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Auburn Highlights

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Auburn Community Band

45th Consecutive Season



Bill Van Tassel Photos

Still leading the Auburn Community Concert Band at Auburn's Festival Plaza is Milt Simon (right). Photo was taken during the June 24 concert as the group was into its 45th season of pleasing local music lovers.

Visitors from L/A and surrounding communities gather Wednesday summer evenings at Auburn Festival Plaza to hear popular music favorites from the Auburn Community Band. Led by director Milt Simon and sponsored by local businesses, the concert band offers a variety of music genres each week.



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Submit this form with your Funniest Thing Kids Say conversation and we will publish in an upcoming issue.

Name: _____

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Funny Things Kids Say
Turner Publishing, Inc.
P.O. Box 214, Turner, Maine 04282
Or email: FunnyThingsKidsSay@turnerpublishing.net

While preparing breakfast for my two grandchildren, my 9-year-old granddaughter Arabella and I were having some girl talk. We mentioned how us girls have to stick together.

MY 5-year-old grandson Odin piped in “OH, you’re not a girl Nani?”

Puzzled, I said, “you didn’t know I’m a girl?” His rational explanation was, “well, you had your hair cut really short, so I wasn’t sure.”

He had always known me to have medium length hair.

- Deborah of Lewiston

It was around Halloween time when our little Susan was learning her ABC’s. She very confidently told us: A is for Apple; B is for Boy, C is for Cat....then hesitation. She faltered... D is for....? D is for....? Then she jumped up and excitedly announced: D is for Dhost!!

- Ann of Farmington

THE HEALTHY GEEZER

VITAMIN D

Fred Cicetti

Q. I'm 68 years old and I want to know how much Vitamin D you need to be healthy.

The Office of Dietary Supplements in the National Institutes of Health recommends the following daily dietary allowances: 400 IU for children under one year; 600 IU for everyone 1–70 years old, and 800 IU for everyone more than 70 years old.

The recommended upper limit for vita-

min D is 2,000 IU a day. Vitamin D can be toxic when taken in higher doses. Vitamin D is included in most multivitamins, usually in strengths from 50 IU to 1,000 IU. Vitamin D toxicity is rare. There is a greater risk of poisoning if you have liver or kidney conditions, or if you take some diuretics.

There are different forms of Vitamin D. The major forms—the ones important to humans—are vitamin D2 and vita-

min D3.

Vitamin D2 is synthesized by plants. We get vitamin D in our diet. Very few foods in nature contain vitamin D. It is found in eggs, dairy products, fish, oysters and cod liver oil. Foods, such as milk, may be fortified with vitamin D2 or D3. Fortified foods provide most of the vitamin D in the American diet.

Vitamin D3 is synthesized in human skin when it is exposed to

sunlight. About 10 minutes of daily exposure to the sun is considered enough to prevent deficiencies.

Vitamin D’s primary job is to maintain normal amounts of calcium and phosphorus in your blood. Vitamin D helps keep your bones strong. Research suggests that vitamin D may protect us not only from osteoporosis (loss of bone density) but also from high blood pressure, cancer, heart disease, diabetes, multiple sclerosis and psoriasis.

Populations at a high risk for vitamin D deficiencies include the

elderly, obese individuals and people with limited sun exposure. Osteomalacia—also known as adult rickets—is found in older patients deficient in vitamin D. Osteomalacia causes bone and muscle weakness.

People older than 50 are at increased risk of developing vitamin D insufficiency. As people age, skin cannot synthesize vitamin D efficiently, and the kidneys are less able to convert vitamin D to its active hormone form.

Recent studies indicate that vitamin D reduces the risk of fall-

ing, which is especially dangerous for seniors. However, to obtain the benefits of the vitamin, you must take 700 to 1000 IU a day. These studies buttress other research that has shown that vitamin D improves strength, balance and bone health in the elderly.

Each year, one third of people 65 and older, and one half of people 50 and older fall at least once. Almost one-tenth of these falls puts their victims in an emergency room. Many seniors who fall end up in nursing homes.

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Maine Events Calendar

JULY

July 18th - Surplus Assets Sale at the Great Falls Model Railroad Club, 9 a.m. to 1 p.m., 144 Mill Street, Auburn, (Handicapped Accessible), FMI at <https://www.greatfallsmodelrrclub.org>.

July 26 — Leavitt Institute Class of 1963 will observe the 63rd class reunion on July 26, 2026 at the home of Dale Talbot. Come and get acquainted again with our classmates (family). It will be a great time. Contact Dale at 207-251-5788 or Marion at 207-946-5579.

July 31 - Acadia Wind Ensemble, 7:00 p.m., Donald M. Gay Performing Arts Center, Edward Little High School, 77 Harris St., Auburn, open to the public, free admission, voluntary donations gratefully accepted at the door.

AUGUST

August 22nd & 23rd - Open House Weekend at the Great Falls Model Railroad Club, 10 a.m. to 4 p.m. each day, 144 Mill Street, Auburn, (Handicapped Accessible), FMI at <https://www.greatfallsmodelrrclub.org>.

OCTOBER

October 17th - Great Falls Model Railroad Club October Train Show at Edward Little High School, 10 a.m. to 3 p.m., 77 Harris Street (off Western Avenue) - Auburn, (Handicapped Accessible), FMI at <https://www.greatfallsmodelrrclub.org>.

NOVEMBER

November 21st & 22nd - ExTRAINaganza Open House at the Great Falls Model Railroad Club, 10 a.m. to 4 p.m. each day, 144 Mill Street, Auburn, (Handicapped Accessible), FMI at <https://www.greatfallsmodelrrclub.org>.

MONTHLY MEETINGS

AUBURN: Community Little Theatre (CLT) presents “The Marvelous Wonderettes,” June 19, 20, 25, 26,

and 27 at 7:30 p.m., June 21 and 28 at 2:00 p.m., at CLT, 30 Academy Street, Auburn, tickets available online at <https://www.laclt.com/>.

