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## PRESUMPCOT POST

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# Naples Fire Department, 1944



Naples Historical Society Facebook photo

Standing on truck, left to right: Thomas Mains, Howard Dearborn. Others, left to right: Carroll Mayo, Harold Welch, Elmer Plummer (first fire chief), Al Ridlon, Chester Burnham, James Build, Freelon Knight, Edwin Burnham. They are standing in front of the old fire station, what is now the Naples Museum and Information Center.

# Dreams Decoded at Norway Memorial Library

NORWAY - Please join Dr. Shane A. Stepakoff as she presents Dreams Decoded: Bridging Ancient Wisdom and Contemporary Insights on Thursday, May 14, 2026, 6:30 pm at Norway Memorial Library.

Dr. Shane A. Stepakoff is a professional dream interpreter, a licensed clinical psychologist, writer/poet, reg-

istered biblio/poetry therapist, summa cum laude graduate of the University of Maine at Farmington (BA, 2020), and currently a PhD candidate in literature at the University of Rhode Island. She will present a variety of dream interpretation methods used in ancient civilizations, including those from Mesopotamia, ancient

Egypt, ancient Greece, and China. She will then describe a range of contemporary methods for working with dreams in psychotherapy, which she has used in her psychotherapy practice. These methods are primarily informed by Jungian theory but also draw upon a few ideas from Freud - some that

she considers obsolete and others that she believes remain valid. Next, she will discuss some commonalities and resonances between the approaches derived from ancient wisdom and those used in psychotherapy. She will then invite questions and discussions. The aim is to deepen and enrich our understand-

ing of dreams and to explore some ways that working with dreams can improve our daily lives.

Norway Memorial Library is located at 258 Main Street, Norway, Maine. For more information, please call the library at 743-5309 or visit [www.norwaymemoriallibrary.org](http://www.norwaymemoriallibrary.org).

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# MAINE CALENDAR

## 2026

### MAY

**May 9** – Classic Casse-rolle Supper, 4:30 – 6 p.m., East Otisfield Free Baptist Church, 231 Rayville Road, 1 mile from State Route 121 in Otisfield (Look for the signs).

**May 19** - Food Addicts in Recovery Anonymous Information Session, 6:30 p.m., for access information, call 207-775-2132.

**May 16** - Benton Alewife Festival, 11 a.m. - 3 p.m., (rain or shine), Benton Town Office at 1279 Clinton Ave., Benton, free admission.

**May 21** - Genre Roulette (Science Fiction), "Automatic Noodle", 5:30 p.m., Lewiston Public Library, 200 Lisbon Street, Lewiston, FMI, contact 207-513-3134 or [lplicirc@lewistonmaine.gov](mailto:lplicirc@lewistonmaine.gov).

**May 23** - L-A Veteran's Council Annual Memorial Day Event, 10:30 a.m., Veterans Park, 2 Main St., Lewiston.

**May 29** - Opening Reception: Paintings by Ashton F. LeCraw, 5:30 p.m. - 7 p.m., Lakeside Contemporary Art Gallery, 2439 Maine Street, Rangeley, open to the public, light refreshments & cash bar, artwork available for purchase. <https://rangeley-arts.org/event/lcag-artist-reception-ashton-lecraw/> or call 207-864-5000

**May 30** - Maine Entomological Society Field Trip, 9:30 a.m., Rosmarin & Saunders Family Forest (Readfield), rain date May 31, FMI at [tklt.org/upcomingevents](http://tklt.org/upcomingevents).

### JUNE

**June 3** – Living Well with Dementia, 1-2 p.m., New Gloucester First Congregational Church, 19 Gloucester Hill Road, New Gloucester.

**June 8** - Community Walk at the Shedd Pond Addition, 5 p.m., Manchester, registration required, FMI at [tklt.org/upcomingevents](http://tklt.org/upcomingevents).

**June 13** - A New Biography of Governor Ken Curtis, 7 p.m., Leeds Community Church, Presentation by Douglas Rooks, FMI at [tklt.org/upcomingevents](http://tklt.org/upcomingevents).

### JULY

**July 21** — Leavitt Institute Class of 1963 will observe the 63rd class reunion on July 26, 2026 at the home of Dale Talbot. Come and get acquainted again with our classmates (family). It will be a great time. Contact Dale at 207-251-5788 or Marion at 207-946-5579.

### 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](mailto:jmsab23@aol.com).

**CASCO:** Casco Village Church, United Church of Christ, 941 Meadow Rd. in Casco, invites you to our "Clothes Closet", 1st and 3rd Saturdays of the month from 10-2 p.m., clothing for all and always offering a table of free items.

**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](mailto:winthropfoodpantry.org), Curb-side pick-up 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., Winthrop, Contact: Steve Dodge (207)620-0488. Meal delivery to Winthrop & Wayne residents. Cooks, helpers, donations, or Hannaford Gift Cards are appreciated.

**SOUTH PARIS:** South Paris Farmers' Market,

Thursdays 2-6 p.m., 9 Market Square in the parking lot right next door to Oxford Hills Mercantile/Ollie & David's.

