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Coop is hiding somewhere in this publication...

Find him and you could win your own stuffed Coop! See details on the Kids' corner page.



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Grinch Flood of 2023



Aerial flooding image taken in the Winslow and Waterville area on December 19.

Photo by Galen Neal/ Central Maine Photography

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(Previously in the January 2017 issue)

My 3-year-old grandson had just started Sunday school. I was making lunch and we were going on the deck. I told my grandson to close the door. He thought for a minute and said, “Let God do it.”

He had learned that God was everywhere and can do anything. – *Dorothy Pooler in Winslow.*

I was in my room watching TV when my 5-year-old granddaughter Jocelynn walked in the room.

“What are you watching, Nana?” she asked.

I replied, “M.A.S.H.” to which she asked, “Is that a cooking show?” – *Donna Dalton in Jay.*

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

Funny Things Kids Say

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Calendar of Events

January

Jan. 26 — Trees From the Inside Out, 10:00 a.m. to noon, St. Peter’s Episcopal Church, 42 Sweden Road (Rte. 93), Bridgton, reservation form due by January 19 and available at Bridgton Library and Lake Region Lifelong Learning website <http://www.seniorcollegeat-bridgton.org>, free to Lake Region Lifelong Learning members, non-members classes are \$10.00 for each class, to become a member, please enclose a \$25.00 check and mail to: Senior College at Bridgton, P.O. Box 308, Bridgton, ME 04009, questions contact Kappy Sprenger, Senior College Registration, at 207- 647-5593 or seniorcollegebridgton@gmail.com.

Jan. 27 — Androscoggin County Republican Caucus, 9 am Registration; 10 am Caucus, Calvary Baptist Church, 20 North Main Street, Turner.

Jan. 27 — Horses, Milkmen, and Smoke-Eaters: Strolling the Streets of Old Day’s Ferry presented by Amanda Montgomery Martin and Allison Hepler, 10:30 a.m., Patten Free Library, to learn more and register for Zoom visit <https://www.patten.lib.me.us/th24/>. Recordings will become available to view on YouTube the week after they are live.

Jan. 27 — “Let it Snow” Saturday Night Supper, 4:30-6:00 p.m., Casco Village Church, United Church of Christ, 941 Meadow Rd. in Casco, dinner will feature Casseroles, Hotdogs, Baked Beans, Salads, and Home-made Desserts! It’s all for only \$12 for Adults, and \$5 for Children 8 and under, contact us at 207-627-4282.

Jan. 28 — UUCB Concerts for a Cause children’s concert, 3 p.m., Brunswick Unitarian Universalist Church, 1 Middle Street, Brunswick, Adults \$10, Children \$5, Family \$30, tickets available at the church office, Gulf of Maine Books, or online at <https://ticketstripe.com/kindkids>.

Jan. 30 — Lovewell’s Fight and Bounty Hunters at Lovewell Pond, 10:00 a.m. to noon, St. Peter’s Episcopal Church, 42 Sweden Road (Rte. 93), Bridgton, reservation form due by January 19 and available at Bridgton Library and Lake Region Lifelong Learning website <http://www.seniorcollegeat-bridgton.org>, free to Lake Region Lifelong Learning members, non-members classes are \$10.00 for each class, to become a member, please enclose a \$25.00 check and mail to: Senior College

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February

Feb. 1 — History of Maine Minerals and Gems, 10:00 a.m. to noon, St. Peter’s Episcopal Church, 42 Sweden Road (Rte. 93), Bridgton, reservation form due by January 19 and available at Bridgton Library and Lake Region Lifelong Learning website <http://www.seniorcollegeatbridgton.org>, free to Lake Region Lifelong Learning members, non-members classes are \$10.00 for each class, to become a member, please enclose a \$25.00 check and mail to: Senior College at Bridgton, P.O. Box 308, Bridgton, ME 04009, questions contact Kappy Sprenger, Senior College Registration, at 207- 647-5593 or seniorcollegebridgton@gmail.com.

Feb. 2 — Qi Gong: The Most Ancient Form of Chinese Healing, 10:00 a.m. to noon, St. Peter’s Episcopal Church, 42 Sweden Road (Rte. 93), Bridgton, reservation form due by January 19 and available at Bridgton Library and Lake Region Lifelong Learning website <http://www.seniorcollegeat-bridgton.org>, free to Lake Region Lifelong Learning members, non-members classes are \$10.00 for each class, to become a member, please enclose a \$25.00 check and mail to: Senior College at Bridgton, P.O. Box 308, Bridgton, ME 04009, questions contact Kappy Sprenger, Senior College Registration, at 207- 647-5593 or seniorcollegebridgton@gmail.com.

Feb. 3 — “Take Your Child to the Library Day”, 10 a.m.- 2 p.m., Rangeley Public Library, Host and Presenter: Children’s Librarian Brittany Wetherill.

Feb. 3 - Imagine: No Reid State Park? presented by Theo Holtwijk, 10:30 a.m., Patten Free Library, to learn more and register for Zoom visit <https://www.patten.lib.me.us/th24/>. Recordings will become available to view on YouTube the week after they are live.

Feb. 6 — TAROT 101 WORKSHOP, 5 to 6:30 p.m., Jeanne Couture room, Lewiston Public Library, Registration is required, please bring your own 78-card deck and something to take notes with, 513-3135; www.LPLonline.org.

Feb. 10 — Good Bones: Arrowsic’s Twenty-Three

Family Cemeteries presented by Denise Parker, 10:30 a.m., Patten Free Library, to learn more and register for Zoom visit <https://www.patten.lib.me.us/th24/>. Recordings will become available to view on YouTube the week after they are live.

