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Volume 22 Issue 12 • August 2026

Turner Publishing, Inc., PO Box 214, Turner, ME 04282 • 207-225-2076 • Fax: 207-225-5333 • E-Mail: articles@turnerpublishing.net • advertising@turnerpublishing.net • turnerpublishing.net/news

The Good News Gazette

2026 Shriner's Lobster Bowl

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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
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we will publish in an upcoming issue.

Name: _____

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Zip: _____

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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*

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Sailor with family ties to Augusta
recognized while serving with
Naval Supply Systems Command
Fleet Logistics Center in Norfolk

By Senior Chief Mass
Communication Specialist
John Osborne, Navy Office
of Community Outreach

Millington, TN — Petty Officer 1st Class Emmanuel Nwogu, who grew up in Nigeria and has family ties to Augusta, Maine, recently received the Navy and Marine Corps Achievement Medal after being named fiscal year 2025 Senior Sailor of the Year of Naval Supply Systems Command Fleet Logistics Center (NAVSUP FLC) Norfolk in Virginia.

The Navy and Marine Corps Achievement Medal is awarded to members of



Petty Officer 1st Class
Emmanuel Nwogu

the Navy and Marine Corps
for meritorious service or
achievement.

Nwogu, who joined the
Navy 13 years ago, serves
as a logistics specialist.

“Being selected Senior
Sailor of the Year is the
ultimate validation of my
commitment to the Chief
of Naval Operations ‘Sail-
or First’ initiative,” Nwogu
said. “It proves that execut-
ing mission-essential lo-
gistics directly strengthens
our combat-credible fleet.
As a leader, I am dedicated
to mentoring junior sail-
ors to become world-class
tactical athletes who are
highly trained, resilient
and ready to dominate the
future fight.”



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MAINE CALENDAR

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.

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

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

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

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

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

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

WAYNE: Cary Library Book Sale, 9:30 a.m. - 12:30 p.m., 3rd Saturday every month, Williams House, 14 Old Winthrop Road, Wayne, FMI call 685-3612 or visit



September 5 8:00am-3:00pm
First United Pentecostal Church of Augusta
15 Wilson St, Augusta
augustapentecostals.com
207-622-1721

our website <https://www.cary-memorial.lib.me.us>.

GILEAD: Gilead Historical Society open every Saturday 12 – 3 p.m., 14 Depot St., Gilead, FMI call (207) 836-2987.

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

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

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

AUGUSTA: AL-ANON meeting, Sunday evenings, 5 p.m., Unitarian Universalist Church, 69 Winthrop Street, Augusta, both in person and on Zoom (for Zoom info please refer to maineafg.org)

WATERVILLE: Grief through the Holidays support group, Wednesdays from 6:00-7:30 p.m. starting November 13th, Hospice Volunteers of Waterville Area Community Center, 304 Main Street in Waterville, time-limited bereavement group, free. 873-3615 or email jroy@hvwa.org.

LEWISTON: Renewal Addiction Ministry. Applying biblical truth to the root of addiction. Every Friday

630pm. 89 Birch Street Lewiston @The Root Cellar. Alex Theriault 207-274-1570

NORWAY: Norway Community Lunch program, Wednesdays from 11:15 a.m., to noon, First Universalist Church of Norway Concert Hall, 479 Main Street, Norway.

WATERVILLE: Downtown Waterville Farmers’ Market, every Thursday 2-6 p.m., Head of the Falls.

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.

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.

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

WINTHROP: Winthrop Maine Historical Society, first Thursday of month, 6-8 p.m., Winthrop History and Heritage Center, 107 Main St., 207-395-5199, winthrop-mainehistorical@gmail.com.

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: Oxford Hills Honeybee Club, 1 p.m., second Saturday of the month, First Universalist Church, 479 Main St., all welcome, cpeaston@megalink.net.

