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Coop is hiding somewhere in this publication...

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



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New Balance Foundation commits \$1 Million to Skowhegan River Park as boardwalk construction begins

SKOWHEGAN—Main Street Skowhegan announced a transformational \$1 million naming gift from New Balance Foundation to the Skowhegan River Park, alongside the start of construction on Phase 1 of the project's riverfront boardwalk.

New Balance Foundation's investment represents one of the largest private gifts ever made toward the Skowhegan River Park vision and will support a range of community recreation assets, including naming rights for the New Balance Foundation Boardwalk and the New Balance Foundation Basecamp Gear Library. Together, these investments will help advance a once-in-a-generation effort to reconnect downtown Skowhegan to the Kennebec River through recreation, public access, community building, and economic opportunity.

"The New Balance Foundation is committed to investing in vibrant communities and bright futures through sport," said Molly Santry, Director of the New Balance Foundation. "This innovative River Park project along the Kennebec River



Submitted photos

er will more fully connect people to all that the river has to offer—from river sports to outdoor entrepreneurship and education. New Balance and the New Balance Foundation have been part of the Central Maine community for more than 40 years, and we are proud to support this transformational opportunity to help more people, residents

and visitors alike, get outdoors and stay active."

The groundbreaking ceremony will celebrate the start of construction on Phase 1 of the riverfront boardwalk, a \$2.3 million project that includes 4,187 square feet of ADA-accessible northern white cedar decking along Skowhegan's downtown riverfront. Construction is scheduled to begin the week

of June 22, with completion anticipated by December 2026.

Funding for Phase 1 was made possible through a combination of public and private investments, including a \$2 million federal Community Project Fund-

ing grant championed by Senator Susan Collins and Senator Angus King, along with a \$334,000 contribution from the Expedia Trail Fund, stewarded through Main Street Skowhegan's partnership with The Conservation Fund.

Momentum continues to build for the Skowhegan River Park vision. Last week, Main Street Skowhegan secured a \$2.5 million Timber for Transit grant from the Northern Border Regional Commission to fund construction of Phase 2 of the boardwalk, which is scheduled to begin in spring 2027. Looking ahead, Senator Angus King has championed a \$5.6 million Community Project Funding request to support

New Balance
→ Page 2

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While preparing breakfast for my two grandchildren, my 9-year-old granddaughter Arabella and I were having some girl talk. We mentioned how us girls have to stick together.

MY 5-year-old grandson Odin piped in “OH, you’re not a girl Nani?”

Puzzled, I said, “you didn’t know I’m a girl?” His rational explanation was, “well, you had your hair cut really short, so I wasn’t sure.”

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

It was around Halloween time

when our little Susan 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

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New Balance
Page 1

construction of Phase 1 of the whitewater park, including the project’s signature adjustable surf and kayak wave. The request is currently moving through the federal appropriations process for consideration as part of the Fiscal Year 2027 federal budget. Together with a transformational \$1 million naming gift from the New Balance Foundation and approximately \$1.4 million in additional philanthropic and corporate commitments pledged, these developments represent more than \$10 million in funding secured or advanced for the Skowhegan River Park in the last few months.

Together, these investments reflect growing

momentum behind a project that will reconnect downtown Skowhegan to the Kennebec River while creating new opportunities for recreation, tourism, and economic growth.

“The start of boardwalk construction, New Balance Foundation’s transformational investment, and the momentum we’ve built for future phases of the Skowhegan River Park all point to the same thing: this vision is becoming reality,” said Kristina Cannon, President & CEO of Main Street Skowhegan. “After nearly three decades of planning and community engagement, we’re about to see the first physical pieces of the project take shape. At the same time, we’re continuing to advance the next phases—from additional

boardwalk infrastructure to the adjustable surf and kayak wave that will make Skowhegan a nationally recognized river recreation destination.”

The boardwalk is a key component of the broader Skowhegan River Park vision, which combines recreation infrastructure, public access, community programming, and outdoor amenities to reconnect downtown Skowhegan to the Kennebec River. The initiative includes the Northeast’s first adjustable whitewater wave, expanded river access, trails, public gathering spaces, and the New Balance Foundation Basecamp Gear Library, helping ensure that residents and visitors alike can access and enjoy the river. Through its \$1 million investment,

the New Balance Foundation is supporting both the physical infrastructure and community assets that will bring this vision to life. According to a 2025 economic impact study by Fourth Economy, the completed project is projected to generate \$16.6 million in annual economic impact and support 137 permanent jobs throughout the region.

