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Volume 18, Issue 9 - April 2024

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Scouters honored for decades of service

WINSLOW — Three Scouters were recognized for decades of service helping youth develop in the Scouting programs. Scouting only happens due to the continued service of these volunteers. Scott Bernier of Augusta was honored for 45 years of Scouting tenure, Alan Duplessis for 35 years and Karla Talpey for 30 years. Both Duplessis and Talpey are from Jackman. All three were recognized during the Kennebec Valley District Scouting Recognition Dinner held on March 24 at the Winslow Parks and Recreation Hall.

The Veteran Award recognizes adults for their tenure in Scouting. (Note, however, that tenure earned as a youth member may be included.) Veterans agree to live up to their Scouting obligations, make themselves available for service and be active in promoting Scouting as circumstances permit. They must also be currently registered in the BSA. Veterans receive a certificate and veteran pin, which is for non-uniform wear.

Submitted photo

Karla Talpey, Alan Duplessis and Scott Bernier received their awards. Each has delivered more than three decades of service to Scouting and Bernier has been lending a hand for forty years.

Three Scouters receive New Unit Organizer Award

WINSLOW- William D. Boyce signed the papers to make the Boy Scouts of America official at exactly 11:03 a.m. on February 8, 1910. On March 24, volunteers from across the area gathered at the Winslow Parks and Recreation Hall to honor three Scouting leaders who helped get two new Scouting programs off the ground to benefit their communities. Sabrina Garfield of Winslow and Christopher and Jamie Santiago of Vassalboro were recognized for restarting Cub Scout Packs 445 and 410 respectively in 2022 and keeping them active and vibrant. The award they received was named for Chicago publisher William D. Boyce.

Submitted photo

Sabrina Garfield, Christopher Santiago, and Jamie Santiago receive their James D. Boyce New Unit Organizer Awards at the Kennebec Valley District Scouting Recognition Dinner held on March 24 at the Winslow Parks and Recreation Hall.

William D. Boyce was in London in 1909 when he got lost in the fog. Out of the fog stepped a "little lad of 12" who offered to help him find his way. Boyce tried to give the youngster a tip, but the boy refused, saying he was just doing his Good Turn as a Scout. Boyce was intrigued by the Scout Movement, which had begun in 1907 in England. He returned home from England with pamphlets, badges and a uniform. Six months later, on Feb. 8, 1910, Boyce incorporated the Boy Scouts of America.

The William D. Boyce Award is presented to those who help start a new or restart a defunct Cub Scout Pack, Scout Troop, Venture Crew or Sea Scout Ship. In essence, the recipient must lead the entire process of organizing a new unit. The process begins when a prospective chartered organization is assigned and ends when the new unit renews its charter for the first time and receives Journey to Excellence recognition at the Bronze Level or above.

"I am so thankful to my Scouting village," Sabrina Garfield said. "I am grateful for this experience with my kids, not just because of what it teaches them but because it's so much more than just that. It's a family affair. Cub Scouting gives the kids a chance to teach things to others and to learn from others. It's taught them about leadership and teamwork and how to compromise. It's taught me too. And I have met some pretty amazing people through this journey."

Christopher Santiago said, "Scouting is a true labor of love for me, and as much as I do, I wouldn't be able to do it without the supportive and engaged parents in my two units representing the Town of Vassalboro and Vassalboro BSA Scouting Troop 410 and Pack 410, as well as the amazing Scouters whom I have come to know as mentors and colleagues. These awards are because of all of them!"

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Funny Things Kids Say!

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

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

Ellen B. Laine, New Auburn

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

Dottie Libby, Poland

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

Name:_____

Address:_____

City:_____ State:_____

Zip:_____

Email Address:_____

Phone:_____

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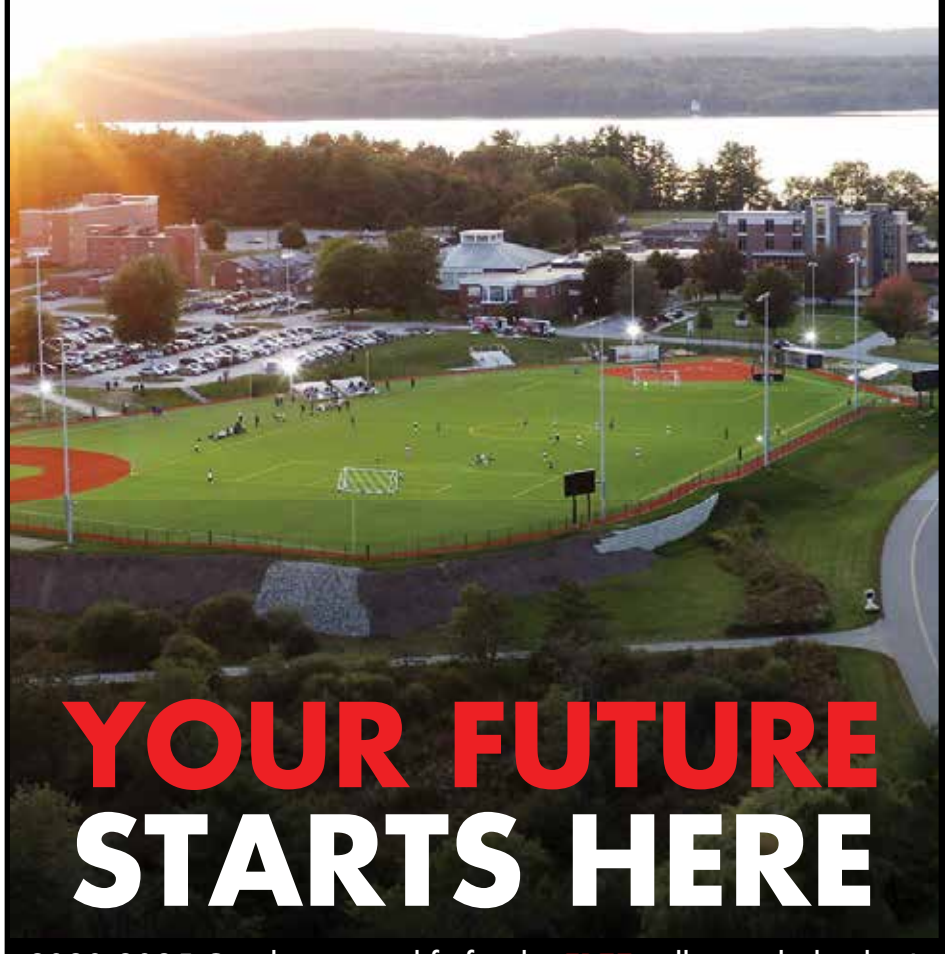

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MAINE CALENDAR

APRIL

April 20 — Clothes Closet Clearance Sale, 10 a.m.-2 p.m., Casco Village Church, United Church of Christ, 941 Meadow Rd. in Casco, all winter items must go to make room for Spring! Fill a brown grocery bag for $5! (Limit 6 bags), contact us at 207-627-4282.

