



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

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The Greater Lisbon Ledger

The Only Paper With Moxie • Just Good Reading Since 1992 **July 2026 - Volume 29, Issue 7**

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The Greater Lisbon Ledger

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PAUL MASON & SONS
Roofing & Siding
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Bill Van Tassel photos

Schooner Estates resident Georgette Morin works a bubble machine from the 2026 Moxie Parade's Most Creative Float, that was outfitted like a Space Shuttle.



Always crowd favorites, the Shriners Krazy Kars and other mini vehicles were a big part of the Moxie Parade for 2026. Wheeling and weaving along Rt.196, the drivers gave many a high-five to the children.



Following the Moxie parade, many folks made it to the area behind Lisbon High School for some food, some entertainment and a break from the sunshine under two large tents set on the ball fields.



Following Miss Moxie was Miss Moxie Baby near the beginning of the state's longest parade, the annual Lisbon Moxie Parade, celebrating all the years of the famous beverage's existence.

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



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

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

Funny Things Kids Say
Turner Publishing, Inc.

P.O. Box 214, Turner, Maine 04282
Or email: FunnyThingsKidsSay@turnerpublishing.net

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

Puzzled, I said, “You didn’t know I’m a girl?” His rational explanation was, “Well, you had your hair cut really short, so I wasn’t sure.”
He had always known me to have medium length hair.
It was around Halloween time when our little Susan as

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

Humane Society announces Summer Raffle winners

Gathered by Grace- A New England Methodist Camp Meeting

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 fund-

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

LISBON — On Sunday, July 26, 2026, five United Methodist congregations from across the region will come together for “Gathered by Grace: A New England Methodist Camp Meeting,” a joyful outdoor celebration of faith, music, community, and fellowship.
Hosted by the Androscoggin Cooperative Parish—a partnership between the Brunswick, Auburn, Lisbon, Minot, and West Cumberland United Methodist Churches—the event will take place

at the MTM Community Center (18 School Street, Lisbon Falls, ME 04252) from 10:00 a.m. to 12:00 p.m. and is open to the public.
Inspired by the historic Methodist camp meeting tradition, this modern gathering reimagines the experience for today’s world with a focus on community, inclusion, hope, and service. The event will feature congregational hymn singing, musical offerings from each participating church, brief

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

The event will be held rain or shine, with tents provided for shelter from sun or rain. Attendees are encouraged to bring a potluck dish to share, though all are welcome regardless of whether they are able to contribute food.
For additional information, please contact: Rev. Alicia Vélez Stewart - Brunswick United Methodist Church avstewart@gmail.com



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MAINE CALENDAR

2026

AUGUST

August 8 - Durham
Acacia Lodge Bean Supper,
Acacia Lodge, Route 136,
Durham.

SEPTEMBER

September 12 - Durham
Acacia Lodge Bean Supper,
Acacia Lodge, Route 136,
Durham.

OCTOBER

October 10 - Durham
Acacia Lodge Bean Supper,
Acacia Lodge, Route 136,
Durham. .

MONTHLY MEETINGS

LISBON: Life-Changing Faith Bible Center meets the 3rd Saturday of each month from 10:00-11:30 a.m. for college-level Bible teaching from Pastor Gary Leet, M.Min, Lisbon Faith Bible Church, 29 Village St.,

Lisbon, FMI email: *Badfos-ter1@gmail.com*.

DURHAM: The last Wednesday of every month from 2 to 3 p.m., the Town Manager invites you to join him for an hour of conversation. FMI Email Town Clerk: *townclerk@durhammaine.gov* or call: 207-353-2561 ext. 111.

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

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

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.

CORNVILLE/ATH-ENS: 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.

LEWISTON: Renewal Addiction Ministry. Applying biblical truth to the root of addiction. Every Friday 630pm. 89 Birch Street Lewiston @The Root Cellar. Alex Theriault 207-274-1570
LEWISTON: Maker Mondays at Lewiston Public Library, March 2, 16, April 6 and May 18, Couture Room, Lewiston Public Library, 200 Lisbon St., Lewiston, ages 18 and up, beginners welcome, FMI contact 207-513-3134 or *lplcirc@lewistonmaine.gov*.

