

Can you  
find Coop?



Coop is hiding  
somewhere in this  
publication...

Find him and you could win your  
own stuffed Coop! See details on the  
Kids' corner page.

# The Good News Gazette

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## The Good News Gazette

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papers free online.

## Vassalboro Methodist Church receives national award

VASSALBORO - Ten years ago, eighteen members of the Vassalboro United Methodist Church (VUMC) read and discussed *Adapt to Thrive*, a book meant to help leadership "identify their own unique ministry setting and make changes to fulfill their purpose." The group recognized that, as an aging population, they had to find ways to grow in numbers and diversity or soon be forced to close their doors like so many other UMCs already have done.

In the 1950s there were 1,200-1,500 active New England Methodist Churches and by 2015 that number had dropped to 600. The United Methodist Church Discipleship Ministries, an international organization, was providing resources to help bolster the viability of local churches and in 2015 added to their efforts by recognizing congregations that went from zero baptisms and no new members to positive numbers, by presenting them with a "One Discipleship Matters



Submitted photo  
Five of the eighteen who took part in the "Adapt to Thrive" book study in 2016 and remain active in the church. Pictured here are from front left and clockwise: Simone Antworth, Lynne Murray, John Larson, Judy Larson and Harvey Boatman. Missing from the photo are Theresa White, John McLean and Bob Murray.

Award."

In 2016 the VUMC book study group identified many

possibilities that could help them thrive, which included reaching beyond their walls

to partner with community organizations; offering new and creative programs, ser-

vices and events; and finding ways to publicize. They agreed on the need to do a better job of living out their mission, "...to seek, welcome & nurture all people as a vital resource for ministry in (the) community." VUMC's pastor at the time was unable to support their ambitious goals, but the seed had been planted. A few from the group did move forward by beginning a "Helping Hands" ministry and by delivering communion to community members who'd become ill or shut in. But there was still much more that could be done and the group held on to their vision in hopes new leadership would one day steer the entire congregation in a new direction.

Enter Pastor Karen Merrill, a special education teacher for 27 years who'd

**Church** on page 6

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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: \_\_\_\_\_

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**Funny Things Kids Say**  
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Or email: [FunnyThingsKidsSay@turnerpublishing.net](mailto: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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# MAINE CALENDAR

## JULY

**July 18 & 19** - Friends of the Bailey Library Annual Summer Book Sale, Saturday 9-3 p.m., Sunday 9-2 p.m., Charles M. Bailey Library, 39 Bowdoin St., Winthrop.

**July 19** - Concert at Norcross Point, Jim Sharkey: Irish Music, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or [www.concertsatnorcrosspoint.com](http://www.concertsatnorcrosspoint.com).

**July 25** - Manchester Community Church Baked Bean and Casserole Supper, 4-5:30 p.m., 21 Readfield Road, Manchester, \$10.00 per person, FMI call 207-441-6011 or 207-242-0298 .

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

**July 26** - Concert at Norcross Point, Bella Ann, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or [www.concertsatnorcrosspoint.com](http://www.concertsatnorcrosspoint.com).

**Aug 2** - Concert at Norcross Point, Calypso Soldiers, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or [www.concertsatnorcrosspoint.com](http://www.concertsatnorcrosspoint.com).

**Aug 9** – Concert at Norcross Point, The DE Experience, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or [www.concertsatnorcrosspoint.com](http://www.concertsatnorcrosspoint.com).

**Aug 16** - Concert at Norcross Point, LQH, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or [www.concertsatnorcrosspoint.com](http://www.concertsatnorcrosspoint.com).

## MONTHLY MEETINGS

**WINTHROP:** Winthrop Grange #209 meets on the 1st and 3rd Wednesday of the month, supper is at 5:30 p.m. and the meeting at 6 p.m., 549 Old Lewiston Road, Winthrop, contact information Kathy Ward 207 500-9864 or [gwamme@gmail.com](mailto:gwamme@gmail.com).

