

Can you find Coop?



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

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The Greater Lisbon Ledger



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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, South-



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.



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.



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.

ern Maine or below the 45th parallel, drivers had to deal with miles of unusually heavy traffic, very heavy for these parts.

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 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

Eclipse
→ Page 6

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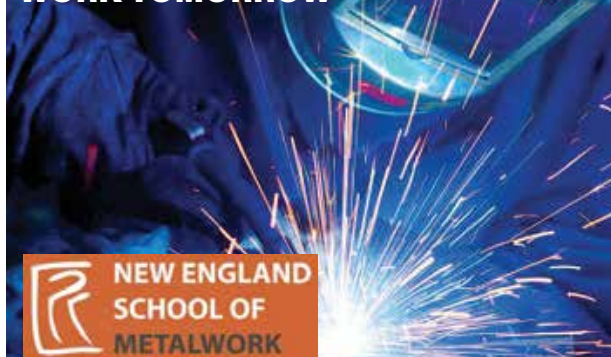
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Funny Things Kids Say!

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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LEWISTON - Back in 2021, Samantha and Justin Juray opened Just-In-Time Recreation with a mission to bring joy and laughter to the community. However, tragedy struck on Oct. 25, 2023, when a devastating event shook the very foundation of their dream. Despite the challenges, the Jurays found solace in the unwavering support of the community. Join the Jurays,



the City of Lewiston and the Lewiston-Auburn Metropolitan Chamber of Commerce for their triumphant reopening of Just-In-Time Fri., May 3, 2024, from 3 p.m. to 5 p.m. Let us come together to honor the memories and create new ones filled with laughter and happiness. RSVP now at aamores@lewistonmaine.gov to be a part of this inspiring journey forward!

Grand Opening

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Why “The Last Sheaf?” The Last Sheaf is a reference from the Bible where God says: When you reap your harvest in your field, and forget a sheaf in the field, you shall not go back to get it; it shall be for the stranger, the fatherless, and the widow, that the Lord your God may bless you in all the work of your hands.

MAINE CALENDAR

APRIL

April 26-28 — Lakeside Dance Academy Annual Spring Dance Concert, 7-8:30 p.m., RFA Lakeside Theater, tickets on sale April 15 at Barn Doors & Burlap on Main Street during their regular business hours, 45 dancers from preschoolers to Seniors, FMI call Rangeley Lakes Chamber of commerce at (207) 864-5571.

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

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

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

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

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

MAY

May 2 — Woodland Wonderplay, 9:30-11:30 a.m., Shepard's Farm Preserve, 121 Crockett Ridge Rd., Norway, nature exploration & play, Educator Lisa Henderson will guide little ones and their caregivers, geared towards 3-5-year-olds, older and younger siblings welcome, free, registration required, <http://norwaymaine.com>.

May 3 — Little Keep-

sakes: 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 — Student Art Show, 1-3 p.m., Leeds Community Church, 123 Church Hill Road, Leeds, all area students from elementary to high school are invited, and encouraged, to participate, theme is "Renewal" judging will be completed, and ribbons and cash prizes will be awarded that afternoon at 2:30 p.m., entries are limited to 2 per student and must be received no later than May 1, for more information, please email Iva.Damon@msad52.org.

May 4 — "Where Maine Reads," Maine author Buddy Doyle's new book, 10 a.m., Community Reading Room, Lithgow Library, 45 Winthrop Street, Augusta, book features photos of 50 Mainers in places where they read or would love to read, reception with light refreshments, program is free and open to all, for more information please call the library at (207) 626-2415 or visit our website at www.lithgowlibrary.org.

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 are 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 7 — Winthrop Area Handbell Ringers, 6:30 p.m., Community Meeting Room, Lithgow Library, 45 Winthrop Street, Augusta, performing a variety of music, including selections from "The Sound of Music," a piece called "Marche Militaire," "Deep River" and more, concert is free, but reservations are required, please call the Library at 626-2415 to reserve your spot.

May 11 — Hall-Dale Taiko Drumming Performance, 10 a.m., Community Meeting Room, Lithgow Library, 45 Winthrop Street, Augusta, free & open to all but you must reserve a seat by calling the library at (207) 626-2415.

