

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.

THE COUNTRY CONNECTION

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THE COUNTRY CONNECTION

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DIRFY Generators
Doing it Right for you

IS NOW SELLING HEAT PUMPS

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Extension Homemakers partners with Janet's Jammies to sew hundreds of pajamas for children in need

For the second year in a row, University of Maine Cooperative Extension Homemakers across the state partnered with non-profit Janet's Jammies to make hundreds of pajamas for children in need. Volunteers from Homemaker clubs in Aroostook, Cumberland, Franklin, Hancock and Somerset Counties turned piles of donated fabric into 260 pairs of flannel pajama bottoms.

When she heard about the effort of the Homemakers, Janet's mother, Shirley Ladd, said, "I think Janet would be in tears knowing that so many children have been blessed by the work of the Homemakers to assemble and distribute so many sets of pajamas in her name."

A red heart is sewn onto each pair of pajamas to symbolize the love that went into every stitch. United Way in several Maine counties helped to identify families in need and then distributed the colorful pajamas with matching tee shirts to kids from ages 2 to 6.

"This has been such a fun project to work on," said Diane Parent of the Caribou Homemakers group in Aroostook County. "We're



Photos courtesy University of Maine Cooperative Extension. Betty Robshaw (Hancock County), Rita Fortin (Somerset County), and Mary Soper (Hancock County) package pajamas for delivery to local children.

all working together across the state for the same goal."

Lisa Fishman, State Coordinator of Maine Extension Homemakers, agreed. "Whether the work was being done in Farmington, or Bucksport, or Madison, everyone had the same goal: to get warm pajamas out to kids who needed them most."

United Way representatives across the state were thrilled to receive the pajamas, with several branches staying open beyond normal business hours to receive them. The director of the Boys and Girls Club of Augusta called to request additional pajamas to make sure they could meet the needs in their area.

Janet's Jammies was es-

tablished as a nonprofit in 2021 in honor of Janet Brzozowski, an avid seamstress who loved sewing clothes for others. The organization was founded on Janet's philosophy "to delight in the detail, to stitch care in every garment, and to wrap ourselves in the love of our family."

The Maine Extension Homemakers are already stitching pajamas for the next distribution, scheduled for November. This time around, Janet's Jammies is creating larger-sized patterns to accommodate older youth. The organization is also requesting donations of clean flannel material. If you have extra material you'd like to donate, con-

tact Extension Homemakers State Coordinator Lisa Fishman at lisa.fishman@maine.edu.

The Extension Homemakers of Maine is a community-based organization comprised of caring and industrious individuals across the state. More than half of Maine counties have active chapters. Every year, Extension Homemakers take on a statewide project with the purpose of learning something new, serving others, and benefiting communities.



Extension Homemakers State Director Lisa Fishman delivers pajamas to Nicole Cooley, Development Director of the Boys and Girls Clubs of Kennebec County.

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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: _____