**MANCHESTER:** Coffee

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Open House at the Manchester Grange, 1st and 3rd Monday of the month, 8-10 a.m, 953 Western Avenue, Manchester, FMI call Paige 617-800-4564 or [manchestermaine.grange.wordpress.com](http://manchestermaine.grange.wordpress.com).

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

**WINTHROP:** Winthrop Food Pantry, Thursday pickup 1:00 p.m.-2:30 p.m. and 2nd & 4th Thursdays 5 p.m.-6:30 p.m., 10 Cross Rd., Winthrop, FMI call Sherie Knowlan, Director (207)377-3332 or [winthropfoodpantry.org](http://winthropfoodpantry.org), Curb-side pick-up of shelf-stable food.

**WINTHROP:** Winthrop Hot Meal Kitchen, Monday - Thursday hot meal pickup 11:00 a.m., St. Francis Xavier Church, 20 Lake St., Winthrop, Contact: Steve Dodge (207)620-0488. Meal delivery to Winthrop & Wayne residents. Cooks, helpers, donations, or Hannaford Gift Cards are appreciated.

**WAYNE:** 30 Mile River Snowmobile Club meetings are on the first Monday of the month, meet at the Ladd Center in Wayne at 6:00 p.m., RSVP on Facebook page each month so we can have a count for pizza, salad and dessert at each meeting, sharing the cost of the pizza.

**WAYNE:** Tot Time at the Ladd Center is a relaxed, informal playgroup every Monday morning from 9:00 to 10:00 a.m., parents must stay with their children, and everyone is welcome, FMI call Ladd Center Director, Adam Brooks 685-4616.

**LIVERMORE FALLS:** Craft Circle, Tuesdays at 5:30 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, bring your own project or learn along

with us, craft group for all ages, FMI call 207-897-3631.

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

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

**WAYNE:** Cary Library Book Sale, 9:30 a.m. - 12:30 p.m., 3rd Saturday every month, Williams House, 14 Old Winthrop Road, Wayne, FMI call 685-3612 or visit our website <https://www.cary-memorial.lib.me.us>.

**CORNVILLE/ATHENS:** Cornville/Athens Food Cupboard is open to all residents of Cornville, Athens & Brighton, located at Cornville Town Hall, West Ridge Road, open on the 1st Saturday of each month with new hours 9 a.m. - 12 p.m., FMI please call 776-3257.

**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](mailto:info@unitedparishucc.org).

**LIVERMORE FALLS:** Craft Circle, 5:30 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, bring your own project or learn along with us, this is a craft group for all ages, FMI call (207) 897-3631.

**LIVERMORE FALLS:** Ernie Steward from Spruce Mountain Adult Education visit the library to help our patrons with their technology needs, 3 p.m. to 5 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, sign up by calling (207) 897-3631.

**AUGUSTA:** AL-ANON meeting, Sunday evenings, 5 p.m., Unitarian Universalist Church, 69 Winthrop Street, Augusta, both in person and

on Zoom (for Zoom info please refer to [maineafg.org](http://maineafg.org))

**WATERVILLE:** Grief through the Holidays support group, Wednesdays from 6:00-7:30 p.m. starting November 13th, Hospice Volunteers of Waterville Area Community Center, 304 Main Street in Waterville, time-limited bereavement group, free. 873-3615 or email [jroy@hvwa.org](mailto:jroy@hvwa.org).

**WATERVILLE:** Downtown Waterville Farmers' Market, every Thursday 2-6 p.m., Head of the Falls.

**LIVERMORE FALLS:** Story Time, Wednesdays at 10:30 a.m., Treat Memorial Library, 56 Main St., Livermore Falls, favorite picture books, sing-a-longs, and other activities, any questions or for more information, please call the library at 897-3631.

**MONMOUTH:** Friends of Cumston Public Library book sale, 9 a.m.-1 p.m. third Saturday of the month, lower level, Cumston Hall, 796 Main St., Friends of Cumston Library on Facebook.

**WINTHROP:** Winthrop Maine Historical Society, first Thursday of month, 6-8 p.m., Winthrop History and Heritage Center, 107 Main St., 207-395-5199, [winthrop-mainehistorical@gmail.com](mailto:winthrop-mainehistorical@gmail.com).

