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Bill Van Tassel photo  
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## Funny things kids say!



I was sitting at the counter with my 4-year-old grandson Aldon, drinking a cup of coffee.

Aldon asked, "What is that?"

I told him it was coffee.

He said, "Well, when I become a human like Dad, Mama and you, then I can drink coffee." — *Leona Hankins of Stoneham.*

I was an elementary school secretary for many years in Vermont. During summer vacation I bumped into a favorite student (as they all were) at the gas station. She was so excited to see me and could hardly contain herself as she said she was on her way to visit her uncle in Burlington because "he has a pool! AND he lives in a condom!"

Mom was mortified but it was just one of those moments I could never forget. Kids are the best. — *Grammie Ellen in Casco.*

The morning after a sleepover, my 4-year-old granddaughter asked if she could wear her "home jacket." I thought she meant her little outside jacket and said, "No, we're not going

outside for awhile."

She replied, "No, the thing we wear inside over our jammies."

She meant her housecoat! — *Joyce Saunders of Sidney.*

We drove our 6-year-old grandson around to look at Christmas lights and decorations. We came up to one house that had the manger scene and he said, "Look, there's that guy and lady and baby genius."

We went over the names after that.

We thought it was cute. — *Maureen Mennealy in Sabattus.*

I was visiting our son and daughter-in-law and their

seven children in North Carolina. I had just come through their door and saw our 8-year-old granddaughter sitting on the kitchen floor with boxes and a lot of her dolls and other toys. I asked her what she was doing and she said she was packing them up to be stored in the attic. I asked her why she was doing that and she said she had been disobedient and this was her punishment. There was a brief time of silence and then she said, as she sighed, "I probably won't see these until I'm 25." — *Victoria House via email.*

My 3-1/2-year-old granddaughter recently became a big sister. Upon bringing

baby to meet her she looked at her and said, "Awww, she's cute. Where did you get her Nana, Wal-Mart?" — *Tricia McIntyre in Oakland.*

My 6-year-old nephew was at the beach with his dad and he started walking toward a woman coming out of the water. My brother stopped him and asked him where he was going. He looked at his dad and said, "I am going to tell that lady how beautiful she is."

My brother told him that he doesn't know her and probably should not say anything.

My nephew's reply:, "Someone has to tell her." — *Michelle of Litchfield. ■*

Enter as many times as you want, but each entry must be emailed separately or mailed separately.

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## A LOOK BACK: Chase & Sanborn coffee empire had its roots in central Maine

**By Dale Potter-Clark**

A coffee brand that became world famous had its roots in central Maine.

James Solomon Sanborn was born in Wales, Maine, in 1835 and lived on Sanborn Road, Monmouth, as a child. He founded J.S. Sanborn Co. in Lewiston before 1870, selling spices, tea and coffee, then moved to Boston, where Caleb Chase owned a coffee roasting business.

The men partnered to form Chase & Sanborn

Coffee and Tea Company in 1874. They were the first to package ground coffee in sealed cans which became a phenomenon in New England and soon after from coast to coast. In 1893 they supplied all the coffee for the Chicago World's Fair.

Business flourished, but Sanborn yearned for country living. In 1886 he bought Elmwood Farm, a 250-acre estate in Poland, where he summered and sold highbred horses. Empire Station was nearby

where Poland Spring Hotel guests came and went by train. Sanborn convinced Maine Central Railroad to rename it the Elmwood Farm Station, giving his business name significant visibility with minimal effort and no cost. Many of his horses were sold to hotel clientele.

Within a year Sanborn added a two-story barn — some said the biggest and best in New England. Inside was a creamery, ice house, refrigerator, and a churn that could produce 40 pounds of butter. The cellar held manure vaults, pigpens, horse stalls and space for vegetables. An eight-horsepower engine provided power for saws, churns, cutting silage and pumping water. Another

wing stored carriages and farm implements. The second level held a workshop and sleeping quarters for the farm help. Over the next few years Sanborn expanded to include 500 acres, an apple orchard of 600 trees, a Colonial mansion; six stock barns; two farmhouses; two cottages; blacksmith and carpentry shops. Animals included registered Holstein cattle, sheep, swine and horses. Windmills provided power that fed enough spring water to supply every building. Sanborn also added a quarter mile trotting track and a 150 by 50-foot covered riding rink where his horses were trained, exercised and shown.

Sanborn sold registered stallions and brood mares.

His prize was Gemare, a thoroughbred Arabian stallion that stood 16 hands high, and weighed 1,250 pounds. Few living horses held so many famous blood lines. Gemare was imported from France and Sanborn bought him for \$4,000 (more than \$100,000 today). From the time he bought Elmwood Farm in 1886 until his death in 1903, Sanborn built a reputation for producing superior road coach horses — claimed to be the best in America. He sold hundreds of stallions, brood mares, drivers and young stock to patrons from all over the U.S. and Canada. Not to be outdone, his registered Holstein cows took prizes from the Holstein-Friesian Association of America.

Unlike Chase & Sanborn, there is no sign of Elmwood Farm today, except for some foundation remnants.

Lifetime Poland resident Louise Roberts, 84, recalls the last days of Elmwood Farm. "It changed hands many times after Sanborn owned it" she said. "A dance hall was even there at one time before it finally burned and there is nothing left there now."

— *Dale Potter-Clark writes about local history and old families. She recently co-authored "The Founders and Evolution of Summer Resorts and Kids' Camps on Four Lakes in Central Maine." ■*

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## New Gloucester Democrats town caucus

**NEW GLOUCESTER** — The New Gloucester Democratic Committee will host its biennial town caucus Sunday, March 4, at the Community Building, 381 Intervale Road, located behind Town Hall.

Check in will begin at 3 p.m. and the caucus will start at 3:30 p.m.

The purpose of the caucus is to allow local voters to meet Democratic candidates for state and local offices, and to elect volunteers as state convention delegates. Also, town and county Democratic committee members will be elected, and election clerks will be nominated. Complimentary refreshments will be offered.

The guest speaker will be

Ned Claxton, a retired physician and a candidate for the District 20 state Senate seat.

All New Gloucester Democrats are invited to attend. New voters, or those not enrolled in a political party, may register as Democrats at the caucus. They should bring a photo ID and a printed item showing their current physical address; for example, rent receipt, utility bill or bank statement.

Pre-registration at mainedems.org/caucus by Friday, March 2 is encouraged but not mandatory. For more information, contact caucus convener Nichole Stevens at 207-807-7694 or [nicmitdsd@gmail.com](mailto:nicmitdsd@gmail.com). ■



Submitted photo  
**Ned Claxton, a candidate for state Senate District 20, will be the keynote speaker at New Gloucester's Democratic caucus on March 4.**



## Central Maine school districts share \$4.6 million in DOE grants

•Other programs getting grants were in Washington County, northern Penobscot County, the Biddford area, Waldo County, Lincoln County, southern Aroostook County, northern Aroostook County and the Westbrook-Gorham area. ■

# Mechanic Falls adult education announces learning opportunities

Registration may be completed online at <http://mechanicfalls.maineadulted.org>; by mail at P.O. Box 129, Mechanic Falls, ME 04256 in person at 129 Elm St., or by calling 207-345-3217. ■

# Central Maine Community College opens application for summer 2018

by offering career and technical education; education for transfer to the baccalaureate level; and services to support economic development and community vitality. [www.cmcc.edu](http://www.cmcc.edu). ■

A black and white photograph of a woman with short, dark hair, resting her chin on her hand and looking at a laptop screen. The background is blurred. Overlaid on the right side of the image is the Turner Publishing logo, which features a cartoon dog holding a newspaper. Below the logo, the text 'Turner Publishing' is written in a large, serif font, with 'INCORPORATED' in a smaller, sans-serif font underneath. Further down, the text 'At Turner Publishing, our papers are all available FREE ONLINE!' is displayed in a bold, sans-serif font. At the bottom right, there is a Facebook 'Like' button graphic with the text 'Like Us On facebook' and the Facebook 'f' logo. At the bottom left, the website address 'www.turnerpublishing.net' is written in a large, bold, sans-serif font.

