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JULY 2026 Vol. 30 Issue 9



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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

RSU 16 Adult Education Honors Graduates

MECHANIC FALLS – Twelve RSU 16 Adult Education students were honored at a cap and gown graduation ceremony on Friday, June 5, 2026, for meeting High School completion goals. Over 70 friends, family and staff gathered in the Elm Street School gymnasium, as seven of the graduates marched to "Pomp and Circumstance."

Director Shelli Pride opened with remarks on the topic, "Life is full of choices and challenges. Remember to take risks, embrace the unknown, find your passion and never lose sight of the potential that lies within you." Teacher Susan Lasselle shared "Thoughts from the classroom" about each of the graduates and said it was a privilege to have been able to work with them to complete their high school education.

Ian Wesley Muncey was selected by staff to receive the Perseverance Award for his perseverance and growth this year. RSU 16 Adult Education Teacher, Susan Lasselle presented this award.

Grace Olivia Daigneault was selected by staff to receive the Overcoming Obstacles Award for her perseverance and growth this year. RSU 16 Adult



Submitted Photo

Education Teacher, Susan Lasselle presented this award.

Edmund Charles Binns and Cassidy Rose Lessard were selected by staff to receive the RSU 16 Adult Education Scholarship in

recognition of their academic excellence, perseverance, and personal growth. Shelli Pride, Director of RSU 16 Adult Education, presented the awards. Each \$300 scholarship may be used to help

cover educational and related expenses, including books, technical devices, housing, or other relevant costs.

As part of a longstanding tradition, each graduate took the podium during

the 'flower ceremony' to personally thank family, friends and staff for supporting them in their educational journey by presenting them with a red rose following a short speech. Diplomas were then awarded by Susan Lasselle, photos taken by Administrative Assistant Jerilyn Cook.

Shelli closed with a charge to graduates to "Go forth with courage and determination in your souls to put yourselves out there and try new things, but above all, go forth with kindness in your hearts."

The 2026 graduates are: Isaac Anthony Ames, Edmund Charles Binns, Dominic Eli Brunelle, Grace Olivia Daigneault, Nathaniel Clifford Granger, Cassidy Rose Lessard, Taymicia Barrows Liconga, Christel Nicole MacFarlane, Ian Wesley Muncey, Shane Anthony Shea, David James Smith, Gloria Tam.

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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: _____
City: _____ State: _____
Zip: _____
Email Address: _____
Phone: _____

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

Bruce M. Whittier Middle School 2025-26
Semester 2 Honor Roll

Grade 7 High Honors

Mallory Beuparlant, Ainsley Black, Hannah Case, Caleb Costa, Jaxson Footman, Sadie Fox, Mason Haselden, Vivian Lautz, Austin Lyle, Brynn Michaud, Cole Neureuther, Evelyn Perron, Jacob Richards, Evelyn Sanborn, Noah Skelton

Grade 7 Honor Roll

Callie Bailey, Elliana Bermudez, Ford Buker, Alivia Farrell, Jack Moreau, Brady Ryerson, Charlotte Swenson

Grade 8 High Honors

Camryn Allen, Emily Audet, Laylah Billings, Linkin Bouchard-Diaz, Lillee Cedergren, Evan Cote, Nolan Davis, Mackenzie Johndro, Madison Lancaster, Oliver Lane, Jeramy-Owen Plourde, Kristyn Purdy, Brynn Royall, Marley Simpson, Avaya Smith, Emma Starbird, Emma Stevens, Jack Stowell, Allyson Sweatt, Owen Tapley, Mallory White, Myles Willer, Brycen Woodbury

Grade 8 Honor Roll

Norman Albert, Joseph Aponte, Colton Boulay, Jeffrey Churchill, Cecile Cobb, Rylan Corey, Orman Cummings, Madeleine Laneau, Brianna Little-Arnott, Lachlan Newell, Darwin Proctor, Aurora Sands, Isla Southwick, Junia Trussoni

