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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

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 per-

forming 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 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.

Photos by Casey Dugas/ Central Maine Photography Staff



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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.

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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

STUDENT NEWS

Shenandoah University’s Legacy Mindset Business Class announces 2026 Awards

Winchester, VA -- Elizabeth Quinn, of Skowhegan, recently completed the 2026 Legacy Mindset Business Class in Shenandoah University’s School of Business and was recognized during the Legacy Business Class Awards, which celebrate students for outstanding leadership, fundraising achievement and service.
Quinn received a Top 10 Sales Award for fundraising excellence. Quinn was also selected to join the First Bank Student Advisory Council, a partnership designed to create a mutual learning experience between First Bank and Shenandoah University students.

Winslow resident Alaina Lambert named to Worcester Polytechnic Institute’s Spring 2026 Dean’s List

Worcester, MA - Worcester Polytechnic Institute (WPI) has announced that Alaina Lambert, a member of the class of 2026 majoring in Biology and Biotechnology, was named to the university’s Dean’s List for academic excellence for the spring 2026 semester.
The criteria for the WPI Dean’s List differ from that of most other universities as WPI does not compute a grade point average (GPA). Instead, WPI students are named to the Dean’s List based on the amount of work completed at the A level in courses and hands-on projects.

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MAINE CALENDAR

2026

JULY

July 19 - Concert at Norcross Point, Jim Sharkey: Irish Music, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

July 26 — Leavitt Institute Class of 1963 will observe the 63rd class reunion on July 26, 2026 at the home of Dale Talbot. Come and get acquainted again with our classmates (family). It will be a great time. Contact Dale at 207-251-5788 or Marion at 207-946-5579.

July 26 - Concert at Norcross Point, Bella Ann, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

Aug 2 - Concert at Norcross Point, Calypso Soldiers, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

Aug 9 – Concert at Norcross Point, The DE Experience, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

August 12 - Mid-Maine Chamber of Commerce Business After Hours, 5:30-7:00 p.m., Children’s Discovery Museum, 7 Eustis Parkway, Waterville, be sure to bring your business cards.

Aug 16 - Concert at Norcross Point, LQH, 2-4 p.m., Norcross Point, Bowdoin St.,

Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

AUGUST

Aug 23 - Concert at Norcross Point, Katie Daggett & Ed Desjardins, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

August 28 - Waterville Shred-It Day sponsored by Maine State Credit Union, 9 a.m. - noon, 81 Grove Street, Waterville, bring old paperwork, such as bank statements, credit card bills, pay stubs, ATM receipts, free, open to public.

Aug 30 - Concert at Norcross Point, Keiyana Marie Trinidad, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

MONTHLY MEETINGS

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.

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.

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.

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.

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.

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

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.

MAINE CALENDAR PAGE

If you are hosting a free community event and would like it added to our calendar, please email your details to: advertising@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster. Our Maine Events calendar page is FREE for free community events. If you are a business and/or charging admission/fee, there is a small charge for a display ad on these pages. Email: advertising@turnerpublishing.net. Call 207-225-2076 for prepayment options. Events for the Maine Events Calendar should be received three weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: www.turnerpublishing.net/pdf/Deadlines.pdf

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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. Events for the Maine News Calendar should be received two weeks before the event in order to be considered for publication. Please refer to

our deadline chart at this link for specific publication deadlines: <https://www.turnerpublishing.net/pdf/Deadlines.pdf>. Email your event information to articles@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster.

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Animal FACT:

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

Answer: Dogs

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	6	10

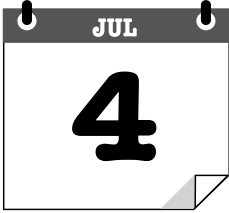
Solution

Get Scrambled

Unscramble the words to determine the phrase.
THO NDA ESTYAM

Answer: Hot and steamy

THIS DAY IN HISTORY



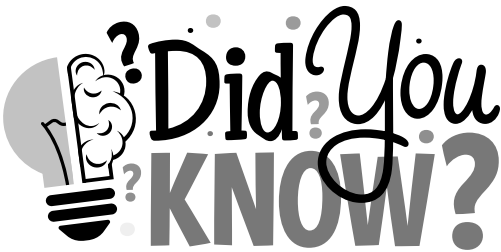
- 1634:** The city of Trois-Rivières is founded in New France.
- 1776:** The United States Declaration of Independence is adopted by the Second Continental Congress.
- 1939:** Lou Gehrig informs the crowd at Yankee Stadium that he is retiring from baseball due to his illness.