**GILEAD:** Gilead Historical Society open every Saturday 12 – 3 p.m., 14 Depot St., Gilead, FMI call (207) 836-2987.

**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](mailto:info@unitedparishucc.org).

**NORWAY:** Craft & Chat at the Cancer Resource Center, Mondays 1:00 – 3:00 p.m., drop in and explore your creative side and meet new friends at the same time, all supplies are provided, no pre-registration is required.

**NORWAY:** Chair Yoga at the Cancer Resource Center, Thursdays 1:00 – 2:00 p.m., chair yoga can help improve core strength and balance, promote better breathing techniques, increase flexibility and help reduce stress, call the Cancer Resource Center to register at 890-0329.

**NORWAY:** Women's Support Group and Coffee Hour, meets the third Wednesday of every month from 10:30 to 12:00 noon at the Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Kelsey at the Center at (207) 890-0205.

**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.

**NORWAY:** Men's Rally Group meets the third Friday of each month from 1:00 - 3:00 p.m., Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Nel Bernard at 207-312-9955 or Vance Jordan at 207-583-2975. \*Note: new day of week and time.

**PORTER:** Sacopee Valley Cancer Support Group for Men and Women, fourth Friday of each month from 1:30-3:00 p.m., Riverside United Methodist Church, 5 Porter Street, Porter, FMI

please call Marianne Wyer at: (207) 749-0392.

**NORWAY:** Wellness Share at Center for Healing Arts, 2nd Saturday of each month, 10 a.m. to 2 p.m., 180 Main St., Norway, free event offering Reflexology, Massage, and more, FMI call Charlotte LaBelle – 207-890-2177.

**NORWAY:** Drum Circle at Center for Healing Arts, 4th Saturday of each month, 11 a.m. to 2 p.m., 180 Main St., Norway, free event, drums available for use, FMI call Dan Gravel 207-604-0323 or Nel Bernard 207-312-9955.

**BETHEL:** Every Wednesday, Story time at the Bethel Library, 5 Broad Street, Bethel, 10 – 11 a.m.

**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.

**FARMINGTON:** Nami Farmington Family Support Group, for family and friends of people living with a mental illness, 3rd Monday of each month, 6:30-8 p.m., Maine Health Franklin Hospital, 111 Franklin Health Commons, Farmington, Contact Louise (207) 592-9933 or Kathy (207) 318-1075

**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](http://maineafg.org))

**WATERVILLE:** Grief through the Holidays support group, Wednesdays from 6:00-7:30 p.m. starting November 13th, Hospice Volunteers of Waterville Area Community Center, 304 Main Street in Waterville, time-limited bereavement group, free. 873-3615 or email [jroy@hvwa.org](mailto:jroy@hvwa.org).

**MECHANIC FALLS:** Mechanic Falls Church of the Nazarene. Sundays:

## 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](mailto: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. If you are a business and/or charging admission/fee, there is a small charge for a display ad on these pages. Email: [advertising@turnerpublishing.net](mailto:advertising@turnerpublishing.net). Call 207-225-2076 for prepayment options. Events for the Maine Events Calendar should be received three 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](http://www.turnerpublishing.net/pdf/Deadlines.pdf)

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Fellowship 11:30, Morning Worship 12:00 p.m. Wednesday: Bible Study 6:00 p.m., Prayer Meeting 7:00 p.m.

**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.

**BRIDGTON:** Narcotics Anonymous, 7-8 p.m. Friday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

**BRIDGTON:** Women For Sobriety, 11a.m.-12 p.m. Thursday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

**GRAY:** One-on-one with Community Connector, 1-3 p.m., Gray Library, 5 Hancock St., Gray, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

**NEW GLOUCESTER:** Coffee Hour, Tuesdays, 9-11 a.m., New Gloucester Congregational Church, 19 Gloucester Hill Rd., New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

**NEW GLOUCESTER:** Community Cafe Lunch,

11:30 a.m., New Gloucester Congregational Church, 19 Gloucester Hill Rd., New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

**NEW GLOUCESTER:** One-on-one with Community Connector, 9-11 a.m., New Gloucester Library, 379 Intervale Road, New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

**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](mailto:articles@turnerpublishing.net) and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster.

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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.

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It's amazing what kids can say. My five-year-old grandson, Elliot, was visiting from Boston. He came into my studio to say hello and asked me to tell him some more "bad stories" from when I was a kid, like the time I hit myself in the head with a brick. I replied, " Elliot, you know I have some 'good stories' too"? He said, "Oh, yes, Grandpa, I want to hear all of your good stories, but I find your bad stories much more intriguing."

*- John Carnes, Gardiner*



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Email info to: [kidscorner@turnerpublishing.net](mailto:kidscorner@turnerpublishing.net)  
 Or mail to: Coop - Turner Publishing, P.O. Box 214, Turner, ME 04282



## Math Blocks

Fill in the missing blocks with numbers between 0-20.  
 The numbers in each row add up to the totals on the right.  
 The numbers in each column add up to the totals on the bottom.