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

LEWISTON: Sadie’s Fiber Arts Club, every 1st and 3rd Wednesday of the month, 3:30 p.m., Lewiston Public Library’s Children’s Department, 200 Lisbon Street at

the corner of Pine Street, Lewiston, FMI at 513-3133 or *LPLKids@lewistonmaine.gov*.

SABATTUS: Weekly Group Runs, every Wednesday, 6 p.m., Mixer’s parking lot, FMI, check out the Sabattus Rec Club Running Program Facebook page, or email *running@sabattusrec.com*.

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* and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster.

MAINE CALENDAR PAGE

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

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We were told 100% of the chips

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

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

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

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

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Maine’s largest direct mail community publication company serving nearly 250,000 homes and “It’s All Good News”!



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Did you find Coop?

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



Name _____

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Page # _____ Phone # _____

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Math Blocks

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

10	6		20
	8		18
	15	11	29
14	29	24	

11	51	3
6	8	1
4	9	10

Solution

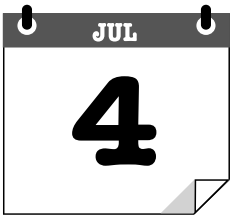
Get Scrambled

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.

Animal FACT:

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

Answer: Dogs

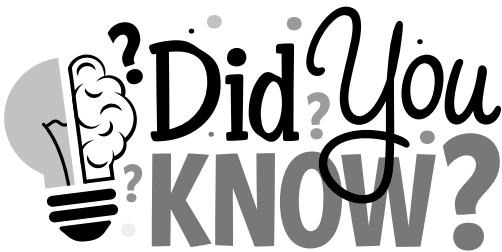
NEW WORD

HUMIDITY

the amount of water vapor in the atmosphere

How they say that in...

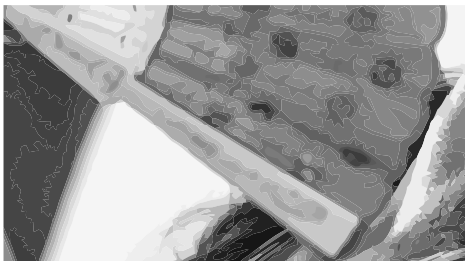
English: Hot
Spanish: Caliente
Italian: Caldo
French: Chaud
German: Heiß



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

Crossword

1	2	3	4			5	6	7			8	9	10
11				12		13				14			
15						16				17			
		18				19	20			21			
					22	23				24			
25	26	27	28	29									
30								31					
32									33	34	35	36	37
					38	39	40		41	42			
					43				44				
		45	46	47									
48						49				50	51	52	53
55						56					57		
59						60				61			
62						63					64		

CLUES ACROSS

1. Egyptian bull god
5. Romanian monetary unit
8. Santa’s helper
11. Fictional Pink Floyd corporal
13. Sea eagle genus
14. Broad volcanic crater
15. Minneapolis suburb
16. Actual commercial worth (abbr.)
17. Exchange rate
18. Ethnic peoples in Guinea
20. Men’s fashion accessory
21. Craft material
22. Offerings
25. Early
30. Large room
31. Soviet Socialist Republic
32. One who hauls
33. Shorthand for accepting
38. Promotional materials
41. Loss of memory
43. One who beheads
45. Photographers
48. Small, rich sponge cake

49. White clerical vestment
50. Partner to “oohed”
55. Abba __, Israeli politician
56. Zero
57. Owl monkey genus
59. Lace bug genus
60. Mild expression of surprise
61. Storage devices
62. Keyboard key
63. Make a mistake
64. One-time Korean president

CLUES DOWN

1. Bridge building degree
2. Expression of sorrow or pity
3. Large, stocky, lizard
4. Rumanian river
5. Missive
6. Stout-bodied moths
7. Brings out
8. Bird of prey
9. King of Thebes
10. Cleaving tool
12. African antelope
14. Three are particularly famous
19. Satisfy

23. C. European river
24. Dictator
25. Portion of (abbr.)
26. The 17th letter of the Greek alphabet
27. Consume food
28. Woman (French)
29. Scrape or wear away by friction
34. Popular vegetable
35. Pacific Standard Time
36. Brazilian state capital
37. Paddle
39. Cause to become insane
40. Drier and flakier
41. Mimic
42. ESPN host Kimes
44. One who moseys
45. Secret political clique
46. Behind the stern of a ship
47. Supernatural force
48. Sanctuary in Orthodox churches
51. Swiss river
52. Grayish white
53. Engrave
54. UNC’s chief rival
58. Midway between south and southeast



Solve the code to discover words related to irrigation.
Each number corresponds to a letter.
(Hint: 12 = R)

- A.

