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**INDEX**

- Funny Things Kids Say .....2
- Maine Calendar.....4
- Spring Sports Schedules... 7 & 10
- Puzzle Page .....8
- Kids Corner .....9
- The Healthy Geezer .....11
- Classifieds .....12

**FEATURE ARTICLES**

Leg Cramps.....6

A FEW WORDS by: John Governale  
 Polar the Titanic Bear .....10

**PRELUMPSCOT POST**

**INDEX**

- Movie Review .....2
- V. Paul Reynolds.....3
- Earth Day .....4



## Ribbon cutting to welcome Naple's library



Submitted photo  
 The chamber held a ribbon-cutting to welcome the Naples library last week. Picture attached pictured from left: Marty Martell- NSB, Jeff Harriman-Western Maine Dance & Gymnastics, Jason Roger's-Naples Town Manager, George Klauber-Naples Library, Angie Cook-Chamber ED, Dani Longley, Jane Freedman-Naples Library VP, Brian Scully and Mrs. Tux.



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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: \_\_\_\_\_

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# Plans to save Hiram Icon - Ridlon Schoolhouse

HIRAM — The Hiram Historical Society is teaming with the Ossipee Valley Agricultural Society (OVAS) and Tear Cap Workshops to save the oldest remaining one-room schoolhouse in Hiram.

The owner of this sweet little one-room schoolhouse planned an immediate demolition but agreed to give the Hiram Historical Society time to save it. The Society has teamed up with the Ossipee Valley Agricultural Society and Tear Cap Workshops, Scott Campbell of Maine Mountain Post and Beam, and other volunteers. After careful consideration, we plan to deconstruct the building, store what's salvageable at Tear Cap Workshops and rebuild it on the Ossipee Valley Fairgrounds as an educational resource for all when funds are in hand.

Ridlon School is the oldest one-room schoolhouse re-



Submitted photo

Ridlon School front east south 2023 September before demolition

maining in Hiram and one of few of this old age in Maine.

Once white, now red, little else except a six-foot addition and an outhouse has changed in its 200+ years since it was designated as "Stanley's" school district in 1819 with six student scholars. Tragically William Stanley died in 1822 at age 46 and Samuel Ridley (Ridlon) succeeded him, hence its name. It was replaced by the "new" school built in 1916, now the Hiram Town Office.

To help assist in deconstruction restarting Sat. April 6, 2024, call Cliff Whitney at 207-625-8241.

To help research the school's students, teachers and descendants or to help raise funds and spread the word, call Sally Williams at 207-615-4390.

We need your support for this and future phases of the project! Thank you.

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# MAINE CALENDAR

## April

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

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

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

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

**April 20** — Earth Day Trailhead and Garden Clean-up, 10 a.m.-2 p.m., Alan Day Community Garden, Whitman Street, Norway, give back to celebrate Earth Day by helping us clean-up the Farm to Town

Trailhead and the Alan Day neighborhood, come back to the garden for lunch and afternoon activities, wear safety vests, work gloves, boots, free. registration required, meet at the garden.

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

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

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

**April 27** — Earth Day Workday, Spring Cleanup at MOFGA's Common Ground Education Center, 9 a.m. to 12 p.m., Maine Organic 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 Farm-

ers 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, caregiv-

ers 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** — Last sheaf building materials exchange, 8 a.m.-2 p.m., 102 Lisbon St., Lisbon, new and used discounts building materials, greater discounts for low-income home owners, free coffee and donuts, activities for children, lunch starting at 11 a.m., FMI 207-407-4002.

## MONTHLY MEETINGS

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

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

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

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

**BRIDGTON:** Narcotics Anonymous, 5:30-6:30 p.m.

## MAINE CALENDAR PAGE

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

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Thursday, Lakes Region Recovery Center, 25 Hospital Drive, 207-803-8707.

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

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

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

**NORWAY:** Mindful Yoga at Roberts Farm

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

## ONGOING:

**Food Addicts Meetings FREE** - Food addicts in recovery meetings Tues, Thurs and Sun by phone and ZOOM. [foodaddicts.org](http://foodaddicts.org) FMI call 623-8375 or 623-1924.

