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RUSSELL & SONS TOWING & RECOVERY



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Four-decade Bridgton Hospital nurse is winner of DAISY Award



Submitted photo

Elaine Drew, RN, surrounded by fellow employees and former Bridgton Hospital nurses.

BRIDGTON - Elaine Drew, RN, is the latest Central Maine Healthcare winner of the DAISY Award.

The DAISY award is an international recognition program that rewards and celebrates the extraordinary, compassionate and skillful care nurses give

every day. Nurses can be nominated by patients or co-workers.

Elaine Drew has been with Central Maine Healthcare for almost 45 years. She is the program coordinator for the Bridgton Hospital Diabetes Clinic. When she's not working at the hospital,

Elaine can often be found donating her time at local food pantries and providing free blood pressure screenings, diabetes education and wellness screenings to members of the community.

Elaine was nominated by Stephany Jacques, RN, MSN, president of

Bridgton Hospital.

"A specific criterion named by the DAISY Foundation is for a recipient to create a culture that empowers and supports all team members," Jacques said. "The nurse we are honoring today ensures others around her are acknowledged for

their hard work and efforts while quietly standing by, enjoying seeing other nurses and team members be recognized.

"Wherever there is community gathering for the greater good, you can find Elaine. She brings caring for the community to a whole new level."



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

Name: _____
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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.” —*Kas-sondar, 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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Andover Old Home Days



Photo by Bill Van Tassel

Parke Emmons from Sanford goes through the hoops section of an Obstacle Course set up in Andover's ball field. Many children's activities were ready to keep the kids occupied while awaiting the Old Home Day's parade.

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MAINE CALENDAR

2026

Aug 29 - BBQ Supper, 4:30-6 p.m., Casco Village Church, United Church of Christ, 941 Meadow Rd. in Casco, Maine, FMI call 627-4282.

MONTHLY MEETINGS

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

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

SOUTH PARIS: South Paris Farmers’ Market, Thursdays 2-6. p.m., 9 Market Square in the parking lot right next door to Oxford Hills Mercantile/Ollie & David’s.

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.

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

NORWAY: Drum Circle at Center for Healing Arts, 4th Saturday of each month, 11 a.m. to 2 p.m., 180 Main

St., Norway, free event, drums available for use, FMI call Dan Gravel 207-604-0323 or Nel Bernard 207-312-9955.

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

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

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.

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.

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

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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2026 Sunset Concert Series Lineup

For 2026, most concerts are \$5.00 per person, unless otherwise noted. This provides funds for the Poland Spring Preservation Society to protect and restore the Maine State Building and All Souls Chapel.

August 24th- “Sigrid Sibley Band”

August 31st- “The World Famous Grassholes”

Our summer concert series would not be possible without our sponsors! Our concert program is placed at local businesses up and down Route 26, and in the surrounding communities, as well as placed in the 200+ hotel rooms at Poland Spring Resort. A great way to get your business name out in the community, and our visitors are always looking for something to do during their stay at Poland Spring!

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...

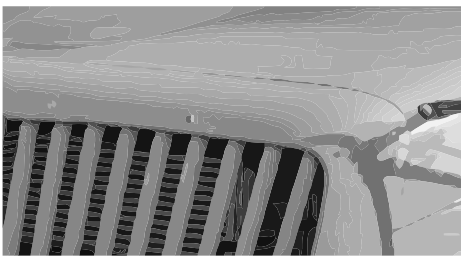
English: Teacher
Spanish: Maestro
Italian: Insegnante
French: Professeur
German: Lehrer

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

STUDENT NEWS

Login Desrochers named to President’s List at Plymouth State University

Plymouth, NH - Login Desrochers, of Raymond, has 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. Desrochers is majoring in Business Administration at Plymouth State.

