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SABRE  
Yachts

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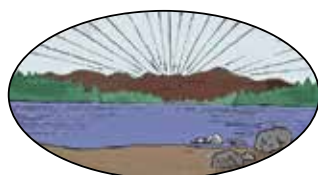
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# MAINE CALENDAR

2026

**JULY**

**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.

## AUGUST

**August 1** – Western Maine Private Garden Tour, 9:30 a.m. to 4:30 p.m., sites across Paris, Norway, and Historic Paris Hill, Garden Tour Social Reception will follow from 4:30 p.m. to 5:30 p.m. at McLaughlin Garden and Homestead, tickets and information are available <https://mclaughlingardenorg>, or by calling 207.743.8820.

## 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.

**GRAY/NEW GLOUCESTER:** Meet friends and neighbors, chat one-on-one with the GNG Community Connectors, every Thursday, 9:00 a.m. to 11 a.m., New Gloucester Community Building (behind town hall) or 1:00 p.m. to 3:00 p.m., Gray Library, large meeting room in the basement.

**CASCO:** Casco Village Church, United Church of Christ, 941 Meadow Rd. in Casco, invites you to our "Clothes Closet", 1st and 3rd Saturdays of the month from 10-2 p.m., clothing for all and always offering a table of free items.

**WINTHROP:** Winthrop Food Pantry, Thursday pick-up 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](http://winthropfoodpantry.org). Curb-side pick-up of shelf-stable food.

**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.

**GILEAD:** Gilead Historical Society open every Saturday 12 – 3 p.m., 14 Depot St., Gilead, FMI call (207) 836-2987.

**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.*

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

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

**NORWAY:** Women's Support Group and Coffee Hour, meets the third Wednesday of every month from 10:30 to 12:00 noon at the Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Kelsey at the Center at (207) 890-0205.

**BRIDGTON:** Chair Yoga Mondays and Fridays 10-11 a.m., taught by Susan Kane, this class is open to all cancer patients and can easily be modified to anyone's ability level, you do not need to register in advance, Bridgton Community Center, 15 Depot

Street, Bridgton.

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

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

**NORWAY:** Wellness Share at Center for Healing Arts, 2nd Saturday of each month, 10 a.m. to 2 p.m., 180 Main St., Norway, free event offering Reflexology, Massage, and more, FMI call Charlotte LaBelle – 207-890-2177.

**NORWAY:** Drum Circle at Center for Healing Arts, 4th Saturday of each month, 11 a.m. to 2 p.m., 180 Main St., Norway, free event, drums available for use, FMI call Dan Gravel 207-604-0323 or Nel Bernard 207-312-9955.

**MECHANIC FALLS:**  
Mechanic Falls Church of  
the Nazarene. Sundays:  
Fellowship 11:30, Morn-  
ing Worship 12:00 p.m.  
Wednesdays: Bible Study  
6:00 p.m., Prayer Meeting

# 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](mailto: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](mailto: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](http://www.turnerpublishing.net/pdf/Deadlines.pdf)

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A group of seven diverse children, including boys and girls of various ethnicities, are standing in a row against a plain white background. They are all smiling and holding a large, white rectangular sign that spans across the middle of the group. The sign has the text "Funny Things Kids Say" written on it in a large, black, casual script font. The children are dressed in casual clothing like t-shirts, jeans, and sneakers. From left to right: a boy in a red and white striped shirt, a girl in a pink shirt, a girl in a purple shirt, a boy in an orange shirt, a girl in a pink and black patterned shirt, a girl in a purple and white patterned shirt, and a boy in a blue long-sleeved shirt.

- Ann of Farmington



# **Sherm Sewell, of Bridgton, to participate in 2026 Pan-Mass Challenge to support cancer research**

which raises more money for charity than any other single athletic fundraiser in the world, is aiming to raise more than ever this year, with a fundraising goal of \$79 million.

