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FRANKLIN FOCUS

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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

Tragedy of the "Posted" Commons

By Dan Rhodes

No Mainer needs to be reminded of the absolute gift of this state's natural splendor. Even the simple privilege of breathing fresh air might seem trivial, but there are many places where even clean air is a novelty. I have visited places where, in their drawings, schoolchildren color the sky brown or yellow, reflecting their daily reality because of rampant air pollution. Even today, when I'm on the trail on a crisp Maine morning, the sun is climbing, and the sky is a perfect shade of deepest blue, I think about those kids.

Nowhere is perfect, and even someone not from Maine can see it has its own share of real, pressing issues. But still, I am constantly in awe of this land, of this seeming sanctuary of greenery, rivers, beaches, and mountains. Maine's tradition of public access to land fosters collective appreciation of these gifts. While not unique in the world, this (excellent) tradition is new to me. Different places call it different things, but ultimately, what it comes down to is the "right to wander."

Of course, there are exceptions, and access to private land, especially, is conditioned on the landowner's knowledge and permission. I would never argue landowners don't have a right to determine who comes and goes on their own land, but I applaud every private

landowner who commits to honoring this tradition. When the dreaded "Posted" signs pop up in a place that was previously accessible, it has a real and tangible impact on everyone in the community. Whether new landowners are simply unaware of Maine's tradition of public access or old landowners have a grudging change of heart because land users abused their goodwill, the result is the same: something shared is lost, and the wild we can wander gets just a bit smaller.

So many Mainers have an interest in seeing public access continue, but even so, over time, more Posted signs appear. There is a very real race going on between those who would preserve and enshrine public access, and those who (for whatever

reason) decide to take that access away, to keep it for themselves. But for every Posted sign that goes up, countless other noteworthy accomplishments are preserving public access. I'm proud to support the High Peaks Alliance and groups like them in leading this effort throughout Maine.

It's not my place to tell Mainers what they have: you know already, and better than I ever will. But having lived in so many other places where the expectation is that anything other than your own land (if any) and public spaces are strictly off limits, I do hope Mainers recognize how fragile this endowment of natural beauty is, and that the danger is not sudden change but rather the slow erosion of access, heralded by simple signs that read "Posted."



Submitted photo
HPA's Lead Rec Ranger, Matt Kusper, of Rangeley, removing Posted signs from the newly conserved lands in Barnjum.

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Funny Things Kids Say
Turner Publishing, Inc.

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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

Decent people and a dropped raisin

I realize there is a smattering of decent people quietly roaming the backroads of our planet. However, it seems like a growing challenge to stumble upon a true specimen..
Pause your reading now and imagine me standing at kitchen counter last night slicing some edibles, when a small bit of something falls to the floor just in front of me. I initially glance straight down to where is must have

landed. Nothing in sight. Oh, it must have hit the front of my foot and bounced forward under the dishwasher. I go to my knees and look, but do not spot the speck of future, mice fodder.
I am pressed to continue my search seeing nothing to my left or right. So, I look behind me over the rest of the kitchen, staring at clean, gray ceramic tiles. No little fleck of increasingly irritating edible in sight. It may be on that

mysterious journey to China where all dropped (and never found) objects of any kind end their joyous travels. I recall as a youngster, if I had lost something my mother would say, “It’s probably in China by now. Pray to Saint Anthony to find it.” [Anthony is the Roman Catholic Patron Saint of lost things.] If you are always misplacing or losing things like me, you begin calling him just Tony.
Now, let the reader stop

and recall all the tiny items that have you have dropped and mysteriously disappeared from your clumsy life. Maybe they all be in the Far East. You might now imagine why so many of the things (other than electronics) that we buy, Made in China, fall apart. All our dropped delights are gathered by low-paid workers and thrown into a vat then processed into whatever the end product is supposed to simulate.

I started looking over the entire kitchen. While on the hunt I made a good guess it was a raisin that wandered off. I was preparing a Waldorf Salad with apples, celery, and raisins. “Hey, I think, raisins area the same color as the chairs around the table.” Facing desperation now I go

to the far-distant stretches of our kitchen. On my knees, hiding next to the fourth chair leg I have inspected, sits the unwittingly camouflaged, dried grape. I know beyond any doubt, this raisin has been purposely designed somewhere by some deranged, obsessive/compulsive imp to irritate me.
The chopped apples still resting on the countertop have not yet turned brown, though this adventure has taken all of five minutes. There is still a chance I may be able to eat this dish. However, I am presented with another dilemma. Do I return the item to the salad bowl, having now cheated the Chinese workers out of a tiny portion of collected droppings that magically skulk

their way to Hong Kong from the kitchen floors around the world?
Well, what have “dropped delights” and Chinese workers got to do with an honest search for decent people? I do not know. It is too philosophically difficult for me to even ponder. I would advise you to just keep looking for that missing raisin - or paper clip - or button - or chocolate chip - or earring, -or aspirin....or...whatever.
If you have similar thoughts as mine noted in the first two sentences in this chronnicle of mental digressions, here is a final thought. This quote was on my daily tear-off calendar this morning: “The world is full of decent people. If you can’t find one, be one.”

