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Midcoast Beacon

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2026 Shriner's Lobster Bowl



Bill Van Tassel photos
The 36th annual Maine Shrine Lobster Bowl Classic took place on July 18, 2026, at Don Roux Field at Lewiston High School, where the West team defeated the East team 28-26. Colin Moran threw an 8-yard touchdown pass to Kai Turner with just 1:27 left in the fourth quarter. The fourth quarter featured four lead changes before the West secured the final comeback win.

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Name: _____

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Email Address: _____

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Funny Things Kids Say
Turner Publishing, Inc.
P.O. Box 214, Turner, Maine 04282
Or email: FunnyThingsKidsSay@turnerpublishing.net

Chase, 5 minutes into cleaning his room: “I am done with this, I don’t want to be here anymore, and I think I’m going to Mimi and Papas now.”

—Kassondar, Wales

When traveling with my 5-year-old grandson, I try

to keep him busy with verbal mind games. I play a game called “What am I?” I give him 2-3 hints, and he has to guess what I am. For example, I have four corners and I need a stamp before you mail me; what am I? A letter, of course! When it came to his turn, he shared, “I’m small and significant.” My husband

and I looked at each other and said, “Did he really say SIGNIFICANT?” My grandson confirmed that it was significant. I proceeded with guesses like my wallet or wedding ring, to which he replied, “No, Jojo, the answer is ...ME!” I assured him he was 100% correct!

— Jodi Gilbert, Greene

Million Dollar Quartet brings a legendary night of Rock ‘n’ Roll history to The Public Theatre’s stage

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Look for Coop somewhere in this paper, (not this page or page 1) mail us the name of the paper and page he is on, you could win a Coop stuffy!



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Page # _____ Phone # _____

Email info to: kidscorner@turnerpublishing.net
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What’s the Difference?

Find the four differences between the two pictures.

A



B



Answers: 1. Letters missing on wall 2. Drum in front 3. Recorder different color 4. Missing watch

THIS DAY IN HISTORY



1814: British troops capture Washington, D.C., and set the Presidential Mansion and other buildings on fire.

1909: Workers start pouring concrete for the Panama Canal.

1991: Ukraine declares itself independent from the Soviet Union.

NEW WORD

EDUCATE

give instruction to someone at a school

People FACT:

August and September are the months when many children return here.

Answer: School

How they say that in...

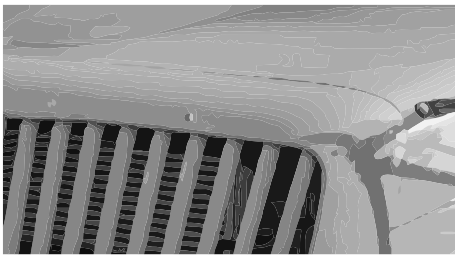
English: Teacher
Spanish: Maestro
Italian: Insegnante
French: Professeur
German: Lehrer

Did You Know?

Each household spends around \$858 on school supplies and apparel each year.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: School bus

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17				18						19				
20			21					22						
23						24	25						26	27
		28				29				30				
31	32					33		34	35	36			37	
38				39	40							41		
42				43						44	45			
46		47	48				49			50				
51				52	53	54				55			56	57
		58							59					
60	61						62	63					64	
65						66						67		
68						69						70		

1. Midway between south and southeast
4. Fathers
9. Wine grape
14. Al Bundy's wife
15. Derived from ammonia
16. Venezuelan state
17. Interest rate
18. Experts
20. Vascular tissues
22. Smooth and glossy
23. Administrative region in S. Korea
24. One from Damascus
28. Special interest group
29. It cools your home
30. Oh, God!
31. Intestinal pouches
33. Men
37. Twelfth star in a constellation
38. Former CIA
39. Arrange in grades of size
41. A baglike structure in a plant or animal
42. "The Great Lakes State"
43. Having earlike appendages
44. Momentarily stop
46. Ancient kingdom
49. Of I
50. White clerical vestment

51. Songs to one's beloved
 55. Charges
 58. Computer application originator
 59. A place to dock a boat
 60. One guided by reason
 64. Slang for cigarette
 65. Sailboats
 66. "Jerry Maguire" actor Zellweger
 67. Screen type
 68. Country legend Haggard
 69. Puts together in time
 70. When you anticipate arriving