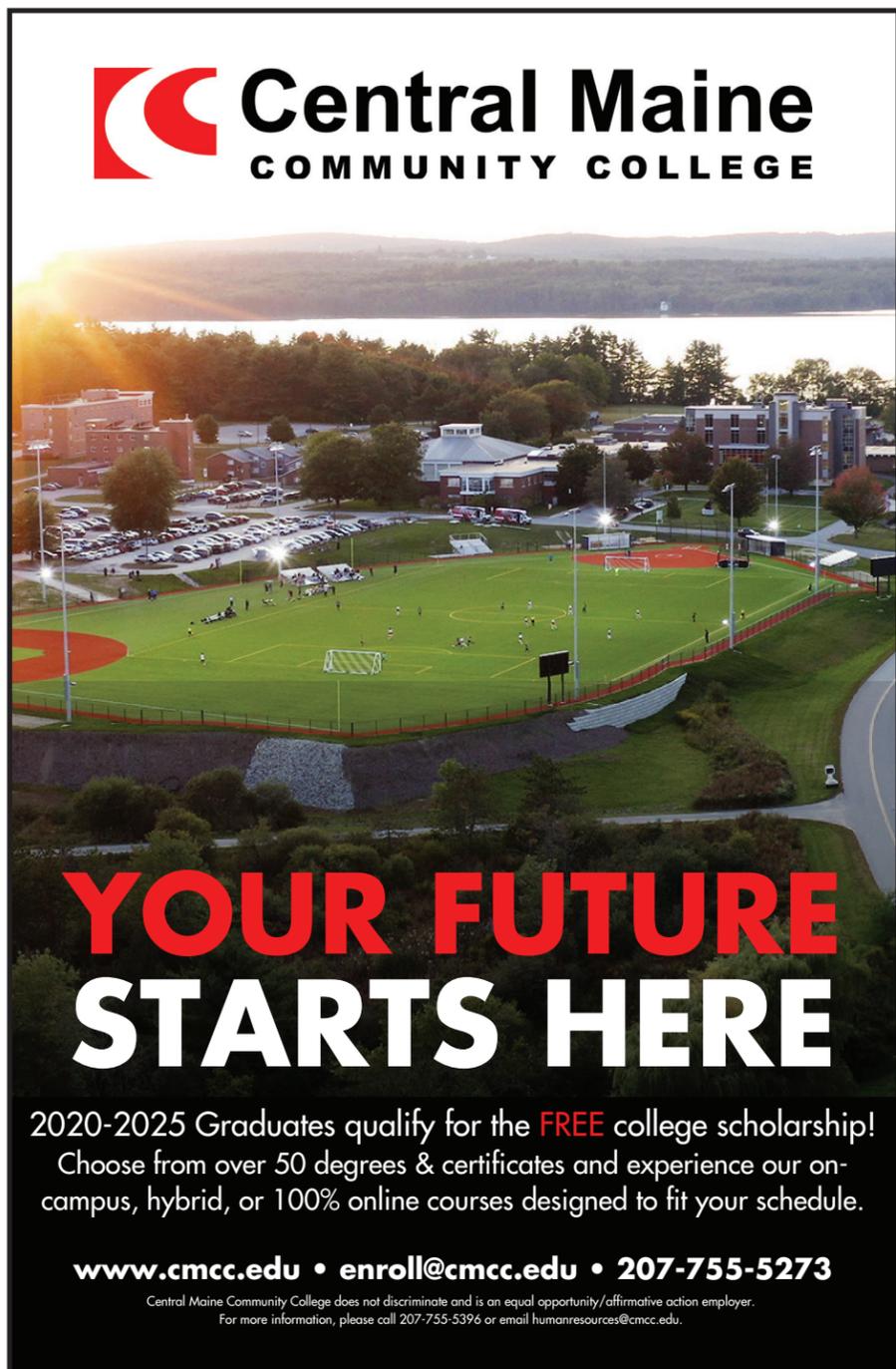
Zip: _____

Email Address: _____

Phone: _____

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Poland Historical Society

POLAND - The Poland Historical Society met in January at the Schoolhouse Museum to elect officers and trustees for 2024. Elected as President: John “Jack” Rozos; Vice-President: Jim Fernald; Treasurer: Pat Moening; Clerk: Laura Brown; Historian: Steve Verrill; Trustees: David Andrews, Cyndi Robbins, and David Tedford.



The Poland Historical Society was founded in 1995 and meets in the 1848 Po-

land Corner Schoolhouse located adjacent to the Poland Town Office at 1231 Maine Street. The building is handicapped accessible.

A schedule of programs, field trips, and tours will be announced soon.

For more information on the Poland Historical Society, call Jack Rozos at 998-5268.

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MAINE CALENDAR

APRIL

April 11 — How much your antique vase is worth? 1:00 – 4:00 p.m., Community Meeting Room, Lithgow Library is located at 45 Winthrop Street in Augusta, donation to the Friends of Lithgow Library is required for each appraisal, Thomaston Place Auction Galleries will offer evaluations, for more information, please call the library at (207) 626-2415 or visit our website at www.lithgowlibrary.org.

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

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

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

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

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

April 20 — Spring French Toast & Pancake Breakfast, 6:30 a.m. - 10 a.m., Leeds Volunteer Fire Department, Ridge Road, Route 106, Leeds, french toast, pancakes, eggs, bacon, sausage, ham, home fries, coffee, cider and OJ, Adults \$10, Kids 4-12 \$6, funds raised will be used to replace air packs and air bottles.

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

April 27 — Rural Community Action Ministry Auction 4 Action, 4:30 p.m. to live auction end, Boofy Quimby Memorial Cen-

ter, 96 Howes Corner Rd., Turner, for more info call 207-524-5095.

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

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

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

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

MAY

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

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

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.

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).

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://norwaymaine.com>.

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-parents/gould-end-of-year-2024>.

JUNE

June 1 — National Trails Day Work Party, 9 a.m., Twin Bridges Preserve, Route 117, Otisfield, join us for a morning of re-blazing and signing the trails, wear work gloves & boots, bring water & bug spray, free, registration required, <http://norwaymaine.com>.

June 20 — Supporting Native Pollinators, 11 a.m. - 3 p.m., McLaughlin Garden, 97 Main Street, South Paris, join local environmental organizations as they host U.S. Fish and Wildlife Service Bi-

ologist Hannah Mullally who will talk about the breadth of Maine's native pollinators, their importance in the ecosystem and food supply, and how individuals can support them using native plants in creating pollinator habitat, free, registration required, <http://norwaymaine.com>.

June 20 — Nomad Trail Series: May-October, 6 p.m., Farm to Town Trailhead, Water Street, Norway, monthly 3.1 mile race series, register for one (\$10/ \$15 on site) or for all six (\$50) races, register: www.runsignup.com.

June 21 — Longest Day Paddle, 5 p.m., public boat launch area on Crockett Ridge Rd, Norway, enjoy the summer solstice as we paddle on Lake Pennessewassee, bring water, boat, & PFDs, free, registration required, <http://norwaymaine.com>.

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.

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.

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.

LEWISTON: Sadie's Fiber Arts Club, starting Nov. 1, every 1st and 3rd Wednesday of the month, 3:30 p.m., opportunity to create a hands-on fiber arts craft with local fiber artist, Sadie, in the Children's Department, Free. No registration required. All arts and craft supplies will be provided. Recommended for ages 6 – 12. 513-3133; www.LPLonline.org.

WINTHROP: Winthrop Maine Historical Society, first Thursday of month, 6-8 p.m., Winthrop History and Heritage Center, 107 Main St., 207-395-5199, winthropmainehistorical@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

MAINE CALENDAR PAGE

If you are hosting a free community event and would like it added to our calendar, please email your details to: advertising@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster. Our Maine Events calendar page is FREE for free community events. Church, library and school event news is free on this page. If you are a business and/or charging admission/fee, there is a charge for a display ad on these pages. Email: advertising@turnerpublishing.net. Call 207-225-2076 for pre-payment options. Events for the Maine Events Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: www.turnerpublishing.net/pdf/Deadlines.pdf

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207-441-2816.

