More than 1,000 participate in road race in honor of Cole

By Mark Huard

NORRIDGEWOCK — More than 1,000 runners and walkers came together for a half-marathon and a 5k in honor of Corp. Eugene Cole, of the Somerset County Sheriff’s Department.

Four months ago, Cole was killed in the line of duty. The man who’s alleged to have shot Cole, John D. Williams, led police on a four-day manhunt before he was caught and arrested.

In a situation that could tax any agency, and even a profession, to its limits, the community came together, and said, “We will,” after Cole’s death, coming together around the family and the sheriff’s department.

Weeks after Cole was killed, six community members began organizing this 5k to raise money in his name. Jessica Gleason was one of the main organizers of the road race, and she said that enough money was raised to put several recruits through the Maine Criminal Justice Academy as well as start a scholarship fund that will sustain itself. Those involved attribute the upwards of $45,000 raised to the fact that the tragedy touched everyone in all economic statuses, all professions and all circumstances.

The runners Aug. 19 included law enforcement agencies, local businesses, professionals and community members. The community was greeted at the starting line by Sheryl Cole, Cole’s wife, who thanked organizers for their efforts.

Students from Lawrence High School in Fairfield volunteered for the Aug. 19 road race held in honor of Somerset County Sheriff Department Cpl. Eugene Cole.

Hospice volunteers sought for training program

AUGUSTA — A five-week training program — Hospice Volunteer Training — preparing volunteers to provide practical, emotional and spiritual support to persons and their families living with a terminal illness will be held Monday and Wednesday evenings, Oct. 1 through Oct. 31, from 5:30 to 8:30 p.m at Maine General Alfond Center for Health, 35 Medical Center Parkway. The volunteer organization is seeking new members who are veterans. Pre-registration is required; call 207-626-1779 or 207-873-3615.

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Hospice volunteers sought for training program
Funny Things Kids Say!

**Nathan: No, that makes me a funny guy.**
I said, “Yes, he is.” Emma added, “And you are not!”
I laughed at that and agreed, “No, I’m not a funny guy.”
Emma is 12 years old now.
— Meme (Sandy) Dugal of Lisbon.

My family was at Disney World when my mom noticed her husband and granddaughter, who was five years old at the time, were having a great time together. My mother said to them, “You two are two peas in a pod!”
Later when I took my daughter to the bathroom to wash her hands, she said, “Gramma is right! Grampa and I are two peas in a can!”
— Irene Archer in Augusta.

My youngest child had stomach issues and was referred to a gastroenterologist. I explained to her that we were going to a special doctor and I would be picking her up from school early. When I picked up her and her sister, her sister asked why they were getting out early.

Bethany piped in, “Because I have an appointment with the FARTologist.”
We told the doctor who chuckled. He said, “Most kids just call me the poop doctor!”
— Debbie Reed of South Paris.

One day my 4-year-old granddaughter and I were outdoors when she saw a chipmunk run under a building. She wanted to see where it went. I told her to go ahead and look under the building.

She said, “Oh my God! Nanny, you have to come see this!”
I was fearful of what she saw so I asked her what it was.

She replied, “A chipmunk egg!”
At this point, I had no idea what she had seen so I went to look under the building. All I could see was a ping pong ball!
— Penny of Hartford.

**Share the funniest thing your kid or grandkid said this week! You could win a gift certificate to an area merchant!**
It’s easy! Simply write down what your kid said that was so funny and mail it in!

---

**RECIPE OF THE MONTH**

**Apple Pie**

Prep time: 20 min  
Cook time: 40 min  
Yield: 8 slices

**Ingredients:**
- 6 cups thinly sliced apples
- 3/4 cup white sugar
- 1 tablespoon butter
- 1 teaspoon ground cinnamon

**Directions:**
Prepare your pastry for a two crust pie. Wipe, quarter, core, peel, and slice apples; measure to 6 cups. Combine sugar and cinnamon. The amount of sugar used depends on how tart your apples are. Arrange apples in layers in pastry lined pie plate. Sprinkle each layer with sugar and cinnamon. Dot top layer with small pieces of butter or margarine. Cover with top crust.

**Placed on lowest rack in oven preheated to 450 degrees F (230 degrees C). Bake for 30 to 35 minutes longer. Serve warm or cold.**

---

**You could win a gift certificate to an area merchant! Winners chosen randomly from entries.**

**Name:**
**Address:**
**City:**
**State:**
**Zip:**
**Email Address:**
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**You could win a gift certificate to an area merchant! Winners chosen randomly from entries.**

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**Address:**
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SEPTEMBER

Sept. 28 — New England Boiled Dinner 5:30 to 7 p.m., Odd Fellows Hall, 27 Village St., Lisbon; Donation is $15 for adults, $3.50 for children 12 and under, pre-schoolers are free.

Sept. 28 — Waterville Rocks! free, family-friendly outdoor summer concert series, “Ryan Monthneau” and “Kenyah Hall,” 5:30 to 8:30 p.m., Castonguay Square, Waterville; venue moves to Waterville Opera House if inclement weather prevails.

Sept. 28 — Concert artist and teacher George Sebastian Lopez opens piano series season, 7 p.m., Turner Seventh Day Adventist Church, 106 Weston Rd., Turner; child care provided.

Sept. 28, 29 — Somerset Sampler’s Quilt Show, 9 a.m. to 4 p.m., United Methodist Church, 103 Dr. Mann Road.

Sept. 28-30 — Topsham Public Library annual book sale; Friday Friends Members Only night, 5-7 p.m., 9 a.m. to 4 p.m. Saturday; $3 brown bag sale 10 a.m. to 2 p.m. Sunday; 15 Foreside Road, Topsham; 207-725-1272, visit www.topshampubliclibrary.org, www.friendsoftopshamlibrary.org.

Sept. 29 — 3-C Giveaway, free clothing, 8 a.m.-noon, Norway Granite Hall, Whitman Street, open to all; coffee and cookie provided; donations accepted 9 a.m.-2 p.m. Sept. 14-28, contact Anas-Jan Alexander 207-461-3093, aaturtullah5@gmail.com.

Sept. 29 — Central Maine Ladies Retreat, guest speaker Carol Kent, 8 a.m., Kennebec Valley Rural Church, 91 Marion Road, Waterville, 815, Sept. 26 deadline to register, 207-872-7021, www.kvbc.org or check Facebook page.

Sept. 29 — Seniors Plus Senior Resource Fair, 8 a.m.-noon, Mt. Blue High School, Farmington, workshops, information booths, complimentary breakfast. Free, open to public.

Sept. 29 — Maine Forestry Museum Apple Harvest Festival, 9 a.m. to 3 p.m., Church of the Good Shepherd, 2614 Main St., Rangely, 207-864-3939.

Sept. 29 — Model Train and Rail Fair, 9 a.m.-3 p.m., Phillips Area Community Center, free (admission charged for train rides), 207-639-2630.

Sept. 29 — “Owls of Maine; Habitats and Adaptation of Maine’s Native Owls,” Chewonki program, 11 a.m., Grange Hall, 9 Mercer Road, Norridgewock, free, open to public, 207-634-2828.

Sept. 29 — Family friendly community contra dance, free donations accepted, 6-8 p.m, Otisfield Community Church, 292 Route 212; single tickets, new dancers welcome, 207-539-3036.

Sept. 29 — Pianist Dan Kennedy, 7 p.m., Winthrop Congregational Church, suggested donation $10 adults, $5 for students; benefits Hubbard Scholarship Fund, refreshments, 207-377-2063, www.wccucc.org or www.dankennedy.us.