Phase 2 of the boardwalk and promenade, which will add an additional 7,235 square feet of riverfront infrastructure, is currently planned to begin in spring 2027.

The June 29 ground-breaking celebration is open to the public and will bring together community members, downtown business owners, project partners, funders, and local, state, and federal elected officials.

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Maine Calendar

JULY

July 17-19 - Waterford World's Fair, 36 Green Rd, N. Waterford.
July 21 — 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 - Winthrop Heritage Days, Norcross Park Point, 101 Bowdoin St, Winthrop.

MONTHLY MEETINGS

SKOWHEGAN: St. Anthony's Soup Kitchen Parish Hall, 291 Water St., Skowhegan Every Tuesday & Thursday 3-4 p.m.
CORNVILLE: Cornville/Athens Food Cupboard, located at the Cornville Town Hall - West Ridge Road for Cornville, Athens and Brighton residents, 1st Saturday of each month for Farmers' Market and 3rd Saturday of each month for a full Food Cupboard, hours are 9 - 11 a.m., FMI or donations, please call 776-3257.
SKOWHEGAN: St. Anthony's Soup Kitchen Parish Hall, 291 Water St., Skowhegan Every Tuesday & Thursday 3-4 p.m.
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.

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.
CORNVILLE/ATHENS: Cornville/Athens Food Cupboard is open to all residents of Cornville, Athens & Brighton, located at Cornville Town Hall, West Ridge Road, open on the 1st Saturday of each month with new hours 9 a.m. - 12 p.m., FMI please call 776-3257.
PORTER: Sacopee 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.
AUGUSTA: AL-ANON meeting, Sunday evenings, 5 p.m., Unitarian Universalist Church, 69 Winthrop Street, Augusta, both in person and on Zoom (for Zoom info please refer to maineafg.org)
WATERVILLE: Grief through the Holidays support group, Wednesdays from 6:00-7:30 p.m. starting November 13th, Hospice Volunteers of Waterville Area Community Center, 304 Main Street in Waterville, time-limited bereavement group, free. 873-3615 or email jroy@hvwa.org.
WATERVILLE: Downtown Waterville Farmers' Market, every Thursday 2-6 p.m., Head

of the Falls.

SKOWHEGAN: Al-Anon, hybrid meeting, 7-8:00 p.m. every Tuesday, Skowhegan Federated Church, Island Avenue, 1-800-498-1844, www.maineafg.org.
FAIRFIELD: Victor Grange monthly meeting, second Monday of the month, 5:30 potluck, 6 p.m. meeting, all welcome.
MADISON: Music Jams - Open Mic. 1st and 3rd Sunday of each month, 1-4 p.m. Masonic Hall, Madison.
MADISON: The Madison Historical & Genealogical Society will be open for viewing the many Madison's historical displays and usage of genealogy resources every Saturday from 10 a.m. to 2 p.m. at the Old Point Avenue School, 108 Old Point Avenue, Madison. New members and volunteers are always welcomed. Contact person Judy Mantor, president at 696-5810.
SKOWHEGAN: St. Anthony's Soup Kitchen, Parish Hall, 291 Water St., Every Tuesday & Thursday 3-4pm For more information or to help: (207) 474-2039.
WATERVILLE: A Service for Veterans, Veteran Service Officer from the Bureau of Veterans' Services will be available to meet with you from 8 a.m. – 2 p.m. first Thursday of the month at the Muskie Community Center, 38 Gold Street, Waterville, appointments are 30 minutes. To reserve your private appointment, call (207) 873-4745.

WATERVILLE: Family Caregiver Education and Support Group, Third Wednesday, Monthly 1 – 2:30 p.m., Spectrum Generations' Muskie Community Center, 38 Gold Street, Waterville, to learn more, visit the front desk receptionist at the Muskie Center or call (207) 873-4745.
WATERVILLE: Central Maine Square Dance club offering beginner lessons, every Tuesday 6:30-8:00 p.m., George Mitchell School Dutton St., Waterville, cost is \$5.00 per lesson, FMI call Bob at 447-0094.

