

# From the Bangor Police: K-9 selfies, and some thieves get busted

**Duck of Justice**  
From the Bangor Police Department Facebook page



On the afternoon of Dec. 24 it was reported that several men wearing hooded sweatshirts (red, blue and black) were going through mailboxes near 16th Street in Bangor. Detective Joel Nadeau located the men doing the same near 14th Street.

Nadeau, driving an unmarked vehicle, was able to observe unnoticed for a time, and determined that the men were taking mail and packages from homes in that area. As he tried to radio for more units, one of the individu-

als saw Nadeau using his radio microphone and the three men fled. Nadeau gave chase and called in a foot pursuit.

Bangor Patrol Officers saturated the area and within 20 minutes had chased, captured and handcuffed, the three men.

Charged in that incident were 18 year old Nick Wilson of Portland, Maine and 18 year old Marcus Mello, also of Portland, Maine. Both Wilson and Mello were charged with theft and refusal to submit to arrest. Additionally, Mr. Wilson was charged with possession of Schedule W drugs.

A 17 year old male juvenile was also arrested on an outstanding warrant and will be charged in connection with the incident as well.

The incident still remains under investiga-

tion and further charges are possible.

Since I had no photos of the suspects available at this time, we took a vote and it was unanimous that Detective Nadeau's mud clad trousers would fill the space destined for a photograph of today's foot chase. Thank Detective Nadeau and Bangor Police Department patrol crew. Nice work.

We tell you all the time and we mean it; we will be here!

Christmas is a day in which we all gather around the crime scene tree and look for evidence that someone cares. It is also a day in which Officer Donnell used kind, yet threatening words, to get K9 Officer Jamie Fanning to wear antlers. Aki has been wearing a set since Thanksgiving. The

lovely rack of majestic cheer has not impaired Aki from his duty.

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

*Weekly editor's note: The Bangor Police Department Facebook page, excerpts from which have been appearing in the Weekly's pages since Fall 2015, was recently written up in the Washington Post, highlighting its unique connection with its community, and its fame that has grown well beyond Bangor's city limits and the borders of Maine. The rather long URL for the story is https://www.washingtonpost.com/news/inspired-life/wp/2015/12/16/this-may-be-the-only-police-department-in-america-with-a-funny-facebook-page/*



PHOTO COURTESY BANGOR POLICE  
**Aki and Officer Donnell, in front of the BPD tree.**

# Tips to beat the blues during the long, cold month of January

**Senior Beat**  
Carol Higgins Taylor



January is typically a difficult month. The excitement of the holidays is over and spring seems so far away. Then there is the weather. It gets dark early, and while we have had great luck with the weather, we all know the other snowshoe is going to drop at some point.

The days are short and grey and can give way to the winter blues. For seniors, these blues can be especially hard, as it is often more difficult to leave the house, again be-

cause of the weather and family who visited for the holidays may be gone so more time is spent alone.

Keep in mind that the winter "blues and down-in-the-dumps" feeling is not to be confused with seasonal affective disorder or depression. If you experience winter blahs well into spring, contact your health care provider as depression is not a natural sign of aging, no matter how old you are, and is treatable. And don't let anyone tell you to "just snap out of it." Ignore them as they are misinformed on how serious depression is. Talk to your doctor.

But if you are just feeling a little down, there are things that may help.

Here are some tips for surviving the winter blues:

- Bring some fresh flowers into your home. They can typically be found at the grocery store and are a great way to brighten up even the darkest mood.
- Keep your mind alert by reading, doing crossword puzzles, playing cards with a friend, crafts and hobbies or any other activity that engages your brain. If you have a box of unidentified family photos, think about putting the pictures in an album with identification. Organizing old family recipes so they may be copied would most likely be appreciated by family.
- Exercise. If you have a snowy yard, it is no excuse to be sedentary. If you can't get out of the house, exercise indoors. There are a variety of DVDs available for every age

- group and activity level and budget. Check with your doctor for more options. Ask about the colorful elastic stretch bands that physical therapists use. They are a good way to build strength.
- You may gravitate toward comfort food but that doesn't mean that your choices need to be unhealthful. Macaroni with low-fat cheese is delicious and a peanut butter and jelly sandwich can take you back to your youth, but think about upping its health factor with low-sugar jam and whole grain bread.
- Increase socialization. If you have trouble getting out, invite friends and family your home. If you have a computer, see about using Skype to stay in touch.

