

George

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the family moved to the Fairmount neighborhood of Bangor.

When he was growing up, he recalled, it was not uncommon for other children to call him names, including, he said, “the n’ word.”

“Then I had to fight them,” he said. “After I beat you up, then I can command your respect.”

After establishing that respect, he said, he generally became fast friends with children of other racial and ethnic backgrounds, an approach that would work for him throughout his life.

When he was 33, George married his wife, Inez, who came from Roxbury, Massachusetts. The couple built a house and moved to Glenburn, where they still live. They have raised three children; their daughters, Linette and Stacy, who live and work in the Bangor area, and their son, Nathan, who teaches high school English in Florida.

An old-school work ethic

George grew up working alongside his father.

“My dad worked days at Webber Motors on Hammond Street, and in the evenings, he did gardening and general repairwork, including building and repairing house foundations,” he said.

At the time, many homes were built on posts and lacked solid foundations.

“Dad would work his regular job, and when he came home, us kids would bring the shovels and pickaxes and meet him at the job site,” he said, “And then we’d have fun digging out the cellar.”



LINDA COAN O'KRESIK | BDN

Lloyd George talks about how his family has lived in the Bangor area for four generations recently. Among his many contributions to the community, George served as a popular singer at weddings and funerals for many years.

Over time, George developed skill in the construction trades, with a special expertise in excavation, drainage, masonry and similar jobs. In 1964, he established the Lloyd E. George Construction Co., bidding and winning jobs from Presque Isle to York.

He is quick to acknowledge that affirmative action policies at the state and federal levels helped him win some of these jobs. But that didn't mean that Maine work crews or project managers in the 1960s and 1970s were open to working with a black contractor.

In the face of blatant discrimination, such as refusing to sell him materials or provide laborers, George

had to combine a tough-guy attitude with resourceful alternatives. One time, he recalled, he paid a Houlton concrete contractor to truck loads to Presque Isle because no local business

would provide him with the material. Another time, he called state regulators about a manager who was intentionally obstructing the project, trying to sabotage George's work.

Tips

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“If friends invite you to spend Christmas morning with them, or to come over for dinner, don't hesitate because you think they just feel sorry for you,” she said. “People genuinely like to give of themselves and be hospitable during the holidays.”

Conversely, you may feel comfortable asking a friend or family member if you can share part of their holiday with them.

You may also find that opening your own home for a small, informal holiday gathering is an appealing and manageable idea. And volunteering at a nursing home, homeless shelter or other setting can provide meaningful interactions and important perspective.

Bottom line? “Keep it low-key,” Poons said.

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vegetables are less likely to develop osteoporosis. In their whole, unprocessed state, fruits and vegetables not only have calcium but also all the other nutrients you need to build strong bones.

USDA statistics about the American diet show that from 1900 to 1980, fresh fruit and vegetable consumption dropped from about 40 percent of the diet to less than 5 percent. And while we ate less whole citrus fruit, our consumption of fruit juice jumped 2,500 percent. Just in the 20 years between 1960 and 1980, soft drink consumption increased 300 percent; they estimate each American consumes 38 gallons of soft drinks annually. (Someone is clearly getting my share — I no longer drink the stuff.)

It turns out that the diet to prevent osteoporosis is the same diet to prevent diabetes, heart disease, cancer and all the diseases of civilization. First and foremost, consume less processed food of all types. This includes the obvious examples like soda, chips, sugar and white flour, but also includes factory-farmed meats, genetically modified foods, reduced-fat foods, etc. Do your shopping at the farmers market as much as you can. Avoid prepared foods and especially prepared whole meals.

And, as always, increase veggie consumption. In my years of reviewing my patient's diets, I have yet to have a patient who ate too many vegetables!

And as much as possible, maintain an activity level that supports bone strength. Inactivity can also weaken bones; the body operates on a “use it or lose it” basis when it comes to bone density.

Meg

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ly, of the notion that we would get together romantically.

And then, a full year after we first met, the friendship we had been tending blossomed quietly into love. It felt like the truest, most natural thing in the world.

In retrospect, my experience with online dating was about as good as it gets. It got me out of my head and out of my house, brought new people into my life, gave me a safe degree of control over my interactions with them and helped me define what I wanted in a new partner. It boosted my

confidence in my own good judgment, challenged me to be more accepting of people's differences and, during a time of turmoil and self-doubt, helped clarify what was most important to me. And finally, when I was ready, it introduced me to the man who is now my husband.

Douglas and I are grateful that, while Match.com brought us together, our relationship really grew and deepened naturally, without pressure, off line and in person. We got the best of both worlds.

Meg Haskell writes for and about the baby boom generation for the Bangor Daily News. Email her at mhaskell@bangordailynews.com.

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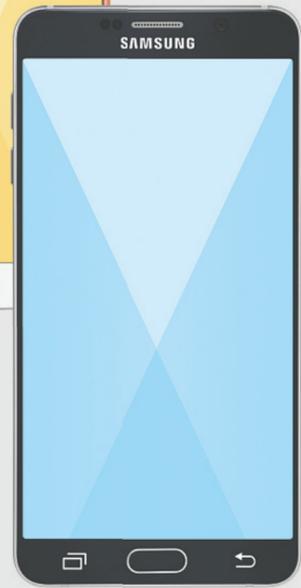
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