NORWAY: Serenity Seekers Al-Anon newcomers meeting 6:15-6:45 p.m. followed by Regular Meeting 6:45-7:45 p.m. at The Hills Recovery Center, 15 Tannery Street, Norway, ME. Every Thursday. FMI serenityseekersnorway@gmail.com

RUMFORD: Old School Food Pantry, 115 Maine Avenue, Wednesdays from 3 p.m. to 6 p.m., For more information or to help: (207) 364-4556 or email Shannon at rvhccgllover@gmail.com

WATERVILLE: A Service for Veterans, Veteran Service Officer from the Bureau of Veterans’ Services will be available to meet with you from 8 a.m. – 2 p.m. first Thursday of the month at the Muskie Community Center, 38 Gold Street, Waterville, appointments are 30 minutes. To reserve your private appointment, call (207) 873-4745.

WATERVILLE: Family Caregiver Education and Support Group, Third Wednesday, Monthly 1 – 2:30 p.m., Spectrum Generations’ Muskie Community Center, 38 Gold Street, Waterville, to learn more, visit the front desk receptionist at the Muskie Center or call (207) 873-4745.

GARDINER: Maine-ly Harmony women’s barbershop chorus rehearsals, Wednesday evenings, 6:30 to 9:00 p.m. at the Highland

MAINE CALENDAR PAGE

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

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

**1X2 AD
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Avenue United Methodist Church, 31 Highland Avenue, Gardiner, women of all ages are welcome to enjoy singing with this very welcoming women’s chorus.

WATERVILLE: Central Maine Square Dance club offering beginner lessons, every Tuesday 6:30-8:00 p.m., George Mitchell School Dutton St., Waterville, cost is \$5.00 per lesson, FMI call Bob at 447-0094.

CANCELLATIONS
None listed.

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

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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...

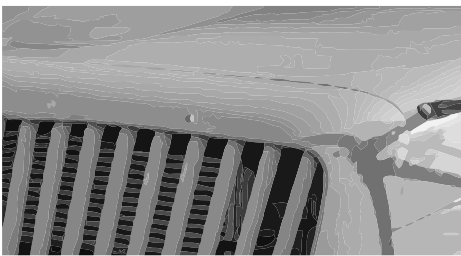
English: Teacher
Spanish: Maestro
Italian: Insegnante
French: Professeur
German: Lehrer

Did You KNOW?

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



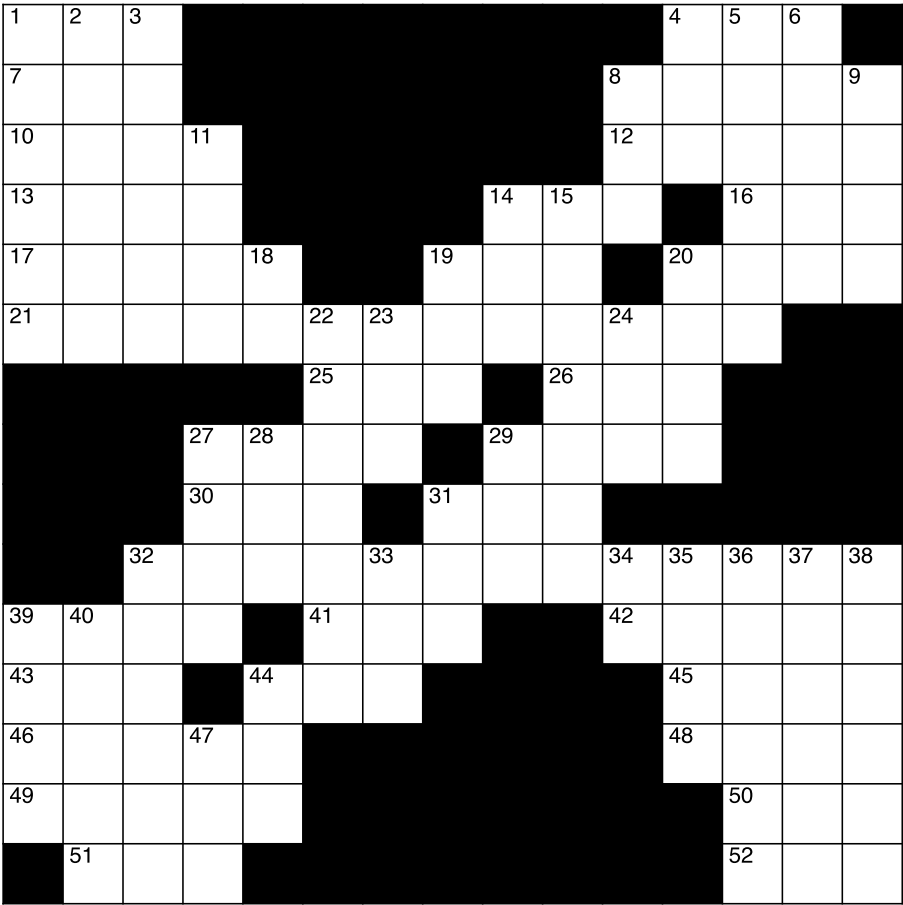
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: School bus