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.*

April 20 — BOOK SALE, 9 a.m. – 2 p.m. A BIG, well-organized sale of books for readers of all ages and interests plus DVDs, videotapes, music CDs, and puzzles. Pricing is by donation with all proceeds going to the Wilton Public Library. At 128 Weld Street, Wilton, ME (next to the Wilton Town Office).

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 a*t 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., 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.

April 25 - Great Falls Forum, "Bringing Youth Voices from LA to the World," 12 noon to 1 p.m., Callahan Hall, Lewiston Public Library, 200 Lisbon Street, Lewiston, free, bring your bag lunch, coffee, tea, and water available, public program, information on lecture available by contacting Lewiston Public Library at 513-3135 or *LPLReference@lewistonmaine.gov.*

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

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

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

April 27 — Annual Topsham Train Show, 10:00 a.m. to 3:00 p.m., Mount Ararat High School, $5 per person and children under 12 are free, will have meet and greet at 12:30 pm and 1:30 pm for everyone to participate.

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

MAY

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

May 3 — Little Keepsakes: My Little Sunshine Tote Bags in honor of Mother's Day, 10:00 a.m. - 11:30 a.m., Lewiston Public Library Children's Department, 200 Lisbon Street, Lewiston, caregivers will be able to create a personalized keepsake tote bag using the handprints of their young children, for more information about our programs please contact the Lewiston Public Library's Children's Department at 207-513-3133 or by email: *LPLKids@lewistonmaine.gov*.

May 4 —Shred-a-thon, 8 a.m.-noon, Food City, Bridgton, downsizing, decluttering, clearing out a home, closing an office, rain-or-shine, drive-through, no appointments are needed, documents can be boxed or bagged, you do not have to remove clips or file hangers—everything gets shredded! Certificates of Destruction are available on request. Suggested donation is $18.00 per box (bankers' box - 15 x 12 x 10 inches).

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

May 4 — Last Sheaf Building Materials Exchange. Sat. May 4, 8am-2pm. New and used discount building Materials (Greater discounts for low-income home owners). Come join us for free:
· Coffee and donuts
· Activities for the children
· Lunch starting at 11am
102 Lisbon Street, Lisbon, ME. 207-407-4002

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

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

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

May 18 — Plant Sale, 8 a.m., Gardiner Library Association, 152 Water St., Gardiner, all types of plants are welcome- natives, cuttings, seedlings, divided perennials, herbs, and vegetables, plants need to be healthy, and pest-free. No invasive species, plants must be in pots and labeled,will sell for $1, $3, $5 and $10, all proceeds from sale will go to Gardiner Library Association for maintaining building and garden, deliver plants to the Library on Friday May 17th between 3 p.m. and 7 p.m. (or before 7:30 a.m. on May 18th), any questions please contact John Woytowicz at 207-592-0692 or Kathy Brown at 443-739-6458.

May 18 — Spring Sale at the Congregational Church of East Sumner, 9 a.m.-1 p.m., 50 Main Street, Rte. 219, Sumner, plants, breakfast sandwiches and beanhole bean lunch, baked goods, frozen chicken pot pies, raffle items, book sale, crafters, FMI: Cyndy 388-2667.

May 19 — Mahoosuc Community Band Spring Concert, 4 p.m., Bingham Auditorium, Gould Academy, band plays with Gould students during this school year, conducted by Jim McLaughlin. Donations are accepted at the door to defray the cost of music. FMI contact Scott Hynek *(hynek@roadrunner.com*).

MONTHLY MEETINGS

WATERVILLE: Understanding Symbolism 6-week Grief Support Group, starting March 21, every Thursday 6:00 – 7:30 p.m., Hospice Volunteers of Waterville Area Community Center, 304 Main Street, Waterville, trained bereavement volunteers, free-of-charge, for more information or to register, contact Sarah Swift-Simons, Executive Director at 873-3615 x 15 or email *sarah@hvwa.org.*

AUGUSTA: Greater Augusta AARP Chapter 511 meets 4th Wednesday of the month Mar-Oct and 2nd Wednesday Nov and Dec. Meetings are from 10:00-11:00 a.m., lunch following at Cohen Community Center, 22 Town Farm Rd., Hallowell, dues are $7.00 annually, lunch is $5.00 per person, call (207) 480-9658 for more information.

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

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

SKOWHEGAN: St. Anthony's Soup Kitchen, 273 Water Street, 1st and 3rd Tuesdays of each month and every Thursday, 3 p.m. to 4 p.m. For more information or to help: (207) 474-2039.

WATERVILLE: A Service for Veterans, Veteran Service Officer from the Bureau of Veterans' Services will be available to meet with you from 8 a.m. – 2 p.m. first Thursday of the month at the Muskie Community Center, 38 Gold Street, Waterville, appointments are 30 minutes. To reserve your private appointment, call (207) 873-4745.

WATERVILLE: Family Caregiver Education and Support Group, Third Wednesday, Monthly 1 – 2:30 p.m., Spectrum Generations' Muskie Community Center, 38 Gold Street, Waterville, to learn more, visit the front desk receptionist at the Muskie Center or call (207) 873-4745.

