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## New Dimensions Federal Credit Union made record-breaking impact through volunteerism in 2023

**WATERVILLE** — New Dimensions FCU has demonstrated its commitment to the philosophy of People Helping People by volunteering their personal time and assistance to local communities each year. In 2023, the credit union recorded an outstanding 1,994.75 hours of personal volunteer time, surpassing all other credit unions of its asset size across Maine.

Since 2018, the Maine Credit Union League has been tracking credit union volunteerism efforts through the CUs Share for ME form. Last year, credit unions in Maine reported a record-breaking 29,294.98 hours of volunteer time. According to the Independent Sector's newest Value of Volunteer Time report, each hour of volunteer work is estimated to be worth \$31.80. By this calculation, New Dimensions FCU's volunteer efforts in 2023 alone were valued at approximately \$63,433.05.



Submitted photo

At the League's annual Ending Hunger Luncheon on February 13, 2024, New Dimensions received recognition for recording the highest volunteer time among credit unions with similar asset sizes. This accomplish-

ment showcases its staff's unwavering dedication to serving and strengthening the communities where they live and work. Where the credit union's commitment to volunteerism, it is proud to embody the mission of

People Helping People.

The record-breaking volunteer hours in 2023 were made possible by the active participation of the credit union's staff in various community events and initiatives throughout the year. The MECUL Ending Hunger in Maine Campaign, which offered several volunteer opportunities, was instrumental to its success. Moreover, dozens of its staff generously volunteered their time at local food banks, soup kitchens, youth athletics, local area schools, and organizations such as Special Olympics Maine, the Mid-Maine Homeless Shelter, Maine Children's Cancer Program, and the Travis Mills Foundation.

United in their dedication to making a meaningful impact and showcasing collective action, the staff of NDFCU selflessly volunteered their time. Firm believers in the philosophy of 'people helping people,' they embody the spirit of

community service. Their strong determination to volunteer will continue to create lasting positive changes as they work together to build a brighter future for the communities they serve.

**About New Dimensions FCU**

New Dimensions Federal Credit Union is a member-owned financial cooperative with over 200 million dollars in assets that offers a full array of personal and business banking services and has locations in Waterville, Winslow, and Skowhegan. They proudly serve over 17,000 members (located in Franklin, Kennebec, Somerset, and Waldo counties) and employ more than 60 employees who are available and ready to assist our community with their finances. Contact NDFCU at (800) 326-6190 or visit [www.newdimensionsfcu.com](http://www.newdimensionsfcu.com) for more information.



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# Funny Things Kids Say!

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

Ryan went to bed on Christmas Eve and came running out in that middle of the night and said, "Call 911! Emergency! I hear Santa on the roof! Have Paw Patrol come get him and take him away!"

*Denise Williams, Mt. Vernon*

Our son Ryan is 5 and he hears how daddy always wants help in the goat barn. One night, his dad said, "I really need help," and Ryan said, "Quick, quick! Emergency, emergency! Call 911 and have them come help Daddy, he needs help in the barn."

*Scott Williams Mt. Vernon*

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

Name: \_\_\_\_\_

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

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

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# Calendar of Events

## March

**March 29** — Healing Hearts Gala, 6:00 – 10:00 p.m., Hilton Garden Inn Auburn Riverwatch, 14 Great Falls Plaza, Auburn, raising money to support the long-term economic and community healing related to the impacts of October 25, 2023, general admission \$50.00, for more information contact us at <https://givebutter.com/c/HealingHeartsLA>, or [LAhealinghearts@gmail.com](mailto:LAhealinghearts@gmail.com), visit <https://givebutter.com/HealingHeartsLA>.

**March 30** — Sun Science, 12 p.m., Rangeley Public Library, an afternoon of science and fun! We will discuss how and why an eclipse happens, with interactive demonstrations, playing science games, making scientifically based art to take home, and having a grand old time! These events/activities are engaging to all ages, from age 3 to 90, we have something fun for everyone. Indulge your curiosity and come play with us!

**March 31** — Easter service, 2:00 p.m., “The Church in the Wildwood”, 995 Reeds Mill Rd., Madrid, all are welcome, please call 207-639-2713 or visit our website, [www.reedsmillchurch.org](http://www.reedsmillchurch.org), for more information.

## April

**April 1** — Scholarship Night, 5:30 – 6:30 p.m., Lewiston Public Library, FMI <https://lplonline.org/events/lpl-to-host-a-scholarship-information-night/>.

**April 3** — Celestial Myths and Legends, 4 p.m., Rangeley Public Library, a relaxing evening full of art and storytelling, coloring in the myths and legends that fill the skies from various cultures around the world, while storyteller in residence and Children’s Librarian Brittany Wetherill weaves tales around the images. We will continue until we run out of stories, or the library closes at 7 p.m., so feel free to wander in and out at your leisure. Stories will be appropriate for all ages and will be enjoyable for anyone looking for a quieter, relaxing activity.

**April 5** — Little Keepsakes: Helping Hands Kitchen

Towels, 10:00 a.m. - 11:30 a.m., Lewiston Public Library Children’s Department, 200 Lisbon Street at the corner of Pine Street, Lewiston, program is recommended for kids ages birth to 6 years and their caregivers, free, all materials will be provided, and there is no registration required, FMI at 513-3133 or [LPLKids@lewistonmaine.gov](mailto:LPLKids@lewistonmaine.gov).

**April 6** — Pinhole Eclipse Viewer Making, 4-6 p.m., Norway Town Hall, 19 Danforth St., Norway, join WFLT and Norway Recreation to make a simple pinhole eclipse viewer and to learn more about the programs we offer the community, free, registration required.

**April 6** — Equipment Test for Total Eclipse viewing, demonstrations at 11 a.m., 12 p.m., and 1 p.m., Rangeley Public Library, come into the library and double-check with us! We will be looking at everything from colanders and pinhole cameras to specialty lenses for your phone and telescope. If you have old eclipse glasses, bring them in to make sure they are in good repair! We will be answering Eclipse questions at the front desk all day, with hopeful testing of equipment.

**April 6** — Augusta Elks MCCC/Forks Committee Indoor Yard Sale, 9:00 a.m. - 4:00 p.m., 397 Civic Center Drive, Augusta, table rentals \$25.00 each, set-up 7:00 - 9:00 a.m., donations of clean, gently used items may be donated to the tables that will benefit the Maine Children’s Cancer Program, breakfast & lunch items available and a wonderful Bake Sale, to reserve your spot, contact Lina Michaud, PER Tel #207-485-4710 or at [slaale@hotmail.com](mailto:slaale@hotmail.com).

**April 7** — “Treats and Sojourns: From Fear to Faith” featuring Holly Cooney, noon, n; free, First Universalist Church of Auburn, 169 Pleasant St., enter on Spring St., across from Dairy Joy. Parking is accessible. FMI 783-0461 or [www.auburnnuu.org](http://www.auburnnuu.org).

**April 8** — Eclipse Viewing Party, 3-4 p.m., Roberts Farm Preserve, 58 Roberts Rd., Norway, bring your eclipse glasses or pinhole viewer to Roberts Farm to watch this exciting event.

Weather permitting, free, registration required.

**April 8** — Moonshadow Community Pancake Breakfast, 8:30 - 10:30 a.m., Undercroft of the church, Church of the Good Shepard, 2614 Main St., Rangeley, menu includes buttermilk pancakes, bacon, hot beverages, juices, more information on either the Vigil or the Breakfast, please contact the church office at 207 864-3381 or email [admin@goodshepherdrangeley.org](mailto:admin@goodshepherdrangeley.org).

**April 11 + 18** — Woodland Wonderplay, 9:30-11:30 a.m., Shepard’s Farm Preserve, 121 Crockett Ridge Rd., Norway, join us for nature exploration & play! Educator Lisa Henderson will guide little ones and their caregivers, geared towards 3-5-year-olds, older and younger siblings welcome, free, registration required.