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Maine Calendar

SEPTEMBER

September 14 —Novel Jazz (Maine Jaxx), Duke Ellington era, 3 p.m., United Parish, 77 Main St., Harrison, tickets \$20-\$25 available for cash or check purchase door (no credit cards), or online at Eventbrite.com, free parking and refreshments for purchase at intermission.

OCTOBER

October 12— Jud Caswell, Folk singer, 3 p.m., United Parish, 77 Main St., Harrison, tickets \$20-\$25 available for cash or check purchase door (no credit cards), or online at Eventbrite.com, free parking and refreshments for purchase at intermission.

October 14 - Shiloh Pond Community Forest (Kingfield), 10 a.m., 200 acres owned by the Town of Kingfield and stewarded by High Peaks Alliance, featuring two ponds, wetlands, a small waterfall, and a scenic forest trail, registration is free but required, as space is limited, <https://secure.qgiv.com/for/highpeaksalliance/event/woodwalks/>.

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.

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.

LOCKE MILLS: Greenwood Farmer’s Market every other Friday during the winter, starting on October 3rd, 270 Main St., Rt. 26, Locke Mills, next door to the Greenwood Post Office, FMI Brian and Suzanne Dunham 207-665-2967.

BETHEL: Storytime at Bethel Library, every Wednesday at 10 a.m., 6 Broad Street, Bethel, FMI (207) 824-2520.

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.

OQUOSSOC: Rangeley Region Skeet and Trap Association (RRS&TA) announces its 2025 shooting schedule,

welcoming members and visitors to experience clay shooting sports, Wednesday: Trap and Skeet starting at 4:00 p.m., Thursday: Sporting Clays and Skeet starting at 4:00 p.m., Saturday: Five Stand and Skeet starting at 10:00 a.m., Sunday: Trap and Skeet starting at 1:00 p.m.

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>.

BETHEL: Every Wednesday, Story time at the Bethel Library, 5 Broad Street, Bethel, 10 – 11a.m.

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.

FARMINGTON: Nami Farmington Family Support Group, for family and friends of people living with a mental illness, 3rd Monday of each month, 6:30-8 p.m., Maine Health Franklin Hospital, 111 Franklin Health Commons, Farmington, Contact Louise (207) 592-9933 or Kathy (207) 318-1075

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)

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.

FARMINGTON: St. Joseph Nutrition Center, corner of Quebec and Middle Street (across from St. Joseph Church) A “Blessing Box” in front of the building. More information or to help out: (207) 778-2778.

JAY: St. Rose of Lima Food Assistance, 1 Church Street (Parish Hall) A “Blessing Box” faces the street in front of the building. More information or to help out: (207) 897-2173.

JAY: St. Rose of Lima Community Meals, 1 Church Street (Parish Hall), Community meals offered on the first and third Saturdays of the month from 4:30 p.m. to 6 p.m. For more information or to help: (207) 897-2173.

RANGELEY: The Lakeside Contemporary Art Gallery’s spring/sum-

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

2X2 AD THIS SIZE

Call 225-2076 or email advertising@turnerpublishing.net for pricing on our calendar page.

1X2 AD THIS SIZE

mer show, paintings by Ashton F. LeCraw, will run from May 29 - July 6th. All is welcome & artwork is available for purchase. LCAG is located at 2493 Maine Street, Rangeley & open Tues - Sat. 10 a.m. - 2 p.m. & during theatre showing. <https://rangeley-arts.org/event/lcag-artist-reception-ashton-lecraw/> or call 207-864-5000.

FARMINGTON: The Farmington Chess Club meets every Tuesday from 6-8 pm at the Parks and Rec Center, 127 Middle St., Farmington. All skill levels are welcome.

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.

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

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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. Newsprint is grayer than most other commercial papers. This is because the process of whitening newsprint does not use chlorine or other stronger agents and focuses

on environmentally safe practices. For this reason, we ask you to support Turner Publishing and the businesses in this publication and shop locally. Turner Publishing is not only doing its part to be environmentally responsible to save our planet, Turner Publishing promotes all the good things happening in the community and we donate over \$300,000 annually in media sponsorships to non-profits, churches, historical museums, and the arts. The businesses in our publications help us do this with their ad revenue (support them as well), so that the good can keep spreading. “It’s All Good News” and thank you for reading!

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Did you find Coop?

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!



Name _____
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Paper _____
Page # _____ Phone # _____

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



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...

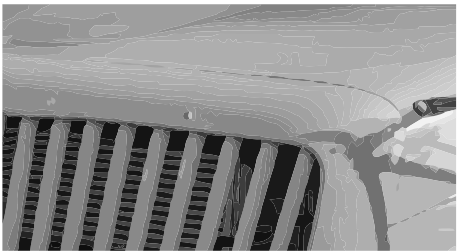
English: Teacher
Spanish: Maestro
Italian: Insegnante
French: Professeur
German: Lehrer

Did You Know?

