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Belgrade Public Library schedules March, April events

BELGRADE — The Belgrade Public Library has some events scheduled for March and April.

At 6:30 p.m., on Wednesday, March 24, the library will host a Virtual Photography Webinar with local professional photographer Elise Klysa via Zoom. Klysa will offer tips and tricks on perfecting your springtime photography skills.

At 6:30 p.m. on Wednesday, April 7, Nancy Marshall will discuss her book, "Grow Your Audience, Grow Your Brand," at 6:30 p.m. via Zoom.

The official launch of the town Community Read, featuring the book, "The Overstory" by Richard Powers, will take place on April 22, Earth Day. There will be events and activities associated with the read scheduled for the coming months. The Community Read is sponsored by Belgrade Public Library, Belgrade Historical Society and 7 Lakes Alliance. Details. More details will be announced soon.

To register for the Klysa and Marshall webinars, call the library at 495-3508, or email library@townofbelgrade.com.

Fayette Comprehensive Planning Committee seeks input on draft

FAYETTE — The Comprehensive Planning Committee is looking for feedback from town residents on the draft plan.

To see the draft, visit www.fayettemaine.org, the town's website.

"Your feedback is an essential part of the process," said Town Manager Mark Robinson.

Send comments on the plan to fayetteclerk1@gmail.com.

The chair of the committee is Kirstie Ludwig. She and the committee have been working through the challenges of the pandemic over the past year to put the plan together.



Oakland youth has hot hand at Ice Fishing Frenzy



Submitted photo

Chase Lawler, 9, of Oakland, recently took first place in his sixth consecutive year at the Oakland Ice Fishing Frenzy, sponsored by the Oakland Recreation Department.

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Funny things kids say!



After searching for my 2 yr old daughter's slippers for a long time without success, I went to the refrigerator to get her a glass of milk. Much to my surprise, I saw her slippers sitting inside the fridge! I asked her why she put them there, she replied, "My feet were hot!"

- Dale Peters, Bridgton

Our son, Will, was a very early talker. Will was two years old and we were visiting his grandparents in Skowhegan, when he said, "I want some milk, Gramma Katy." Katy, of course, replied, "What's the magic word, Will?" With a smile, Will replied, "S__T!"

- Henry Gates, Skowhegan

Our four year old grandson was at our house for dinner. He walked over to my husband, his grandfather, and took his hand. He said "PopPop, we need to go into the living room, as we need to have a discussion!" Our grandson was dead serious! It was so funny we all busted out laughing. Our grandson did not think it was funny. We never found out what was to be discussed but eventually figured out he must of had a "discussion" with his mother! - MZ, Auburn

When my daughter was 4 years old, she loved to watch Disney films. She had been watching Alice in Wonderland repeatedly at the time. I was giving her a bath and I could not get her to sit down in the tub so I could wash her hair. I finally said, firmly, "Lisa, sit down!" at which she turned to me, bowed quite dramatically and said, "Yes! Your majesty!" - Christina Hughes, Gardiner

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

Submit this form with your Funniest Thing Kids Say conversation. Winners chosen randomly from entries that include this form and a submitted conversation.

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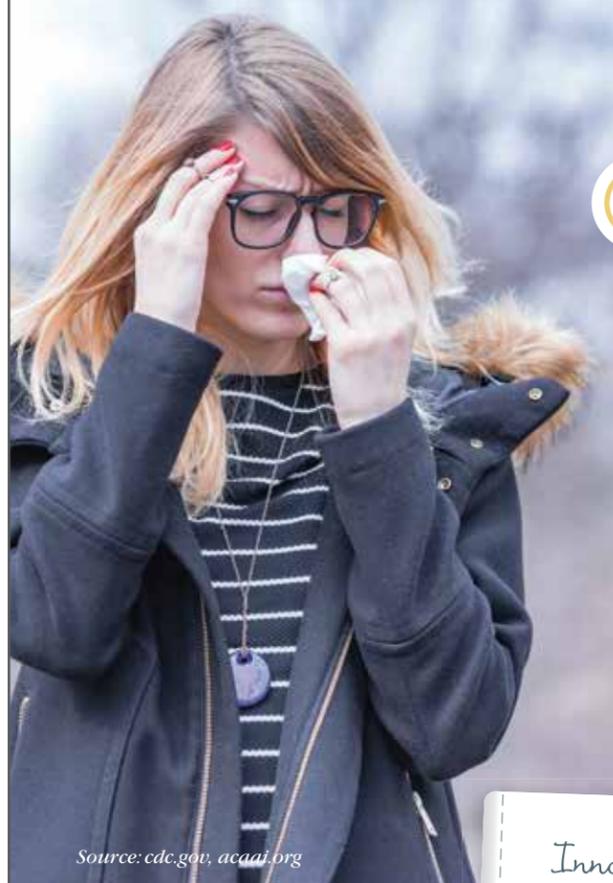
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THE HEALTHY GEEZER

Tattoos can affect the results of magnetic resonance imaging



By: Fred Cicetti

Q. I'm having an MRI, and I heard that tattoos can present problems for this test. True?

A. True. Tattoos can create a misdiagnosis with Magnetic Resonance Imaging (MRI) because there is metal in many tattoo pigments. Magnets attract metals. So, tattoo

pigments may interfere with the quality of the image from an MRI. In some rare cases, people experience swelling or burning in the tattoo when they have an MRI.

If you have a tattoo, you should discuss it with your doctor before undergoing an MRI.

A tattoo is made with pigments injected into the skin's top layer. A needle connected to a machine with dye tubes pierces the skin repeatedly. A large tattoo can take several hours. The process involves some bleeding and pain.