AUBURN: Community Little Theatre’s (CLT) production of “The Wizard of Oz,” August 7, 8, 13, 14, 15 at 7:30 p.m., August 9 and 16 at 2:00 p.m., at CLT, 30 Academy Street, Auburn, tickets are available online at <https://www.laclt.com/>.

TURNER: At Turner Public Library Stay & Play is on Wednesdays from 9:30-10:30 a.m., Story Hour is at 10:30 a.m., and Silent Book Club is from 4-6 p.m. on Thursdays.

SABATTUS: Looking for local senior citizens interested in restarting a Senior Citizens group, if interested, please email Jon at jmsab23@aol.com.

AUBURN: Weekly Chess Club, every Wednesday, 4-6 p.m., Auburn Public Library, all levels and ages welcome; FMI call Joe Kaper 207-274-8463.

SOUTH PARIS: South Paris Farmers’ Market, Thursdays 2-6 p.m., 9 Market Square in the parking lot right next door to Oxford Hills Mercantile/Ollie & David’s.

TURNER: Silent Book Auction, every Thursday from 4-6 p.m., Turner Public Library, 98 Matthews Way, Turner, (207) 225-2030.

TURNER: Story Hour, every Wednesday at 10 a.m., Turner Public Library, 98 Matthews Way, Turner, (207) 225-2030.

NORWAY: Craft & Chat at the Cancer Resource Center, Mondays 1:00 – 3:00 p.m., drop in and explore your creative side and meet new friends at the same time, all supplies are provided, no pre-registration is required.

NORWAY: Chair Yoga at the Cancer Resource Center, Thursdays 1:00 – 2:00 p.m., chair yoga can help improve core strength and balance, promote better breathing techniques, increase flexibility and help reduce stress, call the Cancer Resource Center to register at 890-0329.

NORWAY: Women’s

Support Group and Coffee Hour, meets the third Wednesday of every month from 10:30 to 12:00 noon at the Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Kelsey at the Center at (207) 890-0205.

NORWAY: Men’s Rally Group meets the third Friday of each month from 1:00 - 3:00 p.m., Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Nel Bernard at 207-312-9955 or Vance Jordan at 207-583-2975. *Note: new day of week and time.

NORWAY: Wellness Share at Center for Healing Arts, 2nd Saturday of each month, 10 a.m. to 2 p.m., 180 Main St., Norway, free event offering Reflexology, Massage, and more, FMI call Charlotte LaBelle – 207-890-2177.

NORWAY: Drum Circle at Center for Healing Arts, 4th Saturday of each month, 11 a.m. to 2 p.m., 180 Main St., Norway, free event, drums available for use, FMI call Dan Gravel 207-604-0323 or Nel Bernard 207-312-9955.

LEWISTON: Renewal Addiction Ministry. Applying biblical truth to the root of addiction. Every Friday 630pm. 89 Birch Street Lewiston @The Root Cellar. Alex Theriault 207-274-1570

NORWAY: Norway Community Lunch program, Wednesdays from 11:15 a.m., to noon, First Universalist Church of Norway Concert Hall, 479 Main Street, Norway.

LEWISTON: Maker Mondays at Lewiston Public Library, March 2, 16, April 6 and May 18, Couture Room, Lewiston Public Library, 200 Lisbon St., Lewiston, ages 18 and up, beginners welcome, FMI contact 207-513-3134 or lpclirc@lewistonmaine.gov.

LEWISTON: Renewal Addiction Ministry, every Friday 6:30 p.m., Calvary Chapel Lewiston, 777 Main Street, FMI Alex Theriault 207-274-1570.

LEWISTON: Sadie’s Fiber Arts Club, every 1st

and 3rd Wednesday of the month, 3:30 p.m., Lewiston Public Library’s Children’s Department, 200 Lisbon Street at the corner of Pine Street, Lewiston, FMI at 513-3133 or LPLKids@lewistonmaine.gov.

MECHANIC FALLS: Mechanic Falls Church of the Nazarene. Sundays: Fellowship 11:30, Morning Worship 12:00 p.m. Wednesdays: Bible Study 6:00 p.m., Prayer Meeting 7:00 p.m.

ONGOING:

GRAY: One-on-one with Community Connector, 1-3 p.m., Gray Library, 5 Hancock St., Gray, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

NEW GLOUCESTER: Coffee Hour, Tuesdays, 9-11 a.m., New Gloucester Congregational Church, 19 Gloucester Hill Rd., New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

NEW GLOUCESTER: Community Cafe Lunch, 11:30 a.m., New Gloucester Congregational Church, 19 Gloucester Hill Rd., New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

NEW GLOUCESTER: One-on-one with Community Connector, 9-11 a.m., New Gloucester Library, 379 Intervale Road, New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

Events for the Maine News Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: <https://www.turnerpublishing.net/pdf/Deadlines.pdf>. Email your event information to articles@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster.

MAINE CALENDAR PAGE

If you are hosting a free community event and would like it added to our calendar, please email your details to: advertising@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster. Our Maine Events calendar page is FREE for free community events. If you are a business and/or charging admission/fee, there is a small charge for a display ad on these pages. Email: advertising@turnerpublishing.net. Call 207-225-2076 for prepayment options. Events for the Maine Events Calendar should be received three weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: www.turnerpublishing.net/pdf/Deadlines.pdf

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June 23..... Backwoods Road Band
June 30..... Bobby Colwell Trio

July 4..... Continental Shakedown
July 7..... Back Cat Road Band
July 14..... Moosehedz
July 21..... The Fossils
July 28..... Smith Collaboration

August 4..... The Terry Swett Band
August 11..... Denny Breau
August 18..... Bonnie and the Practical Cats
August 25..... Dirty McCurdy