BRIDGTON: 1-4 Sunday, Community Ping Pong Program, \$1 to participate, open to all Town Hall, 26 North High St.

BRIDGTON: Veterans Stronger Together, 4-5 p.m. Monday, Lakes Region Recovery Center, 25 Hospital Drive, 207-803-8707.

BRIDGTON: Al-Anon, 5-6 p.m. Tuesday, Lakes Region Recovery Center, 25 Hospital Drive, 207-803-8707.

BRIDGTON: Narcotics Anonymous, 5:30-6:30 p.m. Thursday, Lakes Region Recovery Center, 25 Hospital Drive, 207-803-8707.

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.

AUBURN: Androscoggin County Republicans, 6:30 p.m., second Thursday of month, Auburn City Hall Second Floor Community-Room 60 Court St.

NORWAY: Oxford Hills Honeybee Club, 1 p.m., second Saturday of the month, First Universalist Church, 479 Main St., all welcome, cpeaston@megalink.net.

NORWAY: Serenity Seekers Al-Anon Family Meeting, 6:30 -7:30 p.m. Thursday, WMARI (Western Maine Addiction Recovery Initiative), 15 Tantery St., 207-595-1836.

RUMFORD: Old School Food Pantry, 115 Maine Avenue, Wednesdays from 3 p.m. to 6 p.m., For more information or to help: (207) 364-4556 or email Shannon at rvhccglover@gmail.com.

SKOWHEGAN:

St. Anthony's Soup Kitchen, 273 Water Street, 1st and 3rd Tuesdays of each month and every Thursday, 3 p.m. to 4 p.m. For more information or to help: (207) 474-2039.

NORWAY: Mindful Yoga at Roberts Farm Preserve Roberts Farm Preserve, 9:30 – 10:30 a.m., 58 Roberts Rd, Norway. Led by Kat Larsen E-RYT500. Gentle flow yoga by the woodstove. Bring water, mats are available. Space is first come, first served. Donations welcome.

ONGOING:

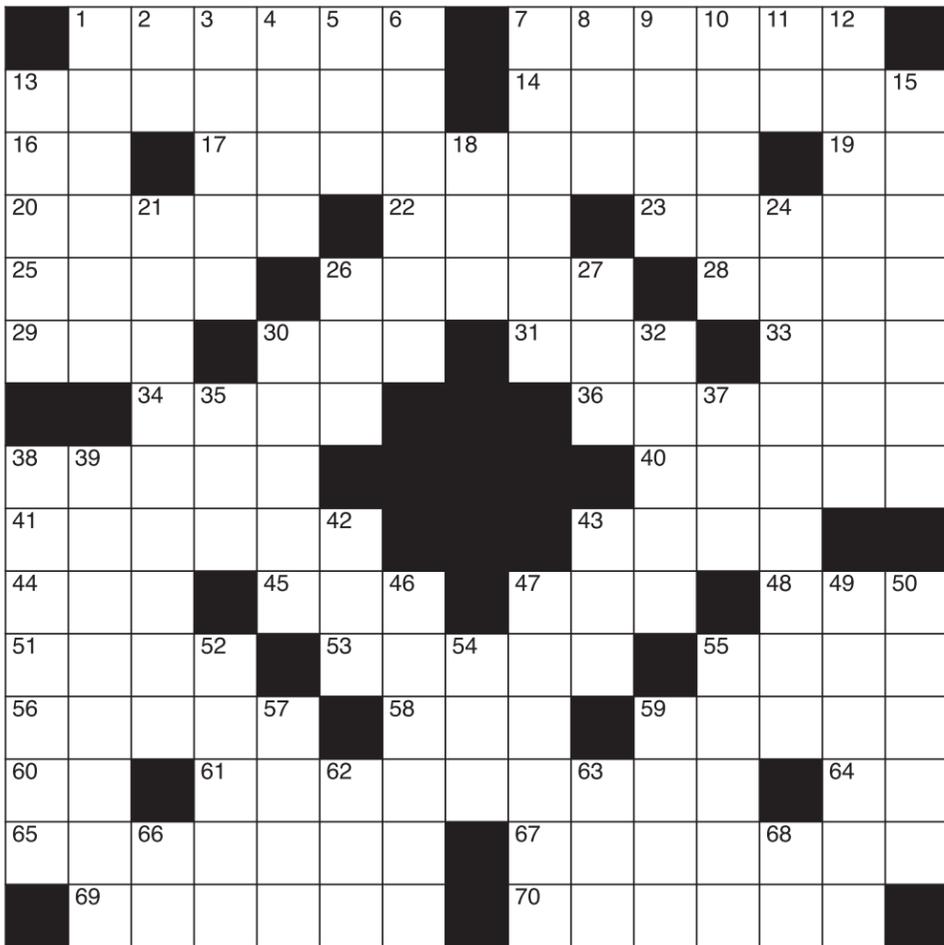
Food Addicts Meetings FREE - Food addicts in recovery meetings Tues, Thurs and Sun by phone and ZOOM. foodaddicts.org FMI call 623-8375 or 623-1924.

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

CANCELLATIONS None listed.
POSTPONEMENTS 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.