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# Move it or lose it

Jodi Cornelio



Live Long, Live Well  
Jodi R. Cornelio, AS, BA, MBA  
Nutritionist, Personal Trainer  
and Motivational Speaker  
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Recent studies have proven — after the age of 30 — your body begins to lose muscle mass at a rate of 3 to 5 percent each decade. The good news is you

don't have to kill yourself or become a body builder to maintain the youthful muscle you had or have in your 30s. It takes two strength-training sessions per week to maintain lean muscle mass and keep you looking fit. You can do this by working with a personal trainer, picking up a strength training class at your local health club or getting yourself a set of dumbbells and some good music while working out in the comfort of your home. Really heavy weight is not necessary.

You do want to make sure each 40-minute session includes every muscle group. A quick strength training fix for me includes:

1. Marching in place or walking fast/running up and down my stairs for 5 to 10 minutes to warm up my body.
2. First, I focus on the larger muscles groups which, of course, end up being my butt. Please note: "Aside from the heart, everyone's largest muscle group is their butt (glutes) not just mine." ☺ For one whole song — approxi-

mately three minutes — I perform squats and lunges with dumbbells held in place on my shoulders.

3. Second, I focus on upper and lower back by doing dead lifts, knees slightly bent, and rows for another three-minute song.
4. Third, I work the shoulder with upright rows and overhead presses for another three minutes song.
5. Fourth, I focus on the chest by lying on my back and doing bench presses alternating those with push-ups mid-song.
6. Fifth, I work my tri-

ceps by staying on my back and doing overhead triceps rows, triceps reverse curls and dips on my stairs for another three-minute song.

7. Sixth, back up on my feet, I continue with overhead bicep curls, changing to underhand mid-song for another three minutes.
8. I finish up with a demanding ab routine of crunches; leg lifts, Pilate's moves for the entire core like planks, which eat up at least six minutes — so a couple songs.
9. Last, but certainly not least, I conclude the work-


out with a relaxing series of stretch-and-hold moves for every muscle group, and I make sure I sit and meditate for five minutes before jumping into the rest of my day.

This 40-minute routine is both easy and rewarding; if performed twice a week, you should have no problem maintaining your 30-year-old muscle mass.

Live long live well. ■

## OUTDOORS IN MAINE: Part 3 of 3

# Low-budget elk hunt can be done



V. Paul Reynolds

**Author's note:** This is part three of a three-part series about my recent Colorado elk hunt.

Let me be up front. Even a low-budget elk hunt involves expense, but if you are one of the many deer hunters dreaming about an elk hunt in the western United States, it may be within your reach, financially and otherwise. Although western outfitters and private ranches charge anywhere

from \$3,000 to \$10,000, my scenario involves significantly less money.

My 10th Colorado elk hunt, and one of the best yet, is a recent memory. Only one of these elk hunts involved an outfitter; the rest were low-budget hunts like I am about to describe. The last trip, involving six hunters, cost me just under \$1,000, and that includes some new gear purchased for the trip. I also wound up with half an elk in my family freezer.

That's the good news. The not-so-good news is that low-budget hunts involve hard work and personal discomfort. Take it from me, no matter how much experience you have had, there is just no escaping the aforementioned downside

of a low-budget elk hunt.

Here are some of the basics that will keep you on course and your costs within reason:

1. The Colorado elk lottery is your best statistical chance of being awarded an elk tag. Bulls are too expensive. A cow tag is \$450.
2. A group of hunters, three and no more than four, need to drive, preferably nonstop, from the East Coast to Colorado. At today's prices, gas for the round trip will be between \$800 and \$1,000. (Remember, you are dividing this expense among four hunters.)
3. The first rifle season in Colorado is always your best bet for hunt success.
4. Start planning now for either 2018 or 2019. Do your advanced work, which

includes acquiring maps of the National Forests. (Routt is a good choice.) Begin a savings program. Give up beer and smokes, or some other discretionary expense, and put the unspent money in an elk-hunt kitty.

5. Don't go crazy buying new gear, which is the temptation. The must-have gear for an elk hunt are quality boots, a big backpack that will hold at least 45 lbs. of gear, and a warm, zero-degree sleeping bag.
6. A pickup truck with four-wheel drive and chains is highly recommended. Bring lots of coolers.

Here are some final thoughts about low-budget elk hunting.

Give careful consideration to the selection of your hunt buddies. It is best to


select field-tested hunting partners. Sometimes your best buddy is not the best choice for a trip like this. You need hunt partners who are in shape, even-tempered, woods-wise and resourceful. You want individuals who can tolerate sleep and calorie deprivation, tough hiking conditions at high altitudes and uncertain weather conditions.

There are many other "tricks" of the trade I am more than willing to share, but this will get you started. You can get additional information from the Colorado Parks and Wildlife website — [cpw.state.co.us](http://cpw.state.co.us). If I haven't discouraged you and you are still considering this hunt adventure which, by the way, has meant so much to me over the years, I

will be happy to answer any questions you may have. Email questions or comments to me at [vpaulr@tds.net](mailto:vpaulr@tds.net).

One final thought: Elk hunting and the Colorado high country can be a tough habit to kick.


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.maineoutdoorpublications.com](http://www.maineoutdoorpublications.com). ■



## The winner of the January Phony Ad Contest is Linda Lowell!

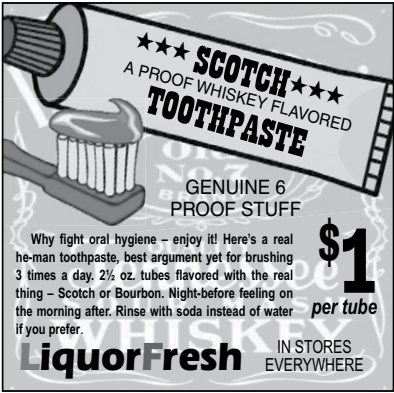
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# Thanks, Rev. Graham, for your advice

John McDonald



A psychologist and professor from Cardiff, Wales, recently wondered if he could pinpoint which — of the 365 possibilities — was the most depressing day of the year. Doesn't that sound like something you'd be doing about now if you were spending a winter in Cardiff, Wales?

Anyway, Professor Cliff Amall of the University of Cardiff claims our depression around this time of year is the result of several things. First, Christmas is

over (except for the stacks of unpaid bills), New Year's resolutions have been made and already broken, and all that remains are more cold, dark winter days.

Amall included all these elements in a unique mathematical formula. In the formula "W" stands for weather; "D" debt, "s" monthly salary (if any); "T" time since Christmas; "Q" time since "failed quit attempt" (New Year's resolution), "M" motivational levels, and "NA" need to take action. The formula?  $W + (s-D) \times TQ / M + NA$ . Answers may vary, but depending on your particular circumstances, your lowest day of the year should occur sometime from late February to early March.

I was never very good with math formulas, but I've made simple New Year's resolution over the years. Since I've already given up smoking (Thanksgiving Day, 1977) I usually opt for the other usual resolutions — get more exercise, eat more healthy foods, things like that. In the past I've joined a gym for a few weeks and started exercising at least three times a week.

