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The home school hub recognizes fire and rescue

Bill Van Tassel

TURNER - The local homeschool group, The Hub, gathered at the Turner Public Library on March 3 to honor the Turner Fire & Rescue personnel for their community service in responding to local emergencies.

Over a dozen young boys and girls sat at tables making posters and cards to give them. They and their parents also created a huge wall hanging that was decorated with a big THANK YOU, and other artwork illustrating the types of emergencies the Fire & Rescue workers may do during their busy weeks.

At the end of their time preparing their artwork, several of the department's EMTs and Firemen entered the Children's Room on the first floor of the Institute building to receive their surprises. The Department personnel were also presented with a special goodies basket from the Homeschool Hub for students and parents.

After the presentation, the children had



Home School Hub students working on Thank You cards/posters in Turner Library's Children's Room. Their work was presented to the Fire and Rescue Department of Turner. Around this table are Nola, Clara, Charlotte, Anna, Fern, and Annabelle.

Bill Van Tassel



a short inspection of the Fire Engine that was parked outside the library.



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



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

Name: _____

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City: _____ State: _____

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Email Address: _____

Phone: _____

**Funny Things Kids Say
Turner Publishing, Inc.**

P.O. Box 214, Turner, Maine 04282

Or email: FunnyThingsKidsSay@turnerpublishing.net

My husband, son Emit (age 4) and I attended many motor sports as he was growing up, mud runs being his favorite. One of the big trucks BLEW through the mud in less than 5 seconds and Emit looked wide-eyed at his dad and said, "Whoa Dad! He musta had hyper-soxide (nitrous oxide) in that rig!" That is what it will be forever called in our home. Some things just stick. – Rhonda Hoyt Buckfield

SHARED FROM POSITIVE PARENTING SOLUTIONS

"Mommy, I love you, but we seem to have our differences," from my 4 year old at bedtime.

Becky: When I told my then 6-year-old son that I was expecting our 3rd child he said, "You've got to be

kidding me!!! Do you know how hard it is to raise 3 kids, mom?!" LOL So funny...and man, was he right.

Rhonda: As we were walking through the store, my 4.5 years old daughter looks at me and asks, "Why do I always have to match my clothes and you don't?"

MSAD/RSU #52 scholarship applications available locally and online

TURNER - Applications for the Bonney, Kilgore, Edgecomb-Knight, Christia Young, Carl Prince, and the Chenard Family Funds are currently available at Leavitt Area High School and the Turner Town Office. Forms for the Edgecomb-Knight,

Christia Young, Carl Prince, and the Chenard Family Funds are also available at the Greene Town Office and the Leeds Town Office. In addition, all six forms are available for download on the Leavitt Area High School website, under Guidance/

Leavitt Institute Trustees. The Bonney Fund is open to Turner residents and is not limited to Leavitt graduates. Applicants may be high school students, undergraduate students, graduate students, or adults returning to school. Approximately 60

awards are made annually. The Kilgore is awarded each year to a Leavitt graduating senior who must also be a Turner resident. The Edgecomb-Knight award is made to one Leavitt graduate per year, with no residency requirement. The Christia

Young Fund is open to Leavitt graduating seniors who have attended all four years at Leavitt. The Carl Prince Fund is awarded to graduating seniors from Leavitt Area High School. The Chenard Family Scholarship is open to graduating seniors from Leavitt

Area High School. The deadline for applications is July 15, 2026. Questions may be directed to the Leavitt Area High School Guidance Office (225-5267), Mary Briggs (225-3724) or Kelly Angell (754-0185).

Regular Physical Activity at RHW Reduces the Risk of Chronic Disease

RANGELEY — At Rangeley Health and Wellness (RHW), fitness is more than a workout—it's a proven investment in long-term health. Decades of research continue to show that regular physical activity significantly reduces the risk of chronic disease, improves quality of life, and supports healthy aging. By making movement accessible and sustainable, RHW helps individuals take meaningful steps toward lifelong wellness.

