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INDEX

Funny Things Kids Say.....2
Maine Calendar.....3
Classifieds8

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Bill Van Tassel photos.



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Funny Things Kids Say
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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

MOVIE REVIEW

by Lucas Allen

MINIONS & MONSTERS

(Universal Pictures-Illumination Entertainment)

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

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

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

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

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

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

Park” characters Cartman and Stan.

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

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

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

THE MOVIE’S RATING: PG (for violence/action, language, and rude/macabre humor)
THE CRITIC’S RATING: 2.25 Stars (Out of Four)

MAINE CALENDAR

AUGUST

August 2 – Evening of Gospel Music, 6 p.m., Greene Baptist Church, 102 Main Street, Greene, FMI call the church at 207-946-5505.

Aug 4 - “Music for Mavis” The Terry Swett Band, 6:30 – 8 p.m., The Turner Gazebo, 98 Matthews Way, off Rt 117, Turner Center, rain or shine, suggested donation \$10 per person, bring a chair, blanket, picnic, umbrella and friends, FMI 754-0954, 754-0788 or 249-8046.

Aug 11 - “Music for Mavis” Denny Breau, 6:30 – 8 p.m., The Turner Gazebo, 98 Matthews Way, off Rt 117, Turner Center, rain or shine, suggested donation \$10 per person, bring a chair, blanket, picnic, umbrella and friends, FMI 754-0954, 754-0788 or 249-8046.

Aug 18 - “Music for Mavis” Bonnie and the Practical Cats, 6:30 – 8 p.m., The Turner Gazebo, 98 Matthews Way, off Rt 117, Turner Center, rain or shine, suggested donation \$10 per person, bring a chair, blanket, picnic, umbrella and friends, FMI 754-0954, 754-0788 or 249-8046.

Aug 25 - “Music for Mavis” Dirty McCurdy, 6:30 – 8 p.m., The Turner Gazebo, 98 Matthews Way, off Rt 117, Turner Center, rain or shine, suggested donation \$10 per person, bring a chair, blanket, picnic, umbrella and friends, FMI 754-0954, 754-0788 or 249-8046.

SEPTEMBER

Sept 1 - “Music for Mavis” Hot Damn, 6:30 – 8 p.m., The Turner Gazebo, 98 Matthews Way, off Rt 117, Turner Center, rain or shine, suggested donation \$10 per person, bring a chair, blanket, picnic, umbrella and friends, FMI 754-0954, 754-0788 or 249-8046.

Sept 8 - “Music for Mavis” Pam Weeks, 6:30 – 8 p.m., The Turner Gazebo, 98 Matthews Way, off Rt 117, Turner Center, rain or shine, suggested donation \$10 per person, bring a chair, blanket, picnic, umbrella and friends, FMI 754-0954, 754-0788 or 249-8046.

MONTHLY MEETINGS

TURNER: At Turner Public Library Stay & Play is on Wednesdays from 9:30-

10:30 a.m., Story Hour is at 10:30 a.m., and Silent Book Club is from 4-6 p.m. on Thursdays.

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

SABATTUS: Looking for local senior citizens interested in restarting a Senior Citizens group, if interested, please email Jon at jmsab23@aol.com.

WINTHROP: Winthrop Food Pantry, Thursday pick-up 1:00 p.m.-2:30 p.m. and 2nd & 4th Thursdays 5 p.m.-6:30 p.m., 10 Cross Rd., Winthrop, FMI call Sherie Knowlan, Director (207)377-3332 or winthropfoodpantry.org. Curb-side pick-up of shelf-stable food.

WINTHROP: Winthrop Hot Meal Kitchen, Monday - Thursday hot meal pickup 11:00 a.m., St. Francis Xavier Church, 20 Lake St., Winthrop, Contact: Steve Dodge (207)620-0488. Meal delivery to Winthrop & Wayne residents. Cooks, helpers, donations, or Hannaford Gift Cards are appreciated.

WAYNE: 30 Mile River Snowmobile Club meetings are on the first Monday of the month, meet at the Ladd Center in Wayne at 6:00 p.m., RSVP on Facebook page each month so we can have a count for pizza, salad and dessert at each meeting, sharing the cost of the pizza.

WAYNE: Tot Time at the Ladd Center is a relaxed, informal playgroup every Monday morning from 9:00 to 10:00 a.m., parents must stay with their children, and everyone is welcome, FMI call Ladd Center Director, Adam Brooks 685-4616.

LIVERMORE FALLS: Craft Circle, Tuesdays at 5:30 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, bring your own project or learn along with us, craft group for all ages, FMI call 207-897-3631.

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

TURNER: Silent Book

Auction, every Thursday from 4-6 p.m., Turner Public Library, 98 Matthews Way, Turner, (207) 225-2030.

TURNER: Story Hour, every Wednesday at 10 a.m., Turner Public Library, 98 Matthews Way, Turner, (207) 225-2030.

