

Can you find coop?



Coop is hiding somewhere in this publication...

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Volume 24 Issue 7
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



INDEX

Funny Things Kids Say	2
Maine Calendar	3
Kids Corner	4
Puzzle Page	5
Arts & Entertainment	6
Reader Recipe	7
Student News	11
Customer Directory	11
Classifieds	14

FEATURE ARTICLES

Conserving fuel as prices rise	8
Keep your balance Boomers	9
V. Paul Reynolds: Troutless in Timbuktu	12
Movie Review: The Odyssey (2026)	13
The Healthy Geezer: Meniere's Disease	13



Page 8



SCAN TO READ ALL OUR PAPERS FREE ONLINE.

2026 Shriner's Lobster Bowl



Bill Van Tassel photos

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

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



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

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

Funny Things Kids Say
Turner Publishing, Inc.

P.O. Box 214, Turner, Maine 04282
Or email: FunnyThingsKidsSay@turnerpublishing.net

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

When traveling with my 5-year-old grandson, I try to keep him busy with verbal mind games. I play a game called “What am I?” 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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MAINE CALENDAR

2026

AUGUST

August 22nd & 23rd - Open House Weekend at the Great Falls Model Railroad Club, 10 a.m. to 4 p.m. each day, 144 Mill Street, Auburn, (Handicapped Accessible), FMI at <https://www.greatfallsmodelrrclub.org>.

OCTOBER

October 17th - Great Falls Model Railroad Club October Train Show at Edward Little High School, 10 a.m. to 3 p.m., 77 Harris Street (off Western Avenue) - Auburn, (Handicapped Accessible), FMI at <https://www.greatfallsmodelrrclub.org>.

NOVEMBER

November 21st & 22nd - ExTRAINaganza Open House at the Great Falls Model Railroad Club, 10 a.m. to 4 p.m. each day, 144 Mill Street, Auburn, (Handicapped Accessible), FMI at <https://www.greatfallsmodelrrclub.org>.

November 27th, 28th & 29th - ExTRAINaganza Open House at the Great Falls Model Railroad Club, 10 a.m. to 4 p.m. each day, 144 Mill Street, Auburn,

(Handicapped Accessible), FMI at <https://www.greatfallsmodelrrclub.org>.

DECEMBER

December 12th - Surplus Assets Sale at the Great Falls Model Railroad Club, 9 a.m. to 1 p.m., 144 Mill Street, Auburn, (Handicapped Accessible), FMI at <https://www.greatfallsmodelrrclub.org>.

LEWISTON: Lewiston Public Library, in partnership with ArtVan, will be offering art programs in Callahan Hall for children ages 5-14 every Wednesday from June 17th to August 12th from 3:30 p.m. -5:00 p.m., Lewiston Public Library, 200 Lisbon Street at the corner of Pine Street, Lewiston, free, open to the public, and no registration is required; all art supplies will be provided.

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

LEWISTON: Maker Mondays at Lewiston Public Library, March 2, 16, April 6 and May 18, Couture Room, Lewiston Public Library, 200 Lisbon St., Lewiston, ages 18 and up, beginners welcome,

FMI contact 207-513-3134 or lplcirc@lewistonmaine.gov.

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

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

TURNER: At Turner Public Library Stay & Play is on Wednesdays from 9:30-10:30 a.m., Story Hour is at 10:30 a.m., and Silent Book Club is from 4-6 p.m. on Thursdays.

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

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

CASCO: Casco Village

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

WINTHROP: Winthrop Food Pantry, Thursday pickup 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 pickup 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.

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

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

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

NORWAY: Craft & Chat at the Cancer Resource Center, Mondays 1:00 – 3:00 p.m., drop in and explore your creative side and meet new friends at the same time, all supplies are provided, no pre-registration is required.

NORWAY: Chair Yoga at the Cancer Resource Center, Thursdays 1:00 – 2:00 p.m., chair yoga can help improve core strength and balance, promote better breathing techniques, increase flexibility and help reduce stress, call the Cancer Resource Center to register at 890-0329.

NORWAY: Women's Support Group and Coffee Hour, meets the third Wednesday of every month from 10:30 to 12:00 noon at the Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Kelsey at the Center at (207) 890-0205.

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

NORWAY: Men's Rally Group meets the third Friday

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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of each month from 1:00 - 3:00 p.m., Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Nel Bernard at 207-312-9955 or Vance Jordan at 207-583-2975. *Note: new day of week and time.

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

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

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)

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

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.

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

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

NEW GLOUCESTER:

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

CANCELLATIONS

None listed.

POSTPONEMENTS

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...