Regular exercise plays a vital role in preventing and managing chronic conditions such as heart disease, type 2 diabetes, and hypertension. Consistent physical activity strengthens the heart, improves circulation, and helps regulate blood pressure. These cardiovascular benefits lower the risk of heart attacks and strokes while support-

ing overall heart health. Exercise also plays a critical role in blood sugar regulation. Both aerobic activity and strength training improve insulin sensitivity, allowing the body to use glucose more efficiently. For individuals at risk for—or living with—type 2 diabetes, regular movement can help stabilize blood sugar levels and reduce reliance on medication, while also lowering the likelihood of disease progression.

Cholesterol management is another key advantage of staying active. Physical activity helps raise "good" HDL cholesterol while reducing levels of "bad" LDL cholesterol and triglycerides. This balance supports healthy arteries and reduces strain on the cardiovascular system, further lowering chronic disease risk.

Strength training, an

essential component of a well-rounded fitness routine, provides benefits that extend far beyond muscle tone. Resistance exercises help preserve lean muscle mass and maintain bone density as we age. This is particularly important in reducing the risk of osteoporosis, falls, and frailty—factors that can significantly impact independence and quality of life in older adults.

Regular physical activity also supports immune system function and helps reduce chronic inflammation, which is linked to many long-term health conditions. Moderate, consistent exercise has been shown to enhance immune response and improve the body's ability to fight illness, contributing to greater resilience year-round.

Emerging research continues to connect physical activity with lower rates

of certain cancers, including breast and colon cancer. While exercise is not a guarantee against cancer, maintaining an active lifestyle is associated with reduced risk and improved outcomes, making it a valuable component of preventive health.

Perhaps most compelling, regular physical activity is consistently associated with increased life expectancy and a higher quality of life in later years. Individuals who remain active tend to experience greater mobility, independence, and vitality as they age.

Finally, fitness routines contribute to better sleep, improved stress management, and stronger mental resilience. These mental and emotional benefits indirectly support long-term physical health by reducing stress-related inflammation and promoting

healthier lifestyle choices.

RHW's fitness programs are specifically designed to help support these health benefits for those living in or visiting the Rangeley region. Yoga classes help participants stay flexible and injury-free for skiing, snowmobiling, hiking, and long days on the water, while spin classes provide a reliable way to stay active when winter weather limits outdoor activity. Personal training provides individualized support for those rehabbing injuries, preparing for seasonal work, or building strength to stay independent through the years. Circuit training delivers efficient, full-body workouts for those balancing work, family, and the demands of everyday living. In addition, RHW offers a variety of exercise equipment for individuals who prefer to craft their own

workouts. Together, these offerings create a welcoming, community-centered space where familiar faces come together to stay strong, mobile, and healthy throughout every Rangeley season.

For more information about RHW's fitness programs, visit rangeleyhealthandwellness.org, call 207-864-4397, or stop by the Wellness Pavilion at 25 Dallas Hill Road, Rangeley. Rangeley Health and Wellness is a 501c3 nonprofit organization whose mission is to facilitate and promote health and wellness in the Rangeley Lakes region. RHW is generously supported through philanthropy, community members, targeted grant funding and a host of dedicated volunteers.

MAINE CALENDAR

March 14 - Community Baked Bean Suppah, 4:30 – 6:00 p.m., East Otisfield Free Baptist Church, 231 Rayville Road, Otisfield.

March 15 — Health and Wellness Expo, 9:30 a.m. – 2:00 p.m., Senator Inn & Spa, 284 Western Avenue, Augusta, free admission includes kids' activities (ages 3-10), health screenings, estimated health age, chair massage, and much more. FMI call (207) 582-2116.

March 18 — March 18 - McLaughlin Garden Winter Series #3, The Frogs of Maine, presented by Jana Magnuson. Lecture 4-5 p.m., McLaughlin Homestead, 97 Main Street, South Paris. www.mclaughlingarden.org/home/events or call (207)743-8820.

March 19 - Paint Event with Angie Harris, 1 p.m., 14 Kents Hill Road Wayne, register at 207-685-4983.

March 29 - Classical Concert performed by the duet of Patty Dickinson on cello and Lorel Nazzaro on violin, at 2:00, 14 Kents Hill Road Way, FMI call 207-685-4983.

March 21 — Animal Tracking Walk, 10 a.m. - 12 p.m., South Bog Conservation Area, Rangely area, small-group outing introduces participants to identifying animal tracks, wildlife signs, and winter behaviors, registration required, rlht.org/events.