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.
Madelaine Miller of Norway
Zach Louvat of West Paris

Kade Masselli, of North Andover, earns Dean’s List Honor

Haverhill, MA – Congratulations, Kade Masselli, of North Andover, on earning a spot on the Dean’s List for the Spring ‘26 semester! Your hard work is paying off, and all of us at NECC are proud of your achievement.

Tessa Sweeney of Hebron named to the University of Rhode Island Dean’s List

Kingston, RI - The University of Rhode Island is pleased to announce that Tessa Sweeney, of Hebron, has been named to its Spring 2026 Dean’s List.

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Scam Alert Bulletin Board



Tech Support Scams

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

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

used in busy public Wi-Fi areas.

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

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

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

Need a scam prevention speaker for your group? Click the link to fill out our online form or send an email to me@aarp.org.

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NAMI Maine **1-800-465-5767**

Frontline Helpline **1-866-676-7500**

National Distress Hotline **1-800-985-5990**

Maine 211 (Maine Support Services) **Dial 211**

Maine Sexual Assault Helpline at **1-800-871-7741**

Maine students honored at Annual SkillsUSA Workforce Development Event

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

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

Team B (consisting of Maximus Goodwin, Brody Therriault), from Oxford Hills Technical School (Norway), was awarded a Skill Point Certificate in 3D Visualization and Animation.

Andrew Merrill, of South Paris, graduates from Eastern Connecticut State University

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



If you have a favorite recipe you would like to share with our readers we would love to publish it for you. Please email recipe to:

articles@turnerpublishing.net

This Italian comfort food hits the spot

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

Lasagna With Zucchini and Meat Sauce

Makes 9 Servings

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



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

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

Metro

Kennebec Valley welcomes thousands for Fifth IRONMAN 70.3 Maine Triathlon

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

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

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

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

Luke 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 Au-

gusta 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.

Annual summer music in Bridgton



Bill Van Tassel photos

While the usual crowd lines up at the Food Trucks for fun eating, awaiting the start of the Music on Main Street stage, the children can entertain themselves in a little playground of sorts just off Bridgton’s Main Street



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Health & Wellness



Keep Your Balance Boomers

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

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

1. Single leg stands – We should do this exercise throughout the day or several

DID YOU KNOW?



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



OVER **3 MILLION** OLDER ADULTS ARE TREATED IN EMERGENCY ROOMS EACH YEAR FOR FALL INJURIES.



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

times a day when hanging out around the house. It's easy and simple to do and helps immensely to keep balance strong.

- Stand behind a chair or alongside the kitchen counter or bar to hold on to for a little support until you can let go freely.
- Lift one foot off the ground and hold for 20 to 30 seconds
- Switch legs and alternat doing this for 5 to 10 minutes a day.

2. Heel to Toe Walk – Some of you may know this one, it is similar to what the police officer has you do when pulling you over for a DUI.

- Walk in a straight line, placing the heel of one foot directly in front of the toes of the other for 20 steps
- Keep your shoulders back and posture upright and eyes forward without looking at your feet. Use a wall or chair for support if needed for the first couple of times until you get used to it.

- Stand behind a chair and hold lightly for support
- Lift one foot off the ground and hold
- Switch legs

3. Chair squats – chair squats are great for lower body strength and stability and help with balance. By using a chair, it helps coordinate and active the correct muscles in the correct position in a very safe way.

- Sit in a sturdy chair with feet flat on the floor
- Stand up slowly (use hands if needed)
- Lower yourself back down with control.
- Do 10 of these and take a little 2-minute rest and do 10 more or as many as you can take and gradually increase as you get stronger.

As with anything in life, Consistency is key! Even a few minutes each day can help improve balance, reduce risks of falls, and increase ease of movement.

Live Long, Live Well

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Conserving fuel as prices rise

Metro

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

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

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



50 miles per hour reduces fuel economy considerably.

- Practice smooth driving. Drivers should avoid aggressive starts (gunning it) and hard braking, which can eat into fuel efficiency. Letting off the accelerator early and coasting to red lights or stop signs helps.
- Rely on cruise control. Cruise control helps maintain a steady speed, which can save fuel on highway travel.

