

**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.



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## Solar eclipse worth the trip

By Bill Van Tassel

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

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



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

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

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



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

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

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

But, yes, though I didn't handle my drive-home attitude as well as I should have, it was most definitely worth it to witness a full Solar Eclipse. The crowd in Rangeley began filling the Lakeside Park early that Monday morning, though the moon would not start gradually blocking the sunlight until after lunch. We all had time to test our special

safety glasses; one fellow was walking around wearing a welder's mask. I guess he had done some research.

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

It was a beautiful, cloudless day in Rangeley, Maine. Those of us by the shore of the lake could feel a steady, cool breeze coming off the still frozen water. Predictably, as the sun continued to disappear the temperature of



Bill Van Tassel photos

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

**Eclipse**  
→ Page 11

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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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# MAINE CALENDAR

## APRIL

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

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

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

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

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

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

## MAY

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

**May 3** — Little Keepsakes: My Little Sunshine Tote Bags in honor of Mother's Day, 10:00 a.m. - 11:30 a.m., Lewiston Public Library Children's Department,

200 Lisbon Street, Lewiston, caregivers will be able to create a personalized keepsake tote bag using the handprints of their young children, for more information about our programs please contact the Lewiston Public Library's Children's Department at 207-513-3133 or by email: [LPLKids@lewistonmaine.gov](mailto:LPLKids@lewistonmaine.gov).

**May 4** — Student Art Show, 1-3 p.m., Leeds Community Church, 123 Church Hill Road, Leeds, all area students from elementary to high school are invited, and encouraged, to participate, theme is "Renewal" judging will be completed, and ribbons and cash prizes will be awarded that afternoon at 2:30 p.m., entries are limited to 2 per student and must be received no later than May 1, for more information, please email [Iva.Damon@msad52.org](mailto:Iva.Damon@msad52.org).

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

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

**May 4** — Greater Freeport Community Chorus Spring concert, "I Dream a World," 7 p.m., North Yarmouth Congregational Church, May 5, at 3:00 p.m. at Brunswick United Methodist Church, admission at the door is \$10 for adults, and free for children under 18, no online or presale tickets.

**May 4** — Last Sheaf Building Materials Exchange. Sat. May 4, 8am-2pm. New and used discount building materials (Greater discounts for low-income home owners). Come join us for free:

- Coffee and donuts
- Activities for the children

• Lunch starting at 11am 102 Lisbon Street, Lisbon, ME. 207-407-4002.

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

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

**May 11** — 37th Annual Spring Bird Walk, 7:30 a.m., Roberts Farm Preserve, 58 Roberts Rd., Norway, help us identify year-round residents and spring migratory species and learn about how we track migratory species with MOTUS\*. Free. Registration required, (207) 739-2124.

**May 14** — Telstar High School Spring Concert, 6:00 p.m., Come hear our children make joyful noises! Telstar High School, 284 Walkers Mills Rd., Bethel. 207-824-2136.

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

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

**May 18** — Skowhegan Class of 1963 will be meeting for breakfast, Good & Plenty Restaurant on Lake-wood Road, Rte. 201, any questions call 858-0946.

**May 18** — Plant Sale, 8 a.m., Gardiner Library Association, 152 Water St., Gardiner, all types of plants are welcome- natives, cuttings, seedlings, divided perennials, herbs, and vegetables, plants need to be healthy, and pest-free. No invasive species, plants must be in pots and labeled, will sell for \$1, \$3, \$5 and \$10, all proceeds from sale will go to

Gardiner Library Association for maintaining building and garden, deliver plants to the Library on Friday May 17th between 3 p.m. and 7 p.m. (or before 7:30 a.m. on May 18th), any questions please contact John Woytowicz at 207-592-0692 or Kathy Brown at 443-739-6458.

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

**May 19** — Mahoosuc Community Band Spring Concert, 4 p.m., Bingham Auditorium, Gould Academy, band plays with Gould students during this school year, conducted by Jim McLaughlin. Donations are accepted at the door to defray the cost of music. FMI contact Scott Hynek ([hynek@roadrunner.com](mailto: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** — Maine Dragon Boat Club informational program, 6:30-8:00 p.m., Norway Memorial Library, 258 Main Street, Norway, call 207-743-5309 for more information or visit [www.norwaymemoriallibrary.org](http://www.norwaymemoriallibrary.org).

**May 23** — Lost Art of Tea Leaf Reading Workshop, 6 p.m., Community Meeting Room, Lithgow Library, 45 Winthrop Street, Augusta, bring your own cup to this workshop, we will provide the tea and hot water, registration is required, visit the Reference Desk to register or call 626-2415.