Feb. 17 — The New Meadows Inn Through the Years presented by Liz Armstrong, 10:30 a.m., to learn more and register for Zoom visit <https://www.patten.lib.me.us/th24/>. Recordings will become available to view on YouTube the week after they are live.

Feb. 21 — Become a hospice reader, free informational gathering, 2:00-3:00 p.m., 245 Center St. Suite A, Auburn, Snow date February 23, same time and place. 225-412-7749 Crystal Mills regional volunteer coordinator crystal.mills@amedisys.com.

Feb. 28 — “The Lost Art of Tea Leaf Reading Workshop”, 11 a.m. to 12:30 p.m., Callahan Hall on the third floor of the Lewiston Public Library, 200 Lisbon Street at the corner of Pine Street and Lisbon Street, Lewiston, participants should bring their own teacup for the program, free, for information Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

MONTHLY MEETINGS

LIVERMORE FALLS: Story Time, Wednesdays at 10:30 a.m., Treat Memorial Library, 56 Main St., Livermore Falls, favorite picture books, sing-a-longs, and other activities, any questions or for more information, please call the library at 897-3631.

TURNER: “Music for Mavis” Cabin Fever Concert Series, January through April, on Tuesday evenings from 6:30 – 8:00 pm., Turner Universalist Church, concert will be upstairs in the beautiful stained-glass worship room, right across from the Gazebo on Rt 117, Turner.

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

MONMOUTH: Friends of Cumston Public Library book sale, 9 a.m.-1 p.m. third Saturday of the month, lower level, Cumston Hall, 796 Main St., Friends of Cumston Library on Facebook.

WINTHROP: Winthrop Maine Historical Society, first Thursday of month, 6-8

p.m., Winthrop History and Heritage Center, 107 Main St., 207-395-5199, winthrop-mainehistorical@gmail.com.

RANDOLPH: Maine-ly Harmony women’s barbershop group, 6-8 p.m. Wednesday, Randolph United Methodist Church, 16 Asbury St., Randolph, women of all ages who like to sing welcome. Call Lea at 207-622-1273 or Jenny at 207-441-2816..

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

FARMINGTON: St. Joseph Nutrition Center, corner of Quebec and Middle Street (across from St. Joseph Church) A “Blessing Box” in front of the building provides food for any who need it and an opportunity to donate for those who have the means. More information or to help out: (207) 778-2778.

FARMINGTON: The Farmington Farmers’ Market has moved indoors to its winter home at the St. Joseph Center, 130 Quebec Street. Farmington’s winter market is held each Saturday, 10 a.m. to 1 p.m., November through April. St. Joseph Center is located at the corner of Quebec and Middle Streets, near the UMF Fitness & Recreation Center. .

ONGOING:

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

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

Events for the Maine News Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: <https://www.turnerpublishing.net/pdf/Deadlines.pdf>. Email your event information to articles@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster.

MAINE NEWS PAGE

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

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Coop stuffy winner
for December:
Rylee Desjardies, Greene

Crossword

1	2	3	4	5		6	7	8	9		10	11	12	13
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		47	48						49				50	51
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53							54				55	56		
57											58			
59											61			

CLUES ACROSS

1. Become less intense
6. Variety of pear
10. Religion native to China
14. Type of tooth
15. Fitted out
17. Make every effort
19. Autonomic nervous system
20. Complete
21. Alternate name
22. River in France and Belgium
23. Miami’s mascot is one
24. Turfs
26. Most cognizant of reality
29. Broad volcanic crater
31. Canadian surname
32. Satisfaction
34. Traitorous Greek mythological prince
35. Collide
37. Immune response
38. Feline
39. High opinion of one’s own appearance
40. Thin strip to align parts
41. Containers
43. Convicted American spy
45. Breathe noisily
46. Taxi
47. Pancakes made from

- buckwheat flour
49. Swiss river
50. I.M. __, architect
53. Have surgery
57. Formal withdrawal
58. Dutch and German surname
59. Square measures
60. 2,000 lbs.
61. Degrade someone

CLUES DOWN

1. Siberian river
2. Blessing
3. Substitutes (abbr.)
4. Principle underlying the universe
5. Work unit
6. Yellow edible fruits
7. Gemstone
8. A place ships dock (abbr.)
9. Evergreen tropical tree
10. Reality TV star Richards
11. Nonflowering aquatic plant
12. Stakes
13. Antidiuretic hormone
16. Make warm again
18. Light beams
22. Lethal dose
23. Terrorist group
24. Kids love him
25. Naturally occurring solid
27. German surname meaning “man from Saxony”
28. Popular cuisine
29. Partner to cheese
30. Type of horse
31. __ Diego
33. Defensive nuclear weapon
35. Most shrewd
36. It may be for shopping
37. Midway between south and southeast
39. A stock of foods
42. The bindings of books
43. Swiss river
44. Megabyte
46. Sammy __, songwriter
47. Dutch colonist
48. Clare Booth __, American writer
49. Sun or solar disk
50. Popular type of bread
51. Transfers of money (abbr.)
52. Association of engineering professionals
53. Young women’s association
54. City
55. Niger-Congo branch of languages
56. Pointed end of a pen

Famous Birthdays

JANUARY 28

Joey Fatone, Singer (47)

JANUARY 29

Adam Lambert, Singer (42)

JANUARY 30

Kid Cudi, Rapper (40)

JANUARY 31

Justin Timberlake, Singer (43)

FEBRUARY 1

Harry Styles, Singer (30)

FEBRUARY 2

Gerard Piqué, Athlete (37)

FEBRUARY 3

Warwick Davis, Actor (54)

Sudoku

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

Level: Beginner

Horoscopes

ARIES - Mar 21/Apr 20

Something will occur this week that surprises you, Aries. You may even wonder if it is a trick being played on you. It is no trick, so buckle down for an adventure.