March 24 — Cabin Fever Concerts, 6:00 – 7:30 p.m., 98 Matthews Way, off rt. 117, Turner Center, Bobby and Pat Colwell.

March 25 — McLaughlin Garden Winter Series #4, The Secret Lives of Ferns, presented by Shawn Jalbert. Lecture 4-5 p.m., McLaughlin Homestead, 97 Main Street, South Paris. www.mclaughlingarden.org/home/events or call (207)743-8820.

APRIL

April 17 - Storytime with Courtney, pediatric occupational therapist from Pride Pediatric Therapy, 10:30 – 11:30 a.m., Jay-Niles Memorial Library, 983 Main St, Jay, hear a story, enjoy a themed sensory bin, make crafts, and play with friends, free, open to the public.

April 18 - Dungeons and Dragons for teens/tweens, 9 a.m. to noon, Jay-Niles Memorial Library, 983 Main St, Jay, new players welcome and supplies are provided.

April 18 - Painting Class: Flowers in Bloom, 11 a.m., 2nd floor Idea Lab, Lewiston Public Library, 200

Lisbon Street at the corner of Pine Street, Lewiston, recommended for children ages 7 – 14 years old, FMI call 513-3133 or LPLKids@lewistonmaine.gov.

April 18 - American Legion Auxiliary Unit 39 Madison Luck of the Draw, doors open at 10 a.m., drawings start at noon, VFW Post 7865, 58 Preble Ave, Madison, currently looking for items for the Luck of the Draw, items can be NEW or SLIGHTLY USED, Contact Harriet 207-635-2051 or 207-431-4903, Tammy 207-399-4948, or Diane Pinkham 207-314-5135 if you would like to donate.

April 21 — Cabin Fever Concerts, 6:00 – 7:30 p.m., 98 Matthews Way, off rt. 117, Turner Center, Mary Murphy – blues.

April 22 - Going Green with Grandma, A special Earth Day story time with local author, Norma K. Salway, 10:30 – Noon, Norway Memorial Library, 258 Main St, Norway, FMI Call 207-743-5309 ext. 4 or visit www.norwaymemoriallibrary.org.

MONTHLY MEETINGS

TURNER: At Turner Public Library Stay & Play is on Wednesdays from 9:30-10:30 a.m., Story Hour is at 10:30 a.m., and Silent Book Club is from 4-6 p.m. on Thursdays.

GRAY/NEW GLOUCESTER: Meet friends and neighbors, chat one-on-one with the GNG Community Connectors, every Thursday, 9:00 a.m. to 11 a.m., New Gloucester Community Building (behind town hall) or 1:00 p.m. to 3:00 p.m., Gray Library, large meeting room in the basement.

SABATTUS: Looking for local senior citizens interested in restarting a Senior Citizens group, if interested, please email Jon at jmsab23@aol.com.

WINTHROP: Winthrop Food Pantry, Thursday pickup 1:00 p.m.-2:30 p.m. and 2nd & 4th Thursdays 5 p.m.-6:30 p.m., 10 Cross Rd., Winthrop, FMI call Sherie Knowlan, Director (207)377-3332 or winthropfoodpantry.org, Curb-side pickup of shelf-stable food.

WINTHROP: Winthrop Hot Meal Kitchen, Monday - Thursday hot meal pickup 11:00 a.m., St. Francis Xavier Church, 20 Lake St., Win-

throp, Contact: Steve Dodge (207)620-0488. Meal delivery to Winthrop & Wayne residents. Cooks, helpers, donations, or Hannaford Gift Cards are appreciated.

WAYNE: 30 Mile River Snowmobile Club meetings are on the first Monday of the month, meet at the Ladd Center in Wayne at 6:00 p.m., RSVP on Facebook page each month so we can have a count for pizza, salad and dessert at each meeting, sharing the cost of the pizza.

WAYNE: Tot Time at the Ladd Center is a relaxed, informal playgroup every Monday morning from 9:00 to 10:00 a.m., parents must stay with their children, and everyone is welcome, FMI call Ladd Center Director, Adam Brooks 685-4616.

LIVERMORE FALLS: Craft Circle, Tuesdays at 5:30 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, bring your own project or learn along with us, craft group for all ages, FMI call 207-897-3631.

AUBURN: Weekly Chess Club, every Wednesday, 4-6 p.m., Auburn Public Library, all levels and ages welcome; FMI call Joe Kaper 207-274-8463.

