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



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

Name: _____
Address: _____
City: _____ State: _____
Zip: _____
Email Address: _____
Phone: _____

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?” where 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

Lewiston celebrates its First Responders



Young Lewiston resident gets a free Snow Cone from a Police Athletic League volunteer on the July 23 event honoring the city’s First Responders and affiliated groups. Police, Fire and Rescue organizations were all being noted for their service.

By Bill Van Tassel
LEWISTON - For a good number of years now the city of Lewiston has made a point of recognizing and honoring its First Responders. They have put together events to shed light on what their responders do for the community and its citizens. None of us know when medical, domestic, or social challenges are going to come our way.

The Fire, Rescue and Police departments, United Ambulance Service, Life Flight, the 9-1-1 Communications, Police Athletic League, Hospital Emergency Rooms, Food Banks, and other operations available for personal or family crises are vital to both our urban and rural needs. Let us not forget the many other supportive actions taken by other agen-



Former governor Pau Lepage shares a moment at a recent event honoring First Responders in Lewiston with LPD Sergeant Desiree Michaud. Going on ten years of service with the LPD, Michaud was sharing her the advice, “Make Good Choices” to young people who stopped at her booth.

cies and the churches that have held Masses and other gatherings after the terrible, mass shooting of October 25, 2023, at Just in Time and Schemengees Bar & Grille.
Let’s not forget those rescue and police officers who have who have had to enter icy, winter waters in the surrounding area to rescue both people and animals. We should be thankful to

the more social organizations such as PAL-Police Athletic League that work with our often-challenged young people. The event may also be called a Meet & Greet and was organized with the city’s Beyond the Badge Program.
This past July 23 an afternoon event was held in Payne/



Life Flight employee/helicopter pilot Peter Devekos of Portland shares with local friends, James and Kayden, what Life Flight offers in the area of Rescue and Safety to victims of accidental situations around south/central Maine.

Simard Park in Lewiston; an appropriate site as it is named after two police officers who lost their lives while on active duty. Paul Simard (1958) and David Payne (1988) were both shot and killed while on duty inspecting domestic altercations/ automobile a c c i -

dents.
Citizens of all ages could find booths set up on that Thursday afternoon manned by employees of all the departments noted in the second paragraph above. All workers were willing to talk about what they do as well as offer some freebies like snow cones, cotton candy, stickers, Dunk Tank, Touch a Truck, Canine demonstrations, bounce house, games, and food truck ready to serve.

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MAINE CALENDAR

MONTHLY MEETINGS

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.

CASCO: Casco Village Church, United Church of Christ, 941 Meadow Rd. in Casco, invites you to our "Clothes Closet", 1st and 3rd Saturdays of the month from 10-2 p.m., clothing for all and always offering a table of free items.

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

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.

NORWAY: Wellness Share at Center for Healing Arts, 2nd Saturday of each month, 10 a.m. to 2 p.m., 180 Main St., Norway, free event offering Reflexology, Massage, and more, FMI call Charlotte LaBelle – 207-890-2177.

NORWAY: Drum Circle at Center for Healing Arts, 4th Saturday of each month, 11 a.m. to 2 p.m., 180 Main St., Norway, free event, drums available for use, FMI call Dan Gravel 207-604-0323 or Nel Bernard 207-312-9955.

NORWAY: Norway Community Lunch program, Wednesdays from 11:15

a.m., to noon, First Universalist Church of Norway Concert Hall, 479 Main Street, Norway.

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

BRIDGTON: 1-4 Sunday, Community Ping Pong Program, \$1 to participate, open to all Town Hall, 26 North High St.

BRIDGTON: Al-Anon, 4-5p.m. Thursday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

BRIDGTON: Narcotics Anonymous, 7-8 p.m. Friday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

BRIDGTON: Women For Sobriety, 11a.m.-12 p.m. Thursday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

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

Roberts Rd., Norway.

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: 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.

NEW GLOUCESTER: One-on-one with Community Connector, 9-11 a.m., New Gloucester Library, 379 Intervale Road, New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

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.