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

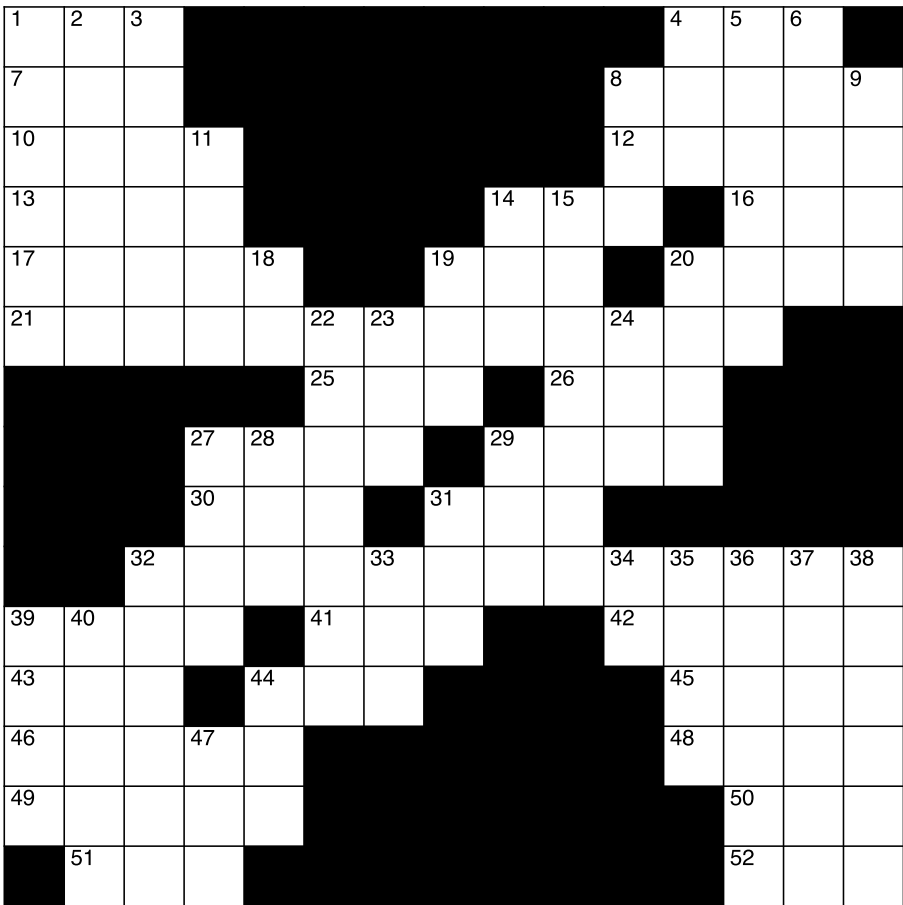


Get the PICTURE?



Can you guess what the bigger picture is?

Answer: School bus



1. Microgram
4. Fixed charge
7. Each
8. Feeling of humiliation
10. Coat with sticky substance
12. Powerful “Severance” family
13. Japanese city
14. “Pulp Fiction” actress Thurman
16. Hat
17. Place where rockers work
19. Psyche
20. Snakelike fishes
21. Where people live
25. Body part
26. Old towel
27. One’s essential being
29. Japanese alcoholic beverage
30. Boxing’s GOAT
31. Wet muddy ground
32. Christian Laettner is one
39. A place to store lawn tools
41. Large tub for liquid
42. Old World lizard

1. An insane person
2. “Homeland” actress
Danes
3. Buttock muscles
4. US federal agency
5. Birds of prey
6. Electronic
communication
8. Ocean
9. Terminates
11. Low-pitched sound
from a bell
14. Exclamation: yuck!
15. A place to attach
a boat

18. Exclamation of surprise
19. Make a mistake
20. Border line
22. Have religious faith
23. Klutz
24. Large tree
27. House of __ rulers
28. Red deer
29. Small coin (French)
31. Popular sandwich
32. 10-year period
33. Not good
34. Government lawyer
35. Egypt's intelligence agency
36. Without an occupant or incumbent
37. Stain with one's hands
38. Crippling
39. One point east of southeast
40. Large, united group
44. __ and cheese
47. Alcoholic beverage



Answers: A. cars B. roadway C. merge D. congestion

- A.** **16 21 8 22**
Clue: Vehicles
- B.** **8 7 21 13 17 21 25**
Clue: Place to drive
- C.** **11 26 8 18 26**
Clue: Blend together
- D.** **16 7 12 18 26 22 6 4 7 12**
Clue: Lots of vehicles

SUDOKU

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

Level: Advanced

ON THE ROAD WORD SEARCH

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

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

- AMBULANCE
BOTTLENECK
BOULEVARD
COMMUTER
CONGESTION
CONSTRUCTION
CROSSWALK
GRIDLOCK
HIGHWAY
INTERSECTION
MOTORCYCLE
OVERPASS
PEDESTRIAN
POLICE
ROUNDBOUT
RUSH HOUR
SPEEDING
STOP SIGN
TAILGATING
TRAFFIC LIGHT
TURN
VEHICLES

HOROSCOPES

ARIES - Mar 21/Apr 20
Make the most of every opportunity that comes your way this week, Aries. You may not get many chances to test your mettle in the weeks to come, so it's important to act now.

TAURUS - Apr 21/May 21
Taurus, something that started out as a part-time venture could turn into much more. Figure out if this is the path you see yourself going and then make your move.

GEMINI - May 22/Jun 21
Let loose and have fun for a change, Gemini. Don't delay when others want to invite you out for a night on the town or even a brunch. Say "yes."