NEW WORD

HUMIDITY
the amount of water vapor in the atmosphere

How they say that in...

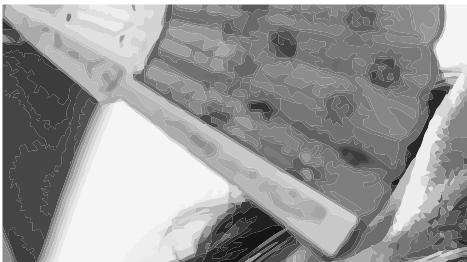
- English:** Hot
Spanish: Caliente
Italian: Caldo
French: Chaud
German: Heiß



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."



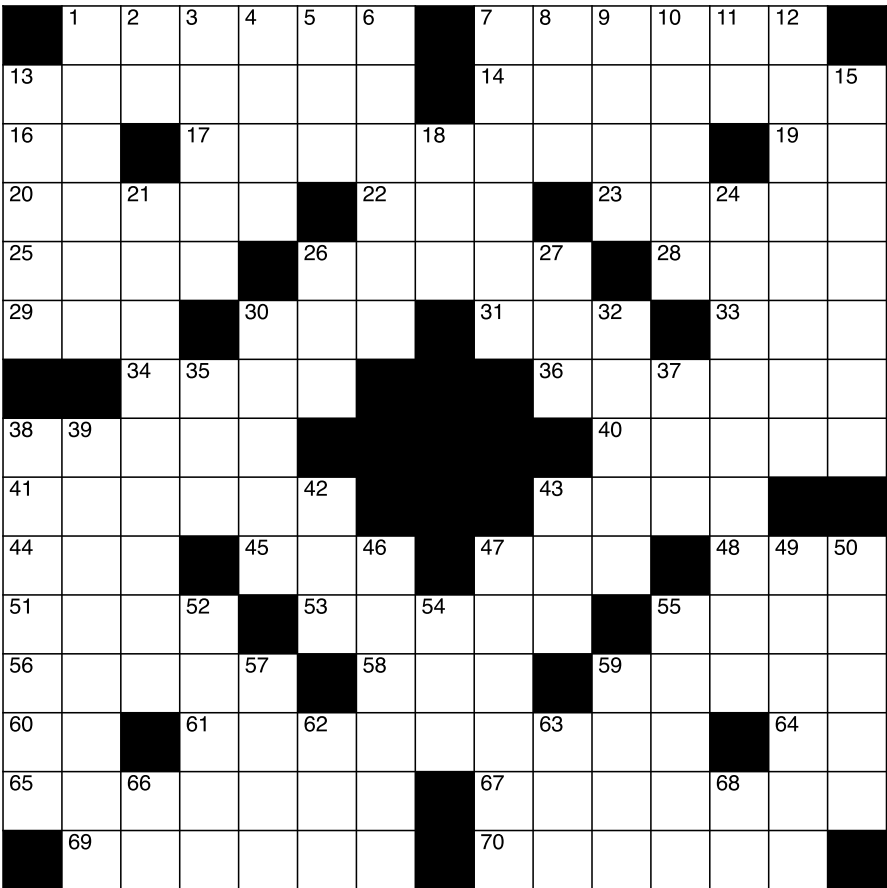
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Paper fan

Crossword



CLUES ACROSS

- 1. Mended
- 7. Hymns
- 13. Commercial transport of goods
- 14. Poked holes in the ground
- 16. They precede C
- 17. Branch of knowledge concerned with wealth
- 19. Larry and Curly's pal
- 20. Injured
- 22. Popular type of dance
- 23. Moon crater
- 25. American state
- 26. Places to lock valuables
- 28. Stalk that supports the capsule
- 29. Keyboard key
- 30. '___ death do us part
- 31. A type of cage
- 33. A place to sleep
- 34. Annual music awards show
- 36. Made over
- 38. Hard, stony substance
- 40. Incantations
- 41. Long-legged, wading bird
- 43. Breathe noisily
- 44. Congressman
- 45. Rip off
- 47. Golf score