**April 11** — How much is your antique vase worth? 1:00 – 4:00 p.m., Community Meeting Room, Lithgow Library is located at 45 Winthrop Street in Augusta, donation to the Friends of Lithgow Library is required for each appraisal, Thomaston Place Auction Galleries will offer evaluations, for more information, please call the library at (207) 626-2415 or visit our website at [www.lithgowlibrary.org](http://www.lithgowlibrary.org).

**April 13+14** — Grand and Glorious Yard Sale, 9 a.m. to 3 p.m. Saturday, 9 to noon Sunday, Wayfair Building located at Brunswick Landing, 46 Burbank Avenue, Brunswick. Admission is free both days.

**April 8** — Happy Eclipse Day at Rangeley Public Library, 11 a.m. - 5:00 p.m. (not normal hours), Rangeley Public Library in our back garden, spend time in our shelves or computer center while you wait. A note of warning- we will be sending everyone

outside and closing the doors at around 3:20 pm, to encourage every patron to be present for the event. We will reopen shortly after Totality is completed.

**April 20** — Understanding Symbolism on Maine’s Early Gravestone, 10 a.m. in the library’s Community Meeting Room, Lithgow Public Library, 45 Winthrop Street, Augusta, FMI call 207.626.2415 or [www.lithgowlibrary.org](http://www.lithgowlibrary.org).

**April 20** — Annual Smile Fund, 9 a.m. to noon, West Parish Congregational Church. All donations to this sale will be used to buy dentures for adults that need them. Donations of household goods, books, toys, and puzzles may be dropped off at the Congregational Church starting on Friday, April 12. For an application for dentures call the church at 207-824-2689. FMI, please contact Jane Chandler at [jane.h.chandler@gmail.com](mailto:jane.h.chandler@gmail.com).

**April 20** — Earth Day Trailhead and Garden Cleanup, 10 a.m.-2 p.m., Alan Day Community Garden, Whitman Street, Norway, give back to celebrate Earth Day by helping us clean-up the Farm to Town Trailhead and the Alan Day neighborhood, come back to the garden for lunch and afternoon activities, wear safety vests, work gloves, boots, free, registration required, meet at the garden.

**April 20** — Spring French Toast & Pancake Breakfast, 6:30 a.m. - 10 a.m., Leeds Volunteer Fire Department, Ridge Road, Route 106, Leeds, french toast, pancakes, eggs, bacon, sausage, ham, home fries, coffee, cider and OJ, Adults \$10, Kids 4-12 \$6, funds raised will be used to replace air packs and air bottles.

**April 21** — Vernal Pool Explorations, 10 a.m.-12 p.m.,

## MAINE NEWS PAGE

If you are hosting a free community event and would like it added to our calendar, please email your details to: [mainenews@turnerpublishing.net](mailto:mainenews@turnerpublishing.net) and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster. Our Maine Events calendar page is FREE for free community events. Church, library and school event news is free on this page. If you are a business and/or charging admission/fee, there is a charge for a display ad on these pages. Email: [mainenews@turnerpublishing.net](mailto:mainenews@turnerpublishing.net). Call 207-225-2076 for prepayment 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](http://www.turnerpublishing.net/pdf/Deadlines.pdf)

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Smith Bridge Preserve, 577 Allen Hill Road, Norway, learn to identify vernal pool species: wood frogs, spotted salamanders, and the elusive fairy shrimp with our partners at Lakes Environmental Association, free, registration required.

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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# kids' corner

## New Word

### METER

the rhythm of a piece of poetry



# Did you find Coop?

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

Name \_\_\_\_\_

Address \_\_\_\_\_

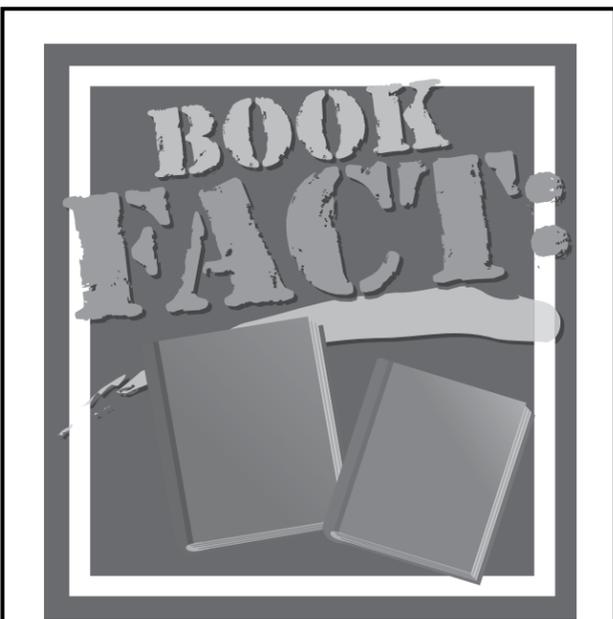
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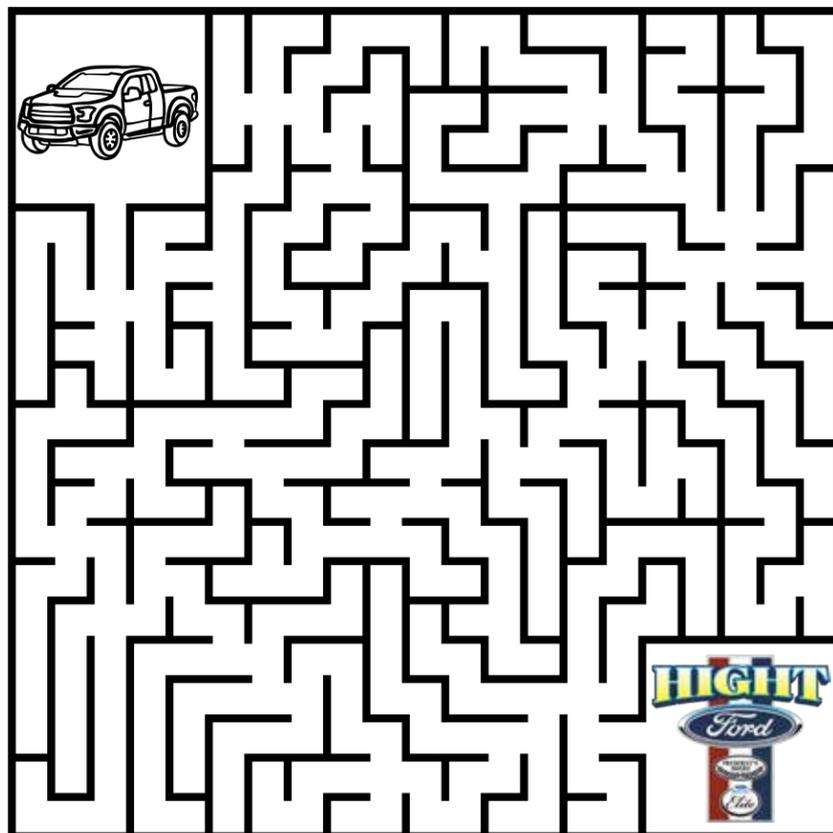
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ANSWER: POETRY



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Figure out maze and return to Hight Ford, 242 Madison Ave for a chance to win a prize.

## How they SAY that in...

**ENGLISH:** Verse

**SPANISH:** Verso

**ITALIAN:** Verso

**FRENCH:** Strophe

**GERMAN:** Verse

## Did you KNOW?

POETRY CAN BE TRACED BACK TO ANCIENT CIVILIZATIONS SUCH AS MESOPOTAMIA, EGYPT AND GREECE.