14 7 22 11 12

Clue: H2O
- B.

10 12 9 8 20

Clue: Plants grown as food
- C.

22 1 12 4 17 11

Clue: Flourish
- D.

24 12 4 8

Clue: Slowly leak

Answers: A. water B. crops C. thrive D. drip

SUDOKU

	9					2		
		1	4		2		5	6
								1
		7			4		9	
9			5				7	3
				6				2
							3	
3						8		
	8	2	7					9

Level: Advanced

ON THE FARM

WORD SEARCH

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

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

- AGRICULTURE
- AUTOMATIC
- CANAL
- CHANNELS
- CONSERVATION
- CROPS
- DISTRIBUTION
- DRIP
- EFFICIENCY
- FARMING
- FLOW
- HYDRATION
- MOISTURE
- PIPELINE
- PRESSURE
- PUMP
- RESERVOIR
- SATURATION
- SOIL
- SPRAY
- SPRINKLER
- SYSTEM
- VALVES
- WATER

HOROSCOPES

- ARIES - Mar 21/Apr 20

Aries, your bold approach is magnetic right now. If you have a big idea that you’ve been waiting to share, present it now. Everyone is ready to listen.
- TAURUS - Apr 21/May 21

Think about how you can treat someone else to something nice, whether it is a gift, time spent with you or whatever it is that they desire. Build the foundation for a stronger friendship.
- GEMINI - May 22/Jun 21

This week is all about clearing out the old to make room for the new, Gemini. Begin decluttering your physical space and then move on to clearing out your mind.
- CANCER - Jun 22/Jul 22

Cancer, your social circle is a great asset this week. Reach out to a friend you haven’t spoken to in a while. You might find the conversation sparks a great new collaborative idea.
- LEO - Jul 23/Aug 23

Leo, your hard work is finally getting the recognition it deserves. Don’t be afraid to accept any praise that comes your way. You will inspire others with your natural leadership and confidence.
- VIRGO - Aug 24/Sept 22

Virgo, whether it is picking up a new hobby or diving into a book you have been meaning to read, you are craving knowledge this week. Your mind is hungry for growth, so feed it.
- LIBRA - Sept 23/Oct 23

Right now you are able to resolve lingering tensions with ease, Libra. Lean into your diplomatic nature; you have the power to turn a complicated situation into a win-win for everyone.
- SCORPIO - Oct 24/Nov 22

The connections you nurture this week will prove incredibly lucky for you, Scorpio. You will come across as deeply authentic, which can draw people to you like a magnet.
- SAGITTARIUS - Nov 23/Dec 21

Getting details handled early on will clear the path for a much more open week as the weekend approaches, Sagittarius. Take to the task at hand now and reap the rewards later.
- CAPRICORN - Dec 22/Jan 20

Your creativity is off the charts right now, Capricorn. You might find that you are better positioned to problem-solve when you’re doing things unrelated to the task at hand.
- AQUARIUS - Jan 21/Feb 18

It is a wonderful time to redecorate the garden or spend quality time with family, Aquarius. Nurturing yourself will give you the stamina to tackle the world outside of your home.
- PISCES - Feb 19/Mar 20

Pisces, people are generally interested in what you have to say this week, so be sure to speak up. Your message may inspire others.

Building Comfort Through Community:

Meet ABG Heating & Cooling

In small towns, a handshake still means something. That is the philosophy behind ABG Heating & Cooling, a family-owned and operated HVAC company proudly serving the Greater Lisbon area and neighboring communities throughout central and southern Maine.

