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July 2026 • Volume 24 Issue 7

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

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



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

Name: _____
Address: _____
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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 as learning her ABC’s. She very confidently told us, A is for Apple; B is for Boy, C is for Cat....then hesitation. She faltered... D is for....? D is for.....? Then she jumped up and excitedly announced: D is for Dhost!! - Ann of Farmington



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Congratulations to Detective Dennis Lowe!



The Oxford County Sheriff’s Office is proud to recognize Dennis Lowe for being honored with the AAA Traffic Safety Champion Award at the 2026 Maine Impaired Driving Summit in Portland. Detective Lowe was awarded for his exceptional dedication and leadership in advancing traffic safety and reducing impaired driving by work done as a drug recognition expert and reconstructionist. It was also mentioned in his award that he was responsible for saving the life of a traffic crash victim who had a medical emergency that he recognized her impaired, and most likely saved the victim’s life. As a traffic reconstructionist his commitment to traffic safety and his passion for protecting others have made a lasting impact throughout Oxford County and beyond. This recognition is a testament to the hard work, professionalism, and dedication he brings to the mission every day. <https://www.facebook.com/oxfordcountymaine/>



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MAINE CALENDAR

2026

JULY

July 29 - Violin/Viola Duo, 3:00-3:45 p.m., Rufus Porter Museum of Art & Ingenuity, 121 Main St., Bridgton.

July 29 - Candlelight Concert (Flute/Cello/Piano Trio), 7:00 – 7:45 p.m., Waterford Congregational Church, 15 Plummer Hill Rd., Waterford.

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.

August 8 - First Universalist Unitarian Church Everything Blueberry Bake Sale, 9 a.m. to noon, 479 Main Street in Norway.

MONTHLY MEETINGS

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.

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

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.

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.

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.

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.

LEWISTON: Renewal Addiction Ministry. Applying biblical truth to the root of addiction. Every Friday 630pm. 89 Birch Street Lewiston @The Root Cellar. Alex Theriault 207-274-1570

NORWAY: Norway Community Lunch program, Wednesdays from 11:15 a.m., to noon, First Universalist Church of Norway Concert Hall, 479 Main Street, Norway.

LEWISTON: Maker Mondays at Lewiston Public Library, March 2, 16, April 6 and May 18, Couture Room, Lewiston Public Library, 200 Lisbon St., Lewiston, ages 18 and up, beginners welcome, FMI contact 207-513-3134 or lplc@lewistonmaine.gov.

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

207-274-1570.

MECHANIC FALLS: Mechanic Falls Church of the Nazarene. Sundays: Fellowship 11:30, Morning Worship 12:00 p.m. Wednesdays: Bible Study 6:00 p.m., Prayer Meeting 7:00 p.m.

NORWAY: Oxford Hills Honeybee Club, 1 p.m., second Saturday of the month, First Universalist Church, 479 Main St., all welcome, cpeaston@megalink.net.

NORWAY: Serenity Seekers Al-Anon newcomers meeting 6:15-6:45 p.m. followed by Regular Meeting 6:45-7:45 p.m. at The Hills Recovery Center, 15 Tannery Street, Norway, ME. Every Thursday. FMI serenityseekersnorway@gmail.com

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

CANCELLATIONS None listed.

POSTPONEMENTS None listed.

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

MAINE CALENDAR PAGE

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2026 Sunset Concert Series Lineup

For 2026, most concerts are \$5.00 per person, unless otherwise noted. This provides funds for the Poland Spring Preservation Society to protect and restore the Maine State Building and All Souls Chapel.

Monday August 3rd- “Christie Ray”

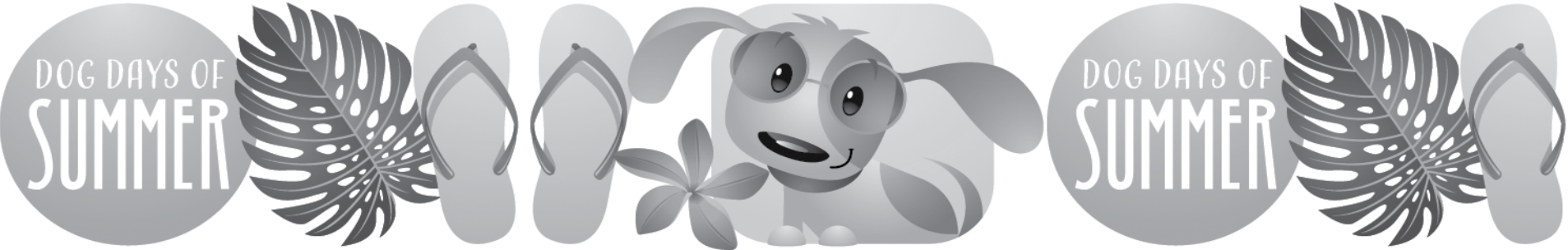
August 10th- “Joan Kennedy Band”