CANCER - Jun 22/Jul 22
There's a lot going on right now and it may have your head spinning, Cancer. Delegate some of your workload if you can. Don't be too hard on yourself.

LEO - Jul 23/Aug 23
Leo, it is important to remember that your online presence never goes away. Watch what you post and be mindful of what you support in social media groups.

VIRGO - Aug 24/Sept 22
Family matters require your undivided attention this week, Virgo. You must dig in deep to address them. There are two sides to every story.

LIBRA - Sept 23/Oct 23
Libra, just when you started to lose hope, the new horizon you were seeking comes into view. It is well-deserved.

SCORPIO - Oct 24/Nov 22
Scorpio, if you find yourself with too much extra time on your hands, why not volunteer with the community to pass the time? This can be a great way to meet people.

SAGITTARIUS - Nov 23/Dec 21
When plans change on a dime, you are ready to roll with the new situation, Sagittarius. Higher-ups may get a peek at your quick thinking, which can land you a promotion.

CAPRICORN - Dec 22/Jan 20
It's time to make amends with someone who did you wrong, Capricorn. Life is too short to hold grudges, and this person has since mended their ways.

AQUARIUS - Jan 21/Feb 18
Unless you take swift action, you could be heading for a financial free-fall, Aquarius. Start to pull back spending for a while and see if the situation will right itself.

PISCES - Feb 19/Mar 20
Pisces, you are on fire lately. There's seemingly nothing you touch that isn't turning to gold. This trend will continue, but try not to let it go to your head...





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)

HPA receives \$1 million NBRC Grant for Sandy River Bridge Project

FARMINGTON - High Peaks Alliance is pleased to announce that the Sandy River Bridge project has received a \$1 million grant from the Northern Border Regional Commission (NBRC). The funding will help the project move forward toward construction bidding next spring, despite cost increases tied to survey discrepancies, inflation, and required consultations related to Atlantic salmon.

The Sandy River Bridge will provide a critical connection for the Whistle Stop Trail, extending safe pedestrian and snowmobile access into downtown Farmington. The project is designed to improve

connectivity to jobs, health care, education, and tourism destinations while strengthening regional recreation and economic activity.

Wallace Economic Advisers’ 2026 analysis shows that once open, the bridge could draw 24,000 trail users annually, bringing an estimated \$766,000 in yearly local spending and supporting 11 jobs in the regional economy.

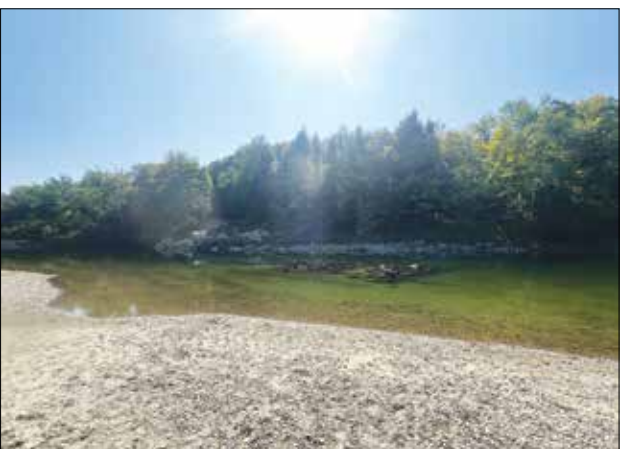
“We are grateful to NBRC for believing in this project and helping us keep it moving forward,” said Brent West. “This funding gives us the momentum we need to get the project to bid and lock in a final price.”

The project team is now working through



the remaining permitting and consultation steps so the bridge can be ready for construction bidding by spring 2027. Once a

Submitted Photos
bid is secured, the project price will be locked in, and the team will be able to move into the next phase of delivery.





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. 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.

Live Long, Live Well

DID YOU KNOW?



FALLS ARE THE **LEADING CAUSE** OF INJURY-RELATED DEATHS AMONG ADULTS 65+.



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POOR BALANCE IS ONE OF THE TOP **3 RISK FACTORS** FOR FALLS, ALONG WITH MUSCLE WEAKNESS AND VISION PROBLEMS.

Rangeley Congregational Church Women's Fellowship donates \$12,000 to charity

RANGELEY - This past year, Rangeley Congregational Church Women's Fellowship participated in two summer festivals in Rangeley and our Annual Holly Fair, where handmade crafts, Rada cutlery, jams, and baked goods were sold. All proceeds from these events are donated to charity. On Friday, May 8th, the women of the Rangeley Congregational Church and our Women's Fellowship community met to distribute \$12,000 to charity. Once again, we were fortunate to be able to distribute donations to 15 wonderful organizations, with a large percentage of these benefiting people in the Rangeley region.

Following is a partial list of organizations which received funds from our proceeds: Rangeley Meal Site, The Giving Tree, Rangeley Library, Grandmother's Purse, Rangeley Ski Scholarship program, Sargent Family Community Fund – Just One Day, Arbor House, Safe Voices of Farmington,

Andwell Health Partners, Western Maine Community Action, Farmington Animal Rescue, and other national & international charities.

The Rangeley Congregational Church Women's Fellowship's participation in summer festivals and Holly Fair have generated proceeds which have benefited many organizations for over 30 years. Since 2017, the Women's Fellowship organization has donated over \$80,000 to charity.

