

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.



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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 Eliotte Podey, of China. Podey 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 long-time volunteer in the central Maine community and former Messalonskee student, who died in a hayride accident in 2014. The ShineOn-



Emma McDowell

Cass Foundation awards over \$10,000 in local scholarships every year supporting higher

education, aspiring young violinists, youth soccer, children attending summer farm camps,



Eliotte Podey

and other awards recognizing youth service and kindness. To learn more about schol-

arship opportunities offered by the ShineOnCass Foundation, visit shineoncass.org.

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While preparing breakfast for my two grandchildren, my 9-year-old granddaughter Arabella and I were having some girl talk. We mentioned how us girls have to stick together.
My 5-year-old grandson Odin piped in, “Oh, you’re not a girl Nani?”
Puzzled, I said, “You didn’t know I’m a girl?”
His rational explanation was, “Well, you had your hair cut really short, so I wasn’t sure.”

He had always known me to have medium length hair.
- Deborah of Lewiston

It was around Halloween time when our little Susan 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

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 of MCCP, Jon Paradise (MCCP - Board of Directors), Sharon Storti, Ryan Poulin (CEO), Dani Farmer, Ed Thompson, and Molly Herman (MCCP).



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.

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

AUGUST

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 8 - Oakland Area Alumni Association annual Alumni Luncheon for student who attended William’s High School, Messalonskee High School and Belgrade High School, 10:30 a.m. to 2 p.m., registration forms are available by calling or emailing Alumni President Kelly Roderick 207-314-4981 kr8264@gmail.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.

MONTHLY MEETINGS

WINTHROP: Winthrop Maine Historical Society business meeting first Thursday of each month, January-November, 6-8 p.m. at the Winthrop History and Heritage Center, 107 Main Street, Winthrop, Maine, winthropmainehistory.org, no December meeting

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 Man-

chester 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 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

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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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.

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.

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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

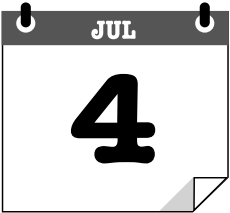
Get Scrambled

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

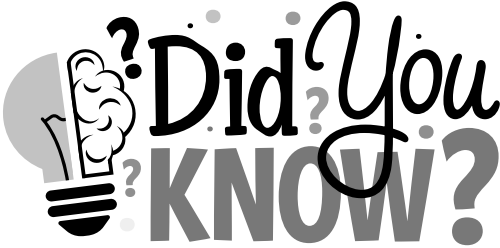
NEW WORD

HUMIDITY

the amount of water vapor in the atmosphere

How they say that in...

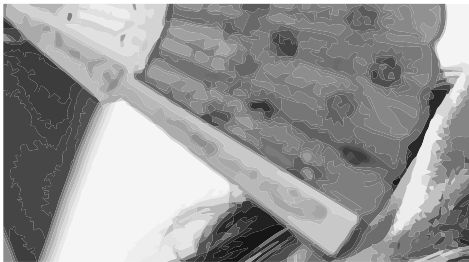
English: Hot
Spanish: Caliente
Italian: Caldo
French: Chaud
German: Heiß



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

1	2	3	4					5	6	7			8	9	10
11				12				13					14		
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48					49				50	51	52	53	54		
55					56					57					58
59					60					61					
62					63						64				

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

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

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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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SUN AUG 2	Aaron Nadeau	FRI AUG 21	Robert Fowler	6p-9p
FRI AUG 7	Derek & Bruce	SAT AUG 22	TJ Swan	6p-9p
SAT AUG 8	Shawn Manch	SUN AUG 23	John Hasnip	4p-7p
SUN AUG 9	Chase Job	FRI AUG 28	Tom Marin	6p-9p
FRI AUG 14	Garret Holt	SAT AUG 29	The Blenders	6p-9p
SAT AUG 15	Tickle	SUN AUG 30	Dylan Brann	4p-7p

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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 sum-

mer 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



Metro photo

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 re-

quires 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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Healthy & Wellness

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 times.

Healthy Habits Today, Healthy Kids Tomorrow!

Simple Steps for a Lifetime of Wellness

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



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



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



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



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



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



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



8 Most importantly, mom, dad or daycare provider, you're a role model for your child and for children in general so practice what you preach when it comes to nutrition and activity. Get up and move and engage in activities with the kids. Make healthy food choices. Have regular balanced meals with a protein source and lots of veggies and salad and a smaller portion of complex carbohydrates such as rice or sweet potatoes. Desserts should be fruits and snacks should consist of veggies, or protein sources like chicken, grill chicken, boiled eggs, nuts and seeds and fruits.



Healthy Habits. Happy Kids. Strong Futures.