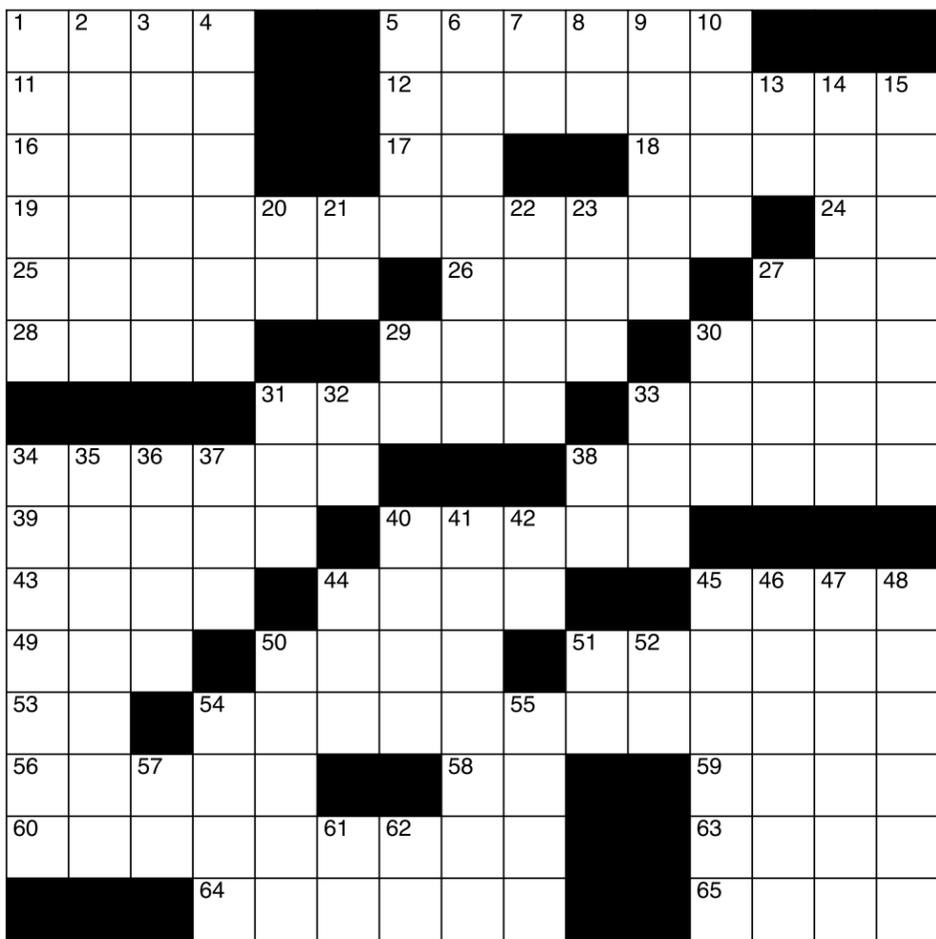
## GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: HARDCOVER BOOKS

# Crossword



**CLUES ACROSS**

- 1. Database management system
- 5. Medical procedures
- 11. \_\_\_ Clapton, musician
- 12. Defender
- 16. Exert oneself
- 17. Indicates position
- 18. Quay
- 19. Atrocities
- 24. A way to address an adult man
- 25. Ends
- 26. Unable
- 27. Taxi
- 28. Gratuities
- 29. A famous train station
- 30. Japanese persimmon
- 31. Sours
- 33. Beneficiary
- 34. Baseball official
- 38. Confused situation
- 39. Unworldly
- 40. Yemen capital
- 43. Type of soil
- 44. Beloved beverage \_\_\_-Cola
- 45. Lying down
- 49. \_\_\_ Angeles
- 50. Fail to amuse
- 51. Collapsible shelter
- 53. Commercial
- 54. Taste property
- 56. Lordship's

jurisdictions

- 58. It cools your home
- 59. Dismounted
- 60. Charge in a court of law
- 63. One less than one
- 64. Spoke
- 65. Famed garden

**CLUES DOWN**

- 1. Show a picture of
- 2. Small sultanate
- 3. Unfortunate incident
- 4. A way to ski
- 5. Abba \_\_\_, Israeli politician
- 6. Observed
- 7. "Westworld" actor Harris
- 8. Belonging to me
- 9. Shoelace tube
- 10. Takes to civil court
- 13. Early multimedia
- 14. Produces anew
- 15. Horse races
- 20. Of I
- 21. Equally
- 22. Changes color
- 23. A place to stay
- 27. Town in Galilee
- 29. Mathematical figure
- 30. Klingon character
- 31. They \_\_\_
- 32. Atomic #58

- 33. Showed up extinct
- 34. Loosen grip
- 35. Unpleasant smell
- 36. Innermost membranes enveloping the brain
- 37. Esteemed college "league"
- 38. Partner to Pa
- 40. Small American rail
- 41. A salt or ester of acetic acid
- 42. Sodium
- 44. Military figure (abbr.)
- 45. Lighted
- 46. Paid to get out of jail
- 47. All of something
- 48. Ohio city
- 50. More abject
- 51. A radio band
- 52. Scientific development (abbr.)
- 54. Monetary unit
- 55. Scored perfectly
- 57. A punch to end a fight
- 61. The Golden State (abbr.)
- 62. The Beehive State (abbr.)



# APRIL

## FREE OUTDOOR ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Yoga with Jill</b> 65 Water St. (Riverside) 5:30 - 6:30 p.m.	2 <b>Bike Maintenance Clinic</b> 65 Water St. (Riverside) 5:00 - 6:30 p.m.	3	4	5	6 <b>Forest Bathing</b> 65 Water St. (Riverside) 10:00 - 11:30 a.m.
7 <b>Basecamp Closed</b>	8 <b>Solar Eclipse Basecamp Closed</b>	9 <b>Midday Walkabout</b> 65 Water St. (Riverside) 12 - 1 p.m.	10 <b>R.E.A.C.H. After School Program</b>	11 <b>R.E.A.C.H. After School Program</b>	12	13 <b>Somerset Outing Club Farm Experience</b>
14 <b>Basecamp Closed</b>	15 <b>Yoga with Jill</b> 65 Water St. (Riverside) 5:30 - 6:30 p.m.	16 <b>Drysuit Repair Clinic</b> 65 Water St. (Riverside) 5 - 6:30 p.m.	17	18	19 <b>Skowpendous</b> Municipal Parking Lot 5 - 7:30 p.m.	20 <b>Waterfall Hike</b> Moxie & Cold Stream Falls 10 a.m. - 2 p.m.
21 <b>Basecamp Closed</b>	22 <b>Yoga with Jill</b> 65 Water St. (Riverside) 5:30 - 6:30 p.m.	23 <b>Midday Walkabout</b> 65 Water St. (Riverside) 12 - 1 p.m.	24 <b>R.E.A.C.H. After School Program</b>	25 <b>R.E.A.C.H. After School Program</b>	26	27
28 <b>Basecamp Closed</b>	29 <b>Yoga with Jill</b> 65 Water St. (Riverside) 5:30 - 6:30 p.m.	30	<p><i>Visit us and learn more at <a href="http://SkowheganOutdoors.com">SkowheganOutdoors.com</a> or <a href="https://facebook.com/skowheganoutdoors">facebook.com/skowheganoutdoors</a>   207-612-2571</i></p> <p><i>For the gear lending library find us at Skowhegan Outdoors Basecamp, 65 Water St. (Riverside)</i></p>			



