

Can you find coop?



Coop is hiding somewhere in this publication...

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



INDEX

Funny Things Kids Say.....	2
Maine Calendar	3
Kids Corner	4
Puzzle Page.....	5
Student News.....	6
Celebrating our Customers	12 & 13
Classifieds	14
Pet Spotlight.....	16
Reader Recipe	16

FEATURE ARTICLES

How to drive safely with a trailer tow	8
Developing healthy eating habits for children	9
Healthy Geezer: Vitamin D	10
Movie Review: Supergirl (2026).....	11
V. Paul Reynolds: Rangeley Fly Fishing Festival.....	15



Smile Solutions of Maine
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page 15



Page 8



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ShineOnCass Foundation 2026 scholarship recipients

BELGRADE - The ShineOnCass Foundation recently presented two academic scholarships totaling \$5,000 to local seniors who make service and kindness part of their everyday life.

The 11th Annual ShineOnCass Memorial Scholarship in memory of Cassidy Jean Charette was presented to Emma McDowell of Belgrade. McDowell will receive a \$4,000 scholarship to High Point University, where she is majoring in Biology. The Memorial Scholarship, started by Charette's Messalonskee Class of 2016, is open to only Messalonskee High School students. Funding is dispersed annually after recipients demonstrate completion of 20 hours of service work each year.

The second annual ShineOnCass Community Scholarship, created to recognize service-focused seniors living in Winslow, Waterville, Lawrence, or Messalonskee school districts, was awarded this year to Messalonskee High School senior Elliott Pody, of China. Pody receives a \$1,000 scholarship to the University of Michigan, where she is pursuing a career in nursing.

Both scholarships were created in honor and memory of Cassidy Charette, a longtime volunteer in the



Emma McDowell

central Maine community and former Messalonskee student, who died in a hayride accident in 2014. The ShineOnCass Foundation awards over \$10,000 in local scholarships every

year supporting higher education, aspiring young violinists, youth soccer, children attending summer farm camps, and other awards recognizing youth service and kindness.



Elliott Pody

To learn more about scholarship opportunities offered

by the ShineOnCass Foundation, visit shineoncass.org.

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



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VISA M.C. DISCOVER AMEX

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.”

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

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*

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

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

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

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

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

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

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

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



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

event a success. Your generosity continues to make a real difference in the lives of Maine children and families. For more information or to get involved in future events, please visit: <https://www.facebook.com/cruisinn4acure/>

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24 TH CHASE JOB	25 TH TICKLE THE BAND	26 TH MATT GAGNON

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MAINE CALENDAR

JULY

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

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

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

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

July 26 - Concert at Norcross Point, Bella Ann, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

Aug 2 - Concert at Norcross Point, Calypso Soldiers, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

Aug 9 – Concert at Norcross Point, The DE Experience, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

Aug 16 - Concert at Norcross Point, LQH, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

crosspoint.com.

MONTHLY MEETINGS

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

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

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

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

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

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

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

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

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

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

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

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

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

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)

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

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

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

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

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

WATERVILLE: A Service for Veterans, Veteran Service Officer from the Bureau of Veterans’ Services will be available to meet with you from 8 a.m. – 2 p.m. first Thursday of the month at the

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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Muskie Community Center, 38 Gold Street, Waterville, appointments are 30 minutes. To reserve your private appointment, call (207) 873-4745.

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

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

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

welcoming women’s chorus.

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

WATERVILLE: Central Maine Square Dance club offering beginner lessons, every Tuesday 6:30-8:00 p.m., George Mitchell School Dutton St., Waterville, cost is \$5.00 per lesson, FMI call Bob at 447-0094.

CANCELLATIONS
None listed.
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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Maine Crisis Line 1-888-568-1112

NAMI Maine 1-800-465-5767

Frontline Helpline 1-866-676-7500

National Distress Hotline 1-800-985-5990

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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!