4	12		36
	10		24
		1	12
19	24	29	

1	2	6
8	10	9
20	12	4

Solution

## CANADA



## HISTORY

1849

The Hayes House in Dalhousie Square is leased for Parliamentary purposes. The parliament will sit alternately in Quebec City and Toronto.

## SPORTS FACT:



This term in tennis refers to a score of zero. It may have come from the French word for egg.

Answer: Love

## Get Scrambled

Unscramble the words to determine the phrase.

AMEG, TSE, TMCAH

Answer: Game, set, match

## NEW WORD

### VOLLEY

strike of a ball before it hits the ground

## How they say that in...

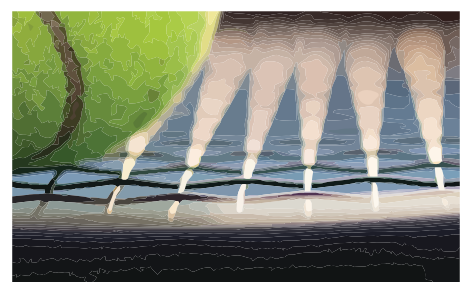
- English: Tennis
- Spanish: Tenis
- Italian: Tennis
- French: Tennis
- German: Tennis

## Did You Know?

A tennis player wins a game by scoring four points, unless the game is tied (deuce), then two more points in a row are needed. A match is won by winning two out of three sets.



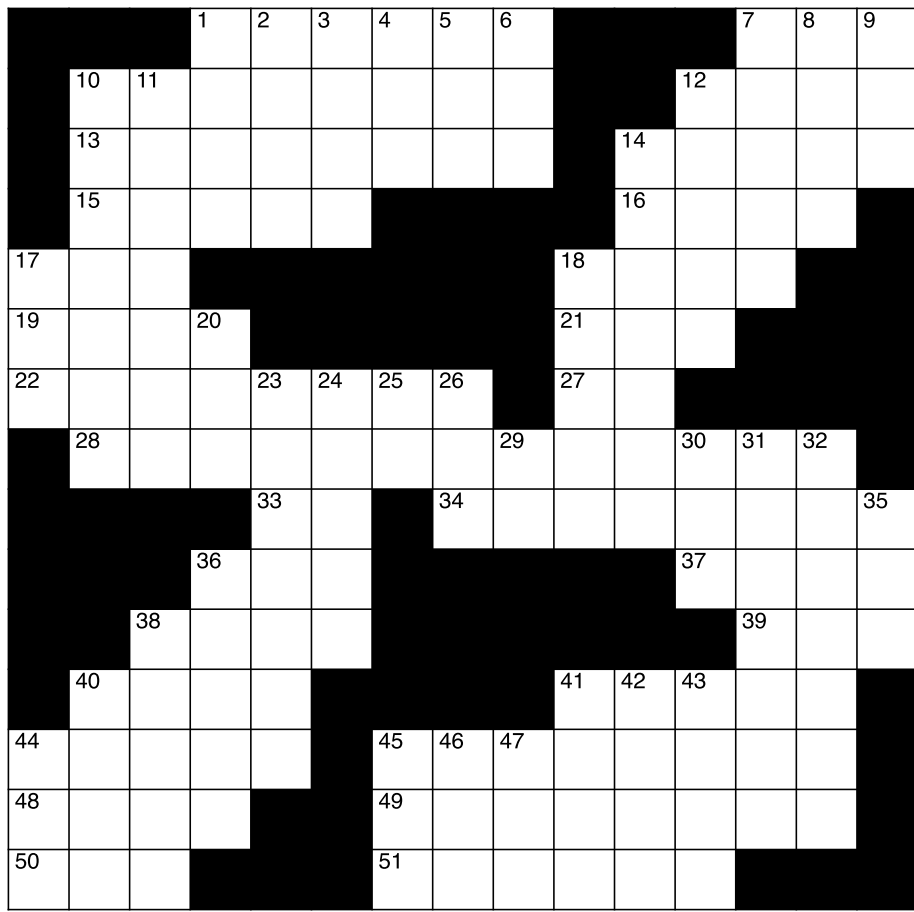
## Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Tennis racquet and ball

# Crossword



### CLUES ACROSS

1. Large dung beetle
7. Gambling game
10. Further along
12. Type of tobacco
13. Looked for
14. Silk fabric
15. Computer method to solve equations
16. As fast as can be done (abbr.)
17. Tear
18. Brews
19. "Famous" cookie baker
21. Women's Army Corps
22. Front parts of an animal
27. It's causing quite a stir
28. Beloved March holiday
33. 12th letter of the Greek alphabet
34. More impudent
36. Indicates center
37. Young woman (French)
38. A cause of distress