TAURUS - Apr 21/May 21

You have pushed your mind and body quite far over the last several days, Taurus. Now you have to slow down or pay the consequences. Do not add anything else to your list.

GEMINI - May 22/Jun 21

Gemini, you may believe you have discovered a good thing and it could be right. But don’t wait too long to act since this good thing has an expiration date. The clock is ticking.

CANCER - Jun 22/Jul 22

Cancer, you might not be able to control what is happening this week, but you can control how you react to different situations. Keep your distance if an altercation arises.

LEO - Jul 23/Aug 23

Something you discover about a friend this week could leave you reeling, Leo. The signs have been there for awhile and you really should have seen it coming.

VIRGO - Aug 24/Sept 22

Virgo, if you are on the move this week, there is a chance that you will experience some interesting people along the way. At least one person might be a good networking contact.

LIBRA - Sept 23/Oct 23

More than anything right now, this week you need to relax and unwind, Libra. Take things at a slow pace, and spend more time at home with family then at work.

SCORPIO - Oct 24/Nov 22

Try not to take any financial risks right now, Scorpio. If you are planning to invest, then you may want to get all of the facts before gambling too much in the stock market.

SAGITTARIUS - Nov 23/Dec 21

This week you will be back to your best, Sagittarius. Things will work out, so use your positive attitude to the benefit of yourself and others.

CAPRICORN - Dec 22/Jan 20

Capricorn, even though you are conservative by nature, this week you are ready to take a chance of some sort. Enjoy the journey even if the efforts do not bring you enormous success.

AQUARIUS - Jan 21/Feb 18

Aquarius, a kind word from you may be all that is needed to bring a smile to someone’s face. Do not underestimate the power of a kind and simple gesture.

PISCES - Feb 19/Mar 20

You don’t usually lack confidence, Pisces. But you may not want to push ahead with a project for fear of failure. You should be more adventurous and not worry too much.



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THIS DAY IN...



HISTORY

- **1815:** NAPOLEON BONAPARTE ESCAPES FROM EXILE.
- **1919:** PRESIDENT WOODROW WILSON SIGNS AN ACT OF CONGRESS THAT ESTABLISHES THE GRAND CANYON NATIONAL PARK.
- **2008:** THE NEW YORK PHILHARMONIC PERFORMS IN NORTH KOREA.

Hight Word Search

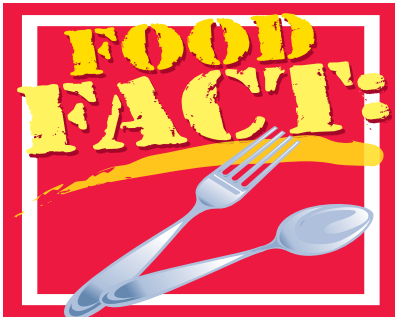
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C	T	N	N	A	C	H	I	G	H	T	T	G	B
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E	J	D	I	R	H	L	H	M	B	M	C	R	B

DODGE
FORD
HIGHT
BRONCO
MUSTANG
CHEVROLET
GMC
RAM
TRUCK
JEEP





Find the hidden words and return to 242 Madison Ave. Skowhegan, Maine, for the chance to win a prize!



THIS TYPE OF STORE IS WHERE MOST PEOPLE BUY THEIR FOOD AND OTHER SUPPLIES.

ANSWER: SUPERMARKET

How they SAY that in...

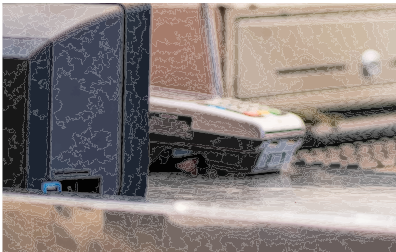
ENGLISH: Aisle

SPANISH: Pasillo

ITALIAN: Corridoio

FRENCH: Allée

GERMAN: Gang



Can you guess what the bigger picture is?

ANSWER: CHECKOUT COUNTER



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Brianna Mannisto Shuck has been promoted to Sales Manager for Century 21 Venture

Century 21 Venture Ltd's President, Bruce Holmes, is pleased to announce that Brianna Mannisto Shuck has been promoted to Sales Manager for the real estate agency. Century 21 Venture Ltd has been providing real estate services in Central Maine for over 40 years. Brianna has been associated with Century 21 Venture for several years and has been a high-volume real estate consultant in both residential and commercial real estate.

Brianna grew up in the Greater Augusta Maine area, she is married to her husband, Caleb, and recently they built their new home together. She enjoys family gatherings, hunting, and cooking.

As Brianna says, "Representing buyers and sellers in today's ever-changing real estate market requires a Broker to spend time with the clients, carefully explaining the process, and managing the transaction even beyond the closing! It's all about 'paying attention to the details!'"

Brianna is currently enrolled in the prestigious CENTURY 21® International Leadership Academy (ILA) which will en-



Brianna Mannisto Shuck

able her to master the four pillars of successful real estate brokerages: Leadership, Productivity, Culture and Profitability. Brianna has learned 'best practices' with other ILA students from across the country on key management practices and principles and has learned how to leverage the extensive CENTURY 21 productivity platform and suite of technology tools to go 'above and beyond' for clients as well as our family of affiliated agents.