**WATERVILLE:** A Service for Veterans, Veteran Service Officer from the Bureau of Veterans' Services will be available to meet with you from 8 a.m. – 2 p.m. first Thursday of the month at the Muskie Community Center, 38 Gold Street, Waterville, appointments are 30 minutes. To reserve your private appointment, call (207) 873-4745.

**WATERVILLE:** Family Caregiver Education and Support Group, Third Wednesday, Monthly 1 – 2:30 p.m., Spectrum Generations' Muskie Community Center, 38 Gold Street, Waterville, to learn more, visit the front desk receptionist at the Muskie Center or call (207) 873-4745.

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

## 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](mailto: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](mailto: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](http://www.turnerpublishing.net/pdf/Deadlines.pdf)

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**GARDINER:** Maine-ly Harmony women's barbershop chorus rehearsals, Wednesday evenings, 6:30 to 9:00 p.m. at the Highland Avenue United Methodist Church, 31 Highland Avenue, Gardiner, women of all ages are welcome to enjoy singing with this very welcoming women's chorus.

**Food Addicts Meetings FREE** - Food addicts in recovery meetings: Tues Zoom and phone, Thurs phone and Sun in person. [foodaddicts.org](http://foodaddicts.org) FMI call 441-8002 or 623-1924.

**WATERVILLE:** Central Maine Square Dance club offering beginner lessons, every Tuesday 6:30-8:00 p.m., George Mitchell School

Dutton St., Waterville, cost is \$5.00 per lesson, FMI call Bob at 447-0094.

### CANCELLATIONS

None listed.

### POSTPONEMENTS

None listed.

Events for the Maine News Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: <https://www.turnerpublishing.net/pdf/Deadlines.pdf>. Email your event information to [articles@turnerpublishing.net](mailto: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.

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Or mail to: Coop - Turner Publishing, P.O. Box 214, Turner, ME 04282



## 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 |

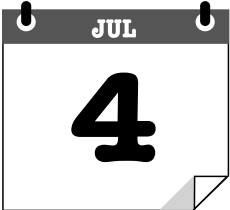
Solution

## Get Scrambled

Unscramble the words to determine the phrase.  
**THO NDA ESTYAM**

Answer: Hot and steamy

## 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.

## NEW WORD

**HUMIDITY**  
the amount of water vapor in the atmosphere

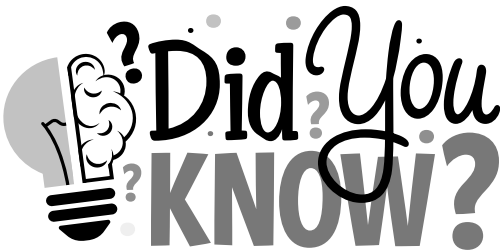
## Animal FACT:

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

Answer: Dogs

## How they say that in...

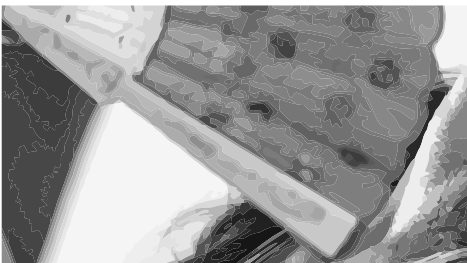
**English:** Hot  
**Spanish:** Caliente  
**Italian:** Caldo  
**French:** Chaud  
**German:** Heiß



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



STUDENT NEWS

## Local Emmanuel College students make Dean’s List

Boston, MA -- In recognition of their outstanding academic achievement, Emmanuel College has named more than 950 students to the Dean’s List for the Fall 2025 semester. The following local students were named to the Dean’s List:  
Julia Letourneau, of Winthrop, is majoring in Mathematics - Statistics.  
Ashlynn Niemi, of Augusta, is majoring in Nursing.  
Natalie Townsend, of Sidney, is majoring in Political Science.  
To earn a spot on the Dean’s List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester.