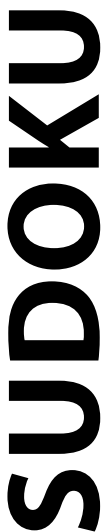
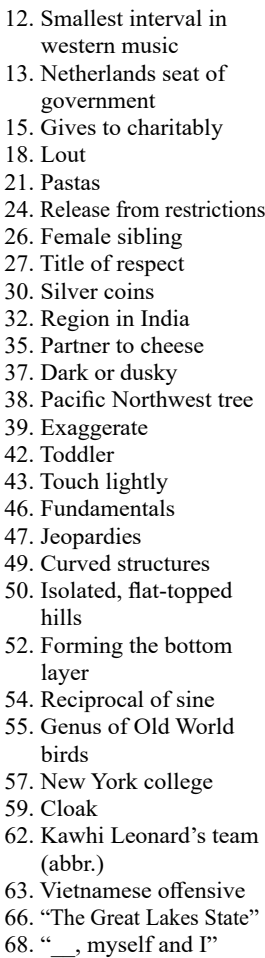
September 1..... Hot Damn
September 8..... Pam Weeks



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Math Blocks

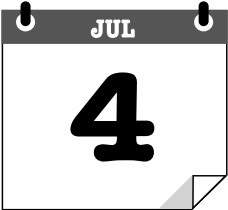
Fill in the missing blocks with numbers between 0-20.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

10	6		20
	8		18
	15	11	29
14	29	24	

11	5	3
6	8	1
4	6	10

Solution

THIS DAY IN HISTORY



1634: The city of Trois-Rivières is founded in New France.

1776: The United States Declaration of Independence is adopted by the Second Continental Congress.

1939: Lou Gehrig informs the crowd at Yankee Stadium that he is retiring from baseball due to his illness.

Animal FACT:

These animals perspire (give out sweat) through their paws to cool down when it is hot.

Answer: Dogs

Get Scrambled

Unscramble the words to determine the phrase.
THO NDA ESTYAM

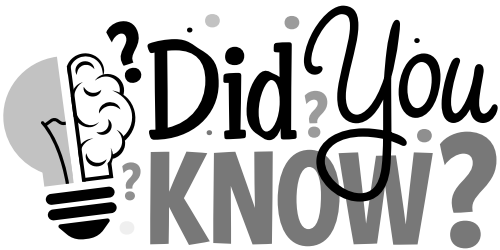
Answer: Hot and steamy

NEW WORD

HUMIDITY
the amount of water vapor in the atmosphere

How they say that in...

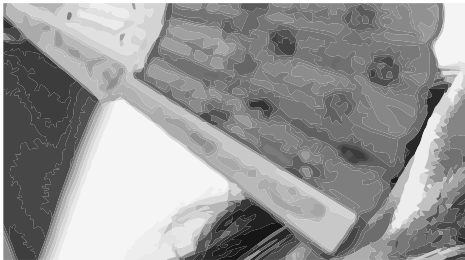
English: Hot
Spanish: Caliente
Italian: Caldo
French: Chaud
German: Heiß



The hottest time of the year in the Northern Hemisphere occurs between July 3 and August 11. This period aligns with the rising of Sirius, the "Dog Star."



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Paper fan

ARTS & Entertainment

If you would like to be in this special section contact your sales rep directly, call the office at (207) 225-2076 or email us at: advertising@turnerpublishing.net

Acadia Wind Ensemble to perform annual concert on July 31 in Auburn

AUBURN - Acadia Wind Ensemble (AWE), conducted by Dr. Trae Blanco from Butler University in Indianapolis, Indiana, will be performing its free annual concert on Friday, July 31 at 7pm at the state-of-the-art 1200-seat Donald M. Gay Performing Arts Center, located at Edward Little High School (ELHS), 77 Harris St., in Auburn. AWE is a nearly 100-piece instrumental ensemble that meets for two days each summer to rehearse and then perform a program that has an appeal for all ages. About a month prior to convening, members receive their individual parts to practice on their own.

AWE was co-founded in 2011 by then-ELHS band director Jennifer Fortin, Manager and saxophonist, and longtime Messalonskee High School band director (now retired) Andrew Forster, Director and trumpet player. Fortin, who just completed her first year as music educator at Skowhegan Area Middle School and who formerly taught at Skowhegan Area High School for 13 years, says, "Acadia Wind Ensemble is a group of musicians composed mostly of music educators from the state of Maine, and beyond, who join together in professional development and music education to bring our love and passion for music to the general public. It was created with a vision of musicians coming together to make great music with world-renowned conductors for professional development, collegiality and most of all, to have fun! Not only are we a performing group, we are family." Forster further explains, "Acadia Wind Ensemble is a place for music educators to come together each year to recharge and immerse ourselves into music-making. By working together and learning from one another alongside our world-class directors, we engage in the most meaningful and authentic professional development as possible." Forster hosted the inaugural event at Messalonskee High School (Oakland), where it continued through 2024, with some exceptions at Mt. Blue High School (Farmington), Hampden Academy (Hampden), and Lawrence High School (Fairfield).

Dr. Blanco is returning to Maine for his third time since he left his position at the University of Southern Maine (USM) in 2018 to move to Murray State University (Kentucky) and ultimately to Butler University, where he is the director of University Bands at the School of Music. While he was at USM, he also conducted Portland Youth Wind Ensemble (PYWE) and Casco Bay Wind Symphony (CBWS), and he was the cover conductor for the Portland Symphony Orchestra, ready to take the lead in the absence of the regular conductor. His first trip back to Maine was to direct the Maine High School All State Band in 2023, and it was then that he expressed an interest in returning to Maine more often. That opportunity presented itself when AWE's inaugural and longtime respected conductor Anthony "Tony" Maiello, retired from George Mason University and AWE in 2024. Dr. Blanco reflects, "Acadia Wind Ensemble brings the highest level of artistry of wind band repertoire to the state of Maine each year to celebrate lifelong music making. Collaborating with these friends and colleagues each summer brings great joy to each of the performers and extends beyond the concert stage to the audience."

Along with the change to a new maestro, AWE also moved to its new venue at the Donald M. Gay Performing Arts Center,

which opened in December of 2023. Bill Buzza, current ELHS band director, AWE alto saxophonist, and event host says, "I've played in the Acadia Wind Ensemble for several years, and I am thrilled to be hosting this professional-level performance in the Donald M. Gay Performing Arts Center for the second year. The quality of the performance will match the world-class quality of the venue."

