

Can you find Coop?



Coop is hiding somewhere in this publication...

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



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# Solar eclipse worth the trip

By Bill Van Tassel

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

Only the experience of this incredible event could mollify those who had to endure the halting and frustrating traffic jams getting there and returning home. Whether your home was in Lewiston/Auburn, South-



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



Bill Van Tassel photos

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

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

ern Maine or below the 45th parallel, drivers had to deal with miles of unusually heavy traffic, very heavy for these parts.

My seventy-five-mile trip from Turner to Oquossoc took only 1 and 1/2 hours, though you had to slow to a crawl when passing the various Scenic Lookouts which were overflowing to the narrow roadsides with vehicles and tailgating parties. Returning home after the Eclipse show was a different story.

After 4 p.m. the main roads from Rangeley and Oquossoc, Routes 17 (to 108) and 4 were nearly bumper to bumper for miles.

Where 108 and 4 meet in Livermore, the confluence of vehicles created a new single line that ranged from two to five miles in length. So, my return trip was nearly double the 1 and 1/2 hours.

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

**Eclipse**  
→ Page 6

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# Funny Things Kids Say!

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

My mother was dying in the hospital, so I prayed to “the Our Father” for her non-stop. So, I tried to teach my boyfriend’s niece “the Our Father”. She practiced saying “the Our Father” saying... and lead us not into Penn station & deliver us from evil old men.

*Ellen B. Laine, New Auburn*

When my 5 yr. old great-grandson was visiting, he was eating a small bag of chips near me. He said, “Do you want some?” I said, “Sure.” So, he pulls out a chip the size of a dime and passes it to me. I said “Thank you.” He said, “Do you want some more?” I said “Sure.” So, he pulled out another one the size of a rice crispy and I took it and ate it. Then, he looks me in the face and very seriously says, “Does it taste like more?”

*Dottie Libby, Poland*

## Funny Things Kids Say

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Submit this form with your Funniest Thing Kids Say conversation and we will publish in an upcoming issue.

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Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

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# Maine Calendar

## APRIL

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

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

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

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

**April 27** — Annual Topsham Train Show, 10:00 a.m. to 3:00 p.m., Mount Ararat High School, \$5 per

person and children under 12 are free, will have meet and greet at 12:30 pm and 1:30 pm for everyone to participate.

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

## MAY

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

**May 3** — Little Keepsakes: My Little Sunshine Tote Bags in honor of Mother’s Day, 10:00 a.m. - 11:30 a.m., Lewiston Public Library Children’s Department, 200 Lisbon Street, Lewiston. For more

information about our programs please contact the Lewiston Public Library’s Children’s Department at 207-513-3133 or by email: [LPLKids@lewistonmaine.gov](mailto:LPLKids@lewistonmaine.gov).

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

**May 4** — “Where Maine Reads,” Maine author Buddy Doyle’s new book, 10 a.m., Community Reading Room, Lithgow Library, 45 Winthrop Street, Augusta. For more information please call the library at (207) 626-2415 or visit our website at [www.lithgowlibrary.org](http://www.lithgowlibrary.org).

**May 4** — Shred-a-thon, 8 a.m.-noon, Food City, Bridgton, downsizing, decluttering, clearing out a home, closing an office, rain-or-shine, drive-through, no appointments are needed, documents can be boxed or bagged, you do not have to remove clips or file

hangers—everything gets shredded! Certificates of Destruction are available on request. Suggested donation is \$18.00 per box (bankers’ box - 15 x 12 x 10 inches).

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

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

Come join us for free:  
· Coffee and donuts  
· Activities for the children  
· Lunch starting at 11am  
102 Lisbon Street, Lisbon, ME. 207-407-4002

**May 7** — Winthrop Area Handbell Ringers, 6:30 p.m., Community Meeting Room, Lithgow Library, 45 Winthrop Street, Augusta. Concert is free, but reservations are required, please call the Library at 626-2415 to reserve your spot.

**May 11** — Hall-Dale Taiko Drumming Performance, 10 a.m., Community

Meeting Room, Lithgow Library, 45 Winthrop Street, Augusta, free & open to all but you must reserve a seat by calling the library at (207) 626-2415.

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

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

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

## MONTHLY MEETINGS

**WATERVILLE:** Understanding Symbolism 6-week Grief Support Group, starting March 21, every Thursday 6:00 – 7:30

p.m., Hospice Volunteers of Waterville Area Community Center, 304 Main Street, Waterville, trained bereavement volunteers, free-of-charge, for more information or to register, contact Sarah Swift-Simons, Executive Director at 873-3615 x 15 or email [sarah@hvwa.org](mailto:sarah@hvwa.org).

**SKOWHEGAN:** Al-Anon, hybrid meeting, 7-8:00 p.m. every Tuesday, Skowhegan Federated Church, Island Avenue, 1-800-498-1844, [www.maineafg.org](http://www.maineafg.org).

**FAIRFIELD:** Victor Grange monthly meeting, second Monday of the month, 5:30 potluck, 6 p.m. meeting, all welcome.

## CANCELLATIONS


None listed.