WAYNE: Cary Library Book Sale, 9:30 a.m. - 12:30 p.m., 3rd Saturday every month, Williams House, 14 Old Winthrop Road, Wayne, FMI call 685-3612 or visit our website <https://www.cary-memorial.lib.me.us>.

HARRISON: Men’s Breakfast, second Thursday morning 8-9 a.m., United Parish Congregational Church of Harrison and North Bridgton, 77 Main St., Harrison, FMI call 207-583-4840 or email info@unitedparishucc.org.

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

LIVERMORE FALLS: Craft Circle, 5:30 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, bring your own project or learn along with us, this is a craft group for all ages, FMI call (207) 897-3631.

LIVERMORE FALLS: Ernie Steward from Spruce Mountain Adult Education visit the library to help our patrons with their technology needs, 3 p.m. to 5 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, sign up by calling (207) 897-3631.

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)

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

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

LEWISTON: Renewal Addiction Ministry, every Friday 6:30 p.m., Calvary Chapel Lewiston, 777 Main Street, FMI Alex Theriault 207-274-1570.

LEWISTON: Sadie’s Fiber Arts Club, every 1st and 3rd Wednesday of the month, 3:30 p.m., Lewiston Public Library’s Children’s Department, 200 Lisbon Street at the corner of Pine Street, Lewiston, FMI at 513-3133 or LPLKids@lewistonmaine.gov.

LIVERMORE FALLS: Story Time, Wednesdays at 10:30 a.m., Treat Memorial Library, 56 Main St., Livermore Falls, favorite picture books, sing-a-longs, and other activities, any questions or for more information, please call the library at 897-3631.

MONMOUTH: Friends of Cumston Public Library book sale, 9 a.m.-1 p.m. third Saturday of the month, lower level, Cumston Hall, 796 Main St., Friends of Cumston Library on Facebook.

FAIRFIELD: Victor Grange monthly meeting, second Monday of the month, 5:30 potluck, 6 p.m. meeting, all welcome.

ONGOING:

GRAY: One-on-one with Community Connector, 1-3 p.m., Gray Library, 5 Hancock St., Gray, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

NEW GLOUCESTER: Coffee Hour, Tuesdays, 9-11 a.m., New Gloucester Congregational Church, 19 Gloucester Hill Rd., New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

NEW GLOUCESTER:

2026 MUSIC FOR MAVIS

Tuesdays at the Gazebo

98 Matthews Way, Turner



August 11..... Denny Breau

August 18..... Bonnie and the Practical Cats

August 25..... Dirty McCurdy

September 1..... Hot Damn

September 8..... Pam Weeks

Community Cafe Lunch, 11:30 a.m., New Gloucester Congregational Church, 19 Gloucester Hill Rd., New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

FARMINGTON: Farmington Grange has WWW, Wednesday Welcome and Warm Up, First and third Wednesdays, November thru April. Everyone is welcome, 10-2, coffee sweets, light lunch, social time, projects, games and puzzles. Grange Hall is located at 124 Bridge Street, West Farmington. For more information call Bonnie Clark 207-778-1416

FARMINGTON: Nine-ish- NA Meetings (In Person), 9:15-10:30 a.m., Franklin Memorial Hospital, 111 Franklin Health Commons, Farmington.

Food Addicts Meetings
FREE - Food addicts in

recovery meetings: Tues Zoom and phone, Thurs phone and Sun in person. foodaddicts.org FMI call 441-8002 or 623-1924.

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.

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

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. Church, library and school event news is free on this page. If you are a business and/or charging admission/fee, there is a charge for a display ad on these pages. Email: advertising@turnerpublishing.net. Call 207-225-2076 for pre-payment options. Events for the Maine Events 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: www.turnerpublishing.net/pdf/Deadlines.pdf

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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 trove you could



Submitted photo

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 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 arm-chair 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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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



Submitted Photo

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 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 nat-

ural 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.

Op-Ed- Togetherness on the Trails

The last time I was at an airport, harried and yearning for home, something struck me. In an airport, almost everyone seems vaguely hostile: we are tense, irritable, anxious to get on with our journeys. An airport is an intermediate step between where you are at that moment and wherever it is you're going. We regard each other as extras in a movie.

On the trail, though, while there are always exceptions, running into someone is a welcome thing. You exchange smiles (unless they're carrying a portable speaker and blasting music, in which case it's eye-daggers), you engage in small talk. You share, and then you move on. The kinship we feel on trails is real, maybe because there's no separate agenda like there is at an airport. You're out to be present, and being present helps us see one another as individuals, not extras.

Trails can equalize. It matters much less on the trail about who the other is, or what they believe, or where

they're from—you recognize them as a fellow because you're sharing something precious together. The sights, the sounds, the smells, the last curve before the trail unveils a vista that only you and they have seen so far today. The other person you encounter might be someone you haven't seen in years, or your neighbor, or it could be the president of your bank. It almost literally does not matter; the trail has you meet together as equals on a kind of shared journey.