Crossword



CLUES ACROSS

- 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

- 43. One-time European member group
- 44. Healing student
- 45. Nuclear weapon
- 46. “Kiss of the Spider Woman” actress Sonia
- 48. Silk garment
- 49. About some Norse poems
- 50. Woman religious community member
- 51. Congressman (abbr.)
- 52. Two-year-old sheep

CLUES DOWN

- 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 groups
- 44. __ and cheese
- 47. Alcoholic beverage



Solve the code to discover words related to traffic.
Each number corresponds to a letter.
(Hint: 7 = o)

A. 16 21 8 22
Clue: Vehicles

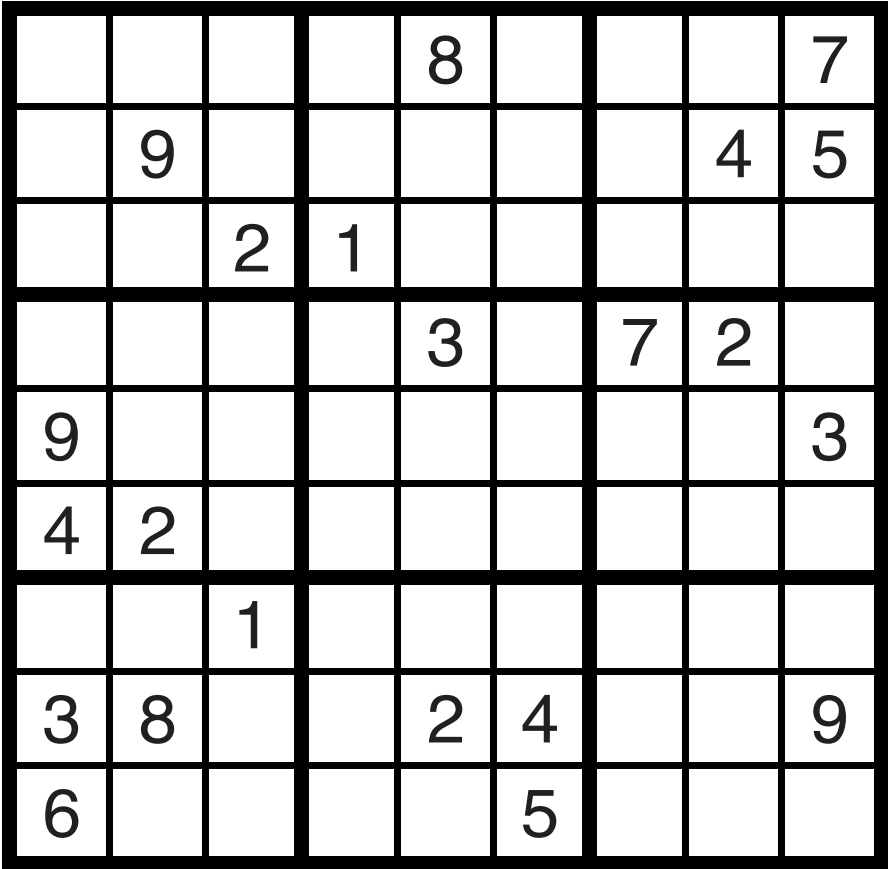
B. 8 7 21 13 17 21 25
Clue: Place to drive