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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.

|           |           |           |    |
|-----------|-----------|-----------|----|
| <b>10</b> | <b>6</b>  |           | 20 |
|           | <b>8</b>  |           | 18 |
|           | <b>15</b> | <b>11</b> | 29 |
| 14        | 29        | 24        |    |

|    |    |    |
|----|----|----|
| 11 | 15 | 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:

# Animal **FACT:**

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

## Get Scrambled

**Unscramble the words to determine the phrase.**

# THO NDA ESTYAM

**Answer: Hot and steamy**



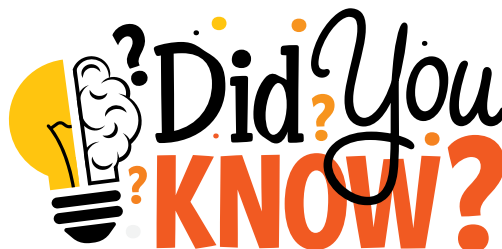
**NEW**  
**WORD**

## HUMIDITY

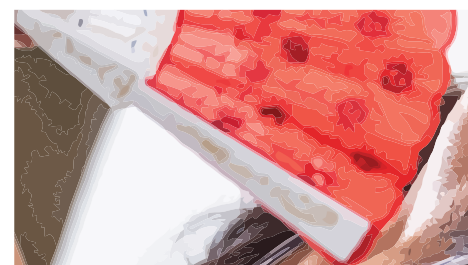
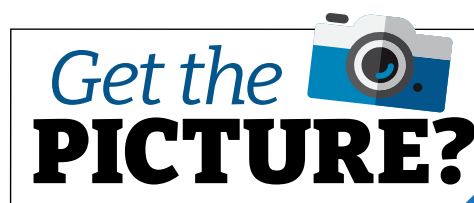
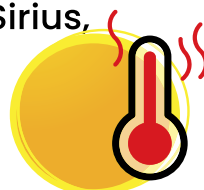
the amount  
of water vapor in  
the atmosphere



**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.”



## 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 |    |    |    |    |    | 15 |
| 16 |    |    | 17 |    |    |    | 18 |    |    |    |    |    | 19 |    |
| 20 |    | 21 |    |    |    | 22 |    |    |    | 23 |    | 24 |    |    |
| 25 |    |    |    |    | 26 |    |    |    | 27 |    | 28 |    |    |    |
| 29 |    |    |    | 30 |    |    |    | 31 |    | 32 |    | 33 |    |    |
|    |    | 34 | 35 |    |    |    |    |    | 36 |    | 37 |    |    |    |
| 38 | 39 |    |    |    |    |    |    |    |    | 40 |    |    |    |    |
| 41 |    |    |    |    | 42 |    |    |    | 43 |    |    |    |    |    |
| 44 |    |    |    | 45 |    | 46 |    | 47 |    |    |    | 48 | 49 | 50 |
| 51 |    |    | 52 |    | 53 |    | 54 |    |    |    | 55 |    |    |    |
| 56 |    |    |    | 57 |    | 58 |    |    |    | 59 |    |    |    |    |
| 60 |    |    | 61 |    | 62 |    |    |    | 63 |    |    |    | 64 |    |
| 65 |    | 66 |    |    |    |    |    | 67 |    |    |    | 68 |    |    |
|    | 69 |    |    |    |    |    |    | 70 |    |    |    |    |    |    |

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

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

# SUDOKU

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

Level: Advanced



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | E | U | Q | I | N | U | U | B | R | W | N | E | H | C | I | N | D | S | E |
| E | P | L | N | Y | G | H | P | L | O | I | O | C | H | W | K | L | V | S | Q |
| A | P | O | W | M | N | M | E | R | R | U | E | K | H | O | O | Y | S | E | V |
| T | I | Y | O | N | R | G | B | N | L | B | T | H | Y | N | W | E | S | G | N |
| K | H | A | C | O | U | K | K | Y | T | N | R | I | R | P | G | N | E | K | O |
| K | S | L | K | U | P | O | N | S | G | R | O | C | Q | U | M | O | I | H | P |
| U | R | T | U | G | A | R | V | Y | L | C | E | P | B | A | E | T | S | Y | O |
| V | E | Y | T | I | N | U | M | M | O | U | U | W | A | E | H | C | U | N | H |
| D | N | P | T | R | O | P | P | U | S | C | W | Q | R | T | Q | E | B | A | S |
| I | W | Q | E | N | K | E | C | S | W | E | C | U | Y | E | N | L | A | G | I |
| S | O | G | T | Y | I | I | I | M | O | L | P | H | K | H | T | E | D | U | T |
| Q | H | I | T | Q | H | I | V | A | N | T | C | K | E | E | P | S | U | G | R |
| U | A | V | I | N | I | R | N | L | N | K | N | K | A | L | D | T | K | R | T |
| A | L | Q | I | O | Y | S | E | W | M | A | R | N | R | P | G | Q | K | S | D |
| I | T | M | I | S | S | H | T | I | V | A | D | S | H | A | Q | L | P | L | O |
| T | R | O | S | A | E | C | U | U | A | A | O | H | L | A | C | Q | V | R | E |
| Y | A | V | U | Y | P | W | A | I | A | A | E | C | B | G | A | G | O | S | W |
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OWNERSHIP  
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STORE  
SUPPORT  
UNIQUE  
VARIETY

## HOROSCOPES

Pisces, share your experiences and feelings with someone close to you. Let your feelings out and express your gratitude to the person who lends a listening ear.