- If you love decorating for the holidays, do it for other special occasions as well. Valentine's Day is coming up and it is hard to be depressed when surrounded by lacy red hearts. And candy.
- Make plans for fun things to do in the future, like a special dinner or a trip. It gives you something to think about and to look forward to.
- Essential oils are all the rage. Try aroma therapy. Breathing in your favorite fragrance is a free pass to a good mood. Beware of candles, however. Instead, try a plug in or the electric pot that melts scented wax.
- Take a class or just get out of the house. Check the Calendar section of the paper for a listing of things to do. You might be amazed

- at all that is going on right outside your door.
- Be sure to laugh. Funny TV shows or movies are a great way to fight the blues. And a hearty belly laugh is good for you physically. It uses a lot of muscles. Big Bang Theory is my personal favorite.
- If possible, volunteer for an organization you admire. Giving back is a great way to get back a happy feeling.
- And when you are feeling down, remember Abe Lincoln had it right all along when he said, "Most folks are as happy as they make up their minds to be."
- Carol Higgins Taylor is an advocate for seniors and owns a Bryant Street Public Relations in Bangor. Email her at bryantstreetpr@gmail.com

# The quest for the ultimate apple pie results in a new recipe

BY JEFF MCINTOSH  
FROM BDN BLOG BLOGGING WITH APPLES

It feels like I have been working on apple pie for ages. I have made apple pies before and I am sure I will make lots of different ones in the future but I wanted to finally figure out THE apple pie recipe. The apple pie I will make for the rest of my life. The one my kids will refer to when they ask for an apple pie 20 years from now. It took a few months of playing around and trying different crusts but I am finally happy with the result.

With a last name like McIntosh apples are bound to be a priority. I didn't have a Granny Mac. I did have a Grammy Mac but she passed when I was young. I also don't know if she made apple pie (I like to think she did!) I remember visiting her as a child and sneaking to her front porch where she kept a dish filled with those pink Canadian Mints. I would shovel as many into my mouth as possible before an adult would catch me. To this day if I see Canadian Mints somewhere I will stuff my cheeks full, eyes darting from side to side to make sure I don't get caught.

I called this recipe Granny Mac because I used a combination of Granny Smith and McIntosh apples. The internet once told me you should use tart apples like Granny Smith to make apple pie but I couldn't in

good conscious turn my back on McIntosh apples. I compromised and used half of each. Of course before we start dealing with apples we have to address the crust...

Homemade crust is really easy and far superior. It is completely worth the little extra effort. To make the crusts I mix 2.5 cups flour with 1 teaspoon of sugar and 1 teaspoon of salt in a large bowl.

Next up is butter and lard. Most directions call for dicing chilled butter to work into flour. I thought it would just be easier to grate the already cold from the fridge butter and lard directly into the bowl.

I use 1 stick or 1/2 cup grated butter. Then using a super precise trick I like to call the "grate about the same amount of lard into the bowl technique," I end up with about a cup of butter and lard total.

Then using my hands (I am far too impatient to use a pastry cutter) I mix that all together until it is well incorporated and looks like little flour crumbles. Finally add around quarter cup of ice cold water and mix. It will quickly turn into an easily workable dough that can be split in half to make 2 equal portions of dough, after chilling in the fridge. We will be using one for the top crust and one for the bottom.

Now onto the filling and one of my least favorite kitchen jobs of all time: peeling apples. Peeling ap-



COURTESY BLOGGING WITH APPLES  
**Jeff McIntosh's apple pie is made with a mix of Granny Smith and McIntosh apples.**

pies I dislike more than chopping fresh garlic. I find both tasks tedious and I dread them to the extent that I search out alternatives. I actually tried to make an apple pie without peeling the apples. It was awful; don't try it.

After mentally preparing for the terror that is peeling and coring 8 apples, I plan to slice them as thin as I possibly can. I am using 4 Granny Smith apples, and 4 McIntosh apples. The goal will be for the apples to mound over the top of the pie pan. Into the bowl goes 8 apples worth of slices. Then I add 1/3 cup sugar, 1/3 cup brown sugar, 1/2 teaspoon cinnamon, 1/4 teaspoon

fresh grated nutmeg, and a 1/4 cup flour. This gets mixed up and allowed to sit while I roll out the dough. The apple slices combined with sugar will draw out some of the water from apples but I still pour it all into the pie. I added enough flour to thicken it and I will allow it to cool before slicing to avoid soup-y pie.

I like to roll out the dough on a piece of parchment. That way you can slide your hand under the parchment and flip it into pie pan (and on top of with the second crust) and peel off the paper. The bottom crust gets pricked with a fork to prevent any bubbling. Then the filling goes in. It

should mound in the center, slightly higher than the pan. The apples will cook down a little in the oven.

Then the top piece goes on and I cut away the extra dough around the sides (don't throw it away I used the extra and made a little apple hand pie). Then I try in vain to crimp the sides to make it look professional. After failing at that I move on to slicing some steam vents in the top of pie.