- 48. Popular pickup truck
- 51. Where infants sleep
- 53. Music term
- 55. Small opening in a surface
- 56. Musical term meaning "very"
- 58. Soviet Socialist Republic
- 59. Treats with powder
- 60. Email subject line feature
- 61. A British lawyer
- 64. Expression of laughter
- 65. Farmer's calendar
- 67. Seeds used as food
- 69. Eurasian shrubs
- 70. Periods of inactivity

CLUES DOWN

- 1. Hard things to kick
- 2. Collective of countries
- 3. Letter of Hebrew alphabet
- 4. One-time Alabama running back
- 5. One's sense of self-esteem
- 6. Of the teeth
- 7. Treat with care
- 8. Type of whale
- 9. Curved structure
- 10. Emits coherent radiation
- 11. One of the Gospels (abbr.)

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

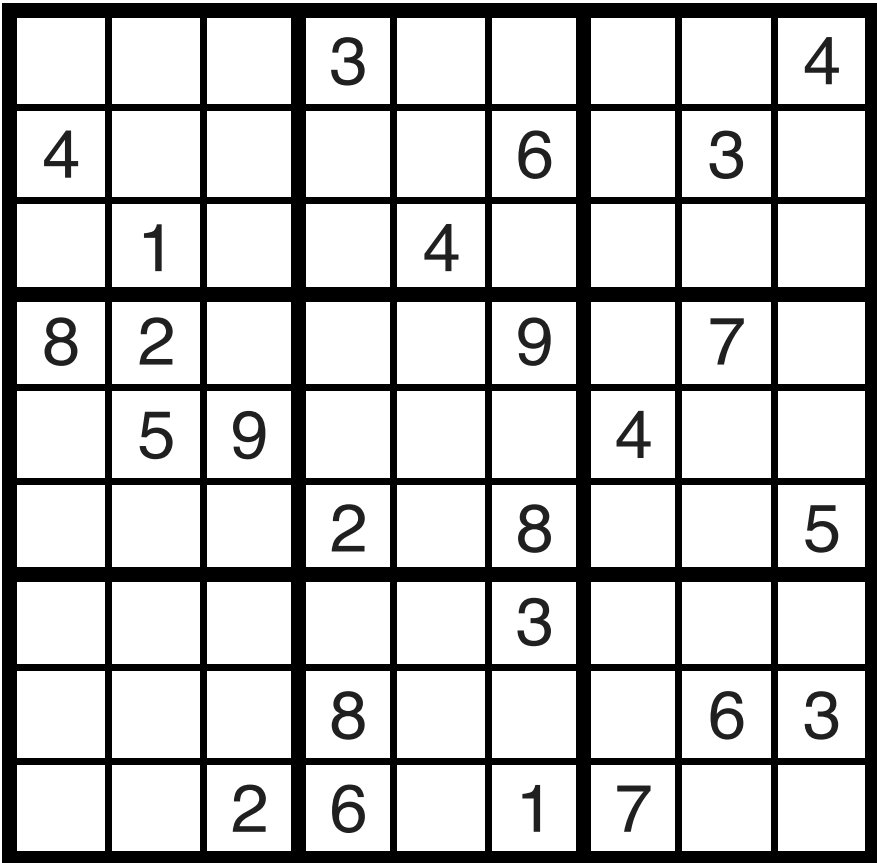


Solve the code to discover words related to independent retailers.
Each number corresponds to a letter.
(Hint: 1 = P)

- A. 13 22 19 1 1 6 17 24**
Clue: Buying goods
- B. 13 21 19 15 11**
Clue: Retailer
- C. 1 20 15 14 22 4 13 11**
Clue: Acquire by paying for something
- D. 1 15 19 9 6 21**
Clue: Make money

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

SUDOKU



Level: Advanced

RETAIL SUPPORT WORD SEARCH



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

- AUTHENTIC
- BOUTIQUE
- BUSINESS
- COMMUNITY
- ECONOMY
- ENTREPRENEUR
- GROWTH
- HANDMADE
- LOCAL
- LOYALTY
- MARKET
- NICHE
- OWNERSHIP
- PASSION
- PERSONAL
- QUALITY
- SELECTION
- SERVICE
- SHOP
- SMALL
- STORE
- SUPPORT
- UNIQUE
- VARIETY