Grade 7 Habits of Work High Honors

Mallory Beuparlant, Ainsley Black, Griffin Bosse, Hannah Case, Jaxson Footman, Dagny Gobel, Vivian Lautz, Austin Lyle, Brynn Michaud, Cole Neureuther, Evelyn Perron, Evelyn Sanborn, Noah Skelton

Grade 7 Habits of Work Honor Roll

Sylce Aponte, Callie Bailey, Logan Benson, Elliana Bermudez, Caleb Costa, Alivia Farrell, Reese Fecteau, Sadie Fox, Isabelle Googins, Mason Haselden, Samuel Mannett, Avery McNally, Logan Plummer

Grade 8 Habits of Work High Honors

Norman Albert, Camryn Allen, Joseph Aponte, Emily Audet, Brenna Bergman, Holly Bissonnette, Colton Boulay, Ava Carrier, Lillee Cedergren, Cecile Cobb, Orman Cummings, Andrew Herick, Mackenzie Johndro, Olivia Josef, Annabelle Judd, Madison Lancaster, Darwin Proctor, Kristyn Purdy, Brynn Royall, Laurali Schreiber, Marley Simpson, Avaya Smith, Emma Starbird, Emma Stevens, Owen Tapley, Mallory White

Grade 8 Habits of Work Honor Roll

Colby Bettencourt, Jeffrey Churchill, Chase Cook, Rylan Corey, Nolan Davis, Kaleb Gallant, Oliver Lane, Brianna Little-Arnott, Isabel Lopez, Patience Mitchell, Jeramy-Owen Plourde, Aurora Sands, Chloe Stevens, Allyson Sweatt, Darian Talley, Junia Trussoni

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KOHLER

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MAINE CALENDAR

JULY

July 24 - Gray Shred-It Day sponsored by Maine State Credit Union. 9 a.m. - noon, 25 Portland Road, Gray, bring old paperwork, such as bank statements, credit card bills, pay stubs, ATM receipts, free, open to public.

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.

MONTHLY MEETINGS

GRAY/ NEW GLOUCESTER: Meet friends and neighbors, chat one-on-one with the GNG Community Connectors, every Thursday, 9:00 a.m. to 11 a.m., New Gloucester Community Building (behind town hall) or 1:00 p.m. to 3:00 p.m., Gray Library, large meeting room in the basement.

CASCO: Casco Village Church, United Church of Christ, 941 Meadow Rd. in Casco, invites you to our

“Clothes Closet”, 1st and 3rd Saturdays of the month from 10-2 p.m., clothing for all and always offering a table of free items.

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.

HARRISON: Men’s Breakfast, second Thursday morning 8-9 a.m., United Parish Congregational Church of Harrison and North Bridgton, 77 Main St., Harrison, FMI call 207-583-4840 or email info@unitedparishucc.org.

BRIDGTON: Chair Yoga Mondays and Fridays 10 -11 a.m., taught by Susan Kane, this class is open to all cancer patients and can easily be modified to anyone’s ability level, you do not need to register in advance, Bridgton Community Center, 15 Depot Street, Bridgton.

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.

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

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.

BRIDGTON: 1-4 Sunday, Community Ping Pong Program, \$1 to participate, open to all Town Hall, 26 North High St.

BRIDGTON: Al-Anon, 4-5p.m. Thursday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

BRIDGTON: Narcotics Anonymous, 7-8 p.m. Friday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

BRIDGTON: Women For Sobriety, 11a.m.-12 p.m. Thursday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

NORWAY: Mindful Yoga at Roberts Farm Preserve Roberts Farm Preserve, 9:30 – 10:30 a.m., 58 Roberts Rd., Norway.

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

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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Call 225-2076 or email advertising@turnerpublishing.net for pricing on our calendar page.

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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.

