

MOUNTAIN MESSENGER

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Volume 15 • Issue 41
July 17th, 2026 • Week 2

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MOUNTAIN MESSENGER

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See page 10



Rangeley and Oquossoc's Maine 250 Celebration Draws Record-Breaking Crowds



The Maine 250 Celebration in Rangeley and Oquossoc was a tremendous success, drawing record-breaking crowds for both the parades and fireworks festivities. With more than 6,000 people filling the streets, local businesses, and shops throughout the week-

end, the celebration was enthusiastically embraced by residents and visitors from all around Maine.

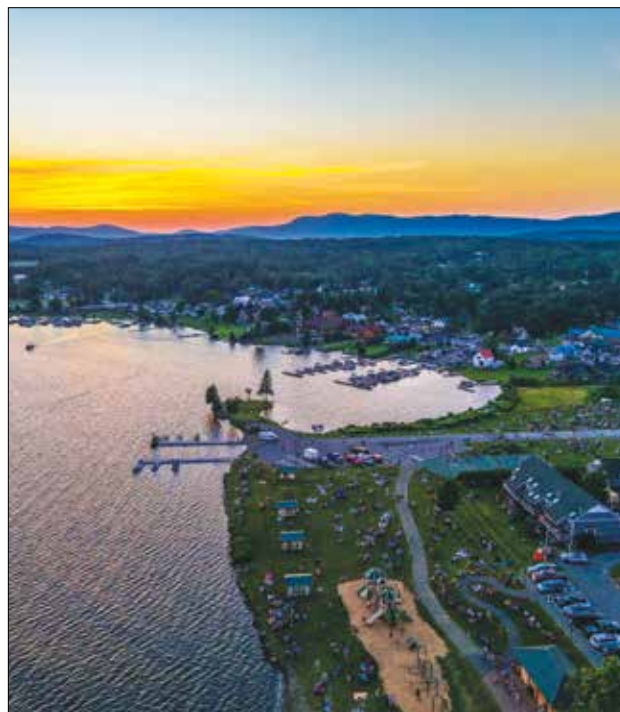
The July 2 fireworks display in Oquossoc was everything organizers had promised—spectacular. Event leaders were thrilled with the turnout and praised the professionalism of the Central Maine Power technicians who helped make the show a success.

Unfortunately, the July 3 fireworks display in Rangeley did not go as planned. Despite perfect weather conditions and clear skies, several equipment issues prevented the show from unfolding as expected. A fire on the barge also caused

concern among spectators and delayed the grand finale.

The good news is that, thanks to the quick response and support of local first responders and the fire department, the situation was handled safely and no one was injured.

Demonstrating their commitment to the community, the Central Maine Power technicians have agreed to return and present the entire fireworks show again on July 3, 2027 in Rangeley Maine. Their generous and honorable decision ensures that residents and visitors will have another opportunity to experience the full celebration next year.



Kyle Haley Photography photos

SOMEONE FORGOT TO TREAT YOU TO A MASSAGE
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Zip: _____

Email Address: _____

Phone: _____

Funny Things Kids Say
Turner Publishing, Inc.

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

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

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

Public invited to tour Wilson Lake Inn
Gardens with the Mt. Blue Area Garden Club

WILTON — The Mt. Blue Area Garden Club (MBAGC) invites the public to a garden tour at Wilson Lake Inn, 183 Lake Road in Wilton on Tuesday, June 16, beginning at 5:30 p.m.

Located along the wooded shores of Wilson Lake, the inn features extensive gardens that have evolved over many years under successive owners. Current owner Dorothy Lehmann and her family will host the tour and share the story of how they took on the stewardship of the property’s gardens after purchasing Wilson Lake Inn in 2022.

A Garden Continues to Evolve

While many of the original gardens were established by former owner Sue Atwood, the Lehmann family has continued to expand and en-

hance the landscape through hands-on experience and the support of knowledgeable gardeners in the community. Their efforts have resulted in a diverse collection of ornamental trees, flowering shrubs, perennials, annuals, and lakeside plantings throughout the property.

Over the past several years, the gardens have become a distinctive feature of the inn and a familiar sight to many local residents. Seasonal displays of trees, shrubs, perennials, annuals, window boxes, and hanging baskets contribute to the property’s appearance throughout the growing season.

Visitors will have the opportunity to tour the gardens alongside Dorothy and learn about the challenges and rewards of maintaining a large



Wilson Lake Inn
landscape.

Submitted photos

“As no one in my immediate family was a gardener, myself included, it was

a great challenge learning about the different plants, soils, and insect control,” said Lehmann. “Luckily, we’ve met some great, knowledgeable people both inside and

outside the garden club who have worked alongside us to educate and help. We’re all still learning because there is so much to know.”

During the tour, Lehmann will discuss lessons learned about plant selection, soil improvement, insect management, and the ongoing process of developing and caring for the gardens.

Highlights include lilacs, peonies, crabapples, Japanese maples, tulips, and numerous other ornamental plantings in an open wooded setting. This year’s display features a yellow-and-red color theme with more than 200 annuals planted throughout the property in garden beds, window boxes, and hanging baskets.

The lakeside setting offers visitors an opportunity to see how ornamental gardens can become an amenity for any property while creating

attractive outdoor spaces for guests and events. The grounds also serve as the setting for weddings and other special occasions.

This event is free and open to the public. MBAGC invites guests to bring their gardening questions and arrive at 5:30 p.m. to mingle with fellow gardening enthusiasts and enjoy complimentary refreshments before the guided tour begins promptly at 6:00 p.m. Guests may wish to bring a folding chair for the opening portion of the program before the garden tour begins.

