Madison Legion Auxiliary supports backpack program

MADISON — The Madison American Legion Auxiliary, Unit #39, supports community programs benefiting the children of the area. Each year members donate backpacks filled with school supplies, distributing them to four local schools in the Madison and Anson area. This year, they donated 20 school backpacks.

American Legion Auxiliary members have dedicated themselves for nearly a century to meeting the needs of our nation’s veterans, military and their families both here and abroad. They volunteer millions of hours yearly, with a value of nearly $2 billion. As part of the world’s largest women’s patriotic service organization, auxiliary volunteers across the country also step up to honor veterans and military through annual scholarships and with ALA Girls State programs, teaching high school juniors to be leaders grounded in patriotism and Americanism.

To learn more about the auxiliary’s mission or to volunteer, donate or join, visit www.ALAforVeterans.org or http://www.mainelegionpost39.org/. For more specific information, contact Robin Turek, president, of the American Legion Auxiliary Tardiff-Belanger Unit #39, at robinturek@gmail.com or 207-696-8289.

From left, Robin Turek, auxiliary president, Shirley Emery, Betty Dow, Ann Cody, Harriet Bryant, Tena Ireland and Sharon Ziacoma display some of the backpacks donated to area students.

Winter Snow Thrower Tune-Up Special $79.95

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My husband and I were parenting two little girls, one was 3 years old and one was 4 years old, at the time of this conversation. We had a family dog named Pookie. I was getting ready to bring Pookie to get a rabies shot and then going to the town office to register her. The 4-year-old asked where I was taking Pookie.

I replied, “Mommy is taking her to get a license.” She replied, “Doggies can’t drive!”

– Annette Martin of Norway.

My 4-year-old grandson Luke has been learning about maps. He is beyond years. Today, while I was making whoopie pies with his help, I dropped a little batter on the recipe. Luke immediately said, “Oh, no! Grammie you dropped some stuff on your map.” LOL.

– Carolyn Viger of Turner.

My son Samuel Roland Warren is 4 years old and does a lot of independent play even though he has three siblings he could play with. He also does a lot of narrating while playing so no guess work is involved when wondering what he’s thinking. The other day as he was playing with his toys he heard him say, “Me is genius.”

– Seth Warren via email.

My mother watched my kids and one of their friends after school while I worked. When the kids were 9, 6, and 7, I came home to my mother hurrying to her bedroom without a word. Our 20-gallon fish tank had sprung a leak and my mom and son cleaned it up as best they could. My son put the fist in a five-gallon bucket of fish water with the heater. My daughter was screaming, “He cooked my fish!”

My son was crying because the fish were dead. My “other son” was crying, too. I asked him why he was crying and he replied, “I don’t know. They were crying so I did, too.”

– Gill Hartel via email.

My toddler has long observed the sensation and temperature of food and drink going down into her belly. Lately, when she eats rice she’ll tell me, “I can feel this warm rice going down into my armpits. It’s making them hot.”

While I get a kick out of this, I’ve absolutely no idea how it makes any sense. Some things can probably only be understood by other toddlers.

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It will be in homes Dec. 28

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Camporee draws scouts from 11 troops

WINDSOR — Scouts from three different Maine Scouting districts converged on the Windsor Fair fairgrounds, 82 Ridge Road, on a blustery weekend in October for some down-home Scouting during the “Wild Wild Downeast Fall Camporee” Oct. 19 to 21.

Events included a classic game of horseshoes, roll-a-barrel, lassoing a cow, fire starting with flint and steel, bean relay and hay bale drags. Each troop performed a skit during the Saturday night campfire, and prizes were given out on Saturday night for the best-looking wagons, best costumes and best evening meal. There was also a working saloon serving up root beer along with mystery beverages.

Troop 254 in Warren spent months organizing the varied events, and troops from all over helped run stations such as rubber band gun target shooting, panning for gold and a root beer chugging contest. Participating in the camporee were troops #610 from Richmond, #70 Westbrook, #41 Hampden, #199 Jay, #200 Camden, #401 Sidney, #433 Winslow, #485 Skowhegan, #606 Farmingdale, #622 Manchester.

It was a windy day, but this Webelos from Waterville never gave up trying to get his fire started.

Donal Pelletier and his son Tucker of Readfield pose for a photo during a highly competitive contest of horseshoes.

Scouts try their hand at barrel rolling.

Wild Wild Downeast Camporee volunteer Chris Bernier of Winslow demonstrated blacksmithing skills as he made a tomahawk.

Scouts from the Cornville/Canaan troop refueled with a lunch they prepared before heading back to the outdoor activities.

Help Invest in the Future of the Mental Health Field

Kennebec Behavioral Health has decided to sponsor a new college scholarship program to encourage academics and future careers in the mental health field. KBH will award scholarships to graduating high school seniors in Maine who will be studying mental health.

Visit www.kbhmaine.org to learn how you can support the College Scholarship Fund.
Is it possible to save money while living paycheck to paycheck?

Take the next 5 steps to improve your financial future:

Did you know there are many families living paycheck to paycheck? If you are one of those families, you are not alone. In fact, 78 percent of full-time workers said they live paycheck to paycheck, — up from 75 percent last year — which is significant. Further, according to a CareerBuilder survey, 71 percent of all U.S. workers said they’re now in debt (up from 68% a year ago). With those kinds of stats, it seems nearly impossible to save money when your paycheck is pretty much spent before you even receive it each payday.

Don’t worry, there are steps you can take right away to start saving some money. Anything you can save is better than nothing, right? If you are motivated by a challenge, we’ve got one for you. Let’s set a preliminary savings goal of $500. This will put you on the right track to obtain a three-to-six-month emergency savings. Getting your family to “buy in” to the process is half the battle.

Step 1 – The honest conversation

Go home tonight and after dinner call a family meeting. If you’ve never done this before, watch the looks on your spouse and kids’ faces. They will probably think you’ve lost your mind. This is a good thing because change starts there. Let your family know that saving money is critical to your family’s future and every person in the family, no matter what age, has a role to play. Let them know that if your family can reach certain savings goals together, they could earn a special treat. Deciding on the “treat” should be a group discussion. Some ideas might be a weekend trip, or a big vacation. Getting your family to “buy in” to the process is more than half the battle.

Step 2 – What can you get rid of?

Fall is a great time of year to weed out the basement, attic, garage and your kids’ rooms. Are there items in good condition that you could sell on popular websites, local Facebook swap/sell pages or at your own lawn sale? Toys, clothing, home décor or an old lawn-mower could fetch you some cash that could start you on your way to saving money.

Step 3 – Cut back

If we’re really being honest with ourselves, we all have things we spend money on that are considered “luxuries.” Here’s a list of things that could be prohibiting your savings: buying coffee or energy drinks at a store, buying brand name products, buying stuff just because it is on sale, paying late fees because you don’t have an organized monthly budget, paying full price for clothing, and dining out frequently. Basing any time you purchase anything ask yourself, “is this a need or is this a want?”