TURNER: Silent Book Auction, every Thursday from 4-6 p.m., Turner Public Library, 98 Matthews Way, Turner, (207) 225-2030.

TURNER: Story Hour, every Wednesday at 10 a.m., Turner Public Library, 98 Matthews Way, Turner, (207) 225-2030.

WAYNE: Cary Library Book Sale, 9:30 a.m. - 12:30 p.m., 3rd Saturday every month, Williams House, 14 Old Winthrop Road, Wayne, FMI call 685-3612 or visit our website <https://www.cary-memorial.lib.me.us>.

HARRISON: Men's Breakfast, second Thursday morning 8-9 a.m., United Parish Congregational Church of Harrison and North Bridgton, 77 Main St., Harrison, FMI call 207-583-4840 or email info@unitedparishucc.org.

BRIDGTON: Chair

Yoga Mondays and Fridays 10 -11 a.m., taught by Susan Kane, this class is open to all cancer patients and can easily be modified to anyone's ability level, you do not need to register in advance, Bridgton Community Center, 15 Depot Street, Bridgton.

LIVERMORE FALLS: Craft Circle, 5:30 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, bring your own project or learn along with us, this is a craft group for all ages, FMI call (207) 897-3631.

LIVERMORE FALLS: Ernie Steward from Spruce Mountain Adult Education visit the library to help our patrons with their technology needs, 3 p.m. to 5 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, sign up by calling (207) 897-3631.

AUGUSTA: AL-ANON meeting, Sunday evenings, 5 p.m., Unitarian Universalist Church, 69 Winthrop Street, Augusta, both in person and on Zoom (for Zoom info please refer to maineafg.org)

LEWISTON: Renewal Addiction Ministry. Applying biblical truth to the root of addiction. Every Friday 6:30pm. 89 Birch Street Lewiston @The Root Cellar. Alex Theriault 207-274-1570

LEWISTON: Maker Mondays at Lewiston Public Library, March 2, 16, April 6 and May 18, Couture Room, Lewiston Public Library, 200 Lisbon St., Lewiston, ages 18 and up, beginners welcome, FMI contact 207-513-3134 or lpirc@lewistonmaine.gov.

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

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

SKOWHEGAN:

Al-Anon, hybrid meeting, 7-8:00 p.m. every Tuesday, Skowhegan Federated Church, Island Avenue, 1-800-498-1844, www.maineafg.org.

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

WINTHROP: Winthrop Maine Historical Society, first Thursday of month, 6-8 p.m., Winthrop History and Heritage Center, 107 Main St., 207-395-5199, winthrop-mainehistorical@gmail.com.

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

BRIDGTON: Al-Anon, 4-5p.m. Thursday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

NORWAY:

Serenity Seekers Al-Anon newcomers meeting 6:15-6:45 p.m. followed by Regular Meeting 6:45-7:45 p.m. at The Hills Recovery Center, 15 Tannery Street, Norway, ME. Every Thursday. FMI serenityseekersnorway@gmail.com

SABATTUS: Weekly Group Runs, every Wednesday, 6 p.m., Mixer's parking lot, FMI, check out the Sabattus Rec Club Running Program Facebook page, or email running@sabattusrec.com.

GARDINER: Maine-ly Harmony women's barbershop chorus rehearsals, Wednesday evenings, 6:30 to 9:00 p.m. at the Highland Avenue United Methodist Church, 31 Highland Avenue, Gardiner, women of all ages are welcome to enjoy singing with this very welcoming women's chorus.

ONGOING:

FARMINGTON: Farmington Grange has WWW, Wednesday Welcome and Warm Up, First and third Wednesdays, November thru April. Everyone is welcome, 10-2, coffee sweets, light lunch, social time, projects, games and puzzles. Grange Hall is located at 124 Bridge Street, West Farmington. For more information call Bonnie Clark 207-778-1416

FARMINGTON: Nine-ish- NA Meetings (In Person), 9:15-10:30 a.m., Franklin Memorial Hospital, 111 Franklin Health Commons, Farmington.

Food Addicts Meetings FREE - Food addicts in recovery meetings: Tues Zoom and phone, Thurs phone and Sun in person. foodaddicts.org FMI call 441-8002 or 623-1924.