This year I decided to save myself the aggravation and expense and do the things the experts always tell you to do — eat healthy food, walk more instead of driving every place, and when going to the office, take the stairs instead of the elevator. That last one

sounded particularly good, because I work in a one-story building.

After too many failed diets, attempts at diets and thoughts about diets over the years, I decided against all that diet foolishness. This year I wouldn't go out and buy all kinds of diet foods; I would be more modest in my goals. Instead of eating "healthy" or "diety" stuff, I would eat all my favorite stuff — those unhealthy food choices loaded with essential saturated fats, processed sugar and lots and lots of salt — but I would try to eat a little less of it. I also decided I would try and introduce into my diet one or two items that weren't quite as unhealthy as the rest of my

foods.

For example, rather than eat lots of highly processed and sugared cookies — the good stuff — I'd eat more things like Graham crackers. Are Graham crackers healthy? I have no idea, but don't they look like they should be a little healthier than cookies loaded with lots of fat and sugar? I bought a few boxes and then went online to do a little research about the famous cracker.

I began to feel healthier once I discovered the Graham cracker was invented by Sylvester Graham, one of America's first health nuts. As a young man, he worked as a farmhand and teacher. A chronic illness led him to choose the min-

istry, which he saw as a less stressful profession. He eventually became a Presbyterian and staunch vegetarian.

Graham spent the next several years touring and lecturing on the evils of meat and processed food, but he didn't stop there. He also preached a Spartan life of hard mattresses, cold showers, loose clothing and vigorous exercise. Some considered him an eccentric genius; others called him the greatest humbug who ever lived. After reading about him, I signed off and went to the kitchen to spread some Jiff peanut butter on another one of the Rev. Graham's crackers. ■

# Center yourself with a secular sabbath

Britny Belskis



Britny Belskis has earned an associate degree in early childhood education and is continuing her ministerial studies at Southeastern University in Florida.

Hey, Dear Friends,

If you are like me, the past months have been consumed with Christmas and New Year activities. It feels like I have been going

from zero to 60 in a matter of seconds — always on the go without a break in between. Can anyone else relate? Sometimes, friends, I just want to scream, "Get me off this crazy train!" So, I guess if you are like me, you would welcome a break from all the craziness life throws at you.

Well, I have a solution — something I have been doing for a few weeks now. I've been taking a "secular sabbath" — setting aside a specific amount of time, usually 24 hours, as a time to rest, recharge and reflect on oneself on a deeper

level. The amount of time, however, can vary, based on an individual's schedule.

I did some research about a secular sabbath and was shocked at what I discovered. The secular sabbath is something that has been losing significance around the United States. The number of people, who can experience rest and tranquility, is slowly decreasing as rapidly growing technology takes that time away.

As we begin our journey to find rest for our souls, we take a step toward designating a set time when you can be still for a moment.

For me, setting a time was something that came easily because I have already said "No" to some of the business life can bring my way. My sabbath starts Friday night and lasts a few hours, when I can reflect on my own being. This set time allows me to pray, go over my inner inventory, and work on myself. This leads us by the stream of peace where healing begins.

Our next step is where the true healing kicks in — by the peaceful stream washing away the struggles we may face in this life. For me, this is a self-reflection

time, where I can go over the things in my life I need to work on. I have many blind spots, but that is where we can come openly to the prince of peace, and he will wash us clean by the stream. This is also the time he will show you who you really are and will allow you to find peace through it all.

As the adventure continues, we may be a bit weary and tired after the whole reflection period, but have heart, because the focus campfire is not too far away. The focus campfire has helped me to see the

potential and benefits of the importance of having a time to recharge and see the true beauty and power of the secular sabbath.

For me, during this time, I see the success I will accomplish and the goals I will complete. As we come to the end of our journey, we have learned a lot about taking time for ourselves and learned to take the time to better our whole being.

Thanks for joining me on this journey of the secular sabbath. *Be well.* ■

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# I didn't talk for a very long time

Jacob Sanchez  
Diagnosed with autism

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# Mills shares his favorite moment of 2017, a reminder of the sacrifices of veterans

ROME — Travis Mills says his favorite moment of 2017 is a reminder to keep veterans and their sacrifices in mind in the new year.

In August, the Travis Mills veterans retreat received a new high ropes challenge course from Mike Rowe, for an episode of “Returning the Favor.”

Mills, in his year-end message, said an accompanying photo of the challenge course in use to the everyday person may look like “your casual quick belay.”

“To us, this photo looks like an America hero proving to himself and his family that he’s never giving up,” Mills said.

U.S. Marine Cpl. Chris Miller, shown in the photo, was injured while serving when he fell off a 50-foot cliff. “His fall shattered three vertebrae and fractured two more,” Mills said. Miller, at the time the photo was taken, had just had his fourth back surgery. “He will live with his injury for the rest of his life,” Mills said.

Since his injury, Miller had not been over a 6-foot ladder, Mills said. “The idea terrified him.”

Miller and his family visited the retreat in 2017. “The image you see shows the moment one of our nation’s bravest conquered and overcame that barrier

alongside his family -- and maybe shed a few tears in the process. His wife and children got to witness the moment their dad, husband, and hero didn’t give up, and now, you did too.

“Moments like this are the highlight of our year,” Mills said. “The Millers were able to share this moment thanks to your generosity and support. Our freedoms are bought and paid for by men and women like Cpl. Miller. Our freedom. Our liberty. Our health. It’s all so fragile. And easy to take for granted.

“Sooner or later, our bodies will fail us. There are no exceptions. But moments like this keep us mindful of

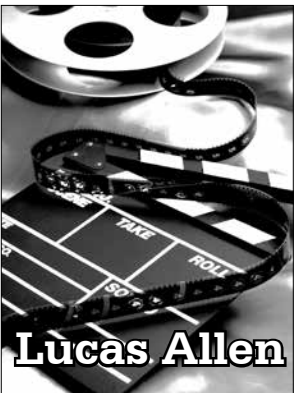
what matters most - family, courage, and the strength to never give up and never quit. Because ultimately, there is no greater threat to our freedom, than a lack of gratitude to those who provide it,” Mills said.

He thanked those who have supported “moments like this.” ■

Submitted photo  
*U.S. Marine Cpl. Chris Miller tries out the high ropes challenge course at the Travis Mills retreat in Rome last year. Miller was injured in a fall while serving, and hadn't been higher than six feet before he tried out the course.*



## MOVIE REVIEW by Lucas Allen: ‘Darkest Hour’



Nominated for six Academy Awards including Best Picture, “Darkest Hour” has been hailed as a true-to-life account of Britain Prime Minister Winston Churchill’s first four weeks in office. Atonement director Joe Wright gives a good combination of comedy and drama while the film itself is anchored by a powerhouse performance by Gary Oldman. While it’s certainly one of those movies designed to get awards notice, it still delivers plenty for those looking for something interesting to watch in biographical films.

In May of 1940, Britain is in political shambles as

the German army marches through Europe. After Neville Chamberlain (Ronald Pickup) resigns, members of Parliament scramble to find a new prime minister. Reluctantly, King George VI (Ben Mendelsohn) appoints Winston Churchill (Oldman) as the new PM, in spite of problems raised about his record. With the loving support of his wife, Clementine (Kristen Scott Thomas), and new secretary, Elizabeth (Lily James), Churchill goes to work hoping to win both the war and the British public.

But in every step of the process he finds it more challenging than he ever thought. Not to mention, Foreign Secretary Halifax (Stephen Dillane) wants to negotiate peace agreements with Adolph Hitler, putting him at odds with Churchill. With British soldiers trapped on the beaches of Dunkirk, Churchill risks both his political career and his livelihood to bring his country back on its feet.