Step 4 – Use coupons and savings apps every day

Coupons in the newspaper, online or on apps can add up to great savings. Some grocery store apps even have free items you could get just by clicking on an in-store coupon. Store loyalty programs also reward you for shopping at their locations. A good rule to follow is to spend 30 minutes to an hour making your list of what you need before heading to the store and check online or store apps for extra savings. The difference between what you would have paid and what you paid after coupons could be deposited to your savings account.

Step 5 – Get your side hustle

If it is at all possible (and only as a temporary fix), taking on a second job would bring in some extra cash. This could be just a couple of hours a week, a Friday night, or even a Saturday morning. Perhaps you have a hobby or talent you could market to others? Mow lawns, shovel snow, babysit, compose a resume for someone, create ads, enter data, stuff envelopes, etc. There are a ton of small businesses out there that can’t afford the overhead and are willing to hire people for back-office tasks or even on an “as needed” basis. Need more ideas? Visit http://www.sidehustlenation.com/ideas/.

Every penny from this side job should be saved to help you obtain your savings goal faster. We encourage you to help your future self by saving now. We know it would be great to spend this extra cash on a new outfit or dinner out, but at the end of the day, you are putting yourself in a much better place by just saving it. So, there you have it! Five steps that will help you and your family towards living a financially fit future. If you need help with creating a family budget, New Dimensions Federal Credit Union is here to help. Please contact us at 800-326-6190 to make an appointment. While you are here, ask about our GreenPath Financial tools. We’ve got resources that can help alleviate any obstacles you may have. Call us today.
Skowhegan Equipment and Tool are KV Youth Football champs

The Clinton Lions remained undefeated after a 10-game season. The final game against the Albion Wolfpack took place Oct. 30, with a final score of 25-7. From left, first row, Jackson Collman, Cameron Stewart, Colby Carter, Roman Parish, Troy Hamlin, Gavin Wilson, Michael Dearborn, Charity Thebarge; middle row, Cameron Dostie, Justin Day, Maddox Santone, Zack Wentworth, Dane Zawistowski, Jayden Burnham, Henry Wadsworth, Derrick Crowell, Cameron Blodgett, Devon Young; in back, coaches Ben Dostie, Roy Lawrence, John Stewart, Jeremy Collman, Toby Blodgett, Todd Carter.

Medicare Annual Open Enrollment is once again upon us

Don’t Delay! Come to one of our FREE Medicare Plan Meetings in your county (at the locations below) and find a plan that meets your health care needs and budget.

November 2018 The Somerset Express www.turnerpublishing.net

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Your call may be answered by a licensed agent. A sales person will be present with information and applications. For accommodations of persons with special needs at sales meetings call (207) 778-6565.

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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 Fish, Volunteer Program Manager (800) 499-0229 or (207) 621-1079.
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Embden Historical Society 2019 calendar announced

EMBDEN — the Embden Historical Society has announced its 2019 meeting schedule, which includes topics ranging from how woodland cutting has changed, to the women on Benedict Arnold’s march to Quebec City to the genealogy of the Gray family.

It also includes events such as the annual Harvest Fest, and the annual Maple Syrup Hall of Fame in May, at the International Maple Syrup Institute Museum Centre in May in Croghan, N.Y.

Cooperative Extension educator Hopkins to be inducted into Maple Syrup Hall of Fame

SKOWHEGAN — University of Maine Cooperative Extension educator Kathryn Hopkins will be inducted into the North American Maple Syrup Council’s Maple Hall of Fame in May.

Hopkins is one of the creators of the IMSI Maple Grading School that has been presented annually since 2004, and has served as director of the International Maple Syrup Institute since 2008.

The North American Maple Syrup Council’s Maple Hall of Fame was founded in 1997 to recognize those who have contributed their time, talent and leadership to the North American maple syrup industry.

Two individuals are nominated annually in October by the Maple Hall of Fame Committee and inducted at the International Maple Museum Centre in May in Croghan. Currently, 91 inductees from 13 states and four provinces have been inducted.

October Phony Ad Winners

The winner of the October Phony Ad Contest is David Burns!

Thank you to our phony ad sponsor Heritage House Restaurant

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Please tell us your age (circle one) 12-25 yrs. 26-35 yrs. 36-45 yrs. 46-55 yrs. 56 yrs. & up
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Country Connection: Claire Dionne
Franklin Focus: Christine Hunfnagel
Good News Gazette: Alan Crocker
Kennebec Current: Andy Davis
Lewiston Ledger: Tyler Bond
Lake Region Reader: Diane Brown
Moose Prints: Alice Smith
Oxford Hills Observer: Judy Post
Somerset Express: David Burns
Two Cent Times: B.J. Bessey
Western Maine Foothills: Celeste Hayes
Midcoast Beacon: Julie Marshall

All of the winners listed have won gift certificates to one of our advertisers. If you haven’t won - keep playing! We get hundreds of entries each month!

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It is easy to find - just read through the ads in this issue of this paper and find the phony ad. Either fill out the entry form below (one entry per month please) and mail to: Find The Phony Ad Contest, F0. Box 214 Turner ME 04282 or email to: phonyad@turnerpublishing.net (one entry per household please)

You must include all the information requested below to be eligible to win.

Note: Turner Publishing will not lend or sell your email address to a third party.

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Would you like to receive email notification of local sales and specials? Y/N
Please tell us your age (circle one) 12-25 yrs. 26-35 yrs. 36-45 yrs. 46-55 yrs. 56 yrs. & up
The Phony Ad is:

Tell us what you think of this publication:

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No exchanges. Gift Certificates are from all over, there is no guarantee you will receive one from your area.
Jean Ann Lambert, 79, of Skowhegan, passed away quietly in her sleep at Sanady River Nursing Facility Nov. 3, after a long battle with Alzheimer’s Disease. She was the only child of Donald “Bucky” Everett and Della Field Everett. She graduated from Skowhegan Area High School in 1957, and married Clyde Lambert later that summer on July 21. Together they raised five children. Jean worked at Norridgewock and their children Xaviere Scott and Brandon Lambert, and 10 great-grandchildren. She enjoyed many snowmobile and motorcycle trips, and you could always find her in a rocking chair. She attended Crossroads Church in Madison. She is survived by her husband of 61 years, Clyde Lambert, who also resided with her at the nursing home and watched over her until she passed; daughter Debbie Sylvain of Fairfield, with her four children, Brooke Sylvain and fiancé Nick Mayhew, Billy Sylvain and wife Brandi, and Trippe Sylvain. She was also passed Nov. 3 50 years ago; her father, Donald; a special cousin, Judy LeMay; and great-grandson, baby Emmett Mayhew. The family wishes to thank the wonderful caregivers at Sandy River Nursing Facility and Beacon Hospice with a special blessing to Shelly, Debbie and Lynne. Sadly, we’ve lost her twice, due to this horrible disease. We love and miss her so very much. For those who wish, donations in Jean’s memory may be made to The Alzheimer’s Association online at www.alz.org or mail to 225 N. Michigan Ave., FL7, Chicago, IL 60601.