For more than 16 years, ABG has helped homeowners and businesses stay comfortable throughout every season. From repairing an aging boiler on a freezing January morning to installing energy-efficient heat pumps during the summer, the company’s mission extends beyond fixing heating and cooling systems—it is about caring for the people who rely on them.

Unlike many larger companies, ABG believes customers deserve honest advice rather than high-pressure sales. Every home is different, and every family has unique needs and budgets. Taking the time to explain options, answer questions, and recommend practical



solutions has become the foundation of the company’s reputation.

Being locally owned also means giving back. The team at ABG believes strong communities are built through relationships, service, and supporting local organizations and events whenever possible. They understand that the families they serve are also their neighbors, friends, and fellow community members.

As ABG Heating & Cooling continues to grow, one thing remains unchanged: a commitment to treating every customer with respect, delivering quality workmanship, and standing behind every job. While the company has expanded over the years, it has never lost sight of the values it was founded on—integrity, reliability, and genuine hometown service.

For ABG Heating & Cooling, success is not measured by the number of service calls completed. It is measured by the trust earned from the communities they proudly call home.

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STUDENT NEWS

Lindy Hooper, of Pownal, awarded degree from The University of Alabama

Tuscaloosa, AL -- Lindy Hooper, of Pownal, has received the following degree(s) from The University of Alabama: Master of Science in Nursing. UA awarded some 7,000 degrees during its spring commencement ceremonies.

Lisbon Falls resident Vivian Dudar named to Worcester Polytechnic Institute's Spring 2026 Dean's List

Worcester, MA - Worcester Polytechnic Institute (WPI) has announced that Vivian Dudar, a member of the class of 2028 majoring in Management Engineering and Professional Writing, was named to the university's Dean's List for academic excellence for the spring 2026 semester.

Nikolas Canter, of Litchfield, graduates from Roger Williams University

Bristol, RI - Roger Williams University is proud to announce that Nikolas Canter, of Litchfield, graduated with a B.S. in Engineering in May as part of the Class of 2026.

Rylee Lyons graduates from Hamilton College

Clinton, NY - Rylee Lyons, of Durham, received a Bachelor of Arts degree from Hamilton College on Sunday, May 24, in a Commencement ceremony concluding the college's 2025-26 academic year.

Lyons, a psychology and sociology major, graduated with departmental honors in sociology.

Cockburn, of Durham, earns degree from Clark University

Worcester, MA -- Heath C. Cockburn, of Durham, received a degree during Clark University's Commencement exercises on Monday, May 18. Cockburn graduated with a Master of Science in Sports & Esports Administration.

Scam Alert Bulletin Board



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STUDENT NEWS

Isabella George named to Spring 2026 Dean’s List

Easton, MA -- Isabella George, a member of Stonehill College’s Class of 2029 from Durham, has been named to the Spring 2026 Dean’s List.

To qualify for this honor, undergraduate students must have achieved a semester grade point average of 3.50 or higher with a minimum of 12 credits from courses graded with standard letter grades.

Joshua Gosselin named to Point Park University’s Spring 2026 Dean’s List

Pittsburgh, PA -- Joshua Gosselin, of Wales, was named to Point Park University’s Spring 2026 Dean’s List.

Gosselin 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.

Local Hamilton College student Rylee Lyons named to NESCAC Spring 2026 All-Academic Team

Clinton, NY -- Rylee Lyons, of Durham, was recently named to the 2026 New England Small College Athletic Conference (NESCAC) spring All-Academic Team for women’s outdoor track and field. The recognition honors sophomores, juniors, and seniors who have maintained a cumulative grade point average of 3.50 or higher.

The NESCAC, established in 1971, includes 11 highly selective colleges and universities located in the Northeast, and sponsors 27 conference championship sports.

Lyons, a May graduate, majored in psychology and sociology at Hamilton.

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

Burlington, VT -- The following students have been 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.

