

Can you find coop?



Coop is hiding somewhere in this publication...

Find him and you could win your own stuffed Coop! See details on the Kids' corner page.



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## 2026 Shriner's Lobster Bowl



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

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



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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

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

When traveling with my 5-year-old grandson, I try to keep him busy with verbal mind games. I play a game called “What am I?” where I give him 2-3 hints, and he has to guess what I am. For example, I have four corners,

and I need a stamp before you mail me; what am I? A letter, of course! When it came to his turn, he shared, “I’m small and significant.” My husband and I looked at each other and said, “Did he really say SIGNIFICANT?” My grandson confirmed that it was significant. I proceeded with guesses like my wallet or wedding ring, to which he replied, “No, Jojo, the answer is ...ME!” I assured him he was 100% correct! —*Jodi Gilbert, Greene*

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# Dropped raisins and decent people

By Bill Van Tassel

I understand that there remains a smattering of decent people promenading throughout this planet earth. How to discover them, I feel, is a growing challenge. In my mind I am now standing at the kitchen counter handling 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 rested. Nothing in sight. Oh, it must have hit the front of

my foot and bounced. I look under the dishwasher but do not spot the speck of the future, mice fodder. I am pressed to continue my search. I see nothing to my left or right, so I rotate 180° to look behind me over the rest of the kitchen, staring at clean, gray ceramic tile. No little piece of increasingly irritating food. It may be on a journey to China where all dropped (and never found) objects of any kind end their joyous jaunt.

Picture all the items that have similarly dropped and disappeared from your clumsy life that they have all gone to the Far East. You can than start to realize why so many of the things we buy that are Made in China fall apart. All our dropped delights are gathered by low-paid workers to be thrown into a vat and processed into whatever the end product is supposed to simulate. Returning to reality, I start looking around the room. As

I am hunting, I recall that what fell off the counter was a raisin. I was making a Waldorf Salad with apples, celery, and raisins. “Hey, I think, a raisin is 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 third chair I have inspected, sits the purposely camouflaged, dried grape. (I say ‘purposely’ because this event is simply to drive me crazy.)

The chopped apples still resting on the countertop have not yet turned brown though this adventure has taken at least three minutes. There is still a chance that I will be able to eat this dish. However, I am presented with another dilemma. Do I put the raisin in the salad bowl, having now cheated the Chinese workers out of a small portion of collected droppings have skulked their way in from all over the globe? What have “dropped

delights” and Chinese workers got to do with an honest search for decent people? I do not know. It is too metaphysically difficult for me to answer. I’d advise you to just keep looking for that missing raisin - or paper clip - or button - or chocolate chip - or earring, -or aspirin.... or...what-ever. A final thought I read on my daily tear-off calendar this morning: “The world is full of good people. If you can’t find one, be one.

## MAINE CALENDAR

### AUGUST

**Aug 16** - Concert at Norcross Point, LQH, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or [www.concertsatnorcrosspoint.com](http://www.concertsatnorcrosspoint.com).

**WINTHROP:** Winthrop Maine Historical Society business meeting first Thursday of each month, January-November, 6-8 p.m. at the Winthrop History and Heritage Center, 107 Main Street, Winthrop, Maine, [winthropmainehistory.org](http://winthropmainehistory.org), no December meeting

**WINTHROP:** Winthrop Grange #209 meets on the 1st and 3rd Wednesday of the month, supper is at 5:30 p.m. and the meeting at 6 p.m., 549 Old Lewiston Road, Winthrop, contact information Kathy Ward 207 500-9864 or [gwamme@gmail.com](mailto:gwamme@gmail.com).

**MANCHESTER:** Coffee Open House at the Manchester Grange, 1st and 3rd Monday of the month, 8-10 a.m, 953 Western Avenue, Manchester, FMI call Paige 617-800-4564 or [manchester-maine-grange.wordpress.com](http://manchester-maine-grange.wordpress.com).

**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 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](http://winthropfoodpantry.org), Curb-side pick-up of shelf-stable food.

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

**WAYNE:** 30 Mile River Snowmobile Club meetings

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

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

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

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

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

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

**CORNVILLE/ATHENS:** Cornville/Athens Food Cupboard is open to all residents of Cornville, Athens & Brighton, located at Cornville Town Hall, West Ridge Road, open on the 1st Saturday of each month with new hours 9 a.m. - 12 p.m., FMI please call 776-3257.

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

**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](http://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](mailto:jroy@hvwa.org).

**WATERVILLE:** Downton 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.

**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](http://winthrop-mainehistorical@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.

