouting who have made a difference in her life including Brittan St. Amand who is a leader in Cub Scout Pack 672 and Camp Director for the Cub Scout Day Camp program at Camp Hinds. "As a parent, we know how important it is for our children to be surrounded by people who will be a good influence on them. I couldn't ask for a better role model for my daughter Avrilynn than Isa," St. Amand said. "I am so incredibly proud of Isa. She made everyone cry with her heartfelt speech. She presented me with an Eagle Mentor Pin and reminded me why I am a Scout leader."

Women have been a vital part of the programs of Scout-

ing but began taking on leadership roles starting in 1930 when the Cub Scout program was launched and women could serve as Den Mothers. In 1967, this designation was changed to Den Leader. In 1988, women could take on any adult leadership position in Scouting from Cub leader to Scoutmaster.

"I have been Scoutmaster of Troop 497 for over 20 years," said Karla Talpey of Jackman. "In the beginning, I took over when Blair Van Camp passed away. I was very green and had absolutely no clue what I was doing. It was only because of three wonderful men: Scott Adams, Joe Levasseur and Steve Mayberry that I kept going. They welcomed me with open arms into Scouting and made sure at every meeting, function, activity that I was introduced to folks and they guided me to where I needed to be. They quickly taught me the ropes." Karla credits their coaching with helping her as well as her Assistant Scoutmaster Alan Duplessis. "He has been my faithful counterpart on any activity that the Scouts wanted to tackle such as campouts, camporees or training courses." She and Alan have coached nearly 20 young men from the Moose River Valley to become Eagle Scouts. "These have been the best years of my life," Karla said and praised the lessons of Scouting that have helped shape her Scouts into stronger and more decent adults.

Samantha Doody Remington of Monmouth is both Cub Master and Scoutmaster to the youth in Winthrop's Pack and

Troop 604. "I haven't found it to be a challenge to be a Cubmaster or Scout Master because I'm a female. Older generations were hesitant at first but I haven't seen any difficulties," she said. Samantha has girls and boys in her Cub Scout pack. "Working with girls is not difficult either. They tend to catch on to what we are doing a little faster," she said. "The challenge I find is where do the girls go after completing Cub Scouting when they earn the Arrow of Light rank?" She is pointing out the need for additional girl Troops in the area. The closest ones are in Auburn and Winslow. The Boy Scouts of America currently allows boys and girls to be registered in the same Cub Scout pack but the genders are separated at the older Troop levels. "I have one girl that will be crossing over next year." The district is working on forming new Scouting Packs and Troops but that takes time and during Covid, nearly half of the Packs and Troops folded when they were not allowed to meet regularly. She said her Scouts are looking forward to moving on into a Troop, but if there is no troop for girls nearby, it makes it hard for them to continue towards Eagle. "It is difficult to see the disappointment and discouragement from the Scout and parents."

Tammy Smith of Winthrop has been active in Scouting for several years and has seen her own son attain the Eagle Scout rank. She currently serves as a member of the Executive Board for Pine Tree Council. She has been encouraged by the changes Scouting

has made but admits that the Scouting program works but it needs to be more available to girls as well as boys. "Girl BSA Scouts, I feel is struggling," Tammy said. "One of the reasons is we are not permitted to mix Scouts of this age group of both genders. I know searching for a girl unit has become a challenge within the Kennebec Valley District. I recently had my niece enrolled in Cub Scouts and if she furthered her Scouting career the travel would have meant leaving my job in Auburn, driving to Monmouth and picking her up, then either driving to Winslow or back to Lewiston/Auburn area, then home again. The travel to either would be too much; which would mean looking into doing Lone Scout, but what fun is that?" If there is no troop nearby, Scouts can register as Lone Scouts and earn requirements at home, at camp and at district events but they do not have a troop of their own. "I believe more should be done to encourage more women to be leaders and for girls to participate in Scouts BSA. Perhaps, taking a look at the demographics and trying to get regional units started would be the way to go. However, finding someone that's up for the challenge of starting up a new unit is also a huge challenge."

