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Faith, Freedom & Fireworks



Richard Plourde of Lewiston caught this beautiful picture of the Basilica of Saints Peter and Paul in Lewiston on July Fourth.

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Have you captured a beautiful Maine sunrise, a community event, wildlife, a scenic landscape, or a special local moment? We'd love to share it with our readers!

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Richard Plourde photo

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Funny Things Kids Say
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Or email: FunnyThingsKidsSay@turnerpublishing.net

While preparing breakfast for my two grandchildren, my 9-year-old granddaughter Arabella and I were having some girl talk. We mentioned how us girls have to stick together.
My 5-year-old grandson Odin piped in “Oh, you’re not a girl Nani?”

Puzzled, I said, “you didn’t know I’m a girl?” His rational explanation was, “well, you had your hair cut really short, so I wasn’t sure.”
He had always known me to have medium length hair.
- Deborah of Lewiston

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

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MAINE CALENDAR

2026

JULY

July 21 — Leavitt Institute Class of 1963 will observe the 63rd class reunion on July 26, 2026 at the home of Dale Talbot. Come and get acquainted again with our classmates (family). It will be a great time. Contact Dale at 207-251-5788 or Marion at 207-946-5579.

July 25 - Free Tie-Dying Summer Reading program, 11 a.m. to 12 p.m., Kennedy Memorial Park, 120 Park St at the corner of Pine Street, Lewiston, all supplies will be provided, including a variety of tie-dying materials such as bandanas, aprons, and canvas tote bags, no registration is required, supplies are limited and will be available on a first-come, first-served basis, FMI call 513-3133.

AUGUST

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

OCTOBER

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

NOVEMBER

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

November 27th, 28th & 29th - ExTRAINaganza Open House at the Great Falls Model Railroad Club, 10 a.m. to 4 p.m. each day, 144 Mill Street, Auburn, (Handicapped Accessible), FMI at <https://www.great-fallsmodelrrclub.org>.

DECEMBER

December 12th - Surplus Assets Sale at the Great Falls Model Railroad Club, 9 a.m. to 1 p.m., 144 Mill Street, Auburn, (Handicapped Ac-

cessible), FMI at <https://www.greatfallsmodelrrclub.org>.

MONTHLY MEETINGS

LEWISTON: Lewiston Public Library, in partnership with ArtVan, will be offering art programs in Callahan Hall for children ages 5-14 every Wednesday from June 17th to August 12th from 3:30 p.m. -5:00 p.m., Lewiston Public Library, 200 Lisbon Street at the corner of Pine Street, Lewiston, free, open to the public, and no registration is required; all art supplies will be provided.

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

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

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

LEWISTON: Sadie's Fiber Arts Club, every 1st and 3rd Wednesday of the month, 3:30 p.m., Lewiston Public Library's Children's Department, 200 Lisbon Street at the corner of Pine Street, Lewiston, FMI at 513-3133 or LPLKids@lewistonmaine.gov.

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.

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.

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

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.

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. 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.

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.

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.

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

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

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

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

NORWAY: Women's Support Group and Coffee Hour, meets the third Wednesday of every month

from 10:30 to 12:00 noon at the Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Kelsey at the Center at (207) 890-0205.

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

PORTER: Sacopec Valley Cancer Support Group for Men and Women, fourth Friday of each month from 1:30-3:00 p.m., Riverside United Methodist Church, 5 Porter Street, Porter, FMI please call Marianne Wyr at: (207) 749-0392.

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.

BETHEL: Every Wednesday, Story time at the Bethel Library, 5 Broad Street, Bethel, 10 – 11a.m.

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)

NORWAY: Norway

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

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.

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.

NORWAY: Oxford Hills Honeybee Club, 1 p.m., second Saturday of the month, First Universalist Church, 479 Main St., all welcome, cpeaston@megalink.net.

NORWAY: Serenity Seekers Al-Anon newcomers meeting 6:15-6:45 p.m. followed by Regular Meeting 6:45-7:45 p.m. at The Hills Recovery Center, 15 Tannery Street, Norway, ME. Every Thursday. FMI serenityseekersnorway@gmail.com

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.