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.

May 16 — "Passion and Nostalgia" - ScheckMate Concert, 6:30 p.m., Community Meeting Room, Lithgow Library, 45 Winthrop Street, Augusta, features pieces that express deep passion, sometimes inward-looking and soft, sometimes exuberant and powerful, concert is free, but reservations are required, call the library at 626-2415 to reserve your spot.

May 18 — Skowhegan Class of 1963 will be meet-

ing for breakfast, Good & Plenty Restaurant on Lake-wood Road, Rte. 201, any questions call 858-0946.

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 18 — Spring Sale at the Congregational Church of East Sumner, 9 a.m.-1 p.m., 50 Main Street, Rte. 219, Sumner, plants, breakfast sandwiches and beanhole bean lunch, baked goods, frozen chicken pot pies, raffle items, book sale, crafters, FMI: Cyndy 388-2667.

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).

May 19 — North Pond Paddle, 9 a.m. - 12 p.m., North Pond boat launch, Round the Pond Rd., Norway, bird watch while canoeing/kayaking through a magnificent bog, bring water, boat, & PFDs, free, registration required, <http://norway-maine.com>.

May 23 — Maine Dragon Boat Club informational program, 6:30-8:00 p.m., Norway Memorial Library, 258 Main Street, Norway, call 207-743-5309 for more information or visit www.norwaymemoriallibrary.org.

May 23 & 24 — Little Shop of Horrors Gould Academy 7:30 p.m., Bingham Auditorium. Two shows! One on Thursday, one on Friday. Online watching is available. Check the web site: [https://www.gouldacademy.org/current-par-](https://www.gouldacademy.org/current-par-ents/gould-end-of-year-2024)

[ents/gould-end-of-year-2024](https://www.gouldacademy.org/current-par-ents/gould-end-of-year-2024).

MONTHLY MEETINGS

LEWISTON: Sadie's Fiber Arts Club, every 1st and 3rd Wednesday of the month, 3:30 p.m., Lewiston Public Library's Children's Department, 200 Lisbon Street at the corner of Pine Street, Lewiston, FMI at 513-3133 or LPLKids@lewistonmaine.gov.

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 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.

BELGRADE: Belgrade Historical Society, 6-8 p.m., second Monday of

the month, Belgrade Town Office, 900 Augusta Road, public is welcome, 617-548-3569 or dilib56@aol.com.

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.

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.

CANCELLATIONS

None listed.

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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Kindergarten & Pre-K Registration RSU #4 Litchfield, Sabattus & Wales

If you are a resident of Litchfield, Sabattus or Wales and have a child that will be 5 years old on or before October 15, 2024 (Kindergarten age) or a child that will be 4 years old on or before October 15, 2024 (Pre-K age), please call Libby-Tozier School at 268-4137 to register for the fall.

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Robin Robertson

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Crossword

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
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52	53	54				55				56		57	58	59
60					61				62		63			
64					65						66			
67					68						69			

- CLUES ACROSS**
1. Excessively theatrical actors
5. Footwear
10. A way to disfigure
14. Exchange rate
15. Hawaiian wreaths
16. North-central Indian city
17. Bungle
18. Extremely angry
19. A short note of what's owed
20. Criminal organization
22. Mimic
23. Try to grab
24. U.S.-born individuals
27. Some are covert
30. Order of the British Empire
31. Don't know when yet
32. Payment (abbr.)
35. Winged angelic being
37. Variety of Chinese
38. A way to be anxious
39. Famed wrestler Hulk
40. Partner to cheese
41. Slang for sergeant
42. Canadian flyers
43. Actress Ryan
44. Highly unpleasant vapor
45. Body part
46. Halfway
47. Cool!
48. Consume
49. Salts
52. Upper bract of a floret of grass
55. Housepet
56. Cavalry-sword
60. Symbol of a nation
61. Frocks
63. Used to carry food
64. Portuguese folk song
65. Sharp mountain ridge
66. Ireland
67. Where golfers begin
68. Greek mythological sorceress
69. Fluid suspensions