After five years since changing Scouting, has there been a problem with girls in the program? Sabrina Marie Garfield of Winslow Cub Scout Pack 445 does not think so. "Honestly, no one

Eagle  
→ Page 11

**Gush Mintz**  
**Wet Beaver**  
**Bubble Gum Popperz**  
**Red Velvet Runtz**  
**Sherbet Cream Pie**

**CLONES for SALE**

Flowers Farmacy

70 plus clones to choose from!

Go to [www.flowersfarmacy.com](http://www.flowersfarmacy.com) for our available clones  
Message us at [flowerspharmacy@gmail.com](mailto:flowerspharmacy@gmail.com)  
207-616-0613 • 77 COLLEGE AVENUE, WATERVILLE

**REFRESH YOUR SAVINGS**

**SHARE CERTIFICATE**

**5.17% APY\*** | **7-MONTH TERM**

WATERVILLE • WINSLOW • SKOWHEGAN  
[newdimensionsfcu.com](http://newdimensionsfcu.com)  
(800) 326-6190

**LIMITED TIME ONLY!**

Annual Percentage Yield; Rate accurate as of 03/01/2024; Rate subject to change without notice; membership eligibility required. Early withdrawal fees apply. Minimum deposit of \$1,000.00. Offer also includes the option to open Roth, ESA, or IRA Share Certificates. Federally Insured by NCUA.

Joe Bornstein's 20<sup>th</sup> Annual **ARRIVE ALIVE CREATIVE CONTEST**

**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!

VIDEOS  
ESSAYS  
ANIMATIONS  
SONGS  
SCULPTURES  
BOARD GAMES  
PHOTOGRAPHY  
VIDEO GAMES  
POEMS  
PAINTINGS  
ILLUSTRATIONS  
STORIES

LAW OFFICES OF **JOE BORNSTEIN**  
PERSONAL INJURY ATTORNEYS

HELP **JOE BORNSTEIN** SEND THE MESSAGE TO TEENAGERS -  
"Stay Safe - Arrive Alive!"  
[ArriveAliveCreativeContest.com](http://ArriveAliveCreativeContest.com)

# Legislature honors Cony High School Basketball team



Submitted photo  
Rep. Raegan LaRochelle, D-Augusta, Rep. Bill Bridgeo, D-Augusta, and Sen. Matthew Pouliot, R-Kennebec, welcomed members of the Cony High School Girls' Basketball Team to the State House on Monday and presented them with a legislative sentiment. The team was recognized by the Legislature for winning the Class A North Championship on Feb. 23. Front, left to right: Rep. Raegan LaRochelle, Maci Freeman, Rep. Bill Bridgeo and Harper Lawrence. Back, left to right: Coach Shay Freeman, Morgan Fichthorn, Hannah Kidd, Cale Barajas, Olivia Olson, Abby Morrill, Sen. Matthew Pouliot, Morgan Cunningham and head coach John Dennett.

## STUDENT NEWS

### Endicott College announces local Dean's List students

Beverly, MA — Endicott College, the first college in the U.S. to require internships of its students, is pleased to announce its Fall 2023 Dean's List students. To qualify for the Dean's List, a student must obtain a minimum grade average of 3.5, receive no letter

grade below "C," have no withdrawal grades, and be enrolled in 12 credits for the semester.

The following students have met these requirements:  
Augusta, ME  
Oliver Parker, English, daughter of Katherine Parker and Walter Parker



### Eagle Page 10

has ever really batted an eyelash about my daughter and I being female. They treat my daughter and I exactly like everyone else is treated. We are included in the same ways

as everyone else. Actually, all of our dens except one have female den leaders this year." Sabrina added, "I love that my son and daughter can be a part of a wonderful program together. Since day one, Cub Scouts' biggest thing is that it is a family program, and be-

ing able to have both my kids be a part of it despite being a boy and a girl has been nothing short of wonderful. They bounce ideas off of each other, my oldest helps my youngest learn some of the things he's already been taught. They take being 'helpful' very seriously,

especially to the environment. It gives them just as much to bond about as it gives their dad and I to bond with them. It's not my daughter 'tagging along to my son's thing'. It's her thing too."

Reaching the Eagle Scout rank is daunting whether you

are a boy or a girl and making changes to a program that has been around for more than a century has had its challenges but also many successes. Just ask Mia Dawbin.