# Skowhegan early childhood wing reaches \$3 million-dollar fundraising milestone

The Building Better Beginnings Campaign Committee, led by Kennebec Valley Community Action Program and Chaired by Skowhegan native Sam Hight, Principal, Hight Family of Dealerships, successfully rallied a community of passionate leaders reaching over 100 donors to meet the \$3 million-dollar fundraising goal in just 18 months! "I am so proud of our community's support of learning beginning at birth," expressed Jonathan Moody, MSAD #54 School Superintendent. "Including infants and toddlers in the new school construction is an investment that will pay off in the short term and in the long run," adds Hight. "This is how you build a strong economy. These are our future workers and community members." The Department of Educa-

tion (DOE) determined that a new MSAD #54 elementary school in Skowhegan is critical for the region. The new school will serve children from birth to 11 years, providing continuity for children and families. Skowhegan celebrates this project as Maine's first new school build encompassing space for younger children, achieved through public and private funding streams. The school will also house the Somerset Career and Technical Center Early Childhood Education high school students, providing a meaningful placement for hands-on learning and experience and creating opportunities for a career pathway in education. The longstanding partnership between MSAD #54 and KVCAP, and the outcome results of Educare Central Maine, a KVCAP-operated

national research model, serve as key influencers of this community early care and education model. The comprehensive services provided align and integrate staff training, child assessment and growth tracking across learning environments for increased student achievement and kindergarten readiness, and positive parent and family outcomes. This \$75.44 million construction project broke ground in July 2023 and will be ready to enroll 800 students in August 2025. This includes four infant and toddler classrooms and eight preschool classrooms in a dedicated early childhood wing. The DOE will provide all of the funding for the entire birth-grade 5 school except for \$4.5 million. The successful Building Better Beginnings \$3 million fundraising

campaign for the early childhood wing includes \$2.5 million to support the build and an additional \$500,000 for operations to incorporate Educare's quality training and technical assistance. The remaining funding for the build will be covered by a (previously approved) bond by Skowhegan voters. "This project ultimately highlights how a community can address educational access and opportunity, altering the poverty cycle in rural Maine," says Suzanne Walsh, CEO of KVCAP. "I am humbled by the support and success of our fundraising efforts. Our goal could not have been met without the incredible dedication of our fundraising committee, our donors, the local community, and the partnership between KVCAP/Educare and MSAD#54. "The \$3

million dollars demonstrates commitment to a program, but it is only the beginning. True success will rely on the ongoing support for quality operations that we have developed," explains Sam Hight. Phase two of the campaign will focus on securing additional operational funds to ensure high-quality programming with a continued focus on a whole-family approach - a family-led strategy that provides parents and children with the tools to set, plan for, and achieve their goals by reducing barriers to success. Anyone interested in learning more or supporting phase two of the Building Better Beginnings campaign should contact Tracye Fortin at 207-859-1616 or [tracyef@kvcap.org](mailto:tracyef@kvcap.org). Campaign Committee members include: Sam Hight, Campaign Chair;

Principal, Hight Family of Dealerships Tracye Fortin, Campaign Director; COO, KVCAP Child & Family Services/Educare Central Maine Chelsea Carrier, Lawyer; Member, Carrier Chipping; Committee Chair, Skowhegan Backpack Program, Nicole Chaplin, Program Director, Early Childhood, KVCAP Child & Family Services Gail Gibson, Veterinarian, Animal Medical Clinic; Member, KVCAP Board of Directors Michael Lambke, Physician, Redington-Fairview General Hospital Erin Merrill, Senior Director Major Gifts, Thomas College Jonathan Moody, Superintendent, Maine School Administrative District #54 Richard St. Pierre, CPA, CFO; Member, KVCAP Board of Directors Suzanne Walsh, Chief Executive Officer, KVCAP.



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# Seasonal Guide

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## Hop on these tips for a great Easter egg hunt

Metro

Egg hunts are a traditional component of many people's Easter celebrations. Children often delight in searching for eggs around the house or in the backyard. Egg hunts are so popular that they have become a component of many town-sponsored festivities. In fact, the White House hosts its annual Easter Egg Roll each year.

There are many ways to make Easter egg hunts more enjoyable and productive for participants of all ages. Try these "eggcellent" ideas.

- Designate a clear hunting area. Young children can grow frustrated searching for eggs in large areas. Set parameters for the search area that are manageable depending on the ages of the children participating. If you'll be in a large yard or field, tape off the search area perimeter.

- Vary the prizes. Candy, candy and more candy seems to be the name of the game on Easter. But too many sweets can lead to stomach aches for young Easter celebrants. Instead, mix and match the prizes contained in the eggs. Candy can be in some, money in others, and perhaps small toys in a few eggs. Another clever idea is to mix the egg hunt with charades. Put charade prompts in some eggs so that kids have to act out what they read inside for added fun.



Metro photo

- Special privilege egg. Hide one egg that gives the finder the opportunity for a special honor. It may include getting the first slice of the holiday ham or being able to choose a movie that the entire family watches together after dinner.

- Label eggs for equity. When there are children across a

wide range of ages, label the eggs with the children's names or utilize a color-coded system to ensure that everyone has an equal shot at finding eggs.

- Keep a master list. It can be hard to remember where each egg is hidden, so keep a running list of where they are or take photos with a phone of the hiding spots. This way you're not left to discover a chocolate-filled egg teeming with ants come summertime.

- Make custom baskets. Children will need something to carry their eggs. Prior to the egg hunt, let them decorate bags or baskets with Easter trinkets for custom creations.

Easter egg hunts are a time-honored tradition. The opportunities for fun are endless when families plan accordingly.



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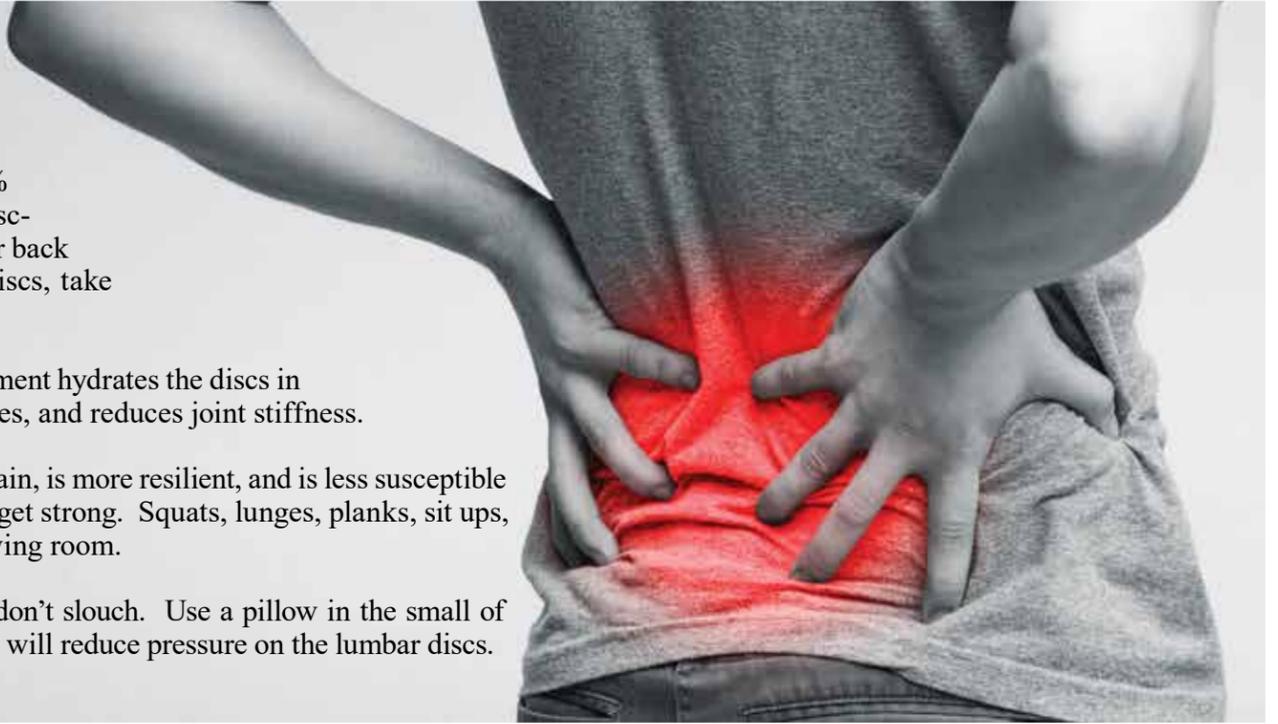


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**Anna Staehli Wiser**  
DPT, FAAOMPT,  
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# 4 Expert Tips to Treat Back Pain on Your Own:



**1. Stop sitting so much:** Sitting puts 40% more stress on spinal discs than standing. Disc-related pain is one of the top reasons for lower back pain. To reduce pressure on your lumbar discs, take breaks from sitting every 30 minutes.