Tattoos are very popular today. According to "U.S. News & World Report," there are more than 20,000 tattoo

parlors operating in the United States.

A study done by the "Journal of the American Academy of Dermatology" found that almost one in four Americans between 18 and 50 are tattooed. I was unable to find any statistics about how many seniors are getting new tattoos. My suspicion is that there aren't many of my contemporaries heading to tattoo parlors, although there are some with body art left over from their youth.

During my research, I found an auction on Ebay for "Over-the-Hill Temporary Tattoos" for senior parties. I could not resist sharing some of these: "Bite Me" with dentures in a glass; "Retirement Home Boy" with skull and cross bone; "Born to Ride" across an electric scooter with flames; and "Who's Your Grand Daddy?" over an anchor.

Complications from tattoos are relatively uncommon. However, there are risks that include blood-borne diseases such as hepatitis, tetanus, tuberculosis and HIV/AIDS; granulomas, which are bumps that can form around tattoo; keloids, which are scars that grow beyond normal boundaries; local bacterial infections and allergic reac-

tions. If you decide to get a tattoo, make sure the establishment is licensed and reputable.

Many people who get tattoos decide they want them removed because the artwork faded, became blurred or because their body changed with age. There are a variety of removal methods, but none of them is perfect. Removal methods include:

- Laser — A surgeon removes the tattoo by treating the pigment with a high-intensity laser beam. Many treatments may be needed to lighten the tattoo. Although the process may not completely erase the artwork, laser surgery is the most common method used today.

- Brush — The tattoo is removed by dermabrasion, a technique that uses a wire brush or a diamond wheel to remove skin. This technique may leave a scar.

- Scalpel — A surgeon cuts out the tattoo and closes the wound with stitches. This technique is effective in removing some tattoos. This surgery can leave a scar. Tattoos can be removed by a dermasurgeon on an outpatient basis with local anesthesia.

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New Dimensions FCU names digital branch manager



Teresa Gagne

WATERVILLE — New Dimensions Federal Credit Union has named Teresa Gagne digital branch manager.

Gagne began in the credit union industry as a teller

more than 30 years ago. She has worked her way up and has landed in the lending department, where her indirect lending expertise has been second to none over the past 25 years.

The directors and staff of NDFCU said they are excited about Gagne joining the team, as her extensive experience will be valuable as she settles into her position. Her focal point will start in executing new processes and procedures that will create efficiencies department-wide.

"I am really excited to be part of the New Dimensions family and to join a growing team of wonderful people," Gagne said. "I have been in the credit

union industry with a lot of focus and attention on dealerships and know I can help our members find the car of their dreams. I am also very excited to be able to assist the current indirect team so they can achieve success within their career paths."

Ryan Poulin, New Dimensions CEO, said, "We are excited to have Terri

join our team. Her years of indirect loan experience will bring our loan department to new levels not only in house but in the dealerships that work with us every day. Terri has hit the ground running since she started, and I look forward to getting her started with our current indirect lending processes and workflows.

We welcome her and look forward to working with her in the years to come."

Gagne has lived in Waterville for most of her life and enjoys spending time with her husband, Steve. Together they share time with their two children, grandchild, and walking their dog.

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STUDENT NEWS

Area students named to UMA full-time dean's list

AUGUSTA — Area students have been named to the University of Maine at Augusta full-time dean's list for the fall 2020 semester.

Students eligible for the full-time students' dean's list must earn a 3.25 grade point average for the given semester and must be enrolled full-time.

Recognized for academic achievement are:

BELGRADE: Marcia Coburn, Briana Kramer, Jonette Miranda, Jordan Phillips, Kenzie Pratt, Autumn Sudsbury; **FAYETTE:** Adrianna Sirois;

MOUNT VERNON: Emily Williams;

OAKLAND: Deborah Brown, Brandy Dickens, Emily Gombos, Bailey Hudson, Kelley LaFrance, Stephen Lewis, Shannon McNamara, Kim Sherman, Hope Silverman, Dominique Velazquez;

READFIELD: Katherine Lehr, Leo Porter, Abby Whitcomb;

SIDNEY: Marisha Bernard, Daphanie Blair, Scott McCallister, Casey Whitehouse, Myranda Wohlford;

WINTHROP: Catharine Audette, Morgan Crocker, Alex Gibson, Rayanna Hancock, Alex Johnson, Nicholas King, Samantha Mott-Titus, Ben White, Libby Wright, Maddy Wright.

Lakes Region students named to Bryant dean's list

SMITHFIELD, R.I. — Students from the Belgrade Lakes region of Maine have been named to the Bryant University dean's list.

The dean's list recognizes students who have demonstrated an unwavering commitment to academic excellence and achievement. "The challenges of the last year have revealed the character and grit of our community of scholars," said Provost and Chief Academic Officer Glenn Sulmasy, reflecting on Bryant's successful fall semester. "I am impressed and proud of their resilience, dedication, and innovative spirit," he said.

Named to the list are Chloe Tilley, of Belgrade, class of 2024, and Jonathan Christopher, of Oakland, class of 2023.

Area students named to Stonehill dean's list

EASTON, Mass. — Students from the Lakes Region have been named to the Stonehill College dean's list for the fall 2020 semester.

To qualify for the dean's list, students must have a semester grade point average of 3.50 or better and must have completed successfully all courses for which they were registered.

Recognized for academic achievement are:

Gabriela Languet, of Belgrade, a member of the class of 2021;

Makenzie Charest, of Sidney, class of 2022;

Amanda Goucher, of Wayne, class of 2024.

Fayette student named to MCHP dean's list

LEWISTON — Gabrielle Richards, of Fayette, was named to the Maine College of Health Professions deans list for the fall 2020 semester.