Trails are precious because they're one of the few public spaces left where we let our guards down almost entirely and operate from a place of welcome and openness. To me, that's a powerful benefit we overlook amongst all the other fantastic reasons to support public access and conservation. But it's important—the whole notion of community is predicated on the idea of connection on some level, and so these public places where that connection is most apparent should be preserved.

Preserving them takes hard work. Not everyone can volunteer their money, though thankfully, volunteering and service can take many forms. The High Peaks Alliance is always looking for people to help—trails need to be blazed and maintained, for example. That was how I got started with HPA, equipped with a high-powered weed whacker and some sturdy boots, helping a few other volunteers clear an overgrown trail. Even this column is an example of how to make an effort, even from far away.

It is a joy to greet others on the trail. We should remember the many who work so hard to make that possible. Think of them when you step on a carefully placed stone to forge a stream or see a trail blaze just ahead as you start to wonder if you've lost your way. And if you can, volunteer, however you are able. And when I see you on the trail, I'll be sure to stop, smile and to greet you in the spirit of fellowship.

Million Dollar Quartet brings a legendary night of Rock 'n' Roll history to The Public Theatre's Stage

This Aug 26 - Sept 13, Maine State Music Theatre and The Public Theatre proudly present a not-to-be-missed co-production of the electrifying Broadway musical Million Dollar Quartet! Step back in time to December 4, 1956, when an extraordinary twist of fate

brought Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley together in a Memphis recording studio. Watch these icons navigate ambition, rivalry, faith, and fame as a casual jam session explodes into a historic night of unforgettable music, raw talent,

and rock 'n' roll revolution. Maine's own Scott Moreau directs and portrays Johnny Cash, along with a cast of musicians who will transport you back in time to wit-

ness the birth of a sound that changed the world forever.

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Thank you for reading the Communities "Good News"

Happy New Year!





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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



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

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 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.

Scam Alert Bulletin Board

Tech Support Scams

A new surge of tech support scams is threatening consumers. Criminals use scary warning pop-up messages, or cold calls pretending to be a major software company to gain access to your device.

Many modern tech support alerts closely resemble real system warnings, making them difficult to detect at first glance. Vulnerable targets include standalone home computers, tablets used for online banking, and personal laptops used in busy public Wi-Fi areas.

If your screen freezes or a strange alert pops up, pause before reacting. Reflect on what you might have heard (or read) about scams that start out like this. To clear the warnings, you may have to shut down your device to get rid of them.

To help stay safe, keep your operating system and antivirus software up to date. If you are concerned that your device may be compromised, get it checked out at a repair shop you trust.

Learn how to spot and avoid scams with AARP Fraud Watch Network™. Suspect a scam? Call our free helpline at 877-908-3360 and talk to one of our fraud specialists about what to do next.

Need a scam prevention speaker for your group? Click the link to fill out our online form or send an email to me@aarp.org.

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Ava Thibodeau to take part in Envision’s National Youth Future Leadership Forum

GREENE – This summer, Ava Thibodeau from Greene, ME, a Junior at Leavitt High School, will join outstanding students from across the nation to take part in a unique academic and career-oriented development experience, National Youth Future Leaders Medicine and Healthcare, at



Ava Thibodeau
Yale University.
Ava was nominat-

ed to attend the forum given her hard work and dedication to her studies, her high honor level of achievement, hard earned GPA, and passion for the medical field of study. In addition to her participation in student government and being a participant in her school’s Key Club, Ava is also pas-

sionate about sports and plays varsity lacrosse as her team’s goalie. With aspirations of entering the medical field and one day receiving her MD in sports medicine, she is looking forward to gaining hands-on medical experience from this forum.
“I am excited for Ava to meet, work, and col-

laborate with fellow high-aspiring students from other cities and schools,” said Dr. Jan Sikorsky, Vice President, Education for Envision. “National Youth Future Leaders Medicine and Healthcare is a wonderful opportunity for ambitious young students to explore their interests outside the

classroom and discover how to innovate and think creatively through hands-on immersive learning. Our students are challenged with real-world simulations and problems, working together to develop unique solutions and projects to bring life to their studies and career interests.”

STUDENT NEWS

Ella Junge of Leeds named to the University of Rhode Island President’s List

Kingston, RI - The University of Rhode Island is pleased to announce that Ella Junge, of Leeds, has been named to its Spring 2026 President’s List.
To be included on the President’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 3.80 through 4.0 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 3.80 through 4.0 grade point average.

If you have a favorite recipe you would like to share with our readers we would love to publish it for you. Please email recipe to: articles@turnerpublishing.net

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.

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We were told 100% of the chips used for the newsprint come from waste streams of other processes, such as the waste from lumber mills. Our newsprint producers also have a process to ensure that all fiber supplies come from forests that are managed for sustainability and comply with forest management principles.

The chips go through a thermo-mechanical pulp-making process, which involves a combination of steam and

mechanical force to break the chips into a "slurry" of water and fibers. Giant machines work the chips into a mixture that is mostly water. This mixture is then sent to a process to brighten the paper.

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