## STUDENT NEWS

Bella Smith, of Sebago, named to Lasell  
University Spring 2026 Dean's List

Newton, MA -- Bella Smith, a Lasell University student from Sebago, was named to the Dean's List for their academic performance in the Spring 2026 semester.

To be named to the Dean's List, Lasell students must complete at least 12 credits as a full-time student and achieve a semester GPA of 3.5 or higher.

## Students named to Spring 2026 Champlain College Dean's List

Burlington, VT -- The following students have been named to the Champlain College Dean's List for achieving a grade point average of 3.5 or higher in the Spring 2026 semester.

Juliette Albert of Stow

Charles Anderson of Lovell

Seth Riddensdale of Fryeburg

## Local student named to Bucknell University Dean's List

Lewisburg, PA - Catherine Sutor, of Raymond, was named to Bucknell University Dean's List for outstanding academic achievement during the spring semester of the 2025-26 academic year. A student must earn a grade point average of 3.5 or higher on a scale of 4.0 to receive dean's list recognition.

## Fryeburg resident named to Dean College's Spring 2026 Semester Dean's List

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

## Local student named to Bucknell University Dean's list

Lewisburg, PA - Bucknell University has released the Dean's list for outstanding academic achievement during the spring semester of the 2025-26 academic year. A student must earn a grade point average of 3.5 or higher on a scale of 4.0 to receive dean's list recognition.

Catherine Suitor of Raymond, 2026, biology

## Local student earns Dean's List recognition at Norwich University

Northfield, VT - Norwich University is pleased to announce that Gwen Rogers, of Naples, has earned Dean's List honors for the Spring 2026 semester. Founded in 1819, Norwich University is recognized for its emphasis on experiential education and leadership development.

Dean's List recognition is awarded to full-time undergraduate students who achieve a semester grade point average of 3.4 or higher, in recognition of sustained academic achievement and dedication to scholarly success.

## McPherson College announces 2026 graduates

McPherson, KS - McPherson College, a four-year private college located in central Kansas, announces the names of students earning degrees and graduating from the college on May 9, 2026.

Mason Small of Bridgton, BS in Automotive Restoration Technology

## Jonathan Grant named to Dean's List at University of Maryland Global Campus

Adelphi, MD - Jonathan Grant, of Raymond, was named to the Dean's List for the spring 2026 term at the University of Maryland Global Campus. To be eligible for the honor, a student must complete at least six credits during the term, earn a grade point average of at least 3.5 for the term, and maintain a cumulative GPA of 3.5 at UMGC.

## Tyler Jones of Casco named to University of Alabama Spring 2026 Dean's List

Tuscaloosa, AL - Tyler Jones was named to The University of Alabama Dean's List for Spring Semester 2026.

A total of 14,306 students enrolled during Spring Semester 2026 at The University of Alabama were named to the dean's list with an academic record of 3.5 (or above) or the president's list with an academic record of 4.0 (all A's).

The UA dean's and president's lists recognize full-time undergraduate students. The lists do not apply to graduate students or undergraduate students who take less than a full course load.



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The image shows the top section of a business card. It features a solid blue background. On the left, the "Edward Jones" logo is displayed in a white serif font, with a registered trademark symbol (®) to the upper right of the word "Jones". On the right side, the text "Member SIPC" is written in a white, sans-serif font.





## Metro

The Bridgton-Lake Region Rotary Club meets on Thursday mornings at 7:30 AM at the Bridgton Alliance Church Fellowship Hall at 368 Harrison Road. Meetings are free and open to the public, with speakers typically on the 3rd and 4th Thursdays. Coffee is served.

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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



Metro photo

trailer hitched to the back of your vehicle.