## Nathaniel Dickson, of Augusta, added to Belmont University’s Spring 2026 Dean’s List

Nashville, TN -- Belmont University released the Dean’s List for the spring 2026 semester, with approximately 49% of the University’s 6,724 undergraduate students earning academic recognition. Nathaniel Dickson is among the Dean’s List students.  
Dean’s List eligibility is based on a minimum course load of 12 hours and a quality grade point average of 3.5 with no grade below a C.

## Kaylyn Bourque, of Benton, achieves President’s List honors for Spring 2026 semester at Nichols College

Dudley, MA - Kaylyn Bourque, of Benton, has achieved President’s List honors for the spring 2026 semester at Nichols College.  
President’s List recognizes those students who achieve high grades during a single semester. Students whose semester grade point average is 3.85 or higher for at least 12 undergraduate credit-hours and no grades below B- will receive President’s List honors.

## Diana Estes of Sidney named to Spring 2026 Dean’s List at Cedarville University

Cedarville, OH -- Diana Estes, of Sidney, was named to the Dean’s List at Cedarville University for Spring 2026. This recognition requires the student to obtain a 3.50 GPA or higher for the semester and carry a minimum of 12 credit hours.

## Tanley Tibbetts named to Dean’s List at University of Maryland Global Campus

Adelphi, MD - Tanley Tibbetts, of Chelsea, was named to the Dean’s List for the spring 2026 term at the University of Maryland Global Campus. To be eligible for the honor, a student must complete at least six credits during the term, earn a grade point average of at least 3.5 for the term, and maintain a cumulative GPA of 3.5 at UMGC.

## SNHU announces Spring 2026 President’s List

Manchester, NH - It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Spring 2026 President’s List. The spring term runs from January to May.  
Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President’s List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.  
Virginia Sylvain of Vassalboro, Nicole Gentz of Chelsea, John Nolin of Augusta, Hannah-Mae Breznyak Breznyak of Sidney

## Augusta resident Kaitlyn Henry named to Worcester Polytechnic Institute’s Spring 2026 Dean’s List

Worcester, MA - Worcester Polytechnic Institute (WPI) has announced that Kaitlyn Henry, a member of the class of 2027 majoring in Data Science, was named to the university’s Dean’s List for academic excellence for the spring 2026 semester.  
The criteria for the WPI Dean’s List differ from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI students are named to the Dean’s List based on the amount of work completed at the A level in courses and hands-on projects.

## Cody Hinkley-Roy named to SNHU Dean’s List

Manchester, NH -- Cody Hinkley-Roy, of Augusta, has been named to Southern New Hampshire University’s Spring 2026 Dean’s List. The spring term runs from January to May.  
Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean’s List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

## Jeffrey Hadley graduates from Georgia Southwestern State University

Americus, GA -- Jeffrey Hadley, of Sidney, graduated from Georgia Southwestern State University during the Spring 2026 Commencement Ceremony held on Thursday, May 7 in the Convocation Hall of the Student Success Center. Hadley earned a master’s degree in business administration.

## Azalea Shanti named to the Spring 2026 Champlain College Trustees’ and President’s Lists

Burlington, VT -- Azalea Shanti of Farmington 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. Shanti is majoring in Psychology.  
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.

### Church from page1

been called to the ministry in 2014. She had served quarter-time at the Methodist churches in New Sharon and Mercer when assigned half-time to Vassalboro in 2021 and she came with the same vision the Adapt to Thrive group had identified. Merrill formed a “leadership team” and together they made the commitment to expand VUMC’s community outreach and expand they did. Through grants and donations, they improved access into and within their

building; senior luncheons were added to their monthly public suppers; a variety of events were added throughout the year; community groups and Scouts began to use the building regularly; some members joined or volunteered with community groups as liaisons to VUMC and began to work collaboratively with them on various projects.  
Merrill, who has continued to serve Mercer quarter-time, was once asked by another pastor how her little churches managed to accomplish so much to which she

replied, “I have a bunch of people in their 70s and 80s who work their hearts out for their churches!” These days, thanks to VUMC’s hard work inside and outside their walls, VUMC’s visibility has grown significantly, and people of all ages now attend regularly and are hands-on at events, services and programs year around. In fact, since Merrill came on board, she figures that fifty new people have begun to attend VUMC. In 2021 it was common to have no children in church on Sunday but now there are fifteen who attend

