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I am a retired Literacy Specialist and I have lived and worked in Falmouth for over 30 years. One of the best things about retirement is having the time to walk and enjoy the nature around me. I have noticed that many of my fellow walkers are around my age, and having a safe place to walk is so important for senior citizens. Being outside and moving is essential to mental, physical and emotional health. The Casco Bay Trails would be a wonderful thing for senior citizens in every affected community.