CANCELLATIONS None listed.
POSTPONEMENTS None listed.

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

MAINE CALENDAR PAGE

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Scam Alert Bulletin Board

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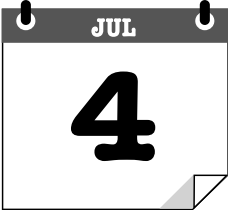
Fill in the missing blocks with numbers between 0-20.
The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals on the bottom.

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.

Get Scrambled

Unscramble the words to determine the phrase.

THO NDA ESTYAM

Answer: Hot and steamy

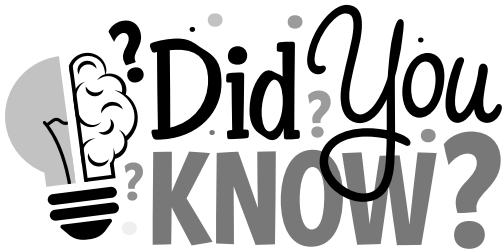
NEW WORD

HUMIDITY

the amount of water vapor in the atmosphere

How they say that in...

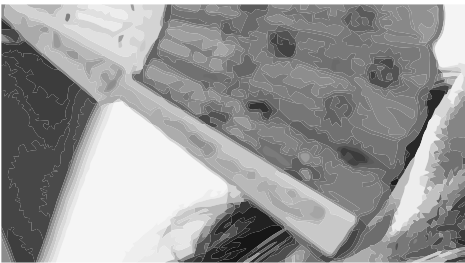
English: Hot
Spanish: Caliente
Italian: Caldo
French: Chaud
German: Heiß



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."



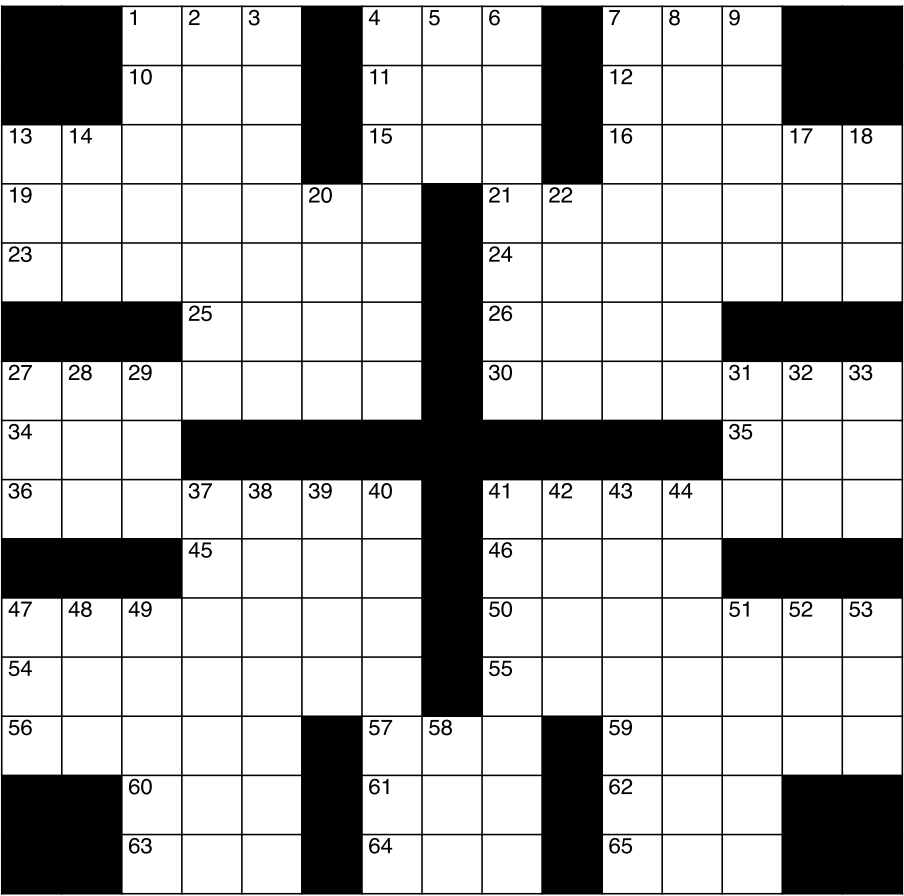
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Paper fan