C. 11 26 8 18 26
Clue: Blend together

D. 16 7 12 18 26 22 6 4 7 12
Clue: Lots of vehicles

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

SUDOKU



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

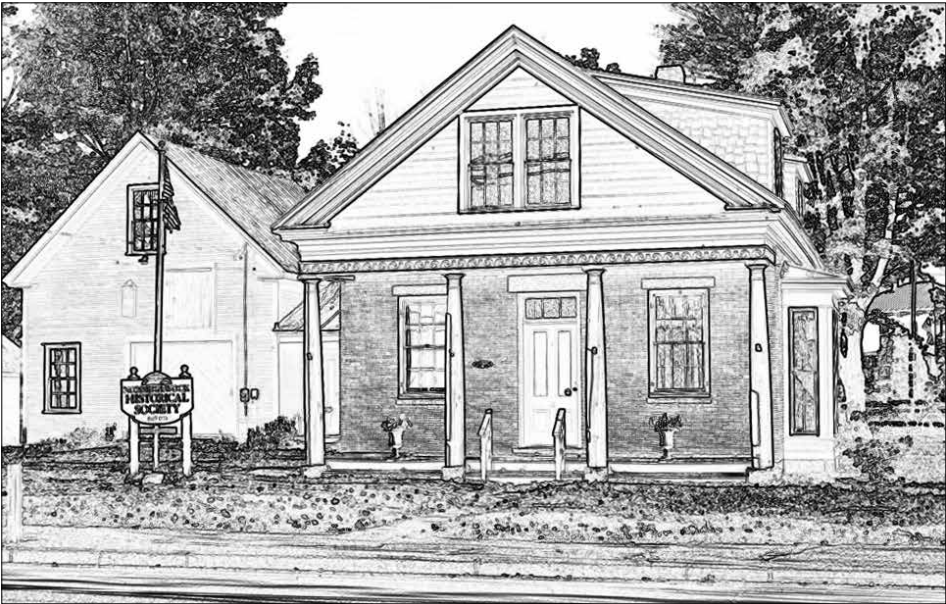
CAPRICORN - Dec 22/Jan 20
It's time to make amends with someone who did you wrong, Capricorn. Life is too short to hold grudges, and this person has since mended their ways.

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.

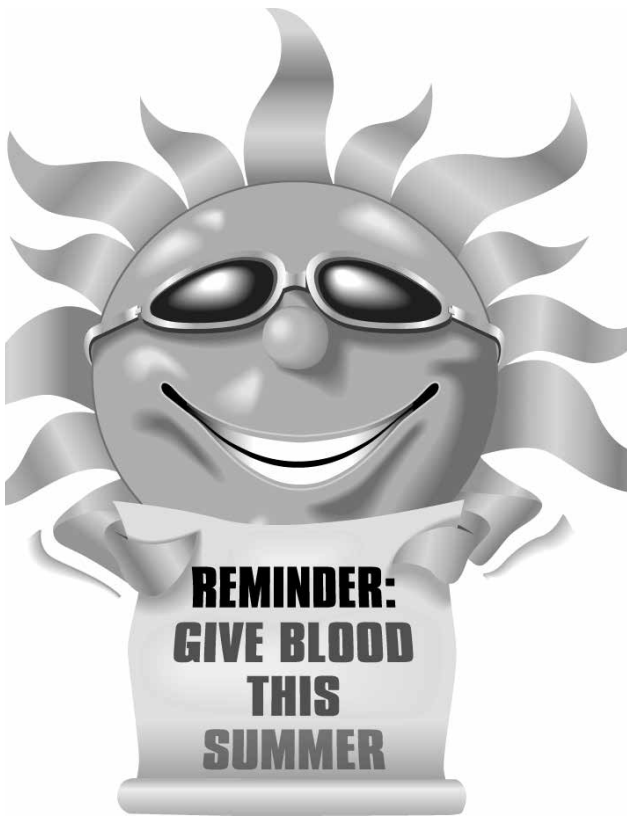
PISCES - Feb 19/Mar 20
Pisces, you are on fire lately. There's seemingly nothing you touch that isn't turning to gold. This trend will continue, but try not to let it go to your head..