Students must be matriculated in a degree program and achieve a semester GPA of 3.5 or greater in order to earn dean's list designation.

Oakland, Winthrop students named to Ohio University dean's list

ATHENS, Ohio — Students from Oakland and Winthrop, Maine, have been named to the fall 2020 dean's list at Ohio University.

Because of COVID-19, students who earned 12 semester hours of credit, including at least six hours attempted for letter grades, with a minimum grade point average of at least 3.5 achieved this distinction.

Recognized for academic achievement are College of Arts and Sciences student Weslee Littlefield, of Oakland; and College of Health Sciences and Professions student Quinn Libby, of Winthrop.

Area students named to UMF dean's list

FARMINGTON — Students from the area have been named to the University of Maine at Farmington dean's list for the fall 2020 semester.

Students whose grade point average for the semester is equal to or greater than 3.8 are listed with high honors. Students whose grade point average for the semester is less than 3.8 but equal to or greater than 3.5 are listed with honors.

Area students recognized for academic achievement are:

BELGRADE: Lori Beaucage, honors; Julien Chouinard, high honors; Chano Languet, honors; Seth Main, high honors; Andrew Poulliot, honors; Montana Towers, honors;

FAYETTE: Delsi Hewins, honors;

MANCHESTER: Aric Belanger, honors; Duncan Rogers, high honors;

MOUNT VERNON: Fayth Jacques, high honors;

OAKLAND: Fern Calkins, high honors; Eve Lilly, high honors; Nathan Violette, high honors;

READFIELD: Silas Mohlar, honors; Savanna Ryan, honors; Coleman Watson, high honors;

ROME: Becca Long, high honors; LenaMarie Tufano, high honors;

SIDNEY: Garrett Fisher, high honors; Zack Hubbard, honors; Emily Smith, honors;

WAYNE: Richard Down, honors; Ian Plante, honors;

WINTHROP: Maya Deming, honors; Portia Hardy, honors; Matti Rice, high honors.

Readfield resident graduates from UNH

DURHAM, N.H. — Mark Greenwald, of Readfield, Maine, has earned a degree from the University of New Hampshire, graduating in December.

Greenwald earned a bachelor of arts in Psychology.



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Eagles enjoy Maranacook Lake



Christine Mohlar photos

Amateur photographer Christine Mohlar recently spotted, and capture photos of, bald eagles enjoying a beautiful day at Maranacook Lake in Readfield.

Scouts enjoy winter outing



Submitted photo

Scouts from Sidney BSA Troop 401 and Oakland Cub Scout Pack 454 had some winter ice fishing and camping fun recently at Camp Bomazeen in Belgrade. From left are Parker Leahy, Samuel Quick (holding the recently caught fish) and Brady Newell.

Tabitha's Closet extends hours during March

WINTHROP — During the month of March, Tabitha's Closet will be open the third Saturday every month, in addition to the second and fourth Saturdays — from 9 a.m. to noon March 13, March 20, and March 27.

Tabitha's Closet is a free clothing ministry of the Winthrop United Methodist Church, 58 Main St.

Tabitha's Closet adheres to all pandemic-related protocols: masks are required for entrance, as is social dis-

tancing of at least six feet. In addition, children under 13 are not allowed at Tabitha's Closet during the pandemic, and visitors are required to bring their own bag, as they are no longer provided.

In April, Tabitha's Closet will transition its inventory to warm weather clothing. March will be a great opportunity to pick up winter clothes for yourself or your family.



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Free Maine Maple Sunday resources available

ORONO — Maine Maple Sunday is scheduled for March 27–28 and maple trees are being tapped in preparation for this traditional spring celebration.

University of Maine Cooperative Extension offers a selection of bulletins and videos relevant to Maine’s maple syrup season, such as how to plan for open-farm events during COVID-19. The publications include:

- Maine Maple Tours: Guidance During COVID-19
- How to Tap Maple Trees and Make Maple Syrup
- Maple Syrup Quality Control Manual



• Licensing and Regulations for Maple Syrup Processing in Maine

Educational videos for the home producer also are available:

- How Do I Tap a Maple Tree?
- When Do I Tap a Maple Tree?
- Tapping a Maple: Testing Quality

UMaine Extension bulletins may be downloaded from extensionpubs.umext.maine.edu, or by calling 207-581-3792 or emailing extension.orders@maine.edu.

CRITTER CHATTER

You can make a difference for animals

By Jayne Winters

VASSALBORO — You might think that winter is a respite for Don Cote and the three “regular” volunteers at the Duck Pond Wildlife Care Center. While it’s true they don’t have admissions of newborn animals, the months after fall releases and before springtime births are hardly quiet.

There are still critters on-site that were not old enough or healthy enough to be released in October, as well as new admissions for animals injured

by vehicles, predators or human interaction. Dishes need to be washed, towels laundered, food prepared, kennels and cages cleaned, and tarps replaced, all of which become even more tedious with snow removal and thawing frozen water dishes. Many of us complain during the winter months about the shortened daylight, but feeding and cleaning chores at Duck Pond Rehab can’t be postponed or delayed just because it’s dark.

There is no question that the center could use physical assistance, especially

during the winter. Although Don has a snowplow, he can’t get too close to outside pens and shoveling is required, along with sanding slippery areas on the foot paths. Fencing, enclosures, and tarps often need to be repaired. Roofs need to be cleared of snow and ice. If you have any general handyman experience, are dependable and punctual and interested in lending a helping hand, please contact Don at the number, or Amy at the email, listed below.