ATTENTION

2026 Maine Election

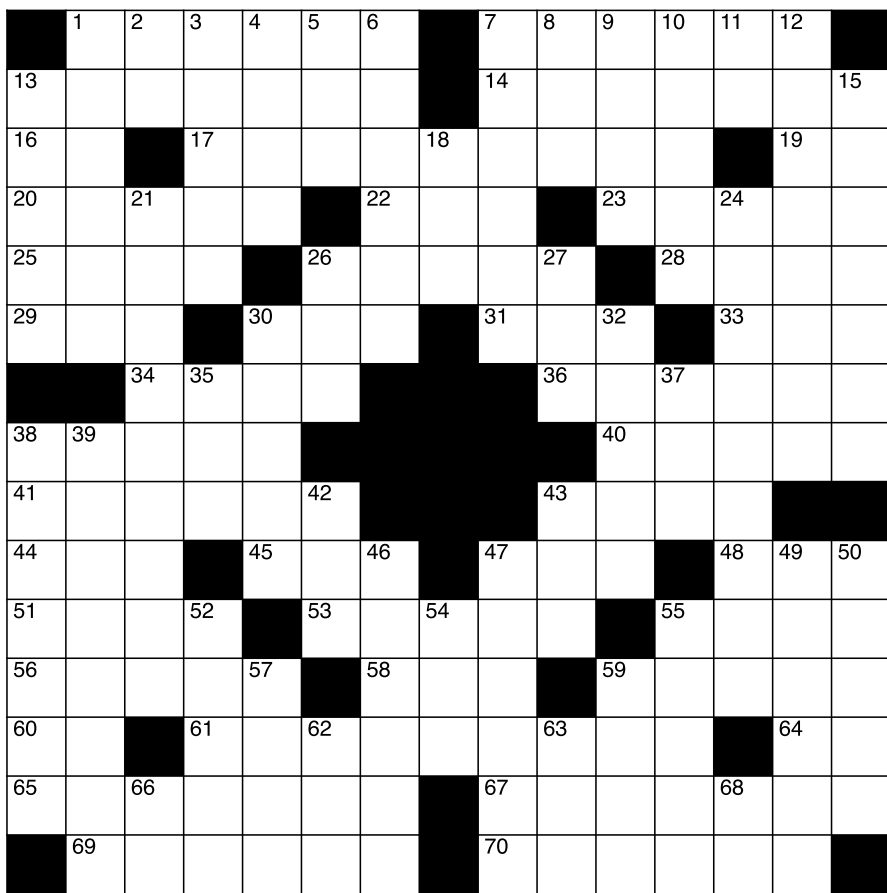
Congratulations to those who announced your campaign for public service as State Representative, State Senator Seats or Governor. Turner Publishing is proud and happy to promote your campaign to everyone in your district.

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.

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

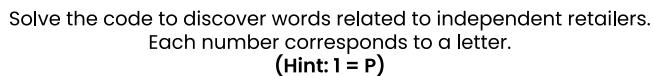
Thank you and good luck in 2026
Turner Publishing Staff
and Publisher, Jodi Cornelio





1. Mended
7. Hymns
13. Commercial transport of goods
14. Poked holes in the ground
16. They precede C
17. Branch of knowledge concerned with wealth
19. Larry and
Curly's pal
20. Injured
22. Popular type of dance
23. Moon crater
25. American state
26. Places to lock
valuables
28. Stalk that supports
the capsule
29. Keyboard key
30. '___ death do us part
31. A type of cage
33. A place to sleep
34. Annual music
awards show
36. Made over
38. Hard, stony substance
40. Incantations
41. Long-legged,
wading bird
43. Breathe noisily
44. Congressman
45. Rip off
47. Golf score