Corinne B. Breault, 90, passed away Oct. 31, 2018, at Redington-Fairview General Hospital in Skowhegan. She was born Nov. 29, 1927 in Dover-Foxcroft, the daughter of Lester L. and Jennie E. (Young) Blanchard. She attended schools in Madison and graduated from Madison High School in 1947. She was employed for many years as a bookkeeper and teller at Deprudet Credit Union in Madison and Fairfield. She was a member of the Madison Congregational and Baptist churches. Corinne enjoyed reading, walking the dog, watching TV and having lunch with friends and shopping. Corinne is survived by her son, Larry A. Day and wife Sue of Enid, Okla.; two nieces, Lorraine Gazzetti and husband Peter, of Augusta, and Joyce Garand of Augusta; two nephews, Earl Blanchard and wife Kathy, of Windsor, and Steven Blanchard and wife Lisa, of Augusta. In lieu of flowers, friends wishing may donate to Corinne’s memory to the Somerset Humane Society, PO Box 453, Skowhegan, ME 04976.

Twila Nora Kaska, 90, of Augusta, died peacefully Nov. 5, 2018 at her daughter’s home in Clinton surrounded by her family. She was born March 28, 1928, in Wapakoneta, Ohio, the daughter of Otto Keller and Dora Louise (Mosler) Winemiller. Twila was a woman of deep faith, a charter member of the Lutheran Church of Resurrection in Waterville. She loved to play golf, bowl and do crafts with the Lutheran Women’s Missionary League. She was a dedicated office manager for the Ware-Butler Lumber stores in the area until her retirement June 4, 1993. Elaine, Donna and family want to thank the Northern Light Home Care and hospice staff for all the care and support they gave their mother during her later years.

Skowhegan Area Chamber of Commerce photo contest

SKOWHEGAN — The Skowhegan Area Chamber of Commerce will sponsor its first holiday photo contest, planning to make it an annual event. Photos should be of shoppers shopping in area stores. Multiple submissions at different stores are encouraged, and for each post, the “likes” received translates into more chances to win. Information must include the contestant’s name and the location of the photo. This will also serve as permission to use the photo in the future, as needed. To enter, upload photos to the chamber’s Facebook page at “Skowhegan Area Holiday Contest,” encouraging friends and family members to “like” your photos. Another way to enter is to write an inspirational story of why you shop local and your experience at the shop you are visiting. The deadline for submissions is midnight Saturday, Dec. 22. The winner will be announced Monday, Dec. 24, on the Skowhegan Area Chamber’s Facebook page.

Have you found the phony ad yet? You could be our next winner!

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The Somerset Express November 2018
CATCHING HEALTH

Don’t neglect your thumbs

By Diane Atwood
Health Reporter

A few weeks ago I woke up with a sore right thumb. Right at the base of it, in the joint.

Now, I know how important our thumbs are, but that morning I really found out. I couldn’t even pull the covers back with- out a lot of pain. Try going to the bathroom when you can’t use your thumb. Getting dressed. Savoring that morning cup of coffee. Every single thing I tried to do seemed to involve my thumb.

I thought it must be arthritis. My mother had complained of arthritis in her thumbs as she got older. But I didn’t think you could suddenly wake up with searing arthritis pain.

Then the light bulb went off. I had spent nearly the entire day before helping my daughter get ready for the arrival of my baby grand- daughter number two. We went through several boxes of baby clothes, all of which I washed, dried and folded. Five or six loads of laundry. Reaching in and out of the laundry basket, washer, and dryer countless times.

I think the repetitive pinching motion of grabbing clothes is what led to my pain.

I moaned and groaned for a while and took some ibuprofen, and then decided I should try some gentle thumb stretches. I didn’t like doing them at first, but slowly my thumb started to feel much better.

By the end of the day, I was fine and, thankfully, there was no more baby laundry to be done.

Here are some thumb range of motion exercises, courtesy of OA Centers for Orthopaedics, just in case you wake up with a sore thumb someday. For photos as well, visit my blog.

Active Thumb Flexion: Start by trying to touch the tip of each finger with your thumb. Once you can touch the little finger, work your way down to the palm.

Passive Thumb Flexion: Using your opposite hand, bend the thumb towards the palm.

Active Radial Abduction: Move thumb out and back, away from the palm of the hand. Stretch it back as far as you can go.

Palmar Abduction: Start with hand on its side (thumb will be on top). Move thumb out away from the palm of the hand but still in line with the pointer (index) finger.

Passive Abduction: Put thumb of opposite hand into the palm and on the muscle part of your thumb. Slowly push down and back to stretch the thumb.

For many years, Diane Atwood was the health reporter on WCSH6. Now she is a blogger and podcaster at Catching Health with Diane Atwood, dianeatwood.com.

Census Bureau begins jobs recruiting effort for 2020 Census

The U.S. Census Bureau is recruiting thousands of workers for temporary jobs available nationwide in ad- vance of the 2020 Census. The 2020 Census Jobs website allows applicants to apply for a range of posi- tions, including recruiting assistants, office operations supervisors, clerks, census field supervisors and cen- sus takers. The positions will be located across 248 Area Census Offices na- tionwide and offer flexible work hours, including day- time, evenings and week- ends.

Available jobs:

• Recruiting assistants travel throughout geo- graphic areas to visit with community-based organi- zations, attend promotional events and conduct other re- cruiting activities.

• Office operations super- visors assist in the manage- ment of office functions and day-to-day activities in one or more functional areas, including payroll, personnel, recruiting, field operations and support.

• Clerks perform various administrative and cler- ical tasks to support various functional areas, including payroll, personnel, recruit- ing, field operations and support.

• Census field supervisors conduct fieldwork to sup- port and conduct on-the-job training for census takers and/or to follow-up in situ- ations where census tak- ers have confronted issues, such as not gaining entry to restricted areas.

• Census takers work in the field. Some field positions require employees to work during the day to see ad- dresses on buildings. Other field positions require inter- viewing the public, so em- ployees must be available to work when people are usu- ally at home, such as in the evening and on weekends.

Applicants will be placed on a waiting list and may be called in to interview at a later date. There are four offices in central Maine that will be hiring for census positions. People interested in applying can visit the Census Jobs page at www.census.gov/jobs/.

The author experienced thumb pain after a day of unusually functional area work hours, including day-to-day activities and general office functions. Field supervisors and takers assist in the manage- ment of office functions and day-to-day activities in one or more functional areas, including payroll, personnel, recruiting, field operations and support. Census takers work in the field. Some field positions require employees to work during the day to see addresses on buildings. Other field positions require interviewing the public, so employees must be available to work when people are usually at home, such as in the evening and on weekends.

Applicants will be placed on a waiting list and may be called in to interview at a later date. There are four offices in central Maine that will be hiring for census positions. People interested in applying can visit the Census Jobs page at www.census.gov/jobs/.

Don’t neglect your thumbs

By Diane Atwood
Health Reporter

A few weeks ago I woke up with a sore right thumb. Right at the base of it, in the joint.