While many well-meaning and caring folks would

like to help as hands-on volunteers, there are health and safety concerns to be considered. As Carleen Cote wrote in a July 1997 column, each human caregiver presents a different scent and voice pitch and tone, which add stress to the animals, especially youngsters, so help in feeding is not in their best interest. Working with and around wildlife always presents the possibility of being bitten or scratched. The cost for a volunteer’s required rabies protection and other vaccinations can be prohibitive.

If you aren’t able or prefer not to provide light labor, there are plenty of items on the wish list that are always needed: bleach, cleaning supplies, heavy-duty garbage bags, newspapers (no shiny inserts),

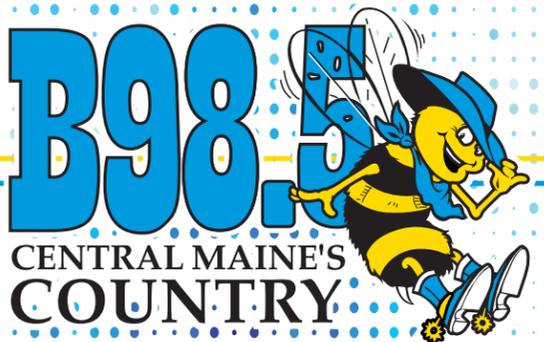
towels, dry dog and cat food (no dye), canned dog and cat food (no dye), paper towels, bagged shavings, frozen berries (no syrup), birdseed, and even apples (not from recently sprayed trees). Please be advised that leftover, torn or opened bags of pet food cannot be accepted.

Financial donations, whether as cash, check or gift cards (Hannaford and Walmart are visited weekly), are of course always appreciated to help support the rehab center’s work. Don told me he puts about 14,000 miles a year on his vehicle to trap, transfer and release wildlife. Food and medical expenses typically cost \$30,000 to \$35,000 a year.

There’s no denying these months of COVID-19 restrictions have limited our in-person interactions

with others, but they don’t limit acts of kindness. If you know of an organization or school that would like to support Duck Pond Wildlife Care Center, fundraisers can still be successful, with money collected in donation jars, bottle returns, or a percentage of sales dedicated to the wildlife. All donations go directly toward the care of the animals.

— Donald Cote operates the Duck Pond Wildlife Care Center on Route 3 in Vassalboro. It is a nonprofit federal and state permitted rehab facility supported by his own resources and outside donations. Mailing address is 1787 North Belfast Ave., Vassalboro ME 04989; telephone is 207-445-4326; email is thewildlifecarecenter@gmail.com.



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How to 'fight dirty' with a pressure washer

(BPT) - As you've been spending more time at home lately, you've probably found things around your house and yard that aren't as clean as they used to be. Depending on where you live, you may be eyeing many of these cleaning projects and putting them on your to-do list as spring approaches, or you may be itching to get at them right away.

Unfortunately, some of these areas are really difficult to clean, and some of the problem spots are very tough to reach, too - which may explain why they've gotten in such rough shape.

Solutions for outdoor tough spots

While you survey your property to look for ways to improve its appearance, take note of the hardest-to-reach and toughest-to-clean spots, such as:

- Exterior siding and brick
- Fences
- Windows
- Decks, patios and porches
- Sidewalks and driveways
- Cars and trucks
- Lawn equipment and grills

If any of these items look like they could use a good scrub, don't get out the soap, sponge and brushes just yet - a pressure washer may be just what you need.

"For tackling big or small jobs, the Powerhorse 3200 PSI Pressure Washer can make your outdoor cleaning easier, faster and a much more effective to blast away the dirt," said Jonathan Green, senior regional parts and service manager at Northern Tool + Equipment. "Most importantly, it's easy to use and will save you a great deal of time so you can take care of any job without the elbow grease."

The Powerhorse 3200 PSI Pressure Washer is an effective tool, with all the power and accessories you need to tackle countless projects around your home or your business. It features a maintenance-free direct drive axial pump, along with adjustable pressure - making it versatile enough to handle delicate jobs or blast away years' worth of grime. The push-down style cart features a sturdy steel tube frame,

and its ten-inch flat-free tires make it easy to move from job to job while you're improving your home, yard or business.

Maintaining your pressure washer

Once you've got your pressure washer, Green recommends the following tips for keeping it in top shape:

- Always remove your tips and clean them out after every use on your pressure washer gun as well as your surface cleaner. This keeps the tips from calcifying.
- Whenever you change the engine oil in your pressure washer, change the pump oil as well. This way they stay in the same cycle.
- Always use a fuel treatment and stabilizer in your fuel, unless using premium ethanol-free fuel. The stabilizer assists in keeping the unit running smoothly and limits carburetor cleaning and repairs.
- Flush the pump before extended storage, especially if stored in a freezing climate.

If you've put off investing in a pressure washer before, this could be the best year for getting those tough-to-tackle jobs done. This pressure washer has a built-in nozzle holder, so the right nozzle is within reach at all times. In addition, the onboard soap tank adds efficiency, eliminating the mess and hassle of using a siphon tube and separate container. You



simply add detergent to the onboard tank and you're ready to clean.

You can look forward to enjoying a brighter, cleaner spring and summer at home when you've got your house and yard looking fresh and clean.

To learn more about what a pressure washer can do for you, visit NorthernTool.com.

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Health &



FEATURE COLUMNS

Build a healthy gut for National Nutrition Month

Jodi Cornelio



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

So many people struggle with digestive issues that create upset stomachs, irregular bowel movement and/or irritated bowels. We often blame these things on stress and anxiety, but the real truth leads to the lack of proper nutrition.

When you eat a meal, it takes two to three days to completely digest the food you eat. The process that

takes place after eating is very important to the overall health of your entire body.