WATERVILLE: Central Maine Square Dance club offering beginner lessons, every Tuesday 6:30-8:00 p.m., George Mitchell School Dutton St., Waterville, cost is \$5.00 per lesson, FMI call Bob at 447-0094.

CANCELLATIONS None listed.
POSTPONEMENTS 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 and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster.

MAINE CALENDAR PAGE

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

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Move More April - Lets Go

Have you planned your Move More April? Time to get rid of that winter skin and get moving. With the weather changing and the sun shining this is a perfect time to get outside and enjoy the activities warm weather brings. There are many ways to get active and move more for April, here are a few.

1. Start a walking routine

Find a time of the day that works for you and go for a walk and make it a routine. Make an appointment every day to walk and put it on your calendar. If you do not have the time for a full hour walk, break it up into 2 30-minute sessions. Maybe 30 minutes in the morning and another 30 minutes after dinner. Walking on your lunch break is another way to get it in and refresh you. A lunch break walk can be invigorating and give you more energy to complete the rest of your day. It will help you focus and be more productive. You can make your walks a competition with friends. Maybe get a Fitbit and start a walking group with friends. See how many steps you can get in as a group. Set goals as a group and once achieved you can reward the group with a luncheon or dinner. Make it fun.

2. Join a class

Find a yoga class, weightlifting class, dance, Zumba or any type of cardio or strength class. The social aspect of group exercise can keep you motivated and involved. It can also be a fun way to get a lot



of exercise. Experiment and mix it up to find what works for you.

3. Stretch and move throughout the day

Stuck at your desk all day? Incorporate some desk stretches like rolling and stretching your shoulders and neck. Stretch your arms and fingers. Incorporate a few exercises into your routine to keep your body active and your muscles engaged. Take frequent breaks to stand up and stretch. Do some side bends and leg lift to keep you limber. Gentle squats and deep knee bands can give you a little boost. Frequent, little movement throughout the day can make a big difference in your fitness level. Just keep moving. Take a long way to the water cooler or the coffee clutch area. If you have stairs, use them frequently. Sitting for long periods of

time relaxes the muscle in your core and can impact your back. It is so important to take frequent breaks from sitting to stay limber and injury free.

4. Add variety to your plan

Try different exercises and mix them up. Do not limit yourself to the same routine every day. Maybe bike one day and walk the next. Take a long hike or play pickleball to mix it up.

Swimming is also great exercise that you can incorporate. Go bowling. Take advantage of anything you can do

to get more exercise into your day. Do yard work and pull weeds. Landscaping and raking leaves can be great exercise. Variety is the spice of life so keep moving.

5. Stretch while you watch TV

Instead of couching it in front of the TV. Lay on the floor and do some sit ups or push-ups and plenty of stretches. You can do a lot of sit-ups in place of watching commercials. Challenge yourself to do some simple exercises like squats, lunges, or planks while you watch your favorite shows. It is a win-win! In the age of streaming, there are not always commercials, but find 3-5 minutes before starting that next episode to do a lap around the living room or jumping jacks. Or simply unplug awhile from all electronics and get moving.

Live Long, Live Well

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Monmouth Boys Win Class D State



After the Mustangs 2026 Class D win over Machias, they posed at center court for fans along with their coaches and managers at the Augusta Civic Center.

The Monmouth team empties the bench in celebration after the Mustang's Class D Title win (02/28) over North Champion Machias High School.

Though Levi Laverdiere dropped 7 long-range, three-pointers he was not shy about heading into the lane in a crowd. Laverdiere scored his 1000 career point during the February 28 championship win over Machias.

Bill Van Tassel Photo

Monmouth Academy junior Levi Laverdiere scored 33 points in the Mustangs Class D State Championship. Along with his team's strong defensive play, his game-high point total led Monmouth to a 51-41 victory over North Maine Cham-

panion, the Machias Bulldogs. [Monmouth also won the 2024 State Title.]

This year's tournament path to the Gold Ball saw wins over Telstar (54-40), Madison (50-46), and Mt. Abram (60-42). Several factors in the Mustangs'

performance were their desire, the whole team's aggressive defensive play, high percentage at the free-throw line, and, of course, Laverdiere's extremely hot hand – 7 three-pointers.