Luc Evans of Lisbon
Willa Killion of Bowdoin
Maia Tebbets of Lisbon Falls



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Lisbon United Methodist Church bids farewell to Pastor

LISBON - The Lisbon United Methodist Church, in Lisbon Falls, announces the retirement of Rev. Elizabeth J. Bachelder Smith, along with her husband, Verne Smith. A Farewell Retirement party was held on June 13th to honor the couple who have served the church in various ways since 2015. Pastor Elizabeth will be wrapping up a ministerial career that brought her to appointments in several churches in Maine and one in Massachusetts during the past 44+ years. We were blessed with her caring leadership while serving her full-time appointment at Lisbon UMC for the past 11 years, where she provided pastoral care for the congregation, served on the Board for Lisbon Area Christian Outreach (LACO), provided mentorships at other UMC churches, and assisted with the myriad community activities sponsored by the church.

Her husband, Verne, took on the role of Video Production Manager shortly after joining the church and was instrumental in providing on-line livestream videos of the Sunday services, especially during the lockdown caused by COVID-19 in 2020. His dedication to preparation and production time to provide the outreach ministry for



Submitted photo
Rev. Elizabeth J. Bachelder Smith, along with her husband, Verne Smith

those unable to attend in person has been admirable and much appreciated.

Their retirement signals a change of pace as they relocate to their new home in Winthrop, Maine on July 1st.

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:

Emma Hanna from Bowdoin has a primary major in Occupational Therapy.

Sierra Lane from Litchfield has a primary major in Exercise Science / Applied ES.

Ethan Vattaso from Wales has a primary major in Sport Management.

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.

Bowdoin: Lily Lewark **Lisbon:** Kiara Martinez, Sean Moore and Avia Russo
Lisbon Falls: Kia Pelletier and Samantha Quatrano
Litchfield: Sarah Rossignol
Pownal: Celia Zimba
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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.

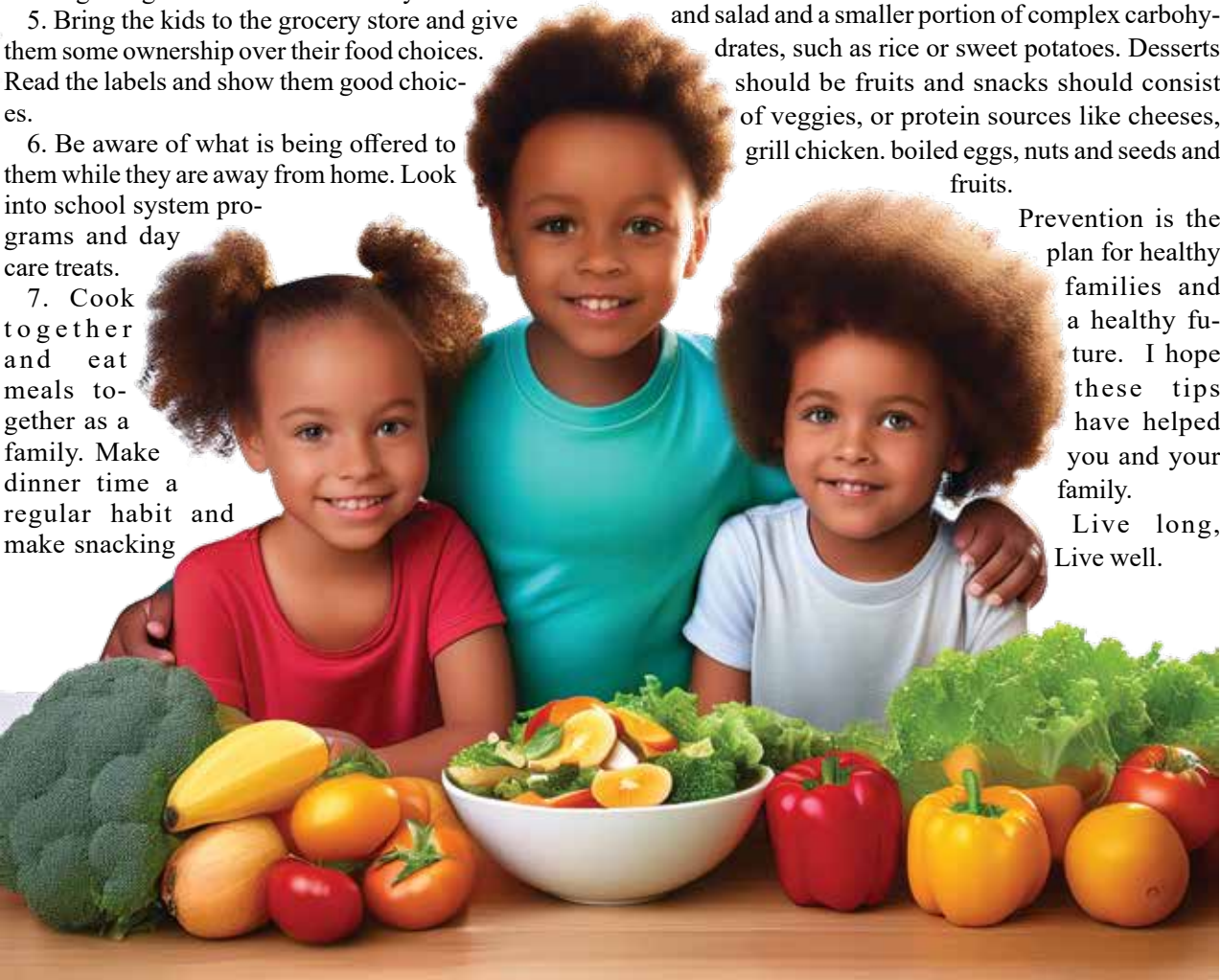
7. Cook together and eat meals together as a family. Make dinner time a regular habit and make snacking