The movie does a good

job at combining both comedy and drama to create a fascinating display of courage in the midst of darkness. Wright was carefully walking a tightrope when handling a tonal shift between each scene. Some of the funnier moments come off like a Monty Python sketch, but the actors genuinely deliver their lines with such confidence. As for the drama, there’s also genuine emotion involved from everybody that helps keep the movie from falling apart.

Midway through the movie, it echoes last summer’s Christopher Nolan blockbuster “Dunkirk,” when it mentions the thousands of British soldiers trapped in those beaches. One might say that this movie could serve as a prequel, showing the political side of the event that led to the risky rescue operation. However, both movies share themes of courage and survival in different ways that might make it a good double feature. You could pretty much splice in Churchill’s scenes anywhere in the Nolan film

and make it a more epic WWII film than the way it was presented.

There’s no doubt that Oldman deserves all the accolades he’s been getting for his commanding performance that anchors this entire film. Underneath the 60 pounds of prosthetic makeup, he easily transforms into the outspoken leader with authority and nuance. If

he doesn’t win the Best Actor Oscar, there’s going to be some angry film fans on the streets the next day. The supporting cast all do their jobs with the highlight going to James proving she can hold her ground when she’s having scenes with Oldman.

As stated before, “Darkest Hour” will appeal to anyone looking for good entertainment in a bio-

graphical film especially during awards season. It’s one of those movies that’ll be most remembered for its lead performance than the film itself, but there’s enough good qualities to make it worth watching.

THE MOVIE’S RATING: PG-13 (for some thematic material)

THE CRITIC’S RATING: 3.5 Stars (Out of Four) ■

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# Brakey visits Poland Community School fourth-graders



Submitted photo

Senator Eric Brakey, R- Androscoggin, visited Poland Community School’s fourth-graders on Jan. 22 to speak about state government and hold a mock legislature for the students, in which they proposed legislation and went through the process of how a bill becomes a law. At the end of the session, each student was excited about receiving a pocket Constitution and a high-five from Brakey. “I would like to thank Ms. Sheryl Scribner, the fourth-grade teacher who coordinated my visit,” said Brakey. “I was genuinely impressed with how engaged the Poland Community School students were and how knowledgeable they were on the legislative process. These students give me optimism for a bright Maine future.”


# Tri-Town Optimist Student of the Month named



Submitted photo


Dominik Frechette is the Mechanic Falls, Minot and Poland Tri-Town Optimist Club RSU 16 Student of the Month recipient. Dominick is a sixth-grader at Elm Street School, Mechanic Falls. His teacher describes him as an outstanding citizen and role model who continually gives of his time to make his school community a better place. His manners, initiative, and helpful, volunteering spirit are recognized not only in his classroom and grade level, but also by the many adults who interact with him throughout the school on a daily basis.

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# Sinisi elected Androscoggin Soil and Water Conservation District supervisors chairman

LEWISTON — Steve Sinisi, of Durham, was elected recently as chairman of the board of supervisors of the Androscoggin Valley Soil and Water Conservation District at its recently election. Sinisi is new to the board, and was also elected supervisor for a three-year term.

Sinisi owns a pasture-based livestock operation in Durham and has conserved his 70 acres as a Forever Farm, according to a news release from the AVSWC.

He has been working with the district for about a year and serves as a key role and an important voice for the Board of Supervisors, the release said.

Current long-time Chairman Paul Roseberry’s departure saddened the board, according to the release, but they are also excited about the enthusiasm that Sinisi will bring to the district.

Sinisi has been involved in and working with agriculture since he was 15 and he continues to work tirelessly on bringing a focus to agriculture in our community, the release said.

For more information, contact Jocelyn Lahey at 207-241-5374 or at [districtmanager@androscogginswcd.org](mailto:districtmanager@androscogginswcd.org). ■

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CATCHING HEALTH

How to protect your pets in cold weather

By Diane Atwood  
Health Reporter

In this frigid weather, we humans bundle up from head to toe if we venture outside.

Our pets on the other hand need human help.

You might think that their furry coats provide all the protection they need, but not always and their paws are also vulnerable to frostbite and other cold-related injuries. When the temperature dips below 5 or 10 degrees, you really need to be extra cautious. Right now, here in Maine, we are below zero.

Sore paws

Smaller dogs (and other creatures) may be more prone to cold-related injuries than larger, more athletic dogs, but either way, you should pay close attention to subtle signs that their paws may hurt.

- High stepping or lying down and refusing to move when outside.
- They yelp or squeak when they walk as if they’ve stepped on a tack.
- Licking and/or chewing their paws for several minutes when they come inside.
- Lameness, limping, or not being able to bear weight normally.

If you see any of these

signs, take a look at your dog’s paws. They’re often pigmented, so you may have to look closely.

Do you see:

- redness?
- crusting?
- open sores?
- weeping areas?

Yes? No wonder they hurt.

It might be that the skin on their paws is dry and cracked — just like what can happen to humans in winter. Imagine that your fingers are dry and cracked or that you have several paper cuts and you dip them into salty water. Hurts like you know what.

If a dog has several fissures on his/her paws because of dry skin, they’ll be sensitive to things like the rock salt we often use outside in winter or even the direct cold. But you may not even realize something is wrong.

“Sometimes if you’re out on a walk you won’t notice anything because dogs are so rugged and resilient,” says Dr. Dave Moody, a veterinarian at an animal clinic in Maine. “But when you come in and they warm up they’ll chew their feet. It’s like if you were to have frostbite or your leg falls asleep. When the area wakes up again it feels funny. The same thing can happen to your dog.”

That’s why you need to be aware of the subtle



Metro photo

You might think that their furry coats provide all the protection they need, but not always and their paws are also vulnerable to frostbite and other cold-related injuries.

signs.

You can help protect their paws by rinsing them or wiping them off with a damp cloth every time they come inside.

Frostbite

What about frostbite? Can that happen to pets? “Absolutely,” said Dr. Moody. “Just this week we treated a dog and a cat with frostbite on their feet. It usually shows up as redness or the tissue can dry and harden and slough off.”

Frostbite can also happen in the tip of the ears and/or tail. If you want to prevent it, limit your dog’s time outside. As for their

feet, try putting on a pair of doggie boots. “They fill a couple of purposes,” Dr. Moody said. “They help prevent mechanical trauma to the feet from road salt or debris or ice and a little bit of a barrier can provide some thermal protection from the direct cold. The biggest problem is getting the dog to tolerate the boots without shaking them off or walking with a strange gait.”

Don’t forget the toenails!

Another problem that can plague dogs in cold weather is broken toenails. “If a dog’s toenails are too long

they can get out there on the ice and start slipping,” said veterinarian Dr. Tom Netland from an animal clinic in Maine. “They can catch the tips of the toenail and fracture the nail. It’s a good idea to keep their nails trimmed.”

Hypothermia

Most pet owners do a great job of keeping their furry pets warm when it’s freezing outside. The important thing is to make sure you supervise them when they’re out. When they’re active, they’re usually okay. “If a dog is left outside, unsupervised and not moving around, that’s when they can get cold and in trouble,” said Dr. Moody.

Smaller pets are at greatest risk. Bundle them up, take them out to do their business and get them back inside again.

The first sign of hypothermia is shivering followed by lethargy, which means they don’t have any energy. A normal temperature for a dog is anywhere between 99.5 and 103 degrees. If it goes any lower than 98, you need to get the dog to a vet. Otherwise, try to raise his/her temperature slowly.

- Wrap the dog in warm blankets.
- Wrap a hot water bottle in a blanket or towel (important) and put it against the dog’s abdo-

men.