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Paper _____

Page # _____ Phone # _____

Email info to: kidscorner@turnerpublishing.net
Or mail to: Coop - Turner Publishing, P.O. Box 214, Turner, ME 04282



Animal FACT:

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

Answer: Dogs

Math Blocks

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

10	6		20
	8		18
	15	11	29
14	29	24	

11	15	3
6	8	1
7	9	10

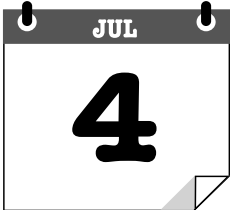
Solution

Get Scrambled

Unscramble the words to determine the phrase.
THO NDA ESTYAM

Answer: Hot and steamy

THIS DAY IN HISTORY



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

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

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

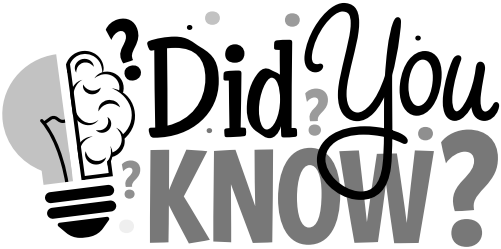
NEW WORD

HUMIDITY

the amount of water vapor in the atmosphere

How they say that in...

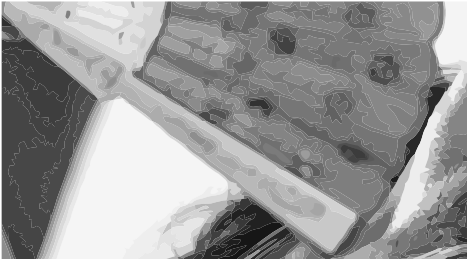
English: Hot
Spanish: Caliente
Italian: Caldo
French: Chaud
German: Heiß



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."