The last step before baking is to crack and whisk an egg yolk and brush the top with the egg wash. Then sprinkle a nice dusting of white sugar on top of the egg wash and you will be rewarded with a nicely browned, crispy, and sugary top crust.

This is going into a 375 degree oven for about 45 minutes. After a few tries I learned to loosely cover with tin foil after 30 minutes. That way the pie keeps cooking but the top won't brown anymore (or burn). I don't take the pie out of oven I just open the oven after 30 minutes and if I like how the crust looks I slide a couple pieces of tin foil slightly tented over the top of pie and this seems to work great.

The final result was glorious. I let it cool completely overnight before slicing into it. It was one of those few times I know I blew my wife away with how good it was. That always feels nice when cooking for a family.

**Granny Mac Apple Pie**  
Prep time: 20 mins  
Cook time: 45 mins  
Total time: 1 hour 5 mins  
Serves: 8  
Ingredients  
2 pie crusts (homemade crust recipe above)  
8 apples (4 Granny Smith, 4 McIntosh) peeled, cored, and sliced thin  
1/3 cup white sugar plus extra for dusting  
1/3 cup brown sugar  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 cup flour  
1 egg yolk whisked  
Preheat oven to 375 degrees. Place one pie crust in bottom of pie pan and prick with fork.

Place apple slices in large bowl and mix in sugar, brown sugar, cinnamon, nutmeg, and flour.

Pour apple mixture into pie pan so the apples are mounded slightly over the top of the plate.

Add the top crust. Flute edges and slice vents in the center.

Brush top with egg yolk and sprinkle with white sugar.

Bake 30 minutes and then cover with loose tin foil tent (to prevent excessive browning) and continue to bake another 15 minutes.

Jeff's family lives in his childhood home on a 1/4 acre in town lot in Brewer. Despite the small space to work with, they have challenged ourselves to produce as much of our own food as possible — and cook it! They document their journey at Blogging with Apples.

## HITTING THE SLOPES (FINALLY)



BDN PHOTO BY GABOR DEGRE  
**Skiers and snowboarders enjoy the slopes at New Hermon Mountain ski area on Dec. 29. Co-owner Marlene Whitcomb said, they were finally able to open one that weekend. She said this year is one of the latest they have opened in nearly 30 years.**

## clubs and groups

- BANGOR:**
- Bingo, 6:15 p.m. Tuesday and Saturday, Dow-Clewley VFW Post 1761, 1368 Hammond St. Doors open 4:30 p.m.
  - Twin City Riot semi-pro men's football team practice and player recruiting 6-8 p.m. Wednesdays and Sundays, Stillwater Park, 338 Howard St. Allen McLamb, 478-9208 or twincityriot@gmail.com.
  - Maine Fighting Gamer's Alliance, weekly competitive video gaming including Super Smash Bros, Mortal Kombat, Street Fighter, more, 8 p.m. Wednesdays at Paddy Murphy's.
  - Dirigo Bridge Club with Steve Dyer, 6:30 p.m. Tuesday, and 12:30 p.m. Mondays

- and Thursdays, Bangor Motor Inn. Steve Dyer, 884-7413, or Jean Martin, 989-3873.
- Paul Bunyan Chapter of BNI, 7-8:30 a.m. Tuesdays, Season's Restaurant.
- German Stammtisch language group, 5:30 p.m. second and fourth Wednesdays, Books-A-Million, 116 Bangor Mall Blvd. 866-4992.
- Spanish Conversation Table, 7 p.m. Fridays, Books-A-Million, 116 Bangor Mall Blvd.
- BREWER:**
  - Eastern Maine Diecast Association, second Mondays, IGA coffee shop, North Brewer Shopping Center. 745-1345, 942-3801.
- GLENBURN:**
  - Bingo, 7 p.m. Thursdays, West Glenburn Community Club, 5 Phillips Road, across from fire station. Doors open 4:30 p.m.; early birds, 5:30 p.m. 745-3067.

- HAMPDEN:**
- Bingo, 7 p.m. Fridays, VFW Post 4633, Canoe Club Road. Early birds, 6 p.m. Refreshments available. 862-2553.
  - Knitting group, 6:30-8 p.m. Wednesdays, Edythe Dyer Library, 269 Main Road North. Bring a project.
  - HERMON:**
    - Arnold R. Kelly American Legion Post 200, 7 p.m. last Thursdays, Hermon Volunteer Rescue Squad building, Billings Road. 848-5597.
  - ORONO:**
    - French conversation table, 4-6 p.m. every other Thursday, Black Bear Brewery, Mill Street.

**Yesterday ... Today**  
Turning the pages from the past

**TheWeekly**