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

- Recognize trailers swing. Consumer Reports urges drivers to give constant consideration to the swing of a trailer when turning. A trailer sometimes swings in the opposite direction when turning, which can increase the chances of hitting other vehicles, signs and even pedestrians. Carparts.com notes that the longer the distance between the rear wheels to the back bumper of the trailer, the greater the tail might swing. Managing and calculating swing is one of the reasons why practicing before taking to the open road can be so helpful.
- Adjust the trailer brakes. Consumer Reports notes that many trailers have electric brakes, and these brakes can and should be adjusted depending on what’s being towed. When towing a heavy boat, the brakes should be set to use a lot of force. But brakes should be adjusted when towing lighter weight to avoid tires locking up and skidding.
- Use the tow/haul mode if your vehicle has one. Many modern vehicles, and particularly trucks, come with a tow/haul mode option. When engaged, that system automatically adjusts the transmission when it senses a vehicle is going downhill. That takes some strain off the brakes and generally makes driving with a trailer in tow a lot safer.

These tips can make driving with a trailer in tow more comfortable. Additional tips are available at [consumerreports.org](http://consumerreports.org) and [carparts.com](http://carparts.com).

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# Health & 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 and 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 opportunity's 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

## 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.



 **Healthy Habits. Happy Kids. Strong Futures.** 

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a non-issue.

8. Most importantly, mom, dad or daycare provider, you're a role model for your child and for children in general so practice what you preach when it comes to nutrition and activity. Don't hang on your phones, computers or TV's, get

up and move and engage in activities with the kids. Make healthy food choices. Have regular balanced meals with a protein source and lots of veggies and salad and a smaller portion of complex carbohydrates such as rice or sweet potatoes. Desserts should be fruits

and snacks should consist of veggies, or protein sources like cheeses, grill chicken, boiled eggs, nuts and seeds and fruits.

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

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# MAINE OUTDOORS

v. Paul Reynolds

## RANGELEY FLY FISHING FESTIVAL



A Quebec brookie mounted by the late David Footer.

Submitted photos



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



Rangeley guide and outdoor writer Bob Romano and his wife Trish chatting with Mary at the 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 Kennebecago. So, it was fitting recently that the 5th annual White Nose Pete Fly Fishing Festival took place at the historic Rangeley Inn and Tavern.

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

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

Following the induction, a live auction was held, hosted

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

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

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

While a friend looked after my Northwoods Sporting Journal vending table, I took a break and sat in on a wonderful and informative slide presentation by guide and outdoor writer Bob Romano. Bob, an Italian from the Bronx, showed up in Rangeley to fish more than 40 years ago and never left the Western Mountains. He is as colorful as he is informed about Rangeley and its precious fishery. Romano surveyed area guides and asked them to name their favorite two flies. He also chatted about why these flies got top billing with the Rangeley fishing

guides. As you might suspect, no two guides think alike when it comes to their go to flies. Angler/ historian Leslie Hilyard, for example, hoves to the Green Beauty and the Jitterbug.

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

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

Isaac Walton, or some other angling forebear, observed that angling is much like mathematics in that it can never be fully learnt. And as you know, if you fish that is part of the fun of it all. The Rangeley Lakes Region White Nose Pete Fly Fishing Festival is a gathering of more than just interesting and convivial souls. It is a treasure trove of the most seasoned and experienced anglers in Maine. And they will talk to you.

In 12 months, Rangeley will do it all over again. Put it on your calendar. It is well worth the drive.

The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide and host of a weekly radio program "Maine Outdoors" heard Sundays at 7 p.m. on The Voice of Maine News-Talk Network. He has authored three books. Online purchase information is available at [www.sporting-journal.com](http://www.sporting-journal.com), Outdoor Book

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# Celebrating the new Maine Museum



Submitted photo  
Senator Collins joined community members and state and local leaders to celebrate the grand opening of the new Maine Museum of Innovation, Learning, and Labor (MILL) in Lewiston. The Maine MILL's new home at the former Camden Yarns Mill has transformed a long-vacant former industrial building on the Androscoggin Riverfront into a 22,000-square-foot modern museum with an impressive collection of more than 10,000 artifacts, including a Jacquard loom, original Bates bedspreads, and approximately 300 recorded oral histories from those who lived and worked in the region.

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MOVIE REVIEW *by Lucas Allen*  
SUPERGIRL [2026]

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

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

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

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

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

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

Despite those negatives, the movie still delivers the action and comedy aspects that audiences can expect. Laughs are aplenty, especially from some of the grotesque-looking aliens that populate the cosmic part of the DC Universe, as are some eye-popping fight scenes that are done with some precise attention. The climactic battle scene is very good if you get past the assumption that they ripped off part of the plot from “Mad Max: Fury

Road” involving the villains.