Crossword



CLUES ACROSS

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

and noses

- 58. Tear
- 59. Large Madagascan lemur
- 60. Not out
- 61. Ornamental saddle covering
- 64. A driver's license is one
- 65. Latin term for charity
- 67. Rechristens
- 69. Objects from an earlier time
- 70. Hindu male religious teachers

CLUES DOWN

- 1. Used as a weapon
- 2. Yukon Territory
- 3. Makes a map of
- 4. An established ceremony prescribed by a religion
- 5. Unnilhexium
- 6. Merchant
- 7. Playing the field
- 8. Folk singer DiFranco
- 9. Something to scratch
- 10. Mexican agave
- 11. Equal to one quintillion bytes
- 12. Session
- 13. North American people
- 15. Ranches
- 18. Electroencephalo

-graph

- 21. A type of compound
- 24. Avenue
- 26. High schoolers' test
- 27. A type of meal
- 30. Gradually disappeared
- 32. Ancient Frankish law code
- 35. Popular pickup truck
- 37. Buzzing insect
- 38. Deal illegally
- 39. Lying in the same plane
- 42. Obstruct
- 43. Related
- 46. Challenge aggressively
- 47. Nocturnal hoofed animals
- 49. Bird's nests
- 50. Forays
- 52. ___ B. de Mille, filmmaker
- 54. Title of respect
- 55. One-time name of Vietnam
- 57. Self-immolation by fire ritual
- 59. Private school in New York
- 62. Political action committee
- 63. A way to fashion
- 66. Email reply
- 68. "The Great Lake State"

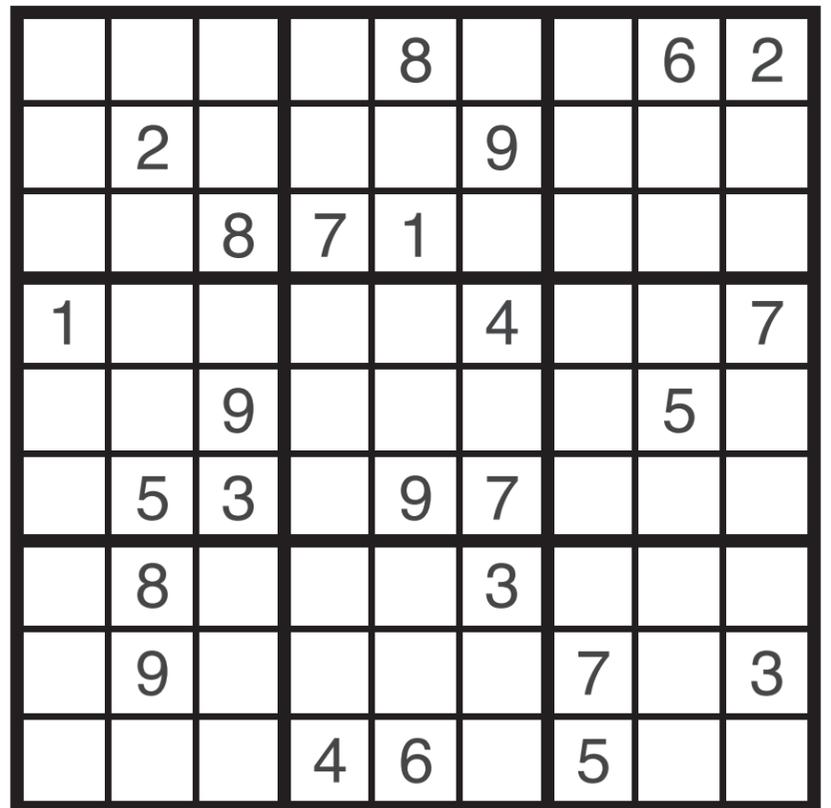
Famous Birthdays

- APRIL 7
Russell Crowe, Actor (60)
- APRIL 8
Skai Jackson, Actress (22)
- APRIL 9
Elle Fanning, Actress (26)
- APRIL 10
Mandy Moore, Singer (40)

- APRIL 11
Ken Carson, Rapper (24)
- APRIL 12
Saoirse Ronan, Actress (30)
- APRIL 13
Al Green, Singer (78)



Sudoku



Level: Advanced

Horoscopes

ARIES - Mar 21/Apr 20

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

TAURUS - Apr 21/May 21

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

GEMINI - May 22/June 21

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

CANCER - June 22/July 22

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

LEO - July 23/Aug 23

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

VIRGO - Aug 24/Sept 22

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

LIBRA - Sept 23/Oct 23

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

SCORPIO - Oct 24/Nov 22

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

SAGITTARIUS - Nov 23/Dec 21

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

CAPRICORN - Dec 22/Jan 20

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

AQUARIUS - Jan 21/Feb 18

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

PISCES - Feb 19/Mar 20

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



Did you find Coop?

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



Name _____

Address _____

Paper _____

Page # _____ Phone # _____

Email info to: kidscorner@turnerpublishing.net
Or mail to: Turner Publishing
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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 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

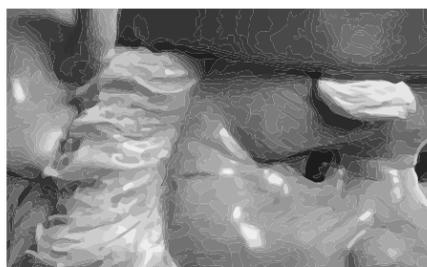
GERMAN: Mähen

Did you Know?