CLUES DOWN
1. "Mad Men" leading man
2. Water (Spanish)
3. Annoy
4. Bulgarian capital
5. Japanese title
6. Capital of Zimbabwe
7. Giraffe
8. A mixture of substances
9. Midway between south and southeast
10. Staffs
11. Turkish title
12. Type of acid
13. Thin, flat strip of wood
21. Russian river
23. Ribonucleic acid
25. Partner to flow
26. Airborne (abbr.)
27. Earthy pigment
28. Genus of earless seals
29. "Key to the Highway" bluesman
32. By or in itself
33. Hot fluid below the earth's surface
34. Partner to trick
36. British Air Aces
37. Ammunition
38. Supervises flying
40. Health care for the aged
41. Flanks
43. Millimeters
44. Where wrestlers perform
46. Not around
47. Flightless bird
49. Bell-shaped flowers of the lily family
50. Expressed concern for
51. Satisfies
52. Flew off!
53. Wings
54. Load a ship
57. Vigor
58. British title
59. Whiskeys
61. __ Adams: founding father
62. Body of water

Famous Birthdays

APRIL 21
James McAvoy, Actor (45)

APRIL 22
Jeffrey Dean Morgan, Actor (58)

APRIL 23
Gigi Hadid, Model (29)

APRIL 24
Kelly Clarkson, Singer (42)

APRIL 25
Al Pacino, Actor (84)

APRIL 26
Kevin James, Comic (59)

APRIL 27
Darren Barnet, Actor (33)

Sudoku

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

Level: Advanced

Horoscopes

ARIES - Mar 21/Apr 20
You can get your spark back with some help from friends, Aries. You may have been struggling in one form or another, but others can provide the perspective needed.

TAURUS - Apr 21/May 21
Taurus, you are a dependable rock and that comes with a lot of responsibility. Sometimes you may feel overwhelmed, and in those instances feel free to delegate some tasks.

GEMINI - May 22/Jun 21
Too much joking around may strike a nerve of someone close to you, Gemini. Feel out every situation before you start communicating in such a laid back and jovial way.

CANCER - Jun 22/Jul 22
Cancer, like it or not, you have to stand by a promise or a commitment you made to someone, even if you no longer feel like doing so. Once it is finished, you can go your separate ways.

LEO - Jul 23/Aug 23
Leo, if others have underestimated you or written you off in the past, you will have an opportunity to prove them wrong this week, even if you already know the truth.

VIRGO - Aug 24/Sept 22
Your keen eye for detail has you pointing out a mistake that may have cost someone a lot of money, Virgo. Your reward could be a promotion or another commendation.

LIBRA - Sept 23/Oct 23
Making room for your needs right now is challenging as others seem to require all of the attention, Libra. You will have a chance to balance the scales soon enough.

SCORPIO - Oct 24/Nov 22
Right now you may be reluctant to commit or comment on an issue that is affecting some in your circle, Scorpio. You can get involved once you dig further and do your own research.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, when you hang out with friends, you may be tempted to spend more than is in your budget at the moment. Set a limit, and perhaps leave your credit cards at home.

CAPRICORN - Dec 22/Jan 20
Capricorn, you are ready to move forward, but others in your orbit may be holding you back. Know when to cut loose and do things according to your bigger vision.

AQUARIUS - Jan 21/Feb 18
Thinking about all of the things in your life that may not be going to plan could have you feeling down, Aquarius. Flip the perspective and start focusing on the right things.

PISCES - Feb 19/Mar 20
Pisces, you are known for being a dreamer, but right now you have to come down from the clouds and develop a solid plan of action. There will be time for fanciful ideas later.



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 # _____

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What's the Difference?

