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July 2026, Volume 9, Issue 6

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Midcoast Beacon

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Freeport Independence Day Parade



Chris Emerson photos

The Freeport, Maine Independence Day Parade kicked off at 10:00 AM on Saturday, July 4. The route headed from Kendall Lane and travels down Main Street toward Holbrook Street. The parade was rganized in part by Freeport Community Services. Additional photos on page 2.



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Share the funniest thing your kid or grandchild said this week!



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

Name: _____
Address: _____
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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

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Did you find Coop?

Look for Coop somewhere in this paper, (not this page or page 1) mail us the name of the paper and page he is on, you could win a Coop stuffy!



Name _____

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Math Blocks

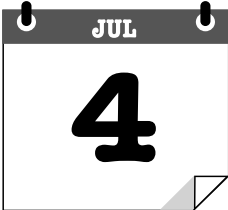
Fill in the missing blocks with numbers between 0-20.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

10	6		20
	8		18
	15	11	29
14	29	24	

11	51	3
6	8	1
4	9	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

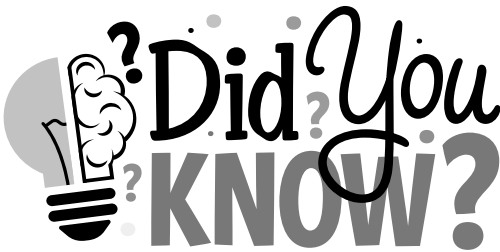
Answer: Hot and steamy

NEW WORD

HUMIDITY
the amount of water vapor in the atmosphere

How they say that in...

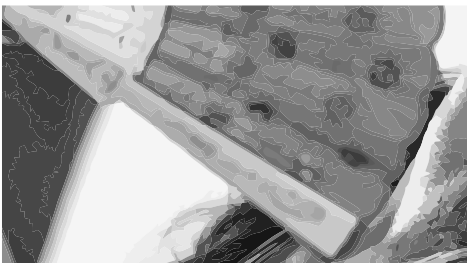
English: Hot
Spanish: Caliente
Italian: Caldo
French: Chaud
German: Heiß



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

MAINE CALENDAR

2026

JULY

July 21 — 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.

MONTHLY MEETINGS

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.

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

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 lplcirc@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.

SABATTUS: Weekly Group Runs, every Wednesday, 6 p.m., Mixer’s parking lot, FMI, check out the Sabattus Rec Club Running

Program Facebook page, or email running@sabattusrec.com.

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.

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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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.

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



Patten Free Library and Maine Maritime Museum awarded Revolutionary Maine Commemoration Grant

BATH- In celebration of the 250th anniversary of the Declaration of Independence, the Patten Free Library and the Maine Maritime Museum in Bath are partnering to offer a series of community-centered programs exploring early American history, democracy, and civic identity through education, arts, and public engagement. These events are funded by a \$5000 Maine State Library Revolutionary Maine Commemoration Grant.

The events coincide with the Maine Historical Societies’ statewide tour of the Dunlap Broadside of the Declaration of Independence, which will be visiting libraries, museums, and other community organizations in each of Maine’s 16 counties from July through October 2026. These visits will give all Mainers the opportunity to celebrate and reflect on the Declaration and its meaning to each of us as Mainers and Americans—and to participate in the 250th in deeply local and meaningful ways.

Events with the Patten Free Library and the Maine Maritime Museum include:

- Outdoor screening of National Treasure in Library Park in September (exact date TBA).
- American Girl Doll Club celebration with Felicity Merriman, a historical character set in Revolutionary-era Williamsburg, Virginia; featuring pony rides, crafts, and games in Library Park (exact date TBA).

For more information about these events, including registration, visit pattenfreelibrary.org and mainemaritimemuseum.org.



If you have a favorite recipe you would like to share with our readers we would love to publish it for you. Please email recipe to: articles@turnerpublishing.net

Grilled kebabs made a flavorful addition to any backyard barbecue

Grilling enthusiasts are always on the lookout for something new to cook over an open flame. While traditional staples like steaks, hamburgers and hot dogs will never lose their favor among lovers of grilled food, expanding one’s grilling repertoire can open doors to new flavors and ensure meal time is always something to look forward to.