- Try getting the dog to drink something warm.

And what about cats?

Being someone who shares her home with three cats, I’m certainly not going to forget about keeping them safe. Rule number one for us is that none of them is allowed outside. It proved too dangerous for other cats we have loved. All it takes is one night of being stranded outside in below freezing weather.

If you’ve got barn cats, make sure they have a warm, dry place for shelter. And if there are any outdoor cats in your neighborhood, always take a second to thump the hood of your car before starting it. Some cats like to crawl under the hood because it’s a warm cozy place to curl up and sleep.

Dr. Netland added one more cat caveat that I’d never ever considered. Every year he sees at least one cat with burned paws from jumping on a wood stove. I don’t know how you could stop it from happening, but be forewarned.

Enough with this cold weather. Stay warm everyone!

For many years, Diane Atwood was the health reporter on WCSH6. Now she is a blogger and podcaster at Catching Health with Diane Atwood. ■

SEARCH program benefits from Rotary donation

AUBURN – Members of the Lewiston-Auburn Rotary Lunch Club recently presented a \$4,500 grant check to Wendy Russell, director of Catholic Charities SEARCH (Seek Elderly Alone, Renew Courage & Hope) program. The

grant’s financial assistance will provide a laptop, client assistance funding for seniors with emergency response services, and transportation support assistance via bus passes and gas cards.

“Rotary unites leaders

from continents, cultures and occupations to exchange ideas and take action to meet the needs of communities around the world,” noted L-A Rotary President Monica Millhime. “Supporting the SEARCH program aligns our Rotary mission with involvement in our community to support programs that strengthen the capacity of communities to provide economic and community development. Our club members embrace the

concept of healthy, physical, social, emotional and academic development for senior citizens.”

The club was founded in 1917 and has made more than \$750,000 in charitable contributions through scholarships and donations. Members meet weekly from noon to 1 p.m. at the Village Inn, 165 High Street, Auburn. For more information on programs and events, call 207-713-7045 or email millhime@myfairpoint.net. ■



Submitted photo

L-A Rotary Lunch Club President Monica Millhime, left, is assisted by fellow Rotarian Ray Martel with the presentation of the club’s \$4,500 donation to Wendy Russell from the SEARCH program.

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## B2B: GROW YOUR BUSINESS

### Expand to new locations

Once you're ready to expand, update the marketing plan and confirm that your business is financially prepared. Then, make sure to comply with all laws, rules, and regulations in the new business locations.

#### Prepare for a new market

First, update your marketing plan with your new location in mind. Think about your target customer, sales plan, and competitive advantage. Add up any additional marketing and sales costs. Make sure your updated marketing plan is just as thorough as your initial plan.

Compare your business to the competition, learn about the local market, and get a sense of the advertising market.

Next, review your business finances. Build a forecast that projects estimated costs and estimated revenue for your new location. Take a close look at your balance sheet to make sure you can cover the costs of expanding. If you don't have enough capital, you can try to get more funding.

#### Legal steps to expand your business

Expanding your business to a new state, county,

or city isn't very different from opening a new business there. You'll want to make sure you register your business with the right agencies and pay the appropriate taxes.

License, permit, and zoning rules

These rules vary across states and localities. Getting licenses and permits in new locations is similar to getting them in your home state.

If you already have a permit or license from a federal agency, check with the issuing agency to confirm you can legally operate in a new state. Also, see whether your new state, county, and

city governments require a new license or permit. Start by visiting your state's website.

#### Foreign qualification

If you plan to expand your business to a new state, you might need to file for foreign qualification in that state. This process notifies the new state that your business is active there.

To foreign qualify, file a Certificate of Authority. Many states also require a Certificate of Good Standing from your state of formation. Each state charges a filing fee, but the amount varies by location and business structure.

Check with state offices to find out foreign qualification requirements and fees.

#### Pay taxes in new states and localities

If you do business in a new state as a foreign qualified business, you'll typically need to pay taxes and annual report fees in the new state as well as your home state. The process for foreign qualified businesses to pay taxes is similar to any other business that needs to pay taxes in the state.

Keep in mind that not every state and locality has a sales tax. In addition, most states have tax exemptions on certain items, such as food or clothing. If you charge sales tax, you need to be familiar with applicable rates.

#### Pay taxes for online sales

If your business has a physical presence in a state — such as a store, office, or warehouse — you must collect applicable state and local sales tax from your customers in that state. If you don't have a physical presence in a particular state, you're not required to collect sales taxes.

Determining which sales tax to charge can be a challenge. Many retailers use online shopping cart software that automatically calculates sales tax rates. Make sure your sales plan accounts for the various state rates.

#### Franchising

There are two primary ways you could expand your business with franchising.

The first is to buy a franchise, which is similar to buying an existing business. This option tends to cost more upfront, but can be less risky than trying to

start from scratch.

The second way is to build your own franchise. Businesses that are good candidates for franchising have a few traits in common.

- Product or service is superior and appeals to potential business owners;
- Concept and operations are easy to teach;
- Business is easy to duplicate in new markets.

The federal government and many states have requirements that must be met in order for you to sell franchises, so you may want to hire an attorney. Once you've begun franchising, some states remain active in the relationship between you and your franchisees by monitoring territorial rights or limiting the transfer and renewal of your franchises.

Franchising has more costs than many other types of businesses. You'll probably need to pay lawyers, accountants, and advertising staff. Don't forget about training the employees and building systems you'll need to run the franchise. — *Courtesy of Small Business Administration.*

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MAINE NEWS CALENDAR

FEBRUARY

**Feb. 16 - 18** -Monmouth Community Players, “When Radio was King,” Cumston Hall, 796 Main St., Monmouth, Friday 7:30 p.m.; Saturday 2 and 7:30 p.m., Sunday, 2 p.m., www.monmouthcommunityplayers.org, 207-370-9566.

**Feb. 17** - Wilton Fish & Game Association’s 4th Annual Michael J. Rowe Memorial Ice Fishing Derby, 6 a.m.-4 p.m. Wilson Lake, Wilton. \$5, registration 6 a.m.-2 p.m. Free ice-fishing clinic 10 a.m.-2 p.m. 207-491-0780.

**Feb. 17** - Ski Museum of Maine 11th annual Ski Heritage Classic fundraiser, 10:30 a.m.-2 p.m. memorabilia display at Sugarloaf base lodge; 4-6 p.m. reception at Sugarloaf Inn, Carrabasset Valley, 207-265-2023.

**Feb. 17** - Valentine’s Dance, 8 p.m.-12 a.m., Madison American Legion Hall, 20 South Maple St. \$5 per person, table reservations call 207-696-5848 after 4 p.m.

**Feb. 17** - Spaghetti supper benefit dinner for Pasquale Bifulco, 4-7 p.m. Boofy Quimby Memorial Center, 96 Howes Corner Road, 207-212-8960.

**Feb. 18** — Bill Berlinghoff — scholar, teacher, collector — will speak on “The Other William Morris,” 2:30 p.m., North Dining Hall, University of Maine Farmington, 111 South St., 609-306-1002

**Feb. 18** - Rangeley Skating Club and Rangeley Lakes Chamber of Commerce “Winterpaloozah,” 10 a.m. to 4 p.m., Haley Pond Park and Rangeley Town Park, Rangeley, 207-864-2771. for more information

**Feb. 18** - “Winterpaloozah!” celebration of winter activities, 10 a.m. to 4 p.m., Haley Pond and Town Park, Rangeley, 207-864-5571 or 207-864-2771.