Loren Fields, band director at Lawrence High School and French horn player in AWE, offers the insight, "As an inaugural member who has not missed a year, I have witnessed the ensemble develop from being purely band-director-based to expanding membership to other professional and enthusiastic musicians. All are passionate and love to excel and revel in the opportunity to perform challenging and beautiful symphonic band music with other like minds and spirits."

Cathi Leibinger, just-retired middle school music educator from Florida, Past President of the Florida Bandmasters Association, and Founder/Executive Director of the Music Mentor Network, plans a trip to Maine each summer around the AWE dates. Leibinger, who plays French horn, explains, "Many professional development opportunities for music educators are passive 'sit and get' presentations, with lectures and handouts. AWE is an outstanding example of 'stay and play' with active participation that creates an emotional response. It helps us become better musicians, teachers, and humans."

Several members are from Massachusetts, including flutist Nicole O'Toole, Bedford, MA K-12 Program Director of Performing Arts, and her retired music-educator husband Tom, who plays euphonium. Nicole explains, "Joe Wright, a Massachusetts tubist originally from Maine, lured us to join in 2022 for the chance to work with then-conductor Tony Maiello. The kindness and high quality of the musicians keep us returning each year. We enjoyed playing under Trae's baton last year and are looking forward to this year's exciting program and concert!"

Norm Scott, a regular audience member, marvels, "I have attended AWE concerts faithfully since 2015, when my flutist wife Alicia, who is not a music educator, was invited by Waterville High School band director and French horn player Sue Barre. While I am Alicia's 'groupie' for many ensembles and shows in which she plays, AWE amazes me with the fact that these musicians get together once a year to rehearse for less than nine hours, and yet give a professional-level concert, now performed in what I believe is the best auditorium in the state. I encourage everybody who is not in the ensemble to join me in the audience!"

This year's program includes the following compositions: Urban Light by James M. David, Cedar Canyon Sketches by Carol Brittin Chambers; all stars are love by Steven Bryant; Adventures on Earth (from E.T. the Extra-Terrestrial) by John Williams, Symphony in Blue and Gold by Erika Svanoec; Of Our New Day Begun by Omar Thomas; and the ever-popular The Stars and Stripes Forever by John Philip Sousa.

AWE invites everyone of all ages to fill the seats at the free July 31 7pm concert at the Donald M. Gay Auditorium at Edward Little High School in Auburn. Voluntary donations at the door are welcome.

Arts & Entertainment page sponsor:



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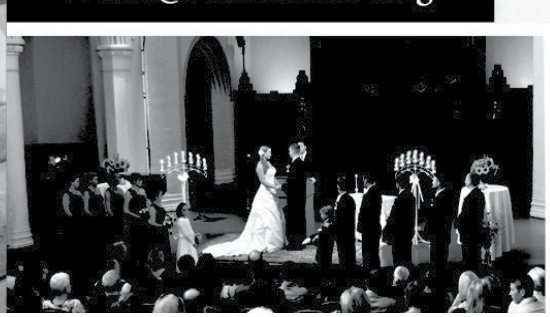


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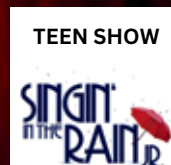


YOUTH SHOW



July 17, 7:30pm
July 18, 2:00pm

TEEN SHOW



July 18, 7:30pm
July 19, 2:00pm

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MAINE OUTDOORS *v. Paul Reynolds*

RANGELEY FLY FISHING FESTIVAL



Submitted photos

A Quebec brookie mounted by the late David Footer.

Those outdoorsmen and women who have been there would rarely give you an argument if you contended that Rangeley, Maine is ground zero for those whose passion is to cast a long line on the Magalloway River or the Kennebago. So, it was fitting recently that the 5th annual White Nose Pete Fly Fishing Festival took place at the historic Rangeley Inn and Tavern.

Who the heck is White Nose Pete? It is a fish, a purely fictional big trout that, as the story goes, haunts the pocket waters of the fabled Rapid River, a real hook-jawed, fat-bellied slobber-knocker! Legend holds that a few trout men have hooked him long enough to see his white nose, but never long enough to get him anywhere near the net.

Sponsored by the Rangeley Lakes Region Chamber of Commerce, the festival was a two-day affair with lots to see and do. And a great chance to get caught up with old friends and make some new ones. Friday night at the Inn, two well-known and unforgettable fly-fishing characters had their names added to the Fly-Fishing Legends Honor Board. The new inductees were Rangeley guide Herb Ellis and angler and artist Dave Tibbetts. Both men follow in the long shadows cast by such local and even national angling icons as Flyrod

Crosby and Carrie Stevens, not to mention Herb Welch, Don Palmer, Ed Grant, Bud Wilcox and others.

Following the induction, a live auction was held, hosted by the always witty and sardonic Bill Pierce. A pile of money was raised from the donated items. My newest trout watercolor painting titled "Rapid River Runner," which retailed for \$195.00 and sold for \$400. Also auctioned off were some marvelous prints by Dave Tibbetts and the late David Footer.

The festival kicked off Saturday morning in full force, despite a light drizzle. Many of the vendors set up their displays in the Inn while others were under tents outside.

For me, one of the most remarkable and eye-catching displays was a number of brook trout mounts by the late David Footer. Footer's son was on hand to answer questions about the background of the impressive trout; many caught in Labrador or Quebec. Footer was a rare combination of superb taxidermist and fine artist. His trout under glass are alive like no other board mounted brookies you will ever see.

While a friend looked after my Northwoods Sporting Journal vending table, I took a break and

sat in on a wonderful and informative slide presentation by guide and outdoor writer Bob Romano. Bob, an Italian from the Bronx, showed up in Rangeley to fish more than 40 years ago and never left the Western Mountains. He is as colorful as he is informed about Rangeley and its precious fishery. Romano surveyed area guides and asked them to name their favorite two flies. He also chatted about why these flies got top billing with the Rangeley fishing guides. As you might suspect, no two guides think alike when it comes to their go to flies. Angler/historian Leslie Hilyard, for example, hoves to the Green Beauty and the Jitterbug.