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

MINOT COMMUNITY NEWS CORNER April 2024



2024 Town Meeting Results

While the Town's budget passed last month, the Town still needs to wait for the RSU to complete its budget process before committing taxes. This is usually in July or August after the June referendum and after the legislative session closes in case there are any bills that may impact the Town's share of state revenues. This year, we will be watching both processes diligently to have a full understanding of the potential property tax impact.

RSU#16 Superintendent Todd Sanders joined the Board of Selectmen at their meeting on March 4th to discuss the current deficits that the administration is facing when developing next year's budget. The items that he highlighted were a reduction in state subsidies, decreased eligibility in funding for free or reduced lunch, and an overall enrollment decrease. These were coupled with contractually mandated salary increases, inflation for operational costs, and previously deferred maintenance to critical infrastructure. He

also highlighted the balance that was taking place by speaking to the ways they were controlling the tax impact by not bringing on any new positions and potentially implementing hiring freezes for long vacant positions.

This is just a quick summary of the complex process of building a budget for a large organization, like the RSU, and we highly recommend that you reach out to the administration with any questions you may have or visit their website at www.rsu.org, where they post information and meeting schedules. We also encourage residents to get involved so that they can understand how the budget was derived in order to be an informed voter for both the District Budget Meeting on May 21st (6:30 at PRHS/BWMS auditorium) and the Budget Validation Referendum on June 11th (8am-8pm at the Town Office). Feel free to reach out to Town Office staff if you have any questions about voting or absentee ballot deadlines.

Bruce M. Whittier Middle School Trimester 2 Honor Roll

Grade 7 Academic High Honors

Braydan Benton, Lucy Bissonnette, Grace Bussiere, Elliot Colon, Isabella Comeau, Deja Cummings, Brody Dailey, Allura Dumont, Megan Gagnon, Courtney Karpowitz, Jason Letourneau, Tucker Rinchich, Ian Rioux, Josephine Rocha, Sidney Russell, Ethan Sewell, Sophia Souza, Juliette Szantyr, Owen Wallingford, Annabelle Whitten, Anna Yerxa

Grade 7 Academic Honor Roll

Ezrah Amaral, Matthew

Atencia Guzman, Abigail Benson, Alyvia Bryant, Vivian Colon, Ranger Dubay, Ezra Edwards, Camden Footman, Benjamin Gagnon, Brady Guay, Liam Haslip, Ava Hebert, Sierra Hemond, Rihanna Luce, Lyric Orlando, Julia Paradis, Aiden Perrino, Lilah Rose Pittman, Nina Spence, Tanner Tanguay, Molly Taylor, Joshua Varney

Grade 7 Habits of Work High Honors

Reese Allen, Abigail Benson, Braydan Benton, Lucy

Bissonnette, Grace Bussiere, Elliot Colon, Vivian Colon, Isabella Comeau, Deja Cummings, Brody Dailey, Allura Dumont, Megan Gagnon, Brady Guay, Ava Hebert, Courtney Karpowitz, Jason Letourneau, Julia Paradis, Tucker Rinchich, Ian Rioux, Josephine Rocha, Sidney Russell, Ethan Sewell, Sophia Souza, Nina Spence, Owen Wallingford, Annabelle Whitten, Anna Yerxa

Grade 7 Habits of Work Honor Roll

Matthew Atencia Guzman, Alyvia Bryant, Grace Cummings, Ranger Dubay, Ezra Edwards, Brady Jan-dreau, Savannah Karpowitz, Brody Lang, Lillian Luce, Rihanna Luce, Joseph Morello, Aiden Penfold, Olivia Pinkham, Simon Rice, Juliette Szantyr, Tanner Tanguay, Molly Taylor, Logan Whittier, Ella Yates

man, Alyvia Bryant, Grace Cummings, Ranger Dubay, Ezra Edwards, Brady Jan-dreau, Savannah Karpowitz, Brody Lang, Lillian Luce, Rihanna Luce, Joseph Morello, Aiden Penfold, Olivia Pinkham, Simon Rice, Juliette Szantyr, Tanner Tanguay, Molly Taylor, Logan Whittier, Ella Yates

Grade 8 Academic High Honors

Sopia Aube, Ava Banaitis, Sydney Beuparlant, Madison Bosse, Blake Brown, Emily Bustamante, Hailey Caron, Richard Christopher, Colby Dolley, Connor Dumont, Brandon Durant, Cole Gagnon, Bella Hartman, Ella Jacobs, Jacob Jamo, Leksi Langevin, Owen Leonard, Isabella Lizotte, Deleayni MacEachen, Adalyn Martin, Lila Martin, Alyssa Mason, Lillian McAlister, Grayson Noyes, Bella Pelletier, Scarlett Quimi, Arabella Smith, Nicholas Smith, Emily Stanford, Alicia Starbird, Camden Welch, Anna Winslow, Avria Yerxa

cia Starbird, Camden Welch, Anna Winslow, Avria Yerxa

Grade 8 Academic Honor Roll

Kaydence Bowie, Arian-na Brooks, Raelle Brooks, Benjamin Caron, Aiden Colbath, Fiona Connolly, Regan Cooper, Derek Coughlin, Nicholas Estes, Connor Farrington, Paige Fecteau, Colby Gagnon, Isabelle Gotham, Beckett Greene, Molly Grenier, Kaitlyn Harlow, Meghan Komanetsky, Alivia Lemieux, Kairi Marshall, Mia Mastrogiacomio, Jonathan Plummer, Avannah Poulin, Sawyer Ramsdell, Tyler Ricker, Wyatt Scribner, Logan St. Cyr, Nathaniel Stowe, Sophia Whalen, Rylee Young