Fans of foods cooked over an open flame who want to try something new and flavorful can try this recipe for “Grilled Pork and Mango Kebabs With Chili Sauce” courtesy of Lines+Angles.

Grilled Pork and Mango Kebabs With Chili Sauce

Makes 4 Servings

For the chili sauce:

- 1/2 cups rice wine vinegar
- 1 tablespoon sesame oil
- 1 tablespoon fish sauce
- 1/2 teaspoon salt
- 1/4 teaspoon caster sugar
- 2 red chilies, sliced

For the kebabs:

- 2 tablespoons whole grain mustard
- 1 cup pineapple juice
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 teaspoon ground black peppercorns
- 1 1/4 pound pork tenderloin, trimmed of silver skin and cut into chunks
- 1 large ripe mango
- Olive oil, for brushing
- 1 handful small mint leaves



1. For the chili sauce: Whisk together all the ingredients for the chili sauce in a small saucepan. Warm over a low heat, stirring until the sugar and salt have dissolved. Set aside until needed.
2. For the kebabs: Preheat a grill to a moderately hot temperature.
3. Stir together the mustard, pineapple juice, lime juice, salt, and pepper in a large mixing bowl. Add the pork, stir well to coat, and set aside until the grill is preheated.
4. In the meantime, halve and pit the mango. Cut away the skin before cutting the flesh into cubes.
5. Thread the pork onto the skewers, alternating with the mango flesh. Brush the grates of the grill with some olive oil.
6. Lay the kebabs onto the grill and leave to cook, turning occasionally, until the pork and mango are lightly charred all over, about 8 to 10 minutes.
7. Remove from the grill to a plate and let rest for 5 minutes, covered loosely with aluminium foil.
8. Scatter with mint leaves and serve with the chili sauce on the side.

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Health & Wellness

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

Healthy Habits Today, Healthy Kids Tomorrow!

Simple Steps for a Lifetime of Wellness

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.



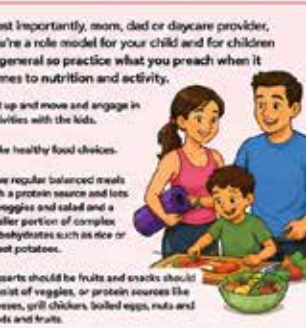
6 Be aware of what is being offered to them while they are away from home. Look into school system programs and day care treats.



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 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.



Healthy Habits. Happy Kids. Strong Futures.

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 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 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.
Live long, Live well.



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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



Metro photo

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.

- 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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USDA Rural Development announces \$17.9 million invested in Maine’s rural communities during Infrastructure Week

Investment Will Improve Services for 27,000 People

BANGOR – U.S. Department of Agriculture Rural Development Maine State Director John Butera has announced that four communities in Maine are receiving a total of \$17.9 million for community infrastructure projects. The announcement comes during Infrastructure Week 2026.

“USDA Rural Development and the Trump Administration work alongside rural communities every day as they plan strategically for the needs of their residents not just for today, but for the long term,” said Butera. “It’s not just about the family living there now, but about generation after generation of families that will call that community home. Investing in infrastructure is critical to that vision and ensures Maine people and businesses have what they need to support a strong quality of life.”

Towns receiving investments from USDA Rural Development are:

City of Gardiner is receiving a Water and Waste Disposal Direct Loan & Grant in the amount of \$3.2 million to implement upgrades at the Gardiner Wastewater Treatment Facility and Maine Avenue Pumping Station. These upgrades include a new Supervisory Control and Data Acquisition system, which uses computer systems and sensors to remotely monitor, control, and automate processes. Upgrades also include screw pump and flow control box water level monitoring, chemical storage tanks, feed pumps with piping, aeration blowers, HVAC improvements, and a partial roof replacement. These upgrades will greatly improve the overall system’s efficiency, extend the life of many critical components, and increase the level of safety for the system’s operators, while also helping to preserve the quality of the nearby Kennebec River.

City of Bath is receiving a Water and Waste Disposal Direct Loan & Grant in the amount of \$7.6 million for upgrades to its Water Pollution Control Facility. These upgrades will eliminate coliform/enterococci violations and alleviate health and sanitary concerns. As a permit-



Photos courtesy USDA

(Left to Right): John Cameron, Public Works Director, City of Gardiner; Charles (Chuck) Applebee, Water Quality and Compliance Services, Inc., and Interim WWTF Operator for City of Gardiner; John Butera, Maine State Director, USDA Rural Development; and Denise Brown, Interim City Manager, City of Gardiner

ted combined sewer overflow system, storm runoff is processed through the city’s wastewater infrastructure. Timely completion of these upgrades is essential to protect public health and sanitation.