No list of pioneering women in Scouting would be complete without mentioning Mia

Dawbin of West Gardiner who made history by becoming the first female Eagle Scout in Maine in 2021. She was part of the national inaugural class of female Eagle Scouts. She collected 200 care packages for homeless adults and kids in a time of great need.

### Cramps Page 8

#### 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 recommend-

ed. 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. Live long, live well

**Trailers**  
**RVs**  
**Containers**  
**Logistics**



**SR1**  
**COMPANIES**

[www.sr1companies.com](http://www.sr1companies.com)

**Powersports**  
**Docks**  
**Parts**  
**Equipment**

**Manchester:**  
726 Western Ave  
Manchester, ME 04351

**Turner:**  
2239 Auburn Rd  
Turner, ME 04282

**Orono:**  
29 Stillwater Ave  
Orono, ME 04473

**Hermon:**  
57 Contractor Drive  
Hermon, ME 04401

**YODER'S SAWMILL**

**910 Exeter Road, Corinna**  
**278-3539 • yoderssawmill@gmail.com**

**LOW GRADE CEDAR**  
**\* BACK IN STOCK \***

<b>5" V-Match</b>	<b>4" Square Edge</b>
<b>6" V-Match</b>	<b>5" Square Edge</b>
<b>8" V-Match</b>	<b>6" Square Edge</b>
<b>6" Shiplap</b>	<b>And More</b>
<b>w/Nickel Gap</b>	

*While supplies last. Sold in pre-bundled units.*

**WE SPREAD YOUR  
GOOD NEWS!**

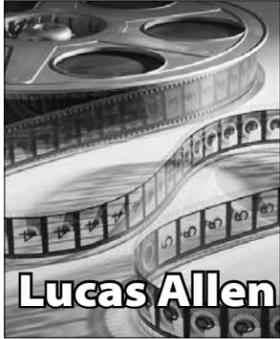
Send it to us at: [articles@turnerpublishing.net](mailto:articles@turnerpublishing.net)



**Turner  
Publishing  
INCORPORATED**

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)

## Coop stuffy winner for March: Ramona Grover, Mason TWP



FRANCO CENTER  
Performing Arts & Events

Rent our building for your concert, wedding, personal celebration, retirement dinner, class reunion, business conference, fundraiser, film viewing, and more! Ask us about our catering services, too! Our newest activity is a History Escape Room! Call and schedule a tour today!

46 Cedar Street  
Lewiston 04240



WWW.FRANCOCENTER.ORG • 207-333-3251

2	3	5	7	6	8	9	1	4
4	7	9	5	1	2	6	8	3
8	6	1	3	9	4	7	2	5
1	8	4	6	3	9	5	7	2
6	2	7	4	8	5	3	9	1
9	5	3	1	2	7	4	6	8
5	4	2	8	7	6	1	3	9
3	9	6	2	4	1	8	5	7
7	1	8	9	5	3	2	4	6

	S	S	E		P	E	R		A	B	N				
	P	I	X		A	R	E		C	O	A				
F	R	A	N	C	R	A	D		A	S	H	E	R		
A	B	S	C	I	S	E		C	O	N	S	U	M		
N	E	M	E	S	I	S		O	P	T	I	M	U	M	
					R	E	T	E	A	A	H	S			
G	E	N	E	S	E	S		T	H	I	M	B	L	E	
A	K	A										A	A	R	
P	E	G	A	S	U	S			B	O	U	R	B	O	N
					B	U	R	Y	A	R	N	E			
I	M	P	A	N	E	L			S	A	D	N	E	S	S
S	C	A	N	D	A	L			E	N	R	A	G	E	S
M	I	S	D	O		A	B	M		A	M	E	E	R	
					H	O	W		B	E	E	P	E	S	
					A	N	N		I	N	N	E	D	T	

## Scam Alert Bulletin Board



Fraud Watch Network

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.

Maine's largest direct mail community publication company serving nearly 250,000 homes and "It's All Good News!"