in front of the TV or throughout the day a non-issue.

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

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

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How to drive safely with a trailer in tow

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. Con-

sumer 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 stan-



Metro photo

dard 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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MOVIE REVIEW *by Lucas Allen*

MINIONS & MONSTERS

(Universal Pictures-Illumination Entertainment)

Why are they still making Minions films? The little yellow, incoherently blabbering sidekicks from “Despicable Me” and its sequels have become inescapable from cinemas, merchandise, and theme parks all across the world. This time, they’re taking over Hollywood and have roped in some big-name celebrities for the ride in their third spin-off film, “Minions & Monsters.” Pierre Coffin returns to co-direct (with Patrick Delage) and voices every single one of these little Minions with their hard-to-understand way of talking.

Set in the 1920’s, a tribe of Minions led by Dick are still searching for their next big bad boss when they reach the deserts of California and find themselves involved in a cowboy chase with a steam-engineered train. It turns out they were interrupting a movie shoot, which angers the director Max (Christoph Waltz). However, their antics impressed twin brother studio heads Frank and Elwood (both voiced by Jeff Bridges) so much that they brought them on to star in their many motion pictures. Soon enough, they become big Hollywood stars and become the toast of the town until the advent of sound reverses their fortunes, and they are kicked out of the studio.

Dick ordered his tribe to continue finding a new boss before ending up in the apartment of an alien robot named Dort (Jesse Eisenberg), who wants to invade the world, but somehow falls in love with a member of the Women’s Suffragette named Debbie (Zoey Deutch). Meanwhile, not wanting to give up on their filmmaking dreams,

James, Henry, and Ed decide to make a monster movie and use a spell book from an evil wizard to try to summon some monsters. Unfortunately, the one they summon is a little green creature named Goomi (“South Park” co-creator Trey Parker), who then takes them to an island to pick two other monsters, Phillips (Bobby Moynihan) and Howard (Phil LaMarr). Little do they know that Goomi and his pals plan to destroy the world by unleashing the ultimate man-eating monster, the multi-eyed Eyerene.

The movie works best in its first half when it pays tribute to early Hollywood history with references to the silent era and other classic films like “Casablanca” and “Citizen Kane.” Amidst the slapstick mania, the filmmakers still show affectionate love to the earliest history of filmmaking when movies are made with both careful attention and wild rebellious energy. If you remember Damien Chazelle’s “Babylon,” then you could say that movie’s high-energy, over stylized version of 1920’s Hollywood fits well tonally with an animated movie aimed squarely at kids.

But once the second half starts, the movie goes downhill right into the lower end of mediocrity. For a movie with “monsters” in the title, the movie isn’t all that invested in living up to that. The only real monster action only occurs in the finale, but you would have to go through another group of obnoxious characters to get to that point. Not to mention, the addition of the villainous Goomi isn’t all that interesting as a villain especially when you have Parker voicing him like a combination of his “South

Park” characters Cartman and Stan.