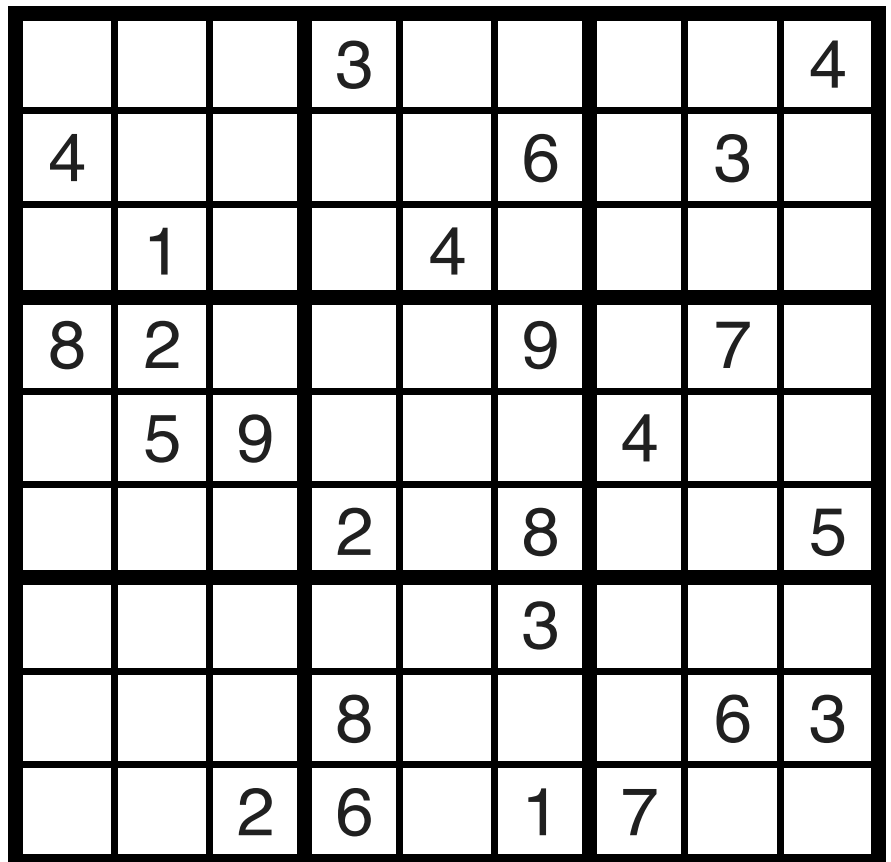
- | | |
|----------------------------------|--|
| 48. Popular pickup truck | 12. Smallest interval in western music |
| 51. Where infants sleep | 13. Netherlands seat of government |
| 53. Music term | 15. Gives to charitably |
| 55. Small opening in a surface | 18. Lout |
| 56. Musical term meaning "very" | 21. Pastas |
| 58. Soviet Socialist Republic | 24. Release from restrictions |
| 59. Treats with powder | 26. Female sibling |
| 60. Email subject line feature | 27. Title of respect |
| 61. A British lawyer | 30. Silver coins |
| 64. Expression of laughter | 32. Region in India |
| 65. Farmer's calendar | 35. Partner to cheese |
| 67. Seeds used as food | 37. Dark or dusky |
| 69. Eurasian shrubs | 38. Pacific Northwest tree |
| 70. Periods of inactivity | 39. Exaggerate |
| | 42. Toddler |
| | 43. Touch lightly |
| CLUES DOWN | 46. Fundamentals |
| 1. Hard things to kick | 47. Jeopardies |
| 2. Collective of countries | 49. Curved structures |
| 3. Letter of Hebrew alphabet | 50. Isolated, flat-topped hills |
| 4. One-time Alabama running back | 52. Forming the bottom layer |
| 5. One's sense of self-esteem | 54. Reciprocal of sine |
| 6. Of the teeth | 55. Genus of Old World birds |
| 7. Treat with care | 57. New York college |
| 8. Type of whale | 59. Cloak |
| 9. Curved structure | 62. Kawhi Leonard's team (abbr.) |
| 10. Emits coherent radiation | 63. Vietnamese offensive |
| 11. One of the Gospels (abbr.) | 66. "The Great Lakes State" |
| | 68. " , myself and I" |



