

From the Bangor Police: Erma Bombeck approved

Duck of Justice
From the Bangor Police Department Facebook page



Many thank yous are in order to the Erma Bombeck Writers Workshop for honoring us with a mention as Humor writer of the month for February 2016.

When they asked for a photo, I explained that my Glamour Shot portfolio was outdated as I was wearing white pants (Hey, it was taken before Labor Day). They allowed us to use this photo clipped from our time with Michael Winslow (Police Academy, Spaceballs and the man of 10,000 voices). Which was nice of them. I was laughing, which is odd.

The Institute is at the University of Dayton and while those of a certain

age will remember Erma Bombeck's hilarious columns and books, the rest of you should seek out some of her works. If you like humor, she was the the master. My grandmother sent me many of her columns, clipped from her local paper, when I was a kid. You can imagine my surprise when the people from the "Institute" found me. On and island. Holding a volleyball. Wait, that was a movie. I digress.

If you are a humor writer or even think that you would like to be a humor writer, look into their programs. If you are a police officer, just go back to work. There is nothing to see here.

There are times in a young person's life that you have to go find what you want. Ain't no free lunch. If there was, would it include dessert? I don't think so.

If you want an early spring, you equip your-

self with appropriate lighting and safety gear. Eye protection and a pink net are necessary. Binoculars? Check. Then, you go out and take it.

School Resource Officer Myron Warner acted as security for Leo on his right and Gabby on his left. They are in Pre-K at Bangor's Abraham Lincoln School.

Punxsutawney Phil has nothing on us.

Sadly, in Maine, this G-Hog saw his shadow. Further investigation by Leo and Trinity uncovered information that Officer Warner moved the groundhog in a easterly direction after he was recovered from his lair. This caused a shadow to form to the groundhog's west.

During the interview, Trinity broke Officer Warner down with techniques that were somewhat innovative. She found out that Warner has a snowmobile. This is all in the report but it



PHOTO COURTESY BANGOR POLICE
School Resource Officer Myron Warner with Leo and Gabby, both in Pre-K at the Abraham Lincoln School, and their "groundhog."

is sufficient to say that Warner will do whatever it takes to get his 1972 Scorpion Stinger out on the drifts. Cheat, cheat, never beat.

Thanks to all the Pre-K classmates at Abe Lincoln and to Mrs Griffith who allowed the kids to work over Officer Warner, right after rest time.

The men and women of the Bangor Police Department will be here.

Check out the rest of the Bangor Police Department's posts on the Bangor Maine Police Department Facebook page.

The right kind of furry friends can bring laughter, love to elders

Senior Beat
Carol Higgins Taylor



I have always been an advocate for the combination of seniors and elder animals. It's just a good match, and research shows that having pets definitely increases the quality of life and the overall emotional health of seniors. In fact, simply petting an animal can reduce stress, anxiety, lower the heart rate and blood pressure, not to mention the fact that having a companion around to talk to makes you feel good. This is why pets are brought into assisted living facilities and nursing homes.

But bringing a new furry friend into your home isn't as easy as picking out a cute animal and bringing it home.

My best friend's mother is doing the adoption right. When her husband died last fall, about a year after their beloved dog died, she was, of course,

lonely. Being a dog lover, the impulse would be to get a little puppy immediately to have companionship. But she and my friend understand that rushing out to fill the void with a new animal, before being fully ready, would be a mistake. So, spring is her target for finding herself a new furry member of the family.

She is taking her time, looking at different breeds. My friend is researching rescues, and together they are making a calculated, thoughtful decision.

This isn't easy to do when there are so many in need that have irresistible little faces. But doing your due diligence is important. I can relate although I tend to be a jump-in and think later sort. My rescued boys have been with me for eight and a half years. First came the kittens from a bad situation, then a couple of months later we added a little white dog to the mix who was in desperate need of a loving family.

If you are a dog lover and thinking about a canine companion, consider breed and age when choosing one. Talk to the staff

at the shelter about your needs and lifestyle. If you are unsteady on your feet or unable to walk any distance, you may not want a young, large dog that has lots of energy.

Older dogs who would love to sit on the couch and go for a stroll might be the perfect companion. Think about weather and get the pouch out to do its business when it is snowing or icy.

Now, while it's medically documented that companion animals help people live longer and healthier lives, it's important to make arrangements for the animal should you become incapacitated and are no longer be able to care for it. Inform relatives and friends of your wishes regarding the animal.