regularly led by three teachers and a Youth Fellowship group formed earlier this year for tweens. At a Sunday service in May their Lay Leader, Eileen Ronco shared her delight at having so many young families in attendance now. “Change is hard,” she related “but these youngsters will keep our church going in the future, so we had better learn to change and like it.”  
Today there are 509 active UMCs in New England, as reported at the New England UMC Annual Conference in Manchester, New Hampshire on June 4th on

that same day this year’s “One Discipleship Matters Award” was presented to two Methodist churches in Maine, one being to Corinna and the other to Vassalboro. The Many Waters District Superintendent, Rev. Dr. Arlene Tulley presented the award explaining the VUMC had not had any confirmations since 2008 and only seven professions of faith since 2016. In 2025, VUMC confirmed seven new members and baptized five people. Pastor Merrill and Lexxi Smith, who’d just been confirmed as a new

VUMC member the previous Sunday, accepted the award on VUMC’s behalf. In addition to the award, they received \$500.00 to help towards future ministry in the community.  
“Unfortunately, ten of the Adapt to Thrive study group from 2016 have either moved or passed away and are not here to see how far we have come,” said Harvey Boatman. “But we continue to adapt and thrive with new hands and hearts, of all ages and from many walks of life, to help VUMC serve our community.”

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# New Dimensions Federal Credit Union raises over \$23,000 for the Maine Children’s Cancer Program

WATERVILLE – The 12th Annual Cruisin’ for a Cure Car Show, held on June 6, 2026, raised an incredible \$23,040.48 for the Maine Children’s Cancer Program (MCCP), a division of the Barbara Bush Children’s Hospital in Scarborough.

Despite a few sprinkles throughout the day, the weather held with overcast but dry conditions, creating the perfect setting for another successful event. With the support of dedicated volunteers, enthusiastic spectators, generous sponsors, and an impressive 186 registered participants, this year’s car show was one of the strongest yet.

This annual event continues to serve as a power-

ful reminder of what can happen when a community comes together for a meaningful cause. Rooted in the credit union philosophy of People Helping People, Cruisin’ for a Cure has become more than a car show—it has become a tradition of hope, generosity, and compassion.

Funds raised from this event directly benefit the Maine Children’s Cancer Program, helping support children and families across Maine as they navigate the challenges of pediatric cancer treatment. Every dollar raised helps provide critical care, resources, and support services to children and families during some of life’s most difficult moments.

Since its inception, NDF-

CU has raised an extraordinary \$231,354.03 for MCCP, reflecting the unwavering generosity of our community and the lasting impact of this support.

The official check presentation for this year’s event took place on June 29, 2026, at the Silver Street branch of New Dimensions FCU. It included (from left to right): Sandra Isaac, Angela Hallee, Emi Paradise (MCCP), Jon Paradise (MCCP - Board of Directors), Sharon Storti, Ryan Poulin (CEO), Dani Farmer, Ed Thompson, and Molly Herman (MCCP).

New Dimensions FCU extends heartfelt gratitude to every sponsor, volunteer, participant, and attendee who helped make this year’s event a success.



Submitted photo

On June 29, New Dimensions Federal Credit Union presented a check for \$23,040.48 to the Maine Children's Cancer Program from proceeds raised during the 2026 Cruisin' for a Cure Car Show. Pictured from left are Sandra Isaac, Angela Hallee, Emi Paradise of MCCP, Jon Paradise of MCCP Board of Directors, Sharon Storti, Ryan Poulin, CEO of New Dimensions FCU, Dani Farmer, Ed Thompson, and Molly Herman of MCCP.

Your generosity continues to make a real difference in the lives of Maine children and families.

For more information or to get involved in future events, please visit: <https://www.facebook.com/cruisinn4acure/>

## New Dimensions Business Services (NDBS) welcomes Frank Isganitis

WATERVILLE – NDBS is pleased to announce the addition of Frank Isganitis to its team. A highly accomplished financial services leader, Isganitis brings extensive experience in SBA lending, credit management, entrepreneurship and hospitality operations.

