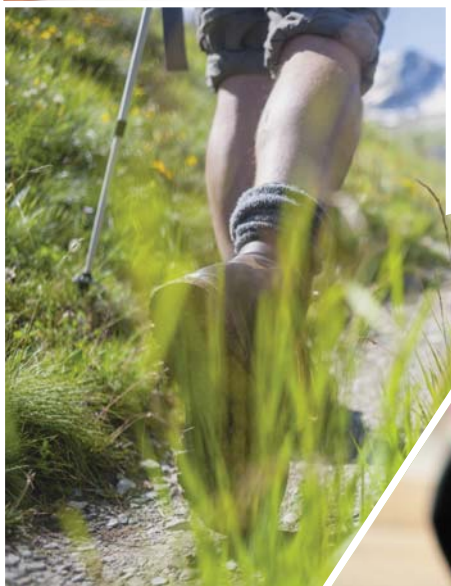


HEALTHY LIVING

SPRING 2016



Dexter Public Health Association:

Serving the community since the 1930s

by Mike Lange
DEXTER – One of Dexter's oldest nonprofit organizations may also be one of the community's best-kept secrets.

The Dexter Public Health Association was organized around 1930 as a nonprofit organization to provide health and well-being checks, home care services and assistance with referrals to other agencies to residents of Dexter, Ripley and Garland.

Funding comes from several sources, including a trust from the former Plummer Memorial Hospital, private donations and the town of Dexter.

But things have changed in recent years, said nurse Linda McLaughlin of Ellitsville. "When Payscott and Dexter Shoe closed years ago, we lost a lot of corporate donations," she said. "There aren't any large employers left except for the school district."

Still, McLaughlin and Denise Webb, R.N., of Dexter continue to provide much-needed services to senior citizens and others who may need assistance in order to remain in their own homes. "I have one lady who's 98 and another who will turn 98 this year," said Webb. "They are both very sharp and just need assistance with basic things like grocery shopping."

Some of the home care services provided include assistance with dressings, blood pressure readings, injections and instructor for more-administered medications. "Sometimes clients who are taking several medications get them mixed up," Webb said. "So we often get them the dated bill containers so it's easier for them to remember."

Home visits are available on Tuesdays, Wednesdays and Fridays; and blood pressure clinics are also held at Dexter's four senior housing projects once a month.

The Dexter Public Health Association also loans out walkers, wheelchairs, commodes and crutches and could also use more donations of these items. "We serve anywhere from 18 to 31 clients a day, including the Wednesday blood pressure clinics at the town office," she said. "Sometimes it's a simple task, such as checking on someone who hasn't contacted us for a while."

Webb said that serving the elderly population "is such a pleasure. Sometimes, we're their only visitors and that means a lot to them."

McLaughlin said that with the changes in the health care system and dwindling donations, it's questionable how long the

association will remain viable. "We may be the only municipal public health agency left in the state that isn't affiliated with a hospital or medical practice,"

she said. "But we've been around since 1930 and hope we're around for another 86 years."

For more information about the Dexter Public Health

Association, call 944-6443 or drop in at the Dexter council chambers on Wednesdays from 8-10 a.m.



CHECKING IT OUT – Town Manager Shelley Watson has her blood pressure checked by public health nurse Denise Webb. (Eastern Gazette photo – Mike Lange)

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Sebastiack Family Doctors gives advice on heart disease

PENQUIS - If you are looking for a reason to spring into shape this season, good for you. Here are some sobering statistics to keep you motivated.

"Heart, disease, stroke, and other cardiovascular diseases (CVD) are the No. 1 cause of death in American women, claiming almost 420,000 lives each year, or nearly one death each minute. CVD kills more women than the next three causes of death combined, including all forms of cancer," according to www.heart.org Cardiovascular Disease: Women's No. 1 Health Threat fact sheet.

So, let's get to the heart of the matter. What are some of the risk factors?

-Smoking. The reasons that smoking is dangerous are too numerous to mention but just stop now. By quitting you will cut your risk for heart disease in half.

-High Blood Pressure. The plaque build-up on the artery walls may be increased by the stress of high blood pressure.

-High Cholesterol. Build-up in the artery walls, making the heart work harder.

It is also important to be physically active, watch your weight, and reduce stress levels. Being under stress can raise adrenaline levels in your body, which raises your heart rate and blood pressure. This can cause your arteries to tighten and narrow.