D. 1 15 19 9 6 21
Clue: Make money

Answers: A. shopping B. store C. purchase D. profit

SUDOKU



Level: Advanced

A	E	U	Q	I	N	U	U	B	R	W	N	E	H	C	I	N	D	S	E
E	P	L	N	Y	G	H	P	L	O	I	O	C	H	W	K	L	V	E	Q
A	P	O	W	M	N	M	E	R	R	U	E	K	H	O	O	Y	S	G	V
T	I	Y	O	N	R	G	B	N	L	B	T	H	Y	N	W	E	S	Y	N
K	H	A	C	O	U	K	K	Y	T	N	R	I	R	P	W	N	E	K	O
U	R	S	K	U	P	O	N	S	G	R	O	C	Q	U	G	O	I	H	P
V	E	T	T	I	A	U	V	M	L	C	O	P	B	A	E	T	S	Y	H
D	N	P	T	R	O	P	P	U	O	U	U	W	R	A	H	C	U	N	S
I	W	Q	E	N	K	E	C	S	W	E	W	Q	T	E	Q	E	B	A	S
S	O	G	T	Y	I	C	I	M	O	L	C	U	Y	H	N	L	A	G	I
Q	H	I	T	Q	H	I	T	A	N	W	P	H	K	T	T	E	D	U	T
U	Y	V	I	N	I	V	N	L	N	T	C	H	E	H	P	S	U	G	T
A	T	Q	S	O	I	E	E	L	M	K	N	K	A	E	D	T	K	R	S
L	E	M	I	S	S	S	H	W	V	A	D	N	S	L	G	Q	P	T	D
I	R	O	C	K	S	C	U	U	M	A	O	H	L	P	C	O	L	O	S
T	A	V	U	Y	P	W	A	I	A	A	L	L	G	A	U	Q	V	R	E
Y	H	U	E	I	W	S	K	D	Y	M	E	C	B	C	A	G	O	E	B
H	U	E	R	I	W	S	E	L			O	N	O		E	S	W	H	

Find the words hidden vertically, horizontally, diagonally, and backwards.

AUTHENTIC
BOUTIQUE
BUSINESS
COMMUNITY
ECONOMY
ENTREPRENEUR
GROWTH
HANDMADE
LOCAL
LOYALTY
MARKET
NICHE
OWNERSHIP
PASSION
PERSONAL
QUALITY
SELECTION
SERVICE
SHOP
SMALL
STORE
SUPPORT
UNIQUE
VARIETY

HOROSCOPES

ARIES - Mar 21/Apr 20
There is nothing that you cannot handle this week, Aries. Expect to juggle a lot at the same time, but somehow you make it look easy. A calm demeanor is a big asset.

TAURUS - Apr 21/May 21
This week will be fairly quiet for you, Taurus. You are likely to connect with a task and dig down deep until it is completed. If someone tries to persuade you to take a break, you likely won't.

GEMINI - May 22/Jun 21
Many forces are working together to provide insight, Gemini. Take a step back and consider all of the variables in play. The solution may be simpler than you can imagine.

CANCER - Jun 22/Jul 22
Cancer, there is no time for daydreaming right now. You will be tasked with managing multiple projects in the days head. Remain focused.

LEO - Jul 23/Aug 23
Are you getting pummeled by obstacles, Leo? It could be that you need to set aside more time to yourself to complete the tasks expected of you. You also may need to ask for help.

VIRGO - Aug 24/Sept 22
Virgo, an ability to communicate clearly is among your most notable assets. If you have thoughts about explaining your ideas to others, keep reinforcing your goals.

LIBRA - Sept 23/Oct 23
Libra, your projects will take some time to set up. A patient approach will pay off as results begin to materialize. Your ability to multi-task will drive you forward.

SCORPIO - Oct 24/Nov 22
Life isn't an individual sport, Scorpio. You don't have to do everything alone. Interact with others as much as you can this week.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, when a person has found his or her path, naturally the desire is to start walking down it. You are eager to get started on something that has been on your mind.

CAPRICORN - Dec 22/Jan 20
Capricorn, keep an open mind so you can discover new experiences. You don't have to completely reinvent yourself, but make a concerted effort to be open to new ideas.

AQUARIUS - Jan 21/Feb 18
The horizon is clear and you have all of the information you need to navigate what life is throwing at you right now, Aquarius. Keep the faith that you are on the right path.

