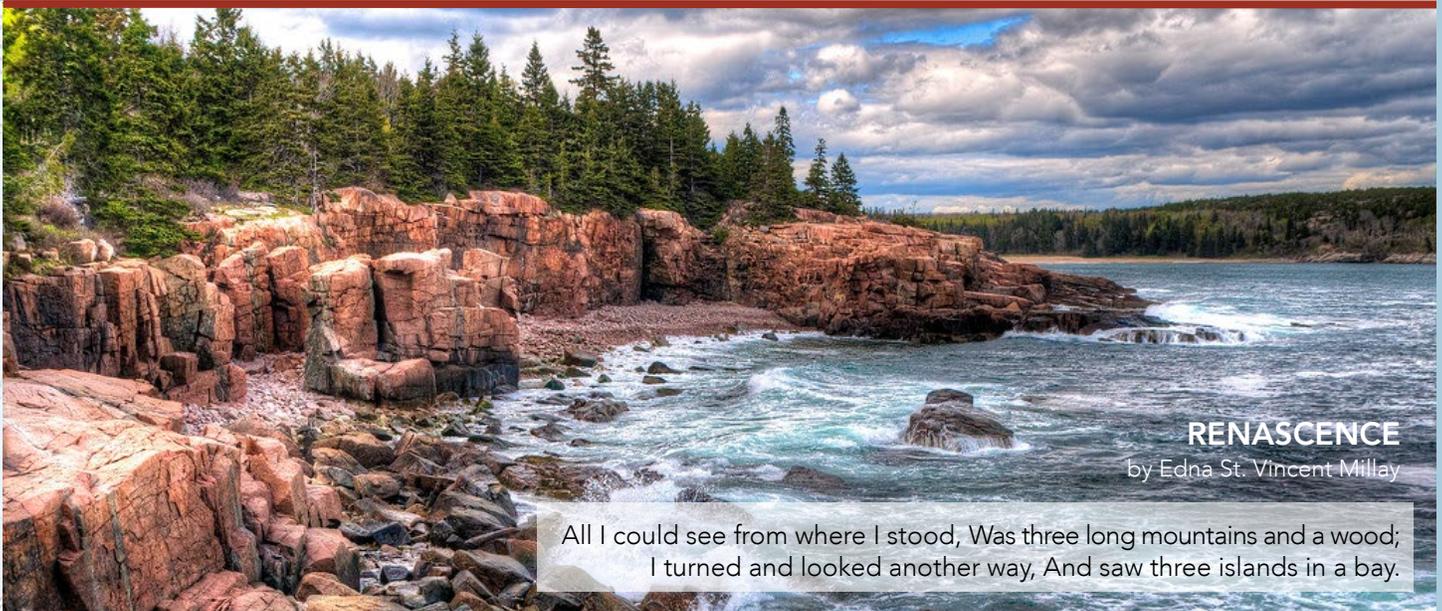




TRAVEL OUR VIRTUAL HIGHWAY MAINE AT A GLANCE

ISSUE NO. 4



RENAISSANCE
by Edna St. Vincent Millay

All I could see from where I stood, Was three long mountains and a wood;
I turned and looked another way, And saw three islands in a bay.

WHAT'S THERE TO LOVE ABOUT MAINE? **EVERYTHING!**

No trip across the eastern seaboard would be complete without an out of the way visit the great state of Maine. Arguably one of the country's most beautiful states, it offers picturesque landscapes, unusual wildlife, gourmet cuisine, and unlimited inspiration. Maine is home to the eastern most point in the US, and the first light of day, although that changes with the seasons. No matter

the spot, the views throughout are breathtaking. Lobsters are king and still trapped as they have been for over 400 years. Each ubiquitous lobster buoy holds the personal identification of the lobsterman. 65 historic lighthouses stand over 5K miles of coastline, inlets and islands. Also standing on those same rocks are Puffins! **Learn more at www.visitmaine.com**



Read Renaissance in its entirety at www.poetryfoundation.org/poems/55993/renascence

FIELDS OF FIRE **A BLUE HERITAGE**

99% of all wild blueberries come from Maine, and from these very red fields. The biennial burning of these crimson fields makes for a surreal photo, but greatly increases crop yields. This dates back to Native American practices, and is part of the local culture that is still respected today. Wild blueberries are considered a super-food, boasting the highest concentration of antioxidants per serving when compared to other top fruits, helping with inflammation and other age-related health risks. **Learn more at www.extension.umaine.edu/blueberries/.com**



DEEP ROOTED INSPIRATION BEAUTY TAKES FORM



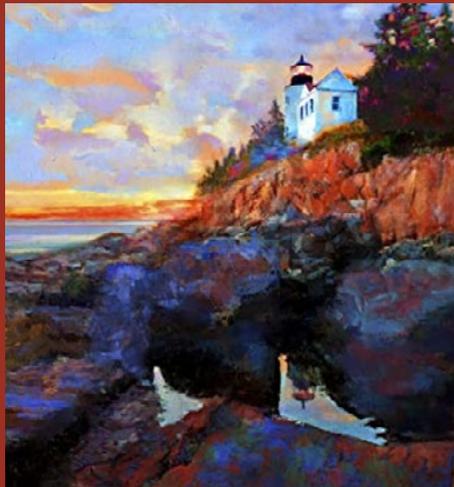
Maine has always been an inspirational destination for artists, authors, musicians and poets. The quiet beauty has been the backdrop for more than one American classic. Native and fictional author of the macabre, Stephen King has used

Maine as the setting for most of his writings. King resides in his home just outside Bangor (left), which itself could be a setting. King strives to write a minimum of 2000 words daily, and prefers paper and a Waterman fountain pen. Other well known backdrops include The Olsen House, a 17th century colonial farmhouse, famously depicted in Christina's World by Andrew Wyeth (above right), the many landscape studies by Edward Hopper (right), and Acadia National Park (below) by Lisa Sophia Robinson.



AUTHORS:

Stephen King
Henry Wadsworth Longfellow
Nathaniel Hawthorn
Henry David Thoreau
Harriet Beecher Stowe
E.B. White
Rachel Carson
Richard Russo
Colin Woodard
Elizabeth Strout
Edna St. Vincent Millay - Poet
Richard Blanco - Poet



ARTISTS:

Andrew Wyeth
Winslow Homer
Edward Hopper
Harold Garde
Frederic Edwin Church
Mariel Duym
Harold Barnard
C.R. Bryant
Marta Spendowska
Lisa Sophia Robinson
Sascha Braunig
John Bryan

Those who know me know Maine has always been a source of fascination. It had been at the top of my bucket-list, until last year's summer vacation. Miles of rugged shoreline, countless lighthouses, Acadia hiking, Casco Bay sailing, lobster boils - we did it all! I would challenge you to dig deeper into some of the people and places highlighted this week. The back stories make the beauty so much more meaningful. As we continue to move forward, find inspiration and pass it on. Stay healthy!

Becky



K2M DESIGN

JIGSAW SUDOKU

The rows and columns must still contain only one of the digits, as well as the irregularly shaped areas. Good luck!

5	8		4	1		7	6
1			7				8
			3	4			
8		5			4	6	3
4	6	8			7		2
			8	6			
2				3			4
3	5		6	8		2	7

8		3		7		2	1
2		5	6		7		
	2					5	6
6			2	1		7	
	3		8	2			7
1	5					3	
		2		6	3		5
3	8		4		1		2