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

MAINE CALENDAR PAGE

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Proofreaders
Jared Wood
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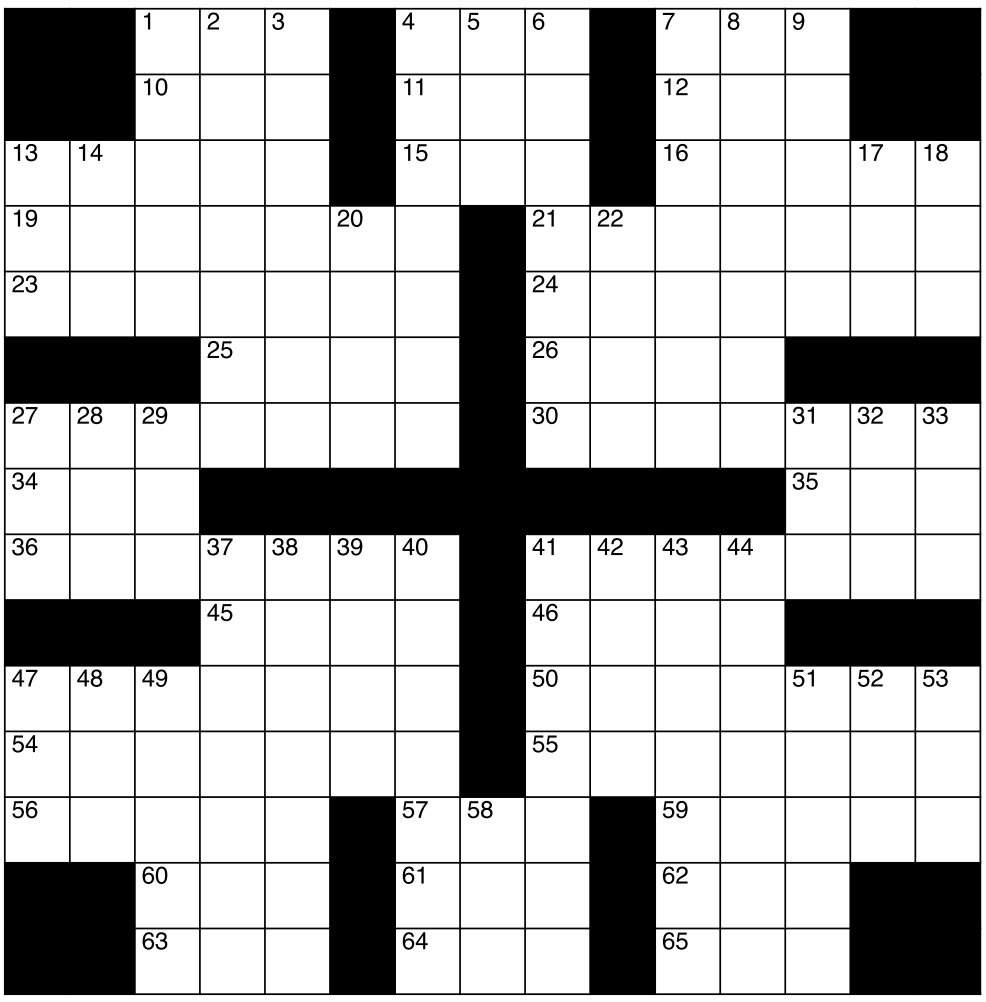

CLUES ACROSS

1. Midway between south and southeast
4. For each
7. Airborne (abbr.)
10. Photographs
11. They __
12. It's important in respiration (abbr.)
13. Monetary unit
15. Cool!
16. A son of Jacob
19. Cut off
21. Devour
23. Agent of one's downfall
24. Best
25. Network of nerves
26. Partner to "oohs"
27. Origins
30. Sewing utensil
34. Alias
35. Swiss river
36. Greek mythological figure
41. Type of whiskey
45. Lay to rest
46. "Rule, Britannia" composer
47. Select jury
50. Feeling
54. Action regarded as morally wrong
55. Makes angry
56. Act incorrectly
57. Defensive nuclear weapon
59. Class of escort aircraft carrier
60. To what degree
61. Buzzing insect
62. The human foot
63. "The Leftovers" actress Dowd
64. A place to stay
65. Sun up in New York

CLUES DOWN

1. An involuntary muscular contraction
2. Earnest
3. Cuts out surgically
4. Can't move
5. Baseball stat
6. British soldier
7. Traditional medicine plants
8. Political party controlled by managers
9. Hebrew prophet
13. Supporter
14. Relative biological effectiveness (abbr.)
17. Liberty Mutual mascot
18. Georgia rockers
20. A place where building is done
22. Large, deep-bodied fish
27. Clothing retailer
28. Supplement with difficulty
29. Annoy constantly
31. Founder of Babism
32. Indigenous person in parts of Asia
33. Sea eagle
37. Leave behind
38. Time of day
39. Colorless crystalline compound
40. They lay out course requirements
41. A diamond has three
42. Algerian coastal city
43. Remove cover
44. Rechristened
47. Distinctive practice
48. Defunct phone company
49. Turkish officer of high rank
51. Eliminate from the body
52. Witness
53. Soviet Socialist Republic
58. Founding Father Franklin

Famous Birthdays

APRIL 14
Sarah Michelle Gellar, Actress (47)

APRIL 15
Chris Stapleton, Singer (46)

APRIL 16
Sadie Sink, Actress (22)

APRIL 17
Victoria Beckham, Singer (50)

APRIL 18
Kourtney Kardashian, Reality Star (45)

APRIL 19
Loren Gray, Singer (22)

APRIL 20
Shemar Moore, Actor (54)

Sudoku

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

Level: Advanced

Horoscopes

ARIES - Mar 21/Apr 20
Aries, this is a great week for transformation. Be careful where you direct your attention, as what you do will have lasting effects. Choose your plans wisely.

TAURUS - Apr 21/May 2
Use this week's powerful energy to strip away all of the unnecessary static in your life right now. It is doing more harm than good. Open yourself up to new opportunities, Taurus.

GEMINI - May 22/Jun 21
Gemini, there is a lot of stuff going on around you, and you need to sort through the noise to determine your priorities. Things will start to become more clear this week.

CANCER - Jun 22/Jul 22
You are in a great position to make some lasting and strong impressions on others, Cancer. Focus on group work, as this will showcase how well you work with others.

LEO - Jul 23/Aug 23
Leo, you do not know which direction to go in this week, and that is perfectly fine. Try out different options and figure out what fits best. This will require some trial and error.

VIRGO - Aug 24/Sept 22
Virgo, you have a tremendous amount of power at your disposal this week. Use all of it wisely and thoughtfully. Others will be strongly affected by your presence.

LIBRA - Sept 23/Oct 23
A conflict in your life that you may feel is beyond your control may crop up at the worst time, Libra. Use this as a learning opportunity on how to cope under pressure.

SCORPIO - Oct 24/Nov 22
Scorpio, you have the power to produce a powerful outcome, even if it seems that forces are working against you. Do not give up; in fact, double down your efforts.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, take things with a grain of salt if people seem insensitive to your feelings this week. You don't know what others have going on in their lives.

CAPRICORN - Dec 22/Jan 20
Nothing can stop you when you put a lot of gusto behind your efforts, Capricorn. Just be mindful of who you might affect if you take things with a little too much ambition.

AQUARIUS - Jan 21/Feb 18
Aquarius, are you getting the sense that something is going on around you that you're simply not a part of? Maybe your exclusive invitation is just waiting in the wings. Be patient.