This year marks our 31st Annual Holly Fair which will be held on November 21st at the Rangeley Congregational Church Barn from 10 am to 2 pm. Please come and find our tent at the 2026 Strawberry and Blueberry Festivals where your purchases will continue to help us, help others.

With sincere gratitude, the Women's Fellowship organization thanks the Rangeley community and summer visitors for supporting our efforts this past year. We are grateful for the opportunity to continue this important mission in 2026.

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FARMINGTON FAIR 2026

Sunday September 20th, 2026

9:00 AM Youth Beef Show - W.A.
9:00 AM 4-H Working Steer Pull followed by 4-H Working Steer Show - P.R. (Finish in the Sheep Barn if time runs short.)
9:00 AM Starbird building opens for the day
10:00 AM Maine Barrel Racing - S.R.
10:00 AM Poultry Show Display - S.B
12:00 PM Wheels & Steel Entertainment Show - Fast. Fearless. Unforgettable. (Aprx 30min) - 4-C
12:00 PM Steer & Oxen 1700, 2100, 2500 and under distance following 16 and under youth 1200 and under distance - P.R.
12-2 PM Arizona Rose & The Rich Ric Band (Music) - P
1:00 PM Steer/Oxen 2900, 3300, and under, kids class - P.R.
12 - 9 PM Midway / Rides open
12:30 PM Cirque Cyber - Aerials, Action & Adventure Entertainment Show (Aprx 30min) - KR
1:00 PM Youth Dairy Show - W.A.
1:30 PM Pari-Mutuel Racing - R.G.
2:00 PM Wheels & Steel Entertainment Show - Fast. Fearless. Unforgettable. (Aprx 30min) - 4-C
3-5 PM ME & MO (Music) - P.
3:00 PM Youth Sheep Show - W.A.
3:00 PM Youth Horse Show - S.R.
4:00 PM Pie Eating Contest (5 -18 yr. olds) - W.A. (Following the sheep show)
4:30 PM Cirque Cyber - Aerials, Action & Adventure Entertainment Show (Aprx 30min) - KR
5:00 PM Youth market animal meeting followed by market animal weigh-in - W.A

Monday (Agriculture Education Day) September 21st, 2026

9AM - 1PM Kids Ag Day - Coordinated by Franklin County Soil & Water
10:00 AM Steer & Oxen Pull 2,900lb, 3,300lb and under - distance (David Gammon Memorial) - P.R.
12:00 PM Steer & Oxen 3,500lb - 4,000lb % distance (Wayne Currier Memorial) - P.R.
12:00 PM Starbird building open
12 - 2 PM Jan & John (Music) - P.
1:30 PM Pari-Mutuel Racing - R.G.
2:00 PM Steer & Oxen sweepstakes - P.R
3 - 5 PM Father & Daughter Duo (Music) - P.
3 - 9 PM Midway Open - Ride Special 5 pm - 9 pm \$27.00 * Rain Date Tuesday or Thursday
4:30 PM Wheels & Steel Entertainment Show - Fast. Fearless. Unforgettable. (Aprx 30min) - 4-C
5:00 PM Beef & Dairy Exhibition - W.A.
5:00 PM Milking Parlor Demonstrations - Dairy Cow Barn Area
5:30 PM Cirque Cyber - Aerials, Action & Adventure Entertainment Show (Aprx 30min) - KR
6:00 PM Bike Drawing - P. Must be present to win (Sign up in Exhibition Hall or Where posted)
6 - 8 PM Doug Mathieu & Adam Cates (Music) - P.
6:30 PM Drag Your Neighbor (Cars - Trucks - Side by Sides) - R.G.
6:30 PM Steer & Oxen 3,300lb over/under - 6' elimination - P.R.
6:30 PM Wheels & Steel Entertainment Show - Fast. Fearless. Unforgettable. (Aprx 30min) - 4-C
7:30 PM Cirque Cyber - Aerials, Action & Adventure Entertainment Show (Aprx 30min) - KR

Tuesday (65+ & Veterans Day) September 21st, 2026

10:00 AM Farmer's Steer & Ox Scooting followed by Farmers Pull - P.R.
10:00 AM Starbird building open
12:00 PM Exhibition of Best & Best Matched Oxen & Steer Teams, Beef Oxen & Steers - S.R.
12 - 2 PM Arizona Rose & The Rich Ric Band (Music) - P.
1:30 PM Pari-Mutuel Racing - R.G.
2:00 PM Nick Rowley, Extension Agent, Presentation on gardening - P.
3 - 5 PM Matt & The Barn Burners (Music) - P.
3 - 9 PM Midway Open
4:30 PM Wheels & Steel Entertainment Show - Fast. Fearless. Unforgettable. (Aprx 30min) - 4-C
5:00 PM Youth Market Animal Show, beef showmanship followed by weight classes, lamb showmanship followed by weight classes, hog showmanship followed by weight classes - W.A.
5:00 PM Milking Parlor Demonstrations - Dairy Cow Barn Area
5:30 PM Cirque Cyber - Aerials, Action & Adventure Entertainment Show (Aprx 30min) - KR
6:00 PM Bike Drawing - P. Must be present to win (Sign up in Exhibition Hall or Where posted)
6:30 PM Wheels & Steel Entertainment Show - Fast. Fearless. Unforgettable. (Aprx 30min) - 4-C
6 - 8 PM Hot Dam Duo (Music) - P
7:30 PM Cirque Cyber - Aerials, Action & Adventure Entertainment Show (Aprx 30min) - KR
7 - 9 PM NAWA -Wrestling - P.R