Crossword



CLUES ACROSS

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
50. Discuss again

54. A tool to inject
55. Support
56. Informal term for money
57. Catch doing something wrong
59. Prehistoric people
60. Large African antelope
61. Vehicle
62. Georgia rockers
63. High resolution microscope
64. Pitching statistic
65. Attempt

CLUES DOWN

1. Indoor plant
2. Marketable
3. Rather
4. Collected
5. A bag-like structure in a plant or animal
6. Irish hip-hop trio
7. Ageless
8. Course requirements
9. Pokes at
13. TV channel
14. They ____
17. Cooking material
18. Investment account
20. Iron-containing compound
22. Swiss river
27. Small coin (French)

28. Electronic countermeasures
29. Taxi
31. Helps little firms
32. Unhappy
33. Midway between northeast and east
37. Glowing
38. Item to be addressed
39. An informal body of friends
40. Intrinsic nature of something
41. Neural structures
42. Brews
43. A place for ships
44. One who sings holiday songs
47. Sino-Soviet block (abbr.)
48. Scottish town
49. The most worthless parts
51. Sticky
52. Put to work
53. Precursor to the EU
58. Retrospective analysis (abbr.)



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

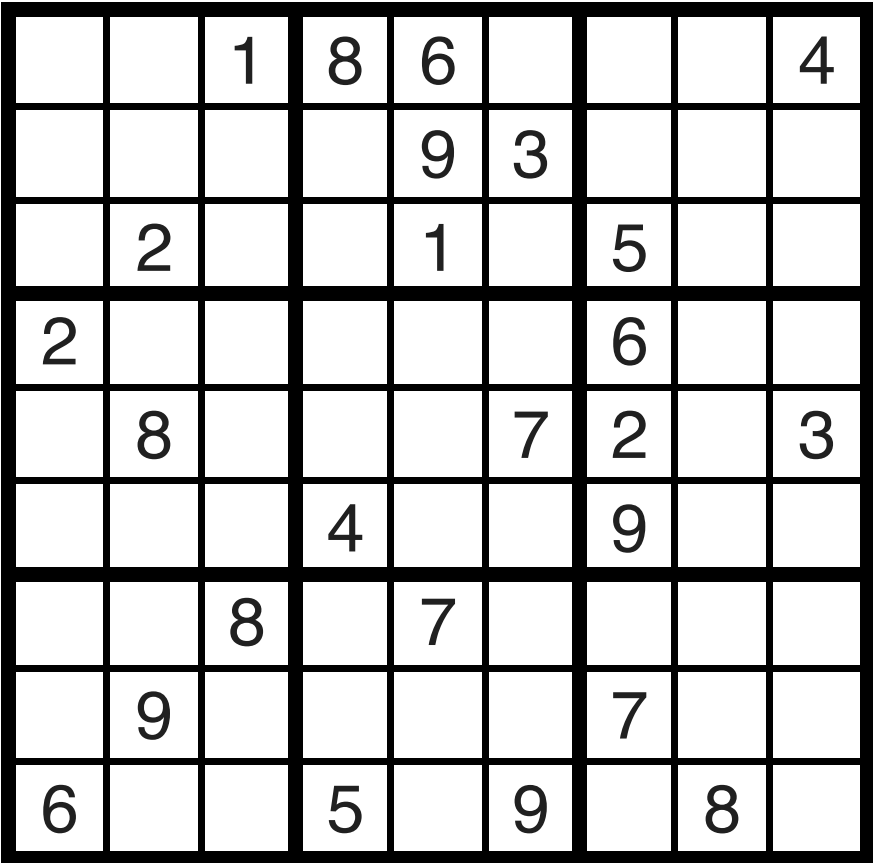
Clue: Grill fuel
- D.

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

AT THE GRILL

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

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 some thing 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.

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



ple 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

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 highpeaksalliance.org.



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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 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 growing them. 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. 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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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 growing them. 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.



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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.



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HAVE YOU FOUND THE PHONY AD?

Driving change- KVCAP's Annual Memorial Golf Tournament raises vital funds for public transportation

MADISON – Swing big, change lives! The Kennebec Valley Community Action Program (KVCAP) recently hosted its 12th Annual Tee-off for Transportation Mark K. Johnston Memorial Golf Tournament on June 26 at the Lakewood Golf Course in Madison. The event was a resounding success, bringing community members and golf enthusiasts together for an incredible cause.