PISCES - Feb 19/Mar 20
Pisces, stand up for what you want, even if means that you are taking a different stance than others. You don't have to please everyone in every endeavor.

kids' corner

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 _____

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Paper _____

Page #_____ Phone # _____

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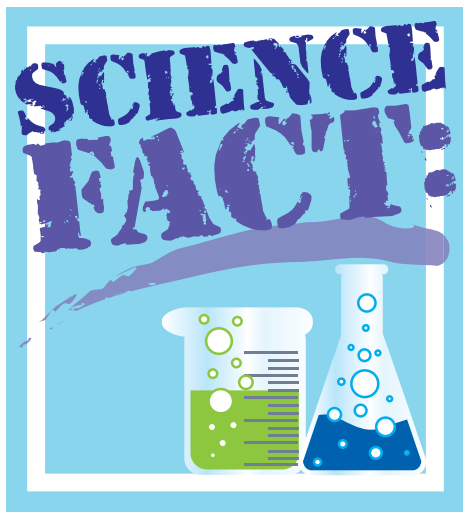

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ANSWER: GRASS

How they SAY that in...

ENGLISH: Mow

SPANISH: Cortar

ITALIAN: Falciare

FRENCH: Tondre

GERMAN: Mähen

What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

A

B

Answers: 1. Dog rolling in grass 2. Flower in blue flower pot 3. Missing plant on cart 4. Tree has an extra branch

THIS DAY IN... HISTORY

- **1803:** THOUSANDS OF METEOR FRAGMENTS FALL FROM THE SKIES OF L'AIGLE, FRANCE. THIS CONVINCES SCIENTISTS THAT METEORS EXIST.

- **1900:** FIRES CONSUME THE CANADIAN CITIES OF OTTAWA AND HULL, DESTROYING THEM IN 12 HOURS.

- **1954:** THE FIRST CLINICAL TRIALS OF JONAS SALK'S POLIO VACCINE BEGIN.

Did You Know?

CENTRE COURT AT WIMBLEDON IN ENGLAND IS THE MOST EXPENSIVE LAWN IN THE WORLD. THIS TENNIS COURT REQUIRES A LOT OF UPKEEP.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: GARDEN GNOME

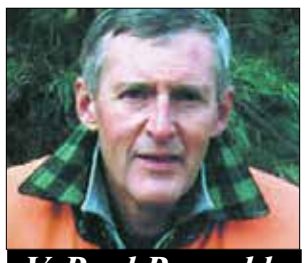
New Word

LAWN

an area of short, mown grass in a yard

FEATURE COLUMN

The Bucket List



V. Paul Reynolds

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

It's somewhat satisfying to look back at your life and realize that you have pretty much outlived your bucket list. Whether you are an outdoors person, or not, you probably have a list of things you'd like to do before Father Time pulls down the curtain.

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

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

To each his own. Some of us are more Walter Mitty-prone than others. A late middle-aged man I know is still scouring the website for his next thrill, whether it's bungee jumping over the Grand Canyon or buckling in for a zip ride over the Trolltunga Rock in Norway.

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

A late friend, who had a penchant for taking chances, always insisted that "if it ain't scary, it ain't no fun!" And wouldn't you know it, he died from old age. He probably nailed it. How else can you explain

some humans' yearnings when it comes to so-called extreme outdoor adventures?

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

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

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

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

If the elder George Bush could skydive at the age of 85 years of age perhaps it wouldn't hurt for you and me to find ONE thing from the reverse bucket list and give it a shot. After all, adventures like these do add excitement to life and some say, free what is inside of us all. Helen Keller, who could neither see nor hear, said that "life should be a daring adventure."

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

Even more excitement is planned for 2024 Taste of Waterville event

WATERVILLE — Mid-Maine Chamber of Commerce's 32nd Annual Taste of Waterville is planned for Wednesday, July 31, from noon to 10 p.m. at the Head of Falls off Front Street in downtown Waterville.

Taste of Waterville is an adult-focused, day-long event with a variety of food options from area restaurants and food trucks, vendors, live music, beer/wine gardens and brew samplings. There will be a return of our expanded cornhole tournament. This year we will feature a dunk tank with area celebrities and some additional activities to add to the excitement.

This year's evening music will include the Downeast Brass band, with additional bands and performers planned throughout the day, currently under development. Watch for the announcement of our opener and headliner bands coming soon.

Applications are now being accepted for restaurants, food trucks and food-related vendor participants. Taste of Waterville encourages participation from both Mid-Maine Chamber members and non-members throughout the region. To reserve a spot for this year's event, please contact *Cindy@midmainechamber.com.* For more information and forms, visit *www.tasteofwaterville.com.*

Easter Coloring Contest Winners:

Willow Kev, Gorham - Natalie Sarle, Mexico - Lucia Twitchell, Oxford

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Sen. LaFountain hosts Waterville Senior High School Select Choir at the State House

AUGUSTA — On Tuesday, Sen. Dave LaFountain, D-Winslow, hosted the Waterville Senior High School Select Choir in the Senate Chamber. The Select Choir opened the session day with their rendition of the National Anthem, and five members served as Honorary Pages.

"It was great to welcome students from Waterville Senior High School to the Maine Senate," said Sen. LaFountain. "I always enjoy sharing the talent within Senate District 16 with my colleagues, and I'm glad the students were able to stay after the anthem to help us complete our work efficiently. If you're interested in singing the anthem or paging, please let me know."

On session days, the Senate Secretary's Office also manages the Honorary Page Program in the Maine State Senate. Open to students in third grade through twelfth grade, Honorary Pages perform various duties such as delivering messages, distributing documents within the Senate Chamber, interacting with State Senators, and – most importantly – taking part in a real-world, legislative learning experience.

Submitted photo

Senator Dave LaFountain (center, back row) and members of the Waterville Senior High School Select Choir —including Abigail Sims, Greta Limberger, Riviera Hernandez, Penny Graham, Brooke Chamberlain, Tessa Donovan, and Sarah Johnson — in the Senate Chamber.

STUDENT NEWS

Zachary Craig was named to Fall 2023 Dean's Honors List at Cedarville University

Cedarville, OH — Zachary Craig of Benton was named to the Dean's Honor List at Cedarville University for Fall 2023. This recognition requires the student to obtain a 3.75 GPA or higher for the semester and carry a minimum of 12 credit hours.

Aidan Enck was inducted into The Honor Society of Phi Kappa Phi

Baton Rouge, LA — Aidan Enck of Gorham was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society. Enck was initiated at The University of Tampa.