Wednesday (Ride Bracelet 1pm-9pm) September 21st, 2026

12:00 PM Starbird Building open
12:00 PM Farmers Draft Horse Twitching followed by scooting & pull - PR
12 - 2 PM New Relm (Music) - P.
1 - 9 PM Midway open - Ride Special - 1 p.m. - 9 p.m. \$37.00
1:30 PM Pari-Mutuel Racing - R.G.
2:00 PM Wheels & Steel Entertainment Show - Fast. Fearless. Unforgettable. (Aprx 30min) - 4-C
3 - 5 PM Ken Morse (Music) - P.
3:00 PM Cirque Cyber - Aerials, Action & Adventure Entertainment Show (Aprx 30min) - KR
3:45 PM Daughters of the American Revolution Constitution Day Bell Ringing Ceremony - N.S.L.
4:00 PM Wheels & Steel Entertainment Show - Fast. Fearless. Unforgettable. (Aprx 30min) - 4-C
5:00 PM Kids' Pedal Tractor Pull - P. R.
5:00 PM Cirque Cyber - Aerials, Action & Adventure Entertainment Show (Aprx 30min) - KR
5:00 PM Milking Parlor Demonstrations - Dairy Cow Barn Area
6:00 PM Bike Drawing - P. Must be present to win (Sign up in Exhibition Hall or Where posted)
6:00 PM Monster Truck Jamboree - R.G. (No vehicles in the infield - Pedestrians enter by grandstands)
6:00 PM Wheels & Steel Entertainment Show - Fast. Fearless. Unforgettable. (Aprx 30min) - 4-C
6 - 8 PM Cole Martin (Music) - P.
6:00 PM Horse Pull Split 2lb rock - Robert Tibbetts Memorial Pull - P.R.
6:30 PM Youth Market Auction -Worthley Arena
7:30 PM Cirque Cyber - Aerials, Action & Adventure Entertainment Show (Aprx 30min) - KR

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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 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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High Peaks Alliance volunteers improve Tumbledown Trail

WELD — On June 12, High Peaks Alliance (HPA) staff Matt Kusper and Emily Kidd, and five volunteers gathered at Tumbledown Public Lands to tackle trail improvements on the Little Jackson Connector Trail. The group spent the morning improving drainage to reduce erosion before beginning construction of a rock staircase designed to improve trail durability and hiker access.

By the end of the day, the team had completed

a functional section of the staircase and made significant progress on the project. Additional work on the staircase is planned for a future volunteer trail workday.

Volunteer efforts like these help preserve trail systems throughout the region and ensure continued access to public lands. People come away from these days with new perspectives, such as Emily's: "This experience has allowed me to gain a newfound respect and apprecia-



Submitted Photo

tion 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 moun-

tains are popular destinations for hikers seeking scenic views, diverse trail options, and unique natural features. Through a partnership with the Bureau of Parks and

Lands, HPA monitors and maintains trails in the area to support safe and sustainable recreation.

Community members interested in supporting trails are encouraged to participate in upcoming Volunteer Trail Workdays, scheduled for July 10, August 21, and September 4. To learn more and RSVP, visit highpeaksalliance.org.

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2026 MT. BLUE FALL SPORTS SCHEDULE

GIRLS SOCCER		
Date	Time	Opponent
9/5	JV 10, V 11:45	@ Mt. Ararat
9/9	JV 4, V 6	vs. Skowhegan
9/11	JV 4, V 6	vs. Mt. Abram
9/15	JV 5, V 7	@ Messalonskee
9/17	JV 5, V 7	@ Lewiston
9/19	V 11, JV 12:30	@ Brewer
9/22	JV 4, V 6	vs. Hampden Academy
9/26	JV 10, V 12	vs. Camden Hills
10/1	JV 4, V 6	@ Bangor
10/3	V 10, JV 11:30	@ Belfast
10/8	V 4, JV 5:30	@ Oxford Hills
10/13	JV 4, V 6	vs. Brunswick
10/15	JV 4, V 6	vs. Edward Little
10/20	JV 4, V 6	vs. Oxford Hills

BOYS SOCCER		
Date	Time	Opponent
9/5	JV 10, V 12	vs. Mt. Ararat
9/9	V 3:30, JV 5	@ Skowhegan
9/11	JV 4, V 6	@ Mt. Abram
9/15	JV 4, V 6	vs. Messalonskee
9/17	JV 4, V 6	vs. Lewiston
9/21	JV 4, V 6	@ Hampden Academy
9/24	TBD	@ Camden Hills
9/26	JV 2, V 4	vs. Oxford Hills
10/1	JV 4, V 6	vs. Bangor
10/3	JV 4, V 6	vs. Belfast
10/8	JV 4, V 6	vs. Brewer
10/13	JV 4:15, V 6	@ Brunswick
10/16	JV 4, V 6	@ Edward Little
10/20	V 4, JV 5:30	@ Oxford Hills