What's a Jitterbug? It was news to me. Sounds like a bass bug, but it is a serious trout fly, and surprisingly it was tied and created by the boss lady herself, Carrie Stevens!

What I also learned was



Rangeley guide and outdoor writer Bob Romano and his wife Trish chatting with Mary at the Fly-Fishing Festival.



A large scale version of the fabled, elusive trout, White Nose Pete.

that a highly effective wet fly is the Hare's Ear. Bob Romano swears by it. The only Hare's Ear I ever used or heard of is the Hare's Ear nymph, which is almost as popular as a Copper John.

Isaac Walton, or some other angling forebear, observed that angling is much like mathematics in that it can never be fully learnt. And as you know, if

you fish that is part of the fun of it all. The Rangeley Lakes Region White Nose Pete Fly Fishing Festival is a gathering of more than just interesting and convivial souls. It is a treasure trove of the most seasoned and experienced anglers in Maine. And they will talk to you.

In 12 months, Rangeley will do it all over again. Put it on your calendar. It is well

worth the drive.

The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide and host of a weekly radio program "Maine Outdoors" heard Sundays at 7 p.m. on The Voice of Maine News-Talk Network. He has authored three books. Online purchase information is available at www.sporting-journal.com, Outdoor Book

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Developing healthy eating habits for children

Good nutrition and physical activity throughout life translates into good mental and emotional health and decreases the risk of illness and disease. One in four children are overweight or obese between the ages of 2 and 5, says Paula Peters, Professor of Human Nutrition, Kansas State University. Americans have slipped into many unhealthy habits and with the growing awareness of this we are in the process of correcting adult and childhood obesity. Trying to correct obesity in the US is a cultural process, cultural changes happen slow and over time.

As far as prevention there is so much we can do with children at a young age to teach them healthy habits that will last a lifetime. If you are a parent or a grandparent and or have the opportunity to mentor a child here are some suggestions;

1. Don't use food as a reward for good behavior or performance instead try other rewards such as spending time with them, going for a walk with them, (if old enough to walk), playing one of their favorite games or reading a book together.
2. Avoid putting a child on a diet. That just sets

them up for eating disorders and self-image challenges later in life. Instead offer healthy food options and increase physical activity opportunities such as helping with household chores and not allowing them to sit in front of the TV or computer for lengthy times.

3. Planting a garden with a child teaches them about fresh vegetable that they will be more eager to eat knowing they helped in grow them. It teaches them how to work and nurture. It also teaches them responsibility as they must water and weed the garden in order for it to grow.
4. Only keep healthy foods in the house. Moving away from the cookies, chips, crackers, soda and sweetened beverages is good for the entire

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1. Don't use food as a reward. Try other rewards like spending time together, going for a walk, playing their favorite game, or reading a book.

2. Avoid putting a child on a diet. That just sets them up for eating disorders and self-image challenges later in life. Instead offer healthy food options and increase physical activity opportunities such as helping with household chores and not allowing them to sit in front of the TV or computer for lengthy times.

3. Planting a garden with a child teaches them about fresh vegetables that they will be more eager to eat knowing they helped in grow them. It teaches them how to work and nurture. It also teaches them responsibility as they must water and weed the garden in order for it to grow.

4. Only keep healthy foods in the house. Moving away from the cookies, chips, crackers, soda and sweetened beverages is good for the entire family.

5. Bring the kids to the grocery store and give them some ownership over their food choices. Read the labels and show them good choices.

6. Be aware of what is being offered to them while they are away from home. Look into school programs and day care treats.

7. Cook together and eat meals together as a family. Make dinner time a regular habit and make snacking in front of the TV or throughout the day a non-issue.

8. Most importantly, mom, dad or daycare provider, you're a role model for your child and for children in general so practice what you preach when it comes to nutrition and activity. Don't hang on your phones, computers or TV's, get up and move and engage in activities with the kids.

Healthy Habits. Happy Kids. Strong Futures.

family.

5. Bring the kids to the grocery store and give them some ownership over their food choices. Read the labels and show them good choices.
6. Be aware of what is being offered to them while they are away from home. Look into school

system programs and day care treats.

7. Cook together and eat meals together as a family. Make dinner time a regular habit and make snacking in front of the TV or throughout the day a non-issue.
8. Most importantly, mom, dad or daycare

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provider, you're a role model for your child and for children in general so practice what you preach when it comes to nutrition and activity. Don't hang on your phones, computers or TV's, get up and move and engage in activities with the kids. Make healthy food choices. Have regular balanced meals with a protein source and lots of veggies and salad and a smaller portion of complex carbohydrates such as rice or sweet potatoes. Desserts should be fruits and snacks should consist of veggies, or protein sources like cheeses, grill chicken. boiled eggs, nuts and seeds and fruits.

Prevention is the plan for healthy families and a healthy future. I hope these tips have helped you and your family.

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Summer Seasonal Guide

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How to drive safely with a trailer in tow

Metro

Summer road trips create a sense of adventure during a popular time of year. That’s especially true for those planning driving vacations. Seasoned road trippers know to expect the unexpected when taking to the open road, and the surprises that emerge during a summer road trip make such excursions even more memorable.

Many drivers will be hitching a trailer to their vehicles when taking to the open road for summer vacation. Trailers can be used to transport bicycles, boats, jet skis, kayaks, or even extra luggage. Driving with trailers can be tricky, but drivers can keep these safety strategies in mind when driving a vehicle with a trailer hitched to the back.

• Familiarize yourself with the trailer. Consumer Reports notes that travel trailers can sometimes weigh more and be even taller than the vehicle pulling them. That can make it challenging to drive safely with a trailer in tow. But practice makes perfect, and drivers are urged to practice driving with a trailer in tow before they depart for a road trip. A large and empty parking lot can be a great place to get a feel for driving with a trailer hitched to the back of

your vehicle.