All community members interested in gardening, sustainability, and beautiful landscapes are encouraged to attend. For more information on this and other events, visit, www.mtbluegardenclub.org or email mtbluegardenclub@gmail.com.

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With fuel pumps and ATM’s as frequent targets, a surge of skimming devices is threatening consumers. Criminals attach sophisticated skimmers directly over legitimate card slots or splice them into internal wiring to secretly record your financial data.

Many modern skimming devices closely resemble real hardware, making them difficult to detect at first glance. Vulnerable targets include stand-alone ATM’s, unattended retail checkout lines, and card terminals located in busy tourist areas.

The next time you fill your tank or use a card terminal, inspect the machine closely for loose, bent, crooked, or scratched components. Pull firmly on the card slot or wiggle the keypad before inserting your card. If anything feels loose or altered, do not use it and notify an employee immediately. To help stay safe, choose tap-to-pay options or digital wallets over physical insertion. Use credit cards for stronger fraud protections.

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MAINE NEWS CALENDAR

JULY

July 12 – Concert at Norcross Point, Lynn Deeves Trio, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

July 15 - RFA Annual Street Dance featuring Matt & the Barn Burners, 6-9 p.m., Pond Street, Rangeley, free.

July 18 – Falls Fire Co, Inc. Yard Sale, 8 a.m. to 2 p.m., Philbrick Park, Rt. 2 (Farmington Falls Road or 114 Philbrick Road, Farmington Falls, Entertainment by “Just Friends” will begin at 11:30 a.m., Chicken BBQ will begin at noon, FMI call Bob at 778-3156 or Junior at 778-2181 and leave a message.

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 22 - Mourning Maine’s Dead: Victorian Hair Jewelry & Crafts, 6 p.m., Rangeley Public Library, 7 Lake Street, Rangeley, free program, FMI call (207)864-5529, or sign up directly on our website www.rangeleylibrary.org.

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.

July 29 - History of American Inventions, 6 p.m., Rangeley Public Library, 7 Lake Street, Rangeley, free program, FMI call (207)864-5529, or sign up directly on our website www.rangeleylibrary.org.

AUGUST

August 1 - 19th Ogden Poetry Gathering, Betsy Sholl featured poet, 3:30 p.m., Rangeley Public Library, 7 Lake Street, Rangeley, free program, FMI call (207)864-5529, or sign up directly on our website www.rangeleylibrary.org.

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.

August 12 - Mosher Hill Falls Community

Forest (Farmington), 10 a.m., 200-acre community woodland with an informal loop trail featuring a 45-foot waterfall, conifers, and wetlands, ongoing High Peaks Alliance conservation project, registration is free but required, as space is limited, <https://secure.qgiv.com/for/highpeaksalliance/event/woodswalks/>.

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

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.

LOCKE MILLS: Greenwood Farmer’s Market every other Friday during the winter, starting on October 3rd, 270 Main St., Rt. 26, Locke Mills, next door to the Greenwood Post Office, FMI Brian and Suzanne Dunham 207-665-2967.

BETHEL: Storytime at Bethel Library, every Wednesday at 10 a.m., 6 Broad Street, Bethel, FMI (207) 824-2520.

SOUTH PARIS: South Paris Farmers’ Market, Thursdays 2-6. p.m., 9 Market Square in the parking lot right next door to Oxford Hills Mercantile/Ollie & David’s.

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.

OQUOSSOC: Rangeley Region Skeet and Trap Association (RRS&TA) announces its 2025 shooting schedule, welcoming members and visitors to experience clay shooting sports, Wednesday: Trap and Skeet starting at 4:00 p.m., Thursday: Sporting Clays and Skeet starting at 4:00 p.m., Saturday: Five Stand and Skeet starting at 10:00 a.m., Sunday: Trap and Skeet starting at 1:00 p.m.

RUMFORD: Celebrate Recovery meetings, every Thursday and Sunday at 6:30 p.m., Larry Labonte Recovery Center, 412 Waldo St., Rumford, free, FMI contact Justin Teixeira at 207-393-7205 or Erika Teixeira at 207-418-7777.

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

FARMINGTON: Nami Farmington Family Support Group, for family and friends of people living with a mental illness, 3rd Monday of each month, 6:30-8 p.m., Maine Health Franklin Hospital, 111 Franklin Health Commons, Farmington, Contact Louise (207) 592-9933 or Kathy (207) 318-1075

FARMINGTON: Farmington Chess Club meets every Tuesday from 6-8 pm at the Parks and Rec Center, 127 Middle St., Farmington. All skill levels are welcome.

FARMINGTON: St. Joseph Nutrition Center, corner of Quebec and Middle Street (across from St. Joseph Church) A “Blessing Box” in front of the building. More information or to help out: (207) 778-2778.

JAY: St. Rose of Lima Food Assistance, 1 Church Street (Parish Hall) A “Blessing Box” faces the street in front of the building. More information or to help out:

(207) 897-2173.

JAY: St. Rose of Lima Community Meals, 1 Church Street (Parish Hall), Community meals offered on the first and third Saturdays of the month from 4:30 p.m. to 6 p.m. For more information or to help: (207) 897-2173.

MADISON: Music Jams - Open Mic. 1st and 3rd Sunday of each month, 1-4 p.m. Masonic Hall, Madison.