Enck is among about 25,000 students, faculty, professional staff and alumni initiated into Phi Kappa Phi each year. Membership is by invitation only and requires nomination and approval by a chapter. Only the top 10 percent of seniors and 7.5 percent of juniors are eligible for membership. Graduate students in the top 10 percent of the number of candidates for graduate degrees may also qualify, as do faculty, professional staff and alumni who have achieved scholarly distinction.

Health & wellness Your Health, Mind & Body Connection

Leg Cramps

Jodi Cornelio

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Avoiding Leg Cramps:

Have you ever woken up in the middle of the night with a muscle cramp in your leg? We know these as charley horses, and they most commonly occur in your calf or hamstring but can happen in any muscle in your body. They feel like a big knot in your muscle, can be incredibly painful and may happen unexpectedly. They usually last for 30 seconds to minutes. Straightening your leg or standing up on a cold floor may help get rid of the cramp in your leg if it catches you by surprise in the middle of the night. Grabbing it, pounding it, or rubbing it will do little good and may even cause you more pain or damage after the charley horse disappears so please take caution with that.

Why do cramps happen:

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

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

Metro photo

Most muscle cramps are not usually harmful but they are often painful. Self-care measures like properly hydrating, eating nutritious foods, and stretching after exercise can prevent and treat most muscle cramps and charley horses.

When to see a doctor:

Muscle cramps usually go away on their own. They do not usually need medical care. However, see a health care provider for cramps that: Do not go away, cause severe discomfort, have leg swelling, redness, or skin changes, or come with muscle weakness. If these muscle cramps happen daily or very often and do not get better with self-care practices such as nutrition adjustments and hydrating methods, it is time to consult your physician.

Factors that might increase the risk of muscle cramps include:

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

Steps to help prevent and decrease muscle cramps:

Hydrate daily. Muscles need fluids to work well. Drink liquids during heavy activities and throughout the day. Water or other liquids without caffeine or alcohol are recommended. If you are involved in heavy activity as part of your daily routine or if you are an athlete training long hours it is not a bad idea to include a high-quality electrolyte drink in your hydration plan. These high-quality drinks or powders should include Water, Sodium, Potassium, Chloride, Calcium, Magnesium, Phosphate, Bicarbonate

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

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

As always I hope these health tips help you enjoy a cramp-free Spring.

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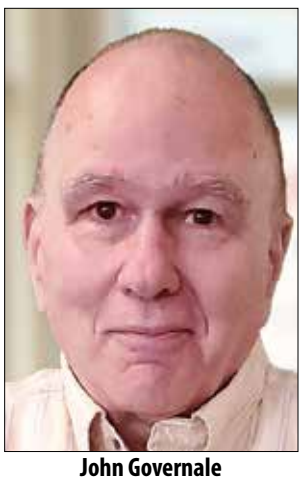
A FEW WORDS by: John Governale



John Governale

Polar, the Titanic Bear

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

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

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

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

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

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

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

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

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

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

Let's now jump ahead 75 years to the early 1990s. A fellow named Leighton H Coleman III was looking through a trunk in his grandfather's barn and found diaries and photo albums that had belonged to his great-grand aunt, Daisy Spedden. He also found the sole copy of the book that Daisy had written for her son.

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

Visit polarthetitanicbear.com to learn more. Also, you can find readings of the book on YouTube. There is a good one by Nancy Batliner.

THE HEALTHY GEEZER

Fred Cecitti

Sciatica

Q. I'm getting pain in my right leg and my doctor says it's sciatica. Could you write one of your columns about this?

Sciatica is pain that runs down the sciatic nerve from your lower spine to your buttock and down the back of your leg. Age-related changes in the spine are a common cause of sciatica.

Other sciatica symptoms include numbness, muscle weakness, a burning sensation and tingling. In rare cases, there is a loss of bladder or bowel control. Usually, only one side of your body experiences sciatica.

Most of the time, sciatica goes away within a few weeks of rest. If it doesn't go away, see a doctor. About 85 percent of patients with sciatica get better over time without surgery.

Sciatica is caused by damage to the sciatic nerve, which is the longest nerve in the body. This nerve controls the muscles of the back of the knee and lower leg and provides sensation to the back of the thigh, part of the lower leg and the sole of the foot.

A common cause of sciatica is a herniated disk—also known as a ruptured or slipped disk. Disks are pads of cartilage that cushion the vertebrae in your spine. If a disk ruptures, it can press against a nerve root in your spine causing pain.

Other causes of sciatica include:

• Trauma. A blow to your spine can injure nerve roots.

• Tumors. As they grow, tumors can compress the spinal cord or the nerve roots.

• Stenosis. If sections of the spinal canal narrows, there can be pressure on the spinal cord.

• Piriformis syndrome. The piriformis muscle runs from your lower spine to each thighbone. This muscle can put pressure on the sciatic nerve.

• Spondylolisthesis. This occurs when one vertebra slips slightly forward over another vertebra and pinches the sciatic nerve. This condition is often caused by degenerative disk disease.

Cigarettes are bad for your back. Smoking increases your risk of developing sciatica by blocking the body's ability to deliver nutrients to the disks of the lower back.

Get emergency treatment for sciatica if: you have sudden, severe pain in your lower back or leg; numbness or muscle weakness in your leg; pain following a violent injury, or you have trouble controlling your bowels or bladder.

There are many ways to treat sciatica including injections, pain-relieving drugs, muscle relaxants, hot or cold packs, physical therapy and surgery.

To avoid sciatica, you should:

• Exercise regularly.

• Sit with good posture and lumbar support.

• Take frequent breaks if you work at a desk.

• Adjust your car seat so that your knees and hips are level and you aren't overreaching for the pedals.

• If you stand for long periods, rest one foot on a stool. (Bar rails were invented to reduce back discomfort.)

• When lifting, bend your knees, not your back. Lift with your legs.

• Carry objects close to your body.

• Don't reach and lift objects; pull them close to you first. Remember this tip when emptying a car trunk.

• Sleep on a good mattress; if you wake up with back pain, you need a new one.

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ShineOnCass Animal Baby Shower & PJ Party planned

ALBION — Children dressed in their pajamas will welcome baby lambs, goats, calves and other newborn animals also wearing pajamas, on May 5 at the ShineOnCass Animal Baby Shower & PJ Party at Hart-to-Hart Farm & Education Center in Albion. The annual event for children features educational stations that include learning how to milk a cow, fetching eggs from the chicken coop, spinning lamb's wool, and participating in goat yoga. Children will be able to hold, and have photos taken with, the newborn baby animals.