**Feb. 18** - Fort Western Living History Museum lecture series Cheryl Willis Patten, of Maine Old Cemetery Association and Richard Bridges, title attorney, 2 p.m., City Council Chambers, City Hall, 16 Cony St.. Augusta.

\$5 donation suggested for nonmembers. 207-626-2385.

**Feb. 18** - Author talk at Albert Church Brown Memorial Library, Belgrade mystery writer Maureen Milliken will speak and sign books, 2 p.m., 37 Main St., China Village, 207-968-2926

**Feb. 18** - 20th annual Spectrum Generations Ice Fishing Derby, 2-5 p.m. weigh-in at Spectrum Generations’ Muskie Community Center, 38 Gold St. Waterville, fish can be from any legal water in the state and must be caught Feb. 18.

**Feb. 20** - Brunswick Town Council meeting, 6:30 p.m., 85 Union St., Council Chambers, 85 Union St., Brunswick, 207-725-6659.

**Feb. 20** - “On Deck” storytelling, 10:30 a.m., Maine Maritime Museum, 243 Washington St., Bath, 207-443-1316.

**Feb. 20-23** - February Vacation Day Camp for Kids, 9 a.m. to 4 p.m., Brunswick Jr. High School, grades K-6, Parks & Recreation. Prepay, info 207-725-6656.

**Feb. 20** - Overview of Tree Growth Tax Law for woodland owners, foresters, municipal officials; no registration required, 3-4:30 p.m., Rockport Town Office. 207-441-2895 or morten.moesswilde@maine.gov.

**Feb. 21** - Norway Winter Carnival sledding party, 1 p.m., Shepard’s Farm Preserve, 121 Crockett Ridge Road, 207-739-2512.

**Feb. 21** - Kennebec Historical Society pesentation, “The Life and Mysterious Death of Maine-Born Millionaire Sir Harry Oakes,” by David Leigh, 6:30 p.m. Emmanuel Lutheran Episcopal Church, 209 Eastern Ave.

**Feb. 22** - Auburn Public Library Sharks4Kids, for school-age kids, free and open to the public 6 p.m., 49 Spring St., Auburn.

**Feb. 23** - Birthday Party for Henry Wadsworth Longfellow, 7 p.m. Unitarian Universalist Church, 1 Middle St, Brunswick, 207-729-8515.

**Feb. 23** - Babysitter’s Training Course, for ages 11-14, 9 a.m.-3 p.m., Bridgton Community

Center, \$40 fee, participants will get a certificate. Register 207-647-3116.

**Feb. 23-25** - Rangeley Friends of the Arts’ “Yankee Doodle DIVA - Bob Hope’s USO Show comes to Rangeley,” 7:30 p.m. Friday, Saturday’ 2 p.m. Sunday. 207-864-5000.

**Feb. 24** - First Congregational Church bean supper, 5 p.m. Route 115, Gray. Adults \$8; under 12 \$4, 207-657-4279 or 207-657-3279 on day of supper.

**Feb. 24** - Annual Spaghetti Supper for the benefit of the Vassalboro Ministry Association Fuel Fund 4:30-6:30 p.m. United Methodist Church, 814 Main St. (Route 32), Vassalboro. 207-873-1342.

**Feb. 25.** - Fort Western Living History Museum lecture series Nancy Milliken Mason, DNA research consultant, 2 p.m., City Council Chambers, City Hall, 16 Cony St.. Augusta. \$5 donation suggested for nonmembers. 207-626-2385.

**Feb. 25** - Phillips Community Church Congregational annual meeting 12:30 p.m. pot luck, followed by business meeting. All are welcome. Phillips Community House, 31 Main St. 207-491-9986.

**Feb. 26** - “The Day Readfield Corner Burned,” by historian Dale Potter-Clark, free and open to the public, 9:30-11:30 a.m. Senior Cafe, Maranacook Middle School, Readfield, 207-685-4923 x1065.

**Feb. 27** - Paint Party FUNdraiser for Leavitt Area High School’s Project Graduation, 6 p.m., Mixers Nightclub & Lounge, 136 Sabattus Road. Sabattus, to register email mangos15fitz@yahoo.com, call 207-212-3235, 207-576-6572, 207-713-8203 or 207-240-3785.

**Feb. 27** - Brunswick Planning Board meeting, 7

p.m., Council Chambers, 85 Union St., Brunswick, 207-725-6659.

**Feb. 27** - “On Deck” storytelling, 10:30 a.m., Maine Maritime Museum, 243 Washington St., Bath, 207-443-1316.

**Feb. 28** - Essentials of College Planning and Finanical Aid, 10 a.m. to 1 p.m., Waterville Public Library, 73 Elm St., Waterville, (pre-register 1-800-281-3703), 207-872-5433.

MARCH

**March 3** - Pasta dinner fundraiser to benefit Paris Public Library, 5 to 7 p.m, First Congregational Church of South Paris, 17 East Main St, South Paris, 207-743-6994.

**March 4** - Fort Western Living History Museum lecture series Carol P. McCoy, Ph.D., president Maine Genealogical Society, 2 p.m., City Council Chambers, City Hall, 16 Cony St.. Augusta. \$5 donation suggested for nonmembers. 207-626-2385

**March 6** - Ski Museum of Maine Legends of Maine Ski Race for skiers 50-plus, 9 a.m.-noon registration, Sunday River Ski Resort, Newry. www.skimuseumofmaine.org. Race entry is \$40 or \$35 if pre-registered. Proceeds from the race will benefit the Ski Museum of Maine.

**March 7** - Upta Camp multi-media program, 6-8 p.m. Gardiner Area High School. Registration \$12. 207-582-3774.

**March 11** - Fort Western Living History Museum lecture series Dana Murch, author, “From Water to War -- A Murch Family History, 2 p.m., City Council Chambers, City Hall, 16 Cony St.. Augusta. \$5 donation suggested for nonmembers. 207-626-2385

**March 12** - April 16 — “Living Well for Better Health” workshop, Mondays, 12:30 p.m.,

Harper Conference Room, Ripley Building, Stephen’s Memorial Hospital, 181 Main St., Norway, 207-795-4010.

**March 18** - Fort Western Living History Museum lecture series, Paul Lessard, who will show how his family lineage is connected to Fort Western, 2 p.m., City Council Chambers, City Hall, 16 Cony St.. Augusta. \$5 donation suggested for nonmembers. 207-626-2385

**March 21** - Oxford Hills Chamber of Commerce annual awards dinner, Silver Spur restaurant, 272 Lewiston St., Mechanic Falls, 5:30 p.m. social, 207-743-2281.

**MARCH 23** - Fill the Plate Breakfast to benefit Meals on Wheels of SeniorsPlus, 7-9 a.m. Hilton Garden Inn Riverwatch, Auburn, \$20 per person (\$25 at door); available at www.seniorsplus.org or 207-795-4010.

**March 25** - DaPonte String Quartet 3 p.m. Unitarian Church, 15 Plesant St., Brunswick, for ticket information www.DaPonte.org or 207-529-4555. Tickets also available at Sherman’s Books Damariscotta, Camden and Boothbay Harbor; Longfellow Books, Portland; Gulf of Maine Books, Brunswick.

**March 25** - DaPonte String Quartet 3 p.m. Unitarian Church, 15 Plesant St., Brunswick, for ticket information www.DaPonte.org or 207-529-4555. Tickets also available at Sherman’s Books Damariscotta, Camden and Boothbay Harbor; Longfellow Books, Portland; Gulf of Maine Books, Brunswick.

APRIL

**April 6** - Bow Ties & Bean Boots Fundraiser for Teens To Trails, 6-9:30 p.m. O’Maine Studiios, Portland. visit www.teenstotrails.org.