1837 Female Academy

The Female Academy, later Eaton School and then, for almost 50 years, Norridgewock High School, is now on the National Register of Historic Places due to its early role in higher education and Greek Revival architecture. The Female Academy was started in 1837 for women only, and after the Civil War became a co-ed high school before the school outgrew the space and a new school was built next door (today that new school is the Grange). Both the Female Academy and the Grange are on the National Register of Historic Places. (Provided by Norridgewock Historical Society)



Submitted photo



STUDENT NEWS

Maine students honored at Annual SkillsUSA Workforce Development Event

Atlanta, GA - A career and technical student in Maine won one of the nation’s highest awards at the National Leadership & Skills Conference (NLSC), held June 1-5 in Atlanta. An all-time high of 7,000 students competed in the 2026 SkillsUSA Championships at NLSC, which is the largest gathering of the future skilled workforce.

The following student(s) from your area received a SkillsUSA Championships medal and Skill Point Certificate:

Joseph Bailey, from Augusta and a student at Capital Area Technical Center (Augusta), was awarded a Skill Point Certificate in Restaurant Service.

Kaelyn Brilliant, from Augusta and a student at Capital Area Technical Center (Augusta), was awarded a Skill Point Certificate in Automotive Refinishing Technology.

Team A (consisting of CAMERON PERRY, OWEN EASTMAN), from Capital Area Technical Center (Augusta), was awarded a Skill Point Certificate in Interactive Application and Video Game Development.

Dan Austin graduates from UW-Whitewater

Whitewater, WI - Dan Austin, from Sidney, earned a degree from the University of Wisconsin-Whitewater at the 2026 spring commencement ceremonies held in May. Austin graduated with the following degree: Occupational Safety - BS.

Audrey Mihm named to President’s List at Miami University

Oxford, OH - Audrey Mihm, from Sidney, was named to the Miami University Spring 2026 President’s List.

Olivia Bourque, of Vassalboro, graduates from Eastern Connecticut State University

Willimantic, CT - More than 800 Eastern Connecticut State University students received undergraduate and graduate degrees in the 2025-26 academic year, culminating this past May in two commencement ceremonies at the conclusion of the spring 2026 semester. Olivia Bourque of Vassalboro graduated with a Bachelor of Science in Health Sciences.

2026 Shriner’s Lobster Bowl High School Cheerleaders



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.

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Tech Support Scams

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

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

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

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

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

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This Italian comfort food hits the spot

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

Lasagna With Zucchini and Meat Sauce

Makes 9 Servings

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



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

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

Metro

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 weekend 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 out-

lets 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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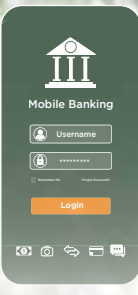
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Conserving fuel as prices rise

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.

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

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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Health & Wellness



Keep Your Balance Boomers

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

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

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

BALANCE TODAY, INDEPENDENCE TOMORROW

Strong Balance. Stronger You.

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

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

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

DID YOU KNOW?

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

YOU CAN TAKE ACTION!

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

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



- 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



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New England Patriots Players in Maine



Photos by Mark Huard/Central Maine Photography
Left to right: Caiden Fortin, 7, Emmitt Wilkes, 7, Jackson Wilkes, 7, all from Winslow.

by Mark Huard

FALMOUTH - New England Patriots Efton Chism & Kayshon Boutte hosted a very special youth football clinic on Sunday, July 12, at the Falmouth, Maine High School for athletes ages 6-16.

The clinic was put on by Flex Sports Management and was an absolute blast for kids of all ages as they learned skills and drills with the New England Patriots stars.