Tyler Day went 4-4 at the Free Throw line during a

final period Mustang slow down that kept Machias players having to commit fouls to get the ball back in their hands. Other players contributing for the Mustangs' 51 points: Jake Harmon, Rory Foyt and Gavin Parsons.

Jay-Livermore Falls announces Melvin Jones Fellowship Award recipients

LIVERMORE FALLS – Jay-Livermore Falls Lions club, a leader in local community service, is proud to announce the recipients of the Melvin Jones Fellowship awards for excellence in volunteerism and humanitarian service.

The Melvin Jones Fellowship (MJF) Award, established in 1973, is the highest form of recognition awarded by Lions Clubs International Foundation (LCIF), honoring individuals who demonstrate profound humanitarian service, dedication, and leadership. The award is named after Melvin Jones, the founder of Lions Clubs International, who in 1917 imagined a world where service-minded people joined together to improve their communities.

Lion Rob Taylor, a local educator committed to service through his work at the Spruce Mountain school system, Androscoggin Land

Trust, alternate energy projects among his many other affiliations within our community.

Lion Anita Plog, a representation of the busiest people doing what they can to make our community a better place. She has new and fresh ideas to lead our Lions community to service and fundraising. Lion Anita is a nurse / caregiver and craft enthusiast and culinary artisan, always up to learning something new and sharing her ideas, energy and enthusiasm to make this community a better place.

The Jay-Livermore Lions club was established in 2010, with this club that includes members of the local tri-town community, committed to having fun and making our community better through service. Please join us for our latest service project, April 25, 2026 - Environmental Week of Service.



Club President, Lion Connie Godfrey - Melvin Jones recipient, Lion Rob Taylor



Submitted photos
Lion Anita Plog, Club President Lion Connie Godfrey




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Put some spring in your cleaning step

Metro
Spring is the season of nature's rebirth. Trees and flowers begin to bloom anew each spring, and young animals can be seen frolicking with their parents. During a time when it seems like the entire planet gets a refresh, many homeowners turn their thoughts to refreshing their homes as well.

As the days lengthen and the weather warms, spring cleaning takes center stage. Spring cleaning is more extensive than simply washing away grime, as cleaning a home often offers a psychological reset for the coming months. A clear strategy can make the task of spring cleaning feel less daunting, and these tips can help cut down on clutter and other interior annoyances that have arisen after months spent indoors.

Declutter before cleaning

The rule of thumb when starting on spring cleaning is to combat clutter before cleaning. Trying to clean around

clutter is inefficient and may result in throwing in the towel prematurely. It is important to remove as much as possible from each room before you begin cleaning. As homeowners move through each room, they can assess whether they've used items in the last year or whether they serve any functional or aesthetic purposes. If not, they can be trashed or donated.

Move top to bottom

It's important to follow the rules of science when spring cleaning. That means that dust and debris will be affected by gravity. Engaging in a top-down approach will help make cleaning more efficient. Beginning at the ceiling and working down towards the floors will help people avoid having to clean the same surface twice.

Using a duster or a microfiber cloth, individuals can clear cobwebs from corners and dust from crown molding. Fingerprints will accumulate near light switches and door handles, so those areas should be wiped down, too.

Homeowners can conduct a thorough cleaning of heating and cooling output and intake vents as they likely have gathered dust over the winter. A down of floor moldings can get to any area near the floor or under furniture that doesn't get frequent cleaning.



Do a kitchen reset

Focusing attention on the kitchen, which tends to be the busiest room in the house, is a wise idea for spring cleaning plans. This is the time for individuals to pull everything out of the refrigerator and pantry and check for expiration dates. Wiping down the shelves means cleaning away any accumulated food drips or spills. Additional areas to consider

include behind the refrigerator, inside the dishwasher filter and inside the microwave.

Focus on air quality

It's key to replace the HVAC system filters come springtime, as well as any air purifiers in the home. This will help reduce allergens and ensure that the cooling system will run efficiently when it's time to turn it on.

Spring cleaning takes place each year. Prioritizing decluttering and following a systematic path through the home helps people eliminate stress and mess at the same time.

Tyler Shumway named to Worcester Polytechnic Institute's Fall 2025 Dean's List

Worcester, MA -- Worcester Polytechnic Institute (WPI) has announced that Brunswick resident, Tyler Shumway, a member of the class of 2027 majoring in Aerospace Engineering, was named to the university's Dean's List for academic excellence for the fall 2025 semester.