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



# MAY

## FREE OUTDOOR ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <i>LOOK US UP ON FACEBOOK OR INSTAGRAM AND CHECK OUT THE BASECAMP'S GEAR LENDING LIBRARY AT 65 WATER ST. (RIVERSIDE)</i>			1 R.E.A.C.H. After School Program	2 Bike Rodeo: Safety & Skills Coburn Park 5:30 - 7 p.m.	3	4 Cast Away: Fishing for Beginners Cleaver Landing Boat Launch 10:00 a.m. - 12 p.m.
5 Basecamp Closed	6 Yoga with Jill SO Basecamp 5:30 - 6:30 p.m.	7 Adventures in Fly Tying SO Basecamp 5:30 - 7 p.m.	8	9 R.E.A.C.H. After School Program	10	11 Somerset Outing Club Wilson Falls & Borestone Mountain
12 Basecamp Closed	13 Yoga with Jill SO Basecamp 5:30 - 6:30 p.m.	14 Midday Walkabout SO Basecamp 11:30 a.m. - 12:30 p.m.	15 R.E.A.C.H. After School Program	16 R.E.A.C.H. After School Program	17	18 Spoke & Dirt Dash 65 Water St. (Riverside) 10:00 - 11:30 a.m.
19 Basecamp Closed	20 Yoga with Jill SO Basecamp 5:30 - 6:30 p.m.	21 Sunset Paddle & Fish Wesserunsett Stream 6 - 7:30 p.m.	22 R.E.A.C.H. After School Program	23 R.E.A.C.H. After School Program	24	25 Basecamp Closed
26 Basecamp Closed	27 Memorial Day Basecamp Closed	28 Midday Walkabout SO Basecamp 11:30 a.m. - 12:30 p.m.	29 R.E.A.C.H. After School Program	30 R.E.A.C.H. After School Program	31 Scenic Sunset Stroll Robbins Hill Scenic Overlook 6:30 - 8 p.m.	



## Crossword

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21		22				23			
				24		25				26				
27	28	29		30				31				32	33	34
35				36				37				38		
39						40					41			
42					43				44					
45				46				47				48		
				49				50				51		
52	53	54				55					56		57	58
59														
60					61				62		63			
64					65						66			
67					68						69			

- CLUES ACROSS**  
1. Excessively theatrical actors  
5. Footwear  
10. A way to disfigure  
14. Exchange rate  
15. Hawaiian wreaths  
16. North-central Indian city  
17. Bungle  
18. Extremely angry  
19. A short note of what's owed  
20. Criminal organization  
22. Mimic  
23. Try to grab  
24. U.S.-born individuals  
27. Some are covert  
30. Order of the British Empire  
31. Don't know when yet  
32. Payment (abbr.)  
35. Winged angelic being  
37. Variety of Chinese  
38. A way to be anxious  
39. Famed wrestler Hulk  
40. Partner to cheese  
41. Slang for sergeant  
42. Canadian flyers  
43. Actress Ryan  
44. Highly unpleasant vapor  
45. Body part  
46. Halfway  
47. Cool!  
48. Consume  
49. Salts
- CLUES DOWN**  
1. "Mad Men" leading man  
2. Water (Spanish)  
3. Annoy  
4. Bulgarian capital  
5. Japanese title  
6. Capital of Zimbabwe  
7. Giraffe  
8. A mixture of substances  
9. Midway between south and southeast  
10. Staffs  
11. Turkish title  
12. Type of acid  
13. Thin, flat strip of wood  
21. Russian river  
23. Ribonucleic acid  
25. Partner to flow  
26. Airborne (abbr.)
27. Earthy pigment  
28. Genus of earless seals  
29. "Key to the Highway" bluesman  
32. By or in itself  
33. Hot fluid below the earth's surface  
34. Partner to trick  
36. British Air Aces  
37. Ammunition  
38. Supervises flying  
40. Health care for the aged  
41. Flanks  
43. Millimeters  
44. Where wrestlers perform  
46. Not around  
47. Flightless bird  
49. Bell-shaped flowers of the lily family  
50. Expressed concern for  
51. Satisfies  
52. Flew off!  
53. Wings  
54. Load a ship  
57. Vigor  
58. British title  
59. Whiskeys  
61. \_\_ Adams: founding father  
62. Body of wate

## Famous Birthdays

- APRIL 21

James McAvoy, Actor (45)
- APRIL 22

Jeffrey Dean Morgan, Actor (58)
- APRIL 23

Gigi Hadid, Model (29)
- APRIL 24

Kelly Clarkson, Singer (42)
- APRIL 25

Al Pacino, Actor (84)
- APRIL 26

Kevin James, Comic (59)
- APRIL 27

Darren Barnet, Actor (33)

## Sudoku

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

Level: Advanced

## Horoscopes

- ARIES - Mar 21/Apr 20**  
You can get your spark back with some help from friends, Aries. You may have been struggling in one form or another, but others can provide the perspective needed.
- TAURUS - Apr 21/May 21**  
Taurus, you are a dependable rock and that comes with a lot of responsibility. Sometimes you may feel overwhelmed, and in those instances feel free to delegate some tasks.
- GEMINI - May 22/Jun 21**  
Too much joking around may strike a nerve of someone close to you, Gemini. Feel out every situation before you start communicating in such a laid back and jovial way.
- CANCER - Jun 22/Jul 22**  
Cancer, like it or not, you have to stand by a promise or a commitment you made to someone, even if you no longer feel like doing so. Once it is finished, you can go your separate ways.
- LEO - Jul 23/Aug 23**  
Leo, if others have underestimated you or written you off in the past, you will have an opportunity to prove them wrong this week, even if you already know the truth.
- VIRGO - Aug 24/Sept 22**  
Your keen eye for detail has you pointing out a mistake that may have cost someone a lot of money, Virgo. Your reward could be a promotion or another commendation.
- LIBRA - Sept 23/Oct 23**  
Making room for your needs right now is challenging as others seem to require all of the attention, Libra. You will have a chance to balance the scales soon enough.
- SCORPIO - Oct 24/Nov 22**  
Right now you may be reluctant to commit or comment on an issue that is affecting some in your circle, Scorpio. You can get involved once you dig further and do your own research.