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

A



B



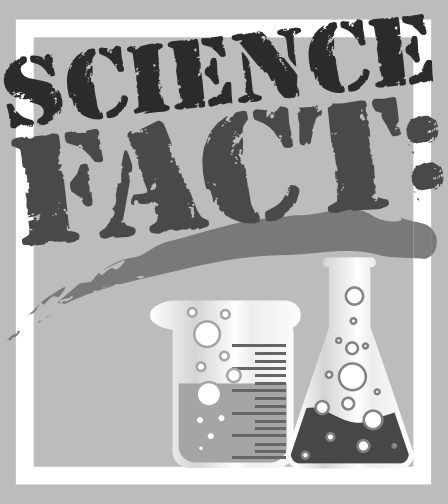
Answers: 1. Dog rolling in grass 2. Flower in blue flower pot 3. Missing plant on cart 4. Tree has an extra branch

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.



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ANSWER: GRASS

How they SAY that in...

ENGLISH: Mow

SPANISH: Cortar

ITALIAN: Falciare

FRENCH: Tondre

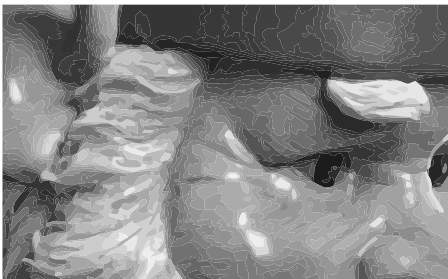
GERMAN: Mähen



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GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: GARDEN GNOME

New Word

LAWN

an area of short, mown grass in a yard

IRON LEAF FARM

Open Farm Day

Saturday, May 4th 10am to 4pm

Rain date Saturday, May 11th

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HAVE YOU FOUND THE PHONY AD?

Lisbon police log, look for it in May

Back by popular demand. When we first started the Greater Lisbon Ledger over 20 years ago, we published the police log every month. We had a great following of people concerned about what was happening in their community. A few years ago, I am guessing, we stopped publishing the police log. At the time I believe there was an internal debate on whether the police log was good news and if that is what the community wanted.

Well I am here to say, “The community has spoken.” Throughout the past several years we have received letters and emails wanting the police log back and most recently I got an ear full on a flight back from Florida where several Lisbon community members reminded me how well accepted the Greater Lisbon Ledger was with the police log in it.

I believe one of the comments was people want and need to know what is going

on in their community and that is good because the police log is about community awareness and safety. The community also wants to know what the brave men and women who protect us every day in our police force are up against.

Here at Turner Publishing, we will do our best to continue to publish the Lisbon Police log when available. Hoping to start in the May issue. Thank you for reading!

Jodi Cornelio, Publisher

Eclipse

Page 1

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, lunchtime 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. 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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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 con-

ditions 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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Mother’s Day fundraiser for Tommy’s Feral Feline Friends

SABATTUS — Tommy’s Feral Feline Friends is putting out a call for bakers and baked goods for its Mother’s Day Bake Sale and Bottle Drive Fundraiser, which will be held May 10th.

Baked goods, bottle donations and financial donations will help the nonprofit organization continue to save the lives of the forgotten cats both in feral colonies and the ones that cross our paths every day. Tommy’s has been on a mission to help save animals’ lives, and with the help and support of the community, Tommy’s Feral Feline Friends can continue this critical mission.

On December 17th, 2023, Tommy’s Feral Feline Friends were devastated by the tropical storm. Most of the sanctuaries were in ruins, the hardest hit they have ever taken over the years. A few sanctuaries have possibilities for repairs, but this is costly. Many of the sanctuaries were taken by water, and a lot were submerged under water leaving them in ruins. Trees demolished the sanctuaries leaving the forest in heavy debris, and any attempt to reach their remaining shelters has been a huge challenge. They are hoping the communities can help with donations for us to restore the cat’s Magical Forest Kingdom.

Tommy’s is a no-kill rescue site that takes in abandoned and abused cats, gives them medical care, and provides safe shelter for them to live.



Submitted photo
Cat rescued in the forest on the night of Dec. 17, 2023.

The cats who live in colonies continue to be resilient despite adversity. Norm Blais of Tommy’s,

said “Tommy’s provides medical and personal care for cats, including removal of tumors to repairing wounds; cancer treatment; annual checkups; special diet foods (homemade); dispensing daily medication, whether injections and or fluids with regular medication; dental care; emergency care; hospice care; special needs care; care for disabled kitties (mentally, physically, emotionally) and homeopathic care.”