CLUES DOWN

 1. Involuntary muscular contraction
 2. Eastern US transit agency
 3. Leaves a place
 4. Cease to participate
 5. Current units
 6. Cease to exist
 7. General's assistant (abbr.)
 8. Earth vibration
 9. Very strong winds
 10. For each one
 11. A bog
 12. The creation of beautiful or significant things
 13. Affirmative
 19. Pie __ mode
 21. Nonclerical
 24. Indonesian island
 25. Educational environment
 26. Namibian peoples
 27. Bring out or develop
 31. Moves into a place of thought
 32. Out of the way
 34. Loads a ship
 35. Beloved Hollywood alien
 36. Distinguishes
 40. The ancient Egyptian sun god
 41. Secondary or explanatory title
 45. Relating to a wing
 47. One who gives a speech
 48. In the middle
 52. Loop with a running knot
 53. Airborne (abbr.)
 54. Sweet persons
 56. Put into play
 57. Small cattle breed
 59. Millisecond
 60. Revolutions per minute
 61. They __
 62. Moon crater
 63. A place to stay the night

CRYPTO FUN

Solve the code to discover words related to wellness.
Each number corresponds to a letter.
(Hint: 4 = E)

A.
7 16 4 7 12 11 25

Clue: Well visit

B.
24 20 7 10 20 14

Clue: Medical expert

C.
4 17 4 14 7 15 8 4

Clue: Physical activity

D.
24 15 4 10

Clue: The foods one eats

Answers: A. checkup B. doctor C. exercise D. diet

SUDOKU

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

Level: Advanced

HOROSCOPES

ARIES - Mar 21/Apr 20
You have been burning the candle at both ends, Aries. You can't run on caffeine and grit all of the time. Find a day to rest before your body makes that decision for you.

TAURUS - Apr 21/May 21
Someone is testing your patience this week, Taurus. Before you stick to your guns, ask yourself if this is a battle worth fighting and then proceed.

GEMINI - May 22/Jun 21
It's time to mute as much internal noise as possible, Gemini. Focus on one project and make a concerted effort to finish it before jumping to the next thing on your to-do list.

CANCER - Jun 22/Jul 22
Cancer, the stars are washing over your emotional sector, making you confront what you have been sweeping under the rug for some time. Trust your feelings.

LEO - Jul 23/Aug 23
Leo, the universe is asking you to give others a shot to shine and for you to step into the background. Use this week to refine your talents out of the spotlight.

VIRGO - Aug 24/Sept 22
Virgo, keep your eyes open for a chance encounter mid-week that could spark a great new idea. Let go of the need to control the outcome and just go with the flow.

LIBRA - Sept 23/Oct 23
Collaboration is your superpower this week, Libra. If you've been stuck on a professional problem, run it by a colleague. The answer may lie in a perspective you haven't considered yet.

SCORPIO - Oct 24/Nov 22
Your financial intuition is incredibly sharp, Scorpio. Trust your instincts right now. It's a great week to pitch a big idea, ask for a raise or reevaluate your budget.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, you are feeling an itch to break free from your routine but don't know where to begin. Don't drop everything just yet. Explore little adventures first.

CAPRICORN - Dec 22/Jan 20
There are a lot of ideas floating around in your head, Capricorn, but none have solidified into action just yet. Seek the opinions of others to identify a path forward.

AQUARIUS - Jan 21/Feb 18
Aquarius, every time you think you have a plan in place, the variables change. That's alright because you always have a backup idea should different scenarios present themselves.

PISCES - Feb 19/Mar 20
You can't predict where a relationship will go, Pisces. This week it is best to simply maintain the status quo. Things will be revealed soon enough.

WELLNESS

WORD SEARCH



WORDS

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

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

- BALANCED
BREATHE
CARE
CLEANSE
ENERGY
FITNESS
GRATITUDE
HARMONY
HEALING
HOLISTIC
HYDRATION
MEDITATION
MINDFULNESS
NUTRITION
RECOVERY
RELAXATION
RESILIENCE
ROUTINE
SERENITY
SLUMBER
STAMINA
STRENGTH
VITALITY
WELL-BEING

MAINE CALENDAR

2026

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SEPTEMBER

September 12 - Durham
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OCTOBER

October 10 - Durham
Acacia Lodge Bean Supper,
Acacia Lodge, Route 136,
Durham. .