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



# Did you find Coop?

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

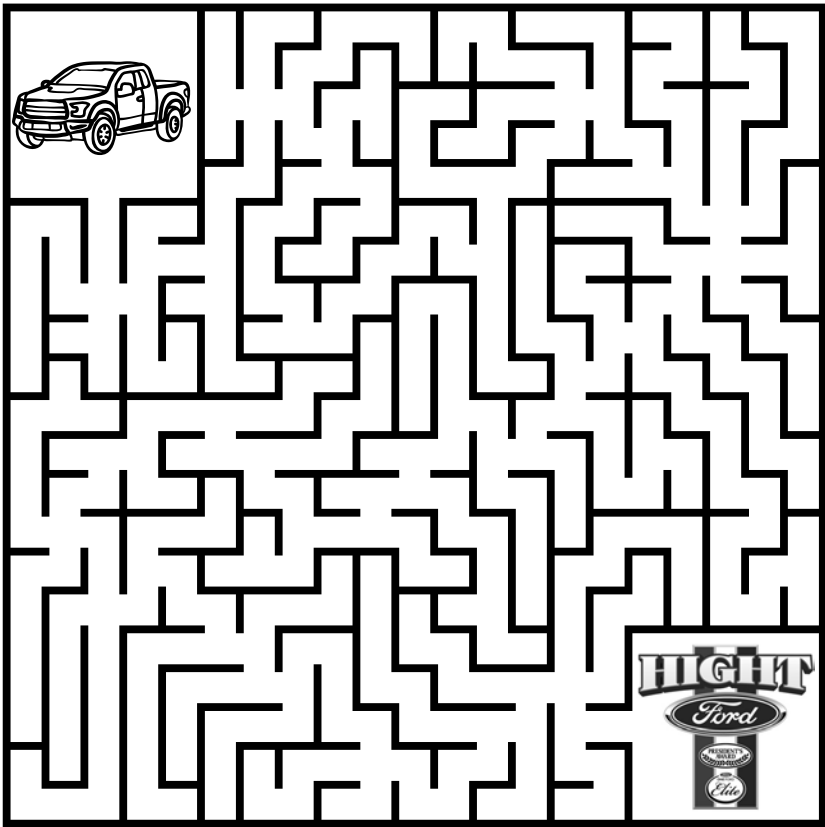
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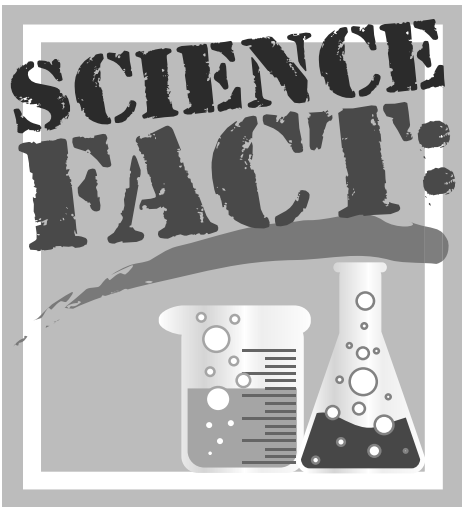
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ANSWER: GRASS

## How they SAY that in...

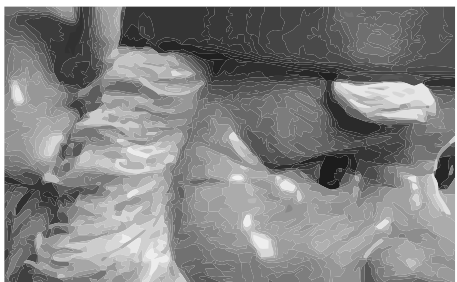
- ENGLISH:** Mow
- SPANISH:** Cortar
- ITALIAN:** Falciare
- FRENCH:** Tondre
- GERMAN:** Mähen



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ANSWER: GARDEN GNOME



Can you guess what the bigger picture is?

## THIS DAY IN...



## HISTORY

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

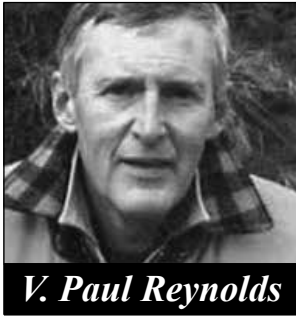


## LAWN

an area of short, mown grass in a yard

FEATURE COLUMN

# The Bucket List



**V. Paul Reynolds**

A late friend, who had a penchant for taking chances, always insisted that “if it ain’t scary, it ain’t no fun!” And wouldn’t you know it, he died from old age.

It’s somewhat satisfying to look back at your life and realize that you have pretty much outlived your bucket list. Whether you are an outdoors person or not, you probably have a list of things you’d like to do be-

fore Father Time pulls down the curtain.

Much of my bucket list over the years has been monopolized by an array of hunting or fishing adventures, some within reach and some pure fantasy. Blessed have I been with some wonderful hunts in Colorado and Quebec, not to mention dream-come-true fishing experiences in Labrador, Alaska and the American West.