PISCES - Feb 19/Mar 20
Pisces, share your experiences and feelings with someone close to you. Let your feelings out and express your gratitude to the person who lends a listening ear.

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

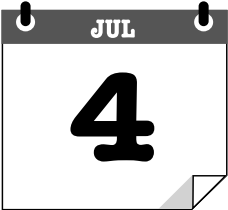
Fill in the missing blocks with numbers between 0-20.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

10	6		20
	8		18
	15	11	29
14	29	24	

11	15	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

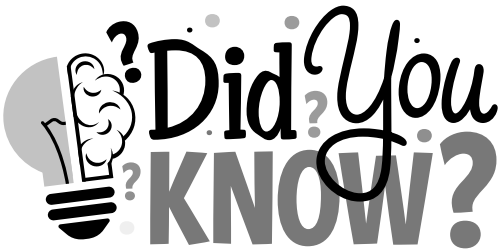
NEW WORD

HUMIDITY

the amount of water vapor in the atmosphere

How they say that in...

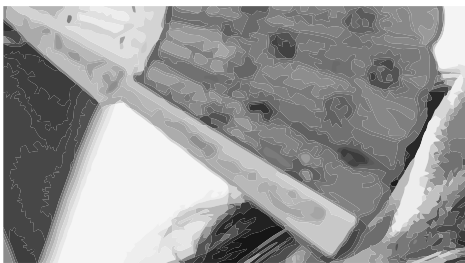
English: Hot
Spanish: Caliente
Italian: Caldo
French: Chaud
German: Heiß



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

Camp Ray of Hope accepting camper registrations

WATERVILLE - Camp Ray of Hope is accepting camper registrations for August 28-30, 2026. This year Camp Ray of Hope is again being held at Pilgrim Lodge in West Gardiner, Maine. Camp Ray of Hope is a weekend retreat for families and individuals who have experienced the death of a loved one.

Attendees are given opportunities to connect with other people from throughout Maine and beyond who are also transitioning from loss by death. Children and adults participate with their peers in support groups, workshops, and activities that encourage healthy outlets and self-care.

Camp Ray of Hope



A weekend retreat for individuals and families grieving the loss of a loved one.

When: August 28-30, 2026

Where: Pilgrim Lodge, West Gardiner

Cost: Free

Registration is required. For more information, please contact Hospice Volunteers of Waterville Area at (207) 873-3615, email griefsupport@hvwa.org or visit our website: www.hvwa.org

was first offered by Hospice Volunteers of Waterville Area in 1995 and continues to be a unique one-of-a-kind camp experience

in Maine. Call (207) 873-3615 or email griefsupport@hvwa.org with questions or to request a registration form.

Western Maine Community Chorus Presents "A Celebration of American Composers" Concert

FARMINGTON - The Western Maine Community Chorus (WMCC) invites you to the spring program, A Celebration of American Composers. The performance will take place on Sunday, May 3rd, 2026, at 3:00 p.m. in Nordica Auditorium, Merrill Hall, University of Maine at Farmington (224 Main Street, Farmington, ME).

The concert will feature works in a wide variety of styles: classical, folk, spiritual, musical theatre, and popular/jazz. Featured composers include William Billings, Supply Belcher, Amy Beach, Aaron Copland, Leonard Bernstein, Stephen Sondheim, George Gershwin, Duke Ellington, and Paul Simon.

"This program celebrates the wealth of exceptional music American composers have contributed to our musical culture," said Paul McGovern, WMCC Music Director. "It

has been a challenge for the WMCC to learn this varied program. Many of the texts express themes of fellowship, hope, beauty, and love and speak to us today in these challenging times. We are so looking forward to sharing it with the community." Admission is at the door, with a suggested donation of \$20 per person (students free)—but everyone is welcome, regardless of the amount.

The chorus is directed by Dr. Paul McGovern, who brings over 30 years of choral conducting and teaching experience. He has performed with ensembles such as St. Mary Schola, Blue Hill Bach Festival, and Opera Maine. Accompanist Christina Spurling holds a Master of Music from the Longy School of Music of Bard College and has collaborated with numerous Maine choirs, including the Bagaduce Chorale, Acadia Choral Society, and Colby

College Choirs. The chorus features over forty community members from across Western Maine.