Tommy’s has experienced a significant struggle because of the lack of funding. So many cats are ill, requiring medical treatment, often extensive hospital care, with the elements causing devastation to the colonies and recovery from our loss from a fire. A successful event will help Tommy’s continue doing what they do best - save lives.

The event will be from 9 a.m. to 5:30 p.m. Friday, May 10, at Sabattus Regional Credit Union, 2 Middle Road, Sabattus, ME. Donations may also be sent to Tommy’s Feral Feline Friends, P. O. Box 274, Greene, Maine 04236 or to PayPal at <https://www.tommysferalfelinefriends.com> for more information, contact Tommy’s at normblais39@yahoo.com.



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“Yard Your Way” this spring

Alexandria, VA — The TurfMutt Foundation, which is celebrating 15 years this year of advocating for the care and use of yards, parks and other green spaces, encourages homeowners to put their own spin on their personal outdoor space this spring by adopting a “yard your way” attitude.

The act of “backyarding,” which is the act of using our yards, parks and other green spaces for activities typically associated with our indoor life such as dining, working, entertaining and more, has gained much traction in recent years. Now, with spring just around the corner, the Foundation encourages people to ratchet up their backyard activities by identifying their personal style and personality.

“Your yard isn’t just for aesthetics,” reminds Kris Kiser, President and CEO of the TurfMutt Foundation. “It’s purposeful and contrib-



Submitted photo

utes to our and the planet’s well-being. We encourage you to design your space that shows off your sense of style and supports what is important to your family.”

Here are six ideas to “yard your way” this spring:

- **Business in the front (yard) & party in the back.** If you live in a neighborhood with strict homeowner’s association regulations, you may feel hemmed in by what you can do in the public-facing areas of your yard. But you can use the backyard to really highlight your style, whether it’s cozy and family-friendly or modern and sleek.
- **Sensible & sustainable.** What you choose to plant in your yard can affect climate change on a micro level, and eco-conscious homeowners know selecting native plants is good for the environment. They are more resilient, require less water and promote

biodiversity. BONUS: they are also easier to maintain.

- **Budget backyarding.** Your yard is full of cost-saving measures that budget-conscious families can take. Skip the fancy restaurant and dine alfresco on your patio. Host a family movie night on a blanket of backyard grass. Or consider trading a pricy weekend getaway for a backyard staycation.
- **Biodiverse digs.** Human-made and synthetic environments have changed the landscape, so pollinators and wildlife rely on our yards and community green spaces to bring equilibrium to the ecosystem. Planting for these local critters can turn your backyard into a private nature preserve.
- **DIY...or don’t.** If you are a weekend warrior who relishes DIY projects, taking care of your yard yourself can be an excellent choice. But there is no shame in

your backyard game if you outsource yard work so you can spend your time outside just enjoying your yard. You could also have a landscaping crew do the basic mowing and maintenance so you can spend your time enjoying gardening or just enjoying it.

- **Park it.** Community greenspace and neighborhood parks make it possible to “yard your way” even if you don’t have an outdoor space to call your own. Want to sit under a shade tree and read? A community park often offers these kinds of resting spots. Want to do a little hiking but not travel hours out of town? An urban trail system is an excellent opportunity to hoof it close to home. You can even stake a claim to your own patch of nature and try your hand at growing things through community gardening programs.

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Leg cramps

Jodi Cornelio



Live Long, Live Well
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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 dis-

appears 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



Metro photo

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.

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.

Live long, live well

Scam Alert Bulletin Board



Let It Go...to Voicemail

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

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

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

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

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

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Sciatica



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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Androscoggin Bank welcomes Mohamed Mohamed as AVP, Community Banker

LEWISTON — Androscoggin Bank is delighted to announce the appointment of Mohamed Mohamed as our newest AVP, Community Banker. Mohamed brings over seven years of experience in finance, operations, and development, making him a valuable addition to the Androscoggin Bank team. Expressing his enthusiasm, Mohamed stated, "Androscoggin Bank has continued to show interest in the development of the Lewiston-Auburn (L/A) community.