- Practice turns. Turning when driving a car or truck with a trailer hitched to the back requires a different approach. Wide turns are necessary to reduce the likelihood that the trailer tires hit the curb.
- Consider using towing mirrors. Towing mirrors are specially designed side-view mirrors that extend beyond standard side-view mirrors to offer drivers wider visibility, which can be necessary when wide loads are attached to the back of a vehicle. Towing mirrors can make it safer to change lanes and drive in reverse when a trailer is attached to the back of a car or truck.
- Recognize trailers swing. Consumer Reports urges drivers to give constant consideration to the swing of a trailer when turning. A trailer sometimes swings in the opposite direction when turning, which can increase the chances of hitting other vehicles, signs and even pedestrians. Carparts.com notes that the longer the distance between the rear wheels to the back bumper of the trailer, the greater the tail might swing. Managing and calculating swing is one of the reasons why practicing before taking to the open road can be so helpful.



Metro photo

- Adjust the trailer brakes. Consumer Reports notes that many trailers have electric brakes, and these brakes can and should be adjusted depending on what’s being towed. When towing a heavy boat, the brakes should be set to use a lot of force. But brakes should be adjusted when towing lighter weight to avoid tires locking up and skidding.
- Use the tow/haul mode if your vehicle has one. Many modern vehicles, and particularly trucks, come with a tow/haul mode option.

When engaged, that system automatically adjusts the transmission when it senses a vehicle is going downhill. That takes some strain off the brakes and generally makes driving with a trailer in tow a lot safer. These tips can make driving with a trailer in tow more comfortable. Additional tips are available at consumerreports.org and carparts.com.

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Students recognized in Smokey Bear and Woodsy Owl Poster Contest

FARMINGTON – Students from two local elementary schools were recently recognized for participating in the National Garden Clubs’ annual Smokey Bear and Woodsy Owl Poster Contest, a long-running educational program that encourages children to explore wildfire prevention, conservation, and environmental stewardship through art.

The local contest effort was organized through a collaboration between Libby Kaut, past president of the Mt. Blue Area Garden Club and volunteer aide at Cape Cod Hill School, and art teacher Leah White of Cape Cod and WG Mallett elementary schools.

Smokey Bear and Woodsy Owl Poster Contest has been sponsored nationally by National Garden Clubs, Inc. for decades in partnership with the U.S. Forest Service and the National Association of State Foresters. The program encourages students to use creativity and artistic expression to promote environmental awareness and responsible care of forests and natural resources.



Kinsley P. of W.G. Mallett School earned first place in Maine and throughout the New England Region for second-grade entries with her Smokey Bear poster. Haley S. of Cape Cod Hill School earned first place in the state of Maine for fifth-grade entries.

A ceremony was held April 27 to recognize the many students who participated in the contest. Award certificates were presented to each child by Karen Rea, past president and Awards Chair of the Garden Club Federation of Maine.

Two separate programs took place



during the day. In the morning, second-grade students gathered to celebrate their artwork and learn more about



Submitted photos



wildfire prevention from a very special guest: Smokey Bear himself. Later that afternoon, fifth-grade

students met outdoors with Forest Ranger Sergeant Lisa Byers of the Maine Forest Service. She spoke about

the responsibilities of forest rangers and the importance of protecting Maine’s forests and wildlands.

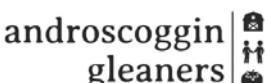
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Did You ? How America
KNOW? got its name ★

As residents of the United States of America celebrate the nation's two hundred and fiftieth anniversary, some might be curious where the "America" portion of the country's name comes from. According to the Library of Congress, America is named after Italian explorer Amerigo Vespucci. The LOC contends that Vespucci was the first to suggest that the lands Christopher Columbus sailed to in 1492 were part of a separate continent. German mapmaker Martin Waldseemüller honored Vespucci's assertion in 1507, when he created a notable map that was the first to depict the lands as a separate continent, naming the area "America," which is a Latinized version of "Amerigo." That map is now part of the cartographic collections at the LOC, and is sometimes referred to as "America's Birth Certificate."



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MOVIE REVIEW

by Lucas Allen

DISCLOSURE DAY

When Steven Spielberg directed “Close Encounters of the Third Kind” in 1977, he gave the world something to believe: that we are not alone in the universe. Five decades later, the Oscar-winning director is now giving us a different kind of outer world experience with his new original sci-fi thriller “Disclosure Day.” His take on the alien conspiracy thriller a ’la “The X-Files” is scripted by David Koepp, who previously wrote for the filmmaker “The Lost World: Jurassic Park” and “Indiana Jones and the Kingdom of the Crystal Skull.”

Margaret’s (Emily Blunt) average morning with her musician boyfriend Jackson (Wyatt Russell) took a weird turn one morning when she suddenly speaks other languages like Russian

and Korean, plus gaining the knowledge of the people that she talks to by looking into their eyes. Then, during her meteorology job at a local news station, she stands in front of the camera and bizarrely begins speaking in some sort of alien language. Meanwhile, a young man named Daniel (Josh O’Connor) is on the run with his girlfriend Jane (Eve Hewson) from the mysterious Wardex after stealing a whole archive of classified information pertaining to the existence and experimentation on extra-terrestrials. The group leader, Noah (Colin Firth), is using means to locate them, including using an advanced device to create a psychic link to one of the fugitives.

Soon, both Margaret’s and Daniel’s paths converge as each of them

starts to discover that they had been through a traumatic event from their childhood that brought them together. The answers they seek come from Wardex defector Hugo (Colman Domingo), who leads an underground resistance in an attempt to open the stolen archive and reveal all the secret data to the entire world. However, it is only a matter of time before Noah and the rest of Wardex catch up to them, hoping to protect such information that the whole world may not be ready for.

Each Spielberg film can be represented by a timeless theme that brings a certain emotional response to mind. If “Close Encounters” represented curiosity and “E.T.” about friendship, then this film’s theme can best be described as em-

pathy. Being empathetic about humanity and understanding the unknown carries that feeling throughout the movie. It also understands that while we are living in cynical times, there is a time when rediscovering what was thought lost could be found again.

Right from the beginning, this movie raises some important ideas and questions regarding the political, religious, and moral implications of revealing such secrets. While there are no real answers, it still gives the viewer something to ponder about, especially with their own views on the matter. Whether or not you do agree with what the characters are doing, it makes this otherwise overlong (at 146 minutes) journey to its stunning conclusion all the more worthwhile.