Formerly known as the UMF Community Chorus, the WMCC is celebrating over 40 seasons of joyful singing in the heart of Farmington. The chorus presents winter and spring concerts annually and opens membership each September and January to all who wish to sing. Donations and sponsorships are gratefully accepted throughout the year to sustain these efforts. As the chorus is now fully community supported and funded, support from individuals and businesses is essential to ensure this long-standing tradition continues.

For more info on the concert, membership, and how to donate, follow the Western Maine Community Chorus Facebook page or email westernmainecomunitychorus@gmail.com.



THE HEALTHY GEEZER *Fred Cicetti* VITAMIN D

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 vitamin 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 vitamin 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. Osteoma-

lacia—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 falling, which is especially dan-

gerous 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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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



Submitted Photo

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

BookReach gifts books to local preschools



LEWISTON - Public Libraries. Volunteer readers visit 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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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 oppor-

tunity 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 opportunity's 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 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.

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How to drive safely with a trailer in tow

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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 driv-

ers 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 oppo-



Metro photo

site 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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MAINE OUTDOORS *v. Paul Reynolds*

RANGELEY FLY FISHING FESTIVAL



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.

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 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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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 Massachu-

setts 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

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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 Svanoe; 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.

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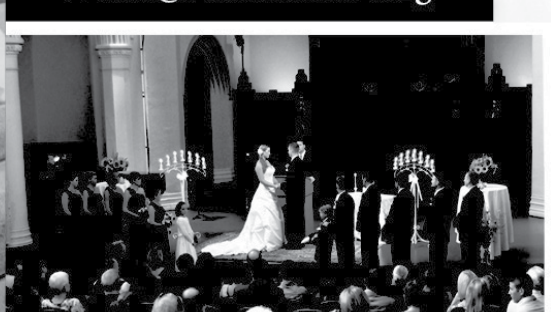


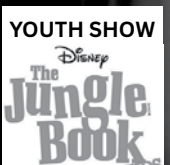
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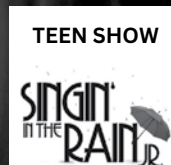
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MOVIE REVIEW

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 empathy. 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 cliff-hanger-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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Michelle Ducharme Pushard

Brett Bannister

Advertising/Marketing

George McGregor

Jodi Cornelio

Kathlene Clarke

Glenn Bechard

Reporter/Writer

Bill Van Tassel

Proofreaders

Glenn Bechard

Robin Robertson

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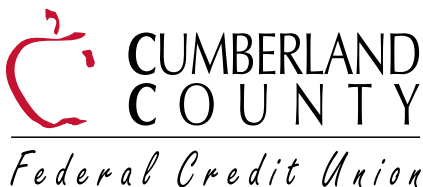
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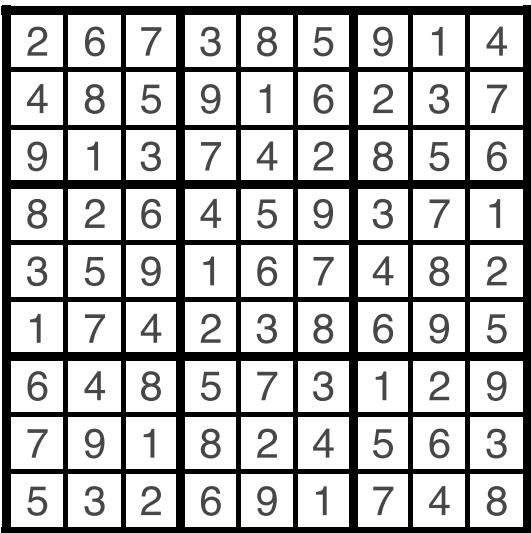
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Local students recognized in Smokey Bear and Woodsy Owl Poster Contest

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 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.



Submitted photos



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