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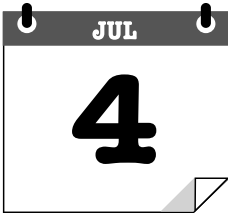
Fill in the missing blocks with numbers between 0-20.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

10	6		20
	8		18
	15	11	29
14	29	24	

11	51	3
6	8	1
4	9	10

Solution

THIS DAY IN HISTORY



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

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

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

Animal FACT:

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

Answer: Dogs

Get Scrambled

Unscramble the words to determine the phrase.
THO NDA ESTYAM

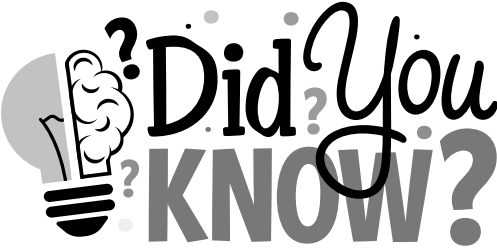
Answer: Hot and steamy

NEW WORD

HUMIDITY
the amount of water vapor in the atmosphere

How they say that in...

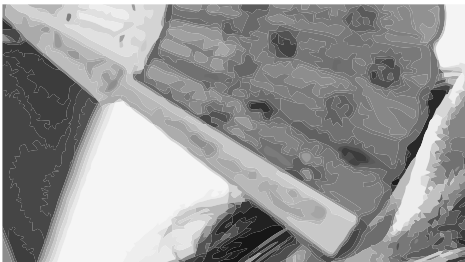
English: Hot
Spanish: Caliente
Italian: Caldo
French: Chaud
German: Heiß



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



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Paper fan



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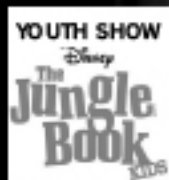


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Acadia Wind Ensemble to perform annual concert on July 31 in Auburn

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 life-long 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

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Op-Ed from Dan Rhodes + Invitation to Walk with Us at Shiloh Unexpected Solace at Shiloh Pond

FARMINGTON - The first time I visited Shiloh Pond, I did not know its conservation history. It was just a recommendation for a place to go, something new to do on a bright and beautiful summer morning. It does have a history, of course: linked to both the Town of Kingfield and the High Peaks Alliance. If you have not been yet, it is well worth an excursion.

We visited for the first time last June. After parking next to a gate blocking further vehicle access, we got out and made our way on foot to the water (having tragically forgotten to bring bug spray, an itchy mistake I’ve not since repeated). The walk is short, maybe ten or fifteen minutes down the forested trail if you, like me, have a little kid in tow. But

when you get there, just past the stashed canoes and the “Fly Fishing Only” signs, you spill out of the woods onto the narrow banks of the pond itself.

Frogs and fry fled as we dipped our toes in the shallows, while a gentle breeze tousled the surface of the clear water. If you chance upon this place on a day when no one else is there, I hope the stillness and the scenery also strike you. Pines and boulders close ranks to ring the water’s edge in a way that is almost protective and, in misty morning light, hauntingly beautiful.

Except for the stashed canoes and the trail, there’s no real sign of human presence here. Paddling the pond’s perimeter didn’t take long, but long enough for the kind of



quiet I love so much to make its presence felt through the utter absence of modern distraction. To the west, a few peaks, smaller in the foreground, taller beyond, crowd the horizon to give the place unexpected gravitas.

I can’t quite articulate

exactly what about Shiloh Pond struck me so much. Maybe it was the juxtaposition of absolute tranquility with its stone’s throw proximity to town. Maybe it was its primitive, wholly undeveloped atmosphere (fair warning—there are no

bathrooms!). But when I’m there, the “why” seems less important than the mere act of presence in this place where simply being is solace.

Maybe to some it is just a pond. But I am grateful to the Town of Kingfield and

the High Peaks Alliance for working together to ensure that it has been preserved for us to enjoy. Shiloh Pond, and other places like it, do something else important: they stand as a powerful proof of concept for collaborative conservation. The High Peaks Alliance recognizes that land access conversations must be conducted transparently, and they must honestly account for the interests of all relevant stakeholders, including town governments, landowners, and land users. In a more lasting sense, the existing framework ensures Shiloh Pond will endure as it has for millennia, save for the changing of the seasons and the footprints we leave on the beach.

Acadia from page6

perform challenging and beautiful symphonic band music with other like minds and spirits.”

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

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

exciting program and concert!”

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

This year’s program includes the following compositions: Urban Light by James M. David, Cedar Canyon Sketches by Carol Brittin Chambers; all stars are love by Steven Bryant; Adventures on Earth (from E.T. the Extra-Terrestrial) by John Williams, Symphony in Blue and Gold by Erika 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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Summer Seasonal Guide

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How to drive safely with a trailer in tow

Metro

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

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

- Familiarize yourself with the trailer. Consumer Reports notes that travel trailers can sometimes weigh more and be even taller than the vehicle pulling them. That can make it challenging to drive safely with a trailer in tow. But practice makes perfect, and drivers



Metro photo

are urged to practice driving with a trailer in tow before they depart for a road trip. A large and empty parking lot can be a great place to get a feel for driving with a trailer hitched to the back of your vehicle.