There are not too many action scenes, but the few shown also shows Spielberg’s mastery of suspense and excitement once more. Much of the film becomes a big chase scene with some vehicular damage and one part involving a train. It’s those brief moments of heart-stopping fun and shock that wonderfully recalls the cliffhanger-style action of the Indiana Jones series.

Spielberg assembled a pretty good cast for this sci-fi drama, yet it’s Blunt giving probably an award-worthy performance that could also be one of the best in her career. Her emotional range and her character’s journey help to ground the film in its humanistic approach to the story. O’Connor’s performance is decent enough, though his best scenes are the

ones with Blunt in the second half. Firth does a good job as the antagonist without resorting to mustache-twirling, while Domingo does a fine “wise sage” part even though his dialogue can range from ambiguous to overly explaining.

“Disclosure Day” certainly has a place among Spielberg’s finest works in his astonishing nearly six-decade career. He brings all the right ingredients, cooks them carefully, and presents a real dandy of a cinema meal. No matter which kind of Spielberg film you like best, this one will definitely be a favorite for a lot of people.

THE MOVIE’S RATING: PG-13 (for action/violence, some bloody images, and strong language)

THE CRITIC’S RATING: 3.75 Stars (Out of Four)

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Humane Society announces Summer Raffle winners

LEWISTON – The Greater Androscoggin Humane Society announces the winners of their Annual Summer Raffle. With over \$12,400 in ticket sales, the winners were: Sandi Panati of Dresden, winning \$500 cash; Sharon McCollett of Bowdoin, winning \$300 cash; Sue Tymoczko of Lewiston, winning \$200 cash and Joe Gizinski of Lewiston, winning \$100 cash. All proceeds from the raffle directly benefit the Humane Society.

The Greater Androscoggin Humane Society provides a safe haven for over 2,500 sick, homeless and abused animals in the greater Androscoggin area per year. The primary support for the shelter comes from fundraising events and donations of concerned citizens.

The Greater Androscoggin Humane Society is located at 55 Strawberry Avenue in Lewiston. If you are interested in learning more about volunteering at the Shelter or adopting an animal, call 783-2311 or visit the website at www.SavingPetsInMaine.org.

Gathered by Grace- A New England Methodist Camp Meeting

LISBON — On Sunday, July 26, 2026, five United Methodist congregations from across the region will come together for “Gathered by Grace: A New England Methodist Camp Meeting,” a joyful outdoor celebration of faith, music, community, and fellowship.

Hosted by the Androscoggin Cooperative Parish—a partnership between the Brunswick, Auburn, Lisbon, Minot, and West Cumberland United Methodist Churches—the event will take place at the MTM Community Center (18 School Street, Lisbon Falls, ME 04252) from 10:00 a.m. to 12:00 p.m. and is open to the public.

Inspired by the historic Methodist camp meeting tradition, this modern gathering reimagines the experience for today’s world with a focus on community, inclusion, hope, and service. The event will feature congregational hymn singing, musical offerings from each participating church, brief inspirational messages from local pastors, prayer, and a shared potluck brunch.

“Methodists have a long tradition of gathering outdoors to worship, sing, learn, and strengthen community,” said Rev. Alicia Vélez Stewart of Brunswick United Methodist Church. “This event celebrates that heritage while embracing the values that continue to guide us today: love of neighbor, radical welcome, justice, compassion, and service.”

The gathering is designed as a visible expression of collaboration among local churches and a reminder that faith communities continue to play an active role in building stronger, more connected communities.

The event will be held rain or shine, with tents provided for shelter from sun or rain. Attendees are encouraged to bring a potluck dish to share, though all are welcome regardless of whether they are able to contribute food.

For additional information, please contact: Rev. Alicia Vélez Stewart - Brunswick United Methodist Church avstewart@gmail.com

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Turner Publishing

Turner Publishing Media is a family-owned and operated business established in Turner, Maine, in 1992. We have been supporting schools, children’s sports and academics, as well as promoting businesses and the communities we serve for over 32 years. All of Turner Publishing’s publications are Maine Made. Our printers use soy inks and solar methods to protect the environment while printing our publications. Our paper suppliers use power from hydroelectric sources and work with local plants to use waste heat; heat that would otherwise be sent into the environment, to help produce the steam needed in the papermaking process.

We were told 100% of the chips used for the newsprint come from waste streams of other processes, such as the waste from lumber mills. Our newsprint producers also have a process to ensure that all fiber supplies come from forests that are managed for sustainability and comply with forest management principles.

The chips go through a thermo-mechanical pulp-making process, which involves a combination of steam and mechanical force to break the chips into a “slurry” of water and fibers. Giant machines work the chips into a mixture that is mostly water. This mixture is then sent to a process to brighten the paper.

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For this reason, we ask you to support Turner Publishing and the businesses in this publication and shop locally. Turner Publishing is not only doing its part to be environmentally responsible to save our planet, Turner Publishing promotes all the good things happening in the community and we donate over \$300,000 annually in media sponsorships to non-profits, churches, historical museums, and the arts. The businesses in our publications help us do this with their ad revenue (support them as well), so that the good can keep spreading. “It’s All Good News” and thank you for reading!

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Op-Ed- Togetherness on the Trails

The last time I was at an airport, harried and yearning for home, something struck me. In an airport, almost everyone seems vaguely hostile: we are tense, irritable, anxious to get on with our journeys. An airport is an intermediate step between where you are at that moment and wherever it is you're going. We regard each other as extras in a movie.

On the trail, though, while there are always exceptions, running into someone is a welcome thing. You exchange smiles (unless they're carrying a portable speaker and blasting music, in which case it's eye-daggers), you engage in small talk. You share, and then you move on. The kinship we feel on trails is real, maybe because there's no separate agenda like there is at an airport. You're out to be present, and being present helps us see one another as individuals, not extras.