### CLUES DOWN

1. Peruse quickly
2. Automobiles
3. Razorbill genus
4. Bravo! Bravo! Bravo!
5. Consumed
6. A place to sleep
7. Small seeds
8. Legendary law man Wyatt
9. Female sheep
10. Indigenous peoples of eastern Siberia
11. A place ships dock
12. Reciprocal of sine
14. Discomfort
17. British Air Aces
18. Exit sleep
20. Solar energetic particle
23. Plagues characterized by starvation
24. Short musical composition
25. Trauma center
26. Habitual twitching
29. A place where checks are exchanged (abbr.)
30. Decimeter
31. Hinged surface in a wing
32. Shouting
35. Sports official
36. Volcanic craters
38. Supportive device
40. It's part of a rosary
41. Two-toed sloth
42. Body art
43. Let out
44. Foreign medical graduate
45. Nonprofit journalism organization (abbr.)
46. Couples say it
47. Bird's beak

**CRYPTO FUN**

Solve the code to discover words related to horses. Each number corresponds to a letter. (Hint: 16 = D)

**A. 12 23 18 17**  
Clue: Balances horse

**B. 10 18 16 15 10**  
Clue: Passenger

**C. 6 23 16 16 17 15**  
Clue: Riding accessory

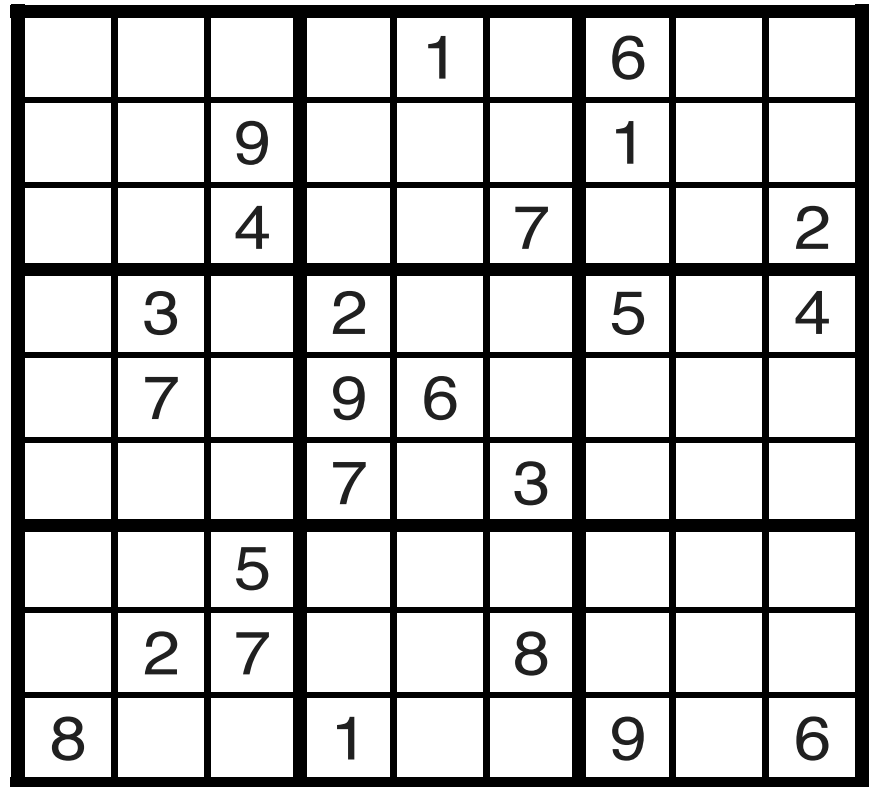
**D. 3 23 16 16 22 11 19**  
Clue: Small enclosure

Solve the code to discover words related to horses. Each number corresponds to a letter. (Hint: 16 = D)

A. 12 23 18 17 Clue: Balances horse  
B. 10 18 16 15 10 Clue: Passenger  
C. 6 23 16 17 15 Clue: Riding accessory  
D. 3 23 16 16 22 11 19 Clue: Small enclosure

Answers: A. tail B. rider C. saddle D. paddock

# SUDOKU



Level: Advanced

## LOVING HORSES WORD SEARCH



### WORDS

- BRIDLE
- CANTER
- CHESTNUT
- COLT
- CROUP
- DRESSAGE
- EQUESTRIAN
- FETLOCK
- FILLY
- FOAL
- FORELOCK
- GALLOP
- GELDING
- HALTER
- HOOF
- MANE
- MARE
- MUZZLE
- PASTERN
- PONY
- SADDLE
- STALLION
- TROT
- WITHERS

## HOROSCOPES

**ARIES - Mar 21/Apr 20** - Aries, your energy is at an all-time high. If you've been sitting on a wild idea, Tuesday is the day to pitch it to someone. Your charisma is your superpower right now.

**TAURUS - Apr 21/May 21** - Expect a spotlight moment, Taurus. Whether it is a compliment from a stranger or a win at work, the universe will validate your hard work this week. Keep your chin up.

**GEMINI - May 22/June 21** - Adventure is calling you this week, Gemini. Even if it is a new coffee shop or a different route home, no voyage is too small. A spontaneous conversation midweek could lead to an opportunity.