**2. Walk more:** Walking and general movement hydrates the discs in your back, increases blood flow to the muscles, and reduces joint stiffness.

**3. Get stronger:** A stronger body has less pain, is more resilient, and is less susceptible to injury. You don't have to go to the gym to get strong. Squats, lunges, planks, sit ups, and push ups can all be done right in your living room.

**4. Use lumbar support:** If you must sit, don't slouch. Use a pillow in the small of your back to maintain the natural curve. This will reduce pressure on the lumbar discs.

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Metro photo

**Previously ran in March, 2014**

Complimentary Alternative Medicines (CAM) have been growing in popularity over the past decade. CAM are natural products and services used to proactively improve health and in many instances compliment some medical treatments.

Some CAM services include things like yoga, Reiki, nutrition therapies, and acupuncture. CAM products can be everything from vitamins to herbal treatments to specific foods and food supplements.

CAM has become popular due to the fact that more and more people are tired

of the side-effects of taking prescription drugs, are becoming more educated about their health and are in search of healthier alternatives. They are reaching for natural remedies to solve their health issues and they are taking control despite the fact that many alternative treatments have limited research.

The complementary alternative medicines that I am referring to that may improve digestive disorders are diet based therapies such as gluten free and herbal remedies such as ginger and turmeric and milk thistle, to name a few.

Roughly 38% of adults use these natural remedies for health purposes, according to the National Institute of Health Funded surveys. The market overview report by Natural Foods Merchandisers estimates sales of 81 billion in 2012 which was a 10% increase from 2011. 2013 also showed growth. With the rising healthcare cost and the ongoing issue of uninsured Americans, CAM products and services are expected to continue to grow.

**Heartburn Relief**

Instead of antacids try slippery elm lozenges.

Slippery elm is a gel-like substance that coats the throat. It's also available as a tea and or capsule and can be found in most health food stores.

Pineapple and pineapple extracts can also ease heartburn, indigestion and an upset stomach due to the digestive enzymes it contains. Pineapple extract can be found in some health food products but like always, your best source is the real thing, fresh pineapple.

**Irregularity**

Probiotics have been marketed to help in the treatment of diarrhea and constipation. Probiotics contain bacteria therefore the effectiveness. One word of caution is that there are many different types of probiotics on the market with many different types of bacterial strains.

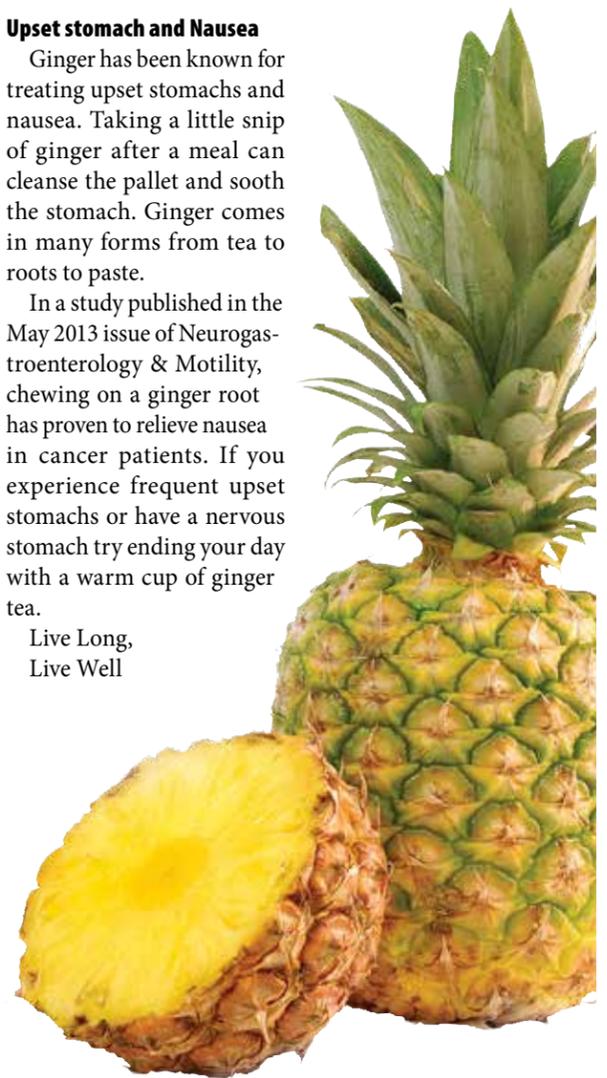
Not all bacterial strains have been studied for efficacy and one may need to explore different brands in order to find what works for them.

**Upset stomach and Nausea**

Ginger has been known for treating upset stomachs and nausea. Taking a little snip of ginger after a meal can cleanse the pallet and sooth the stomach. Ginger comes in many forms from tea to roots to paste.

In a study published in the May 2013 issue of Neurogastroenterology & Motility, chewing on a ginger root has proven to relieve nausea in cancer patients. If you experience frequent upset stomachs or have a nervous stomach try ending your day with a warm cup of ginger tea.

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## Devyn DeLeonardis receives MPA Principal's Award

NORTH ANSON — Devyn DeLeonardis, son of Frederick and Amanda of North Anson, a senior at Carrabec High School, has been selected to receive the 2024 Principal's Award, according to Principal Peter Campbell. The award, sponsored by the Maine Principals' Association, is given in recognition of a high school senior's academic achievement, citizenship and leadership.

Mr. DeLeonardis has distinguished himself in the classroom. He has challenged himself and through his hard work and perseverance has made him one of the top students



Devyn DeLeonardis

in the class of 2024. Devyn is a member of the National Honor Society and was selected as the first student to represent his class as Student of the Month.

It is in the areas of citizenship and leadership that Devyn DeLeonardis truly excels. His eagerness and enthusiasm make him a leader and a role model in our school. This year Devyn achieved a feat that very few manage. He earned the rank of Eagle Scout, a rank that only about 5% of all scouts manage to obtain. Devyn has more than doubled the required number of community service

hours required to graduate. To exemplify that, he was quick to present his thoughts on how students could earn more hours of service by helping individuals affected by the recent flood.

For all of these reasons, Mr. Campbell is proud to announce that Devyn DeLeonardis is the Carrabec High School MPA Award recipient for 2024. Devyn will attend an awards luncheon on April 6, 2024, where he will receive his award and be eligible to be selected for one of ten scholarships. Congratulations Mr. DeLeonardis!

## Dawson Turcotte accepted into UNE Doctor of Osteopathic Medicine Program

SKOWHEGAN — Dawson Turcotte, son of Kris and Eric Turcotte of Skowhegan was accepted into the University of New England's Doctor of Osteopathic Medicine Program beginning July 2024. Dawson will graduate with his bachelor's degree in medical biology from the University of New England this May. Dawson is a 2021 graduate of Skowhegan Area High School.