Now, I know how important our thumbs are, but that morning I really found out. I couldn’t even pull the covers back without a lot of pain. Try going to the bathroom when you can’t use your thumb. Getting dressed. Savoring that morning cup of coffee. Every single thing I tried to do seemed to involve my thumb.

I thought it must be arthritis. My mother had complained of arthritis in her thumbs as she got older. But I didn’t think you could suddenly wake up with searing arthritis pain.

Then the light bulb went off. I had spent nearly the entire day before helping my daughter get ready for the arrival of my baby grand-daughter number two. We went through several boxes of baby clothes, all of which I washed, dried and folded. Five or six loads of laundry. Reaching in and out of the laundry basket, washer, and dryer countless times.

I think the repetitive pinching motion of grabbing clothes is what led to my pain.

I moaned and groaned for a while and took some ibuprofen, and then decided I should try some gentle thumb stretches. I didn’t like doing them at first, but slowly my thumb started to feel much better.

By the end of the day, I was fine and, thankfully, there was no more baby laundry to be done.

Here are some thumb range of motion exercises, courtesy of OA Centers for Orthopaedics, just in case you wake up with a sore thumb someday. For photos as well, visit my blog.

Active Thumb Flexion: Start by trying to touch the tip of each finger with your thumb. Once you can touch the little finger, work your way down to the palm.

Passive Thumb Flexion: Using your opposite hand, bend the thumb towards the palm.

Active Radial Abduction: Move thumb out and back, away from the palm of the hand. Stretch it back as far as you can go.

Palmar Abduction: Start with hand on its side (thumb will be on top). Move thumb out away from the palm of the hand but still in line with the pointer (index) finger.

Passive Abduction: Put thumb of opposite hand into the palm and on the muscle part of your thumb. Slowly push down and back to stretch the thumb.

For many years, Diane Atwood was the health reporter on WCSH6. Now she is a blogger and podcaster at Catching Health with Diane Atwood, dianeatwood.com.
Wintertime can be ‘snow’ much fun to discover

Winter storms are on the way. While many people are anxious to see landscapes covered in white, others already are counting down the days to spring blooms. Weather can be awe-inspiring and interesting, and learning the secrets about snow is no exception.

Snow forms when water vapor in the atmosphere freezes into ice crystals. Snow falls as snowflakes, which come in a variety of shapes. However, according to Mental Floss, snow also can precipitate as graupel or sleet. Graupel are pellets of opaque ice particles that fall through freezing cloud droplets. They are not the same as sleet, which are drops of rain that freeze into small, translucent balls of ice.

Snowflakes are generally small and accumulate to form visible snow coverings. However, snowflakes can be large. The largest snowflake on record was reported to be 15 inches across and eight inches thick. According to “The Guinness Book of World Records,” this giant snowflake was discovered at Fort Keogh, Montana, on January 28, 1887.

Although it appears white, snow is actually clear and colorless. The National Snow and Ice Data Center says the complex structure and many facets of snow crystals results in visible light being reflected. Light is absorbed uniformly over the wavelengths of visible light, which gives snow its white appearance.

Even though snow is more common in northern elevations and cold regions, snowfall is not exclusive to frigid climates. In the United States, snow has fallen in cities most often associated with sun and warmth, such as San Diego, Miami and Hawaii. The southern Italy town of Capracotta received 100 inches of snow in 18 hours on March 5, 2015. In spite of its location, Capracotta has been known to receive enormous one-day snowfalls.

While snow can fall even in warm climates, the world record holder for the most snow belongs to a northern area. Mt. Baker ski resort in Washington state experienced 1,140 inches in the 1998/1999 winter season.

Snow can fall at temperatures well above freezing. According to ScienceBits.com, snow can still fall at temperatures as warm as 46 F. For snow to fall when temperatures are warm, humidity has to be very low.

Even though there’s a common perception that no two snowflakes are alike, this isn’t completely accurate. A scientist at the National Center for Atmospheric Research found two identical snow crystals in 1988. Also, similar results have been produced in laboratories.

Snow is an interesting form of precipitation. It can be scarce or plentiful, form in the north or the south, and may feature tiny snowflakes or extremely large ones. Snow also may take on the color of its surrounding environment.

– Courtesy of Metro.
Freezing temperatures may be good for ice skating or building snowmen, but sub-freezing temperatures can be dangerous for the average person and his or her home. Cold weather often leaves people scurrying to do whatever is necessary to safeguard themselves from the big chill. But it’s important homeowners also protect their homes in cold weather.

**Plumbing**

Plumbing and pipes may be vulnerable to cold weather. Frozen pipes may burst and cause substantial damage to a home, potentially causing flooding and structural damage.

Homeowners should disconnect and drain garden hoses before winter arrives. Water to outdoor hose bibs should be turned off, though the valves on these outdoor faucets should be left open to drain. Also, outdoor faucets can be covered with insulating foam covers.

The Red Cross says pipes that freeze most frequently include pipes in unheated areas, such as basements, attics, garages, and crawl spaces. Close vents to the outside in areas like attics and basements to limit the amount of cold air that gets indoors. Think about insulating unheated areas, as well as using pipe sleeves, heat tape or wraps on exposed pipes.

By opening kitchen and bathroom cabinet doors, homeowners can allow warm air from a home to reach pipes under the sink. During extreme freezes, keep cold water dripping from a sink to prevent pipes from freezing.

**Service HVAC systems**

It’s important to ensure that heating systems are working properly prior to the cold-weather season. It may only take hours for the interior of a home to reach dangerously low temperatures without adequate heat. Homeowners should schedule annual checkups of furnaces and hot water heaters. Inspect the heat exchanger for cracks, install a clean air filter and make sure all thermostats are working properly.

**Protect outside**

Drain birdbaths, clean out downspouts and remove water from other items where water can freeze and cause damage. Inspect roofing prior to the snowy season, but stay off roofs during freezing weather.

Remove snow shovels and other winter gear from storage and make sure the items are easily accessible during snowstorms.

Winter’s bite can be severe. Homeowners can protect themselves and their properties when the freeze sets in. – Courtesy of Metro.
**Former UMaine football player opens law office**

SKOWHEGAN — Ross Fichthorn has recently opened a criminal defense practice in central Maine with a statewide scope. Fichthorn attended the University of Maine in Orono, where he was an Academic All American and All Conference middle linebacker and All American football player. After attending the University of Maine Law School, he moved to Texas and practiced criminal law. Fichthorn had a successful career as a criminal trial lawyer in Texas with successful outcomes in jury trials ranging from murders to operating under the influence and almost everything in between.

After years of practicing criminal law as a prosecutor in Austin, Fichthorn moved back home to Maine, where he was one of two assistant district attorneys who prosecuted all criminal cases filed in Somerset County. With Fichthorn’s 17 years of experience in criminal law on your side, you do not have to face criminal charges alone. Fichthorn will explain the nuances of the law, the charges and potential punishment you face.

Find out the strength and weaknesses of the state’s case and a legal analysis of the state’s ability to prove the charges you face. For a consultation, call Fichthorn at 207-322-0300 or visit www.DefenseAttorney-Maine.com.