According to Brianna, "In the experiential economy we all operate in, it's imperative for me as sales manager to provide per-

sonalized services and the very best tech platform to my team of agents, and for them to deliver memorable client moments along every step of a homebuyers, sellers, and property investor's journey. My plan is to take the knowledge learned at ILA back to my office to share with my team of relentless sales professionals and admin staff so they, in turn, can deliver extraordinary experiences to the people and families in our Maine real estate market."

In 2022, Brianna completed the CENTURY 21 Advanced Commercial program that helps leverage the core strengths of the CENTURY 21 System in the small-to-mid-tier commercial real estate and investment property markets including retail centers, office and industrial properties, motels and agricultural properties for sale and lease.

Brianna feels that "The CENTURY 21 Advanced Commercial program has helped me to increase my industry knowledge and, along with my commercial experience in the market, I am better able to help our clients."

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A FEW WORDS by John Governale

Childhood ambitions for January 2024



John Governale
I attended second grade at a small school in Lubbock, Texas. The teacher, whose name I no longer remem-

ber, always smiled when she spoke to me. Her smile warmed my young heart.
One day, she asked us to each write a poem to be turned in the following morning. I was excited by the assignment and worked all evening on it. My poem was about wanting to be an explorer. The only lines I remember now are two from the middle of the poem.
“I’d smoke a big cigar, and call myself Beauregard.”
As you can tell from that snippet, it was an entertaining and precocious work.
The next day we turned in our poems, and the following day she handed them

back. All except mine. I raised my hand and said, “I didn’t get my poem.”
She smiled and said, “See me after class.”
A thrill of excitement ran through me. She must have loved my poem. Maybe she’ll ask me to read it to the class. When the end of the school day finally arrived, everyone left but me.
“Sit down,” she said smiling, indicating a chair by her desk. She pulled my poem out of a folder.
“Who wrote this?” she asked in a friendly tone. “I did,” I said proudly. Again, her tone was friendly.
“Johnny, do you under-

stand what lying is?” “Yes, ma’am.” “And you know that lying is wrong.” “Yes, ma’am.”
“To say that you wrote something when actually someone else wrote it is telling a lie. Do you understand?” “Yes, ma’am,” I said.
“I’m going to ask you again, who wrote this poem?”
My brain suddenly clicked. I couldn’t believe what she was asking. It had never occurred to me in my young life to do such a thing as she was accusing me of.
“I wrote it,” I told her earnestly. I could see the doubt in her eyes. “I really did,” I

said.
Her face turned to stone and her voice became like flint.
“No second-grade boy wrote this poem. I know and you know that you copied it out of a book. Tell me the truth, Johnny. Who really wrote this?”
If I told her what she wanted me to say — that I didn’t write it — that would be telling a lie. But if I told the truth, she would think I was lying. For a horrible moment, time stood still.
“I wrote it,” I said, not knowing what else to do.
She gave me a look that melted the marrow from my

bones.
“You have disappointed me greatly. I would never have taken you for a liar,” she said, then wrote ‘F for cheating’ on my paper and stuffed it back in the folder. From then on, she never smiled when she looked at me.
Fortunately, we moved to Oklahoma that year. My new teacher’s name was Mrs. Hamburger, which for a class of second graders was the height of hilarity. She was a wonderful teacher. I was careful, though, not to mention cigars, nor my plans of becoming a French explorer.

Maine High School Guitar Competition

MECHANIC FALLS — The Maine Country Music Hall of Fame and Museum is pleased to announce its 3rd Annual Student Guitar Competition. This contest is open to Maine high school students, grades 9-12. Contestants are required to submit a video of their performance by March 1, 2024, to be judged by members of

the Executive Board of the Maine Country Music Hall of Fame. The grand prize is a Martin guitar, donated by Northern Kingdom Music in Bangor. The prize will be presented to the winner at the 47th Annual Induction Ceremony scheduled for Sunday, May 19, 2024, at the Silver Spur in Mechanic Falls. Last year’s

winner was Maddie Yates, of Greely High School, Cumberland, Maine.
The contestant will select and perform three country music pieces on guitar and will be judged on the level of skill, ability to play in different keys, and expression of phrasing. Video entries should be submitted on a thumb drive or DVD.

To receive a complete copy of the Competition Rules and Official Entry Form please contact mariaholloway207@gmail.com or call 207-613-5411.
The Maine Country Music Hall of Fame was founded in 1978. The Museum is the only Country Music Hall of Fame physical museum east of Nash-

ville. The 3000-square foot space in the lower level of the Silver Spur is an amazing showcase for thousands of historic memorabilia accumulated over the decades, bringing to life and preserving the legacy of its over 150 inductees from all over the State of Maine. The Museum is open year-round by appointment. To book a tour or visit the Hall of Fame please call 207-654-2227.



Maddie Yates

The 47th Annual Induction Ceremony will take place at the Silver Spur on May 19th, 2024. New inductees will be honored and a lively concert showcasing Hall of Fame inductees and living legends followed by

a performance by the winner of the guitar contest. For more information follow The Maine Country Music Hall of Fame and Museum on Facebook or call 207-613-5411.

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Seasonal Guide

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Snow blower safety tips

Metro

Meteorologists are predicting an El Niño weather pattern this winter. What that spells out for particular regions of the country remains to be seen, but when snow hits certain areas hard, cleanup will be necessary.

It is essential for homeowners and business owners to get outdoors promptly to remove snow from walkways for the safety of pedestrians. Shoveling snow can be back-breaking work, particularly when the snow is very wet or compacted. That's why many people have invested (or plan to invest) in snow blowers to make faster work of snow removal. While these tools are quite effective, they require caution and proper technique to help avoid injuries. The Consumer Product Safety Commission estimates there are 5,740 hospital emergency room-related injuries associated with snow blowers each year. The organization Safety Now says most injuries associated with snow blowers involve injuries to the hands or fingers, including amputation.