Dawson Turcotte

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# Samara Horwitch new real estate agent with C-21 Venture Ltd

Century 21 Venture Ltd.'s President, Bruce Holmes, is pleased to announce that Samara Horwitch has recently joined their team of professional real estate agents! Century 21 Venture Ltd. has been providing real estate services in Central Maine for over 40 years. 'Sam' lived and worked in the Augusta area for several years before being associated with Century 21 Venture and has also worked as an administrator for the firm.



Samara Horwitch

and sellers across Maine. A lifelong Mainer, Sam grew up on a farm in New Gloucester, where early on she was fascinated by all

things in nature. Along the way, Sam developed a curious interest in Maine real estate. She now brings her enthusiasm to the brokerage family at C-21 Venture! Sam resides in Lewiston where she has strong community values and involvement. Go 'Lewiston Strong!'

When she's not selling homes and helping clients, she enjoys watching New

England sports (and has been known to travel to Boston to attend games), hiking adventures through the Maine woods, and kayaking and swimming along Maine's Coast.

Sam would love to take the stress out of real estate transactions for you! You can reach her at (207) 520-7299, [MaineRealtorSam@gmail.com](mailto:MaineRealtorSam@gmail.com), or visit Century 21

Venture Ltd.'s office at 1 Orchard Street, Augusta, Maine. Welcome to the team, Sam!

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## EASTER COLORING CONTEST

We're on the hunt for **EGGCELLENT** artists!

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Good Luck, Everybunny!

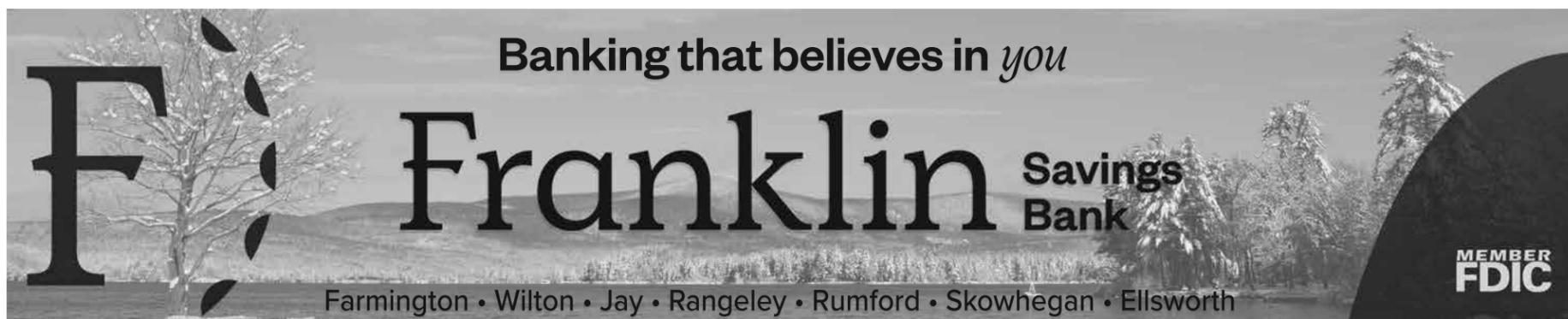
Now let's hop to it: Decorate this Easter picture with your favorite colors, then send it to us for your chance to win!

**Coloring Contest Rules:**  
1. Contest is open to children ages 4-10.  
2. Entries are considered property of this newspaper and may be printed by this newspaper.  
3. All entries must be postmarked before April 1, 2024 for consideration.

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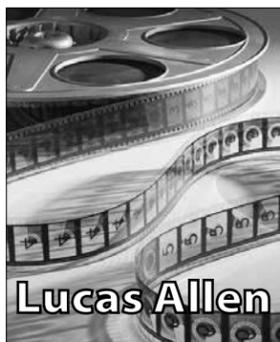
**Coloring Contest Entry Form:** Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Parent's Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
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To Enter, mail the completed picture and entry form to: **Turner Publishing, PO Box 214, Turner ME, 04282**  
or email a picture of the coloring to: [kidscorner@turnerpublishing.net](mailto:kidscorner@turnerpublishing.net) with *Easter Coloring Contest* in the subject line.



## MOVIE REVIEW

# Drive-Away Dolls



(Focus Features)

The Coen Brothers have made some of the most offbeat comedies and thrillers in their eclectic filmography with a hit-and-miss track record. Much like his brother Joel, Ethan strikes out on his own with his first solo feature as director in the outrageous comedy *Drive-Away Dolls*. Co-written with wife and producer Tricia Cooke, the movie aims to recapture that oddball magic of some of

the brothers' beloved works and cult hits.

In the year 1999, free-spirit Texan Jamie (Margaret Qualley) and uptight Marian (Geraldine Viswanathan) are best friends, but each is having a personal crisis. The former just broke up with her officer girlfriend Sukie (Beanie Feldstein), while the latter is dealing with emotional issues at work. Together, the two embark on a road trip to Tallahassee, Florida for some bird watching. However, the car they rented from a local dealer named Curlie (Bill Camp) was meant for two goons Arliss (Joey Slotnick) and Flint (C.J. Wilson), who were also heading to Tallahassee.

While the Chief (Colman Domingo) has the two men follow them down the road, the two girls are having

quite an adventure with Jamie trying to get Marian to live a little more. Eventually, they find a metal case containing some shocking contents that were previously bought by a shady businessman (Pedro Pascal in a cameo) with the intent to sell. With the goons on their trail, the two girls will have to find a way out of a messy situation including crossing paths with a crooked senator (Matt Damon).

With elements of *Pulp Fiction* and *Dumb & Dumber*, the movie seems to be wearing the 90s on its sleeve right down to the year it takes place. While not as memorable nor quotable as those movies along with the Coens' own *Fargo* and *The Big Lebowski*, it does have its fair share of entertaining moments. Things do tend to

go from light to dark in a snap, and the pacing moves naturally without being boring.

The humor can be all over the place at times especially when it gets too outrageous for its own good. Be forewarned that some parts of the movie are not for everybody's tastes, including what the metal case ultimately reveals. In fairness, the movie gets more interesting as things escalate quickly to a final satisfying moment.

The only real downside of this otherwise brisk 83-minute film is its constant detours into unnecessary padding. There are times when the main characters' own "misadventures" can slow the main story down when you want to get from one scene to the next. There are also

some psychedelia trippy visuals as scene transitions that will at first make you question why they're there. Of course, these sequences will have much meaning later in the film (along with a surprise cameo from a modern pop star), but they hardly fit with the rest of the film. Even with a decent script like this, it could've used another pass before filming.

With her Texan accent, Qualley helps elevate this film as its quirkiest and unpredictable main character. Her co-hort Viswanathan has a very interesting character arc that gradually evolves throughout the movie's good portion. While Domingo plays the quiet villain pretty well, Feldstein is too one-note going for obnoxious and loud. The two goons can be considered

the best-supporting characters in the film, but the interactions between them are written like random pieces of dialogue stitched together from other scenes. The highlight is seeing both Damon and Pascal in their cameo roles though the former has a much brighter moment to shine.

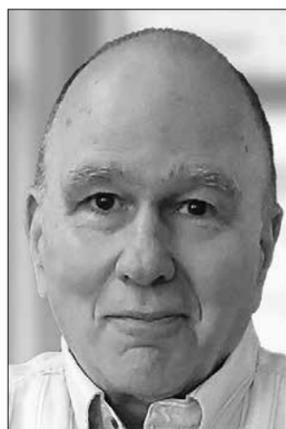
It's no classic, though *Drive-Away Dolls* will likely find an audience beyond being out in theaters. It's still a hilarious fun ride if you can get past the padding throughout its short feature-length runtime.