MONTHLY MEETINGS

NORWAY: Craft & Chat
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p.m., drop in and explore

your creative side and meet
new friends at the same time,
all supplies are provided, no
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NORWAY: Chair Yoga at
the Cancer Resource Center,
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chair yoga can help improve
core strength and balance,
promote better breathing
techniques, increase flexibili-
ty and help reduce stress, call
the Cancer Resource Center
to register at 890-0329.

NORWAY: Women’s
Support Group and Cof-
fee Hour, meets the third
Wednesday of every month
from 10:30 to 12:00 noon at
the Cancer Resource Center,
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LEWISTON: Maker
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and up, beginners welcome,
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LEWISTON: Renewal
Addiction Ministry, every
Friday 6:30 p.m., Calvary
Chapel Lewiston, 777 Main
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207-274-1570.

LEWISTON: Sadie’s
Fiber Arts Club, every 1st
and 3rd Wednesday of the
month, 3:30 p.m., Lewiston
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Street at the corner of Pine
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MAINE CALENDAR PAGE

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How to deal with economic uncertainty

By: Stan Popovich

Rising prices, job uncertainty, and concerns about the future can leave many people feeling anxious. While you can't control the economy, you can control how you respond to it.

Here are several practical strategies that can help you manage stress during uncertain economic times.

1. Focus on What You Can Control: Instead of worrying about every headline, concentrate on actions you can take today. Create a budget, update your resume, or review your emergency savings.

2. Limit Negative News Consumption: Staying informed is important, but constantly checking the news can increase anxiety. Consider setting specific times to catch up on current events.

3. Avoid Catastrophic Thinking: When you find yourself worrying, pause and ask: Am I assuming the worst? What evidence do I actually have? What are other possible outcomes? A more balanced view of the situation can help reduce unnecessary stress.

4. Maintain Healthy Daily Habits: Regular exercise, adequate sleep, nutritious meals, and spending time with supportive people can improve your ability to cope with uncertainty.

5. Prepare Instead of Panic: Develop a simple plan for possible financial challenges. Even small preparations can increase confidence and reduce feelings of helplessness. For example, reviewing your monthly expenses or identifying areas where you can reduce unnecessary spending can help you feel more prepared if your financial situation changes.

6. Practice Stress-Management Techniques: Deep breathing, mindfulness, journaling, prayer (if it aligns with your beliefs), and other relaxation techniques can help calm anxious thoughts.



7. Remember That Economic Conditions Change: History shows that economies experience cycles. While downturns can be difficult, they do not last forever. Keeping a long-term perspective can help reduce fear.

Economic uncertainty affects nearly everyone at some point. While no one can predict the future, focusing on practical actions instead of fear can help you stay calm, make thoughtful decisions, and move forward with greater confidence.

2026 Shriner’s Lobster Bowl High School Cheerleaders



Bill Van Tassel photos
These Western School Cheerleaders are getting to know each other and their Lobster Bowl routines during the Shriner’s Lobster Bowl week in July. They practiced at Central Maine Community College.



A few of the Shriner’s Lobster Bowl High School Cheerleaders from the West Division: L to R: Ava Ciriello - Edward Little, Avery Oliver - Mt. Blue, Gwendolyn Howard - Windham, Cassidy Perry - Brunswick, Evey Hall - Oxford Hill



A group of eight Maine high school cheerleaders chosen for the West Division, Shriner’s Lobster Bowl football game on July 18. L to R: Aryanna Carlson - Oak Hill, Alyssa Meikie - Gardiner, Aubrey Daigle - Gardiner, Brady Knight - Lisbon High School, Kennedy Minich - Oak Hill, Adalynn Peterson - Lake Region, Reese Kulow - Lisbon, and Alivia Saunders - Lisbon.



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Health & Wellness

Keep Your Balance Boomers

Did you know that we all lose our balance over time as we age if we do not work at keeping it strong? After the age 50, balance ability declines steadily with each decade and by age 70, many people lose up to 30–40% of their balance-related functions; this includes muscle strength, reaction time, and sensory functions. Balance loss is a part of aging, and it is one of the main contributors to falls and loss of independence in older adults. Also did you know falls are the leading cause of injury-related deaths among adults 65 plus. Did you know that over 3 million older adults are treated in emergency rooms each year for fall injuries? Did you know that poor balance is one of the top 3 risk factors for falls, along with muscle weakness and vision problems

Here are 3 of my favorite simple daily exercises to improve balance and stability.