**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

## MAINE NEWS PAGE

If you are hosting a free community event and would like it added to our calendar, please email your details to: [mainenews@turnerpublishing.net](mailto:mainenews@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: [mainenews@turnerpublishing.net](mailto:mainenews@turnerpublishing.net). Call 207-225-2076 for prepayment options. Events for the Maine Events Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: [www.turnerpublishing.net/pdf/Deadlines.pdf](http://www.turnerpublishing.net/pdf/Deadlines.pdf)

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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 Biologist 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](http://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>.

**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](mailto:articles@turnerpublishing.net) and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster.

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# Crossword

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67				68					69			

**CLUES ACROSS**

- Excessively theatrical actors
- Footwear
- A way to disfigure
- Exchange rate
- Hawaiian wreaths
- North-central Indian city
- Bungle
- Extremely angry
- A short note of what's owed
- Criminal organization
- Mimic
- Try to grab
- U.S.-born individuals
- Some are covert
- Order of the British Empire
- Don't know when yet
- Payment (abbr.)
- Winged angelic being
- Variety of Chinese
- A way to be anxious
- Famed wrestler Hulk
- Partner to cheese
- Slang for sergeant
- Canadian flyers
- Actress Ryan
- Highly unpleasant vapor
- Body part
- Halfway
- Cool!
- Consume
- Salts

**CLUES DOWN**

- "Mad Men" leading man
- Water (Spanish)
- Annoy
- Bulgarian capital
- Japanese title
- Capital of Zimbabwe
- Giraffe
- A mixture of substances
- Midway between south and southeast
- Staffs
- Turkish title
- Type of acid
- Thin, flat strip of wood
- Russian river
- Ribonucleic acid
- Partner to flow
- Airborne (abbr.)
- Upper bract of a floret of grass
- Housepet
- Cavalry-sword
- Symbol of a nation
- Frocks
- Used to carry food
- Portuguese folk song
- Sharp mountain ridge
- Ireland
- Where golfers begin
- Greek mythological sorceress
- Fluid suspensions
- Earthy pigment
- Genus of earless seals
- "Key to the Highway" bluesman
- By or in itself
- Hot fluid below the earth's surface
- Partner to trick
- British Air Aces
- Ammunition
- Supervises flying
- Health care for the aged
- Flanks
- Millimeters
- Where wrestlers perform
- Not around
- Flightless bird
- Bell-shaped flowers of the lily family
- Expressed concern for
- Satisfies
- Flew off!
- Wings
- Load a ship
- Vigor
- British title
- Whiskeys
- \_\_\_ Adams: founding father
- Body of water

# Famous Birthdays

- APRIL 21  
James McAvoy, Actor (45)
- APRIL 22  
Jeffrey Dean Morgan, Actor (58)
- APRIL 23  
Gigi Hadid, Model (29)
- APRIL 24  
Kelly Clarkson, Singer (42)

- APRIL 25  
Al Pacino, Actor (84)
- APRIL 26  
Kevin James, Comic (59)
- APRIL 27  
Darren Barnet, Actor (33)



# Sudoku

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

Level: Advanced

# Horoscopes

- ARIES - Mar 21/Apr 20**  
You can get your spark back with some help from friends, Aries. You may have been struggling in one form or another, but others can provide the perspective needed.
- TAURUS - Apr 21/May 21**  
Taurus, you are a dependable rock and that comes with a lot of responsibility. Sometimes you may feel overwhelmed, and in those instances feel free to delegate some tasks.
- GEMINI - May 22/June 21**  
Too much joking around may strike a nerve of someone close to you, Gemini. Feel out every situation before you start communicating in such a laid back and jovial way.
- CANCER - June 22/July 22**  
Cancer, like it or not, you have to stand by a promise or a commitment you made to someone, even if you no longer feel like doing so. Once it is finished, you can go your separate ways.

- LEO - July 23/Aug 23**  
Leo, if others have underestimated you or written you off in the past, you will have an opportunity to prove them wrong this week, even if you already know the truth.
- VIRGO - Aug 24/Sept 22**  
Your keen eye for detail has you pointing out a mistake that may have cost someone a lot of money, Virgo. Your reward could be a promotion or another commendation.
- LIBRA - Sept 23/Oct 23**  
Making room for your needs right now is challenging as others seem to require all of the attention, Libra. You will have a chance to balance the scales soon enough.
- SCORPIO - Oct 24/Nov 22**  
Right now you may be reluctant to commit or comment on an issue that is affecting some in your circle, Scorpio. You can get involved once you dig further and do your own research.

- SAGITTARIUS - Nov 23/Dec 21**  
Sagittarius, when you hang out with friends, you may be tempted to spend more than is in your budget at the moment. Set a limit, and perhaps leave your credit cards at home.
- CAPRICORN - Dec 22/Jan 20**  
Capricorn, you are ready to move forward, but others in your orbit may be holding you back. Know when to cut loose and do things according to your bigger vision.
- AQUARIUS - Jan 21/Feb 18**  
Thinking about all of the things in your life that may not be going to plan could have you feeling down, Aquarius. Flip the perspective and start focusing on the right things.
- PISCES - Feb 19/Mar 20**  
Pisces, you are known for being a dreamer, but right now you have to come down from the clouds and develop a solid plan of action. There will be time for fanciful ideas later.