"We all know the devastation a heart attack can bring to both sexes, but symptoms can differ between the two groups," said Robin Winslow, CEO at Sebastiacook Family Doctors. "It is important to note that a woman's symptoms of a heart attack, as opposed to a man's, are often vague and they can be present for years but may accelerate as long as a month prior to the heart attack itself."

And some women may have heart disease without even realizing it. The risk increases with age, especially in post-menopausal women who no longer produce estrogen.

So, women having a heart attack may experience symptoms such as:

- Mild chest pain
- Unusual fatigue
- Pressure or pain in the upper back, shoulders, neck, jaw or arms
- Shortness of breath, or difficulty breathing
- Light-headedness, weakness and dizziness
- Breaking out in a cold sweat
- Nausea, or stomach or abdominal pain
- Unexplained feelings of anxiety or dread
- Discomfort, fullness, tightness, and squeezing or pressure in the center of the chest that lasts for more than a few minutes or is regularly repeated
- Increase in fluid retention
- Unexplained coughing

"If you are having any of the above symptoms, seek medical attention immediately. While it may turn out to be nothing, time is of the essence if there is a problem," said Winslow. "Be sure to have a thorough cardiac evaluation including an electrocardiogram (EKG) or an echocardiogram, and a blood test to check your cardiac enzymes."

The bottom line is to not ignore symptoms, to listen to your body and talk to your doctor or other healthcare provider. Your life depends on it.

"Sebastiacook Family Doctors has some terrific new providers and we are taking new patients so we hope people will make an appointment and take charge of their health," she added.

Sebastiacook Family Doctors has offices in Canaan, Dexter, Dover-Foxcroft, Pittsfield and Newport. Visit sebastiacookfamilydoctors.org or call 1-866-364-1366 to learn more.



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Art parties often bring out hidden talent

by Mike Lange

DOVER-FOXCROFT - When Karylyn Lyman hosts a "Pretty in Paint" party, some of the attendees often say "I can't even paint a stick figure!"

Lyman responds: "Thank goodness. We're not painting any."

Art parties have become more popular in the Penquis region lately, not only as a leisurely activity but as a fundraiser for many nonprofit organizations.

The concept is to give people who have never picked up a paintbrush in their life an opportunity to create a memorable - and often colorful - keepsake.

The instructor furnishes the equipment and the host provides a place to conduct the classes. Nonprofits add a few dollars on to the registration fee and use the extra money for community projects.

Beth Wintle of the Dexter Parks and Recreation Committee booked Lyman last month for their first-ever art party. "We had a great time," Wintle said. "It's nice that you can take something nice home with you. Plus, we made over \$500 for the rec department."

Angel Quick of Corinna said that the fundraiser was her third painting party "and they are so much fun. I am not an artistic person at all; and I am always pleased to see how the print turns out when it is finished."

Lyman, a Guilford native who now lives in Bangor, has conducted more than 150 "Pretty in Paint" classes since last July. "During the party, we go step-by-step so

that the clients have the opportunity to do it just the way I do - and that increases their confidence level," she said.

While classes are usually small enough to fit in an average-size room, Lyman taught one in Caribou last year with 209 painters. "They raised \$3,000 in two hours," she said.

Gale Richardson and her husband run a fourth-generation family farm in Dover-Foxcroft and she just started hosting painting classes last September.

Her latest ventures were a "Paint and Pub" at Pastimes Pub in Dover-Foxcroft on March 8 and a "Sip and Paint" at Leaves and Blooms Greenhouse at her family farm on March 13.

Richardson said that the popularity of the parties surprised her. "It was like a runaway train," she said. "I did the first one in our dining room with 12 people because that's all we could fit in. Now, we're putting people on waiting lists."

Richardson started oil painting in the 1980s, but eventually switched to acrylics for practical reasons. "It dries much faster," she explained. "That's important when you're showing a piece and moving it around."

One of her new experimental ventures is using watercolor pencils on fabric for panels and murals. "I'm like a kid with a new toy," she said with a laugh. "But unlike some kids, I want to share."

According to the website "Good Relaxation," people often take up painting "to relax from the demanding

requirements of life. They are able to free themselves from the stress that has accumulated by releasing these in the form of color and drawing. As they temporarily exit the world of fears and worries, they enter the world of fun and excitement."

And that's the whole

point, Wyman said. "I love when it's time for the group photo (at the end of the class) because everyone can see how amazing they did," she said.

