

# From the Bangor Police: Lock your doors, protect your puppies

## Duck of Justice

From the Bangor Police Department Facebook page



Please, folks. If I gave you advice on financial decisions, food selection, roofing materials or what kind of flatware you should buy, ignore it. I know very little about those things.

My idea of a good investment is one which returns just 50 percent of my initial outlay. Flatware pulled from the McDonald's bag has been used on many a night in my little world, and I think discarded street signs look pretty cool as a stopgap measure on the camp roof. I am not promoting taking street signs. I said discarded. Read all the words before contacting my supervisor.

I rethought my first paragraph and have de-

cided that my food selection skills are superb. Add a half a cap of apple cider vinegar to your drawn butter when using it dip your steamed clams or lobster. You will be thanking me soon after the meal, possibly naming your next child after me. This child will be well behaved, a heck of a pool player and will move out of your house after his or her 36th birthday. I was a late bloomer as well. Trust me. I work for the government. Get it right. Capital T. Capital C. Sounds like "easy", and rearing him/her will be just that. Their middle name should be Tangy-Goodness.

What does all that rambling have to do with police work. Nothing. You expect too much from me.

I need you to lock your stinking car doors. All over Bangor, we are dealing with a roaming dipstick or dipsticks that are ransacking your belongings, dropping your registration paperwork on the floor of the Civic

and taking things of value. How hard is this for us? Obviously, it is tougher than I think.

Lock your doors. Just use the little button on the remote, hold down the mushroom looking thingie on the door, push forward or backward on that tab near the handle. They even make it easy by marking it with orange. Lock it. Lock it. Lock it.

This will stop much of the problem. Yes, there is the theory that by leaving it unlocked, they won't break the window. If that is your decision and you want them to camp in your car, setting up one of those little Phish Concert, impromptu barbecue stands where they sell unrefrigerated soy hot dogs and ground tofu to pedestrian traffic, feel free. I am going with the lock.

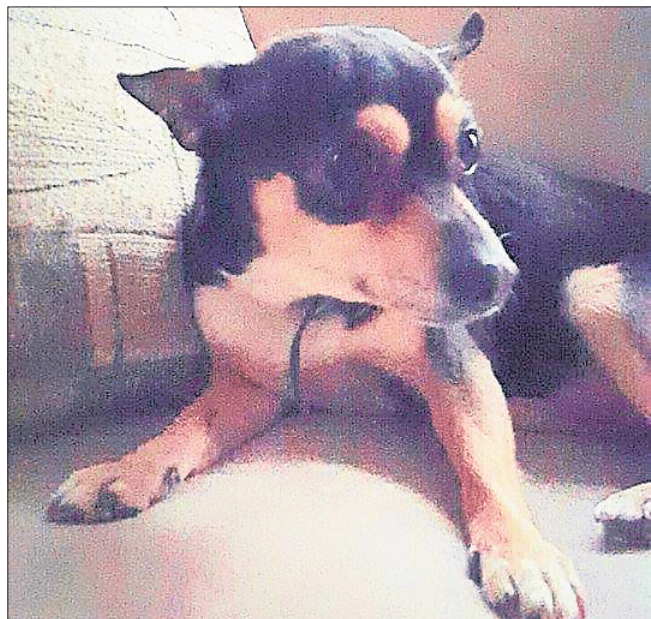
Do not read the following paragraph if you were not offended by my mention of a Phish concert impromptu BBQ Stand. Skip ahead two paragraphs. Do not read be-

tween the asterisks.

Phish fans: I will add that I have never worked a concert with a more polite band of individuals. I met and conversed with some of the smartest and brightest people I ever met at a concert. They cleaned up after themselves, leaving not a trace of their barefooted dancefest. Smart questions, showed much respect for law enforcement as a whole and were just a cool and fun bunch. Gluten free was never so much fun as that show. They didn't even have to tell me they were vegetarians, vegans or gluten free. I just knew. Do not be offended by my mention of the Phish concert BBQ stand. I just notice these things.

I did disagree with the nitrous oxide hits being sold along the waterfront. The purveyors even ran away from the sales area without giving us the finger. I appreciated that. Thank you.