HOROSCOPES

- ARIES - Mar 21/Apr 20**
There is nothing that you cannot handle this week, Aries. Expect to juggle a lot at the same time, but somehow you make it look easy. A calm demeanor is a big asset.
- TAURUS - Apr 21/May 21**
This week will be fairly quiet for you, Taurus. You are likely to connect with a task and dig down deep until it is completed. If someone tries to persuade you to take a break, you likely won't.
- GEMINI - May 22/June 21**
Many forces are working together to provide insight, Gemini. Take a step back and consider all of the variables in play. The solution may be simpler than you can imagine.
- CANCER - June 22/July 22**
Cancer, there is no time for daydreaming right now. You will be tasked with managing multiple projects in the days ahead. Remain focused.
- LEO - July 23/Aug 23**
Are you getting pummeled by obstacles, Leo? It could be that you need to set aside more time to yourself to complete the tasks expected of you. You also may need to ask for help.
- VIRGO - Aug 24/Sept 22**
Virgo, an ability to communicate clearly is among your most notable assets. If you have thoughts about explaining your ideas to others, keep reinforcing your goals.
- LIBRA - Sept 23/Oct 23**
Libra, your projects will take some time to set up. A patient approach will pay off as results begin to materialize. Your ability to multi-task will drive you forward.
- SCORPIO - Oct 24/Nov 22**
Life isn't an individual sport, Scorpio. You don't have to do everything alone. Interact with others as much as you can this week.
- SAGITTARIUS - Nov 23/Dec 21**
Sagittarius, when a person has found his or her path, naturally the desire is to start walking down it. You are eager to get started on something that has been on your mind.
- CAPRICORN - Dec 22/Jan 20**
Capricorn, keep an open mind so you can discover new experiences. You don't have to completely reinvent yourself, but make a concerted effort to be open to new ideas.
- AQUARIUS - Jan 21/Feb 18**
The horizon is clear and you have all of the information you need to navigate what life is throwing at you right now, Aquarius. Keep the faith that you are on the right path.
- PISCES - Feb 19/Mar 20**
Pisces, share your experiences and feelings with someone close to you. Let your feelings out and express your gratitude to the person who lends a listening ear.

MOVIE REVIEW

by Lucas Allen

SUPERCIRL [2026]

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

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

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

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

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

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

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

plot from “Mad Max: Fury Road” involving the villains.

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

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

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

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



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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NDFCU raises over \$23,000 for the Maine Children’s Cancer Program

WATERVILLE – The 12th Annual Cruisin’ for a Cure Car Show, held on June 6, 2026, raised an incredible \$23,040.48 for the Maine Children’s Cancer Program (MCCP), a division of the Barbara Bush Children’s Hospital in Scarborough.

Despite a few sprinkles throughout the day, the weather held with overcast but dry conditions, creating the perfect setting for another successful event. With the support of dedicated volunteers, enthusiastic spectators, generous sponsors, and an impressive 186 registered participants, this year’s car show was one of the strongest yet.

This annual event continues to serve as a powerful reminder of what can happen when a community comes together for a meaningful cause. Rooted in the credit union philosophy of People Helping People, Cruisin’ for a Cure has become more than a car show—it has become a tradition of hope, generosity, and compassion.

Funds raised from this event directly benefit the Maine Children’s Cancer Program, helping support children and families across Maine as they navigate the challenges of pediatric cancer treatment. Every dollar raised helps provide critical care, resources, and support services to children and families during some of life’s most difficult moments.

Since its inception, NDFCU has raised an extraordinary \$231,354.03 for MCCP, reflecting the unwavering generosity of our community and the lasting impact of this support.

The official check presentation for this year’s event took place on June 29, 2026, at the Silver Street branch of New Dimensions FCU. It included (from left to right): Sandra Isaac, Angela Hallee, Emi Paradise (MCCP), Jon Paradise (MCCP - Board of Directors), Sharon Storti, Ryan 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.



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.

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/>

New Dimensions Business Services (NDBS) welcomes Frank Isganitis

WATERVILLE – NDBS is pleased to announce the addition of Frank Isganitis to its team. A highly accomplished financial services leader, Isganitis brings extensive experience in SBA lending, credit management, entrepreneurship and hospitality operations.

Throughout his career, Isganitis has successfully combined business ownership with senior leadership roles, providing him with a unique perspective on lending, operations and business growth.



Frank Isganitis

His expertise includes underwriting complex transactions, managing high-performing teams, and helping businesses secure the financing they need to achieve their goals.