(Karylyn Wyman can be reached at 692-2287 and Gale Richardson at 564-7433.)



PRETTY IN PAINT - Karylyn Lyman displays a painting used in one of her "Pretty in Paint" classes. (Contributed photo)

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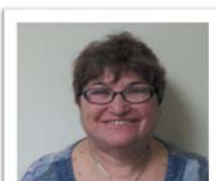
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ARTWORK - Gale Robinson shows off some of her student's artwork at her family farm in Dover-Foxcroft. (Eastern Gazette photo - Mike Lange)

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Young crafters spend time learning to sew costumes in Greenville

by Mike Lange
GREENVILLE – While home economics classes are pretty much obsolete in Maine high schools, sewing is making a strong comeback in Greenville Consolidated School.

A group of students have been working nonstop for several weeks on costumes for the upcoming production of "You're a Good Man, Charlie Brown" based on the popular comic strip.

Ed Tech Jayne Sullivan made costumes for Greenville school plays for the past eight years and admittedly thought about "retiring" from the task this year.

"Then I asked a few kids if they'd like to learn how to make the costumes," she said. "As the saying goes, the rest is history. They all started the school year not knowing a thing about sewing. Look at them now."

The sewing center is in the former home economics classroom in the school basement. More than a half-dozen sewing machines have either been donated by family and friends or loaned for an indefinite time to the school.

Patterns, a mannequin and sewing kits have been given to the school from an anonymous donor.

When the kids needed money for material, they set up a donation booth at Indian

Hill Trading Post. "So the cost to the school – and the taxpayers – for this program is zero," Sullivan said.

The young crafters also work on the costumes after regular school hours and sometimes on weekends.

So in a society where store-bought clothes are commonplace, why learn to sew? "It's a way for us to help out with the school musical behind the scenes," said Dylan Owens. "This is also something I'm learning that I can use later in life."

Caleb Henderson plays the lead character in "You're a Good Man, Charlie Brown" and his sister, Ava, is making costumes for the play. "I think it's pretty cool to have the costumes made right here," said Caleb. "This is my second year in the play and I really enjoy it."

What's the hardest part about creating a cartoon-character costume from scratch? "Threading the needle," said Kylee Miller with

a laugh. "Once you get the hang of it, it's not bad."

"Sewing Velcro is hard," said Aysia Jardine. "The patterns can be a little tricky."

Sullivan noted that there weren't patterns available for some of the costumes "so we had to make our own. But it's a learning experience for all of us."

Others said that sewing feathers on Woodstock's costume – the yellow bird who's friends with Snoopy – is another challenge.

Nevertheless, the audience will now look at the costumes during the musical from a different light. And as Caleb Henderson put it, "That's pretty cool."

"You're a Good Man, Charlie Brown" will be presented on Friday, March 18 and Saturday, March 19 at Oakes Auditorium in Greenville Consolidated School.

For curtain times and ticket prices, visit the Events link at www.gshslakers.org.



COSTUME CREATORS – Dylan Owens works on the Woodstock costume for the Greenville Consolidated School play with Tanya Spaulding helping out. (Eastern Gazette photo – Mike Lange)



DOG-GONE CUTE – Hailey Favreau tries on the Snoopy costume for size. (Eastern Gazette photo - Mike Lange)



BABY BLUE – Aysia Jardine, left, and Kylee Miller work on Linus' blanket for the upcoming Greenville Consolidated School play. (Eastern Gazette photo – Mike Lange)

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Augie the therapy dog 'brightens everyone's day'

by Mike Lange

DEXTER – One of the most popular staff members at Tri-County Technical Center in Dexter is less than 12 inches tall, rarely speaks and never attends school board meetings.

Augie, a longhaired miniature dachshund, is the center's therapy dog.

If you're having a bad day, need emotional support or want to chat with an instructor or one of the support staff, Augie is around to assist you.

Augie – who is now 2-1/2 years old – was adopted by Brian Welsh, the TCTC director of student services. "He's been here since he was 14 months old, so he's literally grown up in a school setting," said Welsh.

Unlike a service dog, which is specifically trained to assist blind or physically-challenged people, a therapy dog is taught to socialize and interact with people of various age groups.

According to Animal Planet, the dachshund is one of the top 10 most popular therapy dogs along with beagles, French poodles and pugs.

Welsh said that he knew the value of having a therapy dog onsite, but needed to convince TCTC Director Dr. Patrick O'Neil, Superintendent Kevin Jordan and the school board. "It didn't take long," Welsh recalled. "They were very supportive."