- Practice turns. Turning when driving a car or truck with a trailer hitched to the back requires a different approach. Wide turns are necessary to reduce the likelihood that the trailer tires hit the curb.
- Consider using towing mirrors. Towing mirrors are specially designed side-view mirrors that extend beyond standard side-view mirrors to offer drivers wider visibility, which can be necessary when wide loads are attached to the back of a vehicle. Towing mirrors can make it safer to change lanes and drive in reverse when a trailer is attached to the back of a

car or truck.

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

Healthy Habits Today, Healthy Kids Tomorrow!

Simple Steps for a Lifetime of Wellness

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



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



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



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



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



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



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



8 Most importantly, mom, dad or daycare provider, you're a role model for your child and for children in general so practice what you preach when it comes to nutrition and activity. 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.

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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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STUDENT NEWS

Assumption students named to Spring 2026 University’s Dean’s List

Worcester, MA -- Assumption University has announced those who have been named to the University’s Dean’s List for the spring 2026 semester. Students named to the Dean’s List must achieve a grade point average of 3.5 for a five-class, 15-credit semester to be included on this prestigious list, which is announced at the completion of the fall and spring semesters.

Miles Frenette of Lewiston
Bella Perryman of Lewiston

Leah Dube named to Western New England University’s Spring 2026 President’s List

Springfield, MA -- Western New England University (WNE) is proud to recognize Leah Dube of Lewiston, as one of nearly 600 students who have earned a place on the Spring 2026 President’s List, one of the University’s highest academic honors.

Local student earns degree from Emmanuel College

Boston, MA -- Emmanuel College awarded a Bachelor of Science Biology - Health Sciences Magna Cum Laude to Lilly Gish, of Lewiston, at the College’s 104th Commencement on May 9.

University of New England Spring 2026 Dean’s List

The following students have been named to the University of New England’s Dean’s List for the spring semester 2026. Dean’s List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester. Damon Bossie, Annick Igihozo, Emilie Levasseur, Machaela McInnis and Nicholas Pelletier.

Roger Williams University announces Spring 2026 Dean’s List

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

Cooper St. Hilaire of Lewiston
Daxton St. Hilaire of Lewiston
Laura Wong of Lewiston

BookReach gifts books to local preschools



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

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

Volunteer readers are needed. Reach out to the BookReach Coordinator for more information at 207-513-3004 (ext. 3515) or at BookReach@lewistonmaine.gov.

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

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MAINE OUTDOORS

v. Paul Reynolds

RANGELEY FLY FISHING FESTIVAL



Submitted photos

A Quebec brookie mounted by the late David Footer.

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

Who the heck is White Nose Pete? It is a fish, a purely fictional big trout that, as the story goes, haunts the pocket waters of the fabled Rapid River, a real hook-jawed, fat-bellied 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



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, Outdoor Book

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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.



MOVIE REVIEW

by Lucas Allen

SUPERCIRL [2026]

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

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

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

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

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

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

Despite those negatives, the movie still delivers the action and comedy aspects that audiences can expect. Laughs are aplenty, especially from some of the grotesque-looking aliens that populate the cosmic part of the DC Universe, as are some eye-popping fight scenes that are done with some precise attention. The climactic

battle scene is very good if you get past the assumption that they ripped off part of the plot from “Mad Max: Fury Road” involving the villains.

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

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

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

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







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

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



Humane Society announces Summer Raffle winners

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

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

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



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

Grilled kebabs made a flavorful addition to any backyard barbecue

Grilling enthusiasts are always on the lookout for something new to cook over an open flame. While traditional staples like steaks, hamburgers and hot dogs will never lose their favor among lovers of grilled food, expanding one’s grilling repertoire can open doors to new flavors and ensure meal time is always something to look forward to. Fans of foods cooked over an open flame who want to try something new and flavorful can try this recipe for “Grilled Pork and Mango Kebabs With Chili Sauce” courtesy of Lines+Angles.

Grilled Pork and Mango Kebabs With Chili Sauce

Makes 4 Servings

For the chili sauce:

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

For the kebabs:

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



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

Metro



PET Spotlight



Scout

Submitted by James Thomas

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