Individuals can prevent common injuries and even death by following these snow blower safety guidelines.

- Read the owner's manual to understand all of the controls and features before use.



Metro photo

- Dress accordingly for the weather, including using sturdy footwear with good traction. Boot or shoe grippers can reduce the risk of slips and falls. Also, avoid loose clothing, as scarves or jackets can become tangled in moving parts of the machine.

- Start the snow blower outside and not in a garage or shed. Gas-powered devices give off carbon monoxide.
- Stay focused on the task at hand, which means using the snow blower only when sober and not under the influence of medications that can cause drowsiness.
- Working at a brisk pace can help prevent the snow blower blades from getting clogged from the snow sticking. Wet, heavy snow is more likely to clog the machine, so it may require more passes to get the job done.
- Clogs can occur and require extreme caution to dislodge. Always turn off the snow blower and disengage the clutch, says the American Society for Surgery of the Hand. Wait for the impeller blades to stop spinning. Always use a broom handle or a stick to clear compacted snow. Never stick your hand down the chute or around the blades, even if the power switch is off.
- Keep all safety shields and mechanisms in place on the machine.
- Do not leave a snow blower unattended.

- If the snow blower is an electrical version, use an extension cord designed for outdoor use and plug it into an outlet equipped with a ground fault circuit interrupter. Keep the extension cord away from the auger.

Even though snowblowing can be less physically taxing than manually shoveling snow, it still exerts the body. Take frequent breaks to rest. Exercise caution where you toss the snow, and make sure other people, particularly children, are not in the path of snow removal.

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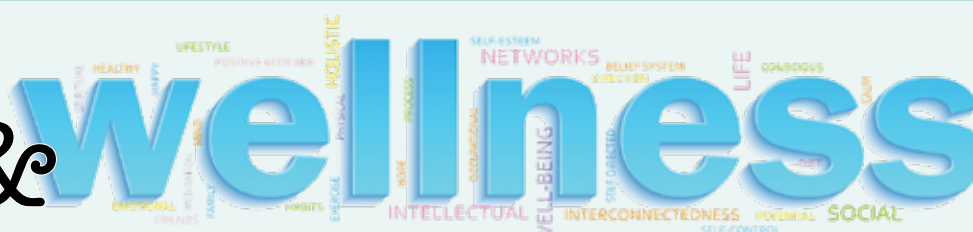


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Happy New Year Cleanse

Happy New Year! The new year brings possibilities. It is time to freshen up your thoughts, your health, your outlook, and your house. Make the New Year a time to re-evaluate and cleanse.

Yoga meditation cleanse

Start your year off with daily meditation and a time to focus on yourself. Set a regular daily time to relax for 10 minutes. Make it a safe and quiet place where you can be alone. Lay on your back on a soft mat. The lights should be dim and a candle for aroma therapy burning to help you relax. Be mindful of your breath and thoughts. Let your thoughts come and quickly go. Practice deep diaphragmatic breathing by inhaling to a count of 5 seconds and slowly exhaling for 10 seconds. Place your hand on your abdomen so you can feel the gentle flow of your breath. Repeat and relax.



Cleanse your diet!

I would not be writing this if I did not add something about nutrition for the new year. Your New Year's resolution may be to give up fats and sugars or pick up a new fad diet to make you feel better and drop ten pounds. Whatever your goal is, commit to it. I prefer to keep it simple and enhance my nutrition by adding lemon to my diet. A simple everyday routine of freshly squeezed lemon into a cup of boiling water, cooled by another cup of cool water is a great chemical detox and a good daily practice. This helps with digestion and cuts through fats and bad bacteria in your system. It also adds much-needed Vitamin C for the winter blues and helps ward off colds and flu. Bottoms up daily.

House cleansing

Get rid of the baggage and freshen up the décor. Winter is the perfect time of year for this. This not only frees you from stress, but it brightens your mood. Just think about how good it feels just to clean out your refrigerator. Start one closet at a time. Empty the entire closet. Vacuum, clean and maybe even paint the walls or line the shelves. Throw away unneeded stuff. I love throwing things away. Something about that makes me feel ten pounds lighter. I found a brand-

new Neddy pot in my closet this go-around that had been there for over 10 years. Does anyone even use a Neddy pot anymore? I do not even think I know how to use one. In any event, one closet down with a few more to go for multiple daily mood lifts. I wonder what I will find next.

Cleanse your vibe!

The universe will give you back what you dish out. If you are always walking around grumpy and punchy the world will look back at you with many punches. Lighten up, think positively and bring positive vibes your way. It is just like golf. If you tell yourself not to hit your ball into the water, your mind focuses on the water and sure enough, that is where your mind will send the ball. Focus on hitting the green next time and you will be surprised with the outcome. The same applies to your life. If you tell yourself you are going to have a bad day, the universe will deliver. Tell yourself that you are going to have a momentous day, meet great people, and invite the universe to present you with a robust life filled with good friends and good times.

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2. Premium Financing for High-Net-Worth Individuals: Premium financing is a sophisticated strategy. It involves borrowing the funds needed to pay life insurance premiums, therefore maintaining liquidity for other investments.

3. Tax-Free Retirement Income: Certain life insurance policies offer a unique avenue for tax-free retirement income. The cash value can grow based on market performance, with a floor to protect against market decline. During retirement, policyholders can access the accumulated cash value without triggering taxable events.

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ments. This approach provides a way to enhance cash flow, preserve wealth, and create a tax-efficient legacy. Such can be done through non-recourse loans.