Trails can equalize. It matters much less on the trail about who the other is, or what they believe, or where

they're from—you recognize them as a fellow because you're sharing something precious together. The sights, the sounds, the smells, the last curve before the trail unveils a vista that only you and they have seen so far today. The other person you encounter might be someone you haven't seen in years, or your neighbor, or it could be the president of your bank. It almost literally does not matter; the trail has you meet together as equals on a kind of shared journey.

Trails are precious because they're one of the few public spaces left where we let our guards down almost entirely and operate from a place of welcome and openness. To me, that's a powerful benefit we overlook amongst all the other fantastic reasons to support public access and conservation. But it's important—the whole notion of community is predicated on the idea of connection on some level, and so these public places where that connection is most apparent should

be preserved.

Preserving them takes hard work. Not everyone can volunteer their money, though thankfully, volunteering and service can take many forms. The High Peaks Alliance is always looking for people to help—trails need to be blazed and maintained, for example. That was how I got started with HPA, equipped with a high-powered weed whacker and some sturdy boots, helping a few other volunteers clear an overgrown trail. Even this column is an example of how to make an effort, even from far away.

It is a joy to greet others on the trail. We should remember the many who work so hard to make that possible. Think of them when you step on a carefully placed stone to forge a stream or see a trail blaze just ahead as you start to wonder if you've lost your way. And if you can, volunteer, however you are able. And when I see you on the trail, I'll be sure to stop, smile and to greet you in the spirit of fellowship.

BookReach gifts books to local preschools



LEWISTON - BookReach, a free literacy program, recently gifted nearly 200 books to local, participating childcare centers. Students received board books and picture books about gardening, along with bookmarks and fun facts about their volunteer readers to take home.

BookReach is a free volunteer literacy program sponsored by the Auburn and Lewiston

Public Libraries. Volunteer readers visit centers for Storytime with a new bag of books every week. Its mission is to raise a community of readers by enriching the lives of young children through the pleasure of reading. This program is free and available to all licensed childcare centers in the Lewiston/Auburn area.

Volunteer readers are needed. Reach out to the BookReach

Coordinator for more information at 207-513-3004 (ext. 3515) or at BookReach@lewistonmaine.gov.

The Lewiston Public Library is located downtown at 200 Lisbon Street on the corner of Pine Street. More information on this free outreach program is available by contacting the Lewiston Public Library at 513-3004 or LPLKids@lewistonmaine.gov.



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Thank you for reading the Communities "Good News"



Graduate Ian Lathrop named to Marquette University’s spring 2026 Dean’s List

Milwaukee, WI -Ian Lathrop, of Auburn, has been named to the Dean’s List for the spring 2026 semester at Marquette University in Milwaukee, Wisconsin. Lathrop graduated from Marquette University in May with a Bachelor of Arts degree in Political Science.

Julie Carpentier, of Auburn, named to Lasell University Spring 2026 Dean’s List

Newton, MA -- Julie Carpentier, a Lasell University student from Auburn, was named to the Dean’s List for their academic performance in the Spring 2026 semester. To be named to the Dean’s List, Lasell students must complete at least 12 credits as a full-time student and achieve a semester GPA of 3.5 or higher.

Jonah Chen of Auburn named to Dean’s List at Grove City College

Grove City, PA -- Jonah Chen, a senior Biochemistry major at Grove City College from Auburn, has been named to the Dean’s List with High Distinction for the spring 2026 semester. Students eligible for the Dean’s List have a GPA of 3.40 to 3.59; for the Dean’s List with Distinction a GPA of 3.60 to 3.84 and for the Dean’s List with High Distinction a GPA of 3.85 to 4.0.

Amanda Raymond named to Elms College’s Spring 2026 Dean’s List

Chicopee, MA - Amanda Raymond, of Auburn, was named to Elms College’s Spring 2026 Dean’s List. Raymond was among 406 students named to the Spring 2026 Dean’s List

Luka Kovacevich, of Auburn, graduates from Roger Williams University

Bristol, RI - Roger Williams University is proud to announce that Luka Kovacevich, of Auburn, graduated with a B.A. in International Relations in May as part of the Class of 2026Raymond was among 406 students named to the Spring 2026 Dean’s List.

University of New England Spring 2026 Dean’s List

BIDDEFORD AND PORTLAND - The following students have been named to the University of New England’s Dean’s List for the spring semester 2026. Dean’s List students	have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.	Brayden Bashaw Chantal Cyr Ava Gagnon Chelsi Laing Eadie Nadeau Julia Pelletier Sophia Sansoucy
	Auburn Kendra Baker	

Local Student named to Abilene Christian University’s Spring 2026 Dean’s Honor Roll

Abilene, TX -- Abilene Christian University congratulates Gretchen Castro, of Auburn, on being named to the Spring 2026 Dean’s Honor Roll. Castro is a senior majoring in Communication Disorders. Castro is among more than 1,800 students named to the Spring 2026 Dean’s Honor Roll. To qualify, students must be registered for 12 or more credit hours and earn a GPA of 3.6 or higher.

Roger Williams University announces Spring 2026 Dean’s List

Bristol, RI - Select students have been named to the Spring 2026 Dean’s List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a GPA of 3.4 or higher are placed on the Dean’s List that semester.

Auburn
AJ Fournier of Auburn
Luka Kovacevich of Auburn

Auburn resident Henry Dimitri named to Worcester Polytechnic Institute’s Spring 2026 Dean’s List

Worcester, MA - Worcester Polytechnic Institute (WPI) has announced that Henry Dimitri, a member of the class of 2029 majoring in Mathematical Sciences, was named to the university’s Dean’s List for academic excellence for the spring 2026 semester. The criteria for the WPI Dean’s List differ from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI students are named to the Dean’s List based on the amount of work completed at the A level in courses and hands-on projects.



Did you know?

Some people may not be familiar with the term and what it means.
A semiquincentennial is the 250th anniversary of something. It breaks down to half of a “quincentennial” which is 500 years. Synonyms may include sestercentennal, bisequelcentennal or quartermillennial. Each term refers to a period of 250 years. It’s a rather large word for a simple meaning, but people are bound to hear more of it as 2026 goes on and Independence Day is celebrated on July 4.