**CANCER - June 22/July 22** - Treat yourself, Cancer. The stars suggest that a little luxury could go a long way for your mental health right now. A small investment in your comfort will pay off in productivity.

**LEO - July 23/Aug 23** - The mental or physical clutter in your life is finally clearing out, Leo. You will find a lost item or a solution to a nagging problem by the end of the week. The relief will feel good.

**VIRGO - Aug 24/Sept 22** - Virgo, your discipline is producing tangible results. Take a moment to look back at where you were three months ago. You have climbed higher than you realize. Celebrate the progress.

**LIBRA - Sept 23/Oct 23** - Your social calendar is buzzing right now, Libra. You are the main character in your friend group this week, and your ability to connect people will spark a brilliant new collaboration.

**SCORPIO - Oct 24/Nov 22** - A lingering tension with a loved one melts away this weekend, Scorpio. It will be replaced by laughter and mutual understanding. It's a great time for a reset.

**SAGITTARIUS - Nov 23/Dec 21** - Sagittarius, your brain is a lightning bolt of innovation right now. Write down every thought you have, even if they seem weird. One of them will be a game changer.

**CAPRICORN - Dec 22/Jan 20** - Capricorn, your intuition will be 100 percent accurate this week. Trust your gut on a new opportunity; it's leading you toward something that feels like home. Comfort is coming your way.

**AQUARIUS - Jan 21/Feb 18** - Aquarius, this week you are shedding an old skin and it feels amazing. A boost in your confidence makes you feel untouchable in the best way possible. Own your power this week.

**PISCES - Feb 19/Mar 20** - Pisces, creativity is overflowing. Whether you are painting, cooking or solving problems, your flow state is easy to find. Expect a sweet message from someone you are missing.

# A Golden Anniversary Celebration for the Poland Spring Preservation Society: Announces Open House set for May 15–17

POLAND SPRING, – (April 22, 2026): The Poland Spring Preservation Society invites the public to celebrate a historic milestone during its 50th Anniversary Open House Weekend, taking place May 15-17, 2026.

This special weekend marks the official opening of the 2026 museum season and kicks off a season of celebration honoring five decades of preservation, community engagement, and storytelling. Founded in 1976, the Poland Spring Preservation Society has played a vital role in protecting and sharing the legacy of Poland Spring, including the Maine State Building and All Souls Chapel.

Visitors will also enjoy complimentary admission to all Poland Spring Museums this season thanks to the generous support of Northeast Bank, returning as season sponsor for

the third year in a row. Everyone is invited to come and experience the museums for free and learn about the history and legacy of Poland Spring.

Visitors are invited to step back in time and experience the rich history of Poland Spring through a variety of en-

gaging activities and events throughout the weekend. Jim Delamater, President of Poland Spring Preservation Society Board of Directors.

“We look forward to welcoming both longtime supporters and new visitors to experience everything that makes Poland Spring so special.”

gaging activities and events throughout the weekend.

“This anniversary is not only a celebration of our history, but a tribute to the many individuals who have dedicated their time, passion, and support over the past 50 years,” said Laura Brown, Director of Operations.

“Reaching our 50th anniversary is a remarkable milestone for the Poland Spring Preservation Society. This Open House Weekend is both a celebration of our shared history and a tribute to the dedicated individuals who have helped preserve it for future generations”, said



## A FEW WORDS *by John Governale*

# HOW TO FACE A CHALLENGE

When faced with a challenge, I often spend too much time worrying about it, hoping to muster the courage to try and solve it. But when I finally do get started, the challenge gives way to my effort, and I kick myself for not trying sooner. This makes me think of Jonathon and his armor-bearer.

The Hebrew army was at war with the Philistines, who showed up with a huge army—thirty thousand chariots, six thousand horsemen, and so many soldiers that the number is compared to the “sand which is on the sea shore.”

This sizable army put such fear into the Hebrews that instead of coming out to fight, the soldiers hid in caves, in

thickets, among rocks, in high places, and in pits.

One day, Jonathan, the king’s son, decided he’d had enough of this and would pay a visit to the local enemy’s garrison. God didn’t tell Jonathan to do this. He just came up with the idea on his own and didn’t even tell his father what he was up to.

Jonathan instructs his armor-bearer that when they get to the hill where the garrison is camped, if the Philistines say, “Yo, dudes. Stay right there. We’re coming down,” (or words to that effect) then the two of them would wait for the enemy to come down.

But if, on the other hand, the Philistines say something like, “Why don’t you two wimps come up here, if you’re brave enough,” then the two would climb up and clean house.

“Right-o,” the armor-bearer says. “I’m with you every step of the way. You knock ‘em down and I’ll finish ‘em off.”

The King James Version says that when they got to

the hill, Jonathan and his little buddy “discovered themselves unto the garrison of the Philistines.” I picture the two of them stepping out from behind a boulder, waving their arms, and shouting, “Hey, you guys!”

The Philistines answered Jonathan and his armor-bearer, and said (still using the KJV), “Come up to us, and we will shew you a thing.”