FREE, FREE FREE

B.B Q Chicken Dinner

Mechanic Falls Church of the Nazarene
5 Oak Street
Mechanic Falls

September 12 at 5:00 pm

Dinner to include Coleslaw & Homemade Mac & Cheese

Evening Prayer at 7pm

Craft Fair

August 22

The Mechanic Falls Church of the Nazarene
5 Oak St.,
Mechanic Falls

11 am-4pm

★ Attention ★

2026 Maine Election

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Crossword

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
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60	61							62	63				64	
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68								69					70	

CLUES ACROSS

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. OfI
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



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

WELLNESS

WORD SEARCH



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

WORDS

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

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.

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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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Email info to: kidscorner@turnerpublishing.net
Or mail to: Coop - Turner Publishing, P.O. Box 214, Turner, ME 04282



People FACT:



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

Answer: School

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

How they say that in...

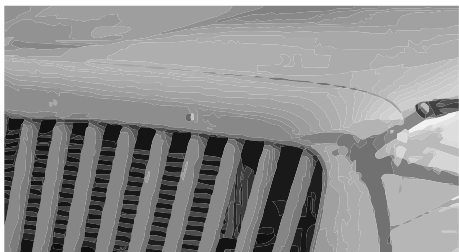
English: Teacher
Spanish: Maestro
Italian: Insegnante
French: Professeur
German: Lehrer

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

MINOT COMMUNITY NEWS CORNER

August 2026



We hope that your summer is going well and that you are staying cool. At the end of the month, children will be getting ready for school to start. Please watch out for bus stops and adhere to 15 mph speed limit in school zones. The RSU installed lights in that area through a Maine Department of Transportation (MDOT) grant.

The Highway Crew finished paving work up on Jackass Annie Road and the subdivisions off of it. They will let the new pavement settle for a couple of weeks before they start shoulder work. Thank you for your patience and consideration when driving through construction zones.

At their meeting on July 6th, the Board of Selectmen set the tax rate for the FY2026 budget. Factoring in the use of carryforwards, real estate valuation increases, and the use of an additional \$100,000 of Undesignated Fund Balance, the Board settled on \$13.75 per \$1,000 of valuation for the Commitment. This is a \$2.20 increase from prior year and will equate to around \$220 per \$100,000 in taxes. However, you may notice on your tax bill that the Homestead Exemption decreased from \$25,000 to \$21,500. This is because the Town's certified ratio, which is townwide measurement of the

overall assessed value compared to the market value across the State, dropped to 86%. The Board is monitoring the current market trends closely to determine if additional intervention is required, such as neighborhood corrections or a full or partial revaluation.

There were several driving factors to the overall tax increase: the RSU FY2025-26 levy for Minot resulted in a fiscal year increase of \$271,593; the County payment was an upward adjustment of \$46,717; and, the Town's budget increase was approximately \$142,000 over the previous year's budget but over \$284,000 was used from Town revenues and designated funds to offset the impact.

The Board and staff are very aware of the financial burden this may have on many residents in the community. We want to remind you that there are several resources available to help such as making sure that you are utilizing all the available tax exemptions that are available to you or find out whether there are any programs that you may qualify for. The Town also accepts prepayments on taxes so that you can divide your payments into smaller manageable amounts. Please check the Town's website or contact the office for additional information.