August 18th- “Seth Gallant”

August 24th- “Sigrid Sibley Band”

August 31st- “The World Famous Grassholes”

Our summer concert series would not be possible without our sponsors! Our concert program is placed at local businesses up and down Route 26, and in the surrounding communities, as well as placed in the 200+ hotel rooms at Poland Spring Resort. A great way to get your business name out in the community, and our visitors are always looking for something to do during their stay at Poland Spring!



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Math Blocks

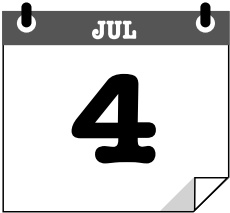
Fill in the missing blocks with numbers between 0-20.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

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

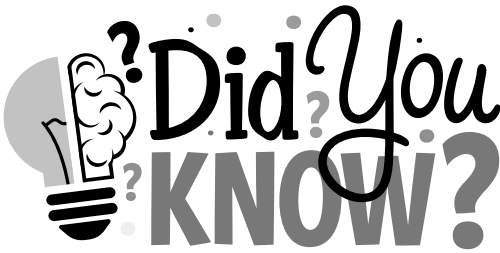
NEW WORD

HUMIDITY

the amount of water vapor in the atmosphere

How they say that in...

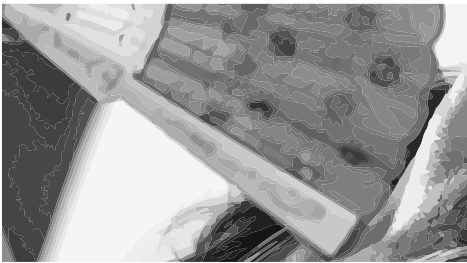
English: Hot
Spanish: Caliente
Italian: Caldo
French: Chaud
German: Heiß



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

STUDENT NEWS

SNHU announces Spring 2026 President’s List

Manchester, NH – It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Spring 2026 President’s List. The spring term runs from January to May.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President’s List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Kylie Ward-Fortier of South Paris, Jessica Ward of Otisfield, Rebecca Boughter of Otisfield, Aila Pawlowski of Norway and Brian Mahoney of Harrison.

Olivia Hamilton named to the Dean’s List at Tufts University

Medford, MA – Olivia Hamilton, Class of 2029, of Raymond, was named to the Dean’s List at Tufts University for the fall 2025 semester. Dean’s List honors at Tufts University require a semester grade point average of 3.4 or greater.

Katharine Schulz named to Simmons University Dean’s List

Boston, MA – Katharine Schulz of Oxford has been named to the 2025 fall semester Dean’s List at Simmons University in Boston.

To qualify for dean’s list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the letter grade system.

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

SNHU announces Spring 2026 Dean’s List

Manchester, NH – It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Spring 2026 Dean’s List. The spring term runs from January to May.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean’s List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Ashly Rolfe of Oxford, Isabelle Spofford of Norway and Gretchen Springer of Norway

Grace Starr named to the Dean’s list at Tufts University

Medford, MA – Grace Starr, Class of 2027, of Oxford, was named to the Dean’s List at Tufts University for the fall 2025 semester. Dean’s List honors at Tufts University require a semester grade point average of 3.4 or greater.

Ella Pelletier named to Spring 2026 Dean’s List

Easton, MA – Ella Pelletier, a member of Stonehill College’s Class of 2029 from South Paris, has been named to the Spring 2026 Dean’s List.

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



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Grilled kebabs made a flavorful addition to any backyard barbecue

Grilling enthusiasts are always on the lookout for something new to cook over an open flame. While traditional staples like steaks, hamburgers and hot dogs will never lose their favor among lovers of grilled food, expanding one’s grilling repertoire can open doors to new flavors and ensure meal time is always something to look forward to.

Fans of foods cooked over an open flame who want to try something new and flavorful can try this recipe for “Grilled Pork and Mango Kebabs With Chili Sauce” courtesy of Lines+Angles.