**SABATTUS:** Weekly Group Runs, every Wednesday, 6 p.m., Mixer’s parking lot, FMI, check out the Sabattus Rec Club Running Program Facebook page, or email [running@sabattusrec.com](mailto:running@sabattusrec.com).

**GARDINER:** Maine-ly Harmony women’s barbershop chorus rehearsals, Wednesday evenings, 6:30 to 9:00 p.m. at the Highland Avenue United Methodist Church, 31 Highland Avenue, Gardiner, women of all ages are welcome to enjoy singing with this very welcoming women’s chorus.

**Food Addicts Meetings FREE** - Food addicts in recovery meetings: Tues Zoom and phone, Thurs phone and Sun in person. [foodaddicts.org](http://foodaddicts.org) FMI call 441-8002 or 623-1924.

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

**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](mailto:articles@turnerpublishing.net) and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster.

### MAINE CALENDAR PAGE

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# Did you find Coop?

Look for Coop somewhere in this paper, (not this page or page 1) mail us the name of the paper and page he is on, you could win a Coop stuffy!



Name \_\_\_\_\_

Address \_\_\_\_\_

Paper \_\_\_\_\_

Page # \_\_\_\_\_ Phone # \_\_\_\_\_

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



## People FACT:

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

Answer: School

## What's the Difference?

Find the four differences between the two pictures.

A



B



Answers: 1. Letters missing on wall 2. Drum in front 3. Recorder different color 4. Missing watch

## THIS DAY IN HISTORY



**1814:** British troops capture Washington, D.C., and set the Presidential Mansion and other buildings on fire.

**1909:** Workers start pouring concrete for the Panama Canal.

**1991:** Ukraine declares itself independent from the Soviet Union.

## NEW WORD

### EDUCATE

give instruction to someone at a school

## How they say that in...

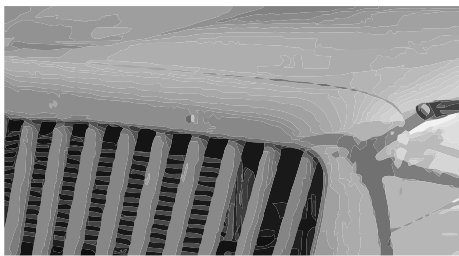
**English:** Teacher  
**Spanish:** Maestro  
**Italian:** Insegnante  
**French:** Professeur  
**German:** Lehrer

## Did You Know?

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



## Get the PICTURE?



Can you guess what the bigger picture is?

Answer: School bus



# 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

69. Puts together in time

70. When you anticipate arriving
- CLUES DOWN

1. Involuntary muscular contraction

2. Eastern US transit agency

3. Leaves a place

4. Cease to participate

5. Current units

6. Cease to exist

7. General’s assistant (abbr.)

8. Earth vibration

9. Very strong winds

10. For each one

11. A bog

12. The creation of beautiful or significant things

13. Affirmative

19. Pie \_\_\_ mode

21. Nonclerical

24. Indonesian island

25. Educational environment

26. Namibian peoples

27. Bring out or develop

31. Moves into a place of thought

32. Out of the way

34. Loads a ship

35. Beloved Hollywood alien

36. Distinguishes

40. The ancient Egyptian sun god

41. Secondary or explanatory title

45. Relating to a wing

47. One who gives a speech

48. In the middle

52. Loop with a running knot

53. Airborne (abbr.)

54. Sweet persons

56. Put into play

57. Small cattle breed

59. Millisecond

60. Revolutions per minute

61. They \_\_\_

62. Moon crater

63. A place to stay the night



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

A. 7 16 4 7 12 11 25

Clue: Well visit

B. 24 20 7 10 20 14

Clue: Medical expert

C. 4 17 4 14 7 15 8 4

Clue: Physical activity

D. 24 15 4 10

Clue: The foods one eats

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

# SUDOKU

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

Level: Advanced

## WELLNESS

## WORD SEARCH

## WORDS

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.

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

## HOROSCOPES

**ARIES - Mar 21/Apr 20**  
You have been burning the candle at both ends, Aries. You can't run on caffeine and grit all of the time. Find a day to rest before your body makes that decision for you.

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

**GEMINI - May 22/June 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 - June 22/July 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 - July 23/Aug 23**  
Leo, the universe is asking you to give others a shot to shine and for you to step into the background. Use this week to refine your talents out of the spotlight.

**VIRGO - Aug 24/Sept 22**  
Virgo, keep your eyes open for a chance encounter mid-week that could spark a great new idea. Let go of the need to control the outcome and just go with the flow.

**LIBRA - Sept 23/Oct 23**  
Collaboration is your superpower this week, Libra. If you've been stuck on a professional problem, run it by a colleague. The answer may lie in a perspective you haven't considered yet.