Augie spends a lot of time in the TCTC computer repair class which "babysits" for him when Welsh needs to be away from the office for any length of time. "He's good with the kids and good with the staff, too," McKenzie said. "Sometimes they'll come in with a sullen mood. But once they see Augie, it brightens their day."

Therapy dogs also help students express themselves better, Welsh said. "They'll come in the office looking for help, but can't find the right words," he explained. "Augie helps bring them out."

Welsh said that a struggling student once took a test with Augie sitting on her lap "and her score was 20 percent higher."

McKenzie added, "When kids are comfortable, it's much easier for them to learn."

Tyler Adams of Nokomis Regional High School takes computer repair and agrees that Augie "really brightens everyone's day, no matter what kind of mood you're in. You can't help but like the little guy."

Welsh also takes Augie to the Dorthea Dix Center in Bangor once a week to interact with the patients. "Just like here, he brightens everyone's day," he said.



MAKING FRIENDS – Augie, the Tri-County Technical Center's therapy dog, makes friends easily among the students and staff. Pictured is Tyler Adams of Nokomis Regional High School. (Eastern Gazette photo – Mike Lange)

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“Matter of Balance” classes to be held in Dexter

DEXTER - As people grow older, some develop a fear of falling, either because they have experienced a fall or are beginning to feel unsteady as a result of dizziness, weakened muscles, less flexible joints, or a specific medical condition. The fear of broken bones, particularly a broken hip or a head injury, can keep people afraid to do simple exercises to strengthen muscles and flex joints, to do routine household tasks, or to go to social gatherings and appointments. No one wants to fall, lose their independence, or become a burden to others. Falling and fear of falling can seriously compromise quality of life.

To reduce fear of falling and increase activity levels in senior adults, the Matter of Balance program was developed. It is nationally-recognized and evidence-based having been developed at Boston University and adopted by Maine's Partnership for Healthy Aging to improve the health status of older adults.

The co-founders of the Skeleton Crew, Liz Breault and Beth Ranagan have announced that A Matter of Balance classes will be held at the Abbott Memorial Library in Dexter beginning Monday, April 11. This bi-weekly program will run for four consecutive weeks on Mondays and Wednesdays from 10:30 a.m. to 12:30 p.m. The Community Fitness Center in Guilford, a licensed Matter of Balance

trainer site, has graciously agreed to allow two of their Master Trainers, Dodie Curtis and Terri Palin, to teach the classes. Dodie, an RN, has been teaching classes since 2007. Her co-teacher, Terri, is a Senior Fitness Instructor at the Community Fitness Center as well as a Master Trainer.

Ranagan, a member of the Thiving in Place's Fall Reduction Team, reported, "I have wanted to see a program like this in Dexter since last summer," while Breault, Librarian at Abbott Memorial Library, commented, "To have this excellent program at the library as part of our Skeleton Crew program is just wonderful for all those who are working to maintain their health as they age." The Abbott Memorial Library has become a catalyst of learning for people of all ages. Both Ranagan and Breault agree that, "All good things happen at the library for everyone and, now, especially for seniors!"

To participate in upcoming Matter of Balance classes you must be at least 60 years of age, be ambulatory, and be able to problem solve. Classes are open to both men and women, with two men already enrolled. For more information about enrollment, contact Liz at 924-7292.

The Skeleton Crew is grateful to the Abbott Memorial Library Board of Directors for their generous scholarship program making it possible for seniors to participate in these life-changing classes free of charge.

Proper flu etiquette to stay flu-free

(BPT) - It came out of nowhere. The sudden fever, aches, and chills you're experiencing are unbearable. You crawl into bed, thinking there's not much you can do. You already feel guilty for bringing the flu home to your kids and spouse. You can't try to fight it, but the virus will likely make its way through your household. Right?

That's what the majority of U.S. adults think. According to a recent national survey conducted by the National Foundation for Infectious Diseases (NFID) more than half of U.S. adults (55 percent) incorrectly think that when they get sick, others in the household are bound to get the flu and they just have to wait for the flu virus to pass. The survey also found that almost twice as many U.S. adults call a healthcare professional when their child experiences flu symptoms (46 percent versus when they personally experience flu symptoms (25 percent).