# Did you find Coop?

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



Name \_\_\_\_\_

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Paper \_\_\_\_\_

Page # \_\_\_\_\_ Phone # \_\_\_\_\_

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## What's the Difference?

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

**A**



**B**



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



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ANSWER: GRASS

## How they SAY that in...

**ENGLISH:** Mow

**SPANISH:** Cortar

**ITALIAN:** Falciare

**FRENCH:** Tondre

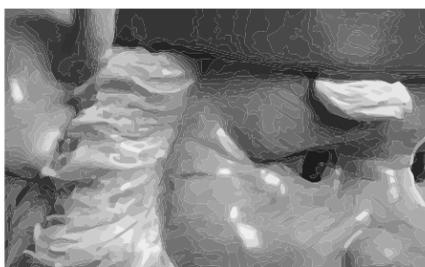
**GERMAN:** Mähen

## Did you know?

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## GET THE PICTURE?



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ANSWER: GARDEN GNOME

## THIS DAY IN...



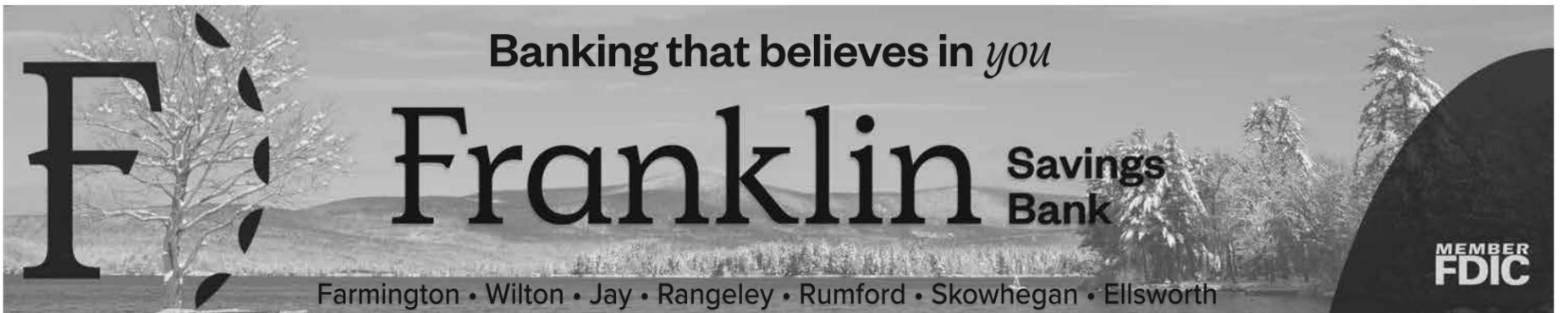
## HISTORY

- **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



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 with new spooks. Not only do we see the return of the Bluto-inspired Slimer, but we also get the Sewer Ghost, the mysterious Melody, and the terrifying Garraka.

There's also some heart to help go along with the laughs and the action, especially arcs for both Phoebe

and Ray. The movie deals with aging and adolescence that wonderfully bridges the gap between generations, which fans from both of those eras can appreciate. Plus, the idea of our heroes having a Q-inspired lab to test out new gadgets is great and can offer potential for future installments. Whether live-action or animated, these filmmakers certainly have a limitless imagination to help keep the legacy going.

Naturally, you have a cast of returning and new actors doing wonderful work displayed on the screen. For starters, longtime fans will be very happy to see Aykroyd and company back together with Murray delivering fresh quips in his few scenes. The addition of Atherton as "pencil-neck" Peck proves to be very welcome as our heroes' classic antagonist. With Rudd,

his goofball fatherly role works nicely here as in the Ant-Man movies, while Coon does her frustrating motherly role just as well. Grace once again stands out among the younger cast, and Nanjiani and Oswalt fill their parts perfectly.

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

THE MOVIE'S RATING: PG-13 (for supernatural action/violence, language, and suggestive references)

THE CRITIC'S RATING: 3.75 Stars (Out of Four)

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# Health & Wellness

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## Leg cramps

**Jodi Cornelio**



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

### Avoiding leg cramps:

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

catches you by surprise in the middle of the night. Grabbing it, pounding it, or rubbing it will do little good and may even cause you more pain or damage after the charley horse disappears so please take caution with that.