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

“Frank brings a unique combination of financial expertise, entrepreneurial experience, and leadership that will be a tremendous asset to our team and the businesses we serve,” said Sean Fluet, VP of Commercial Services. “His deep understanding of SBA lending, credit management, and business operations, combined with firsthand experience as a small business owner, gives him valuable

insight into the challenges and opportunities our clients face. We are excited to welcome Frank to NDBS and look forward to the impact he will make.”

Isganitis is passionate about helping individuals and business owners achieve their financial goals and states, “I love helping people realize their financial dreams, which aligns perfectly with the credit union philosophy of people helping people,” said Isganitis.

“Additionally, my 15 years as a small business owner give me a unique edge. I understand the challenges entrepreneurs face, allowing me to help them translate their vision into favorable lending results and long-term success.”

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

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Summer
Seasonal Guide

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How to drive safely with a trailer in tow

Metro

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

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

- Familiarize yourself

with the trailer. Consumer Reports notes that travel trailers can sometimes weigh more and be even taller than the vehicle pulling them. That can make it challenging to drive safely with a trailer in tow. But practice makes perfect, and drivers are urged to practice driving with a trailer in tow before they depart for a road trip. A large and empty parking lot can be a great place to get a feel for driving with a trailer hitched to the back of your vehicle.

- Practice turns. Turning when driving a car or truck with a trailer hitched to the back requires a different approach. Wide turns are necessary to reduce the likelihood that the trailer tires hit the curb.
- Consider using towing mirrors. Towing mirrors are specially designed side-view

mirrors that extend beyond standard side-view mirrors to offer drivers wider visibility, which can be necessary when wide loads are attached to the back of a vehicle. Towing mirrors can make it safer to change lanes and drive in reverse when a trailer is attached to the back of a car or truck.

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



Metro photo

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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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 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

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.



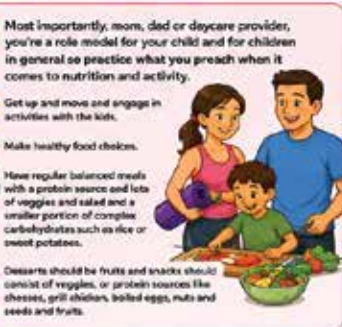
6 Be aware of what is being offered to them while they are away from home. Look into school system programs and day care treats.



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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.



Healthy Habits. Happy Kids. Strong Futures.

phones, computers or TV's, get up and move and engage in activities with the kids. Make healthy food choices. Have regular balanced meals, with a protein source and lots of veggies and salad and a smaller portion of complex carbohydrates, such as rice or sweet potatoes. Desserts should be fruits and snacks should consist of veggies, or protein sources like cheeses, grill chicken. boiled eggs, nuts and seeds and fruits.

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



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Mid-Maine Chamber of Commerce announces scholarship winner

WATERVILLE – Mid-Maine Chamber of Commerce announces the 2026 Joseph B. Ezhaya scholarship winner.

Anna Bearce was selected as the scholarship recipient from a field of applicants.

Bearce graduated this spring from the Waterville High School Class of 2026.

Bearce has fought back from a diagnosis of a malignant brain tumor and surgery, developing a medical condition, taking away her ability to walk, talk, eat,

and write. While recovering from this, for the past four years, Anna volunteered on Thanksgiving Day, delivering meals, as well as assembling care bags during the holiday season.

She is active in the community, providing local services such as raking leaves, cleaning up trash, and organizing donations for those in need.

Throughout high school, she was involved in a variety of extracurricular activities, demonstrating leadership and

dedication. These included serving as a class officer for all four years, participating in the Junior Classical League, Key Clubs, and the green team. Anna was a member of the student council and served as the soccer manager for four years. While a senior, she served as a homeroom buddy, mentoring freshmen. Anna also works part-time at Woodlands Senior Living in Waterville.

Anna plans to attend Thomas College, pursuing a degree in Psychology.

She will enroll in its 3+1 program, allowing her to earn both her bachelor’s and master’s degrees in an accelerated timeframe. Her goal is to become a counselor, supporting those facing illness, trauma, or hardship.

Mid-Maine Chamber of Commerce’s Ezhaya Memorial Scholarship Committee convenes annually to award the prize to a local graduating senior with an exemplary record of citizenship and community service. Applicants

are required to submit an essay on their community involvement, and finalists are interviewed by the Ezhaya Memorial Scholarship Committee.