Sept. 29, 30 — Daniel Savage’s Company, Re-enactors of Fort Western encampment commemorating Arnold Expediton, at Fort Western and other Augusta sites, 10 a.m.-4 p.m. Sept. 29, 29 a.m.-2 p.m. Sept. 30, free (though there is admission to museum with exception of Augusta residents and veterans); visit www.oldfortwestern.org, 207-626-2385, oldfortatf.org.

OCTOBER


Oct. 3 — Maine pruce gum talk, Dave Fuller, 6 p.m., Rangely Public Library, free, 207-864-5529.

Oct. 4 — Southern Maine Senior Expo and Successful Aging Forum, 9 a.m.-2 p.m., Hilton Garden Inn, 5 Park St., Freeport. Free.


Oct. 5 — Inland Hospital Fall Pop Concert, Waterville Opera House; admission may include reception at Amici’s Cucina and show, or just show. www.operationaHouse.org or 207-873-7000.


Oct. 5 — “W Corner” Readfield History Walk, 10 a.m.-noon, Whittier Cemetery, free, open to public, meet in yard by Rouke’s equipment barn South Road, 207-441-9184, crossingw@gmail.com.

Oct. 5 — Opening reception for ‘Forever Changing” exhibit, featuring work of Nikki Millonzi, Peter Herley 5-7 p.m. Matosky Art Center, 480 Main St., Norway, westernmaineartgroup@gmail.com.

Oct. 5 — Nonpartisan candidate forum, Dr. Shaw Memorial Library, 7 p.m. at the Mt. Vernon Community Center, 2 Main St., Mount Vernon, 207-793-2656.

Oct. 6 — Leavitt Volunteer Fire Department french toast and pancake breakfast, 6:30-10 a.m., Leavitt Fire Station, Ridge Road, Route 106, adults $6 kids $4.

Oct. 6 — First Saturday at Cary Library’s Williams House, 9 a.m.-noon, book sale and boutique breakfast, 14 Winthrop St., Wayne, proceeds benefit library association, 207-685-3612.

Oct. 6 — “Losing Winter” Climate Change in Ski Country and What We Can Do About It, 7 p.m., Sugarloaf Outdoor Center, Route 27, Carrabassett Valley, free, open to the public, sponsored by the Bath/Brunswick, Bangor and Mid-Maine chapters of Citizens Climate Lobby, 207-522-7074.

Oct. 6 — Leavitt Area High School girls soccer team spaghetti dinner/ fundraiser, 4-7 p.m., BQMC Hall, North Turn St. $25 per family (5 people max), 4-under free, raffle for advance tickets: coach Avalon Amador, avalon.amador7@gmail.com.

Oct. 6 — Baked ham supper 4:30-6:30 p.m., at the Turner Center Universalist Church, Route 117, at Matthews Way, Turner.

Oct. 6 — Congregational Church of East Summer Fall Festival Community Supper, 5:30 p.m., donations benefit church outreach, 50 Main St., Route 299, 207-388-2263, 207-388-2667.

Oct. 6, 7 — Sugarloaf Art Show, 60 Maine artists, 9 a.m.-5 p.m. Saturday, 9 a.m.-4 p.m. Sunday, Sugarloaf base lodge www. www.upcountryartists.com.

Oct. 7 — “The American Legion Harry J. Conway Post 135 public Community Breakfast 7:30-10 a.m., 40 Island Road, $8.30 and under.

MONTHLY MEETINGS

SKOWHEGAN: The Skowhegan Sportsman’s Club meets 7 p.m. the second Thursday of the month, 857 East River Road, Skowhegan, 207-649-1238.

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MONTHLY MEETINGS

SKOWHEGAN: The Skowhegan Sportsman’s Club meets 7 p.m. the second Thursday of the month, 857 East River Road, Skowhegan, 207-649-1238.

AUGUSTA: Kennebec Beekeepers Association, 6-8:30 p.m., second Thursday of the month, First Congregational, 153 Hospital Street kennebec-beekeepers.org.

BRIDGTON: Friends of the Bridgton Public Library, 9:30 a.m. second Tuesday of the month, Bridgton Public Library, 1 Church St.

CANCELLATIONS None listed.

POSTPONEMENTS None listed.

Pay your event for a $1 word. Call 207-225-2076 for prepayment options. Events for the Maine News Calendar should receive two weeks before the event in order to be considered for publication. Please refer to our deadline chart for this link in specific publication deadlines: http://www.maineatoneday.com/pdf/Deadlines.pdf. Email your meeting information 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. Emails meetings are processed faster.

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Jodi Cornelio

Live Long, Live Well

Have you ever wanted to know why a dog is known as man’s best friend? The new movie “Alpha” not only gives you a fine adventure, but also a bit of an educational film about the connection between man and wolf. It’s directed by Albert Hughes, who’s known as one-half of the Hughes Brothers behind “From Hell” and “The Book of Eli.”

You may have seen this kind of dog story before, but think of this film as an origin story about boys and their pets.

The story takes place 20,000 years ago in a part of a land that’s now Europe during the Ice Age. As the son of his tribe’s leader Tau (Johannes Haukuru Johannesson), teenage Keda (Kodi Smit-McPhee) tries to be like his father, though he doesn’t have the heart to hunt and kill for survival. That drawback is a problem when he and his tribesmen trek through the land looking for food before the coming winter. During an ambush of a group of bison, he accidentally falls off a side of the cliff and is presumed dead.

Miraculously, the young kid survives the fall and has to make the long trek back home despite a leg injury. When he’s attacked by wolves, he manages to injure its leader. Faced with guilt, he heals the wolf back to health and the two of them eventually become pals. Now with his furry friend he names Alpha by his side, Keda will have to survive the harsh winter weather to find his way back to his family.

The first thing you’ll notice when watching this film is how a mixed bag the overall visuals look. For much of the movie, it’s clear they try to film as much of the realistic scenery as possible. But with a modest budget, the CG they used to enhance the landscapes and add more to the animal population looks shoddy at best. In the opening scene, the bison looks to be straight out of an animated film while the location seems to be a notch below PS4 game graphics, while the actors looked poorly green screened. It’s that kind of display of cheap filmmaking that will have a harmful effect on anyone trying to enjoy the movie.

But at the heart of the movie is the growing friendship between Keda and Alpha that will surely leave a smile on your face. Seeing those two get along from beginning to end will remind everyone what it’s like to raise a family pet. There is some genuine suspense during the two scenes that seek to back home that offers some good thrills no matter if you’ve seen that kind of movie before. Smit-McPhee does a good job as a young man who’s well-developed as a character before becoming a brave hunter. Johannesson also deserves mention as both as someone in charge and a father mourning for losing his son. Please be aware that the characters speak in an ancient language, which is why there are subtitles shown through-out. It works for a story set in a different time even though some viewers don’t like reading subtitles during a movie.

For what it is, “Alpha” is fair enough entertainment that has redeeming qualities. If there’s something it has going for it, it’ll make anyone appreciate having a pet around the house. So be sure to give your furry friend some love and attention every single day.