### Why do cramps happen:

Leg and muscle cramps happen due to an imbalance in electrolytes or loss of body fluids. Too little potassium, calcium or magnesium in the diet can cause leg and muscle cramps. Some medicines often prescribed for high blood pressure can cause increased urination, which may drain the body of these minerals and lead to muscle cramps. Sickness, which involves vomiting or diarrhea, can deplete the body of fluids and minerals, and overindulging in alcoholic beverages, which rob the body of fluids and minerals, can increase leg cramps.

Other reasons why muscle and leg cramps happen

could be over-exercising or working a muscle too hard or in an unusual unfamiliar manner. In some cases, blood flow is an issue whereas narrowing of the arteries that bring blood to the legs can cause a cramping pain in the legs and feet during exercise and cease when exercise stops. A more serious reason for leg cramps is nerve compression, where pressure on the nerves in the spine creates cramping. This leg pain usually gets worse with walking. Walking bent slightly forward, such as when pushing a shopping cart, might ease cramping.

Most muscle cramps are not usually harmful but they are often painful. Self-care measures like properly hydrating, eating nutritious foods, and stretching after exercise can prevent and treat most muscle cramps and charley horses.

### When to see a doctor:

Muscle cramps usually go away on their own. They do not usually need medical

care. However, see a health care provider for cramps that: Do not go away, cause severe discomfort, have leg swelling, redness, or skin changes, or come with muscle weakness. If these muscle cramps happen daily or very often and do not get better with self-care practices such as nutrition adjustments and hydrating methods, it is time to consult your physician.

### Factors that might increase the risk of muscle cramps include:

Age, unfortunately. As we age we lose muscle mass so even some of the little tasks create stress on the muscles and cause cramping. Extreme sweating increases the risk of cramping due to mineral loss. Being overweight can create muscle cramps due to muscle strain. Pregnancy and some health issues such as diabetes or thyroid issues can increase the risk of muscle cramps as well due to changes in the body's fluid balance.

### Steps to help prevent and decrease muscle cramps:

Hydrate daily. Muscles need fluids to work well. Drink liquids during heavy activities and throughout the day. Water or other liquids without caffeine or alcohol are recommended. If you are involved in heavy activity as part of your daily routine or if you are an athlete training long hours it is not a bad idea to include a high-quality electrolyte drink in your hydration plan. These high-quality drinks or powders should include Water, Sodium, Potassium, Chloride, Calcium, Magnesium, Phosphate, Bicarbonate.

Eat food high in potassium and magnesium to replace mineral loss. Some of my favorite foods high in potassium and magnesium are bananas, raisins,

prunes, avocados, nuts, and seeds such as pumpkin seeds, Brazil nuts and almonds, green leafy vegetables, potatoes with skins on them, legumes like chick peas, tofu, salmon and fatty fish, molasses, oysters, okra, artichokes, and HEMP.

Stretch your muscles daily. It is a good idea to stretch in the morning upon rising gently and before going to bed at night. Stretching during and after exercise is always necessary. Light exercise, such as riding a stationary bicycle for a few minutes or going for a gentle walk before bedtime, also may help prevent cramps while you sleep.

As always I hope these health tips help you enjoy a cramp-free Spring.

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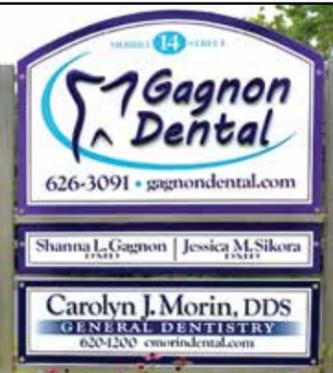
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# Winthrop scholarship winner honored by lawmakers



Photo Caption: Rep. Tavis Hasenfus, D-Winthrop, and fellow legislators welcomed Brooke Belz, of Winthrop, and her parents to the State House on Wednesday, March 27. Belz was awarded the 2024 Legislative Memorial Scholarship for Kennebec County. Front row left to right: Rep. Tavis Hasenfus, Darryl Belz, House Speaker Rachel Talbot Ross, D-Portland, Brooke Belz, Rep. Morgan Rielly, D-Westbrook, Susan Belz. Back row: Rep. Kathy Javner, R-Chester.

Submitted photo

## Sen. Hickman welcomes Army Sergeant Jack Pitteroff to play the National Anthem

AUGUSTA — On Wednesday, Sen. Craig Hickman of Winthrop, introduced U.S. Army SGT Jack Pitteroff, senior bandsman, 195th Maine Army National Guard Band to play the Star-Spangled Banner on the trumpet alongside the presentation of colors by Loring Job Corps Center Honor Guard prior to the start of session.

“It was an honor to see the professionalism and talent Sergeant Pitteroff displayed as he performed today,” said

Sen. Hickman. “We don’t often have the luck to listen to the National Anthem played on instruments in the chamber. It was a memorable event, and I am grateful to the Sergeant for taking the time to play for us today.”