Lock your car doors.



COURTESY BANGOR POLICE

**Bella (or Stella) the Chihuahua was rescued by Officer Jordan Bragan from a fire in a Hammond Street building on Wednesday night.**

People want to take your stuff. Remove valuables from your car. Lock your house doors and windows. Call if you see suspicious activity. Do not leave me a message on Facebook at 3 in the morning. CALL

THE POLICE. You pay us to be here and we will be. Lock your doors.

Have a great night. I am hungry for soy.

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

# Feeling tired? Try these tips to increase your overall energy

## Senior Beat

Carol Higgins Taylor



Feeling tired when you first wake up in the morning can be frustrating. Sometimes it can occur when you just didn't get a good night's rest. But sometimes, feeling continuous fatigue can have underlying causes.

If you are losing sleep, think about keeping a sleep diary. Logging when you fall asleep, how often you wake up, and how you feel in the morning, can reveal patterns.

The best course of action is to consult a healthcare provider if fatigue lasts more than a few weeks. Barring any organ-

ic reason for your tiredness, the National Institute of Health National Institutes on Aging's website [www.nia.nih.gov](http://www.nia.nih.gov) has some simple changes in lifestyle that can help reduce fatigue and get you back to your old self.

Things to try to feel less tired:

Along with the sleep diary, keep a fatigue diary so you can pinpoint certain times of the day or situations that make you feel more or less tired. This will both be good records to take to your healthcare provider who then may be able to pinpoint the reason for your tiredness.

Exercise regularly. Moderate exercise may improve your appetite, energy, and outlook. Some people find that exercises combining balance and breathing (for example tai

chi and yoga) improves energy.

Avoid long naps that can leave you feeling groggy. This is an important tip. I know of many seniors who nap in the afternoon then complain of sleepless nights. If you must nap, keep it short.

Another sleep stealer is anxiety. We are living in uncertain times and for seniors, fears about such things as the future, their health and who will care for them as they age, can take a toll.

Other causes of restless nights can be depression, grief from loss of family, friends, or home of many years, stress from financial problems and feeling like they no longer have control over their lives. NIH advises that sometimes fatigue is caused by personal habits, which can be easily changed or

modified, for example, staying up past the point of being tired. It's easy to do, especially when involved in a project or good movie on TV, but ignoring the first signs of being sleepy can backfire. Experts swear by routine: going to bed and rising at the same time daily.

Trying to relax or warm up with a cup of tea or hot chocolate is a great idea except both have caffeine which when consumed late in the day can prevent that drowsy feeling from setting in. Try drinking herbal tea instead or other non-caffeinated beverages. And then there is alcohol, which may seem to make you tired but in reality does not provide restful sleep.

If you are battling fatigue think about how you spend your days. It may be hard to believe but

boredom can make you tired. Strange but true. I have often heard a family member of mine in her mid-80s say, "I don't know why I am so tired; I haven't done a thing all day."

This can be common among recent retirees who had been actively working. When they leave their jobs, they are often a little unsure about what to do all day. "Keeping busy" is very different from "being busy." After the newness of retirement wears off and suddenly the days are stretched out with nothing to fill them, volunteering can fit the bill.

Sleep is an important part of good health and fatigue can drain your quality of life. If staring at the ceiling or listening to the clock tick away the hours, goes from occa-

sionally to the norm, call your healthcare provider. Losing sleep is not a natural part of aging.

For more information or to read NIH's Age Page on sleep, visit [www.nia.nih.gov/health/publication/fatigue](http://www.nia.nih.gov/health/publication/fatigue).

Carol Higgins Taylor is an advocate for seniors and owns Bryant Street Public Relations in Bangor. Email her at [bryantstreetpr@gmail.com](mailto:bryantstreetpr@gmail.com).

## Mark It

Art, children, clubs, fairs, fundraisers, meals, museums, music, etc.

**TheWeekly**  
CALENDAR

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2016

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PRESENTED BY:  EASTERN MAINE MEDICAL CENTER

EMHS MEMBER

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