THE MOVIE’S RATING: PG-13 (for some intense peril)
THE CRITIC’S RATING: 3 Stars (Out of Four)
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chose the penny, good for
for the next 30 days? If you
penny doubling every day
today or the result of one
once said to be the eighth
on the world, and
when considering the pre-
vious example, you might
Agreed. As an advisor in the 401K
space, I hear many different
reasons about why people
choose to participate or
not participate in their em-
ployer’s plan. With younger
people, it is always a goal to
have them understand the
power of time and com-
ound interest. It doesn’t
It would be worth
about $1.3M on the 28th
day and $5,368,709.12 on
the 30th day.
In my opinion, there is
no factor that has a more
profound effect on the
value of money than time.
Compound interest was
in my District
(by request)
more rewarding when I can
see that I have made a
difference in people’s
lives, which is why
I’m running again—to
make a positive differ-
ence.
Paid for by the candi-
date Betty Austin

Franklin County, Skowhegan organizations awarded grants

ELLSWORTH — Two Franklin County organiza-
tions and one in Skowhegan were awarded grants by the
the Western Mountains Committee of the Maine
Community Foundation.
The Franklin County Chil-
dren’s Task Force received a
grant to support sexual abuse
prevention strategies includ-
ed in the Healthy Relations-
ships curriculum for children
attending three school dis-
tricts in grades K-8.
The High Peaks Cre-
ative Council, in Phillips,
received a grant that will al-
low it to join the American
Barn Quilt Trail and enable
regional school students to
work with artists to paint
quilt-block plaques that will
be displayed as public art on
roadside barns.
Main Street Skowhegan,
in partnership with Wes-
sewennet Arts Council, re-
ceived a grant to make the
Skowhegan community
more welcoming to all peo-
ple through education, cele-
boration of different heritages,
and community conversa-
tions that will foster inclu-
sion and understanding.
The Western Mountains
Fund is built through dona-
tions from the community.
Applications go through the
foundations’ Community
Building Grant Program and
are reviewed by a commit-
tee of local leaders. The next
proposal deadline is Feb. 15.
The application and guide-
lines can be found at www.
mainecf.org.

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September 2018 The Somerset Express www.turnerpublishing.net

I will continue to help promote businesses in
Skowhegan and East Madison

As a first-time legis-
lator, one of my priori-
ties was, and continues
to be, to support busi-
nesses in my District
#107, which includes
Skowhegan and part of
East Madison.

I’ve been concerned
about people not hav-
ing access to good pay-
ing jobs and made it a
goal whenever I could.
When businesses open
and thrive, they create
those jobs—everybody
wins.

One of the times I
had an opportunity to
help in that role was at
Glen Laney was hav-
ing difficulty negoti-
ating the red tape and I
was able to connect him
with the right people at
the right time so he was
able to reopen after pur-
chasing the station.

Part of my job as a
legislator is to help peo-
ple navigate through the
system. This case was
an even bigger pleasure
because so many other
constituents had called
me about not having a
full service station in
Skowhegan last winter;
they’re really pleased
at Laney’s service station.

I’m running again to
help in that role as at
Laney’s service station
on Madison Avenue in
Skowhegan.

When businesses open
and thrive, they create
jobs and made it a
goal whenever I could.

I’m running again to
help in that role as at
Laney’s service station
on Madison Avenue in
Skowhegan.
New Dimension credit union will offer financial education at area schools

WATERVILLE — The start of a new school year is under way, and New Dimensions Federal Credit Union will be a part of the financial education students receive this year. Employees have prepared new lesson plans, for students in kindergarten through senior year, that will be presented as they visit classrooms throughout Kennebec and Somerset counties.

The credit union’s financial director of education recently attended a boot camp with teachers and educators from the Central Maine region learning fun, innovative ways to teach personal finance to high school students in a way they can understand and relate into their current situations. New Dimension’s mission is to find ways that educators from the Central Maine region can bring personal finance to their current situations. New Dimension’s mission is to find ways that work for all ages, while preparing those just beginning to face the challenges that come with adulthood.

The boot camp was conducted by NextGen Personal Finance, a non-profit organization connecting educators with free resources, professional development and advocacy tools in order to equip students with the knowledge and skills to lead financially successful and fulfilling lives. NextGen representatives shared results from a nationwide survey of 13 million students across 11,000 high schools to find out how many students had access to financial education in America today. Sadly, the results showed only one in six students received financial education; one in 12 for low-income schools; and only five states in the U.S. have personal finance coursework as a statewide mandate — Maine was not one of them.

The reality for Maine students is that less than 10 percent have a personal finance graduation requirement. Additionally, several studies showed the younger students were when introduced to budgeting techniques and good credit habits, the more likely they were to become financially secure adults able to avoid costly mistakes and lifelong consequences.

This school year, New Dimensions encourages you to take the time to ask your child’s guidance counselor, teachers or school administrators if personal finance classes are available to your child. If he/she is not able to access adequate financial education, or if you are an educator in Kennebec or Somerset counties and would like some assistance in bringing energetic and customizable lessons to your classroom, contact Tanya Verzoni, director of financial education.

As part of its mission, New Dimensions is committed to educating its members with personal finance guidance and best practices. Class offerings include the importance of saving money, needs versus wants, budgeting basics, understanding credit, how to buy a car and many other topics that would help students further their education. Also, to register for the credit union’s monthly newsletter, visit www.newdimensionsfcu.com and click on the registration link at the bottom of the home page. New Dimension’s newsletter and social media pages will keep visitors informed of free evening seminars open to credit union members and non-members alike, tackling topics such as budgeting, understanding credit, first-time homebuyer tips, home energy savings and more. It’s never too early, or too late, to receive solid financial advice. Contact Verzoni at 207-872-2771 or at tverzoni@newdimensionsfcu.com. New Dimensions is committed to helping you have a profitable future.

AUGUSTA — MaineGeneral will hold a job fair Saturday, Sept. 29, from 9 a.m. to noon at the Alfond Center for Health, 35 Medical Center Parkway. Opportunities are available in food and nutrition, housekeeping, boiler operations, lab, materials management, facilities, security, patient transport and more.

Applications and subsequent interviews will be held at the fair. This is an opportunity to visit MaineGeneral’s state-of-the-art hospital and learn about all the places MaineGeneral provides excellent care, meet the health center’s leaders and staff, ask questions and learn about various areas of the facility, including educational reimbursement and in-house training programs for medical assistants and certified nursing assistants.

To learn more, call 207-861-3460 or email recruitment@mainegeneral.org.

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Maine blood trackers help big game hunters

Most big game hunters are mindful of the fact there is an ethic associated with the kind of shots taken in the harvesting of wild animals. In general, running shots, head or neck shots are low percentage shots that push the bounds of ethical choices by the hunter. The odds of wounding an animal with these shots are high.

Still mistakes do happen. Anyone who hunts big game animals long enough, no matter how well-meaning and ethical, will wound an animal. Some animals will be recovered; some will not.

Maine is fortunate now to have nine experienced, competent and state-licensed blood trackers who are available to help any hunter track a wounded animal. These trackers and their trained dogs are only a phone call away.

Once, a number of years ago, I shared a tracking experience on a wounded buck with Montville tracker Susanne Hamilton and her dachshund Buster. The energy and determination of both tracker and dog were impressive. Today, Hamilton, who was on the ground floor of Maine’s blood tracking program, is still very active. She has since become president of the national organization — United Blood Trackers — and a licensed Maine guide. Hamilton and her fellow tracker Lindsay Ware have worked hard at mentoring other state trackers and growing the state-sanctioned program.

There is no charge for these tracking services, though donations are accepted. Not all requests for tracking services are granted. “When we get the call we do a short interview with the hunter,” she says. “The go or no-go decision will depend upon our assessment of the situation.”

Here is a list of licensed state blood trackers and their respective telephone numbers. If you are a Maine big game hunter, you might want to save this list and tuck it away for future reference. You just never know. Trackers for other states can be found at www.unitedbloodtrackers.org.

Maine trackers include Susanne Hamilton, Montville, 207-249-8078; Lindsay Ware, Ellsworth, 207-812-360; Scott Clontz, Mechanic Falls, 207-831-0872; Adam Copp, Gray, 207-657-2324; Paul House Lee, 207-570-4806; Joey Monnault, Sabattus, 207-713-7636; Peter Conner, Sebec, 207-564-0760 / 207-865-5308; Matthew Hannum, Gorham, 207-505-1860; Larry Matthews, Kennebunk, 207-415-8378.