**May 20-26** — 2018 Diamond Tours bus trip to Ark Encounter plus more. \$695 per person/ dbl. occupancy. FMI www.grouptrips.com/mainetravelers or 207-446-0131.

MONTHLY MEETINGS

**AUBURN:** Androscoggin County Republican Committee, second Thursday every month, Auburn City Hall. 207-576-9096.

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

OXFORD

Oxford Hills Business After Hours, first Thursday of the month, 5:30 to 7 p.m., venue changes, 207-743-2281.

Lakes Region Substance Abuse Coalition, second Thursday of the month, 4:30 tp 6 p.m., Bridgton Municipal Complex, Iredale Street, 207-803-9987.

CANCELLATIONS

None listed.

POSTPONEMENTS

None listed.

Events for the Maine News Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: <http://www.centralmainetoday.com/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.



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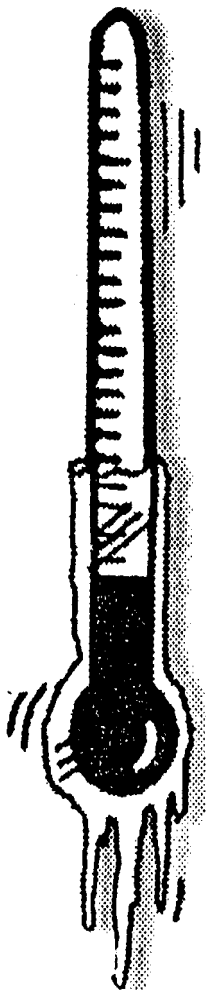
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# SeniorsPlus

## NewsBites

*Hello from Holly...*

### What do you know about Meals on Wheels?

The SeniorsPlus Meals on Wheels program really has three parts to it:

The first part is a tasty, well-balanced meal prepared by our own chefs in our own kitchen. Each meal meets one-third of the daily requirements of the Dietary Reference Intake. This meal can be delivered to the homes of the people who are homebound, unable to prepare meals, and have no help to prepare the meals.

The second part is a wellness check. Our drivers get to know each consumer individually and are able to tell if anything is out of the ordinary.

The third part is socialization. Our driver may be the only person the consumer sees all day or even all week. The consumers really look forward to a few minutes of conversation with the drivers.

It is difficult for older people who are ill or have a disability to get good nutrition. Our monthly menus are varied, appealing, nutritious, and are updated monthly with new items.

The number of seniors in our country will grow exponentially over the coming years. Meals on Wheels is a proven public-private partnership that effectively addresses the challenges of aging by promoting health and improving quality of life for our nation's most vulnerable seniors. By leveraging the existing Meals on Wheels network, we have the opportunity to not only keep seniors at home, but also save billions in tax dollars by keeping them out of more costly healthcare settings. In Maine alone 89,038 are isolated, living alone, and 57,954 are threatened by hunger. And 98,981 Mainers are living in or near poverty.

In 2017 511,314 meals were delivered to 4,430 Maine residents. So as you can see, there are many more Maine residents who could truly benefit from this service. There is a misconception out there that income is used to determine eligibility for Meals on Wheels. Income is not a qualifier. Being homebound, unable to prepare meals, and having no help to prepare meals are the criteria used to determine eligibility.

SeniorsPlus is actively accepting Meals on Wheels referrals. If you know someone who could benefit, please call us at 1-800-427-1241 and let us reach out to them to determine their eligibility.

**Holly Zielinski is the Chief Operating Officer for SeniorsPlus.**

## L-A Rotary donates to Tree Street Youth program

LEWISTON – One of the 2017-2018 goals of the Lewiston-Auburn Rotary Lunch Club was to provide laptops and iPads to the Tree Street Youth program at 144 Howe St.

“Providing financial assistance to TSY aligns with our club’s mission and focus on literacy,” said Monica Millhime, club president. “The new technology will provide community support to the programs currently offered at Tree and will strengthen their capacity to continue providing basic education, literacy and technology skill sets. We are delighted to be able to provide the partnership and resources enabling students to write college essays, research career paths, apply for jobs and complete other necessary tasks to pursue college and careers.”

Since 2011, TSY has served over 800 youth. Seventeen different languages are spoken, including Arabic, French, Spanish, Somali and Swahili.

“Providing education,



**L-A Rotary Lunch Club President Monica Millhime (second from left) is assisted by fellow Rotarian Ray Martel with the presentation of the Club's \$4,500 grant check to Tree Street Youth Executive Director Julia Sleeper and operations manager Kim Sullivan.**

along with technology tools, offers students the ability to embrace and accept an opportunity to be more literate in a changing, demanding world and develops leadership, accountability and life skills

to be successful,” noted to Millhime.

Rotary members meet weekly from noon to 1 p.m. at the Village Inn, 165 High Street, Auburn. For morainement on programs and events, call

207-713-7045 or email [millhime@myfairpoint.net](mailto:millhime@myfairpoint.net). Weekly updates are posted on Facebook: <https://facebook.com/lewistonmainerotary/>■

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# Maine College of Health Professionals announces first-ever dean’s list

LEWISTON — The Maine College of Health Professions has announced itsfirst-ever deans list, for the fall 2017 semester.

Students must be matriculated in a degree program and achieve a semester GPA of 3.5 or greater in order to earn this designation. Monika Bissell, MCHP president, said, “This is the first time in the college’s 127-year history that we’ve honored students in this way. What these students have achieved in our rigorous healthcare programs is significant, and they deserve our enthusiastic congratulations.”

Honored students include:

ALBANY TOWNSHIP: Brianna Santos

AUBURN: Kailey Bubier, Lecia Curtis, Jessica Kelly, Benjamin McKay, Calli Murray, Riki Pratt

Augusta: Jenna Harwood

BETHEL:Katherine Botka

BOWDOINHAM: Jennifer Popadak

BRIDGTON: Ashley Clark

BRUNSWICK: Brianna Hodgkins

BUCKFIELD: Alexis Bennett

CASCO: Jessica Perkins

DURHAM: Josie Desjardins

GRAY: Kelly Harris, Anna Knapp

JAY: Ellen McLeod

LEEDS: Craig Crosby, Joseph Petrin

LEWISTON: Denny Bourgoin, Karli Fletcher, Cari Jolin, Bailey Jumper, Amanda Lemay,

Tanya Ogden, Nateasha Ouellette, Kelsey St. Cyr

MANCHESTER: Taylor Pierce

MONMOUTH: Dakasha Desrosiers

NAPLES: Jade Fecteau

NORRIDGWOCK: Brittany Greaney

RUMFORD: Benett Trinh

SABATTUS: Kayla Clark, Kayla Hall, Skylar Michaud

SIDNEY: Alyssa Smith

STRONG: Amanda Cote, Maggie Elliott

TOPSAM: Jessica Baker

TURNER: Madison Bagley

WINTHROP: Ashley Gerrish

## Support available for those with disabilities, agency reminds Mainers

W I N T H R O P — C.A.R.E.S Inc. is reminding area residents with disabilities who may need support or assistance of the Client Assistance Program. CAP is a federally funded, statewide advocacy program that provides information, referrals and advocacy to people with disabilities, who are applying

for or are receiving services the Division of Vocational Rehabilitation, Division for the Blind and Visually Impaired and the Independent Living Program. In Maine, the CAP is administered by C.A.R.E.S., Inc., an agency independent from state government. There are no fees for CAP services. CAP can help by provid-

ing information on services available, time frames for services and explanations of the federal regulations and state rules. When there is a disagreement between the client and one of the agencies CAP interacts with, CAP can get directly involved and advocate on a client’s behalf. The program is required to resolve

disagreements using informal methods to the maximum extent possible before resorting to administrative or legal remedies. Anyone interested in using the organization’s services or weeking more information can find contact information at [caresinc.org](http://caresinc.org).■

## Church bean supper in Gray

GRAY — The First Congregational Church will hold a public bean supper at 5 p.m. Saturday, Feb. 24, at the church, Route 115.