Throughout his career, Isganitis has successfully combined business ownership with senior leadership roles, providing him with a unique perspective on lend-



Frank Isganitis

ing, operations and business growth. His expertise includes underwriting complex transactions, managing high-performing teams, and helping businesses secure the financing they need to achieve their goals.

As a former small business owner, Isganitis understands firsthand the challenges entrepreneurs face and brings a collaborative, solutions-focused approach to supporting business owners throughout the lending

process.

“Frank brings a unique combination of financial expertise, entrepreneurial experience, and leadership that will be a tremendous asset to our team and the businesses we serve,” said Sean Fluet, VP of Commercial Services. “His deep understanding of SBA lending, credit management, and business operations, combined with firsthand experience as a small business owner, gives him valuable

insight into the challenges and opportunities our clients face. We are excited to welcome Frank to NDBS and look forward to the impact he will make.”

Isganitis is passionate about helping individuals and business owners achieve their financial goals and states, “I love helping people realize their financial dreams, which aligns perfectly with the credit union philosophy of people helping people,” said Isganitis.

“Additionally, my 15 years as a small business owner give me a unique edge. I understand the challenges entrepreneurs face, allowing me to help them translate their vision into favorable lending results and long-term success.”

In his new role, Isganitis will work closely with businesses throughout the lending process, helping them identify financing solutions that support growth, expansion, and long-term success.

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# How to drive safely with a trailer in tow

Metro

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

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

- Familiarize yourself with the trailer. Consumer Reports notes that travel trailers can sometimes weigh more and be even taller than the vehicle pulling them. That can make it challenging to drive safely with a trailer in tow. But practice makes perfect, and drivers are urged to practice driving with a trailer in tow before they depart for a road trip. A large and empty parking lot can be a great place to get a feel for driving with a trailer hitched to the back of your vehicle.
- Practice turns. Turning when driving a car or truck with a trailer hitched to the back requires a different approach. Wide turns are necessary to reduce the likelihood that the trailer tires hit the curb.
- Consider using towing mirrors. Towing mirrors are specially designed side-view

mirrors that extend beyond standard side-view mirrors to offer drivers wider visibility, which can be necessary when wide loads are attached to the back of a vehicle. Towing mirrors can make it safer to change lanes and drive in reverse when a trailer is attached to the back of a car or truck.

- Recognize trailers swing. Consumer Reports urges drivers to give constant consideration to the swing of a trailer when turning. A trailer sometimes swings in the opposite direction when turning, which can increase the chances of hitting other vehicles, signs and even pedestrians. Carparts.com notes that the longer the distance between the rear wheels to the back bumper of the trailer, the greater the tail might swing. Managing





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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](http://consumerreports.org) and [carparts.com](http://carparts.com).



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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 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 periods of 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.

## 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.

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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. 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.

Healthy Habits. Happy Kids. Strong Futures.

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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STUDENT NEWS

Zachary Donald named to Point Park University’s Spring 2026 Dean’s List

Pittsburgh, PA -- Zachary Donald, of Jay, was named to Point Park University’s Spring 2026 Dean’s List. Donald was among more than 1,300 students named to the Spring 2026 Dean’s List. To be named to the Dean’s List, a student must have a 3.5 GPA.

Springfield College recognizes Dean’s List students for the 2026 Spring Semester

Springfield, MA -- Springfield College recognized its Dean’s List students for the 2026 Spring Semester. The following local students were recognized for academic excellence: Rianna Bottger from Stratton has a primary major in Physician Assistant Studies. Morgan Thibodeau from Carrabasset Valley has a primary major in Sport Management. The criteria for selection to the Dean’s List are as follows: The student must have completed a minimum of 12 credit hours of graded coursework for the term, exclusive of “P” grades. The student must not have any incomplete or missing grades in the designated term. The student must have a minimum semester grade average of 3.500 for the term. The student must not have been barred from Dean’s List due to disciplinary action.