Food fuels the body as the smooth muscle of your digestive track push bits of nutrients through the intestine. Acids and enzymes breakdown this food; bacteria and micro-organisms convert this food into energy to power bodily functions, fuel the brain and muscles, and protect the nervous and immune systems.

Over time and with improper nutrition, we can damage the gut lining that produces the acids, enzymes and the good bacteria needed for proper digestion. There are many things that can damage the gut lining over time. Not eating and or eating artificial foods is one way to damage this delicate lining of the gut.

By "artificial foods" I mean packaged food that sound like they could be healthy like veggie snacks or veggie hotdogs, but



the real ingredients on the label show no sign of vegetables — just words you can't pronounce. "Yikes!" Stay away. They are not real food.

Over using laxatives is another way to damage this lining. High sugar, processed food and chemically-treated food substitutes can damage the gut. Some artificial wheat products can

be damaging — supposed wheat breads that indicate "wheat grains" or "whole grains" are not and contain high chemicals or high fructose corn syrup. Wheat breads should state they are "100 percent whole wheat with no chemical additives." Read the label. Focus on finding wheat bread.

Poor eating habits can damage the lining of the gut and can lead to what is sometime referred to as "leaky gut." The best way to avoid stomach and gut issues and to avoid damaging the gut lining is to build your meal around plenty of fiber, fruits and vegetables.

The average adult needs 25 to 30 grams of fiber every day. For example, one piece of fruit provides four grams of fiber, as does a half cup of most vegetables. A half cup of beans boasts nine grams of fiber, and a handful of nuts is about three grams of fiber. Including these fiber-filled foods in your diet every day will protect and improve your gut health. You will gain energy, find yourself more alert and improve your immune system.

Over time, stomach and digestive issues will correct themselves with proper nutrition. The human body has an amazing way of responding and healing itself when allowed to. I am a big believer in the macrobiotic and Mediterranean diets, both built around fruits, vegetables, fiber sources like beans and nuts, and lean proteins like fish.

Make your March a month for good gut health and who knows? You may feel so good you'll want to stay on this train for the rest of 2021 and beyond.

Live long, live well.

CATCHING HEALTH - DIANE ATWOOD

Love and relationships in the time of COVID

Who knew back in March 2020 that so many of us would still be hunkered down in our homes almost a year later? If you've been sharing your space 24/7 with a partner, all that togetherness may have strengthened your relationship, or maybe it has pushed you both to the edge.

Kathleen Kane, a licensed marriage and family therapist at WellSpace Counseling Center in Portland and Yarmouth, says we are living in a unique time and tensions are especially high. We are affected not only by a global pandemic but also the lingering effects of a rather contentious election period.

We don't have the usual distractions or social outlets that may have helped keep us centered and calm in the

past. Instead, we have other distractions (besides our partners) — working from home, schooling children, worrying about older parents and other loved ones, worrying about the future, whether we'll still have a job or if we can pay our bills ... the list goes on and on and on.

What is your role in the relationship?

Take a deep breath. Kane has some valuable tips that may, at least, help a foundering relationship. First of all, if you and your partner are both working from home and schooling your children, it's important to have clarity about your roles and not take each other for granted. You want to be on the same page about the division of

labor in terms of your individual work and family commitments.

"It's not necessarily I did this, so you do that and we go down the list and make sure it's equal; it's more that it feels fair," Kane said. "You need to be clear about what roles fall to whom, because people usually have a preference about what they're happy to do and what they really don't like doing. Having a clear conversation about that can help avoid some of those feelings of 'I'm doing more than you.'"

Say what you need

Kane also says it's important for each partner to express

catching health
DIANE ATWOOD

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what they need for personal time or time to connect as a couple — and to be heard.

“When we’re very busy, the needs of the couple or the individual are the easiest things to throw on the back burner because they seem less urgent. I think it’s really important to make a deliberate effort to prioritize each other’s needs,” Kane stressed, “even if it’s to go for a walk or talk to a friend on the phone for 10 minutes after dinner. Whatever it is that can nourish each partner a little bit needs to be brought into the daily schedule.”

Now I understand

One of the positive outcomes of being in lockdown together is that it has allowed some people to have a better understanding of the scope of the other person’s day. For example, before COVID, couples may have gone their separate ways every morning and then carried the stresses of their day back into the home and the relationship in the evening. Without knowing what is going on for your partner, you may be apt to take something personally when it’s not meant to be or to make wrong assumptions.

“That can lead to reactivity and conflict that may not even need to happen or have anything to do with the partnership,” she added.

When you actually witness what your partner may be up against, you have an opportunity for a meaningful dialogue.

“Ask. Say ‘This is what I’m observing — I think something is going on with you.’ Being direct doesn’t mean you are pursuing conflict,” Kane said. “Observing can lead to realizing that maybe it isn’t about you. Saying ‘I heard how stressful that conference call was. I see how much you’re doing with the kids in schooling and how stressful that is,’ can help. To be able to be direct — in a soft way — helps to eliminate a lot of the misinterpretations that we may come up with.”

Take a timeout

One of the big challenges is that when you’re feeling stressed or triggered it’s not always easy to communicate with compassion and respect, and it’s usually difficult to hear what the other person has to say. It can be helpful to have an agreement ahead of time that in those moments, it’s OK to take an emotional timeout.

“Timeouts are an acceptable way to save something until you’re in a better place to talk about it. Set a time limit. For instance, you could say you’re feeling overwhelmed right now and going for a drive, ‘but I’ll be back in a half-hour, and we can talk about it.’ In that time, instead of stewing over why you’re right and your partner is wrong, use it to distill what the core issue is that you want to communicate,” she suggested. “The hope is that you’re looking at a disagreement as a place to get more information about the other person and about the relationship as opposed to proving that you were right to feel or say the things you did.”