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Grateful,
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Jac Arbour is the Founder and CEO of J.M. Arbour Wealth Management and the author of four personal development books and financial guides. He is a graduate of Bowdoin College and the American College of Financial Services. He can be available at 207-248-6767.

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Aquaman and the Lost Kingdom



Warner Bros. Pictures-DC

2023 has been the year for the superhero genre going through a downward spiral in the cinema. Ballooned budgets and audience disinterest caused some titles to underperform or outright bomb at the box office. Billed as the final DCEU film before James Gunn’s upcoming reboot, Aquaman and the Lost Kingdom looks to salvage what’s left of the year and deliver some slam-bang entertainment

for the holidays. Once again directed by James Wan, this film hopes to finish on top much better than last summer’s The Flash.

As the new king of Atlantis, Arthur Curry (Jason Momoa) faces difficult responsibilities to help the denizens with his wife Mera (a mostly absent Amber Heard). He also finds time to raise his baby son Arthur Jr. with his adopted father Tom (Temuera Morrison) at their Maine lighthouse home. Meanwhile, Black Manta (Yahya Abdul-Mateen II) on his continuing quest for vengeance seeks help from Dr. Stephen Shim (Randall Park) to find some ultimate power. He finds it in the powerful Black Trident of the malevolent Kordax (Pilou Asbek) and uses its energy of the mineral orichalcum to change the planet’s weather.

With the Earth experi-

encing catastrophic events, Aquaman makes the difficult choice with his mother Queen Atlanna (Nicole Kidman) and King Nereus (Dolph Lundgren) for some extra help. He soon breaks his disposed brother Orm (Patrick Wilson) out of prison and they reluctantly join forces to find Black Manta, who’s hidden in a secret volcanic island with ill-effects from the orichalcum. But for Arthur, the threat inches dangerously closer to his family than he realized.

Right from the start with Arthur’s opening narration, this is the kind of film that can quickly jump from one tone to another without much room to breathe. Then there’s the script continuously piling on plot points to try to make sense of the story including the villains’ motivations. We understood Black Manta’s motivations from the first film, but add-

ing in a cliché monstrous villain becomes overkill. It doesn’t create any level of satisfaction for the climax when you have to deal with the last hour-and-a-half of hodgepodge.

Not to mention, this movie has shocking similarities to another bad superhero sequel, 1987’s Superman IV: The Quest for Peace. Both films have stories co-written by their lead star (in this case, Momoa), they each share a timely message of world peace, each of those messages gets lost in the action, and each of them has a crazy production history that film historians will be talking about decades from now. The fact that this movie ends a cinematic universe this way, a full decade after its beginning with the breakthrough Man of Steel, absolutely shows the sad state of affairs both Marvel and DC were going through this past

year.

But if you thought the first Aquaman had pretty shoddy CGI in its world-building, this one will give you a migraine simply from watching it. All of the Atlantis scenes from the action to the drama look very bad and overdone with too many bright colors. It gets worse when the action happens with everything going fast-motion, it becomes a headache-inducing blur. It is a superhero movie and underwater physics had to be changed for the sake of action, but after the fantastic underwater scenes in both Black Panther: Wakanda Forever and Avatar: The Way of Water, audiences are expecting more realism.

Though he can’t save the film, Momoa is at least having a blast playing the character, especially when he’s being over-the-top and comedic in many scenes. He’s entertaining to watch except

not on the same high scale as his role in Fast X. Wilson is playing the straight man for the lead star pretty well though there are some times where he would rather be elsewhere. The rest of the supporting cast play their parts fine, while Abdul-Mateen II is trying too hard to be a menacing villain without anything to truly support him.

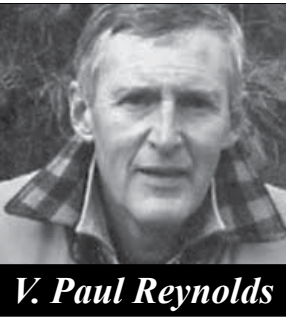
Aquaman and the Lost Kingdom ends this miserable year in superhero movies on a duller note than the others. If Marvel and DC need to get back on top, they want to really step up their theatrical game for the foreseeable future.

THE MOVIE’S RATING: PG-13 (for sci-fi violence and some language)

THE CRITIC’S RATING: 2 Stars (Out of Four)

FEATURE COLUMN

Ticks and Turkeys



In Maine, it seems, wild turkeys are the brussel sprouts of our game species: people either love them or hate them.

When wild turkeys were transplanted in Maine from Vermont stocks in the 1970s, not even our wild-life biologists thought these large birds could establish themselves so pervasively, or prove so tough when it

came to winter survival.

Maine’s current turkey population is estimated to be an incredible 70,000. For hunting purposes, the wild turkey is considered to be big game, and our spring and fall turkey hunt has provided exciting and challenging hunting opportunities.

But, from a public image standpoint, all that glitters is not gold. Myths or erroneous notions abound when it comes to the public image of our large game birds.

Myth one: The proliferation of wild turkeys can be blamed for declining deer numbers. Deer don’t like turkeys and will leave an area where turkeys abound. Besides, both of these species compete for forage.

Studies by wildlife biologists and conventional wild-life science find no basis in fact regarding these popular beliefs.

Myth two: The explosion of deer ticks in Maine can be traced to the introduction of turkeys. Turkeys are transporters of these ticks. Here is an explanation from the Maine Department of Inland Fisheries and Wildlife:

The timing of the expansion of ticks does coincide with the re-establishment of wild turkeys, and with such suspicious timing, turkeys seem like an easy scape-goat. But, as every good scientist knows, correlation does not imply causation. In other words, two independent events trending

similarly over time do not definitively prove that one produced the other. Why? There are countless other variables in play! Changes in temperature, humidity, human population, wildlife populations, habitat and much more were also occurring at the same time, so the determination of cause and effect is complex, to say the least.