- Keep tires inflated. Properly inflating tires to the manufacturer’s recommended PSI can improve fuel economy by roughly 0.6 percent to 3 percent for most drivers, offers the U.S. Department of Energy. Driving on tires that are 20 percent under-inflated can reduce fuel economy by as much as 10 percent. Removing unnecessary heavy items from the vehicle also can help to reduce drag.

- Limit idling and combine trips. Turn off the vehicle when stopped for more than a few minutes. When running errands, combine short trips to keep the engine warm, which is more efficient.

- Skip the premium fuel. Unless a vehicle owner’s manual specifically recommends filling up with premium fuel, drivers will not see an increase in performance by choosing this more expensive option, offers Progressive Insurance. A person will just be paying more for premium, which is always more expensive than standard 87-octane fuel.



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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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MAINE OUTDOORS

v. Paul Reynolds

ALLAGASH- HARD ROAD TO WILDERNESS

Take the two brothers, Buzz and Tim Caverly. For a combined 72 years, these two men, both still alive and active, served the state of Maine as Conservation Officers in a variety of roles: Buzz, most notably as director of Baxter State Park, and Tim as Supervisor of the Allagash Waterway.

Few Mainers would dispute that in modern times no two individuals left a bigger mark as impassioned public servants and guardians of Maine’s wilderness than the Caverly boys.

Ironically, both brothers fought hard during their careers for what they believed in, and yet, eventually, they were both removed from their posts. Buzz, who knew Percival Baxter personally, struggled, sometimes against the grain, to honor Baxter’s vision for protecting the Park’s wilderness character. As the guardian of the Allagash Waterway’s integrity as an American Scenic River, Tim’s tenure as the Waterway supervisor was also a struggle against political maneuvering by those who would seek to serve their own self interests in ways that would undermine the statutory regulations intended to protect the wilderness character of the Waterway.

Looking back at the historical record of these two public leaders, which is so well chronicled in a book by Phyllis Austin titled “Wilderness partners” and Tim Caverly’s latest book, “The Allagash: A Hard Road to Wilderness,” it is astonishing to learn that so much

political intrigue and bureaucratic internecine warfare was waged against two determined men, who simply valued Maine’s natural resources and wanted to protect the wilderness experience for all in perpetuity!

The adage comes to mind: “History rarely remembers the comfortable; it remembers the determined.”

“The Allagash: A Hard Road to Wilderness” is Tim’s 15th book in his Allagash Tails collection. Relying on personal logbooks, diaries, letters and office memos, he has woven together a fascinating tapestry of what happened behind the scenes in his 32 years as a Park Ranger and 18 years as the supervisor of the Waterway.

You will be amazed! The Caverly’s remote home was burned by arsonists. From 1981 to 2001, 17 pieces of legislation were proposed to undermine the integrity of the Waterway. Tim’s personal and professional kerfuffle with his nemesis, Rep. John Martin from Eagle Lake, is a real insight into the sheer venality that often underlies the Augusta political dynamic.

From Tim’s diary: “January 1999: Traveled to Augusta for yet another reprimand. I don’t think that the scolding will stop until they get me out. Expect to be gone by spring.” He was not wrong, for Caverly was dismissed in June of that year.

In his book’s conclusion, Caverly writes: “In the last four decades, state officials and politicians have undercut the law many times and betrayed the public

trust.” Most damning of all is Caverly’s contention that the Maine Department of Conservation and its subdivision, the Bureau of Parks and Lands, itself “jeopardized the health of the Waterway and degraded any concept of wilderness.”

In other words, Caverly believes that the proverbial fox is guarding the chicken coop. Is the picture truly as bleak as the Caverly book portrays? I honestly don’t know.

What I do know is that the late Baxter State Park benefactor, Governor Baxter was wary of this sort of misfeasance and insisted that the oversight and administrative management of his creation was as insulated from the whim of state politicians as he could make it, hence: The Baxter State Park Authority.