The outdoor experience, I acknowledge, is not limited to just hunting and fishing trips. The potential for outdoor adventures is almost limitless, whether it’s camping out on the Gaspé or ice climbing on a glacier in Banff.

To each his own. Some of us are more Walter Mitty-

prone than others. A late middle-aged man I know is still scouring the website for his next thrill, whether it’s bungee jumping over the Grand Canyon or bungee jumping in for a zip ride over the Trolltunga Rock in Norway.

You can have it. Heights have never been my cup of tea. Funny thing, though, as a private pilot I never had a problem, but put me on the edge of a switchback on the road to Pike’s Peak or the Knife Edge on Mt. Katahdin and I fight butterflies and sweat like a Banshee in the Mohave.

A late friend, who had a penchant for taking chances, always insisted that “if it ain’t scary, it ain’t no fun!” And wouldn’t you know it, he died from old age. He

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

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

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

What about your bucket

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

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

If the elder George Bush could skydive at 85 years of

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

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

## Eclipse

Page 1

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

As the sun’s fullness began to get diminished by the encroaching moon, lunch-time foods were packed

away and more eyewear, some highly creative, began to appear on everyone’s face. It was fun to watch the little children who, unaware of the rare moment’s significance, reacted with their nervous energy, simply happy to be doing what all the adults were doing.

It was a beautiful, cloud-

less day in Rangeley, Maine. Those of us by the shore of the lake could feel a steady, cool breeze coming off the still frozen water. Predictably, as the sun continued to disappear the temperature of the breeze cooled by around five degrees. At full totality, with just a black circle surrounded by a thin coro-

nal ring, the crowd got noticeably quiet. Then, in the dawn-like darkness around Rangeley Lake, the crowd began cheering.

We had been given a rare opportunity to see an astronomical event that will not happen in the United States until August 2044. I will be ninety-four years old and

surely not able to handle heavy traffic. So, it was worth it to spend one half of the day in the sun, and the other half in my car. My wife’s sister’s family drove from Rochester, NH way up to Millinocket to witness this event. (Total drive time: 12 hours.) Her Facebook post declared, “It was so to-

tally worth it.”

*(Turner Publishing would like to thank the Rangeley Chamber of Commerce for its Shadow of the Sun Festival, and opening its facilities for a major influx of visitors to the Solar Eclipse event. Thanks also to the Franklin Savings Bank for letting our reporter park at their site.)*

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# Seasonal Guide

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# Tips to make a yard less attractive to ticks

Metro

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

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

Human beings can come into contact with ticks in



Metro photo

their own backyards. But humans can take various steps to make their lawns less welcoming to ticks.

- Cut your grass short and keep it that way. Black-legged ticks are transmitters of Lyme disease, which the CDC notes is the most common vector-borne disease in the United States. Lyme disease also poses a growing threat in Canada, where data from the Public Health

Agency indicates human-reported Lyme disease cases increased from 144 in 2009 to more than 2,100 in 2022. Black-legged ticks do not like environments that are dry and hot, so short grass makes lawns less attractive to this type of tick. Consumer Reports advises homeowners who have let their grass grow a little too high (around five or six inches) to bag their clippings when cutting the grass. Lots of clippings on the grass can provide

a respite from the heat for black-legged ticks.

- Create a tick barrier if

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

- Plant with infestation prevention in mind. Some plants can help to repel ticks because they boast certain characteristics that ticks cannot tolerate. The fragrances, textures and oils of plants like garlic, mint, lavender, marigolds,

and others create less welcoming conditions for ticks. Homeowners can speak with local garden centers for advice on tick-repellant plants that can thrive in their particular climate and on their properties.

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

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

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# Leg cramps

Jodi Cornelio



Live Long, Live Well  
Jodi R. Cornelio, AS, BA, MBA  
Nutritionist, Personal Trainer  
and Motivational Speaker  
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**Avoiding leg cramps:**

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

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

**Why do cramps happen:**

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



Metro photo

minerals, can increase leg cramps.

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

skin changes, or come with muscle weakness. If these muscle cramps happen daily or very often and do not get better with self-care practices such as nutrition adjustments and hydrating methods, it is time to consult your physician.

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

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

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

Hydrate daily. Muscles need fluids to work well. Drink liquids during heavy activities and throughout the day. Water or other liquids without caffeine or alcohol are recommended. If you are involved in heavy activity as part of your daily routine or if you are an athlete training long hours it is not a bad idea

to include a high-quality electrolyte drink in your hydration plan. These high-quality drinks or powders should include Water, Sodium, Potassium, Chloride, Calcium, Magnesium, Phosphate, Bicarbonate.

Eat food high in potassium and magnesium to replace mineral loss. Some of my favorite foods high in potassium and magnesium are bananas, raisins, prunes, avocados, nuts, and seeds such as pumpkin seeds, Brazil nuts and almonds, green leafy vegetables, potatoes with skins on them, legumes like chick peas, tofu, salmon and fatty fish, molasses, oysters, okra, artichokes, and HEMP.