Lincoln Sanitary District is receiving a Water and Waste Disposal Direct Loan & Grant in the amount of \$6.4 million to fund essential upgrades to the Lincoln Sanitary District’s wastewater treatment facility and Creamery Court pump station, including the replacement of aging equipment such as blowers, bucket elevators, classifiers, valves, variable frequency drive pumps, telemetry systems, and various building components. These improvements are critical to maintaining reliable service and

protecting public health. By modernizing infrastructure while keeping user rates affordable, this project strengthens the district’s long-term sustainability and supports the well-being of the community it serves.

Town of Poland is receiving a Community Facilities Grant in the amount of \$750,000 in to renovate and expand the Ricker Memorial Library in Poland. The investment will be used to build a 2,650 square foot addition, improve accessibility with a new elevator and entry, and modernize community spaces. It also will upgrade interior finishes, lighting, mechanical systems, and structural components. These improvements will create a safer, more accessible library and expand services for rural residents.



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*Bob Barton
Westbrook*

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Maine State Civics Bee crowns top student civic leader at Colby College



Submitted Photo

WATERVILLE — Maine’s top middle school civic thinkers gathered June 11 at the Gordon Center at Colby College for the Maine State Civics Bee Championship, where finalists from across the state competed in a live civics competition focused on knowledge, problem-solving, and community engagement.

Eighth grader Marin L., a student at Mt. Ararat Middle School, took first place and earned a \$1,000 prize along with a trip to Washington, D.C., where Marin will represent Maine at the National

Civics Bee Championship in October.

The Maine State Civics Bee began with students from across Maine writing essays about civic issues they would like to address in their communities. Essays were scored through the National Civics Bee process, and the top 20 essay writers were selected to compete at the State Championship. During the competition, students answered 20 multiple-choice civics questions, testing their understanding of government, history, citizenship, and civic responsibility.

The top five students then advanced to the final round, where they presented and explained their essays to a panel of judges. Judges followed each presentation with a question-and-answer portion before selecting the top three finalists.

Marin’s winning essay focused on the issue of aging school buildings and their impact on student learning. The essay explored whether the region should build a new consolidated school and close two older, deteriorating schools. Marin explained how a new school

could benefit the community by providing students with a safer and more effective place to learn, while also reducing maintenance costs and ongoing upkeep for aging buildings.

Ryan C., also of Mt. Ararat Middle School, earned second place and a \$500 prize. Tristan S., representing Rose M. Gaffney School in East Machias, earned third place and a \$250 prize. The top three finalists each received a trophy, certificate, ceremonial big check and Civics Bee T-shirt in recognition of their achievement.

The Maine State Civics Bee Championship was made possible through strong statewide and local partnerships. The Mid-Maine Chamber of Commerce partnered with the Maine State Chamber of Commerce, Colby College, and the City of Waterville to host the event and welcome students, families, and supporters from across Maine. Funding support was provided through grants from the Waterville Rotary Club and the National Civics Trust, with additional sponsorship support from Walmart, Bernstein Shur,

Preti Flaherty, and Kennebec Valley Community College. Together, these partners helped create a meaningful platform for Maine students to share their ideas, strengthen their civic knowledge, and demonstrate the importance of youth leadership in their communities.

The event showcased the ideas, preparation, and leadership of young students from across Maine, highlighting the importance of civic education and encouraging the next generation to become informed, engaged citizens.



MOVIE REVIEW

by Lucas Allen

SUPERGIRL [2026]

Last year, James Gunn kick-started his planned DCU with his awe-inspiring, modern take on “Superman.” With its success, it seems audiences are now bracing for more of the filmmaker’s grand vision, and we now have the highly anticipated follow-up, “Supergirl.” Director Craig Gillespie is given the audacious task of bringing the Woman of Tomorrow to the big screen for the first time since the 1984 incarnation, plus the 2010’s TV series for the CW and one of the last films for the previous DCEU, “The Flash.”