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

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

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

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



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STUDENT NEWS

Sophie Koutalakis makes Shenandoah University’s President’s List and Dean’s List for Spring 2026

Winchester, VA – Sophie Koutalakis, of Windham, is one of 437 Shenandoah University students who earned a spot on the President’s List for the 2026 Spring Term. To qualify for this prestigious academic recognition, students must be enrolled full-time in baccalaureate degree programs and attain a semester GPA of 3.90 or higher. All President’s List honorees are also recognized on the university’s Dean’s List, which includes students who earn a semester GPA of 3.50 or higher.

Western New England University recognizes 805 students on Spring 2026 Dean’s List

Springfield, MA – Western New England University (WNE) is proud to recognize 805 students who have earned a place on the Spring 2026 Dean’s List, reflecting their dedication to academic excellence, perseverance, and commitment to achieving their educational goals. WNE congratulates these outstanding students for their accomplishments and applauds their continued pursuit of academic success. Connor Callahan of Gorham  
Laura Burt of Gorham

University of New England Spring 2026 Dean’s List

The following students have been named to the University of New England’s Dean’s List for the spring semester 2026. Dean’s List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester. **Gorham:** George Allison, Zeanna Barrera, Addison Canty, Andre Dube, Kylie Green, Savanna Harvey, Emerson Homa, Kathryn LaPierre, Morgan Walton and Marissa Wilson **Windham:** Maddox Arbour, Emma Chasse, Isabella Clapp, Ashley Clark, Jasmin Gil, Alexis Livingston, Olivia Moreno and Alexander Yeaton

Anastasia Dolley named to University of Hartford’s Dean’s List and President’s List for Spring 2026 Semester

West Hartford, CT – The University of Hartford is pleased to announce that Anastasia Dolley, of Gorham, has been named to the University of Hartford’s Dean’s List and President’s List for the spring 2026 semester. The Dean’s List recognizes students achieving superior academic standing. The requirement, with some exceptions, is a grade point average of at least 3.0 and no grade below C. The President’s List recognizes a select group of students reaching the highest level of academic standing. To be placed on the President’s List, students must maintain a GPA of at least 3.75 and receive grades of C or better.

Brown, of Gorham, earns degree from Clark University

Worcester, MA – Kaylin E. Brown, of Gorham, received a degree during Clark University’s Commencement exercises on Monday, May 18. Brown graduated cum laude with a Bachelor of Science in Biology and Psychology.

Stonehill College Spring 2026 Dean’s List

Easton, MA – Stonehill College is pleased to recognize the students named to the Spring 2026 Dean’s List. To qualify for this honor, undergraduate students must have achieved a semester grade point average of 3.50 or higher with a minimum of 12 credits from courses graded with standard letter grades. Hannah Bickford of Gorham and Molly Plati of Windham

Lauren Bachner, of Gorham, earns Bachelor’s degree from Nazareth University

Rochester, NY – Lauren Bachner, of Gorham, graduated Magna Cum Laude from Nazareth University with a bachelor’s degree in biology and Toxicology during the 99th Commencement ceremony on campus at the Golisano Training Center on Saturday, May 16, 2026.

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

FARMINGTON - The first time I visited Shiloh Pond, I did not know its conservation history. It was just a recommendation for a place to go, something new to do on a bright and beautiful summer morning. It does have a history, of course: linked to both the Town of Kingfield and the High Peaks Alliance. If you have not been yet, it is well worth an excursion. We visited for the first time last June. After parking next to a gate blocking further vehicle access, we got out and made our way on foot to the water (having tragically forgotten to bring bug spray, an itchy mistake I’ve not since repeated). The walk is short, maybe ten or fifteen minutes down the forested trail if you, like me, have a little kid in tow. But

when you get there, just past the stashed canoes and the “Fly Fishing Only” signs, you spill out of the woods onto the narrow banks of the pond itself. Frogs and fry fled as we dipped our toes in the shallows, while a gentle breeze tousled the surface of the clear water. If you chance upon this place on a day when no one else is there, I hope the stillness and the scenery also strike you. Pines and boulders close ranks to ring the water’s edge in a way that is almost protective and, in misty morning light, hauntingly beautiful. Except for the stashed canoes and the trail, there’s no real sign of human presence here. Paddling the pond’s perimeter didn’t take long, but long enough for the kind of



quiet I love so much to make its presence felt through the utter absence of modern distraction. To the west, a few peaks, smaller in the foreground, taller beyond, crowd the horizon to give the place unexpected gravitas. I can’t quite articulate



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

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

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