RANGELEY: The Lakeside Contemporary Art Gallery’s spring/summer show, paintings by Ashton F. LeCraw, will run from May 29 - July 6th. All is welcome & artwork is available for purchase. LCAG is located at 2493 Maine Street, Rangeley & open Tues - Sat. 10 a.m. - 2 p.m. & during theatre showing. <https://rangeleyarts.org/event/lcag-artist-reception-ashton-lecraw/> or call 207-864-5000.

RUMFORD: Old School Food Pantry, 115 Maine Avenue, Wednesdays from 3 p.m. to 6 p.m., For more information or to help: (207) 364-4556 or email Shannon at rvhccglover@gmail.com

SKOWHEGAN: St. Anthony’s Soup Kitchen, 273 Water Street, 1st and 3rd Tuesdays of each month and every Thursday, 3 p.m. to 4 p.m. For more information or to help: (207) 474-2039.

NORWAY: Mindful Yoga at Roberts Farm Preserve Roberts Farm Preserve, 9:30 – 10:30 a.m., 58 Roberts Rd., Norway.

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.

FARMINGTON: Farmington Grange has WWW, Wednesday Welcome and Warm Up, First and third Wednesdays, November thru April. Everyone is welcome, 10-2, coffee sweets, light lunch, social time, projects, games and puzzles. Grange Hall is located at 124 Bridge Street, West Farmington. For more information call Bonnie Clark 207-778-1416

FARMINGTON: Nine-ish- NA Meetings (In Person), 9:15-10:30 a.m., Franklin Memorial Hospital, 111 Franklin Health Commons, Farmington.

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.

Events for the Maine News Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: <https://www.turnerpublishing.net/pdf/Deadlines.pdf>. Email your event information to articles@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster.

MAINE NEWS PAGE

If you are hosting a free community event and would like it added to our calendar, please email your details to: mainenews@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. Church, library and school event news is free on this page. If you are a business and/or charging admission/fee, there is a charge for a display ad on these pages. Email: mainenews@turnerpublishing.net. Call 207-225-2076 for pre-payment options. Events for the Maine Events 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: www.turnerpublishing.net/pdf/Deadlines.pdf

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Math Blocks

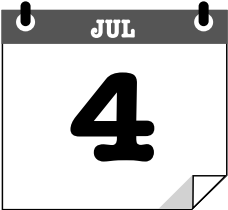
Fill in the missing blocks with numbers between 0-20.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

10	6		20
	8		18
	15	11	29
14	29	24	

11	51	3
6	8	1
4	9	10

Solution

THIS DAY IN HISTORY



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

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

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

Animal FACT:

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

Answer: Dogs

Get Scrambled

Unscramble the words to determine the phrase.
THO NDA ESTYAM

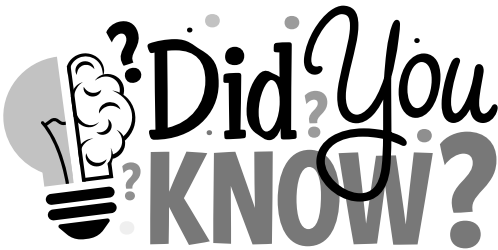
Answer: Hot and steamy

NEW WORD

HUMIDITY
the amount of water vapor in the atmosphere

How they say that in...

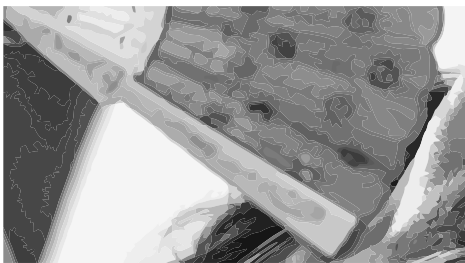
English: Hot
Spanish: Caliente
Italian: Caldo
French: Chaud
German: Heiß



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



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Paper fan



MOVIE REVIEW

by Lucas Allen

DISCLOSURE DAY

When Steven Spielberg directed “Close Encounters of the Third Kind” in 1977, he gave the world something to believe: that we are not alone in the universe. Five decades later, the Oscar-winning director is now giving us a different kind of outer world experience with his new original sci-fi thriller “Disclosure Day.” His take on the alien conspiracy thriller a ’la “The X-Files” is scripted by David Koepp, who previously wrote for the filmmaker “The Lost World: Jurassic Park” and “Indiana Jones and the Kingdom of the Crystal Skull.”

Margaret’s (Emily Blunt) average morning with her musician boyfriend Jackson (Wyatt Russell) took a weird turn one morning when she suddenly speaks other languages like Russian and Korean, plus gaining the knowledge of the people that she talks to by looking into their eyes. Then, during her meteorology job at a local news station, she stands in front of the camera and bizarrely begins speaking in some sort of alien language. Meanwhile, a young man named Daniel (Josh O’Connor) is on the run with his girlfriend Jane (Eve Hewson) from the mysterious Wardex after stealing a whole archive of classified information pertaining to the existence and experimentation on extra-terrestrials. The group leader, Noah (Colin Firth), is using means to locate them, including using an advanced device to create a psychic link to one of the fugitives.

Soon, both Margaret’s and Daniel’s paths converge as each of them starts to discover that they had been through a traumatic event from their childhood that brought them together. The answers they seek come from Wardex defector Hugo (Colman Domingo), who leads an underground resistance in an attempt to open the stolen archive and reveal all the secret data to the entire world. However, it is only a matter of time before Noah and the rest of Wardex catch up to them, hoping to protect such information that the whole world may not be ready for.