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

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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**Easter Coloring Contest Winners: Willow Kev, Gorham - Natalie Sarle, Mexico - Lucia Twitchell, Oxford**

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

## Opening Day for the Poland Spring Museums

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

May 24, 1893 served as the official dedication of

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

At the end of the fair, the building was purchased by the Ricker family of



Haines Photography

Poland Spring, dismantled and rebuilt at Poland Spring Resort for use as a library and art gallery.

The Poland Spring Preservation Society is a 501c3 non-profit organization dedicated to preserving the unique historical architecture of the Maine State Building and the All Souls Chapel, one-of-a-kind structures listed on the National Register of Historic Places. The Maine State Building was constructed for the World's Columbian Exposition held in Chicago

in 1893, and returned to Maine by the Ricker family of Poland Spring, who had won an award for the purity of their Poland Water at the Exposition. It is one of only 5 buildings that remain and the only State Building remaining from the Fair. The All Souls Chapel opened in 1912 under the vision of Sadie Ricker for the guests and staff at Poland Spring.

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

# CMCC to build addition to Kirk Hall, expand healthcare programs

AUBURN — Central Maine Community College (CMCC) has been awarded Congressionally Directed Spending funds to expand healthcare training programming by building and equipping a 7,200-square-foot addition to Kirk Hall. The increased

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

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

CMCC's Healthcare Training Expansion project will create opportuni-

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

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

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

high wage jobs where earners contribute to Maine's economy. CMCC has a long history of educating students who stay in Maine and this project will increase those numbers," said Dr. Betsy Libby, President of Central Maine Community College.



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jcornelio@turnerpublishing.net

## Leg Cramps

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.

Live long, live well

**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



**Volunteer Ombudsman Representatives are the Heart of the Ombudsman Program**

*Volunteer advocates needed in your local area!*

The Maine Long-Term Care Ombudsman Program is looking for individuals who are interested in joining a group of dedicated volunteers who visit residents in long-term care facilities across the state. Volunteer Ombudsman are advocates who provide a voice for consumers while working collaboratively with long-term care facilities.



Learn more about becoming a Volunteer Ombudsman Representative. Please contact Nicole Marchesi, Volunteer Program Manager (800) 499-0229 or (207) 621-1079.

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# Rotary provides unique opportunity for HS sophomores to learn leadership skills

BRIDGTON — Rotary Provides Unique Opportunity for HS Sophomores to Learn Leadership Skills

The Bridgton-Lake Region Rotary Club is proud to announce its sponsorship of three local high school sophomores to attend the Rotary Youth Leadership Awards (RYLA) camp at Camp Hinds in Raymond, Maine, from Sunday, June 23rd to Wednesday, June 26th. Bridgton Rotary will pay the camp tuition of \$750 per student as part of the club's ongoing commitment to nurturing the next generation of leaders in the community.

RYLA is a transformational leadership program designed to empower young people and provide them with the skills, confidence, and motivation to become better leaders in their schools and communities. Upon arriving at RYLA, the 144 participants from Maine and NH are assigned to a Leadership Exploration Group (LEG) with up to 11 others. LEGs spend four days in a series of workshops and team-building activities aimed at developing their leadership potential and fostering a sense of Rotary's "Service Above Self."



Camp Hinds Team from last season.

"The benefits of attending RYLA extend far beyond the camp experience," said Rick Whelchel, Vice President of the Bridgton-Lake Region Rotary Club. "In addition to learning crucial leadership skills that will be invaluable both in academic settings and in future careers, they will meet other like-minded students from throughout southern Maine and coastal

New Hampshire and create lasting connections that can support their personal and professional growth."

"We are thrilled to offer this opportunity to three deserving sophomores in our community both from the Lake Regional High School or homeschoolers," added Whelchel. "We believe that RYLA has the power to unlock their full potential and inspire them to be the

leaders of tomorrow. Please encourage sophomores you know to apply! And, by the way, other Rotary Clubs are sponsoring kids as well so reach out and we'll answer your questions."