GOLF		
Date	Time	Opponent
8/26	TBD	@ Camden Hills
8/28	TBD	@ Lewiston
9/3	3:30	vs. Oxford Hills
9/9	TBD	@ Lewiston w/ Camden Hills
9/11	TBD	@ Edward Little
9/14	3:30	@ Brunswick (Brunswick GC)
9/16	3:30	vs. Messalonskee
9/21	3:30	vs. Skowhegan
9/23	3:30	vs. Mt. Ararat

POST SEASON		
9/28	Play offs Round 1 at Higher seed (#2 vs. #3)	
10/6	10:00 KVAC Qualifier Natanis Golf Cours	

FIELD HOCKEY		
Date	Time	Opponent
9/3	V 4 JV 5:30	vs. Brunswick
9/8	V 4 JV 5:30	vs. Skowhegan
9/10	V 3:30, JV 5	@ Cony
9/14	V 4, JV 5:30	vs. Mt. Ararat
9/16	V 6	@ Brewer
9/19	V 11, JV 12:30	vs. Oxford Hills
9/23	V 5:30, JV 7:00	@ Lewiston
9/26	V 1, JV 2:30	vs. Camden Hills
9/29	V 3:30, JV 5	vs. Bangor
10/2	V 5	@ Hampden Academy
10/7	V 6:00, JV 7:30	@ Edward Little
10/10	V 11, JV 12:30	vs. Fryeburg Academy
10/15	V 5, JV 6:30	@ Messalonskee
10/19	V 4, JV 5:30	@ Oxford Hill

VARSITY FOOTBALL		
Date	Time	Opponent
9/4	7:00	vs. Skowhegan
9/12	1:00	@ Camden Hills
9/18	7:00	vs. Cony
9/25	7:00	vs. Lawrence
10/3	12:00	@ Brunswick
10/9	7:00	@ Messalonskee
10/16	7:00	vs. Fryeburg Academy
10/23	7:00	@ Edward Little

JV FOOTBALL		
Date	Time	Opponent
9/7	4:00	@ Skowhegan
9/14	4:00	vs. Camden Hills
9/21	3:30	@ Cony
9/28	4:00	@ Lawrence
9/5	4:00	vs. Mt. Valley
10/12	10:00	vs. Messalonskee
10/19	4:00	@ Poland
10/26	4:00	vs. Edward Little

CROSS COUNTRY		
Date	Time	Opponent
9/4	4:00 Boys	vs. Gardiner/Cony/Waterville
	4:30	Girls Leavitt/Lawrence
9/11	4:00 Boys	@ Leavitt
	4:30 Girls	(Oxford Hills, Skowhegan, MCI, Lincoln Academy)
9/19	11:00 Boys	@ Brewer (Saxi Park)
	11:30 Girls	(Hampden, Bangor, Nokomis, MCI)
9/24	4:00 Boys	@ Lincoln Academy
	4:30 Girls	(Oceanside, Camden Hills, Morse, Messalonskee)
10/3	9:30	Festival of Champions
		@ Belfast (Troy Howard)
10/9	4:00	Mt. Blue Relays
10/17	11:00	Boys (JV 11:45) KVAC
		Championship
	12:30	Girls (JV 1:15) @ Cony
10/24	TBD	North Regional Champ.
10/27	4:00	JV/Second Seven @ Bangor
10/31	TBD	State Championships
11/7	TBD	New England Championship

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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 Peterbilt's 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 meet-



ing 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

Submitted photo 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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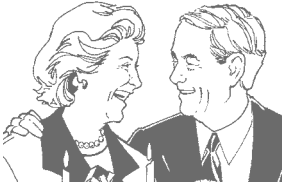
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THE HEALTHY GEEZER

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). 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.