1. Single leg stands – We should do this exercise throughout the day or several times a day when hanging out around the house. It’s easy and simple to do and helps

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The Maine Long-Term Care Ombudsman Program is looking for individuals who are interested in joining a group of dedicated volunteers who visit residents in long-term care facilities across the state. Volunteer Ombudsman are advocates who provide a voice for consumers while working collaboratively with long-term care facilities.



Learn more about becoming a Volunteer Ombudsman Representative.
Please contact to Christina Ryan at cryan@maineombudsman.org
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BALANCE TODAY, INDEPENDENCE TOMORROW

Strong Balance. Stronger You.

Did you know that we all lose our balance over time as we age if we do not work at keeping it strong?

After the age 50, balance ability declines steadily with each decade and by age 70, many people lose up to 30–40% of their balance-related functions; this includes muscle strength, reaction time, and sensory functions.

Balance loss is a part of aging, and it is one of the main contributors to falls and loss of independence in older adults.

DID YOU KNOW?

- FALLS ARE THE LEADING CAUSE OF INJURY-RELATED DEATHS AMONG ADULTS 65+.
- OVER 3 MILLION OLDER ADULTS ARE TREATED IN EMERGENCY ROOMS EACH YEAR FOR FALL INJURIES.
- POOR BALANCE IS ONE OF THE TOP 3 RISK FACTORS FOR FALLS, ALONG WITH MUSCLE WEAKNESS AND VISION PROBLEMS.

YOU CAN TAKE ACTION!

- Build Strength
- Improve Balance
- Take Care of Your Vision

Small steps today can help prevent falls and protect your independence for years to come.

immensely to keep balance strong.

- Stand behind a chair or alongside the kitchen counter or bar to hold on to for a little support until you can let go freely.
- Lift one foot off the ground and hold for 20 to 30 seconds
- Switch legs and alternat doing this for 5 to 10 minutes a day.

2. Heel to Toe Walk – Some of you may know this

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one, it is similar to what the police officer has you do when pulling you over for a DUI.

- Walk in a straight line, placing the heel of one foot directly in front of the toes of the other for 20 steps
- Keep your shoulders back and posture upright and eyes forward without looking at your feet. Use a wall or chair for support if needed for the first couple of times until you get used to it.
- Stand behind a chair and hold lightly for support
- Lift one foot off the ground and hold
- Switch legs

3. Chair squats – chair squats are great for lower body strength and stability and help with balance. By using a chair, it helps coordinate and active the correct muscles in the correct position in a very safe way.

- Sit in a sturdy chair with feet flat on the floor
- Stand up slowly (use hands if needed)
- Lower yourself back down with control.
- Do 10 of these and take a little 2-minute rest and do 10 more or as many as you can take and gradually increase as you get stronger.

As with anything in life, Consistency is key! Even a few minutes each day can help improve balance, reduce risks of falls, and increase ease of movement.

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Conserving fuel as prices rise

Metro

Fuel is a necessity for millions of drivers on the country’s roadways. According to a recent report from Experian Automotive, approximately 1.4 percent of the 292.3 million cars and trucks on the road in the United States in 2024 were electric. Even though the number of EVs is rising, there are still plenty of people behind the wheels of gas-powered vehicles that require routine fill-ups.

As of late March 2026, the national average gas price in the United States at the same was \$3.98 per gallon. When gas prices rise due to various factors, drivers are increasingly interested in ways to conserve fuel and stretch their dollars further. Here are some ways to mitigate rising gas prices.

- Reduce your speed. Driving at moderate speeds increases efficient consumption of fuel. Some vehicles may feature an “ECO” mode that optimizes fuel consumption by restricting engine power, among other changes, or notifies the driver when they are driving in a manner that is using fuel wisely. Driving above 50 miles per hour reduces fuel economy considerably.
- Practice smooth driving. Drivers should avoid aggressive starts (gunning it) and hard braking, which can eat into fuel efficiency. Letting off the accelerator early and coasting to red lights or stop signs helps.
- Rely on cruise control. Cruise control helps maintain a steady speed, which can save fuel on highway travel.
- Keep tires inflated. Properly inflating tires to the manufacturer’s recommended PSI can improve fuel economy by roughly 0.6 percent to 3 percent for most drivers, offers the U.S. Department of Energy. Driving on tires that are 20 percent under-inflated can reduce fuel economy by as much as 10 percent. Removing unnecessary heavy items



Metro photo
Drivers can use various strategies to conserve fuel when gas becomes more expensive.