Well, there is no doubt that Percival Baxter was a man of vision. With regard to the oversight of the Allagash Waterway, perhaps it is time to revisit the administrative structure of the significant and fabled Waterway.

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.



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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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)

Decent people and a dropped raisin

I realize there is a smattering of decent people quietly roaming the backroads of our planet. However, it seems like a growing challenge to stumble upon a true specimen..

Pause your reading now and imagine me standing at kitchen counter last night slicing some edibles, when a small bit of something falls to the floor just in front of me. I initially glance straight down to where it must have landed. Nothing in sight. Oh, it must have hit the front of my foot and bounced forward under the dishwasher. I go to my knees and look, but do not spot the speck of future, mice fodder.

I am pressed to continue my search seeing nothing to my left or right. So, I look behind me over the rest of the kitchen, staring at clean, gray ceramic tiles. No little fleck of increasingly irritating edible in sight. It may be on that mysterious journey to China where all dropped (and never found) objects of any kind end their joyous travels. I recall as a youngster, if I had lost something my mother would say, “It’s probably in China by now. Pray to Saint Anthony to find it.” (Anthony is the Roman Catholic Patron Saint of lost things.) If you are always misplacing or losing things like me, you begin calling him just Tony.

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

I started looking over the entire kitchen. While on the hunt I made a good guess it was a raisin that wandered off. I was preparing a Waldorf Salad with apples, celery, and raisins. “Hey, I think, raisins are the same color as the chairs around the table.” Facing desperation now I go to the far-distant stretches of our kitchen. On my knees, hiding next to the fourth chair leg I have inspected, sits the unwittingly camouflaged, dried grape. I know beyond any doubt, this raisin has been purposely designed somewhere by some deranged, obsessive/compulsive imp to irritate me.

The chopped apples still resting on the countertop have not yet turned brown, though this adventure has taken all of five minutes. There is still a chance I may be able to eat this dish. However, I am presented with another dilemma. Do I return the item to the salad bowl, having now cheated the Chinese workers out of a tiny portion of collected droppings that magically skulk their way to Hong Kong from the kitchen floors around the world?

Well, what have “dropped delights” and Chinese workers got to do with an honest search for decent people? I do not know. It is too philosophically difficult for me to even ponder. I would advise you to just keep looking for that missing raisin - or paper clip - or button - or chocolate chip - or earring, -or aspirin...or...whatever.

If you have similar thoughts as mine noted in the first two sentences in this chronicle of mental digressions, here is a final thought. This quote was on my daily tear-off calendar this morning: “The world is full of decent people. If you can’t find one, be one.”



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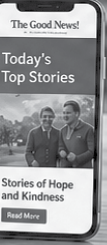
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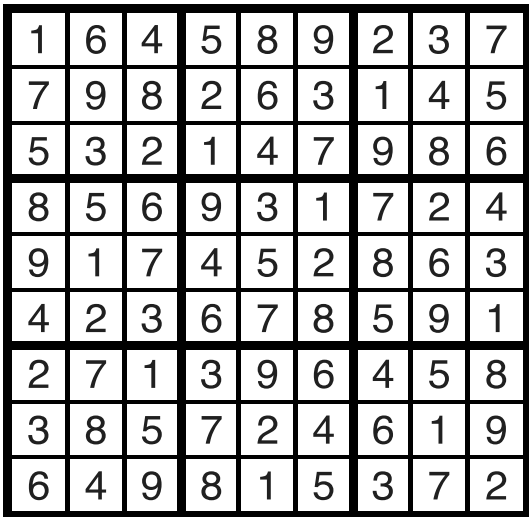
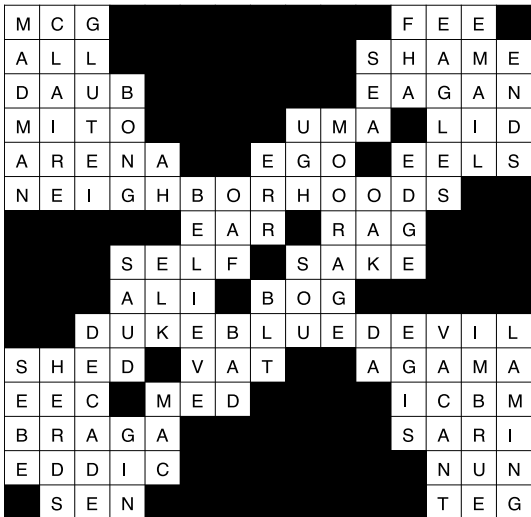
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27th Annual Great Bridgton Duck Race draws crowds and winners