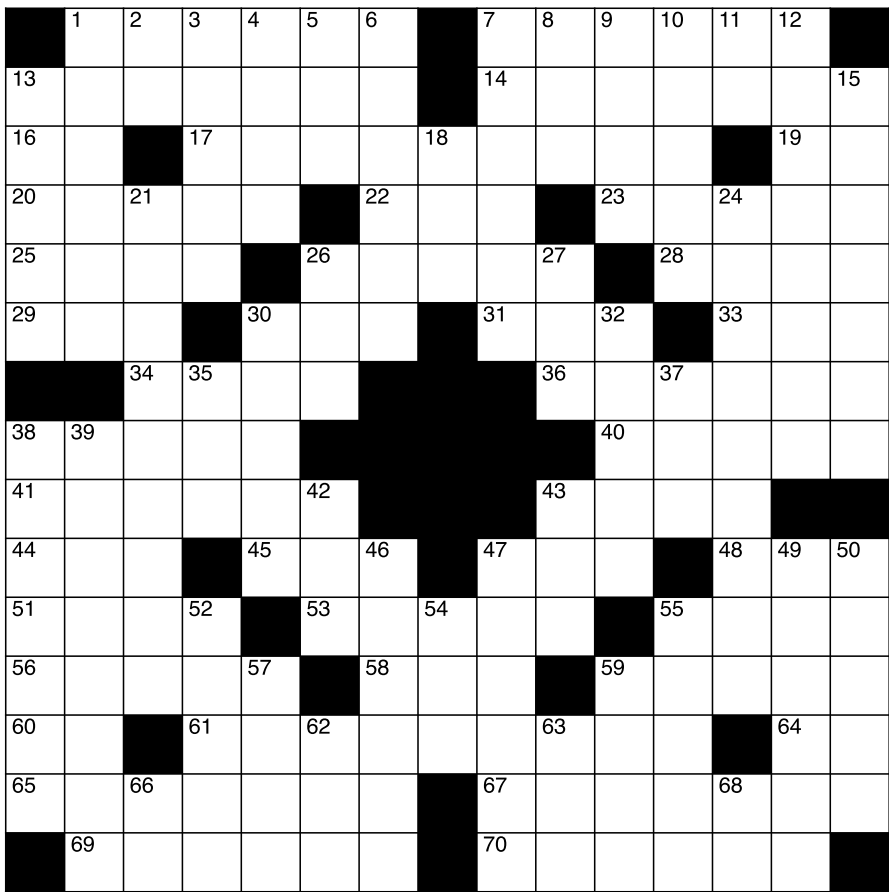


Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Paper fan

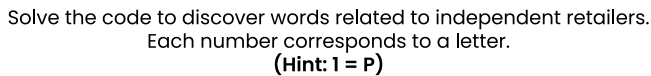


1. Mended
7. Hymns
13. Commercial transport of goods
14. Poked holes in the ground
16. They precede C
17. Branch of knowledge concerned with wealth
19. Larry and Curly's pal
20. Injured
22. Popular type of dance
23. Moon crater
25. American state
26. Places to lock valuables
28. Stalk that supports the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

CLUES DOWN

1. Hard things to kick
2. Collective of countries
3. Letter of Hebrew alphabet
4. One-time Alabama running back
5. One's sense of self-esteem
6. Of the teeth
7. Treat with care
8. Type of whale
9. Curved structure
10. Emits coherent radiation
11. One of the Gospels (abbr.)

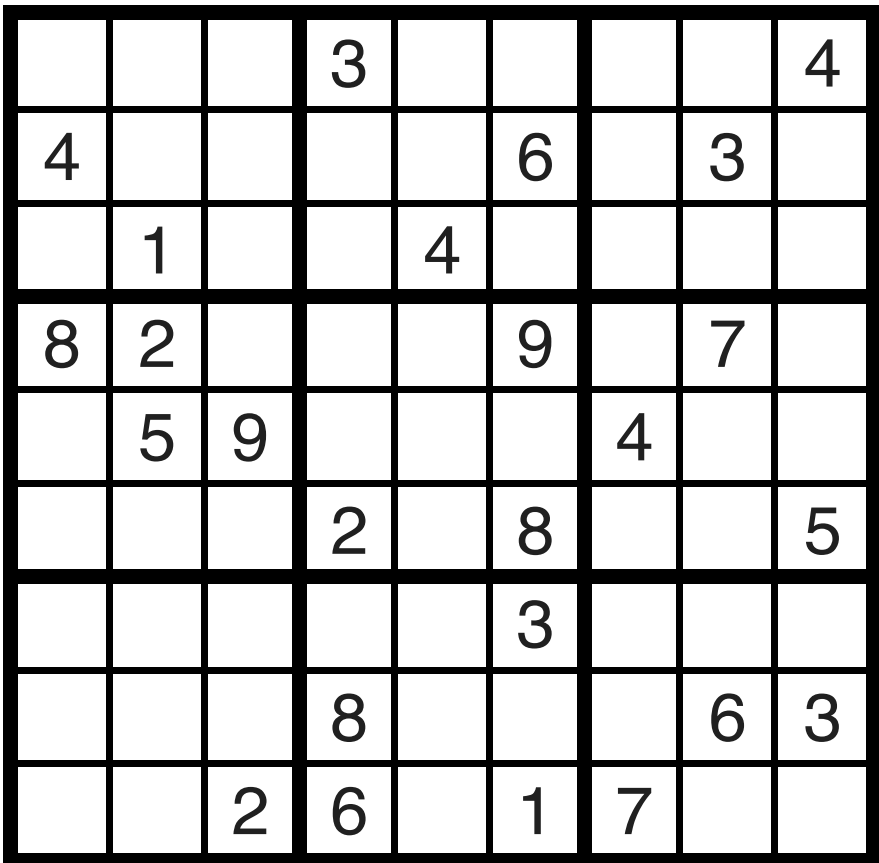
12. Smallest interval in western music
13. Netherlands seat of government
15. Gives to charitably
18. Lout
21. Pastas
24. Release from restrictions
26. Female sibling
27. Title of respect
30. Silver coins
32. Region in India
35. Partner to cheese
37. Dark or dusky
38. Pacific Northwest tree
39. Exaggerate
42. Toddler
43. Touch lightly
46. Fundamentals
47. Jeopardies
49. Curved structures
50. Isolated, flat-topped hills
52. Forming the bottom layer
54. Reciprocal of sine
55. Genus of Old World birds
57. New York college
59. Cloak
62. Kawhi Leonard's team (abbr.)
63. Vietnamese offensive
66. "The Great Lakes State"
68. " , myself and I"