Thanks to the wonderful generosity of participants and contributors, the tournament raised \$22,400 in private funds to support public transportation. Even better, these funds will be matched by federal transit funding, infusing a much-needed \$44,800 directly into KVCAP Public Transportation services!

“Our Public Transportation provides curb-to-curb service to over 25,000 residents in Kennebec and Somerset counties each year. Funding for operations is provided by the Federal Transportation Administration, the State of Maine, and local match contributions. The proceeds raised from our tournaments provide up to 20% of our annual required local match, which is significant,” said Kirk Bellavance, KVCAP’s Senior Transportation Director.

The tournament continues to be held in memory of Mark K. Johnston, KVCAP’s former Chief Financial Officer, who served in the organization for over 20 years. Mark, who passed away in 2018 and is greatly missed, was a strong supporter of Community Action, dedicating his efforts to helping people and changing lives.

The competition on the course was stellar, with several teams and individuals taking home top honors:

- First Place Gross Score: David Pelton, Bill Alford, Sam Hight, and Jon Moody
- Second Place Gross Score: Ride With Us – Brent Nunn, Dustin Belanger, Camden Green, Jordan McGowan
- First Place Net Score: Wipfli – Danielle Martin, Troy Martin, Dennis Martin, Riley Geyer
- Second Place Net Score: Team DOBA – Kirk Bellavance, Carl Laroche, Jacques Chabot, Maureen Heath
- Closest to the Pin: Jeff Rafuse, Riley Geyer, Derek McCarty, and Zack Pollard, who each scored closest to the pin on one of four holes.
- Longest Drive Winners: Danielle Martin and Riley Geyer.

An impactful event like this is only possible with the backing of amazing community partners. KVCAP sends a huge thank you to:

- Platinum Event Sponsor: E.W. Littlefield Inc.
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We are deeply grateful to everyone who contributed to making this event a success.

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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 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 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.

HAVE YOU FOUND THE PHONY AD?



MAINE OUTDOORS *v. Paul Reynolds*

RANGELEY FLY FISHING FESTIVAL

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

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

Sponsored by the Rangeley Lakes Region Chamber of Commerce, the festival was a two-day affair with lots to see and do. And a great chance to get caught up with old friends and make some new ones. Friday night at the Inn, two well-known and unforgettable fly-fishing characters

had their names added to the Fly-Fishing Legends Honor Board. The new inductees were Rangeley guide Herb Ellis and angler and artist Dave Tibbetts. Both men follow in the long shadows cast by such local and even national angling icons as Flyrod Crosby and Carrie Stevens, not to mention Herb Welch, Don Palmer, Ed Grant, Bud Wilcox and others.

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

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

For me, one of the most remarkable and eye-catching displays was a number



A Quebec brookie mounted by the late David Footer.

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



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

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, Outdoor Book

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SELF-HELP TIPS

by Dr. Anna Staehli Wiser



Anna Staehli Wiser
DPT, FAAOMPT,
Dip. Osteopractic,
Cert. SMT, Cert. DN

The Posture Myth Most People Get Wrong

If you’ve ever been told to “sit up straight,” chances are you were also told to pull your shoulders back. While well-intentioned, this cue can worsen symptoms in people with neck and upper back pain. Pulling the shoulders back does not significantly reposition the spine, and instead often increases muscular tension in the neck and upper shoulder region.

Why “Shoulders Back” Can Increase Neck Tension

Actively retracting the shoulder blades increases activity in the levator scapulae and upper trapezius, both of which attach to the cervical spine. Increased activation of these muscles has been associated with greater neck pain and muscle fatigue in individuals with postural dysfunction and prolonged sitting habits.^{1,2}

A Better Starting Point: “Lift Your Sternum”

A more effective cue is to focus on gently elevating the

Rethinking Good Posture: Why Pulling Your Shoulders Back Isn’t the Answer

sternum. This subtle adjustment promotes thoracic extension, improves rib cage positioning, and allows the head to balance more efficiently over the spine. Improving thoracic posture has been shown to reduce mechanical strain on the cervical spine and decrease neck pain.³

What Better Posture Actually Does

Rather than forcing the shoulders backward, optimal posture reflects a stacked alignment in which the rib cage, spine, and head are balanced. This reduces the workload of cervical extensors and improves overall biomechanical efficiency.^{3,4}

Awareness Alone Is Not Always Enough

While “sternum up” is a useful cue, long-standing postural habits often involve structural adaptations. Prolonged flexed postures are associated with thoracic spine stiffness and reduced mobility, which can limit the ability to achieve upright positioning without intervention.⁵

Restoring Mobility: Why the Spine Needs Help

Manual therapy, including joint mobilization and manipulation, has been shown to improve thoracic mobility and reduce neck pain when combined with exercise.⁶ These interventions help re-

store the movement necessary for improved posture, making upright positioning more natural and sustainable.