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

As always I hope these health tips help you enjoy a cramp-free Spring. Live long, live well

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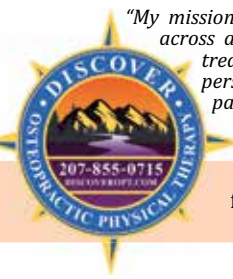


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SELF-HELP TIPS

by Dr. Anna Staehli Wiser



Anna Staehli Wiser  
DPT, FAAOMPT,  
Dip. Osteopractic,  
Cert. SMT, Cert. DN

# 5 Expert tips to treat your own neck pain:

- 1: Take frequent rest breaks from desk work. Sustained positions lead to joint stiffness. Try getting up every 30 minutes and walk around for 5 minutes - this strategy will help your whole body, not just your neck.
- 2: Stop slouching. Use a pillow in the curve of your lower back when sitting - do this in the car too. Slouched sitting posture puts a major kink in the neck and will lead to neck pain if not corrected.
- 3: Keep your screen at eye level. Looking down at a laptop or cell phone for prolonged periods puts major strain on the neck.
- 4: Make your own contour pillow. Use a small towel roll to support the curve of your neck when sleeping. Optimal alignment at night is essential for feeling good come morning time.
- 5: Get some exercise. Increasing the heart rate for 30 minutes per day reduces joint stiffness in the whole body, and promotes the release of “feel good neurotransmitters” like endorphins.

## Community organizations and businesses partner together to distribute 150,000 diapers throughout Kennebec and Somerset Counties

SKOWHEGAN — On March 14, over 150,000 diapers were donated to KVCAP from The Honest Company. KVCAP connected with The Honest Company through Baby2Baby, a non-profit that provides children living in poverty across the country with diapers, clothing and all the basic necessities that every child deserves. The diapers will be distributed to families throughout Kennebec and Somerset Counties over the coming months.

To make this possible, Hammond Lumber provided a forklift and pallet jack and unloaded the 25 pallets of diapers. Many volunteers and community organizations assisted at KVCAP’s Skowhegan office, sorting and transporting diapers throughout the two counties, including the Somerset County Sheriff’s Department, who used their new transport van to bring diapers from Skowhegan to KVCAP’s Waterville office.

Through a network of community partners, KVCAP’s Family Enrichment Council (FEC) puts free diapers and wipes in family-friendly, accessible locations. Libraries, doctor offices, food pantries, and churches are among the locations where Kennebec and Somerset families can find free diapers. “Families can always pick up diapers from our offices, but we know that is not always the best option,” says Megan Dickinson, Kennebec FEC Community Coordinator at KVCAP, who coordinates distribution in Kennebec County.

This diaper donation is a culmination of KVCAP’s latest round of diaper collection events and requests in response to an increase in need this winter. Following the winter storms in December and January, food loss and displacement from power outages and flooding only exacerbated the financial stress of many families with young children. As Covid-era financial supports have receded, families have had to make do with less. The biggest need in the last year has been for diapers in sizes four, five, six, and seven; pull-ups; and unscented wipes.

In 2023 KVCAP’s FEC distributed over 115,000 diapers, 88,656 in Somerset and 26,965 in Kennebec through support from donations, grants, and community diaper drives. The Honest Company’s donation will help the program expand to other locations in the community and serve more families.

“We are so grateful for the community’s support,” said Kristen Plummer, Somerset FEC Community Coordinator. “This delivery is four times larger than any we have gotten so far, and we learned about it with only a 10-day notice. This would not have been possible without the help of our partners, friends, and KVCAP staff.

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

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

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

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

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

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

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



Submitted photo

A FEW WORDS by: John Governale



John Governale

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

# Polar, the Titanic Bear

In April 1912, the group boarded the RMS Titanic in Cherbourg, France for the trip home. They were booked for the first class.

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

The Speddens and their servants made their way to Lifeboat 3 on the starboard side. Mr. Spedden was not allowed to board at first, but once all the women and children in the area were

safely in the boat, the men were allowed on.

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

The next year, 1913, Daisy Spedden wrote and illustrated a book that she gave her son, Douglas, for Christmas. It was called “My Story” and described—from the point of view of Douglas’s toy stuffed bear that he had named Polar—the family’s European travels, the sink-

ing of the Titanic, and the family’s rescue.

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

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

“... A sad accident occurred Friday at about 6 p.m. The 11-year-old son of F. O. Spedden was fatally injured while attempting to pick up a tennis ball in front of the Thompson cottage, on the main street. Just after he emerged from a thick shrubbery which

is close to one side of the street, he collided with an automobile.

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

Let’s now jump ahead 75 years to the early 1990s. A fellow named Leighton H. Coleman III was looking through a trunk in his grandfather’s barn and found diaries and photo al-

bums that had belonged to his great-grand aunt, Daisy Spedden. He also found the sole copy of the book that Daisy had written for her son.

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

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

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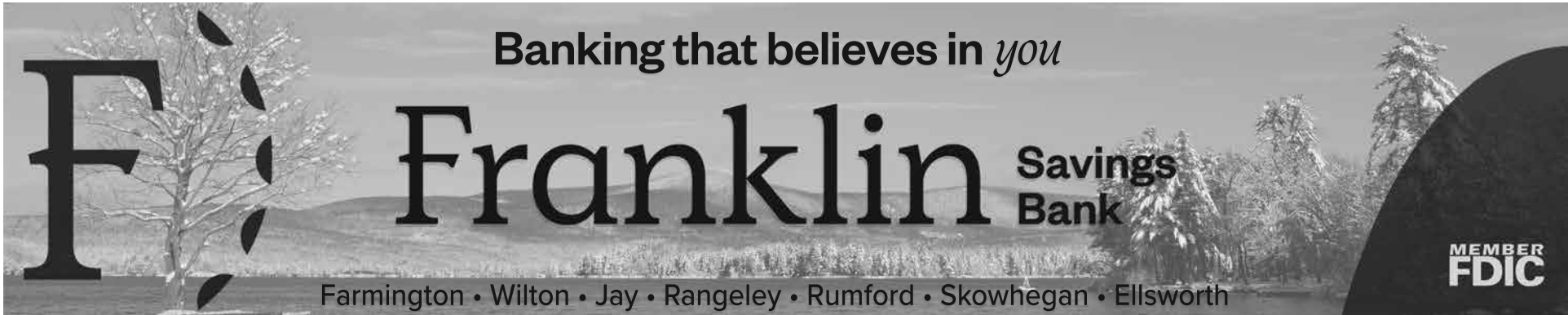
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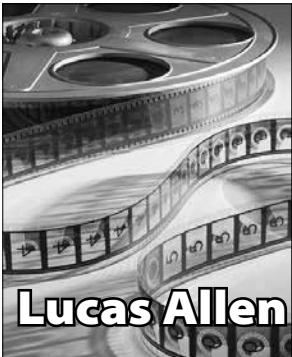