Older couples, too

Even if couples don’t have the added stress of working from home and taking care of/schooling children, their relationship may be feeling strained. Older couples may



Metro photo

have long-established patterns that have risen to the surface during the pandemic.

“It’s not unlike the quarantine couple who used to go to the office for eight hours a day and now they have to deal with each other all day,” Kane pointed out. “The older couple may have learned to live a little more separately and had fallen into a routine. Now they’re finding themselves back with each other without those same distractions.”

Here, let me fix it

Some people have a hard time handling it when their partner is anxious or stressed and will try to fix it or come up with their own solutions.

“They’ll tell them they shouldn’t feel that way or that everything will be fine. In that situation, I think it’s important to just listen and give the person the space to talk about it. You could even mirror back what they’re saying or what you’re observing,” she noted. “Say something like ‘I can tell you’re stressed’ or ‘You seem stressed.’ This isn’t something that one partner can resolve for the other, and being able to support each other in that way is really important.”

Relationship warning signs

Are there some warning signs that you shouldn’t ignore? Kane listed four behaviors identified by John and Julie Gottman, well-known couples therapists. They refer to them as the “Four Horsemen.”

- Criticism
- Contempt
- Defensiveness
- Stonewalling

“Of course, there are going to be moments where you’re critical of your partner, but the idea is that when these four things exist in your daily back and forth with each other, it indicates a lack of connection, respect and empathy, as well as an inability to put yourself in the other person’s shoes and a real kind of isolation. It doesn’t mean your relationship is destined to fail,” she added, “but pay attention if you notice any of them or if they are prevalent in

your relationship.”

Consider couples therapy

More and more couples have been reaching out for therapy lately. Kane says by the time they make that decision, even if it is difficult and uncomfortable, for the most part, individuals are hopeful that the relationship will work and they are willing to make the effort successful therapy requires. That includes looking at their own behaviors

“It can be difficult to acknowledge and take responsibility for your role in the dynamic. It can also be hard if you don’t think the other person will do the same,” Kane said. “You attend therapy sessions, but then you have to practice the things we talk about in the session. It’s a commitment.”

Encouragement and compassion

Whether you decide to try therapy or not, if your relationship has suffered this past year and you want to turn things around, Kane’s last piece of advice is to slow down and really try to appreciate each other.

“It may help to deemphasize some of the behaviors that we think are really important when we’re caught up in them. This is a very unique time, but if it’s possible, try to use it to strengthen your relationship, to be more deliberate about how you communicate, to be conscious of how you’re emotionally responding to your partner, and to identify how you’re feeling so you can communicate that information to your partner,” Kane advised. “Compassion is also a huge part of this. Try to really understand who your partner is and why they may, in the moment, react a certain way and approach them from a place of compassion. Being aware of all of these things can help strengthen the connection between the two of you.”

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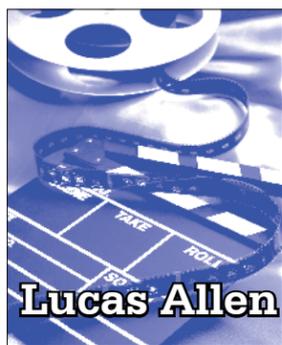
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MOVIE REVIEW

'Malcolm & Marie'



(Netflix)

With a cast of two actors and a small film crew, you can imagine what it was like shooting a movie during last summer's lockdown. But aside from that, the new Netflix production "Malcolm & Marie" uses the minimalistic approach in telling a story about complications in a loving relationship. The film is written and directed by Sam Levinson, who also wrote and produced the hit HBO series "Euphoria."

Ambitious young director Malcolm (John David Washington) and his model girlfriend Marie (Zendaya) arrive home after a Hollywood premiere of his latest film. He's ecstatic as he awaits the critic reviews that could help him be recognized as a serious filmmaker. However, his girlfriend is not in a happy mood. Her experience at the event has her questioning her relationship with the director.

Soon enough, she starts to doubt being part of his life once she knows that the main character in Malcolm's movie was partially based on her and her drug addiction. As the night wears on, the couple argue relentlessly on the nature of their relationship, only to find themselves stuck in a thin line between love and hate. When Marie asks Malcolm why she wasn't cast in the film, it reaches

a point of no return in their bitter partnership.

If you're a filmmaker and your only option is to make a movie with only a few actors and one location to work with, you'll find yourself in a slippery slope carefully ascending and descending right into it. This all depends on how your audience will be emotionally involved in the film if they have the patience to sit through the entire runtime. Some will find something to enjoy about it, while others will be turned off by it. So, you can see how certain restrictions have led to this film being made this way.

With all that said, the movie approaches its minimal storytelling with confidence while relying on the commitment of its two leading actors to make the process work. Levinson's script is full of sharp dialogue that helps to convey each of the characters' personalities. You can sense how each scene brings some meaning and relevance to what these two people have to say. The only problem is that the constant arguing between them tends to drag in some parts and could've been trimmed slightly without losing any momentum. After a while, you wish this couple could've gone to bed early and resume their fighting the following morning.

There's a scene where Malcolm has an extended monologue about some critic's positive review of his movie that he doesn't like. He keeps rambling about how important it is he tells his story and compares himself to the likes of William Wyler and Spike Lee. This scene might've been written based on Levinson's own experi-

ences with reviews of his movies, or it was written as a satirical viewpoint on critical analysis on film directors and their visions. Either way, you can sense the character's ego coming through his speech, especially his delusions of grandeur that's also part of his personality.

As for Marie, there's also a layer of emotional trauma she's been going through during the film because of her past and her current relationship. You can feel her sadness in each of her scenes as well as her stronger personality being brought by the third act. It's all part of the collaborative effort between Levinson and Zendaya much like their work on "Euphoria."