Grade 8 Habits of Work High Honors

Sophia Aube, Sydney Beuparlant, Kaydence Bowie, Emily Bustamante, Connor Dumont, Cole Gagnon, Molly Grenier, Bella

Hartman, Jacob Jamo, Leksi Langevin, Selena Leavitt, Owen Leonard, Isabella Lizotte, Deleayni MacEachen, Adalyn Martin, Alyssa Mason, Mia Mastrogiacomio, Lillian McAlister, Grayson Noyes, Bella Pelletier, Scarlett Quimi, Madeline Seyb, Arabella Smith, Nicholas Smith, Emily Stanford, Alicia Starbird, Zac Turcotte, Anna Winslow, Ashton Yerxa, Avria Yerxa

Grade 8 Habits of Work Honor Roll

Maddison Bosse, Gregory Bouchard-Diaz, Blake Brown, Payton Campbell, Benjamin Caron, Colby Dolley, Paige Fecteau, Taylor Hood, Meghan Komanetsky, Kairi Marshall, Lila Martin, Jonathan Plummer, Avannah Poulin, Sawyer Ramsdell, Mackenzie Rawson, Anya Roberts, Tatiana Salley, Wyatt Scribner, Aiden Stimpson, Camden Welch



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Celebrate the 129th Anniversary of the Maine State Building at Poland Spring, at "Maine Day" Open House

Opening Day for the Poland Spring Museums

POLAND — Join the Poland Spring Preservation Society on Saturday May 25th from 9-3pm for an open house at the Maine State Building, 37 Preservation Way in Poland, Maine. See the new exhibits, visit the gift shop with local Maine made crafts, play some games, and learn about the heritage of the Maine State Building and the 1893 Columbian Exposition! Admission is free.

May 24, 1893 served as the official dedication of the Maine State Building at the 1893 Columbian Exposition in Chicago, Illinois. A reception was held in the rotunda led by Governor Henry B. Cleaves and other prominent Mainers. At noon, an address was made detailing the work of the board and its efforts to showcase the materials, work and design of Maine craftsmanship. The building was then declared open to the public.

At the end of the fair, the building was purchased by the Ricker family of Poland Spring, dismantled and rebuilt at Poland Spring Resort for use as a library and art gallery.



Haines Photography

The Poland Spring Preservation Society is a 501c3 non-profit organization dedicated to preserving the unique historical architecture of the Maine State Building and the All Souls Chapel, one-of-a-kind structures listed on the National Register of Historic Places. The Maine State Building was constructed for the World's Columbian Exposition held in Chicago in 1893, and returned to Maine by the Ricker family of Poland Spring, who had won an award for the purity of their Poland Water at the Exposition. It is one of only 5 buildings that remain and the only State Building remaining from the Fair. The All Souls Chapel opened in 1912 under the vision of Sadie Ricker for the guests and staff at Poland Spring.

For more information please visit <https://www.facebook.com/events/433483299142769?ref=newsfeed>

Easter Coloring Contest Winners:

Willow Key, Gorham - Natalie Sarle, Mexico - Lucia Twitchell, Oxford



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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



Metro photo

short grass makes lawns less attractive to this type of tick. Consumer Reports advises homeowners who have let their grass grow a little too high (around five or six inches) to bag their clippings when cutting the grass. Lots of clippings on the grass can provide a respite from the heat for black-legged ticks.

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

- Plant with infestation prevention in mind. Some plants can help to repel ticks because they boast certain characteristics that ticks cannot tolerate. The fragrances, textures and oils of plants like garlic, mint, lavender, marigolds, and others create less welcoming conditions for ticks. Homeowners can speak with local garden centers for advice on tick-repellant plants that can thrive in their particular climate and on their properties.

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

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

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HAVE YOU FOUND THE PHONY AD?

THE HEALTHY GEEZER

Sciatica



Fred Cecitti

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

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

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

Most of the time, sciatica goes away within a few

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

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

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

Other causes of sciatica include:

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

there can be pressure on the spinal cord.

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

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

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

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

There are many ways to treat sciatica including injections, pain-relieving

drugs, muscle relaxants, hot or cold packs, physical therapy and surgery.

To avoid sciatica, you should:

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

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SeniorsPlus

Volunteerism, Supporting Communities and Wellbeing

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

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

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

Volunteering is not just an act of selflessness and generosity; it's a gateway to a healthier mind and body. Research shows that helping others can significantly enhance mental and physical health, providing a powerful reason to get involved.

Assisting others can stimulate pleasure centers in our brains, releasing endorphins that bring feelings of tranquility and joy. It's a win-win situation; not only do the recipients of our service benefit from the community's generosity, but it also enhances our own mental and physical well-being.

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

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

Kimmy Dionne is the Volunteer Services Coordinator at SeniorsPlus.

Reference: www.volunteer-opportunities.org/history-american-volunteering

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

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STUDENT NEWS

Minot resident named to Clark University's fall Dean's List

Worcester, MA — Bailee E. Kinney of Minot was named to second honors on the Clark University Dean's List. This selection marks outstanding academic

achievement during the fall 2023 semester.