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.
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- foods in the house. Moving away from the cookies, chips, crackers, soda and sweetened beverages is good for the entire family.
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- habit and make snacking in front of the TV or throughout the day a non-issue.

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



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The Maine Long-Term Care Ombudsman Program is looking for individuals who are interested in joining a group of dedicated volunteers who visit residents in long-term care facilities across the state. Volunteer Ombudsman are advocates who provide a voice for consumers while working collaboratively with long-term care facilities.



Learn more about becoming a Volunteer Ombudsman Representative. Please contact to Christina Ryan at cryan@maineombudsman.org (800) 499-0229 or (207) 621-1079.

Bailey Library murals unveiling

WINTHROP – The Bailey Public Library will host an unveiling for two new large-scale murals on Monday, August 17, at 5:30 p.m. at the library, 39 Bowdoin Street, Winthrop.

The event is free and open to the public. Attendees will have an opportunity to view the murals for the first time and hear about the historical themes and community traditions that inspired the artwork.

The murals were created by Maine artists Chris Cart and Jen Greta Cart, who have completed numerous public art commissions throughout the state. Chris Cart is a Signature Member of the National Watercolor

Society, has illustrated more than 30 books, and has exhibited widely in Maine and beyond. Jen Greta Cart has collaborated on several major public mural projects, including the large-scale “Many Stitches Hold Up the Sky” mural in Brunswick.

The mural on the adult side of the library presents a visual history of Winthrop, incorporating scenes and symbols from the town’s past. The artwork includes references to the area’s Abenaki history, early settlement and industry, apple orchards and agriculture. It also includes references to Maine authors with connections to central Maine

and the library.

The children’s mural draws on Winthrop’s literary and cultural traditions. The work incorporates apple orchards, the historic railroad trestle, storybook characters inspired by the library’s annual holiday parade, local authors, music, and other symbols associated with the community and the library.

The murals will serve as permanent additions to the library and as visual representations of aspects of Winthrop’s history, literature, and traditions.

For more information contact the Bailey Library at 207-377-8673 or visit www.baileylibrary.org.



Chris Cart

Submitted photo

The Kennebec Historical Society August 2026 Program

“Like Father, Like Sons – The Burbank Family in the Revolutionary War”

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



er as a fifer.

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

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

KHS presenter, Linda Snow McLoon, is a published author who has deep roots in Scarborough but



grew up in Maine’s Belgrade Lakes Region. She served as Executive Direc-

tor of the Portland Harbor Museum and has served on the boards of the Belgrade

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

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

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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



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

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

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

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

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

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

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

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PLEASE DON'T DRINK & DRIVE





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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MAINE OUTDOORS

DIRECTIVE TO OPEN FEDERAL LANDS TO HUNTING AND FISHING

V. Paul Reynolds

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



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 species 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
 - Sunkhaze 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.



THE HEALTHY GEEZER

VITAMIN D

Fred Cicetti

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

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

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

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

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

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

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

Populations at a high risk for vitamin D deficiencies include the elderly, obese individuals and people with limited sun exposure.

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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Godsmack concert supporting suicide awareness and prevention

By Mark Huard

Some concerts entertain you. Others leave a lasting impression. Godsmack's performance at the Maine Savings Amphitheater on Friday, July 3, was one of those unforgettable nights.

From the opening song until the final encore, the energy was electric. Despite the summer heat, thousands of fans packed the venue, singing along to every song and creating an atmosphere that was nothing short of incredible.

Julia Stone, of Oakland, summed up the evening perfectly:

"They put on a killer show in the Bangor heat! The only thing hotter than the weather was their performance!"

While the music was outstanding, one of the most powerful moments of the night came during "Under Your Scars." Before performing the song, Sully Erna spoke about the



Photos by Casey Dugas/ Central Maine Photography Staff

meaning behind the lyrics and the message he hopes people take with them.

Ethan Whitish, of Fairfield, shared what stood out to him most:

"The show was awesome. When it came time for 'Under Your Scars,' Sully mentioned what the lyrics represented. That being how he calls the imperfections in everybody 'scars.'"

That message is at the heart of The Scars Foun-

dation, a nonprofit established by Sully Erna after losing an overwhelming number of fellow artists and close friends to suicide. Those heartbreaking losses inspired him to use his platform to raise awareness about mental health, depression and suicide prevention.

The Scars Foundation works tirelessly to help change the conversation surrounding mental health while supporting those fac-

ing struggles that are often hidden from the world. Whether someone's scars come from abuse, mental illness, bullying, addiction, disabilities or life's many hardships, the foundation reminds us that these experiences do not define our worth—they are part of our story.