MOVIE REVIEW

# Ghostbusters: Frozen Empire



(Columbia Pictures)  
Ghost Heads rejoice, the Ghostbusters are back! 40 years after the original film slimed the world, Ghostbusters: Frozen Empire follows up from 2021's Ghostbusters: Afterlife by bringing the ghost-busting action back to New York City. Not only that, the fun goofball spirit of the previous films that was started by late filmmaker Ivan Reitman remains alive and well. In the director's

chair this time is Gil Kenan (the man behind Monster House), who also wrote the script with Afterlife's director (and Ivan's son) Jason Reitman.  
After moving away from Summerville, Gary (Paul Rudd) and the Spengler family made their new home at the Firehouse thanks to Winston (Ernie Hudson). But while mother Callie (Carrie Coon) and older brother Trevor (Finn Wolfhard) are trying to hold down the fort, the youngest Phoebe (McKenna Grace) keeps getting into trouble, including a recent job that incurred the wrath of Mayor Walter Peck (William Atherton). Grounded, she then finds solace with a newfound friend in the teenage ghost Melody (Emily Alyn Lind). Meanwhile, Ray Stantz (Dan Aykroyd) receives a

mysterious orb from a guy named Nadeem (Kumail Nanjiani) and quickly discovers that it contains such dark power from within the spirit world.  
But while Winston's engineers Lars (James Acaster) and Lucky (Celeste O'Connor) are examining the orb, Ray along with Phoebe and Podcast (Logan Kim) get information from librarian Hubert (Patton Oswalt) that the orb contains the dark spirit Garraka, who wants to spread ice and terror onto the world. One thing leads to another and Garraka is soon unleashed upon our modern world ready to create a second Ice Age. It's now up to our heroes alongside Peter (Bill Murray) and Janine (Annie Potts) to save the world once more.  
Regardless of how you feel about Afterlife (or the

2016 reboot), these movies are made for the fans who appreciate and adore the 1984 film, the animated series, and its everlasting legacy. This one in particular has nostalgia, but also has a fresh new story with a menacing villain and higher stakes that feels like a natural progression from the past four decades. Both Kenan and Reitman once again took it upon themselves to create new ways to make ghost-busting magical, fun, and hilarious for a new generation along with new spooks. Not only do we see the return of the Bluto-inspired Slimer, but we also get the Sewer Ghost, the mysterious Melody, and the terrifying Garraka.  
There's also some heart to help go along with the laughs and the action, especially arcs for both Phoebe

and Ray. The movie deals with aging and adolescence that wonderfully bridges the gap between generations, which fans from both of those eras can appreciate. Plus, the idea of our heroes having a Q-inspired lab to test out new gadgets is great and can offer potential for future installments. Whether live-action or animated, these filmmakers certainly have a limitless imagination to help keep the legacy going.  
Naturally, you have a cast of returning and new actors doing wonderful work displayed on the screen. For starters, longtime fans will be very happy to see Aykroyd and company back together with Murray delivering fresh quips in his few scenes. The addition of Atherton as "pencil-neck" Peck proves to be very welcome as our heroes' classic antagonist. With Rudd,

his goofball fatherly role works nicely here as in the Ant-Man movies, while Coon does her frustrating motherly role just as well. Grace once again stands out among the younger cast, and Nanjiani and Oswalt fill their parts perfectly.  
For any fan of this franchise, Ghostbusters: Frozen Empire serves up a full platter of laughs, scares, and excitement. It's the kind of movie where you can sit back and watch the magic unfold before it leaves you smiling. As soon as you hear Ray Parker Jr's classic hit, it'll remain in your head for days.  
THE MOVIE'S RATING: PG-13 (for supernatural action/violence, language, and suggestive references)  
THE CRITIC'S RATING: 3.75 Stars (Out of Four)

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Grade 11, high honors: Kobi Jennings, Dayna Jean Labonte, Machaon Pierce, Seth Price, Desmond Robinson, Brooks Sousa, Ciarragh Whittemore; honors: Damien Bornstein, Logan Caldwell, Mason Courtney, Haley McFadyen, Paige Reichert, Gerald Rollins,

Josephine Scheve, Levi Small.

Grade 10, high honors: Emma Campbell, William Rogers, Myah Williams; honors: Jaysen Longley, Jackson Newton.

Grade 9, high honors: Chandler Atwood, Kaitlin Dellarma, David Dixon, Henry Lindeman, Leeyah Nelson, Jillian Robinson, Austin Sales, Katie Scalse; honors: Ashlyn Courtney, Jordan Kramer, Reed Smith, Ava Welch.