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

Welcome
Adam B. Puiia, O.D.
General Optometry

Dr. Puiia has joined Eye Care of Maine. A graduate of University of Maine, he attended New England College of Optometry. He completed his externships at VA Medical Center in New York, Brevard Vision Care and VA Bay Pines in Florida and East Boston Neighborhood Health Center in Massachusetts. His main professional interests include comprehensive eye exams and contact lens fittings including scleral lenses. He enjoys spending time with his family, golfing, basketball and kayaking. He resides in Winslow with his wife, Allison.

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Phone: (207) 431-4287
Email: bettya415@gmail.com

As a member of the Skowhegan Board of Selectmen and as our State Representative, Betty has worked across the aisle to support the growth of local small businesses, boosting our economy and strengthening our community. Creating opportunities for hardworking families, veterans, and seniors in Skowhegan and East Madison is always Betty’s priority.

COMMITTED TO SKOWHEGAN & EAST MADISON
• Town of Skowhegan, Selectman
• Coburn Park Concert Committee
• Skowhegan Economic Development Committee
• Centenary United Methodist Church, organist
• Somerset Expansion of Addiction Care Collaborative

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Lawrence Bulldog senior soccer players ready for season

This year’s Lawrence Bulldog Soccer seniors pose for a photo with their coaches. From left Coach Bob Towne, Drake Zimba, Alex Owens, Christian Adams, Nick Ellis, Jackson Dudley, Sebastian Neubauer and Coach Ryan Mountain.

Medicare Annual Open Enrollment is once again upon us
October 15th thru December 7th
Don’t Delay! Come to one of our FREE Medicare Plan Meetings in your county (at the locations below) and find a plan that meets your health care needs and budget.

Mt. Blue Shopping Plaza, Farmington, ME
207-778-6565
www.seniorplanningcenter.com
Your call may be answered by a licensed agent. A sales person will be present with information and applications. For accommodations of persons with special needs at sales meetings call (207) 778-6685

Medicare’s Leading Senior Resource

Missy Brown/Central Maine photo
SKOWHEGAN — Alexandrine “Sandy” M. Whittemore, 96, passed away peacefully Aug. 22, 2018, at Cedar Ridge Center, with family by her side.

She was born Nov. 5, 1921, in Frenchville, the daughter of Ludger and Ida (Cyr) Gagnon. She attended Catholic school in Skowhegan. On Sept. 5, 1943, she married Merrill Whittemore in Baltimore, Md.

As a young woman she worked at the spinning mill in Skowhegan and when her children were born, she became a full-time mother. She was a member of the Notre Dame de Lourdes Catholic Church in Skowhegan and enjoyed sewing, camping, listening to music, sailing and spending lots of time with her expanding family. When asked by a granddaughter what her secret to a long life, she said, “Be happy and do good.”

Sandy is survived by two sons, Rodney Whittemore and wife Coralee of Skowhegan, James Whittemore and wife Gale of Norridgewock; three grandsons, Jason Whittemore and wife Paula of Cornville, Jeremy Whittemore and wife Kristin of Benton, Chad Whittemore and wife Shelley of Skowhegan, Adam Whittemore and wife Stephanie of Middleboro, Mass.; a granddaughter, Jill Davis and husband Tucker of Franklin, N.H.; great-grandchildren, Chase Whittemore, Chance Whittemore, Brayden Whittemore, Ashley Whittemore, Kylie Whittemore, Chelsey Whittemore, Emily Whittemore, Alyse Whittemore, Malia Whittemore and Taylor Davis, as well as many nieces and nephews. She was predeceased by five sisters and four brothers.

The family would like to express a special thank-you to all who cared for Sandy during her time at Cedar Ridge. She loved all of you.

In lieu of flowers, friends wishing may make donations in Sandy’s memory to Cedar Ridge Center, Resident Council Fund, 23 Cedar Ridge Drive, Skowhegan, ME 04926.

Arrangements under the direction and care of Dan & Scott’s Cremation & Funeral Service, 445 Waterville Road, Skowhegan.


He was born in Madison on Nov. 12, 1929, the son of Elise and Amanda (Raymond) Bellefleur.

At an early age he attended school in Saint-Come, Quebec, and graduated from Madison High School in 1948.

He enlisted in the U.S. Navy in 1948 and proudly served in the Korean War on the USS McCoy Reylords. He was honorably discharged in 1952. From 1952 to 1953, he attended Coburn Classical Institute in Waterville.

In 1958, he graduated from the University of Maine with a bachelor of science degree in education and in 1966, he earned a master of science degree in education. He spent 31 years as a teacher and coach.

Douglas Paul Barrett
1970-2018

After graduating from St. Petersburgh High School in 1988, he was a self-employed landlord for many years and enjoyed cooking, politics, hockey and taking care of those in need.

Douglas is survived by his significant other, Sue Shaw; son, Zachary Barrett of Missouri; mother, Joyce Gonzalez; stepchildren, Ravi, Kelie, Neal, Amanda and Jacob; former wife, Elisabeth Jones and husband Jeff Bloom and husband David of Florida; three brothers, Philip and wife Sue of Florida; former son of Quebec, and graduated in 1948.

from Madison High School in 1948. and living in the Korean War on the USS McCoy Reylords. He was honorably discharged in 1952. From 1952 to 1953, he attended Coburn Classical Institute in Waterville.

In 1958, he graduated from the University of Maine with a bachelor of science degree in education and in 1966, he earned a master of science degree in education. He spent 31 years as a teacher and coach.

The Somerset Express Page 9

August Phony Ad Winners

All fresh foods served in the romantic atmosphere of a renovated 19-th century home.

The Phony Ad is:... (one entry per month please).

You must include all the information requested below to be eligible to win. Please turner publisng will not lend or sell your email address to a third party.

Raymond Bellefleur of Maine and Florida; step-daughter Claire and Vina Zegouras of Gray; and step-son, Scott and Sherry Bellefleur of Gray; 12 grandchildren, 15 great grandchildren; two sisters, Anita and Arthur Croteau and Germaine Simononok; special nephew, Bobby and Faye Bellefleur; several nieces and nephews. He was predeceased by his parents; brothers, Patrick and wife Irma; sister, Jean; and nephew, Bruce Bellefleur.

In lieu of flowers, friends wishing may make donations in his memory to Backpack Buddies, Feeds Hungry Kids for Madi- son SAD 59, O/C Brandy Hill Madison Junior High School, 205 Main St., Madison, ME 04950.

Arrangements under the direction and care of Dan & Scott’s Cremation & Funeral Service, 445 Waterville Road, Skowhegan.

The Phony Ad Contest is Connor Files!
Thank you to our phony ad sponsor Heritage House Restaurant
Rt. 201N, 182 Madison Ave., Skowhegan • 207-474-5100 • www.hhrestaurant.com
All fresh foods served in the romantic atmosphere of a renovated 19-th century home.

The Phony Ad Contest is Connor Files!
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Throughout history, their hard work and sacrifice have kept us safe and protected our freedom. We owe them a debt of gratitude that can never be repaid, and we salute them for their service. We would like you to share with our readers the veterans who are near and dear to your heart. Fill out the form and mail it along with a photo to Turner Publishing, Inc., P.O. Box 214, Turner, ME 04282 or email info and photo to articles@turnerpublishing.net. Photos will be published FREE OF CHARGE in November. Deadline for submissions is October 22, 2018. Please include self-addressed envelope if you would like picture returned.