The deadline for applications is June 1, 2024. Interested sophomores can find more information and download the application form at <https://ryla7780.org/> or call Past President Aaron Hagan at 207-774-1426. Mail the completed application to P.O. Box 845, Bridgton, Maine, 04009 or email it to [LakeRegionRotary@gmail.com](mailto:LakeRegionRotary@gmail.com).

About Bridgton-Lake Region Rotary Club: The Bridgton-Lake Region Rotary Club is a local chapter of Rotary International, a global network of community volunteers dedicated to tackling the world's most pressing humanitarian challenges. The Club meets weekly to plan and implement service projects, fundraisers, and community events that make a positive impact locally and throughout the world. For more information, visit its website: <https://lakeregionrotary.com> or its Facebook Page.

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## 2024 WINDHAM SPRING SPORTS SCHEDULE

### BASEBALL

DATE	LOCATION	TIME
4/17	VS Marshwood	12:00
4/20	@ Chevrus	10:00
4/23	VS Bonny Eagle	4:30
4/25	VS Deering	4:30
4/27	@ Portland	11a/10a
5/2	VS Sanford	4:30
5/3	@ Biddeford	4:30
5/7	@ Noble	4:30
5/9	VS Kennebunk	4:30
5/11	VS Thornton	10:00
5/14	@ Massabesic	4:30
5/16	@ Westbrook	4:30
5/18	VS South Portland	10:00
5/21	@ Scarborough	4:30
5/23	VS Gorham	4:30
5/25	@ Falmouth	11:00

### SOFTBALL

DATE	LOCATION	TIME
4/18	VS Bonny Eagle	11:00
4/20	@ Noble	11:00
4/22	VS Deering	4:30
4/24	@ Thornton	4:30
4/26	VS Gorham	4:30
4/29	@ Biddeford	4:30
5/1	VS Portland	4:30
5/3	@ Falmouth	4:30
5/6	VS Westbrook	4:30
5/8	@ Massabesic	4:30
5/10	@ Scarborough	4:30
5/15	@ Kennebunk	4:30
5/17	VS South Portland	4:30
5/20	@ Marshwood	4:30
5/22	VS Sanford	4:30
5/24	VS Chevrus	4:30

### OUTDOOR TRACK BOYS

DATE	LOCATION	TIME
4/25	@ Kenn/Fal	4:00
5/1	@ Mass/Gorh/Sanf	3:45
5/7	@ Chev/Portland	3:45
5/15	VS Marsh/Scarb	3:45
5/24	Regionals	3:00
TBD	States	TBD

### OUTDOOR TRACK GIRLS

DATE	LOCATION	TIME
4/17	@ South Portland	10:00
4/25	@ Kenn/Fal	4:00
5/1	@ Mass/Gorh/Sanf	3:45
5/7	@ Chev/Portland	3:45
5/11	@ St Joe Fleet Feet	TBD
5/15	VS Marsh/Scarb	3:45
5/24	Regionals	3:00
TBD	States	TBD