STUDENT NEWS

Poland Regional High School 25-26 Semester Two Honor Roll

9th Grade High Honors Reese Allen, Matthew Atencia Guzman, Alyvia Bryant, Ezra Edwards, Ava Hebert, Wyatt Mitchell, Lilah Rose Pittman, Ian Rioux, Josephine Rocha, Gavin Sayler, Sophia Souza, Nina Spence, Juliette Szantyr, Molly Taylor, Joshua Varney, Annabelle Whitten and Anna Yerxa. Honors Abigail Benson, Braydan Benton, Lucy Bissonnette, Grace Bussiere, Elliot Colon, Vivian Colon, Isabella Comeau, Grace Cummings, Brody Dailey, Allura Dumont, Lauren Durant, Isabelle Dyer, Lauren Fuller, Megan Gagnon, Owen Gosselin, Brady Guay, Lauren Health, Emma Horowitz, Edward Johnston, Courtney Karpowitz, Wesley Laneau, Jason Letourneau, Luke Lombardi, Rihanna Luce, Jasper Nason, Ellis Noyes, Lyric Orlando, Julia Paradis, Olivia Pinkham, Laine Purington, Simon Rice, Tucker Rinchich, Ethan Sewell, Tanner Tanguay and Logan Whittier. 10th Grade	High Honors Hailey Caron, Annabelle Chapman, Paige Fecteau, Mackenzie Lane, Leksi Langevin, Kairi Marshall, Lillian McAlister, Bella Pelletier and Arabella Smith. Honors Sophia Aube, Ava Banaitis, Sydney Beuparlant, Madison Bosse, Blake Brown, Emily Bustamante, Reagan Cooper, Colby Dolley, Connor Dumont, Cole Gagnon, Molly Grenier, Jacob Jamo, Deleayni MacEachen, Adalyn Martin, Lila Martin, Alyssa Mason, Jonathan Plummer, Savannah Poulin, Scarlett Quimi, Tyler Ricker, Emily Stanford, Alicia Starbird, Camden Welch, Avria Yerxa and Rylee Young. 11th Grade High Honors Eli Culleton, David Farrell, Landen Levesque, Skye Loring, Elianna Morello, Isaac Mullen and Irelyn Smith. Honors Tucker Bailey, Aiden Bean, Garrett Beaucage, Adelyn Bryant, Graceyn Camire, Dylan Cobb, Gabriella Cooper,	David Crump, Cameron Cunningham, Liam Davis, Benjamin Drake, Robert Fuller, Lukas Gayton, Charlotte Grenier, Macey Harris, Davis Hill, Nicholas Jamo, Boden Jones, Thomas Juergens, Gabrielle Lenahan, Juno Levy, Kaiah McGarry, Alexianna Morse, Phoebe Paradis, Eliot Rioux, Payton Rose, Alivia Rubino, Olivia Snowman, Molly Stowell, Caelea Theriault and Regan Wakem. 12th Grade High Honors Elsa Andersson Maher, Conner Boulay, Faith Bustamante, Ethan Castonguay, Emma Di Gregorio and Rianna St. Pierre. Honors Quinn Bowie, Jenna Caron, Ana Chaubet, Landon Cooper, Cohen Demuth, Harper Doyle, Madyson Eskuri, Brenna Galipeau-Eldridge, Kaylee Hudson, Ryan Kelly, Savannah Lafayette, Murphy Lyman, Brady Milton, Abigail Mitchell, Ava Ouellette, Jameson Plummer, Hailey Rousseau, Callie Somma, Ada Stenhouse, Maleah Stretton-Dupont, Ashley Strout, Yael Thieu, Olivia Townson and Chase Valliere.
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Ava Pratt, of Turner, graduated from the University of Tampa Tampa, FL - Ava Pratt, of Turner, graduated from the University of Tampa. Pratt received a Bachelor of Science in Marketing BS.	Cody Roy, of New Gloucester, graduated from the University of Tampa Tampa, FL - Cody Roy, of New Gloucester, graduated from the University of Tampa. Roy received a Bachelor of Science in Economics BS.
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Students named to Dean's List at Plymouth State University Plymouth, NH - Students have been named to the Plymouth State University Dean's List for the Spring 2026 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 for the Spring 2026 term and be a matriculated student with at least 12 credits, at least nine of which must confer grade points at the time the list is finalized. Alaina Adderley of Buckfield, Reece Davis of Livermore and Emma Couturier of Turner .	Students named to Dean's List at Bates College Lewiston, ME - The following students have been named to the Dean's List at Bates College for the Winter semester that ended May 2026. This is a distinction earned by students whose grade point average is 3.92 or higher. Hadley Blodgett of Buckfield, Ruby Haylock of Hartford and Iris Petrin of Leeds.
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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). Pre-packaged 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.