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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](mailto: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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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 Mo-

moa), 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)



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 lim-

ited sun exposure. Osteomalacia—also known as adult rickets—is found in older patients deficient in vitamin D. Osteomalacia causes bone and muscle weakness.

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

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

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

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MAINE OUTDOORS

v. Paul Reynolds

RANGELEY 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 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

Submitted photos



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

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



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

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](http://www.sportingjournal.com), Outdoor Book

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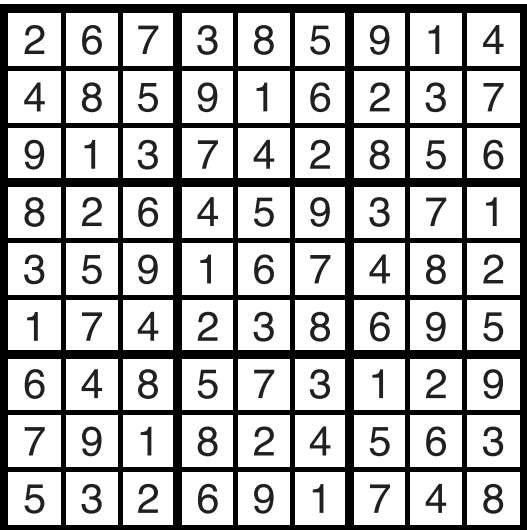
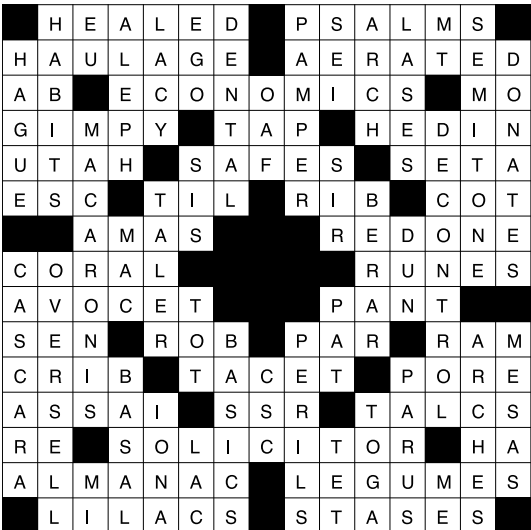
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Richard Plourde photo

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Glenn Bechard Photo  
Stop by Sunrise bagel and pick up the Kennebec Current for current events, puzzles and lots of good news.

## The Kennebec Historical Society August 2026 Program “Like Father, Like Sons – The Burbank Family in the Revolutionary War”

AUGUSTA - Throughout history, people have often been caught up in the momentous events of their era, and so it was for members of the Burbank family of Scarborough in what was then the Province of Maine. Upon hearing of the outbreak of fighting between colonists and British regulars at Lexington and Concord in 1775, Silas Burbank immediately joined a militia group heading for Boston. In something unheard of in later wars, he was joined by his two young sons, thirteen-year-old David as a drummer and eleven-year-old Eleazer as a fifer.

These family members remained in George Washington’s army for five years. This illustrated program



tells the amazing story of the Burbank’s service in the American Revolution, beginning with the siege of Boston and continuing to the battle of Saratoga, the winter spent at Valley Forge, and much more. We learn of Eleazer’s being captured by the British and his father dining with General Washington. Silas also played a role in the traitor Benedict Arnold’s defection. Stunning 18th-century Revolutionary War art is included.

KHS presenter, Linda Snow McLoon, is a published author who has deep roots in Scarborough but grew up in Maine’s Belgrade Lakes Region. She served as Executive Director

of the Portland Harbor Museum and has served on the boards of the Belgrade Historical Society and the Scarborough Historical Society. She currently volunteers at the Maine Historical Society and the South Portland Historical Society, and as a local history historian, she presents illustrated lectures on topics of Maine history.

The presentation, free to the public (donations are gladly accepted), is scheduled to begin at 6:30 p.m. Wednesday, August 19, at Augusta City Center, located at 16 Cony Street in Augusta. For more information, call Scott Wood, KHS executive director, at 622-7718.



Linda Snow McLoon

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