"It's important for adults to take care of themselves as well as those they care for, including children. The virus does not have to take down your whole family if one person gets sick," says Dr. William Schaffner, MD, NFID medical director. "There are ways to fight flu. If you see a healthcare professional quickly, they may prescribe prescription flu medicines that may help you get better faster. Your doctor may also prescribe them to prevent others in your household from getting the flu."

"Be proactive when it comes to the flu. It's the considerate thing to do," says Lizzie Post, great-great-granddaughter of etiquette guru Emily Post and co-author of Emily Post's Etiquette 18th edition. "Etiquette is all about consideration. Using basic good etiquette can help keep you and your family flu-free by preventing the virus' spread."

The Emily Post Institute offers the following etiquette tips to manage situations where the flu virus could spread:

* Know your E.A.C.T.S.: If you're experiencing Fever, Aches, Chills, Tiredness and Sudden Onset, it's likely flu. Realize that you're contagious and quickly see a healthcare professional.

* Stay home: If you have flu symptoms, it's okay to cancel plans or take a sick day. The polite thing to do is to stay away from crowds to avoid spreading the virus. Be sure to call your host, or the office to let them know you won't be able to make it.

* Stock up: Keep tissues and hand sanitizers with you at all times. If it's others who are sick, like that cougher or sneezer next to you, prompt them to protect others by offering a tissue or a spritz of alcohol-based sanitizer.

* Hands down: Keep your hands below your shoulders when in public. The idea is to avoid touching your face, which may also help keep you from getting sick after rubbing your nose, mouth or eyes with unclean hands.

For more flu-fighting tips, visit NFID.org and FluFACTS.com.

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SVH Foot and Ankle Center:

Simple steps that help people with diabetes keep their feet healthy

PITTSFIELD - A diabetes diagnosis can be daunting, but a simple attitude adjustment can make a world of difference in how well you fare while living with the disease. When people with diabetes take proactive steps to monitor key health indicators, experts agree that it's possible to prevent some of the most severe risks of diabetes, including lower limb amputation.

People ages 20 and older who are living with diabetes account for about 60 percent of non-traumatic lower-limb amputations, according to the Centers for Disease Control and Prevention's (CDC) 2014 National Diabetes Statistics Report. "The CDC says the occurrence of diabetes-related foot and lower-leg amputation has decreased by 65 percent since 1996," says Dr. James Fullwood, a podiatrist at Sebasticook Valley Health and member of the American Podiatric Medical Association (APMA). "Working together, podiatrists and their patients with diabetes can reduce the number of amputations even more."

People with diabetes may be less aware of cuts or wounds on their feet due to the nerve damage related to their disease, Dr. Fullwood points out. "Regular and vigilant foot care can help catch problems before they develop into a health crisis."

APMA offers advice to help people with diabetes protect their foot health:

- Inspect your feet daily, checking the entire foot and all 10 toes for cuts, bruises, sores, or changes to the toenails, such as thickening or discoloration. Treat wounds immediately and see your podiatrist if a problem persists or infection is apparent.

- Exercise by walking, which can help you maintain a healthy weight and improve circulation. Be sure to wear athletic shoes appropriate for the type of exercise you're doing.

- When you buy new shoes, have them properly measured and fitted. Foot size and shape can change over time, and ill-fitting shoes are a leading cause of foot pain and lesions. Certain types of shoes, socks, and custom

orthotics are available for people with diabetes, and they may be covered under Medicare. You can find a list of podiatrist-approved footwear and products for people with diabetes on the APMA website, www.apma.org.

- Keep your feet covered and never go barefoot, even at home. The risk of cuts and infection is too great.

- See a podiatrist to remove calluses, corns, or warts—don't tackle them yourself, and don't ask an unlicensed nonprofessional to do it.

Over-the-counter products can burn your skin and injure your foot. Podiatrists are specially trained to address all aspects of foot health for people with diabetes.

- Get checkups twice a year. An exam by your podiatrist is the best way to ensure your feet stay healthy.

"For people with diabetes, taking charge of your own foot health can help you avoid foot-related complications like amputation," Dr. Fullwood says. "Working with today's podiatrist will help you safeguard your foot health."

Dr. James E. Fullwood JR. DPM, AACFAS is a surgical podiatrist at Sebasticook Valley Health in Pittsfield. Call 207-487-4081 or visit www.sebasticookvalleyhealth.org to make an appointment. Visit www.apma.org to learn more about foot health and care.