I don’t know how many times in the Army I heard the modern version of that. Two guys would be arguing and one would say to the other, “Come here, wise guy, and I’ll show you something.” Meaning, come here and I’ll beat the living daylights out of you.

Anyway, the Philistines’ invitation to come up the hill was just what Jonathan wanted to hear. The two climbed up, and—just as they had planned—Jonathan knocked them down, and the armor-bearer finished them off. The two fought and defeated twenty soldiers.

This tiny action sent a ripple of fear throughout the Philistine army, which fell all over itself trying to get away from nobody was sure what.

In turn, this caused the Hebrew army to take heart and come out of hiding.

This story helps me overcome inertia and face a challenging situation head-on. In fact, sometimes I even say to a problem, “Come here, wise guy, and I’ll shew you a thing.”

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- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 2 tbsps. maple syrup
- 1/3 cup dark molasses
- 1 cup whole milk
- 1 tsp vanilla extract
- 1/2 cup raisins (optional)



Grease a 9x5 loaf pan or 29 oz. tin can with a generous amount of butter. Preheat your oven to 350 degrees F. Whisk or stir together the cornmeal, rye flour, whole wheat flour, baking powder, baking soda, and salt in a large mixing bowl.

Add the maple syrup, molasses, milk, and vanilla extract to the batter and whisk or stir together until everything is combined.

Add the raisins to the batter and fold in. Pour batter in prepared loaf pan or tin can. Cover tightly with foil (to retain moisture). Bake at 350 for 45-50 minutes, or until a toothpick in the center comes out clean.

Allow to cool in the pan for 10 minutes before running a knife around the edge and gently removing it. Cool for at least 10 minutes.

<https://www.bowlofdelicious.com/brown-bread/#recipe>



# PET Spotlight



**Hellen K.**

*Submitted by Davin Targett, Rumford*

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# How to establish a home renovation budget

Homeowners know that the next home renovation project is always right around the corner. And that means finding ways to finance such undertakings.

When planning for renovations, the average homeowner underestimates their project cost by approximately 22 percent, according to the 2026 Remodeling Impact Report. Establishing a pre-project budget can help avoid such surprises.

### Don't over-improve

A common mistake homeowners make is over-improving a home beyond the neighborhood value. A good rule of thumb is to employ the average percentage-of-home-value approach in an effort to stay within range of what's acceptable. Budget a kitchen renovation or finished basement at 10 to 15 percent of the home value. A master bedroom will come in at 5 to 10 percent of home value, while a small bedroom or office falls between 1 and 3 percent of home value. These benchmarks are supported by the National Association of the Remodeling Industry and the National Association of Realtors. Historically, a functional, modern kitchen is the top driver of home value, says Remodeling Magazine.

### Learn the breakdown

Homeowners should understand that materials, fixtures, appliances and flooring, otherwise known as "hard costs," will eat up 50 to 60 percent of their renovation budgets. Labor, permits and design fees will comprise the next largest chunk, typically coming in between 25 and 35 percent. Homeowners also should factor about 15 to 20 percent of a budget to a safety net to cover unforeseen expenses, like mold remediation or structural issues.

### Get three quotes

It's important for homeowners to get several estimates before establishing a budget. Experts advise working with contractors that offer fixed-price contracts rather than those that list time and materials; otherwise, there may be a mid-project price hike that comes out of the blue. A person also can ask contractors for a line-item bid so it's possible to



Metro photo

see where money can be trimmed through different material choices. With a list of desired items in hand, and acceptable substitutions if the cost comes in too high, homeowners can create a budget that works.

### Saving versus splurging

It's important for homeowners to be realistic about their renovations. They can splurge on items that are seen or touched every day, like door handles, cabinet pulls and faucets. Other items, like lighting fixtures or backsplashes, can be replaced down the road. It may be better to direct funds to structural elements or those "invisible renovations" like

upgrading insulation or smart systems that save on energy costs and improve efficiency.

### Keep a 20 percent cushion

Homeowners can determine the affordability if a proposed project ends up costing 20 percent more or takes a few months longer. If the answer is no, homeowners should scale back the project budget until they have that financial safety net. Alliant Credit Union says experts strongly recommend adding a 20 percent contingency cushion to a remodeling budget.

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# Posture for your Health

*This article previously ran in the April 2013 Country Connection.*

There are many ways that proper posture can enhance your health and self-image. Sitting up straight and standing up straight make you look and feel taller and leaner. Not only does good posture affect how you look and feel it has internal health benefits as well.

What is good posture? Good posture simply put is shoulders back and stomach tucked in. When I was in high school my girlfriend's mom use to stick her fist in-between our shoulder blades when she caught us slouching. It always worked and the minute I saw her coming I would stand up straight with my shoulders back and all my friends fol-

lowed suit. Little did I know that simple lesson was so important for my health. You see good posture is good for your health. Here are some of the health benefits to good posture

- Good posture enhances the ability to breathe by expanding the chest with each inhalation, good breathing improves circulation, improves metabolism and helps every organ in the body function more efficiently.

- Slouching forces the body to work harder so when you stand tall you increase your energy.