Strength Matters: Supporting Your Posture

Postural endurance depends on the strength of spinal stabilizers, including the erector spinae and deep cervical musculature. Strengthening these muscle groups has been shown to improve pain and function in individuals with chronic neck pain.⁷ Without sufficient endurance, individuals tend to revert to slouched positions due to fatigue.

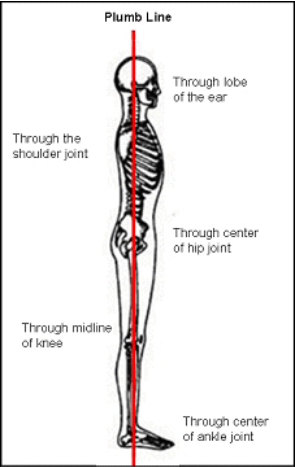
The Role of Passive Support

Even with improved strength and awareness, prolonged sitting leads to muscle fatigue. The use of lumbar support has been shown to help maintain spinal alignment and reduce strain on the lumbar and thoracic regions during seated tasks.⁸ Placing a lumbar support cushion in the small of the back can significantly reduce the tendency to slump over time.

The Big Takeaway

Good posture is not about forcing your shoulders back—it is about creating a system where your body can maintain alignment comfortably and efficiently.

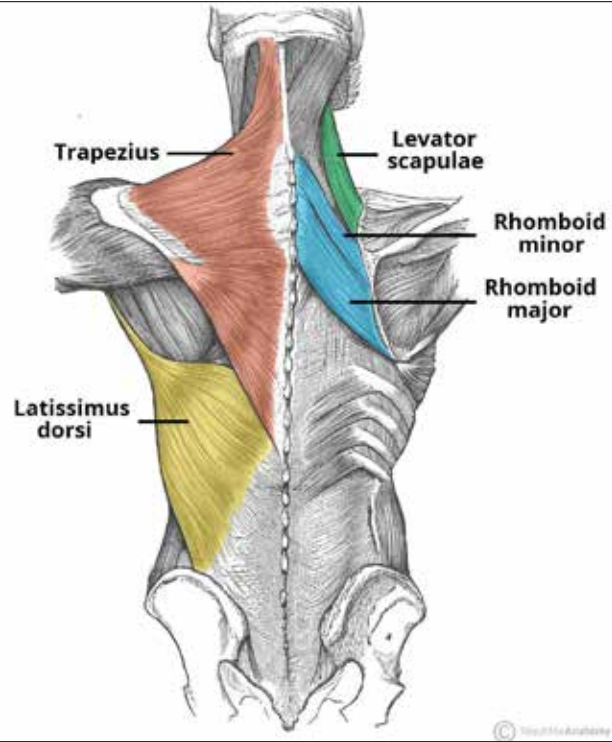
- Start with “sternum up”
- Restore mobility where



- needed
- Build strength for endurance
- Use support when necessary

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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 philoso-

phy 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



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.

Silver Street branch of New Dimensions FCU. It included (from left to right): Sandra Isaac, Angela Hallee, Emi Paradise (MCCP), Jon Paradise (MCCP - Board

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

New Dimensions FCU extends heartfelt

gratitude to every sponsor, volunteer, participant, and attendee who helped make this year’s event a success. Your generosity continues to make a real difference

in the lives of Maine children and families.

For more information or to get involved in future events, please visit: <https://www.facebook.com/cruisinn4acure/>

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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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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 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 imperfect in some way—that's what makes us perfect and unique. Instead of hiding or internalizing them, own them and show them off to the world. Let them empower you so you



Photos by Casey Dugas/ Central Maine Photography Staff

can be a voice for everyone who can't be."

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

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

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



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