- from the vehicle also can help to reduce drag.
- Limit idling and combine trips. Turn off the vehicle when stopped for more than a few minutes. When running errands, combine short trips to keep the engine warm, which is more efficient.
 - Skip the premium fuel. Unless a vehicle owner’s manual specifically recommends filling up with premium fuel, drivers will not see an increase in performance by choosing this more expensive option, offers Progressive Insurance. A person will just be paying more for premium, which is always more expensive than standard 87-octane fuel.

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Moxie Festival 2026



Bill Van Tassel photos

Schooner Estates resident Georgette Morin works a bubble machine from the 2026 Moxie Parade's Most Creative Float, that was outfitted like a Space Shuttle.



Following the Moxie parade, many folks made it to the area behind Lisbon High School for some food, some entertainment and a break from the sunshine under two large tents set on the ball fields.



Following Miss Moxie was Miss Moxie Baby near the beginning of the state's longest parade, the annual Lisbon Moxie Parade, celebrating all the years of the famous beverage's existence.





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MOVIE REVIEW *by Lucas Allen*

THE ODYSSEY [2026]

After winning two Academy Awards with “Oppenheimer,” writer/producer/director Christopher Nolan returns to grand-scale filmmaking with an epic story that’s three thousand years in the making. Based on Homer’s ancient poem, “The Odyssey” may have been faithfully and loosely adapted in the past, but never in such a Hollywood big-budget, ambitious fashion as this. It is worth noting that Nolan and cinematographer Hoyte van Hoytema shot the entire movie with IMAX film cameras, which is a sign that you are not just watching a movie; you are becoming part of the experience.

Many years after the end of the Trojan War, Odysseus (Matt Damon) on his way home to Ithaca is stranded on an island without any memory of how he got there. His only companion is the beautiful and obsessive Calypso (Charlize Theron), who nursed him back to health by feeding him lotus flowers. Eventually, he can recall leading his Greek army under the command of Agamemnon (Benny Safdie) to overtake the city of Troy from the Trojans but then faces many obstacles on the journey back, including a giant cyclops, the vengeful witch Circe (Samantha Morton), a trip to the underworld, and the wrath of the gods.

Meanwhile, Queen Penelope (Anne Hathaway) is still waiting for her husband’s return, though a large group of suitors led by the slimy Antinous (Robert Pattinson) are vying for her hand in marriage. However, her determined son Telemachus (Tom Holland), with the help of half-blind Eumaeus (John Leguizamo),

sneaked out of the kingdom to sail with Mentor (Ryan Hurst) to find his father. On a stop to Sparta’s kingdom of Menelaus (Jon Bernthal), the king tells him he does not know if his father is still alive but can recall fighting alongside him in the fall of Troy before marrying Helen (Lupita Nyong’o). As Odysseus finds his way back to his wife and son, Antinous conspires with the other suitors to take the Queen and the kingdom by force.

Those who know the story will tell that it had to be condensed for the entirety of this three-hour film, including minimizing the role of the goddess Athena (Zendaya) to simply being Odysseus’ spiritual guide. Still, the main core of the poem remains, and Nolan does a very good job keeping a tight and concise focus on the journey itself, especially with his habit of going back-and-forth with the timeline. There are just enough necessary side characters to use, so that the film wouldn’t feel too overstuffed. The writing and directing are once again in full display in a top-notch manner that it’s an unquestionable success.

Thanks to its IMAX photography, every frame looks astounding and easily comes right out of the screen. It also makes great use of its stunning locations, bringing a more exotic flavor to this ancient tale. Since the director likes to bring more practicality to his filmmaking, there’s definitely some careful attention to both the cinematography and the special effects to help complement the story.

There’s also a nice balance between dialogue scenes and intense action sequences that are wonderfully

placed together to keep the flow of the story moving. The tone is very consistent between the emotional drama and the battle scenes, which brings home a thrilling experience for the big screen. Everything naturally comes together in the climactic fight scene between Odysseus and the suitors that becomes a well-choreographed battle to the death.

Like in his other films, Nolan put together an astonishing all-star cast, who each give it their all successfully. Damon may be playing the ancient hero equivalent of Jason Bourne, but he’s still a very capable lead actor honoring his character’s journey. Holland is equally at his very best, as is Hathaway, giving a powerful performance. Even Pattinson isn’t afraid to go a little extra mad in his villainous role no matter what his scenes call for. But while all their roles are small, Zendaya, Nyong’o, and Theron each still bring a touch of elegance and emotion to their portrayals.