The criteria for the WPI Dean's List differ from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI students are named to the Dean's List based on the amount of work completed at the A level in courses and hands-on projects.

Adam Hamblet named to Dean's List at Plymouth State University

Plymouth, NH — Adam Hamblet, of Carrabasset Valley, has been named to the Plymouth State University Dean's List for the Fall 2025 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 for the Fall 2025 term, be a matriculated student with at least 12 credits, at least nine of which must confer grade points at the time the list is finalized. Hamblet is majoring in Business Administration at Plymouth State.

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Submitted by Nellie C, Livermore

Blue Vue Plants



Stroll Through the Hardy Beauty of Blue Vue Plants in Weld As the snow retreats and the Maine soil begins to wake, it is time to start dreaming of your 2026 garden. If you are looking for plants that can actually handle the local climate without being “coddled,” look no further than Blue Vue Plants at 586 West Side Road in Weld. Since 2009, Blue Vue has been the go-to destination for gardeners who want strong, hardy plants at prices that make sense. This is not your typ-

ical high-priced boutique; it is a one-person, self-service operation designed for those who love to wander, discover, and plant for the long haul.

A True Self-Service Experience Blue Vue operates on a simple, honest “Self-Service” model from May 1st through mid-October. You are welcome to visit during all daylight hours, seven days a week. Because it is a one-person shop, the business is structured to keep prices low by letting you lead the way. While I am often around to

chat or offer a quick direction, the “full-service” experience is not part of the price tag—the savings are!

What to know before you visit: Dress for the Farm: This is an outdoor garden with no weather protection. Wear good walking shoes and dress for the elements. Safety First: Please keep children and pets attended at all times, as this is a working farm environment with natural hazards. Easy Payment: We accept Cash, Check, or Venmo (QR code is located at the stand). Prices

already include tax! Tech Tip: Bring your phone to track your expenses as you explore the thousands of plants on-site.

Hardy Plants, Small Prices The philosophy here is simple: if a plant can survive on this farm without being pampered, it will thrive in your yard. Nearly 95% of the inventory is priced under \$15, with almost everything—including fruit trees—staying under the \$30 mark.

A glimpse at our 2026 pricing:

Fruit Trees (Apple,

Plum, Pear, Peach): \$25.97
High Bush Northern Blueberries: \$12.97
Lilacs (Many varieties): \$12.97
Rhododendrons: \$12.97
Hydrangeas, Hostas, & Mock Orange: \$9.97
Forsythia & Most Echinacea: \$7.97

We also have Chesnok Red Garlic growing in pots! These are ready to be tucked into your sunniest, well-fertilized soil for an August harvest.

Find Us & Save - Whether you are looking for perennials, shrubs, veggie starts, or vibrant

hanging baskets, Blue Vue Plants offers a relaxing space to stroll and get inspired. Location: 586 West Side Road, Weld, ME Online: facebook.com/bluevueWeld/ Hours: May 1 – Mid-October | All Daylight Hours | 7 Days a Week DON'T MISS OUT: Look for the \$3.00 coupon in this edition of the paper! It includes additional pricing info and can be used toward your next garden masterpiece.

Congratulations to Kevin Dorey, winner of the Wilton Lions Club \$1000.00 Cabela's gift card raffle



Submitted photo

Jameson Porter drew the winning ticket. Lion Bruce Ibarquen presided over the event.



Lions on hand for the event from left to right: Chuck Majka, Paul Kempf, Rhonda Kempf, Bruce Ibarquen, Russell Black.

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Scam Alert Bulletin Board

AARP
Fraud Watch Network

Social Security Notification? Take An Active Pause

You receive an unexpected communication from the Social Security Administration (SSA). It might warn that your Social Security number has been linked to criminal activity and suspended, or it could offer good news, such as a supposed benefit increase. Regardless of the story, the goal is the same: to steal sensitive information or money.

Most scams come to us with three common red flags: a contact from out of the blue that heightens our emotions and contains urgency. When you notice these three red flags together, take what AARP

calls an “active pause.” Take an intentional step back and reflect on what you might know about the scenario – “Does this make sense? Have I heard something about this before?” This pause gives you time to apply logic—something the criminal playbook is written to avoid—and protect yourself and your assets.