Turner Publishing Inc., PO Box 214, Turner, ME 04282 • 207-225-2076 • Fax: 207-225-5333 • E-Mail: [articles@turnerpublishing.net](mailto:articles@turnerpublishing.net) • Web: [www.turnerpublishing.net](http://www.turnerpublishing.net)

**Production**  
Michelle Ducharme Pushard  
Garret Carver  
Brett Bannister

**Inside Sales**  
Jessica Mason

**Advertising/Marketing**  
George McGregor  
Jodi Cornelio  
Brett Bannister  
Jacob Wall  
Kathlene Clarke

**Reporter/Writer**  
Bill Van Tassel  
**Proofreaders**  
Jared Wood  
Robin Robertson

Published by Turner Publishing Inc., P.O. Box 214, Turner, ME 04282-0214 Turner Publishing Inc. founded in 1992. Advertisers and those wishing to submit articles of interest can call 1-207-225-2076, email [advertising@turnerpublishing.net](mailto:advertising@turnerpublishing.net) or you can also send e-mail to us at: [articles@turnerpublishing.net](mailto:articles@turnerpublishing.net). Turner Publishing produces, monthly, bi-monthly quarterly and weekly publications. Any views expressed within these papers does not necessarily reflect those of these papers. These papers assume no responsibility for typographical errors that may occur, but we will reprint, at no additional cost, that part of any advertisement in which the error occurs before the next issue's deadline. This paper also reserves the right to edit stories and articles submitted for publication. All content within our publication and on our website is for educational and entertainment purposes only and should not be considered personal, legal, or medical advice. In the state of Maine, cannabis is intended for use by those 21 and older, or 18 and older with a medical prescription. Both the printed publication and website are intended for those over the age of 21. If consuming, please keep out of the reach of children. The Publisher assumes no responsibility for the advertisements within this publication. We strive to ensure the accuracy of the information published. The Publisher cannot be held responsible for any consequences which arise due to error or omissions.

# ShineOnCass Animal Baby Shower & PJ Party planned

ALBION — Children dressed in their pajamas will welcome baby lambs, goats, calves and other newborn animals also wearing pajamas, on May 5 at the ShineOnCass Animal Baby Shower & PJ Party at Hart-to-Hart Farm & Education Center in Albion. The annual event for children features educational stations that include learning how to milk a cow, fetching eggs from the chicken coop, spinning lamb's wool, and participating in goat yoga. Children will be able to hold, and have photos taken with, the newborn baby animals.

Hart-to-Hart Farm & Education Center is a family-owned and operated organic dairy farm that offers spring and summer day camp educational programs

for children. The ShineOnCass Animal Baby Shower is held each year in honor of Cassidy Charette, an Oakland teen who died in a hayride accident in 2014 and who was a longtime summer camper at Hart-to-Hart Farm.

Families attending the free event are asked to bring food and pet items to donate to the Humane Society Waterville Area in memory of Cassidy, who was also a shelter volunteer.

There will be two sessions offered: 10 to 11:30 a.m. and 12:30 to 2 p.m., with a limited capacity of 80 children per session. Pre-registration is required at [shineoncass.org](http://shineoncass.org) or [hart2hartfarm.org](http://hart2hartfarm.org). For more information, email [shineoncass@gmail.com](mailto:shineoncass@gmail.com).



Goat Yoga Instructor Chelsey Oliver at ShineOnCass Animal Baby Shower & PJ Party (1)



Cass at Farm Camp (2)

Submitted photos

## CRITTER CHATTER

# Is it really hibernation?

by Jayne Winters

At several recent visits with Don Cote at Duck Pond Wildlife rehab, I couldn't help but notice that the resident chipmunk has seemed more "chipper" (pun intended) than usual. Despite his rehab stint in the living room, I suspect his natural internal clock is nudging him about the warmer weather, signaling him to become more active, seek food, prepare for nesting and maybe even find a mate.

We all know that hibernation is the time of year when some animals pack it up for the winter and instead of moving south, hunker down to snooze until spring. Survival depends upon their ability to decrease their body temperature, as well as their heart, respiratory and metabolic rates. I was surprised to learn there are only three true hibernators in Maine: little brown bats, whose heart rate drops from

1,000 beats per minute to five; groundhogs, who spend the winter in a den located below the frost line and above the water table, dropping its body temperature to 38°; and meadow jumping mice, who spend only two weeks fattening up and won't wake to eat or drink until spring.