Christopher Nolan has certainly made another winner with “The Odyssey,” not just for the box office, but also for the hearts and minds of filmgoers around the world. Whether or not it will take home awards history like “Oppenheimer” remains to be seen, though he still made quite a near-perfect masterpiece of cinematic proportions.

THE MOVIE’S RATING: R (for violence and some language)

THE CRITIC’S RATING: 4 Stars (Out of Four)

THE HEALTHY GEEZER *Fred Cicetti*

MENIERE'S DISEASE

Q. A friend of mine has Meniere’s disease. What is it exactly?

Meniere’s disease is an inner-ear disorder that produces a group of symptoms including vertigo, a spinning sensation that can lead to nausea and vomiting. Meniere’s usually occurs in only one ear.

The disease was named after French physician Prosper Ménière who first described it in 1861. Meniere’s main symptoms are:

- Attacks of vertigo without warning that last 20 minutes to more than two hours.
- Permanent hearing loss that is suffered by most people with Meniere’s.
- Tinnitus, which is a ringing, buzzing, roaring, whistling or hissing sound in your ear.
- A feeling of fullness or pressure in the ear.

Attacks can come as often as daily or as little as once a year. An attack can be a combination of multiple symptoms.

The cause of Meniere’s disease isn’t known. It seems to be the result of the abnormal volume or composition of fluid in the inner ear. However, researchers are uncertain about what causes changes in the fluid. There is speculation that it may be caused by viral infections of the inner ear, head injury, a hereditary predisposition, and allergy. Meniere’s is not contagious.

There is no cure for Meniere’s, but you can find relief by reducing body fluid with diuretic medicines and a change in diet. Drugs that treat vertigo and nausea are helpful, too. If Meniere’s disease is severe, it may have to be treated with surgery.

The following are some changes you can make in your lifestyle to help with Meniere’s:

- Eat approximately the same amount of food at each meal to regulate body fluids. You may also eat

five or six smaller meals instead of three meals a day.

- Salt can increase fluid retention. Try to consume no more than 1,000 to 1,500 milligrams of sodium daily.
- Avoid monosodium glutamate (MSG). Prepackaged food products and some Asian foods include MSG, a type of sodium.
- Stay away from the caffeine in coffee, tea and some soft drinks. Caffeine can make symptoms worse.
- Nicotine can make Meniere’s symptoms worse, too. Quit smoking.

Part of the inner ear is a labyrinth lined with hair-like sensors that react to moving fluids. These sensors

send information about body movement to the brain. The fluid and sensors tell us the direction and speed of our movements and they help us maintain balance.

If you experience symptoms of Meniere’s, see a physician for a diagnosis. Meniere’s symptoms can be caused by other diseases such as stroke, brain tumor, Parkinson’s disease, multiple sclerosis or cardiovascular disease.

Unpredictable attacks of vertigo from Meniere’s can be crippling. They can increase your risk of falling, having a car accident and getting depressed and anxious.

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MAINE OUTDOORS

v. Paul Reynolds

TROUTLESS IN TIMBUKTU

If you were to drive your dinged-up old Chevy pickup, or even your shiny new Ford 150, to my favorite remote trout pond near Timbuktu, Maine, it would take you about the same time as a driving trip to watch the Boston Red Sox at Fenway Park.

You get the idea. It is a haul, a lot of it on dusty logging roads where heavily log laden Peterbilts may be just around the corner or over the brim of the hill.

But, if you like to catch trout on a fly, it is worth the trip. Or at least it has always been so.

Back in early June my sons and I made our annual pilgrimage to Timbuktu and “the pond” for our trout fix. There was no disappointment. The brookies were as accommodating as they have always been this time of year over the more than half a century that I have fished this Heritage Water. Only one fly was needed when the fish were feeding. A # 14 or 16 Hornberg with a yellow body filled the bill for the duration.

This year, for the first time ever, Scotty and I decided to try the pond in early July. Of course, we realized that the fishing might be slow due to warming waters. But the old timers always maintained that on this particular trout trope you could always manage a hookup all summer long, at least during the evening rise. We knew, too, that a vaunted Green Drake hatch was always an alluring possibility.

A wise man once said that “Disappointment is simply expectation meeting reality.”