Hart-to-Hart Farm & Education Center is a family-owned and operated organic dairy farm that offers spring and summer day camp educational programs for children. The ShineOnCass Animal Baby Shower is held each year in honor of Cassidy Charette, an Oakland teen who died in a hayride accident in 2014 and who was a longtime summer camper at Hart-to-Hart Farm.

Families attending the free event are asked to bring food and pet items to donate to the Humane Society Waterville Area in memory of Cassidy, who was also a shelter volunteer.

There will be two sessions offered: 10 to 11:30 a.m. and 12:30 to 2 p.m., with a limited capacity of 80 children per session. Pre-registration is required at shineoncass.org or hart2hartfarm.org. For more information, email *shineoncass@gmail.com.*

Goat Yoga Instructor Chelsey Oliver at ShineOnCass Animal Baby Shower & PJ Party (1)

Cass at Farm Camp (2)

Submitted photos

ShineOnCass announces new community service scholarship

OAKLAND — The ShineOnCass Foundation announces a new $1,000 ShineOnCass Community Service Scholarship to be awarded annually to one area high school senior who makes service and kindness part of their everyday life. The scholarship is created in honor and memory of Cassidy Charette, a longtime volunteer in the central Maine community and former Messalonskee student, who died in a hayride accident in 2014.

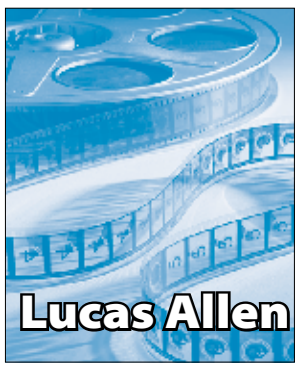
Qualified applicants for the scholarship must live in the school district of Lawrence, Messalonskee (RSU 18), Waterville, or Winslow high schools; be accepted into a 2-year associate degree program, or 4-year college/university; and demonstrate their commitment to service in their community. The deadline to apply for the ShineOnCass Community Service Scholarship is April 22, 2024.

The newly created ShineOnCass scholarship is in addition to the foundation's annual $4,000 ShineOnCass Memorial Scholarship in Memory of Cassidy Jean Charette, originally established by Cassidy's Messalonskee High School Class of 2016. The ShineOnCass Foundation awards over $10,000 in local scholarships every year supporting higher education, aspiring young violinists, youth soccer, children attending summer farm camps, and other awards recognizing youth service and kindness.

To apply for the ShineOnCass Community Service Award, or to learn more about other scholarship opportunities offered by the ShineOnCass Foundation, visit *shineoncass.org.*

MOVIE REVIEW

Ghostbusters: Frozen Empire



(Columbia Pictures)

Ghost Heads rejoice, the Ghostbusters are back! 40 years after the original film slimed the world, Ghostbusters: Frozen Empire follows up from 2021's Ghostbusters: Afterlife by bringing the ghost-busting action back to New York City. Not only that, the fun goofball spirit of the previous films that was started by late filmmaker Ivan Reitman remains alive and well. In the director's chair this time is Gil Kenan (the man behind Monster House), who also wrote the script with Afterlife's director (and Ivan's son) Jason Reitman.

After moving away from Summerville, Gary (Paul Rudd) and the Spengler family made their new home at the Firehouse thanks to Winston (Ernie Hudson). But while mother Callie (Carrie Coon) and older brother Trevor (Finn Wolfhard) are trying to hold down the fort, the youngest Phoebe (McKenna Grace) keeps getting into trouble, including a recent job that incurred the wrath of Mayor Walter Peck (William Atherton). Grounded, she then finds solace with a newfound friend in the teenage ghost Melody (Emily Alyn Lind). Meanwhile, Ray Stantz (Dan Aykroyd) receives a mysterious orb from a guy named Nadeem (Kumail Nanjiani) and quickly discovers that it contains such dark power from within the spirit world.

But while Winston's engineers Lars (James Acaster) and Lucky (Celeste O'Connor) are examining the orb, Ray along with Phoebe and Podcast (Logan Kim) get information from librarian Hubert (Patton Oswalt) that the orb contains the dark spirit Garraka, who wants to spread ice and terror onto the world. One thing leads to another and Garraka is soon unleashed upon our modern world ready to create a second Ice Age. It's now up to our heroes alongside Peter (Bill Murray) and Janine (Annie Potts) to save the world once more.

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

There's also some heart to help go along with the laughs and the action, especially arcs for both Phoebe and Ray. The movie deals with aging and adolescence that wonderfully bridges the gap between generations, which fans from both of those eras can appreciate. Plus, the idea of our heroes having a Q-inspired lab to test out new gadgets is great and can offer potential for future installments. Whether live-action or animated, these filmmakers certainly have a limitless imagination to help keep the legacy going.

Naturally, you have a cast of returning and new actors doing wonderful work displayed on the screen. For starters, longtime fans will be very happy to see Aykroyd and company back together with Murray delivering fresh quips in his few scenes. The addition of Atherton as "pencil-neck" Peck proves to be very welcome as our heroes' classic antagonist. With Rudd, his goofball fatherly role works nicely here as in the Ant-Man movies, while Coon does her frustrating motherly role just as well. Grace once again stands out among the younger cast, and Nanjiani and Oswalt fill their parts perfectly.

For any fan of this franchise, Ghostbusters: Frozen Empire serves up a full platter of laughs, scares, and excitement. It's the kind of movie where you can sit back and watch the magic unfold before it leaves you smiling. As soon as you hear Ray Parker Jr's classic hit, it'll remain in your head for days.

THE MOVIE'S RATING: PG-13 (for supernatural action/violence, language, and suggestive references)

THE CRITIC'S RATING: 3.75 Stars (Out of Four)

We are looking forward to seeing you!

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HOW ARE YOU?

HealthReach thanks Lovejoy Community Board for years of support

ALBION – Connie Coggins, HealthReach President & CEO, and Nona Quirion, Lovejoy Health Center Practice Manager, together extend their gratitude to the Lovejoy Community Board for their years of support. The Lovejoy Community Board is the nonprofit board of community members that has overseen the Lovejoy Health Center building since its establishment in 1978. At the end of 2023, the Lovejoy Community Board held their final meeting before turning over building ownership to HealthReach Community Health Centers.

Nona Quirion, Lovejoy Health Center Practice Manager, says, "Lovejoy Health Center has enjoyed an amazing relationship with the Community Board. Many board members have given decades of personal and financial support, creating a comfortable, well-maintained, and well-appointed medical home for patients and staff alike over the past 45 years.