**Veterans Ad Form**

Mail this form to:

Veterans Ads - Turner Publishing
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Turner, ME 04282

Veteran’s Name

Military Title

Short Message

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FG Guarantee-Platinum 3 offers:
- Free withdrawals of all accumulated interest
- 30-day surrender charge fee
- Window after each three-year guaranteed period

4.00% Interest Rate

FG Guarantee-Platinum® 7

For a limited time, Fidelity & Guaranty® is offering 4.00% for the FG Guarantee-Platinum®, a single premium fixed deferred anniversary for new contracts issued on or after July 9, 2018. This rate is subject to change at our sole discretion at any time. This initial rate is guaranteed for the first five contract years and is thereafter subject to change. Minimum premium of $20,000 required.

FG Guarantee-Platinum 7 offers:
- Free withdrawals of all accumulated interest
- 30-day surrender charge fee
- Window after each five-year guaranteed period

Military Title

Short Message

2.75% Interest Rate

FG Guarantee-Platinum® 3

3.80% Interest Rate

FG Guarantee-Platinum® 5

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FG Guarantee-Platinum 5 offers:
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- 30-day surrender charge fee
- Window after each five-year guaranteed period

4.00% Interest Rate

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FG Guarantee-Platinum 7 offers:
- Free withdrawals of all accumulated interest
- 30-day surrender charge fee
- Window after each five-year guaranteed period


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For Locals, By Locals!
Franklin Savings Bank launches $150,000 donation birthday celebration

FARMINGTON — Franklin Savings Bank is celebrating its 150th anniversary by making $150,000 worth of donations in the communities that the bank serves.

The bank launched a survey Wednesday, Aug. 15, asking people where they would like the donations to go. Eligible nonprofits must be recognized by the IRS as 501(c) (3) organizations and they must be based or provide services to Franklin, Oxford, Somerset or Hancock counties.

“We see our 150th anniversary not so much as a celebration of ourselves, but as a celebration of our communities,” said Bank President and CEO Tim Thompson. “It’s the people living and working in the communities we serve who have made our sesquicentennial possible. This is our thank-you. We are very excited to make these gifts and can’t wait to see where the Community 150 nomination process leads.”

Those making a nomination do not have to live in the counties listed and don’t have to be bank customers, but only one nomination per person may be made. Eligible nonprofits receiving the largest number of nominations will receive grants proportionate to the support ranging from $1,000 to $10,000.

Nominations can be made online at www.FSBCommunity150.com through Oct. 15. Those who are not online may pick up and cast a paper ballot at Franklin Savings Bank branches in Farmington, Rumford, Jay, Rangeley, Wilton, Skowhegan, Mt. Blue High School or Ellsworth.

The $150,000 is on top of the normal contributions the bank makes through its Franklin Savings Bank Community Development Foundation, which averages more than $160,000 in donations annually. It is also on top of a spring round of donations where the bank offered its employees and corporators $150 to donate wherever they wished. Those 171 gifts totaled $27,300 for 95 charities. The checks will be going out to those charities soon.

“This is a special year for us and I’m pleased that our Board of Directors decided to make this additional financial commitment to our communities,” said Thompson.

Since the Foundation was founded in 2000, the bank has contributed $2.3 million to educational and local nonprofits. The bank was founded in 1868. It has broadened over the years to serve lending needs as well as deposit and commercial needs and the area served has expanded well beyond its original Franklin County with locations in Oxford, Somerset and Hancock counties.

Six area municipalities among winners in annual report competition

AUGUSTA — The municipalities of Carrabassett Valley, Madison, Rangeley, Rome, Vassalboro and Waterville were recognized recently — during judging held by the Maine Municipal Association — for producing the highest-quality annual reports.

MMA’s Annual Report Competition, held for more than 50 years, recognizes municipalities for producing reports for their citizens that have excellent content, are well organized and are visually appealing. More than 240 municipalities entered reports this year.

Winning municipalities were notified by letter earlier this month and will be recognized at MMA’s annual convention Wednesday and Thursday, Oct. 3 and 4, at the Augusta Civic Center.

Other winners were Cumberland, China, Freeport, Thomaston, Boothbay Harbor, Aroostook, Cranberry Isles, Arrowsic and Kingsbury Plantation. Winning municipalities will receive framed certificates, during or following the MMA Convention.

Founded in 1936, the MMA is a voluntary, non-partisan, municipality service organization with a core belief that local government is a fundamental component of a democratic system of government.

MMA’s services include advocacy, education and information, professional legal and personnel advisory services and self-funded group insurance programs. For more information, visit www.memun.org or call 207-623-8428.

The Hope Association received the most River Valley area donations in the first round of Franklin Savings Bank’s 150th celebratory donations, which offered employees and corporators $150 each to donate where they wish. Pictured are Franklin Savings Bank lender Leanne Gagne, Frank Sweatt, Carol Gaudin, Hope DSP Patty Flaherty, Richard Jennison, Hope DSP Dee Jones, Cherri Philbrick, Eric Gomez, FSB commercial lender and Hope Association Board Member and Treasurer Rich Allen, Hope Association Executive Director Catherine Johnson and Jamie Williams.

Franklin Savings Bank President and CEO Tim Thompson and employees Amy Delfesha and Josh Bickerman, Franklin County Animal Shelter Manager Chris Brown and Media and Fundraising Coordinator Dory Dias. The shelter received the most donations in the first round of Franklin Savings Bank’s 150th celebratory donations, which offered employees and corporators $150 each to donate where they wish.
Enjoying my first dinner in Sicily, I told my guide that meal was excellent. His reply was delightfully but not surprisingly, "People can steal my money but not my food," Alessio remarked adding, "If lunch or dinner doesn't have at least five courses, it's just a snack." Those words told me a lot about Sicily and Italy. Food plays an important role in the lifestyle of Italians. Portions are gargantuan in size. Growing, cooking and eating hold a place of near reverence in the daily lives of the people. My travels to more than 75 countries have taught me the same holds true throughout the world. Dining customs tell much about various cultures. Of course, the absence of a do-it-yourself dinner took place in a very different setting, the Village Restaurant in New Ael Pin — a tiny town in Myanmar (also known as Burma) inhabited by the Danu people, one of some 135 ethnic groups comprising the country's population.

As a chef presided over the activity, a personal assistant helped me add ingredients, including vegetables grown in the garden just outside, to the cooking pots. The nine-course luncheon that began with vegetables tempura, went on to steamed fish wrapped in cabbage leaves and tea leaf salad, and titillated my taste buds with a dessert of fried banana with honey.

Three centuries ago, the tiny Caribbean island of Nevis was a center of the lucrative sugar producing industry, and savory dishes cooked in the plantation house, guests climb the stairs into the history-laden structure still standing from that time is a stone windmill tower serving as the setting for a romantic candlelit gourmet dinner. After canapés and cocktails are served in the plantation house, guests climb the stairs into the history-laden spire to relish a seven-course meal.

The feast progresses leisurely — on "island time." My dinner menu included crispy, salt-fish skewers, poached mahi and lamb loin, and ended with a dessert served on a new high standard for Ti- ramisu.

The setting alone — perched at the edge of a small lake, the scenic home for a dozen ducks and an occasional loon — is worth a visit. It's what I rate as the best lobster rolls I have enjoyed in Maine, after sampling many, which keeps me coming back and back again. At the Frosty, the rolls are buttered and toasted and overflowing with five ounces of claw and knuckle lobster meat (more than the standard three-to-four ounces) dressed with a slight touch of mayonnaise.

Adding to the down-home experience is the fact that owner Ali Fras- er’s mother worked there when she was a teenager 50 years ago, the view of a ramshackle lemon grove and distant mountains from the out- door picnic tables, and the resident ducks that gather and wait patiently, and sometimes not so patiently, for a sweet hand-out.
While serving the past four years in the Maine House of Representatives, I have fought for issues that are important to our local communities, such as lowering taxes, strengthening our education system and providing veterans with more opportunities when they return home. I am committed to continuing that work in the Maine Senate to keep Maine on track.