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# HealthReach welcomes new clinician, Dr. Stacey Anderson

MADISON – This April, staff of Madison Area Health Center is happy to welcome Dr. Stacey Anderson to their professional healthcare team.

Anderson earned her Doctor of Medicine degree from the University of Texas Southwestern Medical School. Previously, she attended graduate studies in Biochemistry at the University of California and received her Bachelor of Science degree in Biochemistry from Texas A&M University. Dr. Anderson has a strong back-



Dr. Stacey Anderson

ground in medicine, including a wealth of experience in OB/GYN and women's health. We look forward to the knowledge and skill that Dr. Anderson will bring to the HealthReach

team.

Anderson shares, "I am excited to join the team at the Madison Area Health Center. My goal, since starting Medicine as a career, has been to provide healthcare to underserved populations. My areas of special interest include Reproductive Health, Endocrinology focusing on Diabetes Care, and Whole Person Wellness."

Anderson joins the existing Madison clinical team – Family Nurse Practitioners, JoHanna Davis and Jeanne Stokes; Psychiatric

Mental Health Nurse Practitioner, Kelly Bell Bragg; Licensed Clinical Social Worker, Danna Lee; and Licensed Clinical Professional Counselor, Lauren Emery.

Madison Area Health Center, founded in 1977, is part of HealthReach Community Health Centers, a Federally Qualified Health Center consisting of twelve community health centers located across rural Central and Western Maine. Dedicated clinicians deliver high-quality healthcare – inclusive of behavioral

health, substance use disorder, dental, and podiatric services – to residents from 9 of Maine's 16 counties. To ensure access for everyone, HealthReach accepts Medicare, MaineCare, and major insurance providers. An Affordable Care Program is available to both uninsured and underinsured people. Assistance is available for applications to programs that help with your healthcare and medication costs – including enrollment support for Maine's Health Insurance Marketplace.

A private non-profit with a 49-year history, HealthReach is funded by patient fees, grants, and by the U.S. Department of Health and Human Services (DHHS) Health Resources and Services Administration (HRSA) as part of an award totaling \$4,815,606 with 82.2% financed by non-governmental sources.

The contents above are those of the author, and do not necessarily represent the official views of or an endorsement by, HRSA, DHHS, or the U.S. Government.

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

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

Local news demands accountability from community, business, and governmental bodies. It forces decision-making structures to operate within the public's view. Local news lends us agency, empowering us with the knowledge we need to make informed decisions about issues critical to our daily lives.

But local news is disappearing.

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

**Broken models**

For the last 150 years, we've relied on ad revenue, a market transaction, to support a public good. Advertising once accounted for 80% of newspapers' revenue. In the past 20 years, that revenue stream has fallen by 80%. The economics that supported the news industry for most of the twentieth century are no longer viable. Of the commercial newspapers that still exist, most have been forced by revenue losses to cut resources so dramatically that they struggle to provide any civic value to communities.

**Ghost newspapers**

More than half of those remaining newspapers are owned by financial institutions whose cost-cutting strategies have stripped newsrooms of the resources necessary to produce consistent, original reporting on basic information. People who live in communities that still have a local newspaper may also effectively be living in news deserts.

**The rise of misinformation**

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

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

Without a trusted local alternative, individuals have

no choice but to turn to the echo chamber of national news outlets and social media for information. Local stories, when they are told by these institutions, become cherry-picked anecdotes that build on national tensions. They're used to engage a national audience rather than to inform a local one.

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

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## State Board of Education gives unanimous approval to MSAD54's Margaret Chase Smith Community School project

The State Board of Education voted unanimously on Wednesday to approve the Design and Funding Approval phase of the project, giving the \$75,338,985 project approval to move forward. The project, which is more than 95% state funded, includes a local-only fundraising effort coordinated through KVCAP with the help of an amazing team of local project

supporters. As of April, the fundraising effort has raised roughly \$2.4 million dollars! This fundraising effort will significantly reduce any impact the project may have on local taxpayers. If you or those you know are interested in supporting the project (every gift helps), visit the fundraising page at: <https://www.kvcap.org/building-better-beginnings/>

With unanimous State

Board Approval, the project will be moving forward quickly. The district will begin accepting bids from contractors starting on April 13th, with Bid Openings scheduled for May 18th. The project anticipates breaking ground by July, and is scheduled to open in the fall of 2025. For further information visit: <https://www.msad54.org/building-project>.

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# “Yard Your Way” this spring

Alexandria, VA — The TurfMutt Foundation, which is celebrating 15 years this year of advocating for the care and use of yards, parks and other green spaces, encourages homeowners to put their own spin on their personal outdoor space this spring by adopting a “yard your way” attitude.

The act of “backyarding,” which is the act of using our yards, parks and other green spaces for activities typically associated with our indoor life such as dining, working, entertaining and more has gained much traction in recent years. Now, with spring just around the corner, the Foundation encourages people to ratchet up their backyard activities by identifying their personal style and personality.

“Your yard isn’t just for aesthetics,” reminds Kris Kiser, President and CEO of the TurfMutt Foundation. “It’s purposeful and contrib-



utes to our and the planet’s well-being. We encourage

you to design your space that shows off your sense of style and supports what is important to your family.”

Here are six ideas to “yard your way” this spring:

• **Business in the front (yard) & party in the back.**

If you live in a neighborhood with strict homeowner’s association regulations, you may feel hemmed in by what you can do in the public-facing areas of your yard. But you can use the backyard to really highlight your style, whether it’s cozy and family-friendly or modern and sleek.