Mohamed Mohamed

Their initiatives to empower the community by providing financial opportunities are inspiring. Developing more avenues to connect with L/A members is a point of motivation and excitement to join the Androscoggin Bank team." Mohamed joined the L/A community as a New Mainer in 2012 and worked at Bangor Savings Bank prior to joining Androscoggin. Through his professional journey, Mohamed has become an exceptional asset to the L/A community. He is deeply involved in several local committees,

serving as a board member for the Lewiston Housing Committee and having also previously served as a board member for Tree Street Youth. Additionally, his ability to speak multiple languages, including French and Somali, reflects his adaptability in connecting with diverse populations. Mohamed's dedication to developing the local community aligns perfectly with his new role, and Androscoggin Bank could not be more excited to have him join the team.

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

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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.

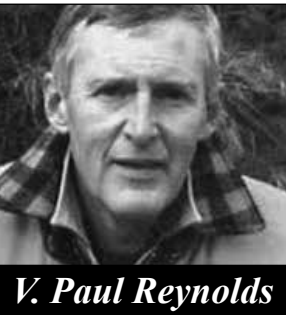
For any fan of this franchise, Ghostbusters: Frozen Empire serves up a full platter of laughs, scares, and excitement. It's the kind of movie where you can sit back and watch the magic unfold before it leaves you smiling. As soon as you hear Ray Parker Jr's classic hit, it'll remain in your head for 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)

FEATURE COLUMN

The Bucket List



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 mid-

dle-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 prob-

ably 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 mellow 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.



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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 me-

dia for information. Local stories, when they are told by these institutions, become 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.

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 in-

creased space and equipment would train an additional 100 nurses annually, add healthcare programming, update science labs that are used for required courses in healthcare programs, improve the exercise science and physical fitness specialist programs, and

enhance short-term workforce training programs in healthcare areas such as medical assistant, certified nurse assistant, basic life support certification, and phlebotomy.

CMCC’s Healthcare Training Expansion project will create opportunities to enroll

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

ate 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

earnars 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.

2024 LISBON SPRING SPORTS SCHEDULE

TRACK & FIELD		
DATE	LOCATION	TIME
4/16	Lisbon	3:30pm
4/23	Boothbay RHS	3:30pm
5/4	Lisbon	10:00am
5/8	Hall Dale	3:30pm
5/9	Boothbay RHS	3:30pm
5/14	Lisbon	3:30pm
5/23	Lisbon	3:30pm

VARSITY SOFTBALL		
DATE	TIME	LOCATION
04/11	4:00PM	Lisbon High School
04/15	4:00PM	Lisbon High School
04/17	4:00PM	Lisbon High School
4/19	4:00PM	Monmouth Academy
04/20	4:00PM	Lisbon High School
04/22	4:00PM	Oak Hill High School
04/24	4:00PM	Lisbon High School
04/29	4:00PM	Lisbon High School
05/01	4:00PM	Lisbon High School
05/03	4:00PM	Maranacook
05/06	4:00PM	Madison Area Memorial
05/08	4:00PM	Lisbon High School
05/13	4:00PM	Lisbon High School
05/15	4:00PM	Sacopee Valley HS
05/17	4:00PM	Spruce Mountain HS
05/20	4:00PM	Hall-Dale High School

VARSITY BASEBALL		
DATE	TIME	LOCATION
04/15	4:00PM	Lisbon High School
04/17	4:00PM	Lisbon High School
04/19	4:00PM	Monmouth Academy
04/20	11:00AM	Lisbon High School
04/22	4:00PM	Oak Hill High School
04/24	4:00PM	Lisbon High School
04/26	4:00PM	Boothbay Region HS
04/29	4:00PM	Lisbon High School
05/03	4:00PM	Maranacook Community
05/06	4:00PM	Madison Area MHS
05/08	4:00PM	Lisbon High School
05/13	4:00PM	Lisbon High School
05/15	4:00PM	Sacopee Valley HS
05/17	4:00PM	Spruce Mountain HS
05/20	4:00PM	Lisbon High School
05/29	4:00PM	Winthrop High School

Dates and times are subject to change.