**SCORPIO - Oct 24/Nov 22**  
Your financial intuition is incredibly sharp, Scorpio. Trust your instincts right now. It's a great week to pitch a big idea, ask for a raise or reevaluate your budget.

**SAGITTARIUS - Nov 23/Dec 21**  
Sagittarius, you are feeling an itch to break free from your routine but don't know where to begin. Don't drop everything just yet. Explore little adventures first.

**CAPRICORN - Dec 22/Jan 20**  
There are a lot of ideas floating around in your head, Capricorn, but none have solidified into action just yet. Seek the opinions of others to identify a path forward.

**AQUARIUS - Jan 21/Feb 18**  
Aquarius, every time you think you have a plan in place, the variables change. That's alright because you always have a backup idea should different scenarios present themselves.

**PISCES - Feb 19/Mar 20**  
You can't predict where a relationship will go, Pisces. This week it is best to simply maintain the status quo. Things will be revealed soon enough.

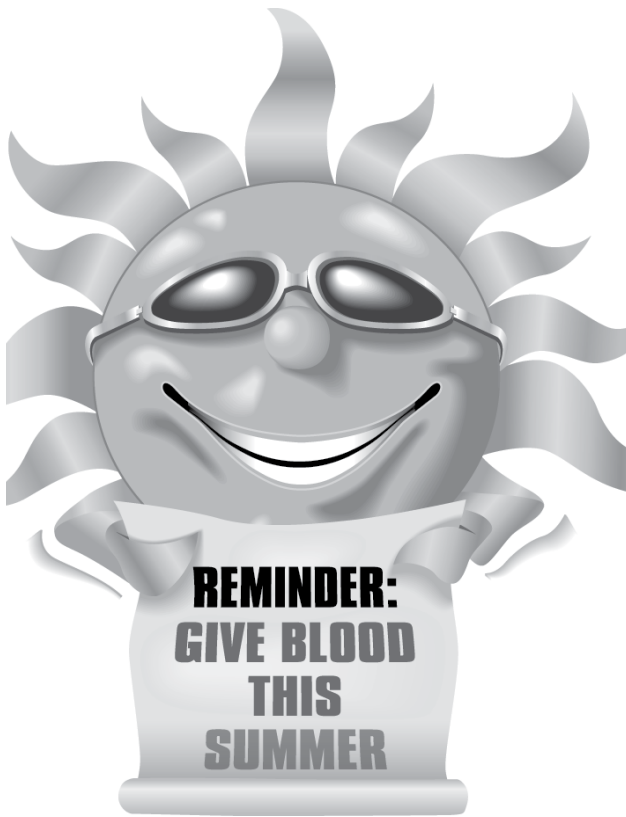


# 1837 Female Academy

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

### More than 2,800 University of Rhode Island students named to Spring 2026 President’s List

Kingston, RI - The University of Rhode Island is pleased to announce that several area students have been named to its Spring 2026 President’s List. Among them are:  
Gabrielle Blanco of Winthrop  
Tucker Pieh of Rome  
Ella Schmidt of Readfield Austin graduated with the following degree: Occupational Safety - BS.

### Sidney student to attend New York Institute of Technology

Old Westbury, NY - New York Institute of Technology welcomes incoming students for the fall 2026 semester, including Dillon Worthing of Sidney.

### Students named to Dean’s List at Bates College

Lewiston, ME - The following students have been named to the Dean’s List at Bates College for the Winter semester that ended May 2026. This is a distinction earned by students whose grade point average is 3.92 or higher.  
Jackson Monz of Oakland  
Ruby Marden of Sidney

### 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.

### Students named to President’s List at Plymouth State University

Plymouth, NH - Students have been named to the Plymouth State University President’s List for the Spring 2026 semester. To be named to the President’s List, a student must achieve a grade point average of 3.70 or better for the Spring 2026 semester and must have completed at least 12 credit hours during the semester, at least nine of which must confer grade points, at the time the lists are finalized.  
The following local students have been named to the Presidents List:  
Sage Grenier of Oakland  
Sidney Hatch of Oakland  
Bella Steward of Sidney

### More than 2,800 University of Rhode Island students named to Spring 2026 President’s List

Kingston, RI - The University of Rhode Island is pleased to announce that several area students have been named to its Spring 2026 President’s List. Among them are:  
Gabrielle Blanco of Winthrop  
Tucker Pieh of Rome  
Ella Schmidt of Readfield

### Ruby Marden named to Dean’s List at Bates College

Lewiston, ME - Ruby Marden, of Sidney, was named to the Dean’s List at Bates College for the Winter semester ending in May 2026. This is a distinction earned by students whose grade point average is 3.92 or higher.  
Marden is majoring in Theater and History at Bates.