Grilled Pork and Mango Kebabs With Chili Sauce

Makes 4 Servings

For the chili sauce:

- 1/2 cups rice wine vinegar
- 1 tablespoon sesame oil
- 1 tablespoon fish sauce
- 1/2 teaspoon salt
- 1/4 teaspoon caster sugar
- 2 red chilies, sliced

For the kebabs:

- 2 tablespoons whole grain mustard
- 1 cup pineapple juice
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 teaspoon ground black peppercorns
- 1 1/4 pound pork tenderloin, trimmed of silver skin and cut into chunks
- 1 large ripe mango
- Olive oil, for brushing
- 1 handful small mint leaves



1. For the chili sauce: Whisk together all the ingredients for the chili sauce in a small saucepan. Warm over a low heat, stirring until the sugar and salt have dissolved. Set aside until needed.
2. For the kebabs: Preheat a grill to a moderately hot temperature.
3. Stir together the mustard, pineapple juice, lime juice, salt, and pepper in a large mixing bowl. Add the pork, stir well to coat, and set aside until the grill is preheated.
4. In the meantime, halve and pit the mango. Cut away the skin before cutting the flesh into cubes.
5. Thread the pork onto the skewers, alternating with the mango flesh. Brush the grates of the grill with some olive oil.
6. Lay the kebabs onto the grill and leave to cook, turning occasionally, until the pork and mango are lightly charred all over, about 8 to 10 minutes.
7. Remove from the grill to a plate and let rest for 5 minutes, covered loosely with aluminium foil.
8. Scatter with mint leaves and serve with the chili sauce on the side.

Metro

Free Summer Meals for Kids – MSAD 17 Summer Meals Program

Looking for a way to keep your children fueled and ready for summer fun? MSAD 17's Summer Meals Program is back!

- Free meals are available to all children and teens
- Through August 14
- Multiple meal sites throughout the district
- Breakfast and lunch times vary by location
- No registration required
- First come, first served
- Open to any child
- Meals must be eaten on site

Most meal sites operate Monday–Thursday, with the exception of the West Paris Explorers program. Be sure to check the site locations and schedules for specific breakfast and lunch serving times. Help spread the word so every child in our community has access to healthy meals this summer!

<https://www.facebook.com/ohchsvikings/>
<https://www.facebook.com/HealthyOxfordHills>



MEAL SERVICE TIMES & LOCATIONS

	Guy E. Rowe Elementary School	Breakfast - 9:30 - 10:30 Lunch - 12:15 - 1:00
	Harrison Elementary School	Breakfast - 9:30 - 10:30 Lunch - 12:15 - 1:00
	Oxford Elementary School	Breakfast - 9:30 - 10:30 Lunch - 12:15 - 1:00
	Oxford Hills Comprehensive High School	Breakfast - 7:30 - 8:30 Lunch - 11:30 - 12:30
	Oxford Hills Middle School	Breakfast - 9:30 - 10:30 Lunch - 12:15 - 1:00
	Paris Elementary School	Breakfast - 9:30 - 10:30 Lunch - 12:15 - 1:00
	West Paris Explorers	Breakfast - 8:00 - 8:45 Lunch - 11:30 - 12:15
	Roberts Farm	Breakfast - 8:00 - 8:30 (no lunch at this site)

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Developing healthy eating habits for children

Good nutrition and physical activity throughout life translates into good mental and emotional health and decreases the risk of illness and disease. One in four children are overweight or obese between the ages of 2 and 5, says Paula Peters, Professor of Human Nutrition, Kansas State University. Americans have slipped into many unhealthy habits, and with the growing awareness of this, we are in the process of correcting adult and childhood obesity. Trying to correct obesity in the US is a cultural process, cultural changes happen slow and over time.

As far as prevention, there is so much we can do with children at a young age, to teach them healthy habits that will last a lifetime. If you are a parent or a grandparent or have the opportunity to mentor a child, here are some suggestions;

1. Don't use food as a reward for good behavior or performance. Instead try other rewards, such as spending time with them, going for a walk with them (if old enough to walk), playing one of their favorite games or reading a book together.
2. Avoid putting a child on a diet. That just sets them up for eating disorders and self-image challenges later in life. Instead, offer healthy food options and increase physical activity opportunities such as helping with household chores and not allowing them to sit in front of the TV or computer for lengthy periods of times.
3. Planting a garden with a child teaches them about fresh vegetables that they will be more eager to eat knowing they helped in grow them. It teaches them how to work and nurture. It also teaches them

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.