Each Spielberg film can be represented by a timeless theme that brings a certain emotional response to mind. If “Close Encounters” represented curiosity and “E.T.” about friendship, then this film’s theme can best be described as empathy. Being empathetic about humanity and understanding the unknown carries that feeling throughout the movie. It also understands that while we are living in cynical times, there is a time when rediscovering what was thought lost could be found again.

Right from the beginning, this movie raises some important ideas and questions regarding the political, religious, and moral implications of revealing such secrets. While there are no real answers, it still gives the viewer something to ponder about, especially with their own views on the matter. Whether or not you do agree with what the characters are doing, it makes this otherwise overlong (at 146 minutes) journey to its stunning conclusion all the more worthwhile.

There are not too many action scenes, but the few shown also shows Spielberg’s mastery of suspense and excitement once more. Much of the film becomes a big chase scene with some vehicular damage and one part involving a train. It’s those brief moments of heart-stopping fun and shock that wonderfully recalls the cliffhanger-style action of the Indiana Jones series.

Spielberg assembled a pretty good cast for this sci-fi drama, yet it’s Blunt giving probably an award-worthy performance that could also be one of the best in her career. Her emotional range and her character’s journey help to ground the film in its humanistic approach to the story. O’Connor’s performance is decent enough, though his best scenes are the ones with Blunt in the second half. Firth does a good job as the antagonist without resorting to mustache-twirling, while Domingo does a fine “wise sage” part even though his dialogue can range from ambiguous to overly explaining.

“Disclosure Day” certainly has a place among Spielberg’s finest works in his astonishing nearly six-decade career. He brings all the right ingredients, cooks them carefully, and presents a real dandy of a cinema meal. No matter which kind of Spielberg film you like best, this one will definitely be a favorite for a lot of people.

THE MOVIE’S RATING: PG-13 (for action/violence, some bloody images, and strong language)

THE CRITIC’S RATING: 3.75 Stars (Out of Four)



The winners of the Phony Ad Contest!

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Midcoast Beacon: Anna Riendeau
Country Courier: Kim Jordan
Country Connection: Brian Turcotte
Franklin Focus: Matthew Shauyers
Good News Gazette: Anna Hacker
Kennebec Current: Karry Jackson
Lewiston Leader: Mary Derosier
Lisbon Ledger: Carmen Tart
Lake Region Reader S: Mary Pearson
Lake Region Reader N: June Leighton
Moose Prints: Carole Barbeau
Oxford Hills Observer: Patricia Metcalf
Somerset Express: Laura Russell
Two Cent Times: Ron Chamberlain
Western Maine Foothills: Pamela Boyer
Mountain Messenger: Shirly Schrader
Coop Stuffy Winner - Emma & Rudy Allaire, Wayne

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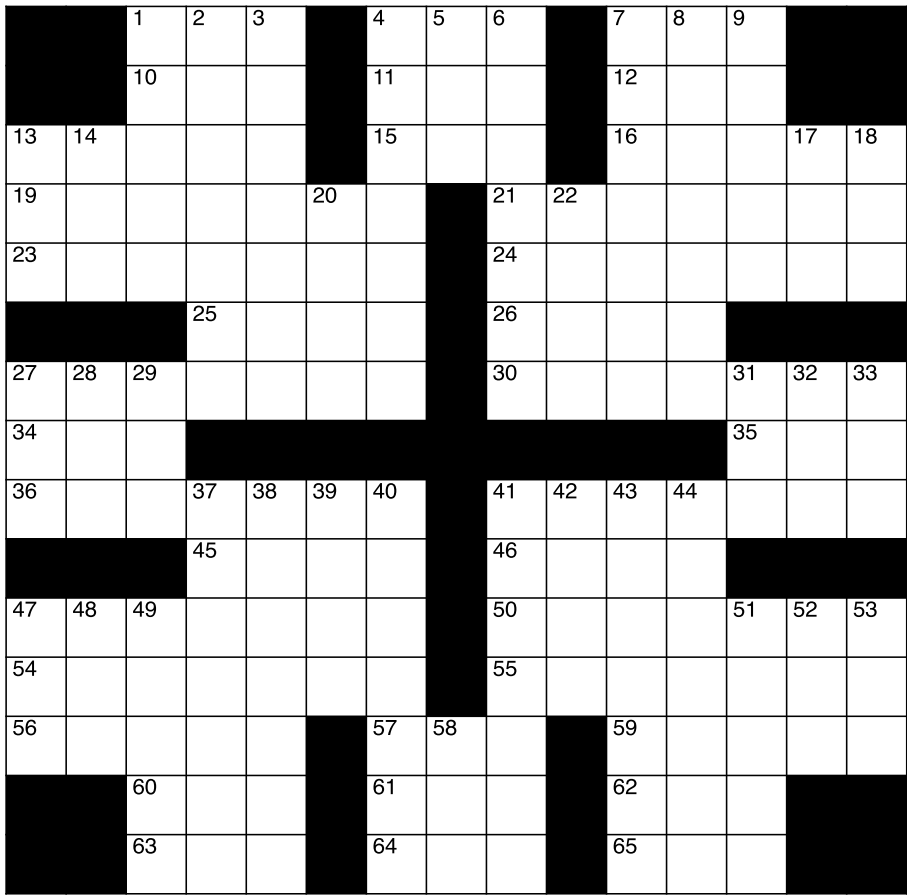
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1. Tire pressure measurement
4. Request
7. Clairvoyance
10. 007's creator
11. Adult male
12. God of battle (Scandinavian)
13. Cloths spread over a coffin
15. Breeze through
16. Ladyfish genus
19. We all take them
21. Earl's jurisdiction
23. Members of U.S. Navy
24. Rummy-like card game
25. Affected by injury
26. Member of a Semitic people
27. Withdrew from a union
30. Woman's cloak
34. Spanish river
35. Prohibit
36. Something you can take
41. Dish soap brand
45. Ottoman military commanders
46. Ancient Italian-Greek colony