As Sully Erna so powerfully says, "Scars come in all forms. They are both physical and emotional. We are ALL imperfect in some way—that's what makes us perfect and unique. Instead of hiding or internalizing them, own them and show them off to the world. Let them empower you so you can be a voice for everyone who can't be."

His message is simple but profound. We are all imperfectly perfect.

Godsmack delivered an unforgettable performance, but perhaps the greatest gift they gave the audience wasn't just the music—it



was the reminder that no one is alone, that healing is possible, and that our scars are symbols of strength, resilience and hope.

Thank you, Godsmack, and thank you, Sully Erna, for using your music and your voice to inspire, encourage and save lives.



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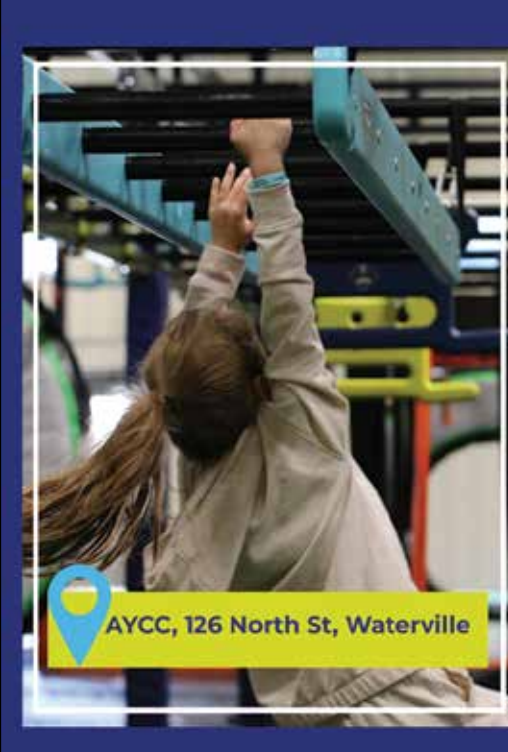
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Dear Friends of the Ray Haskell Golf Invitational

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 Alford 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:

- 2-Person Scramble Format
- Four \$10,000 Hole-in-One Opportunities
- "Drive Fore" \$25,000 Challenge
- Creative on-course contests and games
- 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

Winthrop High School 2025-2026 Honor Roll List

High Honors:

Seniors- Grace Drown, Cate Gustin, Luke Hopkins, Olivia Huri, Keenan Libby, Brady Shuman, Abigail St. Clair.

Juniors- Anna August, Abraham Bryant, Ben Cheng, Sam Drown, Reece Dubreuil, Ross Fichthorn, Grace Grant, Gianni Haefele, Daniel Hickey, Gabby Janik, Rae-gan Littlefield, Chloe Moody, Tyler Poulin, Sam St. Germain, Alayna Veilleux, Bryn Veilleux, Nick Wagner, Hope Whitehurst.

Sophomores- Kaydence Allarie, Jocelynn Babin-eau, Elise Bilodeau, Riley Blodgett, Gabriella Chase, Caitlyn Dahl, Jack Drapeau, Grace Folsom, Elyse Hinkley, Jessica Kaherl, Izzy Lessard, Evelyn Mortimer, Rebecca Rounds, Kylee Savage, Alexis Smith.

Freshman- Isaac Bissett, Catie Cheng, Parker Dow, Charlotte Gleason, Kaelyn Laberge, Logan Lai, Oliver Larrabee, Brayden McCaf-ferty, Harper Stasulis, Mari-anna Suetin, Taisa Suetin, Mark Sylvester, Reece Tyler.

Honors:

Seniors- Brody Adam, Evan Bilodeau, Kobe Drake, Emily Kempton, Madelyn Marx, Aerilynn Murphy, Brylee Paterson, Cru Pres-ti, Dylan Weymouth, Tristan Whitney,

Juniors- Eleanor Bar-rett, Nora Bella DuRocher, Joshua Foster, Jacob Gauth-ier, Cyara Harriman, Aidan Hickey, Harper Jackson, Parker Mangin, Carter Masse, Mira Mendez, Carter Rand, Alena Slocum, Amelia Tully, Brayden Young.

Sophomores- Spencer

Bade, Isabella Baehr, Eben Dudley, Wyatt Grant, Callen Harradon, Spencer Harris, Graham Huri, Natalie Irwin, Spencer Jewett, Porter Lavi-gne, Sophie Lessard, Koralee Long-Flagg, Jackson Mc-Bride, Meelah Presti, Sophie Shuman, Chloe Soucy-Fowl-er, Carson Weymouth.

Freshman- Shelby Ban-nister, Cameron Berzinis, Meredith Brennan, Gavin Brown, Johnnie Fichthorn, Lincoln MacArthur, Drew Mertzels, Mayla Mitchell, Savairah Oliver, Bradley Stevens, Aida Wolf.

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