While Superman (David Corenswet) remains busy on Earth, his cousin Kara Zor-El (Milly Alcock) is spending the week of her 23rd birthday partying and drinking with her dog Krypto. But then, her fun week is interrupted by the arrival of a young girl named Ruthye (newcomer Eve Ridley), who’s on a path of vengeance after witnessing her family’s death in the hands of the psychotic Krem (Matthias Schoenaerts) the leader of a group of scavengers. However, Supergirl gets involved after her beloved dog is poisoned by Krem, who also steals her trailer ship. With Krypto given three days to live, Kara and Ruthye team up to hunt down the scavenger leader and find the antidote for the poison.

Along the way, she starts to remember her past being raised by her father Zor-El (David Krumholtz) and mother Alura (Emily Beecham) on the floating city of Argo after planet Krypton’s destruction, and then tragedy forces her to follow her cousin Kal-El to Earth. More complicated is the appearance of intergalactic bounty hunter Lobo

(Jason Momoa), who is also after one of the scavengers. In the end, it is all about Kara finding the resilience and courage to become Supergirl and set things right.

Right from the very start, the movie seems to be trying to capture the spirit of Gunn’s “Guardians of the Galaxy” series, but it becomes more like a pale imitation. They made the title character as a female Star-Lord, complete with her own playlist of needle drops that are not retro nor recognizable enough for the general crowd. Basically, it has some of the elements, but it lacks the genuine soul of those Marvel cosmic films that made them highly enjoyable.

Also, the writing is very inconsistent when character motivations and attitudes change constantly from scene to scene. Not to mention, it gives us one of the most annoying supporting characters in comic book history in Ruthye, who is less of a vengeance-seeking heroine and more of a whiny and talkative teenager who will easily get on everyone’s nerves. More disappointing, Krem was written like one of those early-phase MCU villains, who has personality but is forgettable in execution.

Despite those negatives, the movie still delivers the action and comedy aspects that audiences can expect. Laughs are aplenty, especially from some of the grotesque-looking aliens that populate the cosmic part of the DC Universe, as are some eye-popping fight scenes that are done with some precise attention. The climactic battle scene is very good if you get past the assumption that they ripped off part of the plot from “Mad Max: Fury

Road” involving the villains.

Another aspect that helps this film is the casting of Alcock in the title role, who manages to bring her level of confidence and beauty to the role. Even better, Momoa’s debut as Lobo is the best part of this movie as the ex-Aquaman star embodies the awesomeness and ultra-charisma; he is able to put into his brief moments of screentime. In spite of Ruthye’s annoyance, Ridley still shows promise with some good acting, while Schoenaerts is having a blast and enjoying himself in his stock villain role. While Krypto is sadly left on the sidelines for much of the movie, Corenswet’s Superman is still a welcome presence, being as doughy-eyed and good-natured as before in the tradition of Christopher Reeve’s classic performance.

Though its poor script choices are easy enough to turn some people off, the new “Supergirl” does have enough redeeming qualities to make it far from being one of the worst superhero movies of all time. It is not like “Batman & Robin” or “Fan4stic” that has more irremediable qualities; it is just a mixed bag with a likable sense of fun that anyone can find enjoyable. Still, it could have been worse, and it surely will not stop any anticipation for next year’s Superman: Man of Tomorrow.

THE MOVIE’S RATING: PG-13 (for sequences of strong violence, action, language, and smoking)

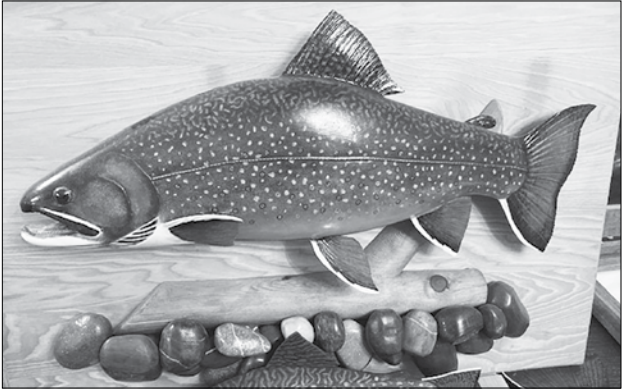
THE CRITIC’S RATING: 2.5 Stars (Out of Four)



MAINE OUTDOORS

RANGELEY FLY FISHING FESTIVAL

v. Paul Reynolds



A Quebec brookie mounted by the late David Footer.