47. Makes somber	compound
50. Discuss again	22. Swiss river
54. A tool to inject	27. Small coin (French)
55. Support	28. Electronic
56. Informal term for money	countermeasures
57. Catch doing something wrong	29. Taxi
59. Prehistoric people	31. Helps little firms
60. Large African ante- lope	32. Unhappy
61. Vehicle	33. Midway between northeast and east
62. Georgia rockers	37. Glowing
63. High resolution microscope	38. Item to be addressed
64. Pitching statistic	39. An informal body of friends
65. Attempt	40. Intrinsic nature of something

1. Indoor plant	42. Brews
2. Marketable	43. A place for ships
3. Rather	44. One who sings
4. Collected	holiday songs
5. A bag-like structure	47. Sino-Soviet block
in a plant or animal	(abbr.)
6. Irish hip-hop trio	48. Scottish town
7. Ageless	49. The most worthless
8. Course requirements	parts
9. Pokes at	51. Sticky
13. TV channel	52. Put to work
14. They ___	53. Precursor to the EU
17. Cooking material	58. Retrospective
18. Investment account	analysis (abbr.)
20. Iron-containing	

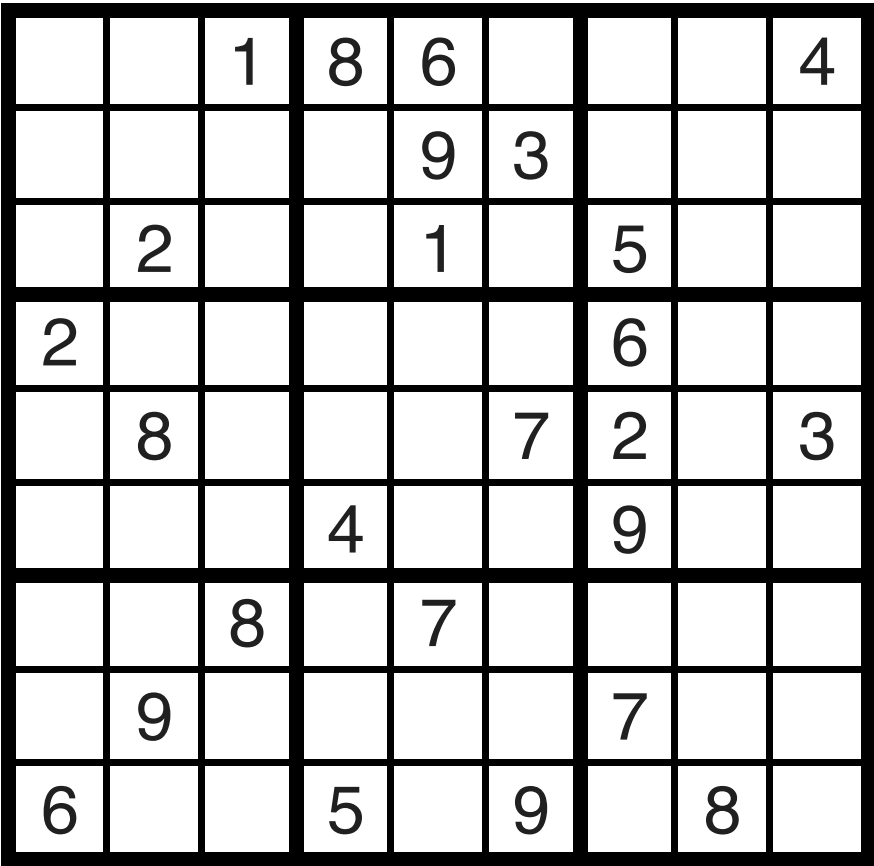


Solve the code to discover words related to the grilling.
Each number corresponds to a letter.
(Hint: 20 = O)

- A. 16 14 17 21 2 17 15**
Clue: Popular grill food
- B. 3 26 23 25 2**
Clue: Fire
- C. 7 6 23 17 7 20 23 26**
Clue: Grill fuel
- D. 20 14 22 10 20 20 17 15**
Clue: Not in the house

Answers: A. burgers B. flame C. charcoal D.outdoors

SUDOKU



Level: Advanced

WORD SEARCH

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

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

BACKYARD
BARBECUE
BURGER
CHARCOAL
CHICKEN
DELICIOUS
FLAME
FLAREUP
GRATE
HEAT
MARINADE
PROPANE
SAUSAGES
SEAR
SEASONING
SIZZLE
SKEWERS
SMOKE
SPATULA
STEAK
SUMMER
TEMPERATURE
TONGS
VEGETABLES

HOROSCOPES

ARIES - Mar 21/Apr 20
How you respond to a situation matters more than how quickly you react, Aries. Interactions with others will feel more charged than expected, but will be effective.

TAURUS - Apr 21/May 21
Taurus, slow down so you can see what actually matters right now. You may feel slightly off if you move too quickly; give yourself time to respond to those seeking your help.

GEMINI - May 22/Jun 21
You may want to say yes to something quickly, Gemini, without giving it ample time for consideration. Do not jump into things without careful reflection. It's hard to backtrack.

CANCER - Jun 22/Jul 22
What you prioritize this week will shape how stable you feel, Cancer. Focus on those things that matter to you the most and give them your full attention.