The Community Board has provided multiple additions and upgrades to the original building, with the most recent half-million dollar remodel and expansion completed in 2017. They have personally supported initiatives that include the donation of school supplies during Health Center weeks, Christmas gifts for patient families, support for Thanksgiving dinners, and yard sale fundraisers whose proceeds were given back to patients and families to meet basic needs.

Lovejoy Health Center wishes to express its gratitude to those who have taken such good care of us over the years!"

HealthReach Community Health Centers is a Federally Qualified Health Center consisting of twelve community health centers located across rural Central and Western Maine. Dedicated clinicians deliver high-quality healthcare – inclusive of behavioral health, substance use disorder, dental, and podiatric services – to residents of and visitors to Maine. To ensure access for everyone, HealthReach accepts Medicare, MaineCare, and major insurance providers. An Affordable Care Program is available to both uninsured and underinsured people. Assistance is available for applications to programs that help with your healthcare and medication costs – including enrollment support for Maine's Health Insurance Marketplace.

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

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

The state of local news -excerpt from American Journalism Project

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

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

But local news is disappearing.

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

Broken models

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

Ghost newspapers

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

The rise of misinformation

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

Dependency on national news sources that are removed from everyday life

Without a trusted local alternative, individuals have no choice but to turn to the echo chamber of national news outlets and social media for information. Local stories, when they are told by these institutions, become cherry-picked anecdotes that build on national tensions. They're used to engage a national audience rather than to inform a local one.

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

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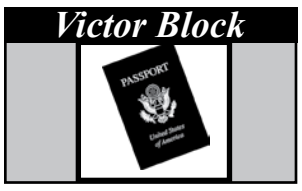
Broward County

Victor Block



After gallivanting throughout the United States and over 75 other countries. and writing about what he sees, does and learns, Victor Block retains the travel bug. He believes that travel is the best possible education, and still has a lot to learn. His stories have won a number of writing awards.

Some visitors speed through winding waterways in an airboat, keeping their eyes peeled for alligators, colorful birds and other creatures. Others soak up the sun at lovely white sand beaches.

Welcome to Broward County, Florida, tucked along that state's eastern coastline. For many vacationers, 24 miles of golden beaches are reason enough to drop by. Some stretches of sand are backed by sidewalks lined with restaurants, shops and other commercial establishments. Others are isolated expanses where sun seekers are few and far between.

The ocean is not the only body of water in the area. The Intracoastal Waterway, a 3,000-mile-long span of rivers, inlets and man-made channels, runs through on its way from Massachusetts to the southern tip of Florida.

Fort Lauderdale lives up to its reputation as the "Venice of 'America," interlaced with 165 miles of canals. Much available at the destination is water related. Boating is a major pastime, and I spotted vessels that ranged from minuscule outboard motorboats to luxurious yachts and everything in between.

Fishing also is popular, and I saw anglers trying their luck, and testing their skill, in the canals and ocean.

Back on land, other wildlife awaited discovery, and I didn't have to travel far from my home base in Hollywood to find it. That town, like the rest of Broward County, is full of things to see and do, yet compact enough that many sites are within a convenient commute.

A short drive brought me to the Flamingo Gardens, a botanical and wildlife sanctuary that is home to thousands of species of tropical and subtropical plants and animals ranging from alligators, bobcats, eagles and owls to countless flamingoes that wander around the grounds.

Alligators also were among the prey I spotted during an airboat ride through the flooded grasslands that blanket much of southern Florida. They were joined by a virtual aviary of birds with intriguing names like snake bird and long-legged gallinule.

Pelicans, dolphins and iguanas were among the wildlife I saw during an excursion in a Water Taxi,

Flamingos

which travels to 20 stops along its route through canals. I also ooohed and aaahed at the massive homes which front the channels in Fort Lauderdale, and the mega-yachts docked beside them. Known as Millionaire's Row, these magnificent, and massive, mansions are owned by royalty, business moguls, celebrities and other uber-wealthy people.

Years ago, Fort Lauderdale had a reputation as a destination popular with rowdy college students on spring break. Since then, it has evolved into a magnet for a more mature crowd. Notable restaurants have replaced dive bars and world-class hotels have sprung up.

Nearby Hollywood has a very different vibe. It was the creation of Joseph Young, an urban developer who arrived in 1920 with the vision of building a "Dream City." After spending millions of dollars to achieve his goal, he was elected as its first mayor in 1925.

The dozens of parks that were included in Young's master plan provide visitors with close encounters with Mother Nature. The 1,500 acres of West Lake Park and Anne Kolb Nature Center make it one of the largest urban nature complexes in the state. Boardwalks traverse mangrove wetlands that shelter threatened and endangered species, and guided boat tours explore a stretch of the Intracoastal Waterway.

The Dr. Von D. Mizell-Eula Johnson State Park is named for civil rights activists who led wade-ins which resulted in the desegregation of Broward County's beaches. Activities include fishing, canoeing, kayaking and wildlife viewing. The park has an inlet that serves as a manatee sanctuary, and a reef frequented by scuba divers.

Nature also plays a prominent part in Native American Culture, and this is borne out in traces of that lifestyle which are found in Broward County. Highway signs that read "Seminole Indian Reservation" mark the boundaries of that enclave, and touches of Indian lore soon become evident. One commercial building resembles a large teepee, and another echoes pueblo architecture.

The Seminole Okalee Village & Venue contains an exhibition hall that hosts a variety of programs. Behind it are a number of thatch roof chickees that replicate the shelters in Indian camps which served as spaces for cooking, eating and sleeping.

These traces of early inhabitants of Broward County augment reminders of others who followed. That history, and the area's natural and man-made attractions, account for its popularity.