The National Anthem is performed or sung by members of the public prior to the start of session days alongside the invocation in an effort to help members start their day in the right frame of mind.

## Kennebec Performing Arts Company presents annual Spring Pops Concerts

WINTHROP — Kennebec Performing Arts Company will present its annual Spring Pops Concerts on Friday, May 3 at 7 PM at Winthrop Performing Arts Center, 211 Rambler Road, Winthrop, and Saturday, May 4 at 7 PM at the William and Elsie Viles Auditorium, Cony High School, Pierce Dr., Augusta.

The performances will feature the KPAC Chorus, Wind Ensemble & Jazz Band under interim conductors Jason Giacomazzo, Dean Paquette & John Reeves. Enjoy an evening of selections performed by KPAC’s talented communi-

ty members, including: Chorus - Ordinary Miracle from Charlotte’s Web; The Gift to Be Simple - traditional Shaker Tune; Distant Land - A Prayer for Freedom by John Rutter. Wind Ensemble - National Emblem March; Eric Clapton on Stage; Works by Eric Whitacre & Robert W. Smith.

Jazz Band - Georgia on My Mind by Hoagy Carmichael; The Jazz Police by Gordon Goodwin; Bluebird Land, Maynard Ferguson’s theme. This free event is supported in part by a grant from the Onion Foundation.

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# Seasonal Guide

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

## Tips to make a yard less attractive to ticks

Metro  
Backyards are ideal places to spend warm afternoons soaking up some sun. Lazy days in the yard are a big part of what makes warm weather seasons like spring and summer so appealing. But those afternoons can quickly go off the rails when an unwelcome visitor makes its presence known.



Metro photo

Ticks can be found throughout the world, but the Centers for Disease Control and Prevention notes that only a select few types of ticks transmit bacteria, viruses and parasites, or pathogens, that cause diseases in people. But even if the number of tick species that transmit diseases to humans is relatively low, ticks that can infect humans are a notable threat. Such ticks carry pathogens that the CDC notes can cause a number of diseases, including Bourbon virus, Ehrlichiosis and, of course, Lyme disease, among others.

Human beings can come into contact with ticks in their own backyards. But humans can take various steps to make their lawns less welcoming to ticks.

- Cut your grass short and keep it that way. Black-legged ticks are transmitters of Lyme disease, which

the CDC notes is the most common vector-borne disease in the United States. Lyme disease also poses a growing threat in Canada, where data from the Public Health Agency indicates human-reported Lyme disease cases increased from 144 in 2009 to more

than 2,100 in 2022. Black-legged ticks do not like environments that are dry and hot, so short grass makes lawns less attractive to this type of tick. Consumer Reports advises homeowners who have let their grass grow a little too high (around five or six inches)

to bag their clippings when cutting the grass. Lots of clippings on the grass can provide a respite from the heat for black-legged ticks.

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

- Plant with infestation prevention in mind. Some plants can help to repel ticks because they boast certain characteristics that ticks cannot tolerate. The

fragrances, textures and oils of plants like garlic, mint, lavender, marigolds, and others create less welcoming conditions for ticks. Homeowners can speak with local garden centers for advice on tick-repellant plants that can thrive in their particular climate and on their properties.

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

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

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# Sen. Hickman welcomes Pastor Travis Armstrong from Manchester

AUGUSTA — On Thursday, March 21, Sen. Hickman of Winthrop welcomed Pastor Travis Armstrong of Hope Baptist Church in Manchester to the statehouse for the opening invocation. The invocation is given at the beginning of each day with the intent to ensure senators are given the opportunity to hear from a variety of faith leaders around the state.

“It is a pleasure to welcome Pastor Armstrong to the statehouse,” said Sen. Hickman. “I am humbled by each guest who takes time out of their day to come here. Pastor Armstrong’s invocation was peaceful, kind and motivational for the chamber. I hope to be able to invite him here again soon.”

Invocations are meant to



Sen. Craig Hickman and Pastor Travis Armstrong in the Senate Chamber.

be nonpartisan in nature to ensure all faiths are represented. If you are interest-

ed in giving an invocation, please reach out to Alex Ferguson at the senate sec-

retary’s office at [Alex.Ferguson@legislature.maine.gov](mailto:Alex.Ferguson@legislature.maine.gov) or call 207-287-1541.

Submitted photo

# Turner resident graduates from Dean College

TURNER — Turner Resident Heather Pape recently graduated from Dean College in Franklin, Massachusetts. Her bachelor’s degree concentration was in Musical Theatre.