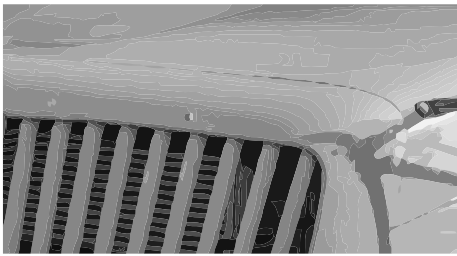
English: Teacher
Spanish: Maestro
Italian: Insegnante
French: Professeur
German: Lehrer

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

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

- CLUES ACROSS
1. Midway between south and southeast

4. Fathers

9. Wine grape

14. Al Bundy’s wife

15. Derived from ammonia

16. Venezuelan state

17. Interest rate

18. Experts

20. Vascular tissues

22. Smooth and glossy

23. Administrative region in S. Korea

24. One from Damascus

28. Special interest group

29. It cools your home

30. Oh, God!

31. Intestinal pouches

33. Men

37. Twelfth star in a constellation

38. Former CIA

39. Arrange in grades of size

41. A baglike structure in a plant or animal

42. “The Great Lakes State”

43. Having earlike appendages

44. Momentarily stop

46. Ancient kingdom

49. Of I

50. White clerical vestment
51. Songs to one’s beloved

55. Charges

58. Computer application originator

59. A place to dock a boat

60. One guided by reason

64. Slang for cigarette

65. Sailboats

66. “Jerry Maguire” actor Zellweger

67. Screen type

68. Country legend Haggard

69. Puts together in time

70. When you anticipate arriving
- CLUES DOWN
1. Involuntary muscular contraction

2. Eastern US transit agency

3. Leaves a place

4. Cease to participate

5. Current units

6. Cease to exist

7. General’s assistant (abbr.)

8. Earth vibration

9. Very strong winds

10. For each one

11. A bog

12. The creation of beautiful or significant things

13. Affirmative
19. Pie __ mode

21. Nonclerical

24. Indonesian island

25. Educational environment

26. Namibian peoples

27. Bring out or develop

31. Moves into a place of thought

32. Out of the way

34. Loads a ship

35. Beloved Hollywood alien

36. Distinguishes

40. The ancient Egyptian sun god

41. Secondary or explanatory title

45. Relating to a wing

47. One who gives a speech

48. In the middle

52. Loop with a running knot

53. Airborne (abbr.)

54. Sweet persons

56. Put into play

57. Small cattle breed

59. Millisecond

60. Revolutions per minute

61. They __

62. Moon crater

63. A place to stay the night

☪ ** ☐ ☺ ☼ ~ ☾ ☿ ✧ ✨ ✖ ✨ ✚ ☸ ✨ ▲ ☾ ✨ ☿ ☆ ☿ ☿ ☿ ☿ ☿ ☿ ☿ ☿

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

☐ ☾ ☿ ✨ ✨ ☸ ☿ ~ ☆ ✚

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

- A.

7 16 4 7 12 11 25

Clue: Well visit
- B.

24 20 7 10 20 14

Clue: Medical expert
- C.

4 17 4 14 7 15 8 4

Clue: Physical activity
- D.

24 15 4 10

Clue: The foods one eats

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

SUDOKU

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

Level: Advanced

HOROSCOPES

- ARIES - Mar 21/Apr 20

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

Someone is testing your patience this week, Taurus. Before you stick to your guns, ask yourself if this is a battle worth fighting and then proceed.
- GEMINI - May 22/Jun 21

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

Cancer, the stars are washing over your emotional sector, making you confront what you have been sweeping under the rug for some time. Trust your feelings.
- LEO - Jul 23/Aug 23

Leo, the universe is asking you to give others a shot to shine and for you to step into the background. Use this week to refine your talents out of the spotlight.
- VIRGO - Aug 24/Sept 22

Virgo, keep your eyes open for a chance encounter mid-week that could spark a great new idea. Let go of the need to control the outcome and just go with the flow.
- LIBRA - Sept 23/Oct 23

Collaboration is your superpower this week, Libra. If you've been stuck on a professional problem, run it by a colleague. The answer may lie in a perspective you haven't considered yet.
- SCORPIO - Oct 24/Nov 22

Sagittarius, you are feeling an itch to break free from your routine but don't know where to begin. Don't drop everything just yet. Explore little adventures first.
- CAPRICORN - Dec 22/Jan 20

There are a lot of ideas floating around in your head, Capricorn, but none have solidified into action just yet. Seek the opinions of others to identify a path forward.
- AQUARIUS - Jan 21/Feb 18

Aquarius, every time you think you have a plan in place, the variables change. That's alright because you always have a backup idea should different scenarios present themselves.
- PISCES - Feb 19/Mar 20

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

WELLNESS

WORD SEARCH



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

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

WORDS

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

ARTS & Entertainment

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2026-27 Season!