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

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

SUDOKU



Level: Advanced

RETAIL SUPPORT WORD SEARCH

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

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

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

HOROSCOPES

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

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

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

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

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

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

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

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

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

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

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

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

STUDENT NEWS

Belgrade resident named to Dean College’s Spring 2026 Semester Dean’s List

Franklin, MA -- Dean College is pleased to announce that Shea Cassani, of Belgrade, has earned a place on the Dean’s List for the Spring 2026 semester. Students named to the Dean’s List have demonstrated a serious commitment to their studies while at Dean College. Students achieve a place on the Dean’s List when they have earned a semester Grade Point Average (GPA) of 3.500 or higher with no grade below a “C” and no “RW,” “RP,” “RF” or “WF” grades for that semester. Part-time students are eligible after earning 12 credits. Full-time students must complete at least 75% of attempted credits to be eligible for Dean’s List consideration.

Dylan Gottlieb of Mount Vernon named to Dean’s List at Grove City College

Grove City, PA -- Dylan Gottlieb, a sophomore accounting major at Grove City College from Mount Vernon, has been named to the Dean’s List with High Distinction for the spring 2026 semester. Students eligible for the Dean’s List have a GPA of 3.40 to 3.59; for the Dean’s List with Distinction a GPA of 3.60 to 3.84 and for the Dean’s List with High Distinction a GPA of 3.85 to 4.0.

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. Emelia Bean of Belgrade Erin Kalback of Oakland

Griffin Brown named to The College of Charleston Spring 2026 President’s List

Charleston, SC - Griffin Brown, of Oakland, was named to the College of Charleston Spring 2026 President’s List. Brown is majoring in Mathematics. To qualify for the President’s List (Highly Distinguished), students must earn a GPA of 3.800 or higher and complete a minimum of 12 semester hours.



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Worcester Polytechnic Institute announces Spring 2026 Dean’s List

Worcester, MA - Worcester Polytechnic Institute (WPI) has announced the university’s Dean’s List for academic excellence for the spring 2026 semester. The criteria for the WPI Dean’s List differ from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI students are named to the Dean’s List based on the amount of work completed at the A level in courses and hands-on projects. The following students were recognized: Winthrop resident Jonathan Wagner, class of 2028, majoring in Electrical and Computer Engineering Augusta resident Kaitlyn Henry, class of 2027, majoring in Data Science Readfield resident Patrick Lidiak, class of 2027, majoring in Mechanical Engineering

William Precourt of Winthrop named to University of Alabama Spring 2026 Dean’s List

Tuscaloosa, AL - William Precourt was named to The University of Alabama Dean’s List for Spring Semester 2026. A total of 14,306 students enrolled during Spring Semester 2026 at The University of Alabama were named to the dean’s list with an academic record of 3.5 (or above) or the president’s list with an academic record of 4.0 (all A’s). The UA dean’s and president’s lists recognize full-time undergraduate students. The lists do not apply to graduate students or undergraduate students who take less than a full course load.

Local student earns degree from Emmanuel College

Boston, MA -- Emmanuel College awarded a Bachelor of Arts Mathematics - Statistics Summa Cum Laude to Julia Letourneau, of Winthrop, at the College’s 104th Commencement on May 9.