LEO - Jul 23/Aug 23
Leo, when your messages are clear and direct, others will understand you more easily and this will keep discussions moving forward. Clarity comes from simplicity.

VIRGO - Aug 24/Sept 22
This week you may feel a pull between staying comfortable and going deeper into something that has been on your mind, Virgo. When you stay grounded, your decisions will be easier.

LIBRA - Sept 23/Oct 23
Tell others what you need without conforming to what you think they want you to be, Libra. You may feel pulled between your needs and theirs. Stay clear about what works for you.

SCORPIO - Oct 24/Nov 22
Set clear boundaries around your time this week, Scorpio. Your work will be consistent and controlled. This is how to find success.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, plans will move better this week when you keep them simple and flexible. Progress will build when you have a clear and manageable plan.

CAPRICORN - Dec 22/Jan 20
It is important to be direct with others about your limits, Capricorn. Identifying what you are willing to do and what you are not can help you and others to achieve your collective goals.

AQUARIUS - Jan 21/Feb 18
A shift in your perspective this week helps everything make more sense to you, Aquarius. You may feel tension, but take a moment to think before responding to others.

PISCES - Feb 19/Mar 20
You may be pulled to either avoid a topic or resolve it quickly, Pisces. Progress builds when you stay present and define what's actually beneficial.

Local students recognized in Smokey Bear and Woodsy Owl Poster Contest



FARMINGTON – Students from two local elementary schools were recently recognized for participating in the National Garden Clubs’ annual Smokey Bear and Woodsy Owl Poster Contest, a long-running educational program that encourages children to explore wildfire prevention, conservation, and environmental stewardship through art.

The local contest effort was organized through a collaboration between Libby Kaut, past president of the Mt. Blue Area Garden Club and volunteer aide at Cape Cod Hill School, and art teacher Leah White of Cape Cod and WG Mallett elementary schools.

Smokey Bear and Woodsy Owl Poster Contest has been sponsored nationally by National Garden Clubs, Inc. for decades in partnership with the U.S. Forest Service and the National Association of State Foresters. The program encourages students to use creativity and artistic expression to promote environmental awareness and responsible care of forests and natural resources.

Kinsley P. of W.G. Mallett School earned

first place in Maine and throughout the New England Region for second-grade entries with her Smokey Bear poster. Haley S. of Cape Cod Hill School earned first place in the state of Maine for fifth-grade entries.

A ceremony was held April 27 to recognize the many students who participated in the contest. Award certificates were presented to each child by Karen Rea, past president and Awards Chair of the Garden Club Federation of Maine.

Two separate programs took place during the day. In the morning, second-grade students gathered to celebrate their artwork and learn more about wildfire prevention from a very special guest: Smokey Bear himself. Later that afternoon, fifth-grade students met outdoors with Forest Ranger Sergeant Lisa Byers of the Maine Forest Service. She spoke about the responsibilities of forest rangers and the importance of protecting Maine’s forests and wildlands.



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Rangeley scholarship recipients

RANGELEY - Three graduating seniors from Rangeley Lakes Regional School have been awarded scholarships totaling \$20,000 through local scholarship programs.

Shirley Truland was awarded the Seasonal Friends of Rangeley Scholarship, while Ollie Sherrer earned the Rangeley Lakes Region Legacy Scholarship. Emma Grant was awarded the Seasonal Friends of Rangeley Trades Scholarship.

Truland will receive a \$10,000 multi-year scholarship, while Sherrer and Grant will each receive \$5,000 in scholarship support.

A standout student throughout high school, Shirley Truland completed



Emma Grant

advanced coursework, held leadership positions and participated in numerous extracurricular activities. Through classes at Haystack Mountain School of Crafts and early childhood education programs, she discovered a passion for both art and teaching. She plans to attend a four-year art college in Massachusetts before pur-



Ollie Sherrer

suing a master's degree in early childhood education. Ollie Sherrer received the Rangeley Lakes Region Legacy Scholarship, which is supported by local residents of the area, as well as individuals who wish to donate in memory or in honor of someone. She has earned acceptance to a Maine art and design college. Through



Shirley Truland

her studies at Foster's Career and Technical Education in Farmington, she developed the confidence and skills needed to pursue her goals. Sherrer plans to study illustration and pursue a career as a professional illustrator.

Emma Grant, a Rangeley native, was recognized for her strong academic performance, college coursework and work experience. She plans to study diagnos-

tic medical sonography in Maine or Massachusetts and hopes to return to the Rangeley area as a sonography technician.

Recent donors to the Rangeley Lakes Region Legacy Scholarship include: Anonymous, Garrett Brown & Andy Chapin (in memory of Jim & Peggy Chapin), Allan & Lydia Brownlow, Geraldine Bush, Dennis & Constance Copp, Marilyn Dill (in memory of John R. Dill), Lakeside Convenience, Joanne & Colin Doherty, James & Ellen Geithman, Steven LeBlanc (in memory of Paul (Pumel) LeBlanc), Art & Belinda Ledue, Dorothy Marsocci (in memory of Kathleen Murray), Joseph & Gail Purington, The Rangeley Inn & Tavern, Heidi Sorensen, Cheryl Strohmeier, Telesis, Sidney Wade and Christine & Brian Wargo.

The Directors of the Seasonal Friends of Rangeley scholarship program are Delaney Arbore, Student Services Coordinator, Rangeley Lakes Regional School; Traci Lavoie, Assistant Town Manager; Leslie Walton, Branch Supervisor, Franklin Savings Bank; and one anonymous seasonal resident.