100+ Women Who Care Androscoggin

AUBURN - On May 4, 100+ Women Who Care Androscoggin held their tenth fundraising meeting at Central Maine Community College in Auburn. At that meeting, the membership voted to support Phoenix No Limits Karate with their donations. The checks, totaling \$8000, were delivered to PNLK on June 22.

Phoenix No Limits Karate (PNLK) is a 501 nonprofit organization based in Auburn and dedicated to using karate as a powerful tool to strengthen and serve its community. With a belief that there should be truly no limits to personal growth, PNLK opens its doors to students ages two and up, including specialized



Submitted Photo
100+ Women Who Care present a check to Phoenix No Limits Karate. Pictured, l to r, are Marty McIntyre, Founder of 100+ Women Who Care Androscoggin, Donna Harris, CEO of Phoenix No Limits Karate, and Cynthia Morgan, member of 100+ Women Who Care Androscoggin.

classes for children and adults with special needs.

PNLK's impactful programming includes KICKS (Kids InControl Keep Safe), which delivers vital child safety and bullying prevention education to young people in the community. Their Black Belts Against Domestic Violence program provides free self-defense training to survivors of domestic violence, offers black belt representation and support when survivors face their abusers in court, and provides start-up funds to help survivors establish their own checking accounts and begin rebuilding their independence.

Understanding that finan-

cial barriers should never stand in the way of empowerment, PNLK also offers assistance to low-income families, ensuring that every child and adult has access to the confidence-building and leadership skills that martial arts training provides. At Phoenix No Limits Karate, karate is more than a sport — it's a vehicle for safety, healing and limitless potential for everyone in the community.

100+ Women Who Care Androscoggin is a collaboration of local women who invest in the community by pooling their donations for the greatest impact. They meet four times a year. Members can nominate organizations

or projects that are working to address community needs. At each meeting they hear from 3 of the nominated organizations and then vote for one group to receive their donation. The members then write a check to that organization. To date, 100+ Women Who Care Androscoggin has raised and donated \$68,510. With a matching grant, the community impact is \$87,915.

100+ Women Who Care Androscoggin currently has 160 members and welcomes others to join to enlarge their community impact. For more information or to join, email 100womenwhocareandroscoggin@gmail.com.

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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 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 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. Chairsquats** – 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

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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. Live Long, Live Well

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Conserving fuel as prices rise

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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 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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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 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 Woolly 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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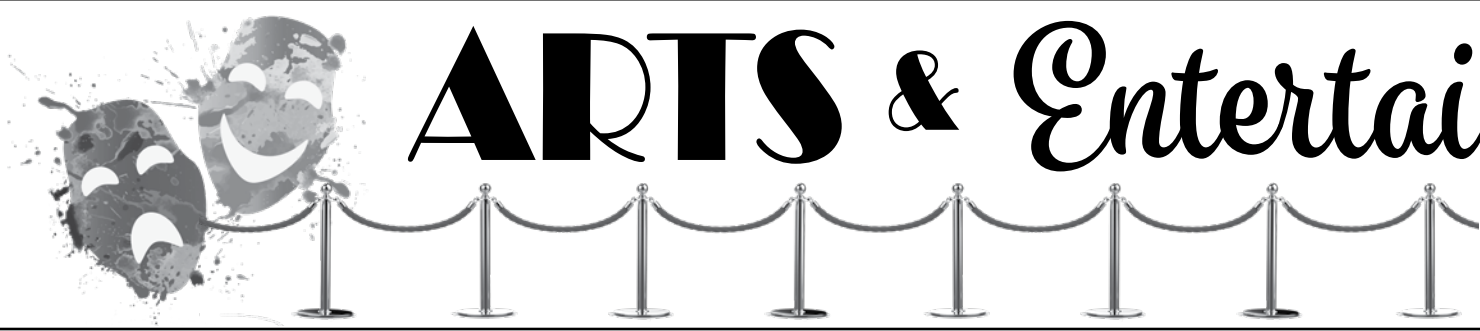
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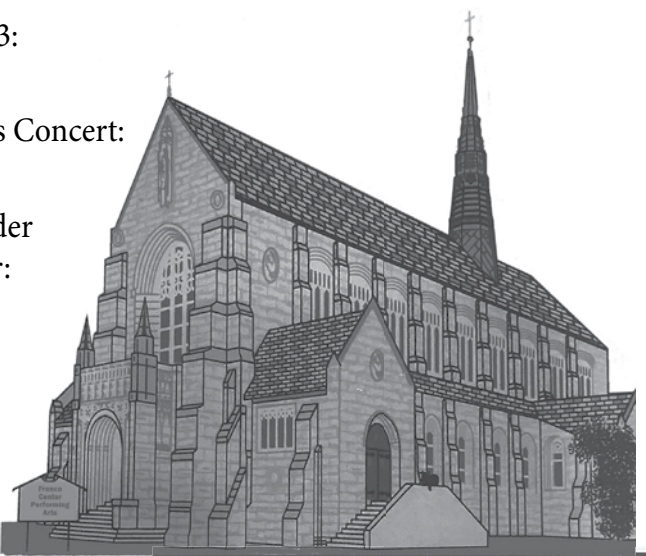
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MOVIE REVIEW