Readfield’s Marjorie Knight graduates from College of the Holy Cross

Worcester, MA -- Marjorie Knight of Readfield received a Bachelor of Arts degree Summa Cum Laude from College of the Holy Cross. Knight is among 803 Bachelor of Arts degree recipients Holy Cross celebrated at its 180th Commencement held on Friday, May 22, at the DCU Center in Worcester.

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Faith, Freedom & Fireworks



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

Richard Plourde photo



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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.

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

Healthy Habits Today, Healthy Kids Tomorrow!

Simple Steps for a Lifetime of Wellness

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



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



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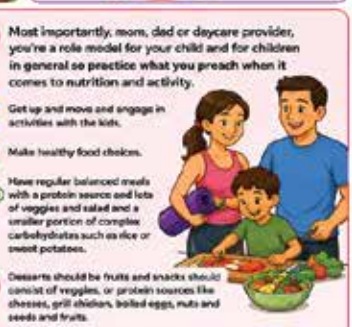
6 Be aware of what is being offered to them while they are away from home. Look into school system programs and day care treats.



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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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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New Dimensions Business Services (NDBS) welcomes Frank Isganitis

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

Throughout his career, Isganitis has successfully combined business ownership with senior leadership roles, providing him with a unique perspective on lending, operations and business growth. His expertise includes underwriting complex transactions, managing



Frank Isganitis

high-performing teams, and helping businesses secure the financing they need to achieve their goals.

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

“Frank brings a unique combination of financial expertise, entrepreneurial experience, and leadership that will be a tremendous asset to our team and the businesses we serve,” said Sean

Fluet, VP of Commercial Services. “His deep understanding of SBA lending, credit management, and business operations, combined with firsthand experience as a small business owner, gives him valuable insight into the challenges and opportunities our clients face. We are excited to welcome Frank to NDBS and look forward to the impact he will make.”

Isganitis is passionate about helping individuals and business owners achieve their financial goals and states, “I love helping people realize their financial dreams,

which aligns perfectly with the credit union philosophy of people helping people,” said Isganitis. “Additionally, my 15 years as a small business owner give me a unique edge. I understand the challenges entrepreneurs face, allowing me to help them translate their vision into favorable lending results and long-term success.”

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



THE HEALTHY GEEZER *Fred Cicetti* VITAMIN D

Q. I’m 68 years old and I want to know how much Vitamin D you need to be healthy.

The Office of Dietary Supplements in the National Institutes of Health recommends the following daily dietary allowances: 400 IU for children under one year; 600 IU for everyone 1–70 years old, and 800 IU for everyone more than 70 years old.

The recommended upper limit for vitamin D is 2,000 IU a day. Vitamin D can be toxic when taken in higher doses. Vitamin D is included in most multivitamins, usually in strengths from 50 IU to 1,000 IU. Vitamin D toxicity is rare. There is a greater risk of poisoning if you have liver or kidney conditions, or if you take some diuretics.

There are different forms of Vitamin D. The major forms—the ones important to humans—are vitamin D2 and vitamin D3.

Vitamin D2 is synthesized by plants. We get vitamin D in our diet. Very few foods in nature contain vitamin D. It is found in eggs, dairy products, fish, oysters and cod liver oil. Foods, such as milk, may be fortified with vitamin D2 or D3. Fortified foods provide most of the vitamin D in the American diet.

Vitamin D3 is synthesized in human skin when it is exposed to sunlight. About 10 minutes of daily exposure to the sun is considered enough to prevent deficiencies.

Vitamin D’s primary job is to maintain normal amounts of calcium and phosphorus in your blood. Vitamin D helps keep your bones strong. Research suggests that vitamin D may protect us not only from osteoporosis (loss of bone density) but also from high blood pressure, cancer, heart disease, diabetes, multiple sclerosis and psoriasis.

Populations at a high risk for vitamin D deficiencies include the elderly, obese individuals and people with lim-

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

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

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

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



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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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Teams from throughout state to compete for Maine Little League Title in Augusta

AUGUSTA - Capital Area Little League is this year's host of the 12U Maine State Little League Tournament, the winner of which will represent our state in the New England Regional Little League Tournament, a stop on the way to the Little League World Series.