Heather graduated officially on January 15, 2024. Four days later she was driving to Disney World where she was accepted into the Disney College Program. Her short-term goal is to become a character actor on Main Street at Disney’s Magic Kingdom. Those who know Heather might remember she played Cinderella when she was a student in Leavitt Area High School’s production. She graduated from LAHS in



Heather Pape

2019. She is the daughter of John Pape & Shelley Chabot of Wayne.

## New Dimensions Federal Credit Union staff and members raise over \$25,000 to combat hunger in Maine communities

WATERVILLE — Through dedicated teamwork and community support, New Dimensions Federal Credit Union (NDFCU) raised \$25,208.19 for the 2023 Maine Credit Union League’s Campaign for Ending Hunger. Their fundraising efforts will directly support local food banks and pantries serving families struggling with hunger.

NDFCU employees organized a variety of creative fundraising events over several months,

including raffles, dress-down days, car washes, and food sales. Their generous members also contributed however they could – whether through larger donations or simply purchasing treats in the branch. Small donations added up through the power of collective action.

“Our staff and members really came together with compassion for our local communities facing food insecurity,” said Ryan Poulin, CEO. “The credit union philosophy of ‘peo-

ple helping people’ was on full display throughout the year. We’re grateful for everyone who donated their time and resources to make a difference.”

NDFCU’s contribution helped the statewide credit union campaign smash its \$1 million goal by raising an impressive total of \$1.22 million. The credit union remains committed to ongoing fundraising and volunteer efforts to continue supporting Maine communities through challenges with access to nutritious food.



Submitted photo

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

FEATURE COLUMN

# Broward County



*After gallivanting throughout the United States and over 75 other countries, and writing about what he sees, does and learns, Victor Block retains the travel bug. He believes that travel is the best possible education, and still has a lot to learn. His stories have won a number of writing awards.*

Some visitors speed through winding waterways in an airboat, keeping their eyes peeled for alligators, colorful birds and other creatures. Others soak up the sun at lovely white sand beaches.

Welcome to Broward County, Florida, tucked along that state's eastern coastline. For many vacationers, 24 miles of golden beaches are reason enough to drop by.

Some stretches of sand are backed by sidewalks lined with restaurants, shops and other commercial establishments. Others are isolated expanses where sun seekers are few and far between.

The ocean is not the only body of water in the area. The Intracoastal Waterway, a 3,000-mile-long span of rivers, inlets and man-made channels, runs through on its way from Massachusetts to the southern tip of Florida.

Fort Lauderdale lives up to its reputation as the "Venice of America," interlaced with 165 miles of canals. Much available at the destination is water related. Boating is a major pastime, and I spotted vessels that ranged from minuscule outboard motorboats to luxurious yachts and everything in between.

Fishing also is popular, and I saw anglers trying their luck, and testing their skill, in the canals and ocean.

Back on land, other wild-

life awaited discovery, and I didn't have to travel far from my home base in Hollywood to find it. That town, like the rest of Broward County, is full of things to see and do, yet compact enough that many sites are within a convenient commute.

A short drive brought me to the Flamingo Gardens, a botanical and wildlife sanctuary that is home to thousands of species of tropical and subtropical plants and animals ranging from alligators, bobcats, eagles and owls to countless flamingos that wander around the grounds.

Alligators also were among the prey I spotted during an airboat ride through the flooded grasslands that blanket much of southern Florida. They were joined by a virtual aviary of birds with intriguing names like snake bird and long-legged gallinule.

Pelicans, dolphins and iguanas were among the wildlife I saw during an excursion

in a Water Taxi, which travels to 20 stops along its route through canals. I also oohed and aaahed at the massive homes which front the channels in Fort Lauderdale, and the mega-yachts docked beside them. Known as Millionaire's Row, these magnificent, and massive, mansions are owned by royalty, business moguls, celebrities and other uber-wealthy people.

Years ago, Fort Lauderdale had a reputation as a destination popular with rowdy college students on spring break. Since then, it has evolved into a magnet for a more mature crowd. Notable restaurants have replaced dive bars and world-class hotels have sprung up.

Nearby Hollywood has a very different vibe. It was the creation of Joseph Young, an urban developer who arrived in 1920 with the vision of building a "Dream City." After spending millions of dollars to achieve his goal, he

was elected as its first mayor in 1925.

The dozens of parks that were included in Young's master plan provide visitors with close encounters with Mother Nature. The 1,500 acres of West Lake Park and Anne Kolb Nature Center make it one of the largest urban nature complexes in the state. Boardwalks traverse mangrove wetlands that shelter threatened and endangered species, and guided boat tours explore a stretch of the Intracoastal Waterway.

The Dr. Von D. Mizell-Eula Johnson State Park is named for civil rights activists who led wade-ins which resulted in the desegregation of Broward County's beaches. Activities include fishing, canoeing, kayaking and wildlife viewing. The park has an inlet that serves as a manatee sanctuary, and a reef frequented by scuba divers.