Recipe Corner

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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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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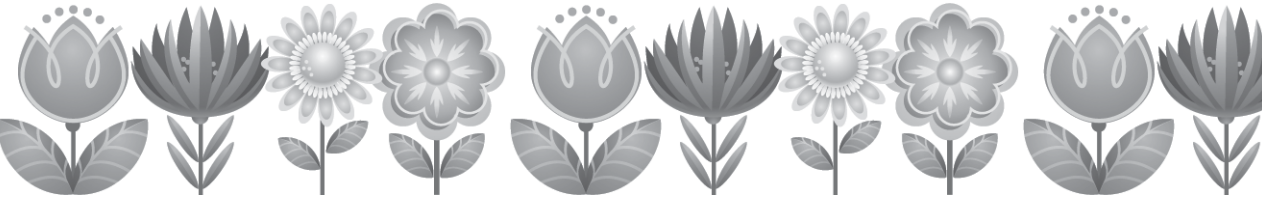
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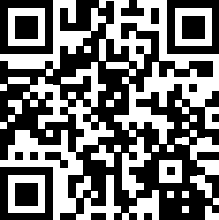
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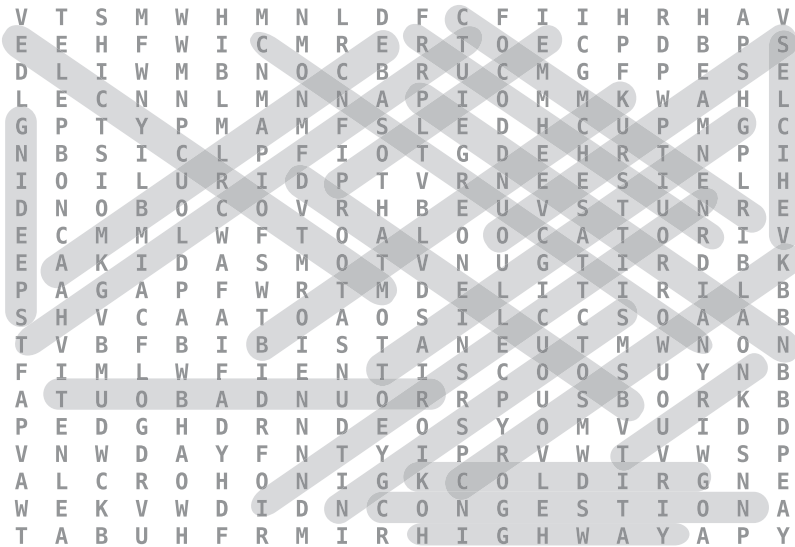
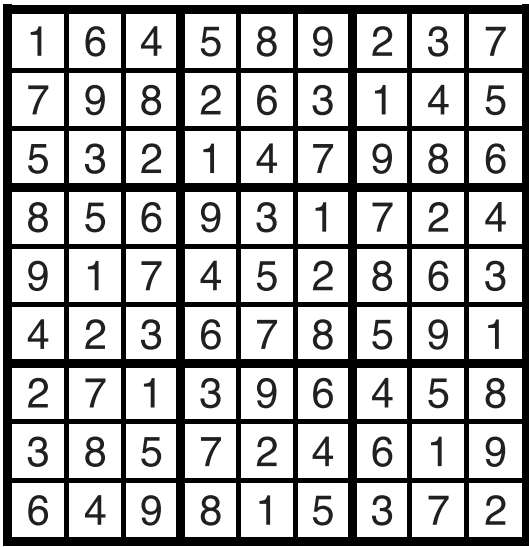
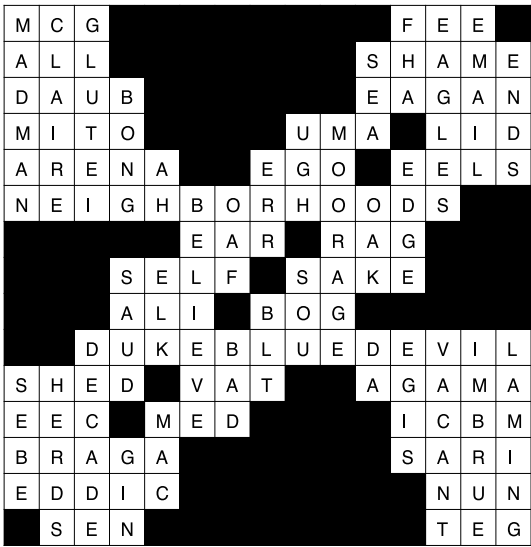
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Church Annual Old Home Sunday - Hymn Sing

Farmington Grange and Friends complete Quilt for Hunger

MADRID – In honor of being placed on the National Historic Register, Reeds Mill Church, the non-denominational Christian “Church in the Wildwood” located at 995 Reeds Mill Road in Madrid, will celebrate this milestone at its annual Old Home Sunday on August 30. Old Home Sunday, a time-honored tradition, is the perfect time to recognize this achievement. We start with a potluck picnic at noon and hold a worship service at 1:00 PM. All are welcome! This special Sunday celebrates all those who have worshiped at and served the church in order to keep it going since it was built in 1892. The Rev. Laura Church will be leading our worship that day.

In addition, the annual Hymn Sing is scheduled for September 13 at 7:00. Another beloved tradition, this evening gathering is the



Submitted Photo

ideal time to see the church lit at night with the original kerosene lamps. This year’s Hymn Sing will be dedicated to the memory of Wade Bredeau, who, along with his brother Ward, asked the simple question in 1978 that

began this tradition, “What would the church look like at night with the lamps lit?” Join us for singing the “old-fashioned” hymns. Flashlights are recommended. FMI – call 639-2713 or visit reedsmillchurch.org.

FARMINGTON - Members and Friends of the Farmington Grange have recently completed their annual quilt project, which will be raffled off to raise money for local food pantries in September. This year’s quilt features squares that are hand-embroidered and appliqued with various birds. It is also embellished with a hand-sewn satin ribbon. It is more of a wall hanging or throw as it measures 3 feet by 4 feet. It is a work of art. Raffle tickets can be obtained from any Grange member for \$5. The winning ticket will be drawn on the last day of the Farmington Fair in the Exhibition Hall.

Last year, the quilt raffle raised over \$600, which was donated to a local food pantry.

Members spent most of the winter and spring working on the quilt at WWWs, Wednesday Work and Warm Up Days, 1st and 3rd



Submitted Photo

Wednesdays of the month, October thru April. Everyone is welcome to come and have lunch and visit. This year’s quilt will be displayed at the Farmington Fair Exhibition Hall throughout the fair week. For more information, call Bonnie Clark at 207-778-1416.

2026 Maine Shrine 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 dur-

ing 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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