Submitted photos



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



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

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 Kennebeco. 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 slobberknocker! 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 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.sportingjournal.com, Outdoor Book

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STUDENT NEWS

Lasell University students named to
Spring 2026 Dean’s List

Newton, MA – The Spring 2026 Dean’s List includes students who have completed at least 12 credits as a full-time student in that semester and have achieved a semester GPA of 3.5 or higher.
Zoe Avery of West Bath
Lacey Fournier of Brunswick

Spring 2026 Dean’s List announced

Easton, MA – Stonehill College is pleased to recognize the students named to the Spring 2026 Dean’s List. To qualify for this honor, undergraduate students must have achieved a semester grade point average of 3.50 or higher with a minimum of 12 credits from courses graded with standard letter grades.
Benjamin Keleher of Topsham, Jordyn Cummings of Brunswick, Isabella Foster of Brunswick and Hannah Gustafson of Brunswick.

University of Hartford students named to Dean’s
List and President’s List

West Hartford, CT – The University of Hartford is pleased to announce that 2,332 students have been named to the Dean’s List and President’s List for the spring 2026 semester. The Dean’s List recognizes students achieving superior academic standing. The requirement, with some exceptions, is a grade point average of at least 3.0 and no grade below C. The President’s List recognizes a select group of students reaching the highest level of academic standing. To be placed on the President’s List, students must maintain a GPA of at least 3.75 and receive grades of C or better.
Please join us in congratulating:
Kyra Evans - Topsham, Dean’s List
Jared Similien - Brunswick, Dean’s List and President’s List

Brunswick resident Tyler Shumway completes
intensive research project

Worcester, MA – Tyler Shumway, a member of the class of 2027 majoring in Aerospace Engineering at Worcester Polytechnic Institute (WPI), was a member of a student team that recently completed a professional-level research-driven project titled “Constructing and Testing of a Vertical Garden.”

Piper Dedek of Topsham named to Rhodes
College’s Spring 2026 Honor Roll

Memphis, TN – Piper Dedek of Topsham, Maine, was named to Rhodes College’s Spring 2026 Honor Roll.
To qualify for the Honor Roll, a student must be enrolled in at least 16 credits of academic work and achieve a semester grade point average of 3.85 or better. Those students who choose to take a course under the Pass/Fail option must have a minimum of 12 additional graded credits of work to be considered for this honor. Students who are enrolled in the Honors Program or independent Research and receive a grade of IP for that work will have their qualifying grade point average determined on all other graded work.

Eli Felt graduates from College of Charleston

Charleston, SC - Eli Felt, of Bath, graduated with a Bachelor of Science in Exercise Science from the College of Charleston. The 2026 spring commencement ceremonies were held May 7-9.

Jasper Scherz, of Bath, graduates
from Rhodes College

Memphis, TN – Jasper Scherz, of Bath, graduated from Rhodes College with a Bachelor of Science in Physics and Mathematics.

Local students earn Dean’s List recognition at
Norwich University

Northfield, VT – Norwich University is pleased to announce that the following students from your readership area have been recognized on the Dean’s List at Norwich University for the Spring 2026 semester:
Declan Lay, Brunswick
Rylie McIntyre, Brunswick
Dean’s List recognition is awarded to full-time undergraduate students who achieve a semester grade point average of 3.4 or higher, acknowledging sustained academic achievement and dedication to scholarly success.

Pietro Cervai named to Spring 2026 Champlain
College Trustees’ and President’s Lists

Burlington, VT – Pietro Cervai, of Bath, was named to the Champlain College Trustees’ List and President’s List for the Spring 2026 semester.
Students on the Trustees’ List have achieved a 4.0 grade point average for two or more consecutive semesters. Cervai is majoring in Computer Networking & Cybersecurity.
Making the Trustees’ List is a tremendous achievement. Many high achievers balance their career-focused classes with jobs, internships, clubs, and volunteering. We congratulate you on this great accomplishment and honor.

Brunswick’s Emma Tweed graduates from
College of the Holy Cross

Worcester, MA – Emma Tweed of Brunswick received a Bachelor of Arts degree, Magna Cum Laude, from College of the Holy Cross.
Tweed is among 803 Bachelor of Arts degree recipients Holy Cross celebrated at its 180th Commencement held on Friday, May 22, at the DCU Center in Worcester.