- Good posture keeps your spine in alignment decreasing back aches and pains.

- Good posture helps in digestion and allow byproduct to flow easily through the

body

- Good posture strengthens abdominal muscles and low back muscles creating a stronger core and a tighter looking stomach.

- Good posture aligns muscles and tendons keeping them strong and healthy.

- Proper posture conveys confidence and grace therefore enhancing self-esteem.

- Good posture reduces fatigue by not having the muscles work as hard to support the body, the spine does the work.

So when you catch yourself slouching, take a deep breath, exhale and throw your shoulders back while pulling your stomach in and feel the energy you'll create.

Live Long, Live Well



## Scam Alert Bulletin Board



### Helpline Alert: "Free Trial" Offers That Aren't Free

The AARP Fraud Watch Network™ Helpline (877-908-3360) is hearing from more people about misleading "free trial" offers. These schemes make cancellation difficult, if not impossible.

In many cases, someone signs up for what appears to be a free trial and then cancels before having to pay for the subscription. However, the charges continue to appear each

month, and the companies make it hard to cancel them. Before you sign up for a free trial offer, review all the terms and conditions to understand exactly what you're agreeing to, how and when to cancel, and what happens if you don't.

Also, review your bank and credit card statements carefully and watch for recurring charges you didn't authorize—even after you've canceled.

**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.**

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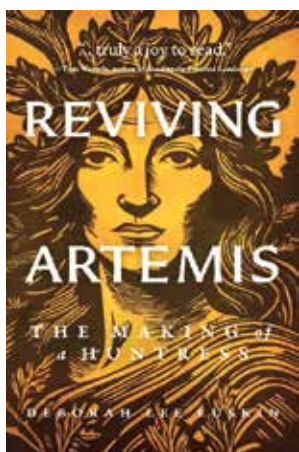
# MAINE OUTDOORS *v. Paul Reynolds*

## REVIVING ARTEMIS- THE MAKING OF A HUNTRESS

In case you are not up on Greek religion and mythology, Artemis has always been best known as the Goddess of the Hunt. But she also represented a wide range of other realms including wilderness, wild animals, nature, childbirth and chastity, to name a few.

Deborah Lee Luskin, a Vermont academic and back-to-the-lander, chose Artemis as her literary mascot when she decided at age 60 to take a transformational leap of some proportion into the deer woods as a hunter, or huntress, if you will.

A former city girl, who eventually found her way to rural Vermont with her



physician husband, Luskin taught literature and spent 30 years raising kids and fruits and vegetables. Not afraid to get her hands dirty (she slaughtered pigs), she none-

theless harbored a longtime fear of getting lost in the woods and was never comfortable around firearms. So, her late-in-life determination to become a bona fide deer hunter, like so many of her rural Vermont neighbors, was a challenge that she relished and intended to write about.

At the very beginning, she had a lot of mentorships from friends and neighbors, who knew their way around guns and the deer woods. She writes, "To be clear, all the men who helped me learn to hunt were kind, patient, and respectful, as well as encouraging and knowledgeable." Still, she discloses her concern that a female hunting

solo in the woods might pose risks for herself, more from homo sapiens than from wild animals.

Artemis found her way into the book's title later on into the writing process. It was at first to be titled "Learning to Hunt."

Make no mistake; this is not your typical book about deer hunting. Oh, it is about the hunt and the learning curve in the deer woods, but it is also very much a most personal memoir of an urban Jewish girl whose journey to womanhood was fraught with familial dysfunction, sexism and the loss of friends and loved ones.

Expecting a purely

deer-hunting book, I was at first skeptical and at a loss to see where this book was going. "When are we going to get in the deer woods?" I asked myself. Then, about a third of the way into the book it struck me: her life experiences were formative. It took shape. We all live on a kind of continuum, a series of connected experiences that lead us to different places. Luskin herself may not have known it, but life led her to find answers and solace in the deer woods.

This is a wonderful book! Luskin is a master wordsmith and a deep thinker.

The last four paragraphs of this book are sheer poetry and precision – a sparkling, soaring treatise on the question that many a deer hunter has posed: Why do I hunt?

If it doesn't give you goose bumps, you probably are not

a true deer hunter. Here is just a taste: "Learning to hunt has included lessons in humility and wonderment...to face my fears and to acknowledge mortality – mine, and the natural cycle of birth and death evident throughout the forest, which is a bible of decay, survival, and regeneration."

"Reviving Artemis: The Making of a Huntress" by Deborah Lee Luskin is published by Sibylline Press. It is available on Amazon and in bookstores.

The author is editor of the *Northwoods Sporting Journal*. He is also a *Maine Guide* and host of a weekly radio program "Maine Outdoors" heard Sundays at 7 p.m. on *The Voice of Maine News-Talk Network*. He has authored three books. Online purchase information is available at [www.sportingjournal.com](http://www.sportingjournal.com), *Outdoor Books*.