Nature also plays a prominent part in Native American

Culture, and this is borne out in traces of that lifestyle which are found in Broward County. Highway signs that read "Seminole Indian Reservation" mark the boundaries of that enclave, and touches of Indian lore soon become evident. One commercial building resembles a large teepee, and another echoes pueblo architecture.

The Seminole Okalee Village & Venue contains an exhibition hall that hosts a variety of programs. Behind it are a number of thatch roof chickees that replicate the shelters in Indian camps which served as spaces for cooking, eating and sleeping.

These traces of early inhabitants of Broward County augment reminders of others who followed. That history, and the area's natural and man-made attractions, account for its popularity.

For more information log onto [visitlauderdale.com](http://visitlauderdale.com).

## ECLIPSE

Page 1

the breeze cooled by around five degrees. At full totality, with just a black

circle surrounded by a thin coronal ring, the crowd got noticeably quiet. Then, in the dawn-like darkness around Rangeley Lake, the crowd began cheering.

We had been given a rare

opportunity to see an astronomical event that will not happen in the United States until August 2044. I will be ninety-four years old and surely not able to handle heavy traffic. So, it

was worth it to spend one half of the day in the sun, and the other half in my car. My wife's sister's family drove from Rochester, NH way up to Millinocket to witness this event. (Total

drive time: 12 hours.) Her Facebook post declared, "It was so totally worth it."

(Turner Publishing would like to thank the Rangeley Chamber of Commerce for its Shadow of the

Sun Festival, and opening its facilities for a major influx of visitors to the Solar Eclipse event. Thanks also to the Franklin Savings Bank for letting our reporter park at their site.)

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## 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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## 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 prob-

ably nailed it. How else can you explain some humans' yearnings when it comes to so-called extreme outdoor adventures?

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

Just for example: Cliff camping, skywalking in the Alps, scaling up California Redwoods, tree camping, snowboarding a Canadian glacier, rock climbing in Monument Valley, or extreme kayaking on the frothing Clendenning River in British Columbia. The list is endless.

What about your bucket

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

Here is the good news. Bucket lists, like personal ambitions, tend to mellow and marginalize with the passing of time. My bucket list once included an Atlantic salmon fishing trip to the Kamchatka Peninsula and a guided trout fishing trip on the San Juan River in Chile, neither of which came to pass.

If the elder George Bush could skydive at 85 years of

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

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



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# The state of local news -excerpt from American Journalism Project

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

Local news demands accountability from community, business, and governmental bodies. It forces decision-making structures to operate within the public's view. Local news

lends us agency, empowering us with the knowledge we need to make informed decisions about issues critical to our daily lives.

But local news is disappearing.

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

### Broken models

For the last 150 years, we've relied on ad revenue, a market transaction, to support a public good. Advertising once accounted for 80% of newspapers' revenue. In the past 20

years, that revenue stream has fallen by 80%. The economics that supported the news industry for most of the twentieth century are no longer viable. Of the commercial newspapers that still exist, most have been forced by revenue losses to cut resources so dramatically that they struggle to provide any civic value to communities.

### Ghost newspapers

More than half of those remaining newspapers are owned by financial institutions whose cost-cutting strategies have stripped newsrooms of the resources necessary to produce consistent, original reporting on basic information.

People who live in communities that still have a local newspaper may also effectively be living in news deserts.

### The rise of misinformation

In the absence of trusted news sources, we see targeted disinformation campaigns, including efforts to spread misinformation through social networks and websites masquerading as news brands.

### Dependency on national news sources that are removed from everyday life

Without a trusted local alternative, individuals have no choice but to turn to the echo chamber of national news outlets and social me-

dia for information. Local stories, when they are told by these institutions, become cherry-picked anecdotes that build on national tensions. They're used to engage a national audience rather than to inform a local one.

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

We at Turner Publishing continue to send out local community news and good news only. Our plight and goal are simple. Keep readers of the local communities they reside in informed of good things that are happening around them. And we do it FREE by sending

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### Here are a few of the things our readers are saying about us this month:

Love it!  
- Evelyn Perry

Very informative.  
- Rachel Fиск

Good paper, lots of info.  
- Clayton Thomas

Read it religiously.  
- Kathryn Mets

I love it, I get it every month.  
- Nancy Spencer

Look forward to it every month.  
- Ellie Ward

Clever, funny and fulfilling.  
- Andrea Caron

I loved what you did for the Spring breakfast, and it had an incredible effect! We served almost 500 people last spring, and flat ran out of several items! So thank you for all your help! I hope we've been able to help you stay on stable footing, goodness knows how much we need publications like yours! - Sincerely, Corey Baumann, LVFD fundraising committee

Email your Raves or Comments to: [raves@turnerpublishing.net](mailto:raves@turnerpublishing.net)