Most likely in an effort to pad out the second half to get to a quick 90-minutes, they decided to add in this unnecessary subplot of the alien robot and his romance. This kind of subplot feels like a last-minute choice, and it contrasts badly with the rest of the film. It’s even more head-scratching if this robot was supposed to be a guy in a metal suit or the real thing according to the script.

Among the celebrities featured in this film, there are a couple of highlights worth mentioning. It’s hilarious listening to Bridges’ growly voice bringing a light-hearted approach to play twin studio heads with a bit of ferocity. Waltz does a good job playing a frustrated director with a bit of heart added in, as do Moynihan and LaMarr, using their sketch comedy skills that heighten their performance, plus Eisenberg bringing some extra energy to an otherwise pointless character. There’s also an appearance by Oscar winner Allison Janney as the film’s narrator, while filmmaker George Lucas makes a cute cameo in the film’s beginning.

While there are some fun moments mainly in the first half, the rest of “Minions & Monsters” sadly falls apart right afterwards, becoming the lowest point in this franchise’s history. Even if you’re already sick of these yellow sidekicks everywhere, this movie is certainly not going to help in its case.

THE MOVIE’S RATING: PG (for violence/action, language, and rude/macabre humor)

THE CRITIC’S RATING: 2.25 Stars (Out of Four)

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ARTS & Entertainment



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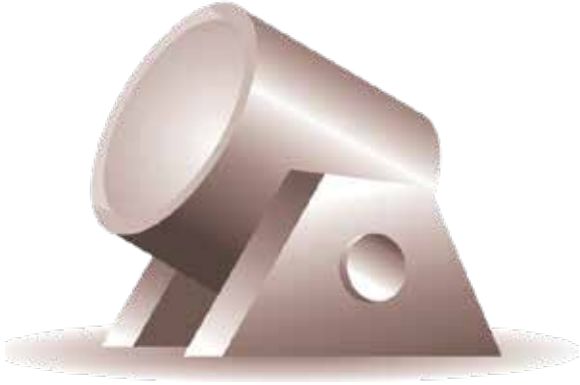


faith, and fame as a casual jam session explodes into a historic night of unforgettable music, raw talent, and rock ‘n’ roll revolution. Maine’s own Scott Moreau directs and portrays Johnny Cash, along with a cast of musicians who will transport you back in time to witness the birth of a sound that changed the world forever. Visit ThePublicTheatre.org or call 207-782-3200 for tickets and more information.

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

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MAINE OUTDOORS

v. Paul Reynolds

DIRECTIVE TO OPEN FEDERAL LANDS TO HUNTING AND FISHING

The Federal Department of the Interior, which oversees all federally managed public lands, is about to allow hunting on 92 million acres of the National Wildlife Refuge System for the first time. The proposal, which flows from a directive from the Trump administration, is pending a period of public comment online until June 26. This proposal represents the largest sport fishing and hunting expansion program in the history of the National Wildlife Refuge System.

According to the Bangor Daily News, the only federal properties in Maine affected by this proposal are lands that are part of the Craig Brook National Fish Hatchery in Orland and the Green Lake National Fish Hatchery in Ellsworth. All told, between the two hatcheries, about 150 acres will be newly opened to hunting and fishing.

This proposal also lifts hunting restrictions on National Park Service properties where hunting is legal.

Here are some key points in the proposal:

- More than 1,450 new or expanded hunting and fishing opportunities would be created across 111 federal facilities in 32 states.
- The proposal covers 107 National Wildlife Refuges and 4 National Fish Hatcheries.
- If finalized, over 92 million acres—more than 95% of all National Wildlife Refuge System lands—would be open to hunting.
- Fourteen refuges and three hatcheries would offer hunting or fishing opportunities for the first time.

The broader policy change is perhaps even more significant. The proposal from Department of the Interior Secretary Doug Burgum directs Interior agencies to treat hunting and fishing as the default use of federal lands and waters



Submitted photo

under Interior management unless there is a specific legal, safety, or conservation reason to restrict them. Previously, many areas were effectively considered closed unless specifically opened.