As mentioned before, the two actors are at the top of their game, playing their characters within the one location like being on the stage. Washington creates a believable character building up such rage to a boiling point, while Zendaya is surely great to watch as she brings layers to her performance. Despite the twosome's 12-year age difference, the actors do strike up some surprising good chemistry through their sexually charged scenes.

Although we don't want to remember anything about 2020, "Malcolm & Marie" proves you can overcome such limitations to create pure drama. Their minimalistic approach becomes one of the more genuinely brilliant films for 2021. If you have a Netflix account, this is another can't-miss title worth seeking out.

THE MOVIE'S RATING: R (for pervasive language and sexual content)

THE CRITIC'S RATING: 3.5 Stars (Out of Four)

MaineGeneral opens addiction medical practice in Augusta, Waterville

AUGUSTA — MaineGeneral Health has opened a new medical practice, MaineGeneral Addiction Medicine.

Addiction Medicine opened Feb. 1, and will provide comprehensive services to patients seeking treatment for substance use disorder, opiate use disorder and the treatment of other addictive substances. Services are offered at 9 Green St., as well as the Thayer Center for Health in Waterville.

MaineGeneral's Addiction Medicine team uses an evidence-based approach to manage opioid, alcohol and

stimulant and sedative (benzodiazepine) use disorders, with a focus on diagnosis, treatment and prevention. "From one-on-one appointments with addiction medicine physicians, to group meetings, individual counseling and needle exchange services, we are here to support patients and families through this process," said Nicholas Gallagher, DO, medical director.

"MaineGeneral looks forward to providing more robust substance use disorder treatment services to our community," said Chuck Hays, president/CEO. "For the last 15

years, we have provided medication-assisted treatment for opiate use disorder. Having an Addiction Medicine practice allows us to continue to effectively respond to the current opioid crisis in our community, as well as the ongoing prevalence of alcohol use disorder and its long-ranging effects on individuals and families."

To learn more about MaineGeneral Addiction Medicine, please call 872-4151 or 207-621-3759 or visit <http://www.mainegeneral.org/addiction-medicine>.

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To avoid falling victim to these scams it's important to remember that no one can remove bad information from your credit report if it is correct and timely. Things like bankruptcy or significant debt can stay on your credit record for up to 10 years. When looking for legitimate help with managing debt, avoid anyone who promises they can erase your debt history, increase your credit score or asks for an advance payment.

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

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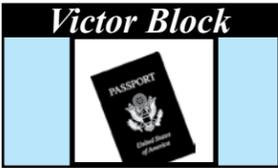
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FEATURE COLUMN

Upstate New York offers history, wine, hiking, culture



Last month we visited the Clayton area of upper New York State — a destination not far from Maine along the route of the

Empire State Road Trip. That itinerary links the Harbor Hotel Collection — three properties located about a three-hour drive from each other in New York’s 1000 Islands District and the areas surrounding Chautauqua (pronounced Sha-ta-qua) and Watkins Glen.

Watkins Glen is located in New York’s Finger Lakes region, comprised of a group of 11 long, narrow bodies of water running roughly north-to-south, passing through deep glacier valleys .

European people began to settle in the area around 1800. During the first half of the 20th century, the village was primarily known as the site of Glen Springs Sanitarium, one of the leading spas in the United States.

The local climate is ideal for growing grapes, and the first winery in the area was established in 1866. Today, several driving trails lead visitors to many of these wineries offering tastings of locally grown vintages. The Seneca Lake Wine Trail alone has a total of 35-members.

The region also offers a variety of other things to see and do, such as the Mark Twain Study built in 1874 on a farm not far from Watkins Glen. Twain wrote some of his most famous works in the tiny octagonal structure, which has been moved to the campus of Elmira College.

Hikers and casual walkers find a choice of trails that criss-cross the area; a personal favorite is at Watkins Glen State Park, set in a deep gorge cutting through a landscape of water-sculpted rock and dense forest.

Adding to the scene are 19 waterfalls squeezed into the first mile of path. Some plummet over sheet cliffs; others trickle across flat rocks in the river bottom. Be forewarned that the route requires climbing up and down a total of 832 stone steps.

An automobile ride provided a much more adrenaline-boosting experience. Watkins Glen is a race car fan’s dream destination. The first chapter was written in 1948 when a race was held along streets in and surrounding the town. After a mishap several years later resulted in the



Submitted photos

death of an onlooker, the Watkins Glen Grand Prix Race Course was constructed.

I took part in the Drive-the-Glen program, which allows everyday motorists to experience some of the thrills of a high-speed race. My introduction began with a briefing, signing a release form and lining up with eight other vehicles, including one snazzy corvette, a stylish Nissan and my somewhat clunky Honda sedan. The pace car took its place in front and led us out onto the track.

The motorway combines stretches of straight-away with banked pavement leading into sharp hairpin curves. Despite the admonition not to exceed 60 miles per hour, I must admit that after slowing to open the distance between my car and the vehicle I was following, I saw my speedometer hit 80.

Given the proliferation of lakes and other waterways, it’s only natural that water-based activities serve as a major draw to the area. There are countless opportunities for sailing, motor boating, paddling and swimming. Fishermen find plenty to excite them, including the outstanding spring run of salmon in Catherine

Creek as well as in other rivers and brooks.

If you go, the three Harbor Hotel Collection properties along the Empire State Road Trip itinerary share pleasant waterfront settings and have touches of their location and local history.

Some attractions in the region are open seasonally or may have restrictions during the pandemic, so it’s best to check ahead for those you might wish to visit. The Harbor Hotels are following a strict regimen to protect the health of guests.