Dates and Times Subject to Change

**Best of Luck Eagles!**

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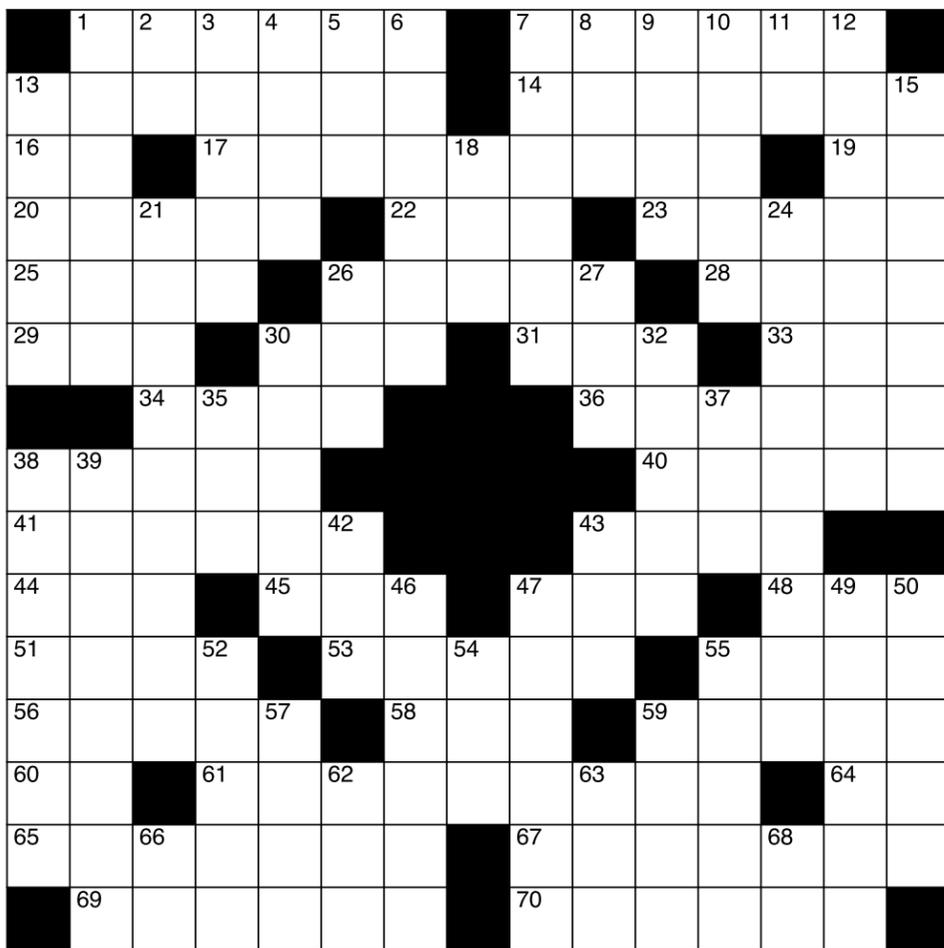
207-807-2738

**GOOD LUCK EAGLES!**

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# Crossword



### CLUES ACROSS

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

and noses

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

-graph

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

### CLUES DOWN

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

# Famous Birthdays

APRIL 7  
Russell Crowe, Actor (60)

APRIL 8  
Skai Jackson, Actress (22)

APRIL 9  
Elle Fanning, Actress (26)

APRIL 10  
Mandy Moore, Singer (40)

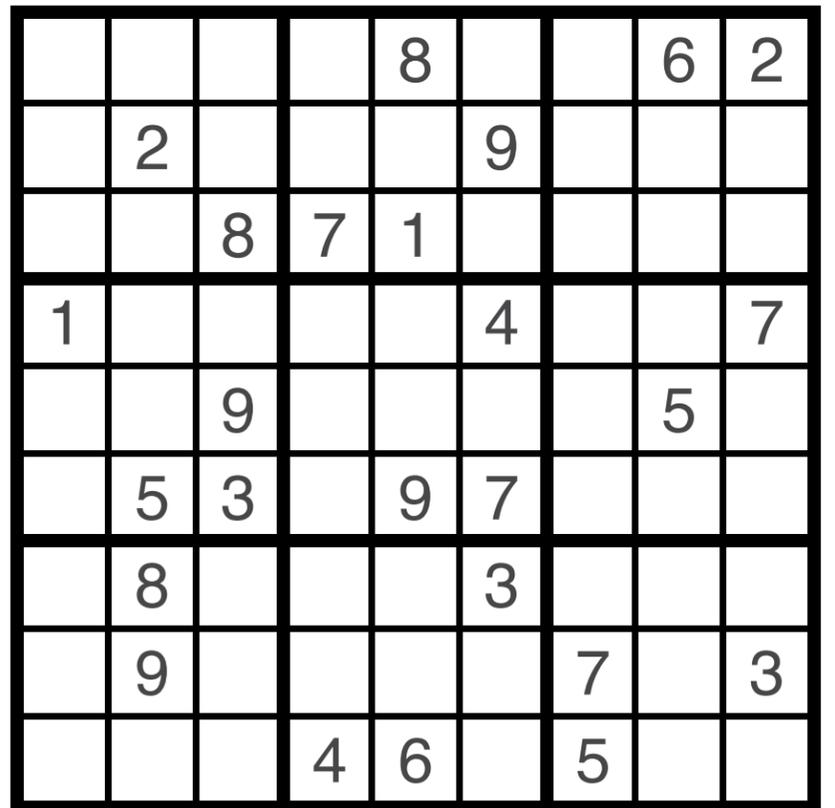
APRIL 11  
Ken Carson, Rapper (24)