Students must have a GPA of 3.8 or above for first honors or a GPA between 3.50 and 3.79 for second honors.

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

Lewiston, ME — More than 590 students were named to the Dean's List at Bates College for fall 2023. This honor is earned by students with a 3.92-grade point average or higher. The following local students were named to the dean's list:

Mechanic Falls is majoring in Politics and minoring in Chinese.

Paige Cote of New Gloucester is majoring in Biological Chemistry and minoring in Religious Studies.

Kai Anderson of Poland is still considering a major.

Colin Marquis Boutin of

UT student Cody Roy of New Gloucester earned Dean's List Honors

Tampa, FL— Cody Roy of New Gloucester earned dean's list honors at The University of Tampa for the fall 2023 semester. Roy is a

freshman majoring in Economics BS. Students must maintain a GPA of 3.75 or higher to be eligible for the dean's list.

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:

- Minot
Chloe Whited, Marketing, daughter of Melanie Whited and Jonathan Whited Gray
- Ava Grosso, Biology/Biotechnology, daughter of Nadine Grosso and Vincent Grosso Jr
- Gabriella Richard, Nursing, daughter of Karrie Richard and Donald Richard

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Leg Cramps

Jodi Cornelio



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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.

Avoiding Leg Cramps:

Have you ever woken up in the middle of the night with a muscle cramp in your leg? We know these as charley horses, and they most commonly occur in your calf or hamstring but can happen in any muscle in your body. They feel like a big knot in your muscle, can be incredibly painful and may happen unexpectedly. They usually last for 30 seconds to minutes. Straightening your leg or standing up on a cold floor may help get rid of the cramp in your leg if it catches you by surprise in the middle of the night. Grabbing it, pounding it, or rubbing it will do little good and may even cause you more pain or damage after the charley horse disappears so please take caution with that.

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



Metrophoto

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 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.

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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 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 the age of 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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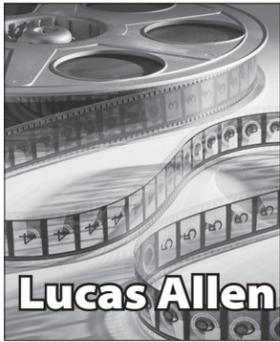
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MOVIE REVIEW

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)

2024 POLAND SPRING SPORTS SCHEDULE

VARSITY BASEBALL

Date	Time	Location
4-02	4:00 PM	PRHS
4-06	11:00 AM	PRHS
4-06	2:00 PM	PRHS
4-09	4:00 PM	Windham
4-11	4:00 PM	PRHS
4-13	1:00 PM	Spruce Mountain
4-16	4:00 PM	Oak Hill
4-19	1:00 PM	Medomak Valley
4-22	4:00 PM	Freeport
4-24	4:00 PM	PRHS
4-26	4:00 PM	Sacopee Valley
4-29	4:00 PM	Lake Region
5-01	4:00 PM	Mountain Valley
5-06	4:00 PM	PRHS
5-08	4:00 PM	PRHS
5-10	4:00 PM	York
5-13	4:00 PM	PRHS
5-15	4:00 PM	Cape Elizabeth
5-17	4:00 PM	Wells
5-20	4:30 PM	PRHS
5-22	4:00 PM	PRHS
5-24	4:00 PM	Greely

BOYS LACROSSE

Date	Time	Location
4-2	4:00 PM	Westbrook
4-4	5:15 PM	Deering
4-09	4:30 PM	GNG
4-11	6:00 PM	Yarmouth
4-16	12:00 PM	GNG
4-23	3:30 PM	North Yarmouth A
4-26	4:00 PM	Cheverus
4-30	4:00 PM	GNG
5-03	4:30 PM	Erskine Academy
5-09	6:00 PM	York
5-11	9:00 AM	GNG
5-14	3:30 PM	Greely
5-17	4:00 PM	GNG
5-21	4:30 PM	Lake Region
5-23	4:00 PM	GNG
5-28	6:00 PM	GNG
5-30	5:00 PM	GNG

Dates and times are subject to changes.

SOFTBALL

Date	Time	Location
4-06	11:00 AM	Leavitt Area
4-09	4:30 PM	Windham
4-11	4:00 PM	(H)Cape Elizabeth
4-13	1:00 PM	Spruce Mountain
4-16	4:30 PM	(H)South Portland
4-19	1:00 PM	Medomak Valley
4-22	4:00:00 PM	Freeport
4-24	4:00 PM	(H)York
4-26	4:00 PM	Sacopee Valley
4-29	4:00 PM	Lake Region
5-01	4:00 PM	Mountain Valley
5-06	16:00	(H)Lewiston
5-08	4:00 PM	(H)GNG
5-10	4:00 PM	York
5-13	4:00 PM	(H)Lake Region
5-15	4:00 PM	Cape Elizabeth
5-17	4:00 PM	Wells
5-20	4:30 PM	(H)Yarmouth
5-22	4:00 PM	(H)Fryeburg
5-24	4:00 PM	Greely

TRACK

Date	Times	Location
4-26	3:30	Sac Va
5-3	3:30	Wells
5-10	3:30	PRHS
5-16	3:30	Lake Region
5-25	9:00	Lake Region
6-1	TBD	Old Town HS