**THE MOVIE'S RATING:** R (for crude sexual content, full nudity, language, and some violent content)

**THE CRITIC'S RATING:** 3 Stars (Out of Four)

## A FEW WORDS by: John Governale

# An old shed



John Governale

When I was in the second grade, my mother, my brother, and I lived in a small house in Lawton, Oklahoma. Mom worked evenings as a waitress.

There was a new chain-link fence in the front, but around back, the spacious yard was protected by a sad sort of chicken wire enclosure that was easy for my brother and I to slip in and out of when mom was napping in the afternoons.

Near our yard was a dilapidated shed surrounded by junk. We weren't supposed to go there because the rusted pipes, broken glass, empty paint cans, useless car parts, and stacks of gray, nail-filled rotting lumber made it much too dangerous.

The shed was dark and full of spiderwebs, but we didn't care about going inside. What we

did, instead, was climb on top of the tired little building and jump off. This required courage and accuracy, the only safe place to land was a clear one-foot-square in the middle of the debris. I don't know why it never occurred to us to widen the drop zone. Maybe that was part of the allure, having to stick your landing every time or face disfigurement.

One day while there alone, I overshot the mark, fell forward, and cut my hand on a broken jar. As I ran back to our yard and slipped through the chicken wire, I tried, despite my tears, to invent a plausible explanation for my injury. If I told Mother the truth, she would, first of all, have a heart attack to think we'd been leaping off the shed. Then my brother would get

punished for leading me into such foolish behavior. And, of course, he would then beat me up for getting hurt and not being smart enough to lie about it.

"Mom," I said in a shaky voice, holding my bleeding hand, "I was climbing on the front yard fence and I cut myself."

Mother came instantly awake from her nap and inspected my wound.

"Haven't I told you not to climb on that fence?"

"Yes, Ma'am."

"Well, it looks like you're going to have to get a tetanus shot and maybe stitches," she said with a sigh.

Other than a trip to the doctor, that's all there was to it—except for a strong admonition not to climb on the front yard fence, which I promised not to do.

My brother and I continued, on occasion, to leap off the shed. This was back in the 1950s.

In 1986, I was stationed at Fort Sill, which is located next to Lawton. I went to see our old house, but it had been torn down and replaced by an apartment complex. To my amazement, though, the shed was still there, looking much as I remembered it, except that the junk around it was all gone. For a moment I thought about climbing up and jumping off—just once for old-time's sake—but the building had been weathered when I was a boy and now didn't look like it would bear a breeze, much less the weight of a grown man.

I was tempted, though.

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# MADISON MEMORIAL HIGH SCHOOL SPRING SPORTS SCHEDULE

## BASEBALL & SOFTBALL

Date	Opponent	HOME AWAY
4/3	DEXTER	H or A
4/6	EL, GNG	CMCC - SB ONLY
4/6	OOB	A - BB ONLY
4/9	PCHS	H or A
4/11	WINSLOW	A
4/15	LISBON	A
4/17	DIRIGO	H - SB ONLY
4/19	MARANACOOK	A
4/22	MT ABRAM	H
4/24	SPRUCE	A
4/26	WINTHROP	H - BB ONLY
4/29	TELSTAR	H - SB ONLY
5/1	MONMOUTH	A
5/3	SPRUCE	H
5/6	LISBON	H
5/8	MT VALLEY	A
5/10	MONMOUTH	H
5/15	HALL DALE	H
5/17	OAK HILL	H
5/20	TELSTAR	A
5/22	BOOTHBAY	H
5/24	DIRIGO	A
5/29	MT ABRAM	A
6/4	PRELIM	
6/6	QUARTER FINAL	
6/8	SEMI FINAL	
6/11	REGIONAL FINAL	
6/15	STATE FINAL	



## TRACK

Date	Location
4/16	LISBON
4/23	HALL DALE
5/4	LISBON
5/8	HALL DALE
5/14	MARANACOOK
5/23	MVC CHAMPIONSHIP
6/1	STATES

## BOYS TENNIS

Date	Opponent	H/A
4/22	MT VALLEY	H
4/24	DIRIGO	H
4/29	BOOTHBAY	A
5/3	DIRIGO	A
5/4	SINGLES	CHAMP
5/6	WINTHROP	A
5/10	BOOTHBAY	H
5/11	MVC DOUBLES	TOURN
5/13	SPRUCE	A
5/15	MT VALLEY	A
5/16	CARRABEC	H
5/17	SINGLES	CHAMP
5/18	SING/ DOUB	CHAMP
5/20	SING/ DOUB	CHAMP
5/27	SPRUCE	H

Dates and times are subject to change.

## GIRLS TENNIS

Date	Location	H/A
4/22	MT VALLEY	A
4/26	OAK HILL	H
4/29	MARANACOOK	A
5/3	DIRIGO	H
5/4	SINGLES	CHAMP
5/6	WINTHROP	H
5/10	BOOTHBAY	A
5/11	MVC DOUBLES	TOURN
5/13	SPRUCE	H
5/16	CARRABEC	A
5/17	SINGLES	CHAMP
5/18	SING/ DOUB	CHAMP
5/20	SING/ DOUB	CHAMP
5/22	HALL DALE	H
5/27	SPRUCE	A

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# 2024 SKOWHEGAN SPRING SPORTS SCHEDULE

## VARSITY SOFTBALL

DATE	OPPONENT	PLACE	TIME
4/20	Camden Hills	SAHS	3:00pm
4/22	at Messalonskee		4:15pm
4/24	Mt. Ararat	SAHS	4:00pm
4/27	at Brewer		12:00pm
4/29	Nokomis	SAHS	4:00pm
5/1	at EL	@ CMCC	4:00pm
5/3	Mt. Blue	SAHS	4:00pm
5/6	Oxford Hills	SAHS	4:00pm
5/8	at Bangor		4:30pm
5/10	at Lawrence	3:30pm	
5/15	Hampden Ac.	SAHS	4:00pm
5/17	at Mt. Blue		4:00pm
5/20	at Brunswick		4:00pm
5/22	at Oxford Hills		4:00pm
5/24	Lewiston	SAHS	4:00pm
5/28	Messalonskee	SAHS	4:00pm

## JV SOFTBALL

DATE	OPPONENT	PLACE	TIME
4/20	at Camden Hills		TBD
4/22	Messalonskee	SAHS	4:00pm
4/24	at Mt. Ararat		4:15pm
4/27	at Brewer		2:00pm
4/29	at Nokomis		4:00pm
5/1	Edward Little	SAHS	4:00pm
5/3	at Mt. Blue		4:00pm
5/6	at Oxford Hills		4:00pm
5/8	Bangor	SAHS	4:00pm
5/10	at Lawrence		5:30pm
5/15	Hampden A.	SAHS	6:00pm
5/17	Mt. Blue	SAHS	4:00pm
5/20	Brunswick	SAHS	4:00pm
5/22	Oxford Hills	SAHS	4:00pm
5/24	at Lewiston		4:00pm
5/28	at Messalonskee		4:00pm

## VARSITY BASEBALL

DATE	OPPONENT	PLACE	TIME
4/20	Camden Hills	Madison	3:00pm
4/22	at Messalonskee		4:15pm
4/24	Mt. Ararat	Madison	4:30pm
4/27	at Brewer		12:00pm
4/29	Nokomis	Madison	4:30pm
5/1	at EL	@ CMCC	4:00pm
5/3	Mt. Blue	Colby College	7:00pm
5/6	Oxford Hills	Colby College	7:00pm
5/8	at Bangor		4:30pm
5/10	at Lawrence		3:30pm
5/15	Hampden Ac.	Colby College	4:30pm
5/17	at Mt. Blue		4:00pm
5/20	at Brunswick		4:00pm
5/22	at Oxford Hills		4:00pm
5/24	Lewiston	Colby College	4:30pm
5/28	Messalonskee	Madison	4:30pm