Great read.  
- Chuck Rabon

I like it so much!  
- Linda Mason

Nice community news, thank you!  
- Kathy Corbin

It's all good news.  
- Becky Keith

It's great! I love having a printed paper to flip through.  
- Danielle Wiegand

Love the variety of info and stories.  
- Pat Larrabee



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- Kennebec Current: Patty Ellis
- Lewiston Leader: Doris Welding
- Lisbon Ledger: Mary Bishop
- Lake Region Reader S: Jill Sansouci
- Lake Region Reader N: Gerald Webster
- Moose Prints: Sandy Drew
- Oxford Hills Observer: Linda Richardson
- Somerset Express: Darlene Brown
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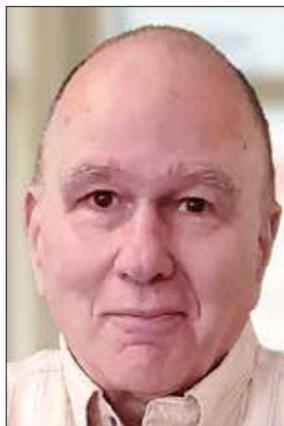
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A FEW WORDS by: John Governale



John Governale

# Polar, the Titanic Bear

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

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

## CODA Chorus Spring Concert

WINTHROP — CODA Chorus Spring Concert on April 27th. 4:00 p.m. at Hope Baptist Church, in Manchester. The CODA Chorus is pleased to announce its Spring 2024 program featuring songs about kindness and friendship using the words of American poets and composers.

The program is conducted by CODA Chorus music director Christine Letcher, an assistant professor in music at the University of Maine at Augusta. Brendan Wilson, a local music educator, is the accompanist. In addition to the chorus’s fifty



Christine Letcher

singers, the program features Nicole Shaw on Oboe and a string quartet including Benjamin Rosenthal, violin I; Eva Nielson, violin II; Taylor Clark, viola; and

Jon Moody, cello.

The program includes Edgar Allan Poe’s poem “Evening Star,” connecting poetry and music as he describes gazing at a star. Dreams appear throughout these songs as well, where, in the words of Langston Hughes, “love will bless the Earth,” and “where all will know sweet freedom’s way.” Odina Batnag reminds us that as citizens of the world, “we are one.” Likewise, Leonard Bernstein writes in Dream with Me, “We’re together if we dream the same sweet dream.” Emily Dickinson

asks, “Will There Really Be a Morning?”

The concert is on Saturday, April 27th, 4 p.m. at Hope Baptist Church in Manchester. A free-will offering is taken.

For over 55 years, CODA Chorus has brought choral music to Central Maine. It exists to encourage the enjoyment of singing and to raise local music appreciation. CODA Chorus provides an opportunity for local singers of a wide range of ages and abilities. The chorus holds annual concerts in December and in the spring.

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# Local scouters honored with Silver Beaver

RAYMOND— The Silver Beaver is the highest award a local council can bestow upon a volunteer Scout leader. Two local Scouters from across our Kennebec Valley District of Pine Tree Council received this award- Kelly Pillsbury of Benton and Joseph Poulin of Oakland. Kennebec Valley District delivers Scouting in Kennebec, Lincoln, Knox, Somerset, and Franklin Counties.

Poulin has been active in Scouting since 1990 when he was a Webelos Cub Scout and then crossed into Oakland Troop 454. He earned his Eagle Scout award in 1997. Since 2002, he has served as a volunteer leader in Scouting at the local, district and council levels. He is currently serving as the Vice Chair of Kennebec Valley District, Training Chair for Pine Tree Council and a member of the Pine Tree Council Executive Board. Additionally, he has served as Program Director for Day Camp and Fun Pack Weekends. "I enjoy seeing

youth succeed and grow," Poulin said.

"There is no one more deserving of the Silver Beaver Award than Joe," said Tammy Smith, who serves on the Pine Tree Council Executive Board. "Joe is one of the most caring, generous and dedicated persons there is to Scouts, family and friends which makes him such a remarkable recipient."

Kelly Pillsbury is a former District Chair for Kennebec Valley District and currently serving on the District Committee and as a committee member for Troop 479 based in China. Both received the District Award of Merit, the highest award a local Scouting District can bestow on a volunteer. Pillsbury is a past Exalted Ruler of Waterville Elks Lodge #905 during which time she formed the "Antler Lodge" to bring the Elks program to youth. She joined Scouting in 1995 as a Tiger Cub parent and has been active since. "Kelly has been active in Scouting



Scott Valcourt and Kelly Pillsbury



Scott Valcourt and Joseph Poulin

Submitted photos

for more than twenty-five years," said District member Ron Emery of China. "Kelly always has had goals

to advocate that training was important for Cub leaders, Scout leaders as well as Scouts, and the Troop

committee should always support and encourage that training."

The awards were present-

ed at Camp Hinds in Raymond on January 18 by Pine Tree Council Vice Chair Scott Valcourt.

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