BRIDGTON - The Bridgton-Lake Region Rotary Club's 27th Annual Great Bridgton Duck Race made a splash once again this Independence Day, drawing a lively crowd.

Congratulations to this year's winners:

- 1st Place: #1949 – Hannah Byrne (\$500 prize)
- 2nd Place: #0539 – Jeremiah Schrader (\$250 prize)
- 3rd Place: #2354 – Jeff Tuly (\$100 prize)

President Rick Whelshel, who came on board as President just days before the big event, shared his gratitude during the awards presentation:

"We were blessed with a beautiful day, hot but sunny, which made things easier for both the ducks and the Rotarians in the water and on land. We were exhausted by the end of the Race but were happy campers. Thank you to everyone who played with us—whether you



Submitted photo
Rotary Club President Rick Whelshel congratulates 1st place Duck Race winner Hannah Byrne, #1949.

bought tickets, joined us at the Third Annual Pasta Dinner, cheered us on, and/or volunteered. Your support helps us carry out meaningful projects in our community and beyond."

Proceeds from the Duck Race and Pasta Dinner support local scholarships, early childhood literacy, veterans' initiatives, food

pantries, and more. The Bridgton-Lake Region Rotary Club meets on the 2nd, 3rd, and 4th Thursdays of each month at 7:30 AM at Bridgton Alliance Church Fellowship Hall, 368 Harrison Rd. To learn more, visit www.lakeregionrotary.com or follow the Club on Facebook.

Curious fawn



Photo taken by Tammy Harris at Elvin Farm in Readfield, Maine

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Rotary Charity Golf Classic builds early momentum

BRIDGTON - Preparations are underway for the Bridgton-Lake Region Rotary Club's 17th Annual Rotary Charity Golf Classic, set for Saturday, September 19 at Bridgton Highlands Country Club. The long-running tournament will again feature a hole-in-one contest, this year sponsored by Harrison Marina, offering a

20-foot pontoon boat as the top prize. Sponsorship support is already strong. CMHC – Bridgton & Rumford Hospitals, Norway Savings Bank, and Dragonfly Barn/Hayloft have joined Harrison Marina as Platinum Sponsors. Additional commitments have come from Douglas Construction (Gold); Clement Brothers,

Dirty Bristles Chimney Sweep, Henry Concrete, and Woodland's Memory Care (Silver); and Bridgton Books, J. Décor, Kettle Cove Marina, McDonald's of Bridgton, Q Team, the Rufus Porter Museum, and Sebago-Long Lake Music Festival (Bronze).

"We're grateful for the early support," said Tournament Chair Joe Barth. "This event fuels our club's projects and programs including scholarships, literacy, veterans' services, food insecurity, and so much more. Every sponsor helps strengthen the community. Working together we can do so much more good."

Golfer registration and sponsorship opportunities remain open. FMI: LakeRegionRotary@gmail.com.



Submitted photo
Suzie & Edward Kinney and Joanne & Dan Cohn at Rotary's 2025 Golf Classic.

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 Hills



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.



Pet spotlight

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Include your name, your pets name and the town you live in and we will publish their picture in an upcoming issue of this paper.



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