**TAM expected to deliver a blizzard of laughs with ‘The Santaland Diaries’**

MONMOUTH — Theatre at Monmouth will present the cult holiday hit, “The Santaland Diaries,” adapted by Joe Mantello from David Sedaris’ bestselling book “Holidays on Ice.” This modern holiday classic, made famous when it aired on National Public Radio, recounts the tale of Sedaris’ stint as a Macy’s Department Store elf named Crumpet. Sedaris’ off-kilter, witty, and often offensive stories in this antidote for holiday havoc. Spend some time with one of Santa’s little helpers during Macy’s Christmas shopping rush as he handles the bords of insufferable shoppers and their kiddos with whacked out wisdom and wicked humor. Producing artistic director, Dawn McAndrews explains, “You know that old saying when something goes terribly wrong, ‘Some day we will laugh about this.’ Well, that’s exactly what David Sedaris does. ‘Someday we will laugh about this.”

David Sedaris made his NPR debut in 1992, when he read his essay titled “The Santaland Diaries” on Morning Edition. Since then, Sedaris has gone on to publish multiple bestselling books. Sedaris’ story was adapted for the stage by Joe Mantello and premiered on November 7, 1996, at the Atlantic Theatre Company in New York City.

“Performing the role of Crumpet the Elf is a dream come true,” says Anthony, who is currently producing a documentary about the possibility that life doesn’t end when the body does. He’s been honored to experience some life-changing moments in the course of the film and plans to share those moments in the not-too-distant future. While studying the possibility of an afterlife, one thing has become abundantly clear to him — the miracle of this life, of which Theater at Monmouth is a large part.

Tickets for the 7:30 p.m. performance on Thanksgiving Day are $10 with the donation of a non-perishable food item for the Monmouth Food Pantry. Non-perishable food donations will be accepted at all performances. Please note, “The Santaland Diaries” is for mature elves only. Tickets for all other performances are $28.

The company will hold its opening performance Friday, Nov. 23, at 7:30 p.m.; additional performance dates can be found by visiting www.theateratmonmouth.org or calling the box office at 207-933-9999.

Theatre at Monmouth, founded in 1970, was named the Shakespearean Theatre of Maine by the State Legislature in 1975. The theatre’s mission is to present innovative approaches to Shakespeare and other classic plays through professional productions that enrich the lives of people throughout Maine. Since its founding, TAM has produced expertly crafted, engaging productions in its three-month Summer Repertory Season entertaining audiences from 36 states and through Education Tours annually reaching more than 15,000 students statewide.
FROM "X-MEN"

Lucas Allen

(20th Century Fox/Regency Enterprises)

The music of Queen certainly has a place with music fans worldwide beyond iconic classic rock radio. But there’s more to these hit songs when the story of the band has yet to be told on screen.

The new musical biopic “Bohemian Rhapsody” attempts to tell about the band’s meteoric rise to fame with their flamboyant lead singer Freddie Mercury. This long development project (with反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反复反
DO YOU SUDOKU?

ANSWERS ON PAGE 22

‘Sew for a Cause’ event scheduled through Dec. 13

VASSALBORO — St. Bridget Center, 864 Main St., will be hosting a charity sewing event Thursdays, Nov. 29 and Dec. 13 from 10 a.m. to 4 p.m. Volunteers can come for part of the day or the whole day. The group will focus on making lap quilts and pillowcases to give to area charities. You don’t need to know how to sew to participate. If you can cut, iron, sort and/or make phone calls, your help is needed and appreciated. Future projects will be pajama pants, fleece hats and mittens, quilted shawls and newborn items.

St. Bridget Center is a former Catholic church that was purchased, renovated and turned into a community center. For more information, email StBridgetCenter@gmail.com or check St Bridget Center’s Facebook page. If you would like to donate cotton, fleece, flannel, velcro or thread, contact St. Bridget Center at 207-616-3148.
#4334-Madison: This ranch has the potential to be a very cozy two bedroom home. Standing seam metal roof that is only two years old. One car garage, nice back yard, full foundation. 0.86 acres. $39,900

#3370-Moscow: Here is a place that would make a nice camp as is or make a great start to a new home. Livable foundation with well and septic. Heated with wood and pellet stoves. Approx. 1/2 acre with trails nearby. $35,000

#3351-Starks: Quiet country setting for this 2013 home. 2BR, 2 bath with a bonus room, open floor plan and spacious rooms. Master suite w/jacuzzi tub, first floor laundry and large unfinished basement. 2-car detached garage. 3 acres. $147,000

#4322-Anson: Two fully functional homes with the second home having a 3-bay garage under home and behind the two homes is a separate, very large garage. Also another home site with water- and sewer hookup in place. Frontage on three roads. Upgrades to electric and insulation. $140,000

#3348-Madison: Nice country home with 4BR, 2.5 bath, finished walk-out basement, attached 3-car garage, generator, central air, screenhouse w/pool, garden shed, gazebo, brook, multiple heating systems, new roof and windows. 5.6 acres. $239,000

#6075-Madison: Unfinished camp. Gambrel style with a cement slab. Drilled well, propane stove, level entry. Would be a great hunting camp. 5 acres. $30,000

#8366-Starks: 34 acres to enjoy with a marshy area to watch the wildlife that will come to get a drink. This lot is priced to sell so don't wait, call now. ___________________________$35,000

#8378-Moscow: 7.2 acres off-grid. Great spot for home or camp. Foot path right-of-way to Austin Stream. ____________________________$19,900

#8383-Madison: Absolutely beautiful 120 acre parcel with mature wood, 2 fields and a large duck pond. Great hunting and trails go through property. ____________________________$150,000

NEW SHARON: 13 ACRES – nicely wooded land for sale. Long 1,000 +/- feet road frontage, surveyed, power at street. $35,000 Possible owner financing available

SKOWHEGAN: 2 BR, 1 ½ Baths, in nice condition, move-in ready, 1st floor laundry, pellet stove in LR. Front & back porches. Affordable and efficient. Stop paying rent, call today! $67,000 #1341676

NORTH ANSON: 2016 home on ½ acre this home is like NEW, 1 BR, back yard is gorgeous and overlooks man-made pond. Maine Camp wood interior. This place sparkles! Reduced to $87,000 #1365251

MADISON – 3BR 2BA: Lovingly restored with many updates, electrical, plumbing, heating, windows, siding, baths & more. Excellent barn w/ room upstairs for expansion. $149,000 # 1365562

Norridgewock: 3.75 ACRES – Winding Hill Rd nice building lot in a peaceful scenic location. Frontage on two roads. Surveyed, power at roadside. $25000 #1340936

Bruce Burton

SOLD

SOLD

SOLD
**THANK YOU!**

**HONORING THOSE WHO SERVED**

Joseph A. Paradis  
Army - Machine Gun Operator  
Founder of Veterans Memorial Park, Lewiston, ME

Richard B. Pelley  
CWO-4, USCG, Ret.  
Served 28 years in the Coast Guard.  
2 Tours in Vietnam