Other species that can reduce their body temperature and metabolic rate during the winter are not considered true hibernators because they rouse easily and can become active during warm periods. This semi-hibernation is called 'torpor' and Maine critters that utilize this behavior include black bears, skunks, raccoons and reptiles. Reptiles are considered cold-blooded because they can't produce their own body heat - their temperature is controlled by their environment. When the cooler days of fall arrive, they go into a dormant pe-

riod called "brumation" [I'd never heard of this!], during which they can survive long periods without eating, but still need to drink to prevent dehydration.

Back to the chipmunks: At around 40°F, they start gathering nuts, seeds, twigs, and other items in those cute little cheek pouches, moving large quantities of food into their burrow storage rooms called 'caches.' They're always busy, gathering up to 165 acorns per day! An enormous amount of food can be held in their cheek pouches, which can stretch to three times the size of the head. Within just two days, a chipmunk will have collected enough food to last through the whole winter. They don't sleep for the entire season but wake up occasionally to bring their body temperature back to normal, eat to build up their fat reserves, urinate and defecate. In addition to

maintaining a constant lower body temperature for the winter, they slow their heart rate from the usual 350 beats per minute to only four beats per minute. A new study has found that as winter temps become milder because of global warming, chipmunks may become less likely to hibernate in the coldest months. Research indicates those that follow normal hibernation procedures have a winter survival rate of about 87%, while those who remain active because of warm winter weather are almost certain to die by spring.

I've noticed a couple of chippies in our yard the past few days and I'm sure the little guy at Duck Pond will be happy to be released back into the wild where he can start filling those cheeks!

Don and his volunteers appreciate and thank the other rehabbers who continue to generously ac-



Submitted photos

cept critter transfers from Duck Pond. Please check the following websites to see if there is one near you: <https://www.mainevetmed.org/wildlife-rehabilitation> or <https://www.maine.gov/ifw/fish-wildlife/wildlife/living-with-wildlife/orphaned-injured-wildlife/index.html> - Donald Cote operates Duck Pond Wild-

life Care Center on Rte. 3 in Vassalboro. It is a non-profit state permitted rehab facility which is supported by its own resources and outside donations. Mailing address: 1787 North Belfast Ave., Vassalboro ME 04989 TEL: (207) 445-4326. Please note the previous e-mail address is no longer monitored.



Check out Turner Publishing's

**NEW! JOB BOARD**

Go to: [www.mainejobstoday.com](http://www.mainejobstoday.com)

Looking for a job? Looking to post a job?

It's Free, It's Simple

# CLASSIFIEDS

## FOOD ADDICTS IN RECOVERY

Are you having trouble controlling the way you eat?

### WE CAN HELP

FMI 623-8375  
or 441-8002

www.foodaddict.org

## EARTHLINK

Connect to the best wireless home internet with EarthLink. Enjoy speeds from 5G and 4G LTE networks, no contracts, easy installation, and data plans up to 300 GB. Call 855-530-3127.

## AMERIGLIDE

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-844-400-9817

## DENTAL INSURANCE

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-877-331-2013 www.dental50plus.com/highlights #6258

## WANTED

Tenant looking to move in, 2 cats, will cook and clean. For more information call Linda 207-491-4850.

## Act Now Become a Caregiver



NeuroRestorative helps individuals with brain injuries rebuild their lives. We are a growth-oriented, creative organization operating nationwide.

Become a caregiver with NeuroRestorative today and make a difference in the lives of the individuals we serve.



### Highlights:

- Career Growth
- Person-Centered Care
- Staff/Client Ratios = Decrease Burnout
- Everyday Being FUN - Not your typical healthcare environment.
- Beyond healthcare – Providing emotional & social support to enrich lives.

Apply today: <https://jobs.sevitahealth.com/us/en/maine-jobs>

## YOUR CLASSIFIED AD COULD BE HERE! CALL TODAY 225-2076!



## HELP WANTED

### SALE/MARKETING CONSULTANT

Ready for some fun? Do you enjoy being a part of your community, spreading Good News, being creative and helping businesses grow? Then this job is for you!