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Healthy things to do in the Spring:

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(BPT) - Few things can be so practical and as beautiful as a tree. It's no wonder that with the rising popularity of the do-it-yourself lifestyle, more people are deciding to plant trees in their yard. Here are five simple reasons why:

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2. Trees can reduce energy costs by providing shade to a house in the summer.
3. Trees naturally offset carbon emissions.
4. Because many change from season to season, trees add a variety of different colors to your yard and allow for a range of creative choices and combinations.
5. Trees help make memories. Watching a tree grow in your yard from year to year builds a connection between you, your family, your home and the memories you make there.



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Senate Passes the Comprehensive Addiction and Recovery Act Cosponsored by Senator Collins

MAINE — The Comprehensive Addiction and Recovery Act (CARA), cosponsored by Senator Susan Collins, passed the Senate recently (94-1). This bipartisan legislation would provide a comprehensive, evidence-based approach to help Americans combat the heroin and opioid epidemic devastating communities in Maine and across America. Senator Collins recently spoke on the Senate floor in support of the legislation.

"The heroin and opioid abuse epidemic can be seen in emergency rooms, local jails, on main streets, and in homes across Maine and throughout our country," said Senator Collins. "In 2014, there were a record 272 overdose deaths in the state of Maine, the vast majority due to heroin or prescription opioids, and the problem is only getting worse. This legislation recognizes opioid and heroin abuse for the public health crisis that it has become, and it offers meaningful and effective ways to support communities seeking to expand treatment, prevention, law enforcement, and recovery efforts."

CARA takes the kind of multifaceted approach needed to address the opioid abuse and heroin epidemic by: improving drug education and prevention efforts, supporting law enforcement, combating overdoses, and expanding access to treatment,

all of which would help communities contend with the growing opioid epidemic in our nation. This legislation has support from medical professionals, those in recovery, law enforcement professionals, and other experts in the field.

Among its provisions, CARA would create two task forces to develop best practices for the prescribing of prescription opioids and to examine policies related to examine criminal justice policies. The bill would authorize several grant programs to help communities combat substance abuse and overdose deaths and to expand treatment and prevention efforts. Other grant programs target substance abuse recovery services for young people in schools and colleges, as well as treatment services for pregnant and postpartum women. The bill would also provide support for expanding drug takeback programs, an initiative Senator Collins has long supported. These programs provide an important way for individuals to safely and securely dispose of their unused prescription drugs.

Senator Collins has led efforts to address the abuse of heroin and prescription painkillers that are taking a tremendous toll on families and communities in Maine and across the United States. Last month, Senator Collins chaired an Aging Committee

hearing titled, "Opioid Use Among Seniors—Issues and Emerging Trends," which explored the medical use of opioids for pain relief and the challenges health care providers face in treating pain in an environment where the diversion of prescription painkillers is contributing to the ongoing opioid abuse epidemic. During the hearing, Senator Collins underscored the concerns raised in a recent bipartisan letter she led to the Department of Health and Human Services, requesting that the agency review a patient survey that seeks to gauge how well a patient's pain was managed during his or her stay. The results of this survey help determine the amount of federal funding a hospital receives. The Senators expressed concern that the survey may inadvertently penalize hospitals if physicians, in the exercise of their best medical judgment, opt to limit opioid pain relievers to certain patients. Consequently, physicians may prescribe more opioids than the patient needs.

In addition, late last year, the Senate passed—and the President signed into law—the Protecting our Infants Act, bipartisan legislation cosponsored by Senator Collins that will help address the growing crisis of opioid use and abuse among pregnant women and its effect on newborn babies.

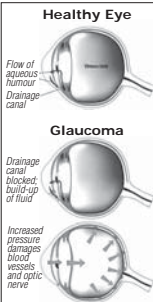
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Milo Rec Department introduces pickleball

by Mike Lange

MILO – It's a lot like ping-pong or tennis. But you don't need any experience in either sport to enjoy the latest craze in Milo: pickleball.

The playing area is about half the size of a tennis court and the four players use wooden or composite paddles and plastic Wiffle balls.

You don't need special clothing, either. Just ask Damien Pickel, Milo's police chief and town manager.

"Ben Kittredge, who

organized the games, talked me into playing when they first got started," he said. "So there I was – in my uniform and gun belt – whacking a Wiffle ball across the court."

The pickleball idea was originated by Joe Beres, a Milo resident who spends winters in Florida and noted the popularity of the sport in the southern states. "We thought about trying it outside at first," said Pickel. "But the town hall was available during the day, so (recreation director) Jessica

Atkinson and Ben set it up here."