APRIL 12  
Saoirse Ronan, Actress (30)

APRIL 13  
Al Green, Singer (78)



# Sudoku



Level: Advanced

# Horoscopes

### ARIES - Mar 21/Apr 20

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

### TAURUS - Apr 21/May 21

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

### GEMINI - May 22/June 21

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

### CANCER - June 22/July 22

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

### LEO - July 23/Aug 23

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

### VIRGO - Aug 24/Sept 22

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

### LIBRA - Sept 23/Oct 23

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

### SCORPIO - Oct 24/Nov 22

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

### SAGITTARIUS - Nov 23/Dec 21

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

### CAPRICORN - Dec 22/Jan 20

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

### AQUARIUS - Jan 21/Feb 18

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

### PISCES - Feb 19/Mar 20

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



# Did you find Coop?

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



Name \_\_\_\_\_

Address \_\_\_\_\_

Paper \_\_\_\_\_

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

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Or mail to: Turner Publishing

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## What's the Difference?

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

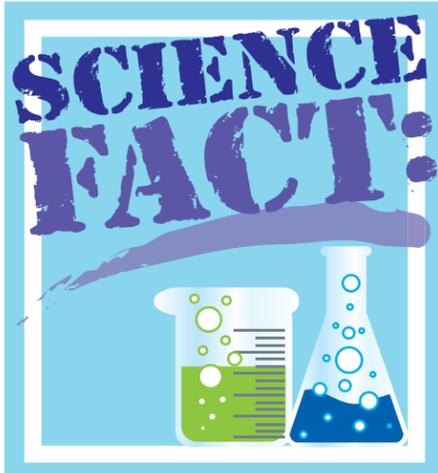
**A**



**B**



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



THIS COMMON OUTDOOR PLANT CAN HELP PREVENT SOIL EROSION, MAKE A HOME LOOK NICE, AND CLEAN THE AIR.

ANSWER: GRASS

## How they SAY that in...

**ENGLISH:** Mow

**SPANISH:** Cortar

**ITALIAN:** Falciare

**FRENCH:** Tondre

**GERMAN:** Mähen



CENTRE COURT AT WIMBLEDON IN ENGLAND IS THE MOST EXPENSIVE LAWN IN THE WORLD. THIS TENNIS COURT REQUIRES A LOT OF UPKEEP.



Can you guess what the bigger picture is?

ANSWER: GARDEN GNOME

## THIS DAY IN...



## HISTORY

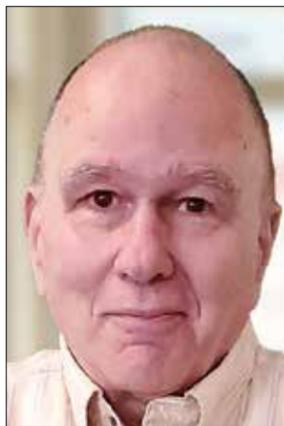
- **1803:** THOUSANDS OF METEOR FRAGMENTS FALL FROM THE SKIES OF L'AIGLE, FRANCE. THIS CONVINCES SCIENTISTS THAT METEORS EXIST.
- **1900:** FIRES CONSUME THE CANADIAN CITIES OF OTTAWA AND HULL, DESTROYING THEM IN 12 HOURS.
- **1954:** THE FIRST CLINICAL TRIALS OF JONAS SALK'S POLIO VACCINE BEGIN.



## LAWN

an area of short, mown grass in a yard

A FEW WORDS by: John Governale



John Governale

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

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

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

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

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

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

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

toy stuffed bear that he had named Polar—the family’s European travels, the sinking of the Titanic, and the family’s rescue.

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

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

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

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

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

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

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

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

Visit polarthetitanicbear.com to learn more. Also, you can find readings of the book on YouTube. There is a good one by Nancy Batliner.

