

LETTERS TO THE EDITOR

Right person, right job

To the editor:

As Roger Katz's campaign coordinator I have the pleasure of speaking to many people about Roger. I hear the same thing over and over- Roger is the "right" person for the job and I have discovered what that means.

Roger is genuine and approachable; energetic, enthusiastic and a hard worker. He is a leader whose intelligence, skill and experience will serve us well in the Senate, as he has proven as our Mayor. He is a catalyst to get people working together from both sides of the aisle.

Please visit www.katzsenate.com to see what Roger believes are key points to address to get us "back on track."

I think this election must be about getting the right person in the Senate seat for District 24 (Augusta, China, Oakland, Sidney and Vassalboro) and Roger is that person.

Please join me in voting for Roger Katz for Senate on June 8.

Susan F. Grenier
Augusta

Neighbors in Need

To the editor:

Volunteers are special people who find personal fulfillment from helping others. As an employee of Spectrum Generations, I see how fortunate we are to have a large pool of volunteers who help make it financially possible to manage many free or low cost programs and services that help maturing and disable Mainers across Central Maine live independently.

But the need doesn't end there. There is a big need in our communities for volunteers willing to help their neighbors. Many elderly and disabled Mainers struggle with poor health or disabilities that often make it necessary for them to give up their homes and independence. Some programs and services such as the ones Spectrum Generations provides make it possible for them to stay in their homes, but they still may not be physically able to do a lot of the heavy chores, or have a network of relatives or friends that can drive them to the grocery store or doctors appointments.

Look out your window with new eyes and you may notice that Mrs. Smith's home is looking unkempt, and you know she is just getting by on her Social Security. Maybe you are just noticing that Mr. Jones' lawn is overgrown and he has a broken window patched up with plastic? These could be indications that they can no longer do these types of things themselves, and may not be able to afford to hire someone to do them.

There are many ways that you can help. Consider dropping by

to see if your neighbor could use a little help with the heavy cleaning or mowing the lawn. Pull together a group of neighbors and make a day of washing your neighbor's windows, or sprucing up their yard. Get your kids involved in helping an elderly neighbor and let them feel the satisfaction of helping others. Work with your town government to set up a program to help the elderly and disabled in your community.

We all get caught up on our own busy lives - working, shuffling the kids around, and maintaining our own homes. Lend a helping hand to your neighbors in need and you may find that you get back as much enjoyment as you give.

Holly Couture
Public Ed Coordinator
Spectrum Generations

We need nuclear energy

To the editor:

As a pro-nuclear energy person with the recent oil spill in the Gulf, perhaps this will wake up America just how much we are dependant on oil for our daily activities.

If we don't go to nuclear energy soon, this country will be doomed to fighting other countries for their abundance of oil.

Solar and wind are helpful but won't satisfy our thirst for oil. As an example, start with our vehicles. Smaller and battery run, but not very good for long hauls or extra power. We will always need gas cars and trucks.

Now for the punch line. As a retired electrical engineer, my home is all electric. Yes, not solar or off the grid. So what, I like electric heat and with nuclear power everyone could convert to electric heat and for less than oil. Just think now many homes will be in danger if the OPEC and other countries cut off our oil supply. Something to think about.

France is over 70 percent nuclear and we should be, too.

Frank Slason
Somerville

Seeking support for festival

To the editor:

I am an Erskine Academy graduate, and am currently attending Florida State University. In the fall I will be entering into my fourth year studying piano performance. This summer I am attending a music festival in Aspen, Colorado, and am trying to raise money to go. I am doing a recital on Friday, June 4, at 7:30 p.m. at the Waterville Congregational Church, in order to have an opportunity to perform before I leave, and a way of raising money by asking for donations.

Lydia Kilian
China

Supports Katz for Senate

To the editor:

As we fast approach our time to vote in the primary elections, I hope that folks will turn out and vote for people of good character and high morals. We need leadership in our State that will represent the highest values and quality of life possible. It isn't just about being smart, although that is important, it is also about having people in office who will do the right thing!

I believe that Roger Katz falls into that category. I hope that folks will support his effort to become our next member of the Maine Senate. I know that he will represent the best interests of the people of central Maine and will move the state in directions that will be good for all of us.

By the way, for the record, I do believe that Roger Katz is smart!