It was not to be, this dream of ours about revisiting our delightful June trouting experience on the pond. Reality came upon us in a variety of ways, mostly weather related. The forecast for a “chance of showers” in Northern Aroostook County turned into a mostly drizzle with a few breaks in between for setting



Submitted photo

up our tents and camp. We got on the pond with fly rods just before dark, but no matter how much you gink up your fly, it is not easy to get a good float in a steady drizzle. Scotty tried a Maple Syrup with a sinking line, but no avail.

We turned into our camp tents fishless, but not before we found some solace in pan fried moose steaks, a few cribbage games and a couple of Old Stump blowers.

On day two, the weather looked like it might break. The sun peaked through, and with high hopes we spent the morning fishing nearby pond number two, which seemed to have cooler water. Again, we tried them all: dry flies on top, fast stripping the Black Ghost and assorted wet flies, and even down below with Maple Syrups, Golden Retrievers and Wooly Buggers. Nothing, nada.

And then, at midday, the wind began to blow. Blue sky transformed itself into low-hanging, fast-moving clouds with dark edges.

We checked the forecast on our weather radio: “Severe thunderstorms expected in Northern Maine with wind gusts to 75 mph. Possible tornadoes.”

The fishing trip is over. Time to pack up. Those skimpy, nylon Big Store tents with the pathetic toy stakes don’t do well in high winds, not to mention a tornado.

Timbuktu is a long way to go for just one night, fish or no fish. On the trip home we looked at each other with slight smiles of resignation, unspoken acknowledgement that fishing can be like that, and at least we tried.

Fishing writer and armchair philosopher Arthur Macdougall, Jr. hits the proverbial nail on the head when he opines that “If we knew all there is to know about fishing for trout, would we not give it up for something more interesting?”

Golf is fun, but I would still rather fish for trout if given a choice. That special pond near Timbuktu is not going anywhere, and one fishless July day there does not dampen our passion. It only makes us count the days and months until next June when the hatch is on, and the trout are active once again.

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 Books.

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Isabella Foster gains invaluable professional experience at FIFA World Cup

Easton, MA - As part of a program offered by Stonehill College’s Department of Sport Management, Isabella Foster, a member of the Class of 2027 from Brunswick, had the opportunity to work at Gillette Stadium (temporarily named Boston Stadium) during the 2026 FIFA World Cup.

Alongside a cohort of fellow Stonehill students, Foster supported premium guest operations and gained firsthand experience in the coordination and execution of services for a large-scale international tournament.

More than 4,000 University of Rhode Island students named to Spring 2026 Dean’s List

Kingston, RI - The University of Rhode Island is pleased to announce that several area students have been named to its Spring 2026 Dean’s List. Among them are: Claire Clifford of West Bath, Julie Salko of Brunswick and Susannah Williams of Brunswick.

To be included on the Dean’s List, full-time students must have completed 12 or more credits for letter grades which are GPA applicable during a semester and achieved at least a 3.30 through 3.79 grade point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades which are GPA applicable earning at least a 3.30 through 3.79 grade point average.



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This Italian comfort food hits the spot

“Comfort food” is an umbrella term that refers to a wide array of dishes. For fans of Italian food, there may be no dish that fits the comfort food mold better than lasagna. Lasagna can be made with a wide array of ingredients, and each iteration of it qualifies as comfort food. That’s certainly the case with this recipe for “Lasagna With Zucchini and Meat Sauce” from Lines+Angles.

Lasagna With Zucchini and Meat Sauce

Makes 9 Servings

- 2 large zucchini, rinsed and trimmed
- Salt
- 12 dried lasagna noodles
- 1 pound ground beef
- 1½ teaspoons ground black pepper
- 1 small green bell pepper, rinsed, trimmed and diced
- 1 onion, peeled and diced
- 8 ounces tomato paste
- 15 ounces canned tomato sauce
- 3½ tablespoons red wine
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh oregano
- 1 egg, beaten
- 2 cups low-fat ricotta cheese
- 2 tablespoons chopped fresh parsley
- 2 cups shredded mozzarella cheese
- 2 cups grated Parmesan cheese