Nancy Harrigan recalled playing pickleball in Arizona "for about three minutes. So I knew a little about the game. But I really enjoy it. It gives us something to do in the wintertime."

Kittredge credited Dean Armstrong of Armstrong's Tennis Center in Bangor for helping the Milo games get off the ground. "He's very busy at his courts in Bangor and we're getting more and more people

interested here," Kittredge said.

Pickleball is played a lot like tennis with some modifications.

The ball is served underhand diagonally to the opposite side of the court. Points are scored by the serving side only.

Players have to follow the "double-bounce" rule: after the ball is served, the receiving time must let it bounce before returning it, and the serving team must also let the ball bounce before sending it back.

The first side scoring 11 points and leading by at least two points wins.

The game was invented, so to speak, in 1965 on Bainbridge Island, Wash. at the home of Joel Pritchard, a former congressman and lieutenant governor.

Pritchard and two of his friends, Bill Bell and Barney McCallum, returned from a round of golf one afternoon and attempted to set up a badminton court, but no one could find the shuttlecock. So they improvised with a Wiffle ball, lowered the badminton net and fabricated paddles of plywood from a nearby shed.

One popular but false legend about pickleball is the origin of the name. In early writings, it was attributed to the Pritchard's family dog, Pickles.

But Joan Pritchard, Joel's wife, said that the name stemmed from what was known as the "pickle boat" in

crew racing – a popular sport in Washington State – where oarsmen were chosen from the leftovers of other boats. Joan Pritchard said, in her memoirs, that the dog was named after the game, not vice-versa.

Joel Pritchard, who passed away in 1997, joked during one interview that reporters suggested the legend was more reader-friendly than the truth. "Everybody said 'It's a good story. It works better, so leave it alone.' It's like a lot of stories," he said.

There is no cost to play pickleball at the Milo town hall since they're run by the recreation department. Standard wooden paddles are furnished, but Kittredge said that if players want their own composite paddle, expect to pay around \$70. "But you're only hitting a Wiffle ball, so they'll last forever," he noted.

"You can play as much or as little as you want," said Atkinson. "We're getting a lot of senior citizens interested and that's a good sign. There aren't many active things for them to do in town."

But Atkinson added that age is no barrier to pickleball enjoyment. "My kids – ages 8 and 12 – play after school," she said.

Pickleball is played Monday and Tuesday from 8-10 a.m. and Thursday and Friday from 10 a.m. to 2 p.m.

For more information, contact Kittredge at 943-2849 or Atkinson at 717-7257.



LET'S PLAY A SET – Taking a break from a round of pickleball at the Milo town hall, from left, are Ben Kittredge, Jessica Atkinson, Nancy Harrigan, Gerry Rublee and Tony Osgood (Eastern Gazette photo – Mike Lange)

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7 steps to allergy relief with spring cleaning

(BPT) - Longing for allergy relief? To stop the endless cycle of sniffles, sneezes and wheezes, it's time to ready your vacuum and rubber gloves. Spring cleaning helps eliminate allergens so you can relax, breathe easy and enjoy the season.

"People who suffer from allergies may not realize there's a direct connection between cleaning your home and reducing allergy symptoms," says allergist Bryan Martin, DO, president of the American College of Allergy, Asthma and Immunology (ACAAI). "The more you can rid your home of dust mites, mold, cockroaches and pet dander, the easier you'll breathe."

ACAAI recommends seven spring cleaning steps to remove allergens in the home and avoid accidentally letting more in.

Step 1: To sleep, perchance to dream - and breathe.

Start in the bedroom where you spend eight to 10 hours a day. Dust mites can flourish during cold, dreary months, so wash your sheets and comforter regularly. Most mites die by drowning, but if you want to use hot water (which will kill slightly more mites) don't use water that's over 120°F because it can scald.

Remember to also wash decorative pillows. Finish by adding allergy-proof casings to the mattress, box spring and pillows. Keep pets out of the bedroom as their dander can cause symptoms to flare.

Step 2: Gaze out, but don't open.

Window treatments are a magnet for dust and allergens. Pull them down and dry clean, or vacuum each thoroughly. Don't forget to

vacuum blinds and window-sills as well. Tempted to open the windows to let the spring breeze in? Don't. Unwanted pollen can enter your home and spread everywhere.