A number of scientific studies have been conducted to investigate interactions between turkeys and ticks and determine if wild turkeys are likely beneficial hosts for deer ticks at any stage in the life cycle. The results were clear. Deer ticks rarely successfully feed on turkeys. While turkeys can and do sometimes

carry ticks, it’s not at high levels, and most are quickly consumed during preening prior to becoming engorged, limiting spread. So, could turkey preening and foraging actually decrease tick densities? Unfortunately, no. Study results show that turkeys are relatively ineffective predators of ticks. Overall, wild turkeys carry a few ticks and eat a few ticks, and have a net zero impact.

Turkeys have also been blamed for the worrisome proliferation of the winter tick that has been ravaging Maine’s adult and calf moose. The science also vindicates the turkey on this count. The winter tick has been with us long before turkey introductions, and

the winter tick survives on a solo host, usually a moose. Mild winters combined with high moose population densities are the key elements in the proliferation of winter ticks and reproductive rates of moose.

Yes, Maine’s wild turkeys have been getting a bad rap.

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

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PERSONAL INJURY ATTORNEYS

BBB Tip- New year, new finances!

The post-pandemic continues to affect many households. People are reassessing retirement timelines, considering where and how they live, and assessing future personal goals in the face of the new variants. Several federal financial programs have ended, and employment opportunities have varied from one sector to another. As consumers look ahead to the new year, having stable financial footing may become necessary to meet day-to-day needs.

When thinking about current finances and sticking to a New Year’s Resolution, consider these tips from BBB:

- Inventory your credit cards. Credit cards have high interest rates, which can waste much money over time. Reach out to the credit card company to see if a balance transfer offer can be used to switch to a card with a lower rate or ask if the interest rate can be lowered. Research the financial institution where the credit card is held on *BBB.org* first. Read the terms and contract carefully – there may be big penalties if a payment is missed. If you have multiple cards, decide which debt-paying strategy is best for you. Some experts recommend paying off cards with the highest interest rates first. Others recommend paying off cards with the smallest balances first.
- Additionally, try sending in payments throughout the month. Put the \$5 that would have been spent on a morning coffee towards debt instead.
- Avoid wasting money on unethical businesses or scams. When making a purchase or choosing a business, check with BBB. Making careful decisions now can save time, money, and headaches later. Research all companies at *BBB.org*, and check BBB Scam Tracker regularly to see what scams are happening in your area.
- Take advantage of free tools. Many online tools can help manage and reduce debt.
- Start budgeting. Creating a written budget and tracking spending is one of the best ways to save money and stop spending more than what is earned. First, figure out how much debt you have; you need an accurate picture before figuring out your budget. Note the difference between fixed expenses, needs, and wants. If you have debt, include repayment goals in your budget. If possible, factor in retirement and emergency savings. Save money by giving up morning coffee - and cooking at home instead of getting takeout. Factor in any alternate income, like selling unused items or part-time work in the gig economy.



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

Love it!
- Evelyn Perry

Very informative.
- Rachel Fisek

Good paper, lots of info.
- Clayton Thomas

Read it religiously.
- Kathryn Mets

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

Look forward to it every month.
- Ellie Ward

Clever, funny and fulfilling.
- Andrea Caron

Great read.
- Chuck Rabon

I like it so much!
- Linda Mason

Nice community news, thank you!
- Kathy Corbin

It’s all good news.
- Becky Keith

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

Love the variety of info and stories.
- Pat Larrabee

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

Email your Raves or Comments to: raves@turnerpublishing.net

North Anson scout earns Eagle Award

NORTH ANSON — The 1st Congregational Church of North Anson was alive with activity on Saturday, December 16 as family, friends, and fellow Scouts joined to witness the pinning of Scouting’s highest rank on Devyn Deleonardis.

Devyn is the son of Frederick and Amanda Deleonardis and lives in North Anson where he attends Carrabec High School.

He will be turning 18 in January and his time as a youth member of Scouting will come to a close. It is fitting that he received the Eagle Scout award before becoming an adult leader with Troop 481. Devyn is no stranger to leadership. As part of his Eagle Scout project, he led others in building and distributing little lending libraries to five area communities. In Scout Troop 481, Devyn has served as Senior Patrol Leader and Chaplain Aide. “Some ways that I have demonstrated leadership skills other than my Eagle project, Community Libraries, are when I taught the clove hitch knot to guests at the Community Literacy event; helped Solon Elementary School’s field day event by teaching the students a game and led them through it as they played; and when I wrote and gave a speech for the position of Student Council member.”

Devyn chose to have his Eagle Scout ceremony at

his church because of his strong personal faith. “I believe that my life purpose,” he explained in his Life Ambition Statement that was presented along with his Eagle Scout application, “is to spread the news of Jesus, to follow him, and to help others any way that I can.” During the ceremony, Devyn presented Mentor Pins to two of his Scout leaders, his parents and to Pastor Dave Walz. Pastor Walz praised Scouting during the ceremony saying, “Bless the Scouts and bless all who seek to serve and be servants to others.”

Devyn received congratulatory notes from the members of Maine’s Congressional Delegation, State Representative Larry Dunphy and the Boy Scouts of America. Alfred McKay, Commander of the American Legion Department of Maine, presented Devyn with an actual Eagle feather. The Legion had to receive official permission from the US Fish and Wildlife Service to present the feather as the Eagle is a protected species. In fact, both bald eagles and golden eagles are protected by the Bald and Golden Eagle Protection Act and the Migratory Bird Treaty Act.