## 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 send-

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## 2024 LAKE REGION SPRING SPORTS SCHEDULE

### BOYS SOFTBALL

DATE	OPPONENT	TIME
4/11	(H) Greely	4:00
4/13	@ Westbrook	10:00
4/15	@ Deering	3:30
4/19	@ Yarmouth	12:00
4/22	(H) Traip	4:00
4/24	(H) Freeport	4:00
4/29	(H) Poland	4:00
5/1	@ Leavitt	4:00
5/3	(H) Fryeburg	4:00
5/6	@ Greely	4:00
5/8	(H) Cape	4:00
5/10	(H) GNG	4:00
5/13	@ Poland	4:00
5/15	@ Wells	4:00
5/18	@ Fryeburg	2:00
5/22	(H) York	4:00
5/24	@ Freeport	4:30
5/28	@ GNG	4:00

Dates and times are subject to change.

### GIRLS BASKETBALL

DATE	OPPONENT	TIME
4/6	@ Cheverus	10/12:30
4/8	(H) Morse	4:00
4/11	(H) Greely	4:00
4/12	(H) Sacopee	3:30
4/13	@ So Portland	8:30
4/24	(H) Freeport	4:00
4/29	(H) Poland	4:00
5/1	@ Leavitt	4:00
5/2	@ Yarmouth	4:00
5/3	(H) Fryeburg	4:00
5/6	@ Greely	4:00
5/8	(H) Cape	4:00
5/10	(H) GNG	4:00
5/13	@ Poland	4:00
5/15	@ Wells	4:00
5/18	@ Fryeburg	2:00
5/22	(H) York	4:00
5/24	@ Freeport	4:30
5/28	@ GNG	4:00



GOOD LUCK TO ALL THE ATHLETES!

from all of us at



DON'T FORGET TO FIND THE PHONY AD!

THE HEALTHY GEEZER

# Sciatica



Fred Cecitti

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

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

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

Most of the time, sciatica goes away within

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

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

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

Other causes of sciatica include:

Trauma. A blow to your spine can injure nerve roots.

Tumors. As they grow, tumors can compress the spinal cord or the nerve roots.

Stenosis. If sections of the spinal canal narrows,

there can be pressure on the spinal cord.

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

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

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

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

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

hot or cold packs, physical therapy and surgery.

To avoid sciatica, you should:

- Exercise regularly
- Sit with good posture and lumbar support

Take frequent breaks if you work at a desk

Adjust your car seat so that your knees and hips are level and you aren't over-reaching for the pedals.

If you stand for long periods, rest one foot on a stool. (Bar rails were invented to reduce back discomfort.)

When lifting, bend your knees, not your back. Lift with your legs.

Carry objects close to your body.

Don't reach and lift objects; pull them close to you first. Remember this tip when emptying a car trunk.

Sleep on a good mattress; if you wake up with back pain, you need a new one.

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## The Chamber welcomes Western Maine Dance & Gymnastics



Ashleigh London Photography

Pictured from left: Jeff Harriman – WMDG, Charlotte Kelly – Key Bank, Ciara Harriman – WMDG, Alexis Guzman – Hannaford Supermarkets, Angie Cook – Chamber ED, Belisa Harriman – WMDG, Mrs. Tux – ReDo Properties, Skyy Worcester-WMDG, Christina Brewer-WMDG, Terri Frost – WMDG and Biada Calileo – Chamber Assistant

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

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The deadline for this year's contest is May 3, 2024.  
**Be creative. ENTER TODAY!**

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# SeniorsPlus

## Volunteerism, Supporting Communities and Wellbeing

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

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

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

Volunteering is not just an act of selflessness and generosity; it's a gateway to a healthier mind and body. Research shows that helping others can significantly enhance mental and physical health, providing a powerful reason to get involved. Assisting others can stimulate pleasure centers in our brains, releasing endorphins that bring feelings of tranquility and joy. It's a win-win situation; not only do the recipients of our service benefit from the community's generosity, but it also enhances our own mental and physical well-being.

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

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

**Kimmy Dionne is the Volunteer Services Coordinator at SeniorsPlus.**

Reference: [www.volunteer-opportunities.org/history-american-volunteering](http://www.volunteer-opportunities.org/history-american-volunteering)

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

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