As a lifelong resident of the area, I am confident that I understand what is important to those who work and live in Somerset County and the surrounding communities. I hope to continue Senator Whittemore’s outstanding work in Augusta as your next senator. On November 6th, I would be honored to have your vote!

- Brad Farrin

bradfarrinforsenate
btfarrin@gmail.com
Catching Health: Smith doesn’t let ALS get him down

By Diane Atwood

MOUNT VERNON — George Smith, who will celebrate his 70th birthday in October, does not seem to let anything get him down. He has to be one of the most inspiring human beings I’ve ever met.

In 2017 he found out that he had Amyotrophic Lateral Sclerosis (ALS), also known as Lou Gehrig’s disease. ALS is a progressive neurodegenerative disease that attacks nerve cells in the brain and spinal cord. As it progresses, the brain loses its ability to initiate and control muscle movement.

Last week my husband and I were in the neighborhood so we met George for lunch at the Olde Post Office Café in Mount Vernon. George lives nearby and often eats there — they even named a sandwich after him. “They called it the Gorgeous George,” he told me, “but I asked them to change it to the George to keep me humble.”

When I saw him about six months ago, he was walking on his own, but his right leg was getting weaker and he knew it wouldn’t be long before he’d be needing a cane. He uses one now. For longer treks, he’s got a walker and three wheelchairs at the ready including one that folds up so he can throw it in the trunk. Yes, he still can drive, but after about an hour he develops muscle cramps and has to stop for a while.

The biggest issue with his weakening legs is that he sometimes stumbles and falls. “It’s frightening,” he said, “especially if you hit your head because once you start falling, you’re gone.”

He has lost the strength in his hands and fingers, which gets in the way of all sorts of things. Like tapping out his columns on the keyboard. He can still use his index fingers, but barely. Voice-activated computer software helps him get around that problem. “We also bought a laptop that will let me write with my eyes,” he said. “I look at the words and phrases and it writes it. It’s pretty amazing.”

The sound of his voice has changed and it’s getting harder to breathe, especially when he’s lying down. He said he was going to start using a BiPAP machine, which should help him breathe better.

And his coordination is not good. That means George can’t do a lot of things he has loved doing his entire life. Like fishing. “No more fly fishing,” he said. “A lot of my friends want to take me, but I’m okay not fishing. I’ve had unbelievable fishing experiences — Glasgow, Montana, Quebec, so I’m not disappointed.”

George is obviously someone who doesn’t focus on the things he can’t do. He finds ways to adapt or new things to try. And he manages to find the humor in situations that might push someone else a little over the edge. His wife Linda, who has been by his side for 40 years, shares that gift.

“One day Linda was trying to kill a snake and she broke her right wrist,” he told us with a little smile. “She got a shovel and she hit the snake, but she hit a granite wall. So between the two of us, we have one left hand. I joke that you should see us trying to open a bottle of wine. It’s pretty funny.”

There’s also a thoughtful, serious side to George. It’s fully present when he talks about people’s kindness and generosity, from other people who are struggling with ALS to family and friends to perfect strangers. In his latest column, he wrote, “Good things continue to happen because I have ALS. Friends and family have stepped up to help and we do need help.”

What about ALS research, my husband asked him. Was there anything coming along that might help him? “There’s nothing happening that’s going to save my life,” George answered, “but they are doing more research than they used to and they’re starting to find some possibilities of at least delaying the symptoms. They still have a lot to learn about what causes it.”

If you’re ever in Mount Vernon, Maine, make sure to wander through the Ezza Smith Wildlife Conservation Area and then stop by the Olde Post Office Café. If you see George, be sure to say hi. “Anybody wants to meet with me, I’m right here in Mount Vernon,” he chuckled. “I joke that I’m getting a lot of free lunches lately. It’s really good!”

You may be wondering how, with the many challenges he’s facing, George is able to maintain such a positive attitude. “It’s easy to get depressed, angry,” he said, “and I’ve met some patients who are and I sympathize with that, but that’s not how you want to end your life.”

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

George Smith talking to Diane Atwood.

Submitted photos

George Smith and his family.
As we near the end of my last term in the House of Representatives, I would like to take a moment to sincerely thank my friends and neighbors in House District 111 for their trust and support over the last four years. It has been a tremendous honor and privilege to serve our communities in this capacity, and together, we have accomplished a lot, particularly for veterans and service members that have served our country with dignity and honor.

During my time in Augusta, I have been an advocate on the Veteran Affairs Committee, serving as Ranking Republican for the last two years. I am proud to report that during that time, the committee came together and time and again to do right by Maine veterans.

This year, the Legislature unanimously passed my bill to cut unnecessary red tape for medically-treated veterans returning from service who wish to pursue employment in the medical field.

This new law will help fill critical vacancies in our healthcare field by creating a program through the Maine Department of Labor to utilize medical skills learned in the field by matching veterans with medical training with area employers. Through the program, they will have the opportunity to continue their education and training through apprenticeships, ultimately securing healthcare positions in local hospitals, assisted living facilities, and other healthcare services, without having to start at square one once they return to life as civilians.

Another law that soared through the Legislature with unanimous support this year was “An Act Reauthorizing Mental Health Care for Maine Veterans.”

As a result of this new law, the Maine Bureau of Veterans Services has launched a pilot program to provide mental health care and case management services to Maine veterans.

This new program is open to all veterans, free of charge, who need mental health services or help to navigate the mental health system.

We also broadened educational opportunities for veterans with the unanimous passage of a bill that expands upon a 2016 law that provides Maine National Guard members with free in-state tuition to colleges within the University of Maine System, Maine Community College System and the Maine Maritime Academy, to also allow participation of Maine’s private postsecondary institutions.

And as a small token of our appreciation, last year made it so that all Maine veterans who receive an honorable discharge or general discharge under honorable conditions qualify for a Lifetime Veteran State Park Pass. This pass is free of charge and never expires.

I am incredibly proud that, even during times of heated debates and disagreements, my colleagues on both sides of the aisle came together time and time again to show appreciation for our military members and veterans.

That is why I am now running for Senate District 3 to continue that important work on your behalf in Augusta. If you live in Somerset County or the town of Rome in Kennebec County, I would appreciate your vote this November.

Paid for and authorized by Brad Farrin for Senate.

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**Children’s Discover Adoption hosts Waterville Parade of Lights**

**WATERVILLE — The Children’s Discover Museum, which is moving from Augusta to Waterville next year, has adopted downtown Waterville’s annual holiday parade, which is held the day after Thanksgiving.**

The 13th Annual Parade of Lights will be held beginning at 6 p.m. Friday, and Saturday, Sept. 28 and 29, from 9 a.m. to 4 p.m. at the United Methodist Church, 103 Dr. Mann Road.

Admission is $5. Vendors, quilt exhibits, door prizes, quilt raffle and bed turning.

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**Why I am running for Senate District 3**

CHICAGO — Two central Maine coaches are among the finalists in the Top 50 coaches contest by U.S. Cellular, the company that organized the contest by the American Legion, and the company announced.

Sharon Gallant from Gardiner Area High School and Paula Doughty, from Skowhegan High School, are among the five Maine coaches who are finalists. The public can vote on their favorites until Oct. 19, and the public can vote for their favorite coaches through 11:59 a.m. CT on Oct. 8.

and the public can vote for their favorite coaches through 11:59 a.m. CT on Oct. 8. The Final 15 coaches earning the most votes will be announced on Oct. 11, and U.S. Cellular will donate $5,000 to their schools and will celebrate with them at a local event.