Devyn plans to attend the University of Maine Farmington next Fall and study to become a teacher.



Amanda Deleonardis pinning the Eagle Scout medal on her son's uniform.



Devyn pinning a mentor pin on his Assistant Scoutmaster Skip Pond.



Submitted photos
American Legion Department of Maine Commander Alfred McKay presented Devyn with an American Bald Eagle feather following receiving permission from US Fish and Wildlife Services.



Pastor Dave Walz of the North Anson 1st Congregational Church opened and closed the ceremony with prayers and was presented with a mentor pin by Devyn.

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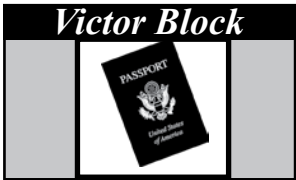
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FEATURE COLUMN

Truffles



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

Nadine was excited. She scampered along a haphazard route, pausing now and then to sniff at the ground. Occasionally she began to dig in the dirt, her breath quickening and eyes widening.

But she was not permitted to complete the excavation she had begun. That task was finished by Vanessa, who distracted Nadine with a tasty treat and used a trowel to discover, and uncover, the object of their search.

Nadine is a dog but she's far from an ordinary canine. She is trained to find truffles, and I recently accompanied her, and her handler Vanessa Shea, on a hunt for those elusive, rather unattractive fungi which more than make up

in value what they may lack in appearance.

This quest took place at Virginia Truffles, a family-owned and operated enterprise in that state, but truffles are grown in orchards that span the country from Maryland, Kentucky and Tennessee, to Idaho, Oregon and California. The North American Truffle Growers Association estimates the number to be as high as 400.

My experience began with an introduction to everything truffle delivered around a blazing fire pit by Vanessa, her sister Olivia and their mother Patrice. My fellow adventurers and I benefitted from our hosts' encyclopedic knowledge, which included historic facts, truffle tidbits and recipes for using these highly prized gastronomic gems in a variety of ways.

For example, who knew that truffles were prized at the time of the Egyptian, Greek and Roman empires; that the Medieval Catholic Church largely banned consumption of "the devil's fruit," and that they were a favorite food of French Queen Catherine de Medici and King Louis XIV.

Modern truffling is said to have evolved when French farmers observed



Truffle enhanced pasta.

pigs uprooting a favorite food and then trained them for the hunt. However, because pigs love truffles they often consumed their prize before the farmer could rescue it, so trackers began training dogs, who happily work for canine treats.

The object of the hunt is an edible fungus that grows several inches underground beneath tree branches. Favorite hosts are oak and hazelnut trees.

Upon learning that truffle farmers can wait as long as 10 years after planting their seedlings before they get their first harvest and that the crop is retrieved during a truncated harvesting time of only a few months, I concluded that raising the subterranean fungus is as much an art as

a science, and qualifies as a labor of love.

The love between human and dog was evident as I followed Nadine and Vanessa walking rapidly through the orchard, Vanessa repeating the mantra "Where's the truffle?" Our trek, which lasted a little over an hour, produced five black truffles.

A post-hunt mini-buffet included carrot soup, deviled eggs, pastrami and brie cheese, all enhanced with fresh truffle shavings or slices. While the earthy, pungent odor of the tubers that Nadine unearthed was almost too strong for my nostrils or taste buds, the hints of truffle in the food added a unique dimension which I found easy to enjoy but difficult to describe.

During a post-snack visit



Newly unearthed truffles.

to the small on-site laboratory, Patrice explained the truffle cleaning process, which includes cutting out any small rotted areas; described the truffle grading guidelines that have been adopted by the United Nations, and mentioned that some of the tubers which the farm sells to nearby white tablecloth restaurants are priced at more than \$120 an ounce.

She also listed some of the many ways truffles may be used to add flavor to a variety of food, several of which were demonstrated, and enjoyed, during our snack. While some cuisine seems like a natural fit – think eggs, soup, mashed potatoes, infusing sauces and dips, making truffle butter and cream – the possibilities for using truffles to titillate taste buds are virtually endless. Why not sprinkle a few shavings over a freshly steamed lobster?

Having been hooked by the distinctive scent, lore and taste of this non-descript but delicious taste enhancer, I purchased truffle-infused honey, salt and pepper to bring home. I look forward to enjoying them, along with memories of a unique experience that long will linger in my mind, and on my tongue.

Information about truffles, and a list of growers throughout the United States, is available at trufflegrowers.com, the website of the North American Truffle Growers Association.

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AI For Good AND Bad

If there is one thing we know, it's that criminal scammers are not stupid. They often use cutting-edge technologies to make their schemes more sophisticated and harder to detect. However, these same technologies can – and should – be used to protect people as well.

The most recent case in point is Artificial Intelligence (AI). We are already seeing celebrity "deep fake" videos trying to sell non-existent products. Likewise, simple AI tools – like Chat GPT – are cleaning up many grammatical issues that can make scam emails easier to spot. The question is, how can we use this technology for good?

The Federal Communications Commission (FCC) hopes to use AI to weed out something that plagues anyone with a phone – illegal robocalls. The FCC recently announced that they are seeking ideas from the public on how to better screen out these illegal and unwanted calls using this technology.

Unfortunately, it will take some time for the good uses to catch up with the bad ones, which is reflected in a recent Presidential Executive Order on AI. The order includes requirements for more oversight of and openness from tech companies, the development of systems to protect private data, and concrete efforts to prevent the spread of misinformation.

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