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This is a hybrid position home office and company office. Base plus commissions on sales with competitive benefits. This position is customer service and community focused and is responsible for generating advertising sales. You will be connecting with advertisers, businesses and the community via phone, email, Zoom, and in-person. Prospecting sales opportunities and selling print, digital ads, and direct mail flyers is the primary function of this position.

SKILLS NEEDED:
Winning attitude and sociable in nature. Passion for community, school sports, community events, and social organizations. Organized and detailed. Must have a home computer or laptop, printer, cell phone and a dependable car and a valid driver's license.

Turner Publishing Inc. is the largest direct mail, "Good Community News" publishers in Maine.

EOE

FMI call 207-225-2076, or send resume to jobs@turnerpublishing.net

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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.

Newsprint is grayer than most other commercial papers. This is because the process of whitening

newsprint does not use chlorine or other stronger agents and focuses on environmentally safe practices.

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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Lake Region Reader N: June Leighton
Moose Prints: Carole Barbeau
Oxford Hills Observer: Patricia Metcalf
Somerset Express: Laura Russell
Two Cent Times: Ron Chamberlain
Western Maine Foothills: Pamela Boyer
Mountain Messenger: Shirly Schrader
Coop Stuff Winner - Emma & Rudy Allaire, Wayne

All of the winners listed have won gift certificates to one of our advertisers.

If you haven't won - keep playing! We get hundreds of entries each month!

It's easy to enter - read through the ads in this issue and find the phony ad, fill out the entry form found in this paper and mail it in. If you have the correct answer, your name will be entered into a monthly drawing!

No Exchanges. Gift Certificates are from all over, there is no guarantee you will receive one from your area.

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It is easy to find - just read through the ads in this issue of this paper and find the phony ad. Either fill out the entry form below (*one entry per month please*) and mail to: Find The Phony Ad Contest, P.O. Box 214 Turner, ME 04282 or email to: phonyad@turnerpublishing.net. (*one entry per household please*)

You must include all the information requested below to be eligible to win.

Note: Turner Publishing will not lend or sell your email address to a third party.

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Please tell us your age (circle one) 12-25 yrs. 26-35 yrs. 36-45 yrs. 46-55 yrs. 56 yrs. & up

The Phony Ad is: _____

Tell us what you think of this publication: _____

Send us your email address to receive free community digital news:

Do you read our paper online at www.turnerpublishing.net? Yes or No

Maine Shrine Lobster Bowl Classic announces partnership with Maine Public

LEWISTON - The Maine Shrine Lobster Bowl Classic has announced a new partnership with Maine Public to broadcast the 2026 Maine Shrine Lobster Bowl Classic on July 18, 2026, from Don Roux Field in Lewiston, Maine.

Under the agreement, Maine Public will provide live television and online broadcasting for the game on July 18, 2026. Maine Public will have the official broadcast rights and sponsorship inventory for the annual all-star football game, expanding visibility for one of the state’s most celebrated traditions while increasing awareness and fundraising efforts for Shriners Children’s.

The partnership will feature a full television broadcast along with live streaming coverage, allowing audiences both in Maine and across the country to tune in. The enhanced production will include an on-location pregame show, in-depth interviews with



Submitted Photo
Pictured: Joe Hersom, President of the Maine Shrine Lobster Bowl Classic and Rob Kennedy, broadcaster for the Maine Shrine Lobster Bowl Classic on Maine Public.

coaches and players, and additional storytelling elements designed to highlight the athletes and the mission behind the game.

“This is a tremendous partnership for our efforts to raise awareness and funds for Shriners Children’s,” said Joe Hersom, president of the Maine Shrine Lobster Bowl Classic. “We are so proud of the accomplishments of the participants in the game and want to showcase their talents and effort on the field, but also in their charitable fundraising. Maine Public is going to be a great partner for us to provide statewide coverage, plus expand our reach and secure more sponsorship opportunities because of their longstanding

reputation for broadcasting Maine high school sports. We’re really excited to put together a tremendous product and broadcast that will leave a lasting legacy for everyone involved.”