Contributions to the Seasonal Friends of Rangeley Scholarship and the Rangeley Lakes Region Legacy Scholarship, which are tax deductible, may be sent to PO Box 321, Rangeley, Maine 04970. (If making a donation in memory or honor of someone, please include their name with donation.) Donors receive a receipt for tax purposes and the thanks of the deserving students who benefit from this very worthwhile program.



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*Bob Barton
Westbrook*

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Evergreen Golf Club

Tip of the Week

I have spoken about this subject many times in the past, but it bears repeating. It's about "tension in the swing". One of the greatest descriptions I have heard was from the great Sam Snead. He once described his swing as being "oily". It's easy to know what he is talking about when you just think about that. Smooth, silky and oily. Also, it's important to be sure that your grip is kind of loose and sloppy, the difference is staggering. So, the next time you are practicing or playing, think oily, you will get it sooner than you think.

*George Buck,
Evergreen Golf Club*



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How to drive safely with a trailer in tow

Metro

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

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

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

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

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



A trailer sometimes swings in the opposite direction when turning, which can increase the chances of hitting other vehicles, signs and even pedestrians. Carparts.com notes that the longer the distance between the rear wheels to the back bumper of the trailer, the greater the tail might swing. Managing and calculating swing is one of the rea-

sons 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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Richard Plourde photo

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

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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 unforget-

table 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-catch-



A Quebec brookie mounted by the late David Footer.

ing displays was a number of brook trout mounts by the late David Footer. Footer's son was on hand to answer questions about the background of the impressive trout; many caught in Labrador or Quebec. Footer was a rare combination of superb taxidermist and fine artist. His trout under glass are alive like no other board mounted brookies you will ever see.

While a friend looked after my Northwoods Sporting Journal vending table, I took a break and sat in on a wonderful and informative slide presentation by guide and outdoor writer Bob Romano. Bob, an Italian

from the Bronx, showed up in Rangeley to fish more than 40 years ago and never left the Western Mountains. He is as colorful as he is informed about Rangeley and its precious fishery. Romano surveyed area guides and asked them to name their favorite two flies. He also chatted about why these flies got top billing with the Rangeley fishing guides. As you might suspect, no two guides think alike 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



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

like a bass bug, but it is a serious trout fly, and surprisingly it was tied and created by the boss lady herself, Carrie Stevens!

What I also learned was that a highly effective wet fly is the Hare's Ear. Bob Romano swears by it. The only Hare's Ear I ever used or heard of is the Hare's Ear nymph, which is almost as popular as a Copper John.

Isaac Walton, or some other angling forebear, observed that angling is much like mathematics in that it can never be fully learnt. And as you know, if you fish that is part of the fun of it all. The Rangeley Lakes Region White Nose Pete Fly Fish-

ing 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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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 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 se-

niors. 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.

Op-Ed **Togetherness on the Trails**

The last time I was at an airport, harried and yearning for home, something struck me. In an airport, almost everyone seems vaguely hostile: we are tense, irritable, anxious to get on with our journeys. An airport is an intermediate step between where you are at that moment and wherever it is you're going. We regard each other as extras in a movie.

On the trail, though, while there are always exceptions, running into someone is a welcome

thing. You exchange smiles (unless they're carrying a portable speaker and blasting music, in which case it's eye-daggers), you engage in small talk. You share, and then you move on. The kinship we feel on trails is real, maybe because there's no separate agenda like there is at an airport. You're out to be present, and being present helps us see one another as individuals, not extras.

Trails can equalize. It matters much less on the trail about who the other is, or what they believe, or

where they're from—you recognize them as a fellow because you're sharing something precious together. The sights, the sounds, the smells, the last curve before the trail unveils a vista that only you and they have seen so far today. The other person you encounter might be someone you haven't seen in years, or your neighbor, or it could be the president of your bank. It almost literally does not matter; the trail has you meet together as equals on a kind of shared journey.

Trails are precious because they're one of the few public spaces left where we let our guards down almost entirely and operate from a place of welcome and openness. To me, that's a powerful benefit we overlook amongst all the other fantastic reasons to support public access and conservation. But it's important—the whole notion of community is predicated on the idea of connection on some level, and so these public places where that connection is most apparent should be preserved.

Preserving them takes hard work. Not everyone can volunteer their money, though thankfully, volunteering and service can take many forms. The High Peaks Alliance is always looking for people to help—trails need to be blazed and maintained, for example. That was how I got started with HPA, equipped with a high-powered weed whacker and some sturdy boots, helping a few other volunteers clear an overgrown trail. Even this column is an example of how to make an

effort, even from far away.

It is a joy to greet others on the trail. We should remember the many who work so hard to make that possible. Think of them when you step on a carefully placed stone to forge a stream or see a trail blaze just ahead as you start to wonder if you've lost your way. And if you can, volunteer, however you are able. And when I see you on the trail, I'll be sure to stop, smile and to greet you in the spirit of fellowship.

Rangeley Congregational Church Women's Fellowship donates \$12,000 to charity

RANGELEY - This past year, Rangeley Congregational Church Women's Fellowship participated in two summer festivals in Rangeley and our Annual Holly Fair, where handmade crafts, Rada cutlery, jams, and baked goods were sold. All proceeds from these events are donated to charity. On Friday, May 8th, the women

of the Rangeley Congregational Church and our Women's Fellowship community met to distribute \$12,000 to charity. Once again, we were fortunate to be able to distribute donations to 15 wonderful organizations, with a large percentage of these benefiting people in the Rangeley region.