Other Maine coaches named are Anthony Amero from Forest Hills High School in Jackman; David Morris from Bangor High School; and Sarah Williams from Hodgdon Middle High School.

U.S. Cellular’s Most Valuable Coach program honors coaches from high school programs through 12th grade school-affiliated sports teams who connect the good to all of us by inspiring their players through true leadership and community involvement.

At the end of the program, the final three winning coaches will receive donations of $50,000, $20,000 and $10,000 for their schools. The first place coach will also be awarded with a Samsung prize package, valued at $30,000, for their school.

The winning coaches will be announced on Nov. 20. For more information, to vote and to view the official program rules, visit TheMostValuableCoach.com.

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**Gardiner, Skowhegan coaches among state U.S. Cellular finalists**

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**The Somerset Express**

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**Quilt show planned for late September**

SKOWHEGAN — The Somerset Sampler’s Quilt Show will be held Friday and Saturday, Sept. 28 and 29, from 9 a.m. to 4 p.m. at the United Methodist Church, 103 Dr. Mann Road.

Admission is $5. Vendors, quilt exhibits, door prizes, quilt raffle and bed turning.

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**Community You Pick. We Give.**

We are celebrating 150 years of community banking by donating $150,000 to nonprofit organizations serving Franklin, Oxford, Somerset, and Hancock counties. Donations range from $1,000 to $10,000. Beginning August 15th, go to FSBCommunity.com/150 and nominate the nonprofit organization that is important to you and your community!

Go to FSBCommunity.com/150.com August 15th through October 15th and nominate your choice!
CROSSWORD

CLUES ACROSS
1. Superhigh frequency
4. Sinatra’s ex-wife
7. Unity
12. Not useful
15. One who mocks
16. Teachers
18. “Pollock” actor Harris
19. Fifth note of a major scale
20. A type of coalition
21. Aircraft transmitters
24. Where golfers begin
27. We all have them
30. Monetary unit
31. Calendar month
33. Pouch-like structure
34. Winter sport tool
35. Minneapolis suburb
37. _ _ student, learns healing
38. Keyboard key
41. Brief proposal
42. Gasteyer and Ivanovic are two
43. Lunatic
44. Cool!
45. Japanese musician
46. Successor to League of Nations
50. Actor Diesel
52. The Constitution State
53. Go back over
56. One long or stressed syllable followed by unstressed syllable
61. All of it
62. Seriousness
63. Adds color
64. _ _ kosh, near Lake Winnebago

CLUES DOWN
1. Turfs
2. Handle
3. Floating ice
4. Railways
5. Breathe in
6. Neutralizes alkalis
7. Coenzyme A
8. Make a mistake
9. Tin
10. Parts of a machine
11. Midway between northeast and east
12. Prizes for victory
13. Great amount
14. Goodwill (archaic)
17. Suspicion of having committed a crime
22. Signed one’s name
23. Quake
24. Exercise system _ _ -bo
25. Round Dutch cheese
26. Ready to go
28. Khoikhoi peoples
29. Opera scene
32. Husband of Sita (Hindu)
36. A sign of assent
38. Cut a rug
40. An army unit mounted on horseback
43. Satisfies
44. Austrian river
45. In a more positive way
46. Religious creed
51. Brazilian NBA star
54. One and only
55. Street
56. Explosive
57. Gambling town
58. Public crier calls
59. Hard money
60. Time units (abbr.)
62. Exists

DO YOU SUDOKU?

Answer on page 22
Visit the farm when confronted with challenges

By Larry Grard
TP/Feature Writer

WINSLOW – Ephphatha is an ancient Aramaic word meaning “be opened.” Such is the case at Ephphatha Community Farm in Winslow, where possibilities, rather than difficulties, are supported, and encouraged to flourish.

The farm, in a beautiful space on Bassett Road, is open and welcoming to all individuals who feel confronted with the challenges of life. Though the healing offered at the community might not be curative, it provides a positive environment, and helps relieve feelings of isolation, worthlessness and despair.

Dr. Robin Bartholf, an acupuncturist, and her husband Dr. Roland Knausenberger, an internist, moved to Winslow in 2015, and began renovating the old home. They began Ephphatha Community Farm in 2017 by inviting people to enjoy seeing the baby chickens, help plant the garden and do crafts.

Bodyke is a registered therapy horse. The farm follows PATH Professional Association of Therapeutic Horsemanship International guidelines of safety and animal care, and its riding instructors are PATH certified.

Typically, visits are once every three weeks as arranged by Skills, Inc., a non-profit organization in Central Maine that helps adults with intellectual disabilities and other challenges achieve their goals. But drop-ins are welcome.

Bartholf and Knausenberger, who help staff the farm along with their daughters and people from Skills, knew a little something of organizations that help others. Their oldest son Konrad, now 33, got help from a Camp Hill farm in Pennsylvania.

“We decided to do the same for people who like to participate in agriculture, the environment and animals,” Bartholf said. “Most of the adults come from group homes. It all depends on the ability of the individual. Some are severely handicapped.”

Ephphatha Community Farm held an open house on Sept. 15, allowing visitors to see the beauty of the place, and its future potential. Renovations are ongoing.

“We want to be able to wheel people through one large door for classes in the garage,” she said. “Also, a deck is coming.”

Bartholf envisions more.

“I’m still feeling like I’d like to do more,” she said, “so my satisfaction level is still in the works.”

Board members include Bartholf, the executive director; and Knausenberger, a consultant. Jim Hebert, a businessman familiar with operating costs and construction proposals, is president. The Rev. Francis Morin, involved in the Kennebec Valley Organization, an ecumenical organization which supports various issues of social justice and well being for individuals, is vice president.

Winslow native Ken Quirion, who has been helping people in need for decades and is a dedicated hospice volunteer, is treasurer. Noreen Hare, in the Financial/Planned Giving department of St. Michael Parish in Augusta, is secretary.

Visitors to Ephphatha Community Farm in Winslow love to be around Bodyke, the therapy horse.

A glimpse of the open beauty at Ephphatha Community Farm in Winslow.

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#3366-Emden; 2 bedroom, 1 bath country home. Covered front porch to enjoy the peaceful surroundings. Privacy at the end of a dead end road with woods all around. 2-car detached garage. Close to Embden Pond. Easily access snowmobile trails. $165,000

#3364-Madrid; 1 bedroom, 1 bath home. Use as a camp or home and have access to snowmobile/ATV trails right from the property. Also is in close proximity to Saddleback and Sugarloaf ski areas. Very private and cozy. 1 acre. $67,900

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#3449-Emden; Beautiful building lot with southern exposure. 200’ frontage on Embden Pond. Mature wood growth. 3.4 acres. $145,000

#5243-Emden; Located on the top of the hill and with some thinning should have some spectacular views of Embden Pond and western mountains. 180 acres, very private. $140,000

#8388-Embden; Beautiful building lot with driveway in. Electric partially buried and foundation hole dug with main drainage pipe in place. 1.45 acres. Close to Embden Pond. $22,000

#8349-Embden; Beautiful building lot with southern exposure. Nice view and 200’ frontage on Embden Pond. Mature wood growth. 3.4 acres. $145,000

#8243-Embden; Located on the top of the hill and with some thinning should have some spectacular views of Embden Pond and western mountains. 180 acres, very private. $140,000

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Student nurse intern program launched at MaineGeneral Health

MaineGeneral Health, providing a wide range of services throughout central Maine’s Kennebec Valley, recently launched a new, student-nurse intern program. Ten students — all originally from Maine — participated in the program. The internships allowed students to get paid, real-world experience and have one-on-one mentorships with nurses across the medical center. The program was such a success that the medical center is expected to double capacity for student nurse interns next summer. Some of the student nurse interns are pictured here with the MaineGeneral nurse development team, from left, staff member Tina Burnham; students Kylie Blanchet, Katie Wyatt, Kailyn Sutter, Mallory Thurston, and Chad Merrill; staff members Jennifer Rigg and Mitchell Slevinsky.