David Glusker
South China

Unity College official selected for national leadership program

Unity College announced today that Senior Vice President for Academic Affairs Amy Knisley is one of 25 chief academic officers nationwide selected to participate in a seminar on "Leadership for the 21st Century for Chief Academic Officers (CAO)" that will be held July 12-16 in Annapolis, Maryland.

This highly competitive leadership development program is intended to foster the perspectives and skills of college and university chief academic officers that can lead to success in unpredictable times. The program is offered by the Council of Independent Colleges (CIC), a national association of more than 600 independent, liberal arts colleges and universities, and the American Academic Leadership Institute (AALI), which provides leadership identification and development programs across all sectors of public and private higher education.

"Amy Knisley has a wonderful blend of collaborative spirit, administrative depth, and scholarly versatility," said Unity College President Mitchell Thomashow. "She uses her philosophy background brilliantly - as a means to bring rigor, compassion, and virtue to leadership and change. The CIC workshop will give her the means to reflect more deeply on philosophy and leadership."

Applicants were selected from private colleges and universities nationwide. Participants will have the opportunity to read, reflect on, and discuss key issues of leadership and responsibility with colleagues.

Giant garage, plant and book sale at Gibbs Library

The annual Giant Garage, Plant and Book Sale of the Gibbs will be held from 9 a.m. to 2 p.m., Saturday, May 22. Donation of furniture and antiques, housewares and the rare and unusual are robust this year. One very expensive item, a lawn vacuum used only once, was recently donated, and holiday flea market items will be available, too. You just never know what you will find, which is why the garage sale is so popular in the area.

At 1 p.m., many of the items will be sold for \$1 bag for the bargain hunters. Vegetable seedlings, perennials, herbs and trees will also be available at great prices. Used and new books, fiction, non-fiction and children's, will be on sale in the library's Bryant Room.

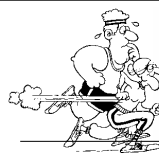
This event is the major fundraiser for Gibbs Library which is an all-volunteer library. The sale, rain or shine, will be held next to the library at 40 Old Union Road,

Washington. For more information call 845-2663



Casey Johnson (left) and Ann Dean prepare for the Saturday, May 22 Giant Garage Sale at Gibbs Library, Washington.

Contributed photo



Senior Corner

When nut consumption goes up, cholesterol level goes down

A new study reported today in the Archives of Internal Medicine, one of the JAMA/Archives journals, further confirms previous research findings that eating nuts improves blood cholesterol levels, which reduces the risk of coronary heart disease. A large Penn State study in 2001 (reported below) reached the same conclusion, as have many other studies in recent years.

Participants in the 25 trials providing data for this analysis consumed an average of 67 grams (about 2.4 ounces) of nuts per day.

This was associated with an average

- 5.1 percent reduction in total cholesterol concentration,
- 7.4 percent reduction in low-density lipoprotein (LDL, or "bad" cholesterol) and
- 8.3 percent change in ratio of LDL cholesterol to high-density lipoprotein (HDL, or "good" cholesterol).

In addition, triglyceride levels declined by 10.2 percent among individuals with high triglyceride levels (at least 150 milligrams per deciliter), although not among those with lower levels.

"Dietary interventions to lower blood cholesterol concentrations and to modify blood lipoprotein levels are the cornerstone of prevention and treatment plans for coronary heart disease," the authors note as background information in their report.

"Recently, consumption of nuts has been the focus of intense research because of their potential to reduce coronary heart disease risk and to lower blood lipid (fat and cholesterol) levels based on their unique nutritional attributes."

Nuts are a nutrient-dense food rich in plant protein (10%-25%) and fat (50%-75%), mostly unsaturated fatty acids. They are a rich source of additional nutrients, dietary fiber, minerals (eg, copper, magnesium, and potassium), vitamins (eg, folic acid, niacin, vitamin E, and vitamin B6), and other bioactive constituents such as phenolic antioxidants and phytosterols.

"The effects of nut consumption were significantly modified by LDL-C, body mass index and diet type: the lipid-lowering effects of nut consumption were greatest among subjects with high baseline LDL-C and with low body mass index and among those consuming Western diets."

The results support the inclusion of nuts in therapeutic dietary interventions for improving blood cholesterol levels, they conclude.

"Nuts are a whole food that have been consumed by humans throughout history. Increasing the consumption of nuts as part of an otherwise prudent diet can be expected to favorably affect blood lipid levels (at least in the short term) and have the potential to lower coronary heart disease risk."

Have you found Tito, yet?
He can be an elusive little fella!



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