## JV BASEBALL

DATE	OPPONENT	PLACE	TIME
4/20	at Camden Hills		TBD
4/22	Messalonskee	SAMS Field	4:00pm
4/24	at Mt. Ararat		4:15pm
4/27	at Brewer		2:00pm
4/29	at Nokomis		4:00pm
5/1	Edward Little	Madison	4:30pm
5/3	at Mt. Blue		4:00pm
5/6	at Oxford Hills		4:00pm
5/8	Bangor	Madison	4:30pm
5/10	at Lawrence		5:30pm
5/15	Hampden Ac.	Colby College	6:30pm
5/17	Mt. Blue	SAMS Field	4:00pm
5/20	Brunswick	Madison	4:30pm
5/22	Oxford Hills	SAMS Field	4:00pm
5/24	at Lewiston		4:00pm
5/28	at Messalonskee		4:15pm

## TRACK AND FIELD

DATE	LOCATION	TIME
4/20	Skowhegan HS	10:00am
4/26	Lewiston HS	3:30pm
4/2	MCI HS	11:00am
3/24	Mt. Ararat HS	3:30pm
5/8	Nokomis HS	3:30pm
5/11	Waterville HS	10:00am
5/16	Winslow HS	3:00pm
5/25	KVACs @ Messa. HS	10:00am

## BOYS TENNIS

DATE	OPPONENT	PLACE	TIME
4/11	Brewer	Camp Somerset	3:00pm
4/22	at Mt. Blue	Mt. Blue	4:00pm
4/24	at Messalonskee	Messalonskee	4:00pm
4/29	Camden Hills	Camp Somerset	4:00pm
5/3	at Bangor	Bangor	4:00pm
5/6	Waterville	Camp Somerset	4:00pm
5/8	atHampden Ac.	Hampden	4:00pm
5/13	Brunswick	Camp Somerset	4:00pm
5/15	at Edward Little	Edward Little	4:00pm
5/22	Messalonskee	Camp Somerset	4:00pm
5/24	at Camden Hills	Camden Hills	4:00pm
5/28	Mt. Blue	Camp Somerset	4:00pm

## GIRLS TENNIS

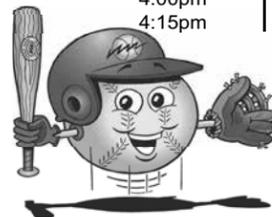
DATE	OPPONENT	PLACE	TIME
4/11	Brewer	Camp Somerset	TBD
4/22	Mt. Blue	Camp Somerset	4:00pm
4/24	Messalonskee	Camp Somerset	4:00pm
4/26	at Oxford Hills	Oxford Hills	4:00pm
4/29	at Camden Hills	Camden Hills	4:00pm
5/3	at Bangor	Bangor	3:30pm
5/6	at Waterville	Waterville	4:00pm
5/8	Hampden Academy	Camp Somerset	4:00pm
5/13	at Brunswick	Brunswick	4:00pm
5/22	at Messalonskee	Messalonskee	4:00pm
5/24	Camden Hills	Camp Somerset	4:00pm
5/28	at Mt. Blue	Mt. Blue	4:00pm

Dates and times are subject to change.

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## Medal Winning Schools announced in the 7th Annual WinterKids Winter Games

WESTBROOK – The 7th annual WinterKids Winter Games wrapped up this February with 16 schools competing state-wide to win a total of \$17,750 for their schools! The Winter Games is a 4-week series of challenges in outdoor physical activity, nutrition, family engagement, and winter carnival.

All Competitive Track schools received a cash prize based on how they finished. In addition, 60 schools (57 in Maine, two in New Hampshire, and one in Indiana) participated as part of our Play-Along track. This non-competitive track allows schools to play along at their own pace.

All told, 10,000 kids in Maine participated in the WinterKids Winter Games, between the competitive and play-along versions of the program. 2024 WinterKids Winter Games Top Winning Schools:

**BRONZE MEDAL** (\$1,500 cash prize): West Bath School, West Bath (Sagadahoc County)

**SILVER MEDAL** (\$3,000 cash prize): Rangeley Lakes Regional School, Rangeley (Franklin County)

**GOLD MEDAL**

(\$5,000): Williams-Cone School, Topsham (Sagadahoc County)

Schools placing 4th through 10th earned \$750 each, while schools placing 11th through 16th earned \$500. These funds may be used at the discretion of the school, though WinterKids hopes to see the money support increased student health and outdoor physical activity. “This program is so much more than 4 weeks of competition. It has been an incredible catalyst for family involvement, local community support, and teachers making their schools healthier with outdoor learning,” says Julie Mulkern, WinterKids Executive Director. “WinterKids is so proud of the kids, and everyone involved!” Embracing outdoor learning helps to counteract the negative effects of excessive screen time – particularly for those in elementary school. WinterKids provides resources for both teachers and parents to get their kids outside and active, including the WinterKids Learn Outside Guide, the WinterKids App, and downloadable activities on the organization’s website at [www.winterkids.org](http://www.winterkids.org).

### STUDENT NEWS

#### Emerson College student Ella Conway from Skowhegan earns Dean’s List for Fall 2023 semester

Boston, MA — Emerson College student Ella Conway from Skowhegan is named to the College’s Dean’s List for the fall 2023 semester. The requirement to make the

Dean’s List is a grade point average of 3.7 or higher for that semester.

Conway is majoring in Media Arts Production and is a member of the Class of 2026.

#### Maia Macek named to Hamilton College Fall 2023 Dean’s List

Clinton, NY — Maia Macek of Madison has been named to the Dean’s List at Hamilton College for the 2023 Fall semester.

To be named to the Dean’s List, a student must have carried a course load

of four or more graded credits throughout the semester and earned an average of 3.5 or above on a 4.0 scale.

Macek, a junior majoring in art, is a graduate of The American School in Japan.

#### Michaela Bisson named to Honors List

WELLS — Michaela Bisson of Winslow has been named to the Dean’s List for the Fall 2023 Semester at York County Community College.

York County Community College students are

recognized each semester for their outstanding academic achievements. Presidents List: 4.0 GPA; Full-Time Study Dean’s List: 3.5 GPA; Part-Time Study Dean’s List: 3.5 GPA.

#### Mercer resident named to Clark University’s Fall Dean’s List

Worcester, MA — Maya L. Patten of Mercer was named to second honors on the Clark University Dean’s List. This selection marks outstanding academic achievement

during the fall 2023 semester. Students must have a GPA of 3.8 or above for first honors or a GPA between 3.50 and 3.79 for second honors.

#### Sophie Wheeler named to Dean’s List at Bates College

Lewiston, ME — Sophie Wheeler of Skowhegan was named to the Dean’s List at Bates College for the Fall/Winter semester ending in December 2023. This

is a distinction earned by students whose grade point average is 3.92 or higher. Wheeler is majoring in Theater and Rhetoric, Film, Screen Studies at Bates.



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Medicare evaluates plans based on a 5-star rating system. Star Ratings are calculated each year and may change from one year to the next. Generations Advantage 2019 Overall Ratings: 5 Stars for HMO Contract H5591; 4.5 Stars for LPPO Contract H1365. RPPO Contract R0802 was too new to receive a 2019 Star Rating. Visit [www.Medicare.gov](http://www.Medicare.gov) for more information. For more information on Generations Advantage, you can also call 1-877-553-7054 (TTY:711). We're available 8 am-8 pm, seven days a week from October 1 to March 31; and Monday through Friday the rest of the year. This is an advertisement. Martin's Point Generations Advantage is a health plan with a Medicare contract offering HMO, HMO-POS, HMO SNP, Local and Regional PPO products. Enrollment in a Martin's Point Generations Advantage plan depends on contract renewal. Martin's Point Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-877-553-7054 (ATS : 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-553-7054 (TTY: 711).

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