Skowhegan Economic and Development Corp. puts lot up for sale

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Before and after photos of the .2 acre lot on Court Street that the Skowhegan Economic Development Corp. is selling. The SEDC bought the long-vacant Kennebec River Inn in March and tore it down in July, and is now marketing the downtown lot for development.

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Chewonki owl presentation coming to Norridgewock Sept. 29

NORRIDGEWOCK — The Norridgewock Library Board is sponsoring a presentation of the Chewonki Natural History Program “Owls of Maine: Habitats and Adaptation of Maine’s Native Owls,” on Saturday, Sept. 29. One of the highlights of the program is the chance to “meet” some live Maine owls, and appeals to both children and adults. The one-hour program is free, and will be presented at 11 a.m. at the Grange Hall, 9 Mercer Road. Attendees will learn about identifying the different types of owls by their features and calls and will also learn about their habitats and behavior. For more information, visit the Norridgewock Facebook page or call the library at 207-634-2828.

FEATURED COLUMN

So many questions, so few answers

John McDonald

“Democracy is the worst form of government, except for all the others” tried from time to time. Always good for a quote, Ben Franklin said “Democracy is two wolves and one lamb voting on what to have for dinner.” The wolves win every time. Even though it’s summer, I’ve been thinking about the town meeting and democracy lately, after reading articles in the paper about two towns in Maine that were thinking of doing away with their annual town meeting — also known as “democracy in action.”

There was a time, here in Maine, when such talk would be labeled “crazy” or “subversive,” even “communist.” Well, maybe not communist, but at least “European.” At the time, it was unthinkable something as divisive and rumor-producing as the annual March meeting at the town hall would ever be done away with. Back home I remember months before town meeting, rumors would start flying on one town issue or another. There was always talk of the town buying some piece of property and who in town would gain or lose from such a transaction. No town meeting discussion would be complete without talk of roads and the town’s popular road commissioner.

As the date of our town meeting approached, there was always lots of questions about our friendly road commissioner. “What does he do down there in the town garage all day?” or “How many of his relatives are now employed by the town these days?” or “What did they do with all that money we voted them last year, anyway?”

These were some of the questions asked by the early-morning crowd at the Mainely Food diner. The lunch crowd would continue the questions, often adding a few more, like “What are they teaching the kids up to the school these days that it costs so much?”

People in our town loved their town meetings and all the ill-will that went with it. Where else but at town meeting could one group in town finally put it to an opposing group and vote them down as many times as they possible. There were groups in our town that would vote against their own interests and shoot something down just because the other group wanted it too. It was all so much fun. And some towns want to put an end to it?

As a young reporter for a northern Maine newspaper, I attended dozens of town meetings in March, where the outside temperature was in the teens and inside the packed hall it felt like a sauna — even to people who had never been in a sauna. You knew you were in for a lively meeting when the voters in attendance appeared to be as steamed as the windows. A good town meeting would begin with people arriving early and filling up the available seats long before the meeting was scheduled to begin. Late arrivals would stand along the aisles on each side and in the back.

Once the moderator was chosen, the articles would be introduced and the arguing would soon follow, and now some Maine towns want to end all this? They want to end all the conflict and dissension, all the discord and rivalry, all the friction? Why would any decent citizen of the town want to do that?

John McDonald is a storyteller and the author of five bestselling books about Maine, including “A Moose and a Lobster Walk into a Bar” and “The Maine Dictionary.” He may be reached at maineauthorohn.mcdonald.com or 207-240-8326.

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By Fred Cicetti

A friend of mine said you can get epilepsy when you get old. I always thought it came on you when you were young. What’s the story?

The common image of epilepsy is of someone on the floor, unconscious and suffering wild convulsions. This is one scenario created by epilepsy. Doctors have described more than 30 different types of seizures. An epileptic seizure can also cause less intense symptoms such as confusion, a staring spell, lapse of awareness, and jerking movements.

Epilepsy is a disease that reduces the supply of oxygen to brain cells. Many types of epilepsy tend to run in families. However, epilepsy has no identifiable cause in about half of the cases.

The likelihood of having a seizure-free future is better for children than adults.

The onset of epilepsy is often traced to a head trauma, disease or stroke injuring your brain or depriving it of oxygen. About one-third of all cases of newly developed epilepsy in the elderly appears to be caused by disease that reduces the supply of oxygen to brain cells.

Many types of epilepsy are caused by abnormal signals in the brain affecting the function of the neurons in the brain. Seizures can be controlled with drugs and surgery in about 80 percent of cases.

There are seizures that may not be associated with epilepsy. Many people have a single seizure without a sequel. Children sometimes have a seizure with a high fever.

Edema, which can also develop in pregnant women, produces sudden elevations in blood pressure and seizures. There are those that produce no evidence in the brain.

There’s no cure yet for epilepsy; however, in some cases, epilepsy just goes away. The likelihood of becoming seizure-free spontaneously is better for children than adults.

The second item is praying over your future spouse’s past hurts, habits or even single. This is essential for your future spouse’s whole healing of whatever they have gone through in their life. Praying specifically for each need and putting up a wall of protection over them, so that no past hurts would carry on.

As I journaled about this last week, I prayed the Lord would carry on. That he’d send me a man or woman to love who would live with the Lord and have an open heart and seek him. That he’d send me a man or woman who would carry on with all his heart and seek the Lord. Remember “Our Father” or the movie “Forrest Gump.”

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LEWISTON — The Lewiston Fire Department recently held its annual memorial service for the terrorist attacks on the United States Sept. 11, 2001.

With a light rain outside, the LFD was holding its 9/11 event inside the Central Fire Station. In addition to the honor guard, there were firemen present along with Chief Brian Stockdale, who welcomed the guests, city administrators and citizens before sharing a few of his thoughts.

Noticing some children from the Hope Haven Christian School present, he began his remarks by pointing out how the young people among us were too young to have experienced the human tragedy in New York City, Washington, D.C. and the field in Shanksville, Pa.

With sincerity in his voice he asked, “How do we remember and honor them?”

Stockdale and the guest speakers — Angus King and Bruce Poliquin — made it clear our local and national rescue personnel put their lives on the line everyday just as the hundreds of firemen, police and EMTs did on that fateful day.

Sen. King speaking without notes and in consideration of our nation’s current, political divisive-tion, stated, “It shouldn’t take an attack like this to bring us together.”

He honored the first responders who died and said other kinds of attacks are still going on today, sometimes using the tools of the digital computer age.

Again, noting the current political climate and various protests happening around the country, Rep. Poliquin stated we “should not be protesting our first responders. It’s important to never forget 9/11. We don’t want to lose our history.”

Other speakers at the event were Lewiston Mayor Shane Bouchard and a representative from Sen. Susan Collins’ office. LFD Chaplain John Robbins of Hope Haven read the “Fireman’s Prayer.”

Mayor Bouchard read the names of all the individuals who were killed on 9/11 who had ties to Maine.

NOTE: Like the assassination of President John F. Kennedy in 1963, those of us around for these events can easily picture what our high school English class in New Jersey in 1963 when the president was shot. On the day of the attacks, my wife and I were driving through New Hampshire while taking my son to college. A news flash came over the radio, and I can remember stopping at a small market. Everyone was watching the television in stunned silence. All of us were trying, with disbelief, to believe what we were seeing was real.
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