1. Preheat oven to 325 F. Coat a deep 9 x 13-inch baking pan with nonstick cooking spray.
2. Slice zucchini lengthwise into very thin slices. Sprinkle slices lightly with salt; set aside to drain in a colander.
3. Bring a large pot of salted water to a boil over high heat. Add the noodles and cook until al dente, 8 to 12 minutes. Drain, immerse in cold water to cool and drain again. Lay the noodles in a single layer on a baking sheet and cover with plastic wrap.
4. Meanwhile, in a large skillet, set over medium-high heat, cook and stir the ground beef and black pepper for 5 minutes. Drain excess grease from pan. Add in green pepper and onion; cook and stir until beef is no longer pink. Stir in tomato paste, tomato sauce, wine, basil, and oregano. If sauce is too thick, add a small amount of warm water. Bring to a boil; reduce heat and simmer sauce for about 20 minutes, stirring frequently.
5. Meanwhile, stir egg, ricotta, and parsley together in a bowl and mix well.
6. To assemble lasagna, spread 1/3 of the meat sauce into the bottom of prepared pan. Then layer 1/3 of the cooked lasagna noodles, 1/3 of the zucchini slices, 1/2 of the ricotta mixture, 1/3 of the mozzarella cheese. Repeat the layers ending with a layer of zucchini followed by a layer of noodles. Spread Parmesan cheese evenly over the top; cover with foil.
7. Bake for 45 minutes. Remove foil; increase oven temperature to 350 F, and bake an additional 15 minutes. Let stand for 5 or 10 minutes before serving.

Tip: This may be assembled a day ahead. Refrigerate until ready to bake. Metro



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Kennebec Valley welcomes thousands for Fifth IRONMAN 70.3 Maine Triathlon

AUGUSTA, Maine (July 30, 2026) – The Kennebec Valley Chamber of Commerce welcomed IRONMAN 70.3 Maine back to Augusta from July 24–26 for its fifth consecutive year, drawing more than 2,400 athletes and thousands of spectators, volunteers, and visitors to the region.

The weekend-long event once again brought energy and excitement to Augusta and surrounding communities while supporting local hotels, restaurants, retailers, attractions, and other businesses throughout the Kennebec Valley.

Festivities began Friday evening with the Kennebec Valley Chamber of Commerce’s annual Welcome Party in downtown Augusta. More than 500 guests gathered along the Kennebec River for live music, food trucks, drinks, lawn games, and a fireworks display. Athletes, spectators, volunteers, and community members came together to officially kick off race weekend and welcome visitors to the region.

On Sunday, July 26, athletes began their 70.3-mile journey with a 1.2-mile swim in the Kennebec River. After exiting the water, participants completed a 56-mile bike ride through Central Maine followed by a 13.1-mile run through Augusta and surrounding communities.

Luke Creger of the United States took the top spot in the men’s division, finishing in 3:56:08. Andree Burke of Canada led the women’s field with a time of 4:28:32.

The event was made possible by nearly 800 local volunteers representing businesses, schools, municipalities, nonprofit organizations, and community groups. Volunteers supported athletes throughout the weekend and helped create the safe, welcoming race experience for which the Kennebec Valley has become known.

“Watching thousands of athletes, spectators, and volunteers come together throughout the Kennebec Valley is an incredible reminder of what this event means to our region,” said Katie Doherty, President & CEO of the Kennebec Valley Chamber of Commerce. “The impact extends far beyond race weekend. It supports our small businesses, strengthens our hospitality industry, and continues positioning the Kennebec Valley as a leading sports tourism destination.”

Since the event’s Augusta debut in 2022, IRONMAN 70.3 Maine has welcomed more than 30,000 visitors to the region and generated an estimated \$19.1 million in economic activity. That spending directly benefits communities throughout the Kennebec Valley while introducing athletes



Submitted photo

and their families to the region’s businesses, outdoor recreation, downtowns, and local attractions.

IRONMAN 70.3 Maine recently extended its partnership with the Kennebec Valley Chamber of Commerce through 2027, affirming Augusta’s place as a premier destination for the global triathlon community.

Following another successful race weekend, the Kennebec Valley Chamber and its community partners look forward to welcoming athletes, spectators, and volunteers back to Augusta for IRONMAN 70.3 Maine next summer.

More information can be found at www.ironman.com/races/im703-maine

For more information on the IRONMAN® brand and IRONMAN 70.3® brands and global event series, visit www.ironman.com

ABOUT KENNEBEC VALLEY CHAMBER OF COMMERCE

The Kennebec Valley Chamber of Commerce works to strengthen businesses and communities throughout the Kennebec Valley. Through advocacy, connection, promotion, and collaborative initiatives such as IRONMAN 70.3 Maine, the Chamber supports economic growth and promotes the region as a vibrant place to live, work, visit, and do business.



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