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## Sebago Lakes Region Chamber of Commerce Women Who Lead Luncheon



Sebago Lakes Region Chamber of Commerce Facebook photo  
 Turner Publishing Marketing Consultant, Kathlene Clark, attended the Sebago Lakes Region Chamber of Commerce Women Who Lead Luncheon in March.



STUDENT NEWS

Vivian Dudar named to Worcester Polytechnic Institute's Fall 2025 Dean's List

Worcester, MA — Worcester Polytechnic Institute (WPI) has announced that Lisbon Falls resident, Vivian Dudar, a member of the class of 2028 majoring in Management Engineering and Professional Writing, 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.

Local nursing student receives Blessing of the Hands

Boston, MA -- Kylie Myers, of Sebago, received the Blessing of the Hands on February 6 at Emmanuel College. This meaningful ceremony is a long-standing tradition at the Maureen Murphy Wilkens School of Nursing & Clinical Sciences for second-year nursing students as they prepare to begin their first clinical.

This semester, 72 students participated in the ceremony. Hosted in collaboration with Emmanuel Mission & Ministry in the campus chapel, the Blessing of the Hands recognizes nursing students' hands as instruments of care, comfort, and respect. The ceremony affirms nursing as a commitment to skilled practice, compassion, and respect for the dignity of every person as students enter clinical practice.

Rayna Wales named to fall 2025 Chancellor's List

Fairbanks, AK-- Rayna Wales, of Lovell, has been named to the fall 2025 Chancellor's List at the University of Alaska Fairbanks.

Students receiving a 3.9 grade point average or higher are placed on the Chancellor's List, while those receiving a grade point average of between 3.5 and 3.89 are named to the Deans' List. The lists recognize students' outstanding academic achievements.

Local Emmanuel College student named to Dean's List

Boston, MA -- Ana Maillett, of Fryeburg, has been named to the Fall 2025 Emmanuel College Dean's List.

Maillett is majoring in Communication and Media Studies.

To earn a spot on the Dean's List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester.

Larry Thomas named to SNHU President's List

Manchester, NH — Larry Thomas of Rangeley (04970) has been named to Southern New Hampshire University (SNHU) Fall 2025 President's List. The fall terms run from September to December.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Mya Laliberte named to Dean's List at Bates College

LEWISTON -- Mya Laliberte, of Rangeley, was named to the Dean's List at Bates College for the Fall semester ending in December 2025. This is a distinction earned by students whose grade point average is 3.92 or higher.

Laliberte is majoring in Politics and minoring in History at Bates.

Albin Darby earns Faculty Honors at Georgia Tech for the Fall 2025 Semester

Atlanta, GA -- Albin Darby, of Fryeburg, earned the distinction of Faculty Honors for Fall 2025 at the Georgia Institute of Technology. This designation is awarded to undergraduate students who have earned a 4.0 academic average for the semester.

Advertisement for Sebago Lakes Region Chamber of Commerce. Includes logo with snowflake, leaf, and sun icons, phone number 207-892-8265, website SebagoLakesChamber.com, and a QR code. Text: 'One Region - Limitless Opportunities' and 'Proudly serving the towns of Casco, Gray, Naples, New Gloucester, Raymond, Sebago, Standish & Windham'.

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Turner Publishing Media is a family-owned and operated business established in Turner, Maine, in 1992. We have been supporting schools, children's sports and academics, as well as promoting businesses and the communities we serve for over 32 years. All of Turner Publishing's publications are Maine Made. Our printers use soy inks and solar methods to protect the environment while printing our publications. Our paper suppliers use power from hydroelectric sources and work with local plants to use waste heat; heat that would otherwise be sent into the environment, to help produce the steam needed in the papermaking process.

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!

# PHONY AD WINNERS!

## April Phony Ad & Coop Winners

- Auburn Highlights: Tamara Tuthill
- Midcoast Beacon: Lynne Rumbo
- Country Courier: Chuck Rabon
- Brian White: Barbara Nadeau
- Franklin Focus: Nicholas Geiser
- Good News Gazette: Mary Ames
- Kennebec Current: Greta Cerce
- Lewiston Leader: Jeanne Pacheco
- Lisbon Ledger: Michelle OConnel
- Lake Region Reader S: Nancy Choate
- Lake Region Reader N: Judith Dunn
- Moose Prints: Dawn Monroe
- Oxford Hills Observer: Robert Dubois
- Somerset Express: Brittany Nichols
- Two Cent Times: Kerry Jackson
- Western Maine Foothills: Celeste Wilson
- Mountain Messenger: Douglas Graves
- Coop Stuff Winner - Brayden Pepper, Belgrade

All of the winners listed have won gift certificates to one of our advertisers.

If you haven't won - keep playing! We get hundreds of entries each month!

It's easy to enter - read through the ads in this issue and find the phony ad, fill out the entry form found in this paper and mail it in. If you have the correct answer, your name will be entered into a monthly drawing!

No Exchanges. Gift Certificates are from all over, there is no guarantee you will receive one from your area.

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You will be entered into a drawing for a Gift Certificate to an area merchant from one of our papers!



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