- The Totally Rad: Aug. 8
- Best of Broadway 2: Sept. 11, 12, 13
- Nel Meservier Tribute: Sept. 13
- BMW: Breau Miller West: Sept. 27
- Studio Two--Beatles Tribute: Oct. 10
- Dueling Pianos x 2: Nov. 14, July 24
- La Rencontre x 3: Dec., Mar., June
- Plush Christmas Concert: Dec. 18
- Christmas Murder Mystery Theater: Dec. 19
- Rod Stewart Tribute: Feb. 13
- POP DivasTribute: March 27
- Juston McKinney: April
- Magic Shows for Kids: April
- Theater: April 25
- Frank Sinatra Tribute: May 22
- Kitchen Party ContraDance: June
- Summer Festival: July

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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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Conserving fuel as prices rise

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

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

- Reduce your speed. Driving at moderate speeds increases efficient consumption of fuel. Some vehicles may feature an “ECO” mode that optimizes fuel consumption by restricting engine power, among other changes, or notifies the driver when they are driving



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

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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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

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

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.

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Kennebec Valley welcomes thousands for Fifth IRONMAN 70.3 Maine Triathlon

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

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

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

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

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

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

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



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.

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STUDENT NEWS

Area residents named to Clark University's
Spring Dean's List

Worcester, MA -- Clark University announces students named to the Spring 2026 Dean's List. Devlin I. Geisler, of Farmingdale, was named to second honors
Renee N. Molesworth, of Farmingdale, was named to second honors
Students must have a GPA of 3.8 or above for first honors or a GPA between 3.50 and 3.79 for second honors.

Abigail Mitchell, of Lewiston, named to the
University of Rhode Island President's List

Kingston, RI - The University of Rhode Island is pleased to announce that Abigail Mitchell, of Lewiston, has been named to its Spring 2026 President's List.

Students named to Dean's List at
Plymouth State University

Plymouth, NH - Students have been named to the Plymouth State University Dean's List for the Spring 2026 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 for the Spring 2026 term and be a matriculated student with at least 12 credits, at least nine of which must confer grade points at the time the list is finalized. Derrick Brousseau of Lewiston and Gabrielle Gladu of Lewiston.

Ryan Gallop receives degree
from Georgia Tech

Atlanta, GA - Ryan Gallop, of Lewiston, has earned a Master of Science in Computer Science from the Georgia Institute of Technology in Atlanta.

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TROUTLESS IN TIMBUKTU

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

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

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

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

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

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

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



Submitted photo

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

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

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

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

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

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

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

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

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

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

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MOVIE REVIEW

by Lucas Allen

THE ODYSSEY [2026]

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

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

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

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

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

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

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

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

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

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

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

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



THE HEALTHY GEEZER

Fred Cicetti

MENIERE'S DISEASE

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

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

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

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

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

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

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

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

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

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

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

Part of the inner ear is a labyrinth lined with hair-

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

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

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

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Lewiston celebrates its First Responders



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



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

By Bill Van Tassel

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

The Fire, Rescue and Police departments, United Ambulance Service, Life Flight, the 9-1-1 Communications, Police Athletic League, Hospital Emergency Rooms, Food Banks, and other operations available for personal or family crises are vital to both our urban and rural needs. Let us not forget the many other supportive actions taken by other agencies and the churches that have held Masses and other gatherings after the terrible, mass shooting of October 25, 2023, at Just in Time and Schemengees Bar & Grille.

Let's not forget those rescue and police officers who have who have had to enter icy, winter waters in the surround-

ing area to rescue both people and animals. We should be thankful to the more social organizations such as PAL-Police Athletic League that work with our often-challenged young people. The event may also be called a Meet & Greet and was organized with the city's Beyond the Badge Program.

This past July 23 an afternoon event was held in Payne/Simard Park in Lewiston; an appropriate site as it is named after two police officers who lost their lives while on active duty. Paul Simard (1958) and David Payne (1988) were both shot and killed while on duty inspecting domestic altercations/automobile accidents.

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



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

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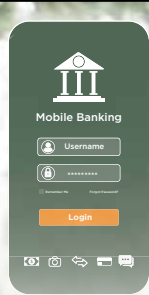
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Lewiston Art Walk



Bill Van Tassel photos
Young Sailor Ridley, of Lewiston is getting a signed print of artwork from artist Greg Shattenburg at the Art Walk Gallery on Lisbon Street.



SeniorsPlus art mentor, Jessica Risemen, showing some of the artwork done by members of her senior art classes. The information table, set on Lisbon Street, was part of the Lewiston Art Walk on July 31.



Liz Crowley (center), dressed in 19th Century Style chats with fellow members of the Androscoggin Historical Society. The Society's headquarters is on Lisbon Street and was open during the July 18 Art Walk.



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