It's important to think of cost as well. Pets can be pricy when you add up food and veterinarian visit costs. If the senior adopts an animal that requires grooming, such as a poodle or Yorkshire terrier, the costs can skyrocket. My little man, a shih tzu mix, is groomed every six weeks and at the end of the year I am always shocked



PHOTO COURTESY JEVTIC/THINKSTOCK

at how much we spend.

If a senior (or anyone, really) has a pet of any kind, it is critical to have a plan in case of the unthinkable or unplanned. Who will take the pet should the senior have to go to a facility that does not allow pets or worse? It is not enough to assume that a family member will take the animal. And even if a family member agreed in the past to take in the pet, things change.

Have this conversation and ask how the pet will be cared for if the senior no longer is able to be in charge of the animal. Far too many beloved pets end up in shelters because family cannot or will not take them in.

Get an agreement and put it in writing along with the pet's history and special instructions, such as the vet's name, diet considerations, etc.

So, if you are looking for a new little friend or you'd like to help out with a wish list donation, give your local shelter a call. Many are overrun with homeless animals, and would love to have your support. Let's face it - a house without an animal is just, well, a house. Adopt a pet and make your house a home.

Carol Higgins Taylor is an advocate for seniors and owns Bryant Street Public Relations Bangor. Email her at bryantstreetpr@gmail.com.

Maine Community Foundation offers grants

Nonprofit and public organizations seeking funding for projects that draw on the strengths of the community and foster collaboration are encouraged to apply for grants from the Maine Community Foundation's Community Building Grant Program.

The foundation's Penobscot County Committee also will accept requests for up to \$50,000 for new or expanding public health projects serving the Greater Bangor community (within a 30-mile radius) with priority given to programs focused on addressing opioid addiction and related health challenges.

A volunteer committee of Penobscot County residents and business leaders reviews grants and makes recommendations for funding. Interested applicants should complete MaineCF's Community Building application process. The application and guidelines are available mainecf.org. The deadline for these grant applications is Feb. 15, 2016. Applicants submitting requests for projects focused on new or expanding public health projects have until March 1, 2016.

In 2015, the committee awarded more than \$155,000 in grants to 17 nonprofits, including:

- \$10,000 to Cancer Hospitality House of Maine, to build a strong and functioning volunteer structure to support Sarah's House's mission.
- \$10,000 to Our Katahdin, to build online and physical presence in the community through marketing, PSAs, and project funding.
- \$10,000 to Town of Orono, to support the new

and expanded Food Hub Services.

With offices in Ellsworth and Portland, the Maine Community Foundation works with donors and other partners to improve the quality of life for all Maine people. To learn more, visit www.mainecf.org.

Maine Student Film and Video Festival now accepting submissions

The Maine Student Film and Video Festival will kick off its 39th annual season with several changes that will open the doors for more student filmmakers to take part in the state's multimedia event for young people.

Submissions may be entered anytime through June 1. Films will be judged in three categories -- narrative (fiction), doc-

umentary and creative, which will include stop-motion, music video, art film, experimental and other genres that don't fit the narrative or documentary categories.

The student film festival is open to filmmakers age 19 and under in kindergarten through grade 12. Entries are judged by a panel of filmmakers, media professionals and educators, and are evaluated on the basis of originality, content, style and technique. Films will be reviewed by divisions -- pre-teen, (kindergarten through grade six), junior (grades seven and eight) and senior (grades nine through 12). This year, entries in the junior and senior divisions will be judged based on genre with separate winners for each category, depending on submissions.

For group productions,

the age of the oldest authoring member of the group will determine in which division the movie will be judged. There is no age limit for actors, documentary subjects or musicians who may appear in the production.

Each year the festival selects award winners and finalists whose films are screened at the festival's public screening and awards presentation held in conjunction with the Maine International Film Festival in Waterville. The screening will be held at 12:30 p.m. Saturday, July 16, at the Waterville Opera House.

Prizes include \$500 in cash awards furnished by

Maine Public Broadcasting Network, a one-year subscription to Adobe Creative Cloud with video editing software, including Adobe Photoshop, Adobe After Effects and Adobe Premiere Pro, and full festival passes to the Maine International Film Festival. In addition, all finalists receive certificates of achievement, and winners in all divisions receive trophies.

Founded by the Maine Alliance for Media Arts, the Maine Student Film and Video Festival is presented by the Maine Film Center, a nonprofit organization whose mission is to enrich, educate and entertain the community

through film and art. More information on the festival, including rules and submission guidelines, may be found at msfvf.com.

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