The two Patriots wide receivers seemed to be having a blast on the field with the kids this weekend. Even at one point, Chism and Boutte got on the field to go one-on-one, and the kids tried to take part in catching a pass from an NFL football player as well.



Jaxon Troxell, 12-year-old Waterville Junior High School.



Winslow Third grader Colton Souviney having his football signed by New England Patriot Efton Chism.

Local Youth had the opportunity to meet Patriots Stars Boutte and Chism at the Youth Football Event.

Winslow Third grader Colton Souviney had the kind of afternoon most young football fans only dream about, getting the chance to meet New England Patriots wide receivers Kayshon Boutte and Efton Chism at a recent youth event. The highlight of Colton's day came when Chism signed his Patriots football — a keepsake he's sure to treasure for years to come. Moments before this, Colton lined up to run a route on the field, and Boutte delivered a pass directly to him, giving the young fan a taste of what it feels like to have a football thrown to you from an NFL receiver.

Caiden Fortin 7, Emmitt Wilkes 7 and Jackson Wilkes. "They were "big and fast "and also "they were very nice to teach us about football "

For Jaxon Troxell, a 12-year-old Waterville Junior High School student, this football camp was about much more than just sharpening gridiron skills. The day was defined by four hours of non-stop high fives, smiles, and fist bumps, fueling electric energy. For any young player looking up to these professionals, the camp provided a powerful lesson in character, passion, and what it looks like to be a positive role model. "He called with urgency, begging me for permission to have his new

cleats signed," his parents recalled with a laugh. "Needless to say, he got the autograph and a new pair of cleats are on the way." An absolute highlight of his day was getting that prized Nike cleat signed by Chism himself. But beyond the autograph, the experience cemented something deeper: the role models he watches on television are real people who started where he is today. It was an unforgettable experience that proved football is about much more than just a game—it's about keeping big dreams alive.

Despite the day's warm temperatures, both players kept the energy high and made sure the event was an enjoyable experience for all the kids in attendance. Chism went above and beyond, remaining at the event for nearly an hour afterward to sign autographs for every child who wanted one.

For families in attendance, the event offered a rare opportunity to watch professional athletes at work up close, connecting with the community and giving young fans a firsthand look at the sport they admire. For kids like Colton, Jaxon, Caiden, Emmitt and Jackson, meeting Boutte and Chism wasn't just a chance to collect an autograph — it was a chance to see their role models in action and walk away with memories that will last well beyond the football season.

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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 chronicle 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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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.

THEMOVIE’SRATING:R(forviolenceandsomelanguage)
THE CRITIC’S RATING: 4 Stars (Out of Four)



THE HEALTHY GEEZER *Fred Cicetti*
MENIERE'S DISEASE

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

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

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

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

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

The cause of Meniere’s disease isn’t known. It seems to be the result of the abnormal volume or

composition of fluid in the inner ear. However, researchers are uncertain about what causes changes in the fluid. There is speculation that it may be caused by viral infections of the inner ear, head injury, a hereditary predisposition, and allergy. Meniere’s is not contagious.

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

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

- Eat approximately the same amount of food at each meal to regulate body fluids. You may also eat five or six smaller meals instead of three meals a day.
- Salt can increase fluid retention. Try to consume no more than 1,000 to 1,500 milligrams of sodium daily.
- Avoid monosodium glutamate (MSG). Prepackaged food products and some Asian foods include

MSG, a type of sodium.

- Stay away from the caffeine in coffee, tea and some soft drinks. Caffeine can make symptoms worse.
- Nicotine can make Meniere’s symptoms worse, too. Quit smoking.

Part of the inner ear is a labyrinth lined with hair-like sensors that react to moving fluids. These sensors send information about body movement to the brain. The fluid and sensors tell us the direction and speed of our movements and they help us maintain balance.