Following is a partial list

of organizations which received funds from our proceeds: Rangeley Meal Site, The Giving Tree, Rangeley Library, Grandmother's Purse, Rangeley Ski Scholarship program, Sargent Family Community Fund – Just One Day, Arbor House, Safe Voices of Farmington, Andwell Health Partners, Western Maine Community

Action, Farmington Animal Rescue, and other national & international charities.

The Rangeley Congregational Church Women's Fellowship's participation in summer festivals and Holly Fair have generated proceeds which have benefited many organizations for over 30 years. Since 2017, the Women's Fellowship or-

ganization has donated over \$80,000 to charity.

This year marks our 31st Annual Holly Fair which will be held on November 21st at the Rangeley Congregational Church Barn from 10 am to 2 pm. Please come and find our tent at the 2026 Strawberry and Blueberry Festivals where your purchases will continue to help

us, help others.

With sincere gratitude, the Women's Fellowship organization thanks the Rangeley community and summer visitors for supporting our efforts this past year. We are grateful for the opportunity to continue this important mission in 2026.

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Did You ? How America got its name

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



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Winning attitude and sociable in nature. Passion for community, school sports, community events, and social organizations. Organized and detailed. Must have a home computer or laptop, printer, cell phone and a dependable car and a valid driver's license.

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— Donna, Waterville

"Great information and ads for our area!"
— Jill, Poland



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Colby Foundation representative addresses the River Valley Rotary Club with a dire need for donations

RUMFORD - The featured speaker at the River Valley Rotary Club's Fellowship Luncheon on Monday, June 8, 2026, was Jessica Hamann, Board Member of the Colby Foundation for Pregnant Mothers who have experienced the loss of an infant through either being stillborn or other complications!

She was accompanied by Kasey Berry, a volunteer and Mother who experienced, firsthand, the loss of an unborn child. She expressed the grievance process she went through and continues to experience. She found solace in volunteering to help others through the Colby Foundation.

They have helped thirteen mothers this



Submitted photos
Seen in the photo are David Laurinaitis, Rotarian of the Day, Jessica Hamann and Dave Duguay, Club President, presenting Jessica with a token gift for her Speech. Sitting amongst the Rotarians is Kasey Berry with two of her children, while she spoke about her ordeal and the grieving process.

year alone who have suffered such a loss! The Colby Foundation covers 100% of the mother's need to

get through the grieving process. In Rumford, "The Colby Fund" is a local non-profit 501(c)

(3) organization that provides compassionate support, financial assistance, and resources to grieving

families who have experienced the loss of a child through miscarriage, stillbirth, or infant death. The local chapter serving the River Valley area offers a variety of services:

Financial Assistance: Helps families cover unexpected funeral, burial, and cremation costs.

Emotional Support: Provides pregnancy doulas and connects grieving parents with local photographers to help process their loss.

Community Events: Hosts a local Walk to Remember in Rumford to memorialize lost children and raise funds to support the community.

Remembrance Areas: Maintains local memorial gardens and remembrance spaces,

so grieving parents have a dedicated sanctuary nearby.

Note: The national Colby Foundation focuses primarily on organ and tissue donation education, while the local Colby Fund (or Maine Colby Fund) focuses on infant bereavement. If you are looking to get involved or need support, let me know if you would like me to: Find details on how to contact the local chapter, share the date and route for the upcoming River Valley Walk to Remember or provide information on their monthly local support group meetings.

They are in need of sponsors for their fundraiser!

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

WATERVILLE – The 12th Annual Cruisin' for a Cure Car Show, held on June 6, 2026, raised an incredible \$23,040.48 for the Maine Children's Cancer Program (MCCP), a division of the Barbara Bush Children's Hospital in Scarborough. Despite a few sprinkles throughout the day, the weather held with overcast but dry conditions, creating the perfect setting for another successful event. With the support of dedicated volunteers, enthusiastic spectators, generous sponsors, and an impressive 186 registered participants, this year's car show was one of the strongest yet.

This annual event continues to serve as a 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



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. Poulin (CEO), Dani Farmer, Ed Thompson, and Molly Herman (MCCP). New Dimensions FCU extends heartfelt gratitude to every sponsor, volunteer, participant, and attendee who helped make this year's event a success. 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/>.

High Peaks Alliance volunteers improve Tumbledown Trail

WELD — On June 12, High Peaks Alliance (HPA) staff Matt Kusper and Emily Kidd, and five volunteers gathered at Tumbledown Public Lands to tackle trail improvements on the Little Jackson Connector Trail. The group spent the morning improving drainage to reduce erosion before beginning construction of a rock staircase designed to improve trail durability and hiker access. By the end of the day, the team had completed a functional section of the staircase and made significant progress on the project. Additional work on the staircase is planned for a future

volunteer trail workday. Volunteer efforts like these help preserve trail systems throughout the region and ensure continued access to public lands. People come away from these days with new perspectives, such as Emily's: "This experience has allowed me to gain a newfound respect and appreciation of the trails I have been fortunate enough to recreate on for my entire life. I will never take another stone step for granted!" Tumbledown and the surrounding mountains are popular destinations for hikers seeking scenic views, diverse trail options, and



Submitted Photo
unique natural features. Through a partnership with the Bureau of Parks and Lands, HPA monitors and maintains trails in the area to support safe and sustainable recreation. Community members interested in supporting trails are encouraged to participate in upcoming Volunteer Trail Workdays, scheduled for July 10, August 21, and September 4. To learn more and RSVP, visit highpeakalliance.org.



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