### JOB DESCRIPTION:

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.

**ABOUT THE COMPANY.** Turner Publishing Inc. is the largest direct mail, "Good Community News" publishers in Maine. We publish 20 Total Market Saturation, "Good Community News" Publications. We mail to over to 200,000 mailboxes in Maine and reach over 607,000 readers. Our publications are also accessible FREE online. In our magazine division, we publish one of the strongest state of the art cannabis magazines and a Maine craft brew magazine. We are a Maine, family owned business who have been supporting the communities we serve for over 30 years. We offer full benefits and company perks. If interested in learning more, please call 207-225-2076, or send resume to [jobs@turner-publishing.net](mailto:jobs@turner-publishing.net)

Sponsored by



## Mainely Brews Restaurant & Brewhouse

1 Post Office Square, Downtown Waterville

Open Sun.-Thurs. 11am-10pm • Fri.-Sat. 11am-12am

873-2457



## February Phony Ad Winners

- Auburn Highlights: Clarence Rawding
- Midcoast Beacon: Michael Dmochowski
- Country Courier: Warren Bachelder
- Country Connection: Claire Dionne
- Franklin Focus: Jesse Madden
- Good News Gazette: George Davis
- Kennebec Current: Patty Ellis
- Lewiston Leader: Doris Welding
- 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
- Western Maine Foothills: Joanne Campbell
- Mountain Messenger: Mary Hembrow
- Presumpscott Post: Robert Pinkham

All of the winners listed have won gift certificates to one of our advertisers.

If you haven't won - keep playing! We get hundreds of entries each month!

It's easy to enter - read through the ads in this issue and find the phony ad, fill out the entry form found in this paper and mail it in. If you have the correct answer, your name will be entered into a monthly drawing!

No Exchanges. Gift Certificates are from all over, there is no guarantee you will receive one from your area.

## FIND THE PHONY AD!!!

You could win a Gift Certificate to an area merchant from one of our papers!



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.

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

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

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

Phone: ( ) \_\_\_\_\_

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: \_\_\_\_\_

Send us your email address to receive free community digital news: \_\_\_\_\_

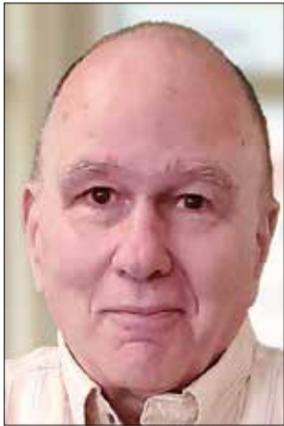
Do you read our paper online at [www.turnerpublishing.net](http://www.turnerpublishing.net)? Yes or No

# WE SPREAD YOUR GOOD NEWS!

Email it to us at: [articles@turnerpublishing.net](mailto:articles@turnerpublishing.net)



A FEW WORDS by: John Governale



John Governale

# Polar, the Titanic Bear

In 1911, Frederic and Daisy Spedden—along with their young son, Douglas, the boy’s nanny, Elizabeth Burns, and Mrs. Spedden’s maid, Helen Wilson—went on a vacation to Europe. After visiting such places as Algiers, Monte Carlo, Cannes, and Paris, the Sped-

dens were ready to return to the United States. In April 1912, the group boarded the RMS Titanic in Cherbourg, France for the trip home. They were booked for the first class.

At 11:40 p.m. on April 14th, the Titanic collided with an iceberg. Not long after that, Douglas’s nanny—whom he called “Mud-die Boons” because he had trouble saying her name—awakened the boy and told him that they were taking a “trip to see the stars.”

The Speddens and their servants made their way to Lifeboat 3 on the starboard side. Mr. Spedden was not

allowed to board at first, but once all the women and children in the area were safely in the boat, the men were allowed on.

The lifeboats were designed to hold 65 people. At 1:00 a.m., boat No. 3 was lowered with only 32 aboard, including 11 crew members. Later that morning, the people in Lifeboat 3 were rescued by the ship Carpathia.

The next year, 1913, Daisy Spedden wrote and illustrated a book that she gave her son, Douglas, for Christmas. It was called “My Story” and described—from the point of view of Douglas’s toy stuffed bear that he

had named Polar—the family’s European travels, the sinking of the Titanic, and the family’s rescue.