For more information about the Empire State Road Trip, log onto <https://www.harborhotel-collection.com/experiences/empire-state-road-trip> or call 607-535-3759.

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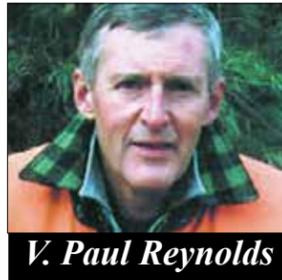
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FEATURE COLUMN

Sunday hunting ban coming up for discussion again



V. Paul Reynolds

Maine is one of 11 other states in the country that prohibits hunting on Sunday. All of the remaining states permit Sunday hunting in one form or another. Two New England states — New Hampshire and Vermont — permit Sunday hunting.

According to avid hunter Matt Dunlap, Maine's outgoing secretary of state, Maine has kept its woods closed to Sunday hunting since 1883! What was the impetus for the original shutdown? Dunlap reports there is a dearth of legislative record keeping from those early days, so tracing the motives for the Sunday closure is mostly guesswork. Most believe our Sunday hunting ban is a throwback to the old blue laws. Newspaper records indicate that, in those days, Sunday was popularly regarded as a day of rest and the Lord's day, not to be shattered with the echo of gun shots throughout the hills and dales.

Since I can remember, there have been repeated and diverse legislative attempts to allow Sunday hunting in Maine. When these Sunday hunting bills get to public testimony, they are always strongly-opposed generally by large landowners, some of whom threaten to post their land against all hunting if the Sunday option is allowed. For as long as I can recall, Sunday hunting legislation has been soundly defeated.

According to Dunlap, State Representative Jeff Hanley, R-Pittston, will submit a bill this winter for legislative consideration titled, "An Act to Allow Hunting on Sunday." If past is prologue, Hanley's bill will confront tough sledding when it gets before the Maine lawmakers and general public.

The NRA has advanced some compelling arguments for a removal of the Sunday hunting ban in all states. Among these reasons are:

- 1) No other recreational undertaking is banned on Sundays.
- 2) Sunday hunting creates more opportunity, which is good for the economy of local communities and the preservation of the hunting heritage.
- 3) Working people limited to one day a week to pursue hunting have been allowed to hunt on Sundays in 43 other states, which have not experienced a decline in wildlife numbers.

What is your view on the longstanding Maine prohibition against Sunday hunting?

My feelings are mixed, which is out of character for me, an opinionated sort, not often given to walking the middle of the road on outdoor issues. An avid hunter for more than 50 years, I have always found a few hours to get in the deer woods or the duck blind, even when I was holding down a desk job 40 hours a week. It always seemed right, even at hallowed deer camp, to have a day off to split the firewood, oil the rifle, study the topographical maps and just kick back until Monday morning at daybreak.

Watching the Sunday hunting debate this winter will be, as Yogi Berra once quipped, "Deja Vu all over again."

Stay tuned. *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.maineoutdoorpublications.com. or www.sportingjournal.com. Contact email — vpaulr@tds.net*

Reader Recipes

Horseradish Pickles

Submitted by: Brenda Wheeler, Wilton

Ingredients:

- 46 oz jar whole dill pickles
- 2 cups sugar
- 1 TB dry mustard
- 3-4 cloves garlic
- 3/4 Cup pickle juice
- 2/3 Cup prepared horseradish

Directions:

- Drain juice from jar of pickles (and reserve)
- Slice pickles and place back into jar.
- In separate bowl, mix together; sugar, dry mustard, garlic, pickle juice, horseradish.
- Mix well and let sit for 15 min.

Stir mixture and pour into jar over pickles. Shake well and turn upside down – frequently shake and turn upside down. Ready to enjoy the next day!



Either fill out the entry form below and include with recipe (one entry per month please) and mail to: Reader Recipes, P.O. Box 214 Turner, ME 04282 or email to: recipe@turnerpublishing.net. (one entry per household please)

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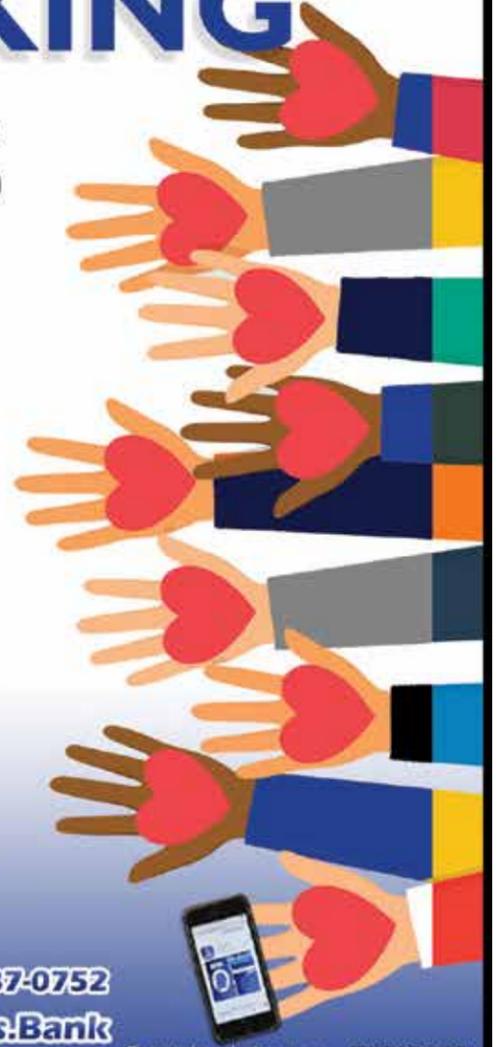


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