Supporters—including many hunting and fishing organizations—argue that:

- Hunters and anglers fund conservation through licenses and excise taxes.
- More access will help recruit new sportsmen and women.
- Rural communities could benefit economically.

Critics worry that:

- Some refuges were created primarily as wildlife sanctuaries.
- Increased access could disturb sensitive habitats or spe-

cies if not carefully managed.

- Local refuge managers may lose flexibility.

Surprisingly, none of Maine's national wildlife refuges appear to be among the 14 refuges being opened to hunting for the first time. Most of the attention is focused on refuges in other states.

Maine's federal refuges include:

- Moosehorn National Wildlife Refuge
- Aroostook National Wildlife Refuge
- Sunhaze Meadows National Wildlife Refuge
- Maine Coastal Islands National Wildlife Refuge
- Rachel Carson National Wildlife Refuge
- Petit Manan National Wildlife Refuge

Several of these already allow limited hunting opportunities, particularly Moosehorn and Aroostook, so the new Interior policy may not produce dramatic changes in Maine compared with states that have large amounts of federal refuge land currently closed to hunting.

What may matter more in the long run is Secretary Burgum's new "open unless closed" philosophy. Under that approach, refuge managers would generally be expected to allow hunting and fishing unless there's a conservation, safety, or legal reason to restrict it. Supporters believe that could gradually expand access over time, including in Maine.

The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide, co-host of a weekly radio program, "Maine Outdoors," heard Sundays at 7 p.m. on The Voice of Maine News-Talk Network.

Dear Friends of the Ray Haskell Golf Invitational

For many years, the Ray Haskell Golf Invitational brought together golfers, sponsors, and community supporters to make a lasting difference for the youth and families served by the Alfond Youth & Community Center. Since the tournament concluded in 2023, we've reflected on the tremendous impact it had—not only through the funds it raised, but through the friendships, camaraderie, and amazing supporters welcomed to our mission.

To everyone who played, sponsored, volunteered, or supported the tournament over the years, thank you. Your generosity helped strengthen our mission and created opportunities for thousands of young people in our community.

Today, we're excited to invite you to be part of the next chapter.

On Wednesday, August 19, we will host the inaugural Deuces Wild Golf Tournament at Waterville Country Club.

While this event carries forward the same

commitment to supporting our mission, our goal is to create something wildly different from the traditional charitable golf tournament. From unique on-course challenges and exciting prize opportunities to an elevated player experience, Deuces Wild is designed to surprise golfers, create memorable moments, and give participants something they'll look forward to year after year.

We're especially grateful to Central Maine Motors Auto Group for stepping forward as the Presenting Sponsor and helping bring this inaugural event to life. Their leadership and commitment to our community have been instrumental in launching what we hope will become another signature AYCC tradition.

Tournament highlights include:

1. 2-Person Scramble Format
2. Four \$10,000 Hole-in-One

3. "Drive Fore" \$25,000 Challenge
4. Creative on-course contests and games
5. Premium player experience, prizes, breakfast, and awards

As someone who helped make the Ray Haskell Golf Invitational such a meaningful event, we hope you'll consider joining us for this inaugural tournament. Whether you return as a player, sponsor, or both, your continued support will help us build a new tradition that honors the past while looking toward the future.

Registration is now open, and sponsorship opportunities are still available. We'd be honored to have you with us as we tee off this exciting new chapter.

Thank you again for everything you've done for AYCC over the years. We look forward to seeing you on the course.

Warm regards,
Patrick Guerette
(He/Him)
Chief Operations Officer



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Auburn Community Band - 45th Consecutive Season



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

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

Share Your Photos With Our Readers!

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!

Email your high-resolution photos to articles@turnerpublishing.net and be sure to include:

- A brief caption describing the photo.
- The name of the town or location where it was taken.
- The name of the photographer for photo credit.

Your photo may be selected for publication in one of Turner Publishing's newspapers or magazines.

We look forward to seeing your favorite local moments!

Faith, Freedom & Fireworks

Richard Plourde photo
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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