If someone contacts you saying they represent the SSA, call the agency directly at 800-772-1213 or visit ssa.gov/myaccount instead of responding directly to the communication. If you shared your Social Security number and believe it was part of a scam, go to IDtheft.gov for step-by-step guidance.

Learn how to spot and avoid scams with AARP Fraud Watch Network™. Suspect a scam? Call our free helpline at 877-908-3360 and talk to one of our fraud specialists about what to do next.

Need a scam prevention speaker for your group? Click the link to fill out our online form or send an email to me@aarp.org.

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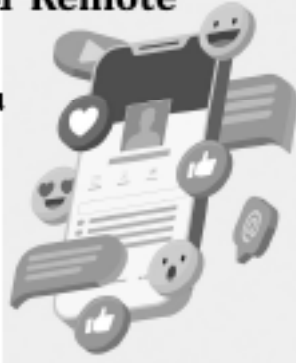
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We were told 100% of the chips used for the newsprint come from waste streams of other processes, such as the waste from lumber mills. Our newsprint producers also have a process to ensure that all fiber supplies come from forests that are managed for sustainability and comply with forest management principles.

The chips go through a thermo-mechanical pulp-making process, which involves a combination of steam and

mechanical force to break the chips into a "slurry" of water and fibers. Giant machines work the chips into a mixture that is mostly water. This mixture is then sent to a process to brighten the paper.

Newsprint is grayer than most other commercial papers. This is because the process of whitening newsprint does not use chlorine or other stronger agents and focuses on environmentally safe practices.

For this reason, we ask you to support Turner Publishing and the businesses in this publication and shop locally. Turner Publishing is not only doing its part to be environmentally responsible to save our planet, Turner Publishing promotes all the good things happening in the community and we donate over \$300,000 annually in media sponsorships to non-profits, churches, historical museums, and the arts. The businesses in our publications help us do this with their ad revenue (support them as well), so that the good can keep spreading. "It's All Good News" and thank you for reading!

Cabin Fever Concerts, hosted by "Music for Mavis"

Hi folks! You don't know what you have been missing! 'MUSIC FOR MAVIS' in Turner hosts, each winter, a "Cabin Fever Concert" Series, featuring local talented musicians. The 4th and final musician of this winter series is our talented soul-singer and songwriter Mary Murphy. She accompanies herself on the piano, guitar, and blues harp. Mary connects with her audience and she is loved for her talent and heart up and down the eastern seaboard. We are lucky to have her as our neighbor and friend. Come welcome Mary with your musical community.

Earlier in the winter we were fortunate to be entertained by the Wonderful Colwell Brothers!: Pat on guitar and voice, and Bobby with voice, guitar, piano and accordion. They are an incredible, talented and charming duo, right here in our midst, entertaining throughout Maine from Johnson Hall in Gardner, to One Longfellow Square in Portland, to all over Hal-lowell, and throughout Maine.

They were followed by Sarah Crosby and Ryan Weeks, a duo infusing folk and love songs, with a blend of their own harmony and sweetness that warms the heart. Sarah is also a powerhouse singer in the band "The Moosehedz" who will be coming to Gazebo this summer. Don't miss them!

And our third concert was the energized Trio of

Robby Coffin, Bobby Colwell and Dave Thibideau. Maggie was unable to attend, and Bobby was our lucky replacement. What a night. A NIGHT NOT TO BE MISSED! Intimate, electric, humorous, tender, powerful and masterfully talented, this group DELIVERED, and you should jump at any chance to hear them again!

We are so lucky to have talent like this right here at home, both at our beautiful outdoor gazebo and in the Leavitt Institute community room during cabin fever time. Intimate, exceptional, inspirational, incredible! Please Please come out!! recognize the talent offered in our community; acknowledge them, appreciate them, support their talents, and come together as music lovers toasting our hearts over the warm fires of their joyous music.

AND... SEE YOU AT THE GAZEBO! each Tuesday evening, from May 19th to September 8th. Tuesdays to remember! FMI call 207-754-0954, 207-249-8046, 207-240-4591. (Schedule appearing soon)

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Thank you for reading the Communities "Good News"

Happy New Year!



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