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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.



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



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

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.

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 Patri-

ots 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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# Summer Seasonal Guide

If you would like to be in this special section, contact your sales rep directly, or call the office at (207) 225-2076 or email us at [advertising@turnerpublishing.net](mailto:advertising@turnerpublishing.net)

# Conserving fuel as prices rise

Metro

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

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

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



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

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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# Godsmack concert supporting suicide awareness and prevention

By Mark Huard

Some concerts entertain you. Others leave a lasting impression. Godsmack's performance at the Maine Savings Amphitheater on Friday, July 3, was one of those unforgettable nights.

From the opening song until the final encore, the energy was electric. Despite the summer heat, thousands of fans packed the venue, singing along to every song and creating an atmosphere that was nothing short of incredible.

Julia Stone, of Oakland, summed up the evening perfectly:

"They put on a killer show in the Bangor heat! The only thing hotter than the weather was their performance!"

While the music was outstanding, one of the most powerful moments of the night came during "Under Your Scars." Before performing the song, Sully Erna spoke about the



Photos by Casey Dugas/ Central Maine Photography Staff

meaning behind the lyrics and the message he hopes people take with them.

Ethan Whitish, of Fairfield, shared what stood out to him most:

"The show was awesome. When it came time for 'Under Your Scars,' Sully mentioned what the lyrics represented. That being how he calls the imperfections in everybody 'scars.'"

That message is at the heart of The Scars Foundation, a nonprofit established by Sully Erna after losing an overwhelming number of fellow artists and close friends to suicide. Those heartbreaking losses inspired him to use his platform to raise awareness about mental health, depression and suicide prevention.

The Scars Foundation works tirelessly to help change the conversation surrounding mental health while supporting those fac-

ing struggles that are often hidden from the world. Whether someone's scars come from abuse, mental illness, bullying, addiction, disabilities or life's many hardships, the foundation reminds us that these experiences do not define our worth—they are part of our story.

As Sully Erna so powerfully says, "Scars come in all forms. They are both physical and emotional. We are ALL imperfect in some way—that's what makes us perfect and unique. Instead of hiding or internalizing them, own them and show them off to the world. Let them empower you so you can be a voice for everyone who can't be."

His message is simple but profound. We are all imperfectly perfect.

Godsmack delivered an unforgettable performance, but perhaps the greatest gift they gave the audience wasn't just the music—it



was the reminder that no one is alone, that healing is possible, and that our scars are symbols of strength, resilience and hope.

Thank you, Godsmack, and thank you, Sully Erna, for using your music and your voice to inspire, encourage and save lives.



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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 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](http://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)

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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.”

Since the event’s Augusta debut in 2022, IRONMAN 70.3 Maine has welcomed more than 30,000 visitors to the



Submitted photo

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.

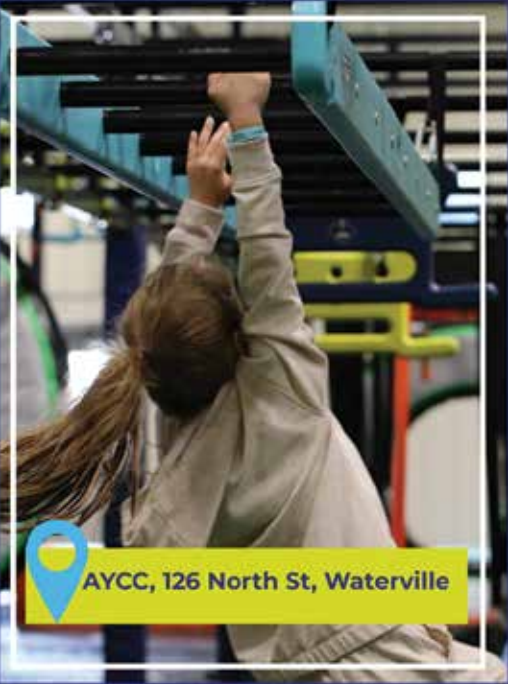
Following another successful race weekend, the Kennebec Valley Chamber and its community partners look forward to welcoming athletes, spectators, and volunteers back to Augusta for IRONMAN 70.3 Maine next summer.

More information can be found at [www.ironman.com/races/im703-maine](http://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](http://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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### This Italian comfort food hits the spot

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

#### Lasagna With Zucchini and Meat Sauce

Makes 9 Servings

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



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

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

Metro

# 2026 Shriner’s Lobster Bowl High School Cheerleaders



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, Cassidy 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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