Step 3: When the dust settles, wipe it off.

Suit up to win the war on dust by wearing protective gloves and a face mask so you don't breathe in microscopic mold spores. Next, ditch cotton cloths and feather dusters that kick up allergens, and instead use microfibre cleaning cloths which trap and remove triggers. Wipe down all surfaces including picture frames, knickknacks, plant saucers and ceiling fans.

Step 4: Nature abhors a vacuum. You shouldn't.

Move all furniture, and vacuum the dust and dander that collects underneath. Use a cyclonic vacuum, which

sucks dust and dirt away from the floor, or a vacuum with a HEPA (high efficiency particulate air) filter. Additionally, clean vents and return registers to limit dust recirculating. Consider shampooing carpets to remove deeply embedded allergens.

Step 5: Scrub-a-dub the mold.

In bathrooms, basements and tiled spaces, scrub any visible mold and mildew from surfaces with bleach, or borax mixed with water, then dry completely. The key to reducing mold is moisture control, so use bathroom fans and clean any standing water immediately. You can also help ward off mold by keeping home humidity below 50 percent.

Step 6: Change is good - for filters.

Keep the air that circulates through your home's ventila-

tion system clean by using filters with a MERV rating of 11 or 12. Change the filter at the change of every season, or every three months. (Set a calendar reminder to remember). Additionally, change filters in HEPA appliances. This helps eliminate allergens, and prohibits mold growth.

Step 7: Get out! And about.

Check your home's exterior for any concerns that may have emerged due to cold weather. Chipped paint, roof damage or cracked siding can lead to mold problems. Make repairs as necessary.

These seven spring cleaning steps may take a few weekends to complete, but they'll help reduce allergens all season long. For more information, or to find an allergist in your area, visit AllergyAndAsthmaRelief.org.

The one test that can improve your health today

(BPT) - When you provide just one sample of your DNA, researchers are able to use it to learn more about your health history, assess your chances of contracting certain diseases and even gain a better understanding of the importance family history can play in your health outlook. It sounds futuristic, but it is all very real. It's modern genetic testing, otherwise known as genomic sequencing, and it represents one of the most important tests being used today to improve health outcomes.

To better understand genomic sequencing and how it can help you lead a happier, healthier life, Dr. Richard Sharp, director of the Biomedical Ethics program at the Mayo Clinic's Center for Individualized Medicine, offers these five things you need to know about this groundbreaking preventive treatment.

1. Genomic sequencing can be tailored to your specific concern. If you're interested in pursuing genomic sequencing, you have more testing options today than ever before. Researchers can use your sample to analyze a large number of different genes and

assess your lifetime risks of developing a whole range of different diseases. They can also narrow the set to specifically measure your risk of developing certain cancers. Finally, they can even look at individual genes to determine your risk of developing traditional genetic diseases.

2. Common fears about genetic testing may be misplaced. "Many patients wonder, 'If I undergo genetic testing and it reveals that I have this risk of developing disease, is it possible that I might lose my job, that I won't find a new job, or I won't be able to get health insurance?'" says Dr. Sharp. Fortunately, laws are in place to alleviate those concerns. In the United States, current legislation protects people from allowing their genetic information to be used against them by employers or insurers.

3. Genetic testing may uncover unexpected information as well. Your test to determine your risk of developing breast cancer may also shed light on your risks for other diseases such as Alzheimer's. These so-called secondary findings may or may not

be reported to you based on the lab and clinician you work with, so it's important to discuss how secondary findings will be handled before having your genetic test done.

4. The benefits of genetic testing extend beyond merely analyzing your disease risks. As the science of genetic testing continues to improve, its uses do as well. Today, genetic testing is being used not only to identify a patient's risk of contracting a certain disease but also to un-

derstand how the person's body metabolizes drugs, and even to avoid the potential for future negative reactions to certain drugs.

5. Your genetic testing may be covered by your insurance. "Many forms of genetic testing are covered by insurers, although like with any new technology or diagnostic test, there can be gaps in coverage," says Dr. Sharp. "The Center for Individualized Medicine at Mayo Clinic has been very interested

in trying to find ways to demonstrate the value of genetic testing so that a large number of payers will feel comfortable covering that kind of test."

To find out more about genomic sequencing and other research initiatives, please visit the Center for Individualized Medicine at Mayo Clinic. For journalists interested in speaking with Dr. Richard Sharp, please email your request to newsbureau@mayo.edu.



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