For more information log onto *visitlauderdale.com.*

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GIRLS VARSITY LACROSSE

DATE	OPPONENT	TIME
4/22	vs. Bangor HS	5:00PM
4/24	@ Erskine Ac.	4:00PM
4/27	vs. Camden Hills	TBA
4/30	@ Nokomis RHS	4:00PM
5/3	@ Maranacook CHS	5:00PM
5/6	vs. Mt. Ararat HS	5:00PM
5/9	@ Lincoln Ac.	4:00PM
5/16	vs. Nokomis RHS	5:00PM
5/18	@ Cony HS	10:00AM
5/21	vs. Edward Little HS	5:00PM
5/24	@ Houlton HS	5:30PM
5/29	vs. Oceanside HS	5:00PM

VARSITY TRACK

4/26	@ Lewiston HS	3:30PM
5/2	@ Waterville HS	3:30PM
5/9	@ Mt. Blue HS	3:30PM
5/11	@ Waterville HS	9:00AM
5/16	vs. Community Cup	3:30PM

VARSITY BASEBALL

DATE	OPPONENT	TIME
4/19	@ Belfast HS/MS	4:00PM
4/22	vs. Oceanside HS	4:00PM
4/24	@ MCI	4:00PM
4/26	@ Nokomis RHS	4:00PM
4/29	@ Lisbon HS	4:00PM
5/1	@ Lawrence HS	4:00PM
5/3	vs. Boothbay RHS	4:00PM
5/6	vs. Belfast	4:00PM
5/8	@ Oceanside HS	4:00PM
5/13	vs. Cony HS	4:00PM
5/17	vs. Lawrence HS	4:00PM
5/20	vs. Nokomis RHS	4:00PM
5/22	@ Mt. View HS	4:00PM
5/24	@ Waterville HS	4:00PM
5/28	vs. Erskine Ac.	4:00PM

VARSITY SOFTBALL

DATE	OPPONENT	TIME
4/19	@ Belfast HS/MS	4:00PM
4/22	vs. Oceanside HS	4:00PM
4/24	@ MCI	4:00PM
4/26	@ Nokomis RHS	4:00PM
4/29	@ Lisbon HS	4:00PM
5/1	@ Lawrence HS	4:00PM
5/3	vs. Hall-Dale HS	4:00PM
5/6	vs. Belfast	4:00PM
5/8	@ Oceanside HS	4:00PM
5/13	vs. Cony HS	4:00PM
5/17	vs. Lawrence HS	4:00PM
5/20	vs. Nokomis RHS	4:00PM
5/22	@ Mt. View HS	4:00PM
5/24	@ Waterville HS	4:00PM
5/28	vs. Erskine Ac.	4:00PM

VARSITY TENNIS

DATE	OPPONENT	TIME
4/23	@ Erskine Ac.	4:00PM
4/25	@ Lincoln Ac.	4:00PM
4/30	@ Morse HS	4:00PM
5/2	vs. Belfast HS/MS	4:00PM
5/7	@ Gardiner AHS	4:00PM
5/9	vs. Oceanside	4:00PM
5/13	vs. Erskin Ac.	4:00PM
5/15	@ MCI	4:00PM
5/23	vs. Cony HS	4:00PM
5/24	Medomak Valley HS	4:00PM
5/27	@ Oceanside HS	4:00PM

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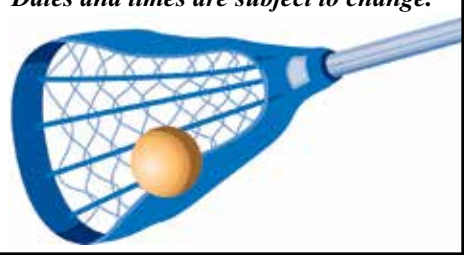

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Tips to make a yard less attractive to ticks

Metro

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

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

Human beings can come into contact with ticks in their own backyards. But humans can take various steps to make their lawns less welcoming to ticks.

• Cut your grass short and keep it that way. Black-legged ticks are transmitters of Lyme disease, which the CDC notes is the most common vector-borne disease in the United States. Lyme disease also poses a growing threat in Canada, where data from the Public Health Agency indicates human-reported Lyme disease cases increased from 144 in 2009 to more than 2,100 in 2022. Black-legged ticks do not like environments that are dry and hot, so short grass makes lawns less attractive to this type of tick. Consumer Reports advises homeowners who have let their grass grow a little too high (around five or six inches) to bag their clippings when cutting the grass. Lots of clippings on the grass can provide a respite from the heat for black-legged ticks.

Metro photo

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

• Plant with infestation prevention in mind. Some plants can help to repel ticks because they boast certain characteristics that ticks cannot tolerate. The fragrances, textures and oils of plants like garlic, mint, lavender, marigolds, and others create less welcoming conditions for ticks. Homeowners can speak with local garden centers for advice on tick-repellant plants that can thrive in their particular climate and on their properties.

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

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

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Solar eclipse worth the trip

By Bill Van Tassel

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

Only the experience of this incredible event could mollify those who had to endure the halting and frustrating traffic jams getting there and returning home. Whether your home was in Lewiston/Auburn, Southern Maine or below the 45th parallel, drivers had to deal with miles of unusually, heavy traffic, very heavy for these parts.

My seventy-five-mile trip from Turner to Oquossoc took only 11/2 hours, though you had to slow to a crawl when passing the various Scenic Lookouts which were overflowing to the narrow roadsides with vehicles and tailgating parties. Returning home after the Eclipse show was a different story.

After 4 p.m. the main roads from Rangeley and Oquossoc, Routes 17(to108) and 4 were nearly bumper to bumper for miles. Where 108 and 4 meet in Livermore, the confluence of vehicles created a new single line that ranged from two to five miles in length. So, my return trip was nearly double the 11/2 hours.

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

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

Bill Van Tassel photos

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

But, yes, though I didn't handle my drive-home attitude as well as I should have, it was most definitely worth it to witness a full Solar Eclipse. The crowd in Rangeley began filling the Lakeside Park early that Monday morning, though the moon would not start gradually blocking the sunlight until after lunch. We all had time to test our special safety glasses; one fellow was walking around wearing a welder's mask. I guess he had done some research.

As the sun's fullness began to get diminished by the encroaching moon, lunchtime foods were packed away and more eye ware, some highly creative, began to appear on everyone's face. It was fun to watch the little children who, unaware of the rare moment's significance, reacted with their nervous energy, simply happy to be doing what all the adults were doing.

It was a beautiful, cloudless day in Rangeley, Maine. Those of us by the shore of the lake could feel a steady, cool breeze coming off the still frozen water. Predictably, as the sun continued to disappear the temperature of the breeze cooled by around five degrees. At full totality, with just a black circle surrounded by a thin coronal ring, the crowd got noticeably quiet. Then, in the dawn-like darkness around Rangeley Lake, the crowd began cheering.

We had been given a rare opportunity to see an astronomical event that will not happen in the United States until August 2044. I will be ninety-four years old and surely not able to handle heavy traffic. So, it was worth it to spend one half of the day in the sun, and the other half in my car. My wife's sister's family drove from Rochester, NH way up to Millinocket to witness this event. (Total drive time: 12 hours.) Her Facebook post declared, "It was so totally worth it."

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

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