“We are very pleased to award the 18th annual Ezhaya Scholarship to Anna Bearce,” said Kimberly N. Lindlof, president and CEO of Mid-Maine Chamber and coordinator of the scholarship committee. “The committee chose Anna from an impressive group of accomplished applicants because



Anna Bearce

her dedication to service and leadership truly reflect Joe Ezhaya’s spirit and generosity.”

The scholarship is awarded by the Mid-Maine Chamber of Commerce in memory of Joseph Ezhaya, a dedicated community volunteer, and successful candidates share his interest in citizenship and involvement. Recipients must be graduating from a high school in the Mid-Maine Chamber coverage area and attending post-secondary school in New England. Awardees receive a \$750 scholarship after successfully completing one semester with a grade point average of 2.0 or higher. This amount will be awarded for up to 4 years, for a total of \$3,000.00.

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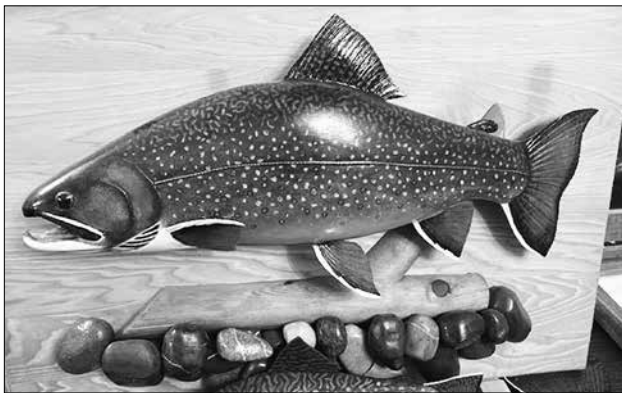
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MAINE OUTDOORS

v. Paul Reynolds

RANGELEY FLY FISHING FESTIVAL



A Quebec brookie mounted by the late David Footer.

Submitted photos



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



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

Those outdoorsmen and women who have been there would rarely give you an argument if you contended that Rangeley, Maine is ground zero for those whose passion is to cast a long line on the Magalloway River or the 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 of brook trout mounts by the late David Footer. Footer's son was on hand to answer questions about the background of the impressive trout; many caught in Labrador or Quebec. Footer was a rare combination of superb taxidermist and fine artist. His trout under glass are alive like no other board mounted brookies you will ever see.

While a friend looked after my Northwoods Sporting Journal vending table, I took a break and sat in on a wonderful and informative slide presentation by guide and outdoor writer Bob Romano. Bob, an Italian from the Bronx, showed up in Rangeley to fish more than 40 years ago and never left the Western Mountains. He is as colorful as he is informed about Rangeley and its precious fishery. Romano surveyed area guides and asked them to name their favorite two flies. He also chatted about why these flies got top billing with the Rangeley fishing guides. As you might suspect, no two guides think alike when it comes to their go to flies. Angler/historian Leslie Hilyard, for example, hoves to the Green Beauty and the Jitterbug.

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

herself, Carrie Stevens!

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

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

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

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

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Richard Plourde photo



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STUDENT NEWS

Carrabec High School
2025-2026 4th quarter honor roll

Grade 12, High Honors: Colburn-James Dube, Ember Fernandez, Alexis Fortin, Trevor Jennings, Alexander Leeman, Willow Page, Thomas Roderick, William Rogers; honors: Emma Campbell, Zachary Davis, Mylee Roderick, Peter Vicneire.

Grade 11, High Honors: Chandler Atwood, Kaitlin Del-larma, David Dixon, Austin Sales; honors: Jacobi Gross, Khloe Kahl, Aydin LeClair, Leeyah Nelson, Leah Price, Katie Scalese, Michael Steuber, Ava Welch.

Grade 10, high honors: Bradley Allen; honors: Rylie Deuble, Amiya Tibbetts.

Grade 9, High Honors: Owen McDonald, Angel Pinette, Hunter Pouliot; honors: Maxxwell Caplin, Ender Ford, Ehren Hill, Lilly Kinney, Dylan Priest, Spencer Rogers, Justin Sales.

Patten, of Mercer, earns degree
from Clark University

Worcester, MA – Maya L. Patten, of Mercer, received a degree during Clark University’s Commencement exercises on Monday, May 18. Patten graduated cum laude with a Bachelor of Arts in Management and Interactive Media.

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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.

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