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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.

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

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

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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 di-

rection when turning, which can increase the chances of hitting other vehicles, signs and even pedestrians. Carparts.com notes that the longer the distance between the rear wheels to the back bumper of the trailer, the greater the tail might swing. Managing and calculating swing is one of the reasons why practicing before taking to the open road can be so helpful.

- Adjust the trailer brakes. Consumer Reports notes that many trailers have electric brakes, and these brakes can and should be adjusted depending on what’s being towed. When towing a heavy boat, the brakes should be set to use a lot of force. But brakes should be adjusted when towing lighter weight to avoid tires locking up and skidding.
- Use the tow/haul mode if your vehicle has one. Many modern vehicles, and particularly trucks, come with a tow/haul mode option. When engaged, that system automatically adjusts the transmission when it senses a vehicle is going downhill. That takes some strain off the brakes and generally makes driving with a trailer in tow a lot safer.

These tips can make driving with a trailer in tow more comfortable. Additional tips are available at consumerreports.org and carparts.com.



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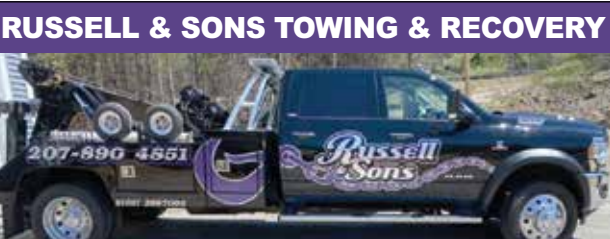
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Celebrating the new Maine Museum



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 bedsreads, and approximately 300 recorded oral histories from those who lived and worked in the region.

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MAINE OUTDOORS

v. Paul Reynolds

DIRECTIVE TO OPEN FEDERAL LANDS TO HUNTING AND FISHING

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

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

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

Here are some key points in the proposal:

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

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



Submitted photo

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

- Supporters—including many hunting and fishing organizations—argue that:**
- Hunters and anglers fund conservation through licenses and excise taxes.
 - More access will help recruit new sportsmen and women.
 - Rural communities could benefit economically.

- Critics worry that:**
- Some refuges were created primarily as wildlife sanctuaries.
 - Increased access could disturb sensitive habitats or spe-

- cies if not carefully managed.
- Local refuge managers may lose flexibility.

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

- Maine’s federal refuges include:**
- Moosehorn National Wildlife Refuge
 - Aroostook National Wildlife Refuge
 - Sunkhaze Meadows National Wildlife Refuge
 - Maine Coastal Islands National Wildlife Refuge
 - Rachel Carson National Wildlife Refuge
 - Petit Manan National Wildlife Refuge

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

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

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



THE HEALTHY GEEZER

Fred Cicetti

VITAMIN D

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

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

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

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

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

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

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

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

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

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

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

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

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MOVIE REVIEW *by Lucas Allen*

MINIONS & MONSTERS

(Universal Pictures-Illumination Entertainment)

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

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

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

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

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

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

like a combination of his “South Park” characters Cartman and Stan.

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

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

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

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

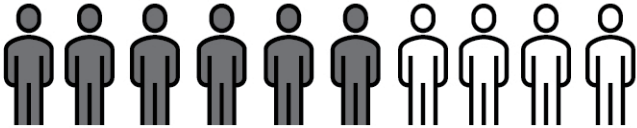
THE CRITIC’S RATING: 2.25 Stars (Out of Four)

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

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

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

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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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Godsmack Concert Supporting Suicide awareness and prevention

By Mark Huard

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

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

Julia Stone of Oakland summed up the evening perfectly:

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

While the music was outstanding, one of the most powerful moments of the night came during “Under Your Scars.” Before performing the song, Sully Erna spoke about the meaning behind the lyrics and the message he hopes people take with them.

Ethan Whitish of Fairfield shared what stood out



Photos by Casey Dugas/ Central Maine Photography Staff

to him most:

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

That message is at the heart of The Scars Foundation, a nonprofit established by Sully Erna after losing an overwhelming number of fellow

artists and close friends to suicide. Those heartbreaking losses inspired him to use his platform to raise awareness about mental health, depression, and suicide prevention.