JV BASEBALL

Date	Time	Location
4-11	4:00 PM	Cape Elizabeth
4-19	1:00 PM	PRHS
4-25	4:00 PM	York
4-27	1:00 PM	PRHS
4-30	4:30 PM	PRHS
5-01	4:00 PM	PRHS
5-06	4:00 PM	Lewiston
5-08	4:00 PM	Gray-New Gloucester
5-11	1:00 PM	PRHS
5-14	4:30 PM	Lake Region
5-15	4:00 PM	PRHS
5-20	4:00 PM	Yarmouth
5-22	4:00 PM	Fryeburg Academy
5-24	4:00 PM	PRHS

JV SOFTBALL

Date	Time	Location
4-19	1:00 PM	PRHS
4-22	4:00 PM	PRHS
4-25	4:00 PM	York
4-27	1:00 PM	PRHS
4-30	4:30 PM	PRHS
5-01	4:00 PM	PRHS
5-06	4:00 PM	Lewiston
5-08	4:00 PM	Gray-New Gloucester
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5-20	4:00 PM	Yarmouth
5-22	4:00 PM	Fryeburg Academy

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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

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CMCC to build addition to Kirk Hall, expand healthcare programs

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

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

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

students and create new healthcare programming to help fill the State's workforce shortages.

"Having the ability to

grow healthcare programs will make it possible for more Mainers to enroll and benefit. Healthcare jobs are in high demand,

high wage jobs where earners contribute to Maine's economy. CMCC has a long history of educating students who stay in

Maine and this project will increase those numbers," said Dr. Betsy Libby, President of Central Maine Community College.

2024 GRAY/NEW GLOUCESTER SPRING SPORTS SCHEDULE

SOFTBALL

Date	Time	H/A	Opponent
4/12			vs Fryeburg
4/19			at Greely
4/22			vs Sacopee Valley
4/24			vs NYA
4/26			vs Freeport
4/29			vs Leavitt
5/3			at Wells
5/6			at Dirigo
5/8			at Poland
5/10			at Lake Region
5/15			vs York
5/16			at Yarmouth
5/20			at St. Dom's
5/22			vs Wells
5/24			at Cape Elizabeth
5/28			vs Lake Region

GIRLS V LACROSSE

Date	Time	H/A	Opponent
4/18			vs NYA
4/24			at Biddeford
4/25			vs Waynflete
4/30			at Westbrook
5/3			at Lake Region
5/7			vs Bonny Eagle
5/9			vs St. Dom's
5/10			at Fryeburg
5/14			at York
5/16			vs Freeport
5/20			at Greely
5/21			at Deering
5/29			vs Fryeburg

Dates and times are subject to change.

BASEBALL

Date	Opponent	Time
4/12	vs Fryeburg	4:00
4/19	at Greely	4:00
4/22	vs Sacopee Valley	4:00
4/26	vs Freeport	4:00
4/29	vs Leavitt	4:00
5/1	vs Traip	4:00
5/3	at Wells	4:00
5/6	at Dirigo	4:00
5/8	at Poland	4:00
5/10	at Lake Region	4:00
5/15	vs York	4:00
5/16	at Yarmouth	4:30
5/20	at St. Dom's	4:00
5/22	vs Wells	4:00
5/24	at Cape Elizabeth	4:00
5/28	vs Lake Region	4:00

BOYS V LACROSSE

Date	Time	H/A	Opponent
4/16			vs Oak Hill
4/23			at NYA
4/26			at Cheverus
4/29			at Windham
4/30			vs Traip
5/3			at Erskine
5/9			at York
5/11			vs Massabesic
5/14			at Greely
5/17			vs Freeport
5/21			at Lake Region
5/23			vs Wells
5/28			vs Edward Little
5/30			vs Waynflete

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8	5	3	1	9	7	2	4	6
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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 Batliner.

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Make Every Day Earth Day

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A brief history of Earth Day

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

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

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

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

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



Metro photo

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

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

fans and air conditioning systems.

The main message of

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

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

Farmington Earth Day Volunteer Cleanup

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

Volunteers of all ages are invited to participate in the 11th annual Farmington Earth Day Cleanup on April 22nd. The cleanup will be held from 1-3pm rain or shine (hopefully shine). Volunteers meet at the Pierce

House at 204 Main Street, next to the Post Office, any time between 1 and 3pm. Bags and gloves will be provided. The adorable baby goats will be back this year so everyone can have some time to pet them before they get to work cleaning the streets, parks and paths around Farmington. There

will also be green/gardening books available for free provided by the Franklin and Somerset County Literacy Volunteers (if we have shine and as supplies last). For questions contact Jessica Casey at 381-0393 or email: director@farmingtonlibrarymaine.org.

Earth Day coastal clean up

April 22nd 8:30am-10:30am Sign up now! Kelly@merepointoyster.com

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

keep our shorelines clean. Volunteers will meet up at a few distinct locations in Brunswick on Saturday, April 22nd (over 15 miles of shoreline). All ages and

well-behaved dogs are welcome! After walking the shoreline, Mere Point team leaders will be shucking oysters for all to enjoy at no cost. Our way to say thank you!

Mark your calendar for Green ME Up!

Join us at L.L. Bean in Freeport on April 20, 2024, from 10:00 a.m.-2:00 p.m.

to celebrate Earth Day. This FREE, fun-filled day is for the whole family! Learn

how to keep Maine green today and in the future.

Help save the earth and save 15% on your electric bill with Maine Community Solar. Call us today and receive a \$50 gift card as a THANK YOU for doing your part on Earth Day!



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