The menu will include baked beans, casseroles, salad, homemade bread and desserts and beverages.

The cost for adults is \$8, and those under 12 \$4. The church is handicapped accessible.

For more information, call 207-657-4279, or on the day of the supper 207-657-3279. ■

## Preparing for birth classes offered at SMH

NORWAY — Pregnancy is an exciting time, but knowing what to expect can ease anxiety for new parents. Stephens Memorial Hospital will hold a one-day Preparing for Birth class to answer questions and address concerns about the labor and delivery experience. The class will focus on learning how to work with labor through comfort measure techniques such as relaxation, breathing, massage and movement, taught by Danielle Marshall, R.N.

Coaches learn how they can best assist their partner through the birthing process and share in the joy of the baby’s birth. Information on making a birth plan, managing labor, the stages of labor, Cesarean delivery and newborn care are covered. A question and answer session is always part of the day.


The class will be held Saturday March 3, from 9:00 a.m. to 3:30 p.m. in the Harper Conference Center of the Ripley Medical Office Building, 193 Main St. The fee is \$35, and pre-registration with payment is required. To register, visit [www.wmhbirthplace.coursesorm.com](http://www.wmhbirthplace.coursesorm.com). For more information, call 207-744-6151. ■

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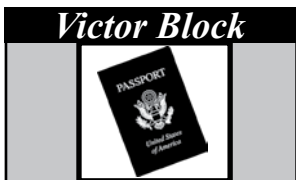
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## TRAVEL FEATURE: Austria

## Walk slow and steady in Tyrolean Alps



"The slower you walk, the sooner you'll get there." Those words, uttered by Wolfgang Wippler as I followed him along a steep trail up a mountain, seemed to make little sense.

It wasn't long, though, before their truth became evident. We soon caught and passed a younger couple who had begun the climb minutes before us at a much faster gait. I was ready to concede the wisdom of my guide's tortoise-and-hare approach to walking up a mountain.

That was my introduction to the Tyrolean Alps, the sheer peaks that rise sharply from green-carpeted valleys in the western panhandle of Austria. If mention of that country conjures up images of tiny villages of flower-bedecked chalets, cows and sheep grazing on hillsides so steep you wonder how they can stand, and people who cling proudly to their colorful traditions, you're probably picturing the Tyrol region.

No amount of anticipation prior to my first visit prepared me for the rugged magnificence of nature. No

picture postcard can compete with the breathtaking visions that wait around virtually every curve of the road and step along a hiking trail.

Innsbruck, the historic capital of the Tyrol since 1420, is a good place to begin an exploration of the area. Nestled along a river between parallel mountain ranges, the city became the seat of the powerful Hapsburg imperial court under Emperor Maximilian I and, during his reign (1490-1519), the center of his global empire.

Maria-Theresien-Strasse is a broad boulevard that leads to a market square in the center of the Old Town. There, cobblestone streets are lined by elegant multi-story 15th- and 16th-century houses and onion-shaped cathedral domes. Some of the Renaissance and Baroque buildings today house cafes and souvenir shops behind their graceful facades.

The most famous highlight is the Goldenes Dachl (Golden Roof), a magnificent third-story balcony covered by more than 2,600 gilded copper tiles from which members of the royal viewed tournaments and festivities in the square below.

Visitors often explore the countryside by staying in



Miniature chapel

Submitted photo

one or more of the charming small towns that surround Innsbruck, including 25 that have been designated "holiday villages." Accommodations include hotels, bed-and-breakfast facilities and traditional farmhouses that welcome guests.

Traveling to several of those hamlets, I first was struck by their similarities. A graceful church usually occupies a central position. Alpine homes — made of pine that has weathered to a rich, dark patina, and balconies festooned with an explosion of colorful flowers — stand adjacent to rambling farm buildings up to 500 years old that were enveloped into towns as they expanded around them.

Roadside crosses and religious paintings adorn the sides of many build-

ings. Lovely miniature places of worship, often built and used by several neighbors, are scattered about the mountainsides. Many of these tiny chapels, most with only four to eight narrow pews, were constructed during ancient times of plagues, when people sought convenient places at which to pray for their lives and for the souls of the dead. Today, they are used primarily for local funeral services.

Delving more deeply into the essence of each village, I began to discern intriguing differences. Seefeld, a town of about 4,000 residents, is only a 15-minute drive outside of Innsbruck up a winding, hilly road. Although it's one of the more touristy villages, it doesn't present a crowded feeling even in summer.



Submitted photos

Hiking in the Tyrolean Alps

Of special interest is the Baroque Seekirchl Church, with its eight little pews.

Quaintly named Igls helped to launch the area's tourism business in the 1920s. The focus then, as now, was on health and the clear air that visitors come to breathe.

Little Lans is known for having several outstanding restaurants, and for a privately owned lake area where locals gather to swim, sun and socialize.

Gasse is easy to miss. Home to only about three dozen families, it offers a miniature introduction to some of the lifestyle attractions that visitors to the Tyrol find so appealing. Mailbox-like structures in front of some homes are used by residents to deposit a note with their order for fresh bread, which the local

baker leaves the next morning.

Little huts clinging near a number of mountaintops, I learned, serve as temporary homes for men who spend summers there, tending the community's cows, sheep and goats that graze on the steep slopes.

I can still picture tiny chapels which I found as moving and marvelous in their way as the most elaborate cathedral I have admired anywhere. And whenever I hike in the future, I will remember Wolfgang's wise words of advice. As I walk, slowly and steadily, I'll conjure up countless images of the Tyrolean area of Austria in all of its beauty.

For information about visiting Austria, log onto [austria.info/us](http://austria.info/us). ■

## Community Concepts gets grant to help with heating in Androscoggin, Oxford counties

LEWISTON — Community Concepts has received major additional funds for its heating improvement program in Androscoggin and Oxford counties, including a \$500,000 grant from the Maine State Housing Authority and a donation of \$5,000 from Atlantic National Trust founder Ted West to help cover the cost of distributing the grant.

The additional funding will allow for an expansion of the Central Heating Improvement Program, which provides state-funded grants to repair or replace central heating systems for low-income households, with priority given to households that do not currently have heat.

"The additional funds mean that the most vulnerable people will not suffer

in the intense cold we are experiencing this winter, as we will be able to perform repairs and replacements of heating systems as needed for those who would otherwise not be able to afford them," said Sandy Albert, director of housing improvement services at Community Concepts.

CHIP is administered across the state by a net-

work of local community action agencies, including Community Concepts, and the administration of the new grant is estimated to cost the agency an additional \$25,000.

"The additional funds coming from Maine Housing to expand the CHIP program will be extremely beneficial to our area," said Community Concepts CEO Shawn Yardley.

"However, we still need funds to cover the critical administrative costs associated with this additional CHIP money, so we are very grateful to Ted West and Atlantic National Trust for helping our effort to expand the CHIP program in this area to keep our neighbors warm."

"We are strong advocates of the work Community Concepts does and

the impact they have on the Lewiston community. Naturally, we jumped at the opportunity to help them keep Mainers warm in the winter," said Ted West of Atlantic National Trust.

To learn more about CHIP and other available heating assistance resources in Oxford and Androscoggin counties, visit [www.community-concepts.org](http://www.community-concepts.org). ■

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