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

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

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MAINE OUTDOORS

v. Paul Reynolds

TROUTLESS IN TIMBUKTU

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

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

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

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

This year, for the first time ever, Scotty and I decided to try the pond in early July. Of course, we realized that the fishing might be slow due to warming waters. But the old timers always maintained that on this particular trout 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 set-



Submitted photo

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

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

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

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

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

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

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

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

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

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

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Community publications

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- The community calendar is informative.
-Barbara Nadeau, Poland
- Excellent local! - Betty Hutchins, Lisbon Falls
- Great Articles! - Irene Bonsaint, Lisbon Falls
- I really like the whole paper, Two Cent Times.
- Peter McLaughlin, Randolph
- The local news stories are great.
-Tim Nadeau, Poland
- Love it, as usual! - Donna Rutford, Mexico
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- Cara Perry



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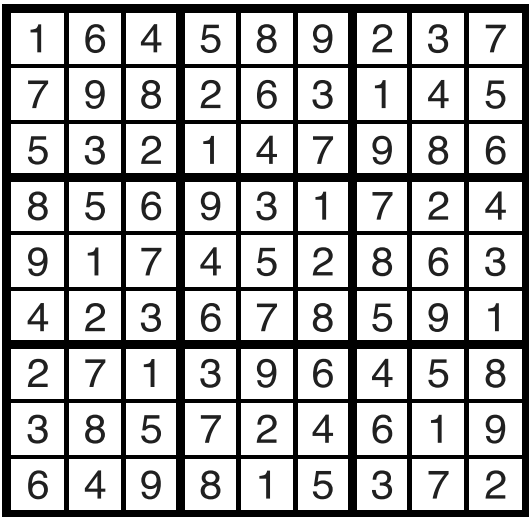
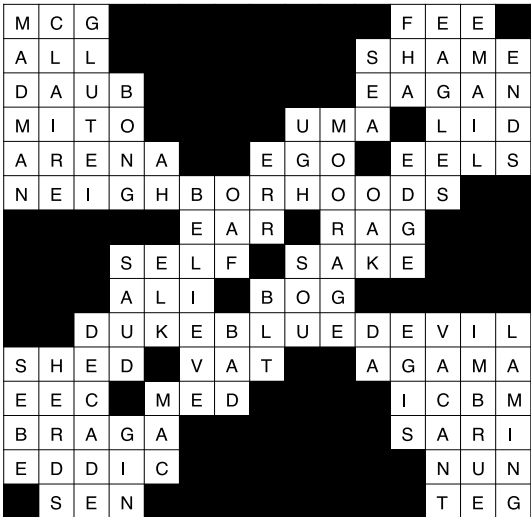
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Kennebec Land Trust to hold 2026 Annual Meeting and Conservation Celebration

WINTHROP - The Kennebec Land Trust (KLT) invites the public to its 2026 Annual Meeting and Conservation Celebration at Vaughan Homestead, 2 Litchfield Road, Hallowell, on Thursday, August 20, 2026, 4:30- 6:30 p.m., for an evening gathering to mark another year of land conservation and to thank the community members, donors, and volunteers behind it. Since its founding in 1988, KLT has protected more than 8,400 acres of forests, shorelands, fields, and wildlife habitats, and established over 61 miles of trails throughout central Maine.

For questions, call (207) 377-2848 or email Abby at askrabak@tklt.org.

Enjoy hikes and lawn games starting at 4:30 p.m., with refreshments—including a charcuterie board with local selections from Wicked Board Charcuterie—available for a suggested \$15 donation. The Annual Meeting begins at 5:30 p.m., when attendees will celebrate KLT’s conservation accomplishments, recognize this year’s land donors, and learn about the summer stewardship projects underway on KLT properties. Feel free to stay for all or part of the evening.

Registration is suggested; the general public is welcome. If possible, bring a camp chair. For questions, call (207) 377-2848 or email Abby at askrabak@tklt.org.

Among this year’s highlights, KLT is celebrating the completion of its Shedd Pond Addition campaign. Launched in December 2025, the campaign raised funds to purchase 94 acres in Manchester and Readfield. The property is contiguous with 850 acres of New England Forestry Foundation and KLT conservation land surrounding remote Shedd Pond, expanding public recreation while protecting wetlands, forests, and water quality in the Cobossee watershed.