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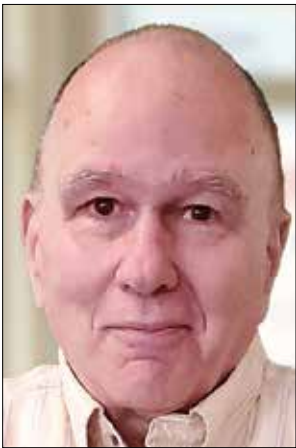
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A FEW WORDS by: John Governale



John Governale

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 Speddens were ready to return to the Unit-

Polar, the Titanic Bear

ed 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 “Muddie 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 to learn more. Also, you can find readings of the book on YouTube. There is a good one by Nancy Batinier.

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Fill the Plate Breakfast presented to benefit Meals on Wheels

LEWISTON—SeniorsPlus, the designated Agency on Aging for Western Maine, held its annual breakfast to benefit its Meals on Wheels nutrition program. The 2024 Fill the Plate Breakfast had an audience of 170 attendees and was held on the morning of Friday, March 22 at the Hilton Garden Inn Riverwatch in Auburn. The breakfast honored Lewiston resident Lucy Bisson with the 2024 Ikaria Award and featured a talk by Maine humorist Gary Crocker.

Last year, SeniorsPlus delivered more than 170,000 meals to 1,800 homebound older adults and adults with disabilities in Androscoggin, Franklin and Oxford counties through its Meals on Wheels program. Each meal provides one-third of the recommended daily allowance of nutrition, a safety check, and a visit to these vulnerable adults. The majority of the clients of Meals on Wheels are lower income or on fixed income.

Born in Lewiston and raised in North Monmouth, Crocker offered remarks and observations about his beloved Maine and her

people in the classic Maine tradition. After teaching public speaking at Cony HS in Augusta, he joined the Waterville Police Department. Crocker then served as Adult Ed Director at CMV-TI (now CMCC) in Auburn and eventually became the spokesman for the Community College System at the Maine State Legislature.

The event included the presentation of the 2024 Ikaria Award, which recognizes an individual or organization for singular and outstanding contributions toward improving the lives of older adults, to Bisson, a former SeniorsPlus volunteer and current Executive Director of the Lewiston/Auburn Senior College. Ikaria is a Greek island in the Aegean Sea. It is considered one of the world's five "Blue Zones" – places where an estimated one in three members of the population regularly lives an active life into their 90s.

The Fill the Plate Breakfast is presented with March for Meals, a national campaign of the Meals on Wheels Association of America.

The overall program goal

of SeniorsPlus is to assist older adults and adults with disabilities in our tri-county area to remain at home safely for as long as possible. The overwhelming majority of older adults (greater than 95% in an AARP survey) wish to remain at home until they die. The Meals on Wheels program provides nourishment, socialization and regular safety checks.

Since 1972, SeniorsPlus has been improving the lives of older adults and adults with disabilities. As the designated Area Agency on Aging for Western Maine, SeniorsPlus provides statewide services with an emphasis on Androscoggin, Franklin and Oxford counties for core services (ie nutrition, information and assistance) that support independent living, healthy aging, and fight isolation. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices. SeniorsPlus envisions a future where all older adults and individuals with disabilities are engaged and




Submitted photo
Betsy Sawyer-Manter, President and CEO of SeniorsPlus (left) is shown with Gary Crocker (center) who was the keynote at the 2024 Fill the Plate Breakfast to benefit Meals on Wheels at SeniorsPlus, Western Maine's designated Area Agency on Aging. Lewiston resident Lucy Bisson (right) received the 2024 Ikaria Award for her outstanding contributions toward improving the lives of older adults.


respected while living quality, independent lives in the communities of their choice. Annually, SeniorsPlus serves 8,000 individuals and fields 170,000 phone inquiries. SeniorsPlus of-

fers a network of support, including information and assistance, short-term care management, Medicare counseling, caregiver support and respite, health and wellness education, ben-

efits counseling, and Meals on Wheels and congregate dining. Most services are free. SeniorsPlus is grateful for the support of its many donors and volunteers.



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