Maine Public, which has a longstanding tradition of broadcasting high school sports across the state, will bring its experienced production team and expanded capabilities to the event, including new broadcast enhancements and digital distribution. On-air talent for the broadcast will include Rob Kennedy providing the play-by-play along with color commentator Rob Munzing and field reporter Jack Webb.

“This partnership with the Maine Shrine Lobster Bowl Classic is a great opportunity for Maine Public to continue our coverage of high school sports in Maine as one of the longest standing traditions in the state. This game provides an opportunity for Maine Public to secure sponsors who want to support the game and Shriners Children’s Hospitals. This truly is more than just a game, and we’re excited to be able to provide coverage for the Maine Shrine Lobster Bowl Classic. We are looking forward to the broadcast and highlighting the participants for all their achievements,” said Cory Morrissey, Marketing Lead at Maine Public.

The Maine Shrine Lobster Bowl Classic is one of Maine’s premier high school football events, bringing together top graduating seniors from across the state. Each year, the game raises thousands of dollars for Shriners Children’s. Players, cheerleaders and coaches raise funds by reaching out to family, friends and businesses to support the game and raise money for a great cause. Last year, the Maine Shrine Lobster Bowl Classic donated \$125,000 to the two hospitals in Boston and Springfield, Mass. To learn more, visit MaineShrineLobsterBowl.com.

ATTENTION 2026 Maine Election

Congratulations to those who announced your campaign for public service as State Representative, State Senator Seats or Governor. Turner Publishng is proud and happy to promote your campaign to everyone in your district.

Due to the fact that we receive so many announcements, and in an effort to give each candidate all the attention deserved for this public service mission, we are asking all candidates to call the office at 207-225-2076 or email advertising@turnerpublishing.net to get proper placement.

GENERAL ELECTION AD deadlines are: August 22 for September and September 22 for October. reserve your space NOW. Remember all campaign advertisers receive FREE Op-Ed.

CALL SOON TO Plan and get quotes on your 6.25” x 9” political mail flyer.

Thank you and good luck in 2026
Turner Publishing Staff
and Publisher, Jodi Cornelio



St. John’s Catholic School continues 20+ year tradition with Annual Food Pass to Midcoast Hunger Prevention Program

BRUNSWICK – This morning, St. John’s Catholic School proudly carried on a beloved tradition more than two decades in the making: the Annual Food Pass to Midcoast Hunger Prevention Program (MCHPP). Students, faculty, and staff formed a human chain stretching from the school all the way to the doors of MCHPP, passing donated food items hand to hand in a moving display of community and compassion.

This living chain of generosity reflects the school’s deep commitment to service and social responsibility. Dozens of boxes filled with nonperishable food made their way to MCHPP, where they will help support local families facing food insecurity.

“This event is one of the most meaningful parts of our school year,” said Principal John Yorkey. “It teaches our students the importance of community, service, and the impact we can have when we work together.”

The Annual Food Pass not only honors the legacy of those who began



Submitted photos

it over 20 years ago but also serves as a powerful reminder of the ongoing need—and the role each person can play in helping to meet it.

For more information about St. John’s Catholic School or the Midcoast Hunger Prevention Program, please contact: St. John’s Catholic School – (207) 725-5507 Midcoast Hunger Prevention Program – (207) 725-2716

Auburn UU awards David Das with Rose Window honor

AUBURN - The First Universalist Church of Auburn has awarded its 2026 Rose Window honor to David Das, of Auburn, for making a significant impact on the health and vibrancy of the church.

Recipients of the Rose Window are models of Unitarian Universalist principles who make exceptional contributions to their faith community. This year’s recipient has been a truly outstanding contributor to the life and health of our congregation, serving in many ways, including many years supporting the Religious Education program when his children were young.

After a hiatus, Das returned to the community at a time when the church faced a particularly challenging period. He stepped

selflessly into a series of key roles, serving as a board member and webmaster, leading committees and working groups, collecting and counting offerings, assisting in the church office during staffing transitions, and often welcoming members on Sunday mornings as a greeting.

Das’ acts of service happen quietly and can easily go unnoticed, yet his calm presence, thoughtful insight, dry humor, and deep commitment to our shared mission are true gifts to this community.

The First Universalist Church of Auburn is located at 169 Pleasant Street, across from Dairy Joy. FMI contact 783-0461 or www.auburnuu.org



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