Robert Eichelberger  
SPC  
THANKS!  
From a proud family

Robert Richards  
Navy, USS Leyte  
Love and miss you. From your family

Stanley J. Rice  
PFC, Korean War  
3 yrs Army, disabled veteran, combat infantry, Purple Heart, CIB

Herman W. Abbott  
Motor Machinist Mate 2  
Miss you every day, Dad

Irene Vachon  
Navy 1942  
Miss you so much Pepere! Love Michelle

Harlan L. Emery Sr.  
U. S. Army, 1962-1964, SABC, MOS Combat Engineer (Vietnam), also known as Cambot.  
Entered the military, based at Fort Williams, Cape Elizabeth

Gerald T. Emery  
U. S. Army, 1974-1977  
Rank: SP4, MOS Cryptologic Intelligence

Scott H. Emery  
U. S. Army, 1982-1985  
Rank: SP4, MOS Engineer Track Vehicle Crewman

Peter B. Sawyer  
Rank: SP4, MOS Power Equipment Specialist  
Served time during the Vietnam war, but did not see action

John M. Nutting VI  
Captain - USAF  
Missing in Action - Killed Oct. 21, 1951  

Stephen E. Karopczyk  
First Lt. U.S. Army, Vietnam  
Received Congressional Medal of Honor

Robert M. Richard  
Specialist  
Army 1971

Edward “Diddy” Richard  
Machinist Mate 3rd Class - Navy 1944 LCT Group 39  
956  
A loving, caring and respectful husband, father, grandfather and an honorable contributor to his country

Richard P. Ducharme Sr.  
E3 - U.S. Navy  
Thank You!  
Love Michelle

Philip Richard  
U.S. Navy 1990-1993  
Boiler Technician  
Served USS Midway, USS Kittyhawk - Persian Gulf War

Timothy Scammon  
Spec4 Sgt. Military Police  
New Ulm, Germany  
Thank you for your service!  
Love, Your family

Walter Small  
PFC-U.S. Army - Rifle Squad & Infantry  
WWII - Pacific/Philippines  
We miss and will always be proud of you!

Harold W. Small  
U.S. Navy - Vietnam  
2nd Class Petty Officer  
Purple Heart & Silver Star Recipient  
Thank You & We Love You!

William (Bill) T Lawler  
Chief Master Sargent  
CMS  
30 yrs USAP EOD  
Career Field

Justin L Buck  
Turner  
U.S. Navy 2014-current  
Very proud of you!

Larry E. Collins  
Army Infantry  
Our Grandpa served 1963-65 and was stationed in Korea. Thank you. We love you, Julia & Kerr

George McGregor Jr.  
Marines - Korea 1951  
Country, Family and Honor
You Protected Us, Let Us Protect You!

There are some battles you shouldn’t have to fight. Like combating fraud. Veterans are easy targets for scam artists, who hijack pension or disability benefits, steal personal information and solicit donations to fake charities and more.

Don’t get played. Get smart. The VA does not request personal information by phone, email, or text. And before you open your wallet to charity, open charitynavigator.org to research a charity’s records so you can donate with confidence.

You have the power to protect yourself. For more information, go to aarp.org/fraud.

To learn more about our work to combat fraud in Maine, or to sign up for our weekly scam alerts, send an email to me@aarp.org and visit us on Facebook (@aarmaine) or #fraudwatchWednesdays.
Ten years ago, few outdoor folks in this neck of the woods gave ticks a second thought. Not so today. Most of us who spend time outdoors have had encounters with deer ticks — the bad ones, — or know someone with Lyme disease. Recently, University of Maine Professor Jim Dill, a tick expert, appeared as a guest on my Sunday night call-in radio program, Maine Outdoors. The phones rang constantly the entire hour.

The Center for Disease Control believes actual cases of Lyme disease in Maine are at least 10 times that figure.

• Along with Lyme disease, deer ticks carry other bacteria and viruses, including babesiosis and anaplasmosis.

• Although ticks need to be attached to your body for 36 to 48 hours to transmit Lyme disease, a shorter exposure time may be risky in the case of deer ticks infected with babesiosis or anaplasmosis.

• Contrary to popular myth, ticks don’t jump on you. They hang on the edge of a fern or plant swaying back and forth waiting for a host to rub against the vegetation. The act of doing this is called “questing.”

Deer ticks, or black-legged ticks as they are sometimes called, are nothing to trifle with. All three of the tick-induced infections are serious and potentially debilitating.

From experience with tick infections, state medical facilities and physicians are getting more well informed and sophisticated in treating and diagnosing these tick diseases, although it is a very imperfect science.

Today, as a rule, even if you have an embedded tick, or even the resultant “bulls eye” rash, physicians will stop short of prescribing antibiotics until the patient shows some symptoms. Of course, not all deer ticks carry any of the infections. So testing the ticks in the laboratory makes a great deal of sense, especially if the tick in question has been on your body for more than 24 hours. According to Dill, in central, Downeast and northern Maine, only about 10-20 percent of deer ticks actually carry any of the worrisome infections. This figure is markedly higher in Maine’s southernmost counties.

The good news is for the first time in Maine we will soon have a lab that can test a tick for any of the infections and get back to you in a few days. According to Dill, starting in January the University of Maine Cooperative Extension will offer tick testing for a modest fee. This is wonderful news for obvious reasons. The physician and the patient are no longer “flying blind,” and in cases of where the tick tests negative, the patient need not be subjected to a regimen of strong antibiotics.

Owners of pets need to realize that, although dog ticks are not infectious, the smaller deer ticks can also infect your dog with Lyme disease. Curiously, there is a preventative Lyme disease vaccine for dogs, but not for humans.

When it comes to ticks, the best defense is a good offense. After a day in the woods or the garden, always check yourself for ticks. What’s a good anti-tick spray? Dill, and many others in the know, highly recommend a spray for your clothes only that contains the ingredient Permethrin.

The author is editor of the Northwoods Sports 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.maineoutdoordoctor.com.
A medical family tree can be beneficial

By Fred Cicetti

The Healthy Geezer

Q. My grandson asked to participate in a family tree about our medical conditions. He wants to ask me questions about my health, but I’m a private person. I don’t know about this. What do you think?

A. I respect your reluctance to discuss personal matters with your grandson. However, the information you have to share with him would benefit your entire family and future generations. Perhaps your grandson could submit questions in writing and you could answer them in the same way. That might help avoid uncomfortable moments.

A medical family tree or family health history (also known as a medical genealogy) is like the ones geneticists prepare, but it also includes all the maladies suffered by members of the family. A medical tree can reveal patterns and help everyone in a family choose medical tests, diagnose diseases, prevent medical problems, and assess health risks.

Many of the causes of our illnesses are inherited from our ancestors. Almost a third of known diseases have genetic links. These include colon cancer, heart disease, alcoholism and high blood pressure.

Family gatherings are an opportunity to get started on a medical genealogy. If you want to prepare one, you should write down your questions in advance. You should ask enough questions and the right questions to make a medical genealogy useful to members of the families and their doctors.