• **Sensible & sustainable.**

What you choose to plant in your yard can affect climate change on a micro level, and eco-conscious homeowners know selecting native plants is good for the environment. They are more resilient, require less water and promote biodiversity. **BONUS:** they are also easier to maintain.

• **Budget backyarding.**

Your yard is full of cost-saving measures that budget-conscious families can take. Skip the fancy restaurant and dine alfresco on your patio. Host a family movie night on a blanket of backyard grass. Or consider trading a pricy weekend getaway for a backyard staycation.

• **Biodiverse digs.** Human-made and synthetic environments have changed the landscape, so pollinators and wildlife rely on our yards and community green spaces to bring equilibrium to the ecosystem. Planting for these local critters can turn your backyard into a private nature preserve.

• **DIY...or don’t.** If you are a weekend warrior who relishes DIY projects, taking care of your yard yourself can be an excellent choice. But there is no shame in your backyard game if you outsource yard work so you

can spend your time outside just enjoying your yard. You could also have a landscaping crew do the basic mowing and maintenance so you can spend your time enjoying gardening or just enjoying it.

• **Park it.** Community greenspace and neighborhood parks make it possible to “yard your way” even if you don’t have an outdoor space to call your own. Want to sit under a shade tree and read? A community park often offers these kinds of resting spots. Want to do a little hiking but not travel hours out of town? An urban trail system is an excellent opportunity to hoof it close to home. You can even stake a claim to your own patch of nature and try your hand at growing things through community gardening programs.



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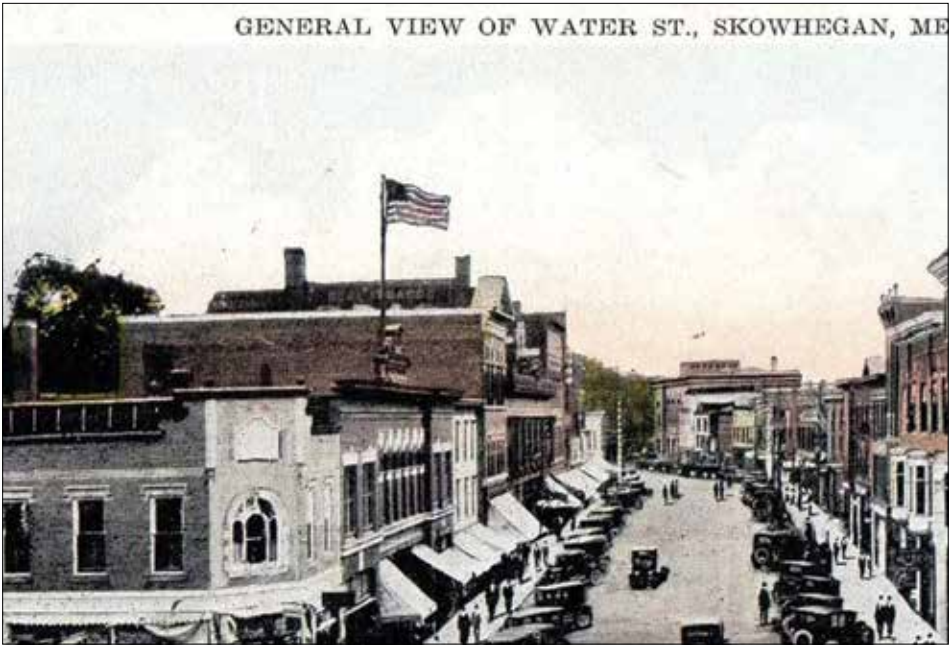
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## Skowhegan Police Department’s K9 Reece to get donation of body armor



Skowhegan Police Department Facebook

Skowhegan Police Department Facebook story.

**SKOWHEGAN** — Skowhegan Police Department’s K9 Reece will receive a bullet and stab protective vest thanks to a charitable donation from non-profit organization Vested Interest in K9s, Inc. K9 Reece’s vest is sponsored by Vested Interest in K9s, Inc. and will be embroidered with the sentiment “In honor of K9 Zak, South Portland, ME”. Delivery is expected within eight to ten weeks.

Vested Interest in K9s, Inc., established in 2009, is a 501(c)(3) charity whose mission is to provide bullet and stab protective vests and other assistance to dogs of law enforcement and related agencies throughout the United States. This potentially lifesaving body armor for four-legged K9 officers is U.S. made, custom fitted, and NIJ certified. Since its inception, Vested Interest in K9s, Inc. has provided over 5,514 vests to K9s in all 50 states at a value of \$6.9 million, made possible by both private and corporate donations.

The program is open to U.S. dogs that are at least 20 months old and actively employed and certified with law enforcement or related agencies. K9s with expired vests are also eligible to participate. There are an estimated 30,000 law enforcement K9s throughout the United States.

Vested Interest in K9s, Inc. accepts tax-deductible contributions in any amount, while a single donation of \$985 will sponsor one vest. Each vest has a value of \$1800.00, weighs an average of 4-5 lb., and comes with a five-year warranty. For more information, or to learn about volunteer opportunities, please call 508-824-6978. Vested Interest in K9s, Inc. provides information, lists events, and accepts donations at [www.vik9s.org](http://www.vik9s.org), or you may mail your contribution to P.O. Box 9, East Taunton, MA 02718.

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- Your tax pro will call with any questions.
- Review and approve your return online.

H&R BLOCK

Questions? Call us.  
233 MAIN ST  
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