Three years after surviving the Titanic disaster, the Speddens were in Maine for a vacation at their summer home at Grindstone Neck, near Winter Harbor.

The Winter Harbor column of the Bangor Daily News dated August 10, 1915 reports:

“... A sad accident occurred Friday at about 6 p.m. The 11-year-old son of F. O. Spedden was fatally injured while attempting to pick up a tennis ball in front of the Thompson cottage,

on the main street. Just after he emerged from a thick shrubbery which is close to one side of the street, he collided with an automobile.

“Because of the suddenness of the entrance and the small distance, the driver, Foster Harrington, was unable to avoid a collision. The boy was picked up unconscious and carried to his home by the driver. He regained consciousness the next day, but Saturday night grew worse and died Sunday morning.”

Let’s now jump ahead 75 years to the early 1990s. A fellow named Leighton H. Coleman III was looking

through a trunk in his grandfather’s barn and found diaries and photo albums that had belonged to his great-grand aunt, Daisy Spedden. He also found the sole copy of the book that Daisy had written for her son.

In 1994, the book was published by Little, Brown and Company under the title “Polar, the Titanic Bear.” It is illustrated by Laurie McGaw and has an introduction by Leighton H. Coleman III.

Visit [polarthetitanicbear.com](http://polarthetitanicbear.com) to learn more. Also, you can find readings of the book on YouTube. There is a good one by Nancy Batliner.

## 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 an-

nually, 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, ba-

sic 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.

HAVE YOU FOUND THE PHONY AD?

DIRFY (Doing It Right For You) Generators has been in business for 47 years, and now, due to popular demand from our customers, we are providing and installing heat pumps with the same great service and same award winning staff!

# Sidney girl earns Eagle Scout rank

AUGUSTA — Einin Riddle of Sidney is just 14 years old but has accomplished something fewer than six percent of all Scouts achieve- she earned the Eagle Scout rank. The event was held at the Augusta Lodge of Elks on April 6. She has earned 62 merit badges, her most recent was the Aviation Merit Badge. She has also earned six Nova and Super Nova STEM advancements. She is homeschooled and is registered in the Lone Scouts program but has been active with Troop 428 in Pittsfield and is cur-

rently a Den Chief helping with Cub Scout Pack 428. Troop 428 Scoutmaster Shelley Connolly presented her with her Eagle Scout certificate. Connolly serves as her Mentor in the Lone Scout program. Riddle plans to attend Thomas College with a double major in Criminal Justice and Psychology so she can become a psychologist. "My life vision is to be an individual who can help others," Riddle said. "I always feel great helping other people." She praised Scouting and promised to always live the Scout Law.



Eagle Scout Einin Riddle



Eagle Scout Own Riddle, Sarah Riddle, Einin Riddle and David Riddle

Submitted photos

## LaRoche nominates Augusta couple for Franco-American Hall of Fame

AUGUSTA — Rep. Raegan LaRoche, D-Augusta, nominated Mary Jeanette (Jan) Michaud and her late husband Victor Michaud to be inducted into Maine's Franco-American Hall of Fame on Tuesday.

The Michauds created an oral video history of Franco-American workers in Augusta's mills called "Manufacturing Augusta" and raised \$20,000 towards preserving the history of the Franco-Americans who worked in the mills.



Rep. Raegan LaRoche, Mary Jeanette Michaud and Rep. Bill Bridgeo.



Sen. Matt Pouliot (back, second from left), Mary Jeanette Michaud (center front), extended family and friends, members of Le Club Calumet, Rep. Raegan LaRoche (fifth from right) and Rep. Bill Bridgeo (fourth from right).

Submitted photos

**Specialty Rating**  
★★★★★  
4.6 out of 5

### MaineGeneral Surgery is here for the planned – and the unplanned.

We're here. With a full range of surgical services, you don't have to go far from home to receive world-class surgical care. Our surgeons and staff are with you every step of the way to help you get where you want to be.



Scan the QR code or visit [www.mainegeneral.org/surgery](http://www.mainegeneral.org/surgery) to learn more.