The following is important information about each family member—living and dead—that should be included in a health history. Frame your questions to elicit this data.

1. Birth and death dates.
2. Cause of death.
3. All medical conditions with dates and outcomes. Include anything outside the norm, not just serious conditions. Don’t forget problems such as allergies, vision and hearing difficulties.
5. Mental health problems.
6. Lifestyle description. This would include information about smoking, drinking, diet, obesity and exercise.
7. Racial and ethnic background. Some medical conditions are more common in certain groups of people.

If you want to prepare a medical genealogy, an extremely helpful resource is “My Family Health Portrait,” an online tool provided by the U.S. Surgeon General’s Office. You can find it at www.hhs.gov/familyhistory/portal. The tool guides you through a series of screens that helps you compile information for each of your family members. Then you get a graphic printout with the information organized in a diagram or chart. The tool allows users to return and update information.

I used the online tool to do my own family tree. It was a simple process that produced a valuable report. If you want more basic, you can get a free five-generation ancestor chart at www.familytree.com. This chart is designed for “freebie” and “five-generation chart.” This chart is designed for a standard genealogy, but it’s a good basic document to create your own medical family tree.

The information in a medical tree provides indications, not guarantees that family members will inherit problems from their ancestors. How you take care of yourself is a major influence on your health.

My next column will be about genetic testing.

Fred Cicetti, self-described as a first-class geezer, has been writing about health issues for more years than he’d like to admit. His “The Healthy Geezer” column is devoted to the health questions of “fivy-able and quikymens.”

2018/19 SKOWHEGAN WINTER SPORTS SCHEDULE

ICE HOCKEY

DATE OPPONENT TIME SITE
12/1 vs Brunswick 3:00pm Kents Hill
12/8 at Marsh/Tray/San/No 6:30pm Dover Arena
12/13 vs Mt. Ararat 5:15pm Bowdoin
12/22 at Windham 4:20pm USM
12/26 vs John Bapst 7:00pm Colby
12/29 vs Fryeburg/LR/OH 7:00pm Colby
1/5 at Cory 6:30pm Ice Vault
1/9 at Messalonskee 7:30pm Colby
1/11 vs John Bapst 6:30pm Sawyer
1/17 at Fryeburg/LR/OH 5:00pm Bridgton
1/19 vs Mt. Ararat 7:30pm Colby
1/21 at Massab/OOB/Be 1:00pm USM
1/23 vs Leavitt/GNG/Pel 7:40pm Colby
2/2 vs Massab/OOB/Be 7:30pm Colby
2/6 at Hampden 6:10pm Penobscot
2/9 vs Windham 4:00pm Colby
2/16 at Bangor 7:00pm Colby
2/18 vs Edward Little 1:00pm Colby
2/20 vs Cory 7:30pm Colby

WRESTLING

DATE OPPONENT TIME
11/24 at Dexter Duals 9:00am
12/1 at Westlake Tourney 7:30/9:30am
12/8 at Westbrook Invit. 7:30/9:30am
12/15 at Window s/W/OH 5:00/6:00pm
12/19 at Mountain Valley Inv. 7:30/9:30am
12/22 at Cory Duals 8:00/9:00am
12/28 at Noble Tourney TBA
12/29 at Noble Tourney TBA
1/5 at Mt. View w/Morse 5:00/6:00pm
1/5 at Warrior Clash 8:00/10:30am
1/5 at Cory & Nokomis 5:00/6:00pm
1/12 at Skowhegan Invit. 7:00/9:00am
1/16 at MCI w/ Lincoln Aca. 5:00/6:00pm
1/19 at Mt. H. w/OI,Carroll Col. 8:00/9:00am
1/26 vs MCI, D. w/Dexter/Spur 9:00/11:00am
2/2 vs Cory HS - KVAC’s 7:30/9:30am
2/9 at Camden Hills - Reg. 8:00/9:30am
2/16 at Cory HS - States 8:00/9:30am

BOYS BASKETBALL

DATE OPPONENT TIME SITE
12/7 vs Mt. Blue 4/5:30/7
12/11 at Nokomis 3:00/5/6:30
12/14 vs Erskine 4/5:30/7
12/18 vs Hampden 4/5:30/7
12/21 at MCI 4/5:30/7
12/21 at Temple Fresh. 4:00
1/29 vs Lawrence Fr 10/11:30
1/29 at Lawrence Var. 6:00pm
1/2 at Brewer 3:00/5/6:30
1/10 at Nokomis 4/5:30/7
1/10 vs Erskine 3:00/5/6:30
1/12 at Messalonskee JV 12/30 3:30
1/15 at Mt. Blue 4/5:30/7
1/15 at Gardiner 4/5:30/7
1/17 at Temple Tourney Fr TBA
1/21 vs Hampden 4/5:30/7
1/25 vs Brewer 4/5:30/7
1/29 vs Winslow 4/5:30/7
2/1 at Bangor 4/5:30/7
2/4 vs Messalonskee Fr 17/18 4:30
2/5 vs Messalonskee Var. 7:00
2/7 at Lawrence Var. 7:00
2/8 at Lawrence Fr 5/6:30

GIRLS BASKETBALL

DATE OPPONENT TIME SITE
12/7 vs Nokomis 5:30/7
12/11 at Erskine 5:30/7
12/14 at Messalonskee 5/6:30
12/21 at MCI 5/6:30
12/29 at Lawrence - IV 1:00pm
12/29 at Lawrence - V 7:30pm
1/2 vs Brewer 5/6:30
1/8 at Nokomis 5/6:30
1/10 vs Erskine 5/6:30
1/12 at Messalonskee JV 11/12 4:30
1/15 at Mt. Blue 5/6:30
1/21 at Hampden 5/6:30
1/25 at Brewer 5/6:30
1/29 at Winslow 5/6:30
2/1 vs Bangor 5/6:30
2/4 vs Messalonskee Fr 17/18 4:30
2/5 vs Messalonskee Var. 7:00
2/7 at Lawrence Var. 7:00
2/8 at Lawrence Fr 5/6:30

This sports schedule is proudly sponsored by Skowtown Slice Bar, Hight Ford, Delta Ambulance, Hammond Lumber and Redington Fairview Hospital.
November is thankfulness month

Briny Belskis

Briny Belskis has earned an associate degree in early childhood education and is continuing her ministerial studies at Southeastern University in Lakeland, Florida.

Happy November,

I am so happy you and I are getting to be together in our monthly meetings. This week I am so thankful I can get a much-needed full break! It also means we are much closer to Thanksgiving and Christmas, two of my favorite holidays.

I have decided to make the month of November my thankfulness month. This means every day I write out what I’m thankful for on my dry erase board, or even show someone I’m thankful for them. Right now, I am thankful for some down time after the chaos of this semester. Is there someone you are thankful for? In the next few paragraphs, WE will brainstorm together ways of how you can show the people around you how thankful you are for them. As William Arthur Ward once stated, “Feeling gratitude and not expressing it is like wrapping a present and not giving it.” So, here we go!