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 Eu-

maeus (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)

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.

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Camp Ray of Hope accepting camper registrations

WATERVILLE - Camp Ray of Hope is accepting camper registrations for August 28-30, 2026. This year Camp Ray of Hope is again being held at Pilgrim Lodge in West Gardiner, Maine. Camp Ray of Hope is a week-end retreat for families and individuals who have experienced the death of a loved one. Attendees are given opportunities to connect with other people from



throughout Maine and beyond who are also transitioning from loss by death. Children and adults participate with

their peers in support groups, workshops, and activities that encourage healthy outlets and self-care. Camp Ray of Hope was first offered by Hospice Volunteers of Waterville Area in 1995 and continues to be a unique one-of-a-kind camp experience in Maine. Call (207) 873-3615 or email griefsupport@hvwa.org with questions or to request a registration form.

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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.

Metro

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, Kassidy 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.

2026 Maine Shriner's Lobster Bowl a winner again

By Bill Van Tassel
LEWISTON - The annual Maine Shrine Lobster Bowl was held at Lewiston High School on July 18 in front of a huge, rain-soaked crowd of parents, peers, grandparents and friends. The traditional All-Star game of sorts features some of the best recently graduated senior players from schools throughout the state, from York to Houlton.
The rain during the first half of the game didn’t dampen the enthusiasm of the fans, players or cheerleaders. Like the players, the cheerleaders from East and West high schools got together during Lobster Bowl Week to practice and get to know each other well. Sixty-plus schools nominated a few of their top senior players and

cheerleaders to take part in the once-in-a-lifetime event, with the final selection of athletes chosen by the Maine Coaches Association.
The event has been held 35 times since 1990 and has raised over a million dollars for Shriners Hospitals. The generosity of the fans and local Shrine members in time and money continues to provide medical and therapeutic treatment for thousands of young people with orthopedic disabilities, burn injuries and cleft palate conditions. Much of this care is given regardless of a family’s ability to pay.
Over the years the Western teams have come out on top at winners, but the point is not the scores or who wins. The young people competing have a wonderful time doing one

of the things they enjoy doing, whether it is occupying the field or cheering for the crowd and the East-West Teams. The winners are the children who get the caring medical and personal support from the Shriners Hospital personnel. The 2026 event raised a record \$317,385.
Incidentally, the game was an outstanding battle and fun to watch even in the soaking first half. Some of the plays looked almost college-level. The lead went back and forth a little with the West making an exciting, late comeback to win 28-26. Before awards were passed out, there were handshakes and hugs happening amongst the players, cheerleaders and Shrine personnel that were present all day to keep things organized and moving along.

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