The Scars Foundation works tirelessly to help change the conversation surrounding mental health while supporting those facing struggles that are often hidden from the world. Whether

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

As Sully Erna so powerfully says:

“Scars come in all forms. They are both physical and emotional. We are ALL im-

perfect in some way—that’s what makes us perfect and unique. Instead of hiding or internalizing them, own them and show them off to the world. Let them empower you so you can be a voice for everyone who can’t be.”

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

Godsmack delivered an unforgettable performance,

but perhaps the greatest gift they gave the audience wasn’t just the music—it was the reminder that no one is alone, that healing is possible, and that our scars are symbols of strength, resilience, and hope.

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

ATTENTION 2026 Maine Election

Congratulations to those who announced your campaign for public service as State Representative, State Senator Seats or Governor. Turner Publishing is proud and happy to promote your campaign to everyone in your district.

Due to the fact that we receive so many announcements, and in an effort to give each candidate all the attention deserved for this public service mission, we are asking all candidates to call the office at 207-225-2076 or email advertising@turnerpublishing.net to get proper placement.

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Thank you and good luck in 2026
Turner Publishing Staff
and Publisher, Jodi Cornelio



Tragedy of the “Posted” Commons

By Dan Rhodes

No Mainer needs to be reminded of the absolute gift of this state’s natural splendor. Even the simple privilege of breathing fresh air might seem trivial, but there are many places where even clean air is a novelty. I have visited places where, in their drawings, schoolchildren color the sky brown or yellow, reflecting their daily reality because of rampant air pollution. Even today, when I’m on the trail on a crisp Maine morning, the sun is climbing, and the sky is a perfect shade of deepest blue, I think about those kids.

Nowhere is perfect, and even someone not from Maine can see it has its own share of real, pressing issues. But still, I am constantly in awe of this land, of this seeming sanctuary of greenery, rivers, beaches, and mountains. Maine’s tradition of public access to land fosters collective appreciation of these gifts. While not unique in the world, this (excellent) tradition is new to me. Different places call it different things, but ultimately, what it comes down to is the “right to wander.”

Of course, there are exceptions, and access to private land, especially, is con-



Submitted photo
HPA’s Lead Rec Ranger, Matt Kusper, of Rangeley, removing Posted signs from the newly conserved lands in Barnjum.

ditioned on the landowner’s knowledge and permission. I would never argue landowners don’t have a right to determine who comes and goes on their own land, but I applaud every private landowner who commits to honoring this tradition. When the dreaded “Posted” signs pop up in a place

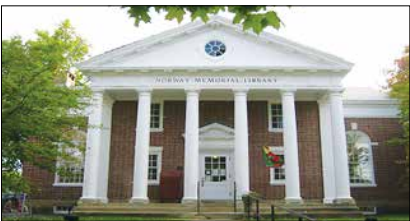
that was previously accessible, it has a real and tangible impact on everyone in the community. Whether new landowners are simply unaware of Maine’s tradition of public access or old landowners have a grudging change of heart because land users abused their goodwill, the result

is the same: something shared is lost, and the wild we can wander gets just a bit smaller.

So many Mainers have an interest in seeing public access continue, but even so, over time, more Posted signs appear. There is a very real race going on between those who would preserve and enshrine public access, and those who (for whatever reason) decide to take that access away, to keep it for themselves. But for every Posted sign that goes up, countless other noteworthy accomplishments are preserving public access. I’m proud to support the High Peaks Alliance and groups like them in leading this effort throughout Maine.

It’s not my place to tell Mainers what they have: you know already, and better than I ever will. But having lived in so many other places where the expectation is that anything other than your own land (if any) and public spaces are strictly off limits, I do hope Mainers recognize how fragile this endowment of natural beauty is, and that the danger is not sudden change but rather the slow erosion of access, heralded by simple signs that read “Posted.”

Norway Memorial Library welcomes Critter Crate exploration with T.R.A.C.KS. program



The Norway Memorial Library children’s department welcomes Meredith Josselyn of T.R.A.C.K.S. Environmental Education Programs. She will present a Critter Crate Exploration at the Norway Memorial Library on Tuesday, August 4, from 2:00-3:00 p.m. Participants will engage with museum-quality replicas of skulls, fur, feathers, talons, teeth, eggs, and scat for 15 Maine wildlife species. Why do beavers have orange teeth? How heavy is a bald eagle egg? Come find out on August 4th!

Norway Memorial Library is located at 258 Main Street in Norway, Maine. For more information, visit www.norwaymemorallibrary.org or call 207-743-5309. All programs are free.





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