Many of us have those in our lives who we do live with. They are the people who go above and beyond for their friends and family. Can you think of those people in your life? Do you see their face in your mind? Do you remember the times they were there for you? They could have been with you when your baby took a step or sat or at home when you got the worst news of your life. How can you show them you love and appreciate them?

Here are some ways we can actively show them we care. One way is by writing them a letter about something they did for you and telling them how it made a significant difference in your life. For instance, I wrote a thankfulness letter to a mentor. This has been engraved in my mind since I was very young.

How else can you show a person you care about them? This could be doing something little for them. Sometimes all they need is a hug and to know they are appreciated. If you are like me, you get them a little gift to say thank you. This will be unexpected to them but will make a big impact.

I remember there were a few times when my sister had to bring me to South-eastern because I didn’t have a ride to get there. Well, the third day she picked me up, I had a coffee waiting for her to thank her for all she does. It doesn’t have to be buying something for the person; it can be as simple or extravagant as you want to do. All it takes is one person to initiate the gesture. One person to say those two words that can go a long way — “Thank you!” That is all it takes to bless someone who has been in your life. You will see the blessing flow instantly.

Paleo diet: What is it?

Jodi Cornelio

Jodi Cornelio is a Nutritionist, Personal Trainer, Live Long, Live Well.

This diet isn’t new. It has been around since 1970. It was developed at Colorado State University. His thought was that the Paleo diet is the way humans are genetically designed to eat.

The foundation of the Paleo diet is a diet without preservatives or man-made additives. Below is the basic food list of the paleo diet:

- Seafood and fish
- Eggs and lean meats such as turkey, chicken, pork, beef and bison
- Fresh fruits and non-starchy vegetables to include lettuce, green beans, broccoli cauliflower, spinach, sprouts, cabbage, asparagus. Even though sweet potatoes is considered a starchy vegetable it is allowed on this plan and a good staple for an energy food.
- Nuts, almonds and all seeds, no peanuts.
- Plant based oils such as olive oil coconut oil.

The no nos of this plan consist of the following:

- Surprisingly, legumes beans and peanuts are not part of this diet due to the starch and processed nature, so no hummus, soy milk, tofu or edamame.
- No dairy, cheeses of any sort
- No sugars of any type, no junk food, sport drinks or soda.
- No breads, grains, rice, cereals or pasta of any type due to the processed and packaged nature of these foods.

Pro and cons to the Paleo diet:

Like any diet plan there are pros and cons depending on your individual’s needs.

The biggest pro to this diet is that you are consuming foods with no preservatives or additives and this is a simple and pure way to eat.

The biggest con to this diet is that it is limited in carbohydrates. Carbohydrates are our energy source. All the carbohydrates from the fruits and vegetables are adequate for individuals with a sedentary lifestyle, the athlete may find a lack of energy with this meal plan.

The best advice I can offer is that this is a very healthy way to eat on a daily basis as long as you aren’t afraid to mix it up on occasions.

Live Long, Live Well

2018/19 MADISON AREA WINTER SPORTS SCHEDULE

BOYS BASKETBALL

Coach: Jason Farbush, Nick Gilman
Roger Stinson

December

Fri 7  Richmond  H
Mon 10  Telstar  A
Thu 13  Wiscasset  A  1:30
Fri 14  Carrabec  A
Wed 26  Hall-Dale  A  5:00 ACC
Fri 28  Mt. Valley  H
January

Wed 3  Oak Hill  A
Sat 5  Spurce  H
Fri 11  Winthrop  A
Wed 18  Boothbay  H
Tue 15  Lisbon  H
Thu 17  Mt. Abram  H
Sat 19  Monmouth  A
Fri 23  Dirigo  H
Tue 29  Hall-Dale  A
Thu 31  Winthrop  H
February

Sat 2  Carrabec  H
Mon 4  Dirigo  H

Game Time

JV- 5:30  V- 7:00

WRESTLING

Coach: Scot Padelford

December

Sat 7  @ MCI
Wed 12  @ Dirigo
Fri 14  Franklin Tournament @ Mt. Valley
Sat 22  12:00 AM
Fri 28  Husky Winter Classic @ MCI
January

Wed 3  @ Libby
Sat 5  @ Machias
Sat 12  Madison Duals : Medomak, Dirigo
Sat 21  @ Skowhegan
February

Jan 2  Mid States @ Lisbon

Game Time

12:30  2:00

GIRLS BASKETBALL

Coach: Amber Noyes

December

Sat 7  @ MCI
Wed 12  @ Dirigo
Fri 14  Franklin Tournament @ Mt. Valley
Sat 22  12:00 AM
Fri 28  Husky Winter Classic @ MCI
January

Wed 3  @ Libby
Sat 5  @ Machias
Sat 12  Madison Duals : Medomak, Dirigo
Sat 21  @ Skowhegan
February

Jan 2  Mid States @ Lisbon

Game Time

12:30  2:00

CHEERLEADING

Coach: Amber Noyes

December

Fri 10  Mt. Valley  H
Mon 13  Telstar  A
Wed 15  Carrabec  A
Fri 20  Wiscasset  A
Wed 27  Monmouth  A
Sat 30  @ MCI

January

Sat 5  MCCA Showcase @ SVC @ Mt. Valley
Sat 12  MCV @ Mt. Valley
Sat 19  Regionals @ ACC
February

Sat 9  States @ ACC

This sports schedule is proudly sponsored by Hight Ford, Delta Ambulance and Redington Fairview Hospital

207-474-5121 / www.rfg.net

Go Bulldogs!

GOOD LUCK MADISON!

Augusta: 623-4900 | Waterville: 861-4244
DeltaAmbulance.org

Good Luck Bulldogs!
BUSINESS PROFILE

Mary’s Massage and Bodywork

Mary Patterson, a bodyworker located in Waterville practices massage, reflexology, yoga, Reiki, Jin Shin Jyutsu, craniosacral therapy, Yamuna body rolling and Yamuna foot fitness. She first received her associate degree in nursing at Kennebec Valley Community College, then worked as a nurse for a few years while pursuing further training in her passion for holistic and natural health and healing approaches toward health and healing.

Patterson became a licensed massage therapist at KVCC four years ago and a certified practitioner in Reiki, yoga, reflexology, and Jin Shin Jyutsu. She is certified in pregnancy massage, basic elements 1 of craniosacral therapy, and has completed training for part 1 of Yamuna body rolling and Yamuna foot fitness. She also received a bachelor of arts in psychology from the College of the Holy Cross before nursing and bodywork, always having had an interest in wellness of mind, body and spirit.

She sees clients by appointment and teaches yoga for adult ed fall and spring. She also accommodates requests for private yoga, group yoga or massages, and off site services. Her therapies promote relaxation and focus, restore energy flow and balance in the body, and aid in muscular health, strength, flexibility, posture, balance, and healing injuries by assisting the body’s natural ability to heal itself. She is eager to share her passion for wellness through her service-oriented work and hopes to inspire and assist others along their path towards health and well-being.
This week, your purchase could be free if the New England team wins with a Shutout against the New York team on November 25!**

Some restrictions apply. See store for complete details.