During the annual meeting, KLT will honor the following land donors:

Ralph and Karen Hopkins for their donation of the 30-acre Roy and Rowena Hopkins Addition to the Ezra Smith



John Whittaker Photo
Hopkins Stream, including the Roy and Rowena Hopkins addition to the Ezra Smith Conservation Area, Mount Vernon.

Wildlife Conservation Area in Mount Vernon.

With 885 feet of frontage on Hopkins Stream, this 30-acre conservation property features conifer and hardwood forests and ecologically important wetlands that are mapped by Maine Inland Fisheries and Wildlife as valuable wading bird and waterfowl habitat. The property, contiguous with KLT’s 163-acre Ezra Smith Wildlife Conservation Area, was donated to KLT in honor of Ralph’s parents, Roy and Rowena Hopkins. Public access is from Hopkins Stream.

Jan and Dallas Folk for their donation to the 100-acre Dead River Delta Conservation Area in Leeds.

Adjacent to Androscoggin Lake and the Dead River, this important conservation area protects a significant cultural and natural landscape, including 12,430 feet of shoreline on the Dead River and Androscoggin Lake and a rare plant population. It is part of Maine Department of Inland Fisheries and Wildlife’s Androscoggin Lake Focus Area of Statewide Ecological Significance. The conservation area’s hardwood floodplain forest protects a diverse assemblage of plant species and exemplary natural communities, water quality in Androscoggin Lake and the Dead River, and valuable wildlife habitat. Public access is from Route 106 and the Dead River.

KLT will also present two volunteer awards this year. The Outstanding Volunteer Award goes to Deborah Plengey, in recognition of her commitment to the acquisition and permanent protection of the Shedd Pond

Addition to Gannett Woods, her stewardship of the North Acres Conservation Area and Wyman Forest, and her work advancing KLT’s partnership with the Town of Manchester. The Volunteer Stewardship Award goes to Beth Labaugh, in recognition of her many contributions to KLT and her dedication to the stewardship of the Judy Kane Kennebec River Conservation Corridor.

All are welcome! Visit www.tkl.org for additional information.

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Turner Publishing Staff
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Kennebec Valley welcomes thousands for Fifth IRONMAN 70.3 Maine Triathlon

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

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

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

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

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

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

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



Submitted photo

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

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

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

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

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

ABOUT KENNEBEC VALLEY CHAMBER OF COMMERCE

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

Got Leg Pain From Varicose Veins?
Join us for a free discussion and screening!



Ted McGillicuddy, MD



Michael Neilson, MD

Thursday, Oct. 1 • 5 – 6 p.m.
Alfond Center for Health
35 Medical Center Parkway, Augusta

Do you cover up your legs because of varicose veins?
Are they often painful or swollen?

Join MaineGeneral Vascular Surgeons Dr. Ted McGillicuddy and Dr. Michael Neilson for a discussion on the impact of leg vein problems and potential treatment options, including vein ablation.

This event offers an optional free screening. If you are interested in the screening portion, please wear loose-fitting clothing.



This is a free event, but space is limited.

Please RSVP at www.mainegeneral.org/varicose-vein-event or by phone at **624-3881**.

Got Foot Pain?
Join us for this free event!



Michael Kipp, DPM



Brian Loring, DPM



Rocco Ciocca, MD, FACS



Margaret Chapin, ANP-C

Tuesday, Oct. 13 • 5 – 6 p.m.
Alfond Center for Health
35 Medical Center Parkway, Augusta

MaineGeneral invites you to learn about the advancements in dealing with foot pain issues including non-surgical options, minimally invasive surgical options and wound care.

Join MaineGeneral podiatrists Michael Kipp, DPM, and Brian Loring, DPM, MaineGeneral vascular surgeon Rocco Ciocca, MD and Margaret Chapin, ANP-C, for a free information session to learn more about your options to address your foot pain.



This is a free event, but space is limited.

Please RSVP at www.mainegeneral.org/foot-pain or by phone at **624-3881**.