The tournament will start on Saturday, July 18, and be held at Linscott Field at Capital Area Little League's complex on Piggery Road in Augusta. Teams representing six districts from throughout the state will compete for the title and the opportunity to move on to Bristol, Conn.

"Our league is honored to host the best Little League teams from all corners of the state for this tournament," said Capital Area Little League Board President Darek Grant. "We pride ourselves on providing our players and community the best Little League experience possible, and we are excited to extend that to all of these teams."

The tournament's opening ceremony is planned for Sunday, July 19, at approximately 10:30 a.m. Capital Area Little League's concession stand will be offering traditional favorites and several specials for the tournament throughout the week.

Follow Capital Area Little League's Facebook page and the associated Facebook event for a tournament schedule, more information, and updates.

Capital Area Little League, based in Augusta, is chartered to serve several towns and cities in the Capital Area, including Augusta, Chelsea, China, Palermo, Sidney, Whitefield, Windsor, Winthrop, and Vassalboro.

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MAINE OUTDOORS

v. Paul Reynolds

RANGELEY FLY FISHING FESTIVAL

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

Who the heck is White Nose Pete? It is a fish, a purely fictional big trout that, as the story goes, haunts the pocket waters of the fabled Rapid River, a real hook-jawed, fat-bellied slobberknocker! Legend holds that a few trout men have hooked him long enough to see his white nose, but never long enough to get him anywhere near the net.

Sponsored by the Rangeley Lakes Region Chamber of Commerce, the festival was a two-day affair with lots to see and do. And a great chance to get caught up with old friends and make some new ones. Friday night at the Inn, two well-known and unforgettable fly-fishing characters had their names added to the Fly-Fishing Legends Honor Board. The new inductees were Rangeley guide Herb Ellis and angler and artist Dave Tibbetts. Both men follow in the long shadows cast by such local and even national angling icons as Flyrod Crosby and Carrie Stevens, not to mention Herb Welch, Don Palmer, Ed Grant, Bud Wilcox and others.

Following the induction, a live auction was held, hosted by the always witty and sardonic Bill Pierce. A pile of money was raised from the donated items. My newest trout watercolor painting titled "Rapid River Runner," which retailed for \$195.00 and sold for \$400. Also auctioned off were some marvelous prints by Dave Tibbetts and the late David Footer.

The festival kicked off Saturday morning in full force, despite a light drizzle. Many of the vendors set up their displays in the Inn while others were under tents outside.

For me, one of the most remarkable and eye-catching displays was a number of brook trout mounts by the late David Footer. Footer's son was on hand to answer questions about the background of the impressive trout;



Submitted photos
A Quebec brookie mounted by the late David Footer.

many caught in Labrador or Quebec. Footer was a rare combination of superb taxidermist and fine artist. His trout under glass are alive like no other board mounted brookies you will ever see.

While a friend looked after my Northwoods Sporting Journal vending table, I took a break and sat in on a wonderful and informative slide presentation by guide and outdoor writer Bob Romano. Bob, an Italian from the Bronx, showed up in Rangeley to fish more than 40 years ago and never left the Western Mountains. He is as colorful as he is informed about Rangeley and its precious fishery. Romano surveyed area guides and asked them to name their favorite two flies. He also chatted about why these flies got top billing with the Rangeley fishing guides. As you might suspect, no two guides think alike when it comes to their go to flies. Angler/ historian Leslie Hilyard, for example, hoves to the Green Beauty and the Jitterbug.

What's a Jitterbug? It was news to me. Sounds like a bass bug, but it is a serious trout fly, and surprisingly it was tied and created by the boss lady herself, Carrie Stevens!

What I also learned was that a highly effective wet fly is the Hare's Ear. Bob Romano swears by it. The only Hare's Ear I ever used or heard of is the Hare's Ear



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

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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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

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