

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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Serving Those Who Serve

MADISON - Serving Those Who Serve--Veteran Dale Bickford and his wife, Jasmine, an auxiliary member, belong to both American Legion Post 39 and VFW Post 7865 in Madison. Through their continued support of veterans and the broader community, they embody the spirit of "Service, Not Self." When it became known that the Bickford's needed a well, both organizations, along with their respective Auxiliaries, responded in the same spirit of service that defines their missions. Fundraising efforts began to help meet this important need and support a family that has given so much to others. Together, more than \$10,000 was raised. With an additional donation from Chad Grignon of Pine State Drilling, the fundraising effort made the Bickford's well a reality and a well was placed on June 11th. To complete the project, the well still needed to be connected to the Bickfords' home. On July 1, American Legion Auxiliary Unit 39 of Madison



Left to right: Robin Turek, President, Dale and Jasmine Bickford, Harriet Bryant and Alex Parker, Jr. American Legion Auxiliary member.

presented the family with a \$1,000 donation to cover that cost. This final stage

of the project is expected to be completed within the next two weeks.

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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: _____

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While preparing breakfast for my two grandchildren, my 9-year-old granddaughter Arabella and I were having some girl talk. We mentioned how us girls have to stick together.

MY 5-year-old grandson Odin piped in “OH, you’re not a girl Nani?”

Puzzled, I said, “You didn’t know I’m a girl?” His rational explanation was, “Well, you had your hair cut really short, so I wasn’t sure.”

He had always known me to have medium length hair.
- Deborah of Lewiston

It was around Halloween time when our little Susan was learning her ABC’s. She very confidently told us: A is for Apple; B is for Boy, C is for Cat...then hesitation. She faltered... D is for....? D is for....? Then she jumped up and excitedly announced: D is for Dhost!!
- Ann of Farmington

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Carrabec High School Class of 2026 honor parts

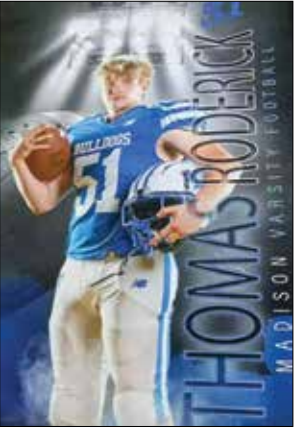
NORTH ANSON - William is a talented musician who has made meaningful contributions to Carrabec’s Performing Arts Program. He is the son of Ralph Rogers of East Madison and Megan Rogers of Solon.

Valedictorian:

Mr. William Rogers has been named Valedictorian. William is a quiet, behind-the-scenes leader who has set a strong example through his dedication and work ethics. He has earned an exceptional grade point average of 100.49 while completing nine honors courses and one Advanced Placement course. In addition to his academic achievements,



William Rogers
Program for all four years, as well as participating in varsity football. Following graduation, Thomas plans to enter the workforce through the National Elevator Construction Union. He is the son of



Thomas Roderick
Thomas Roderick of Solon and Nicole Homenick of Solon.
Carrabec High School congratulates both William and Thomas on their outstanding accomplishments.

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Maine Calendar

GIANT ESTATES & TREASURES SALE
NORRIDGEWOCK HISTORICAL SOCIETY
11 Mercer Road. - Norridgewock
Sat., August 29 • 8:30am-3:00pm
Rain/Shine. Proceeds go to the Museum.

SKOWHEGAN: St. Anthony's Soup Kitchen Parish Hall, 291 Water St., Skowhegan Every Tuesday & Thursday 3-4 p.m.

CORNVILLE: Cornville/Athens Food Cupboard, located at the Cornville Town Hall - West Ridge Road for Cornville, Athens and Brighton residents, 1st Saturday of each month for Farmers' Market and 3rd Saturday of each month for a full Food Cupboard, hours are 9 - 11 a.m., FMI or donations, please call 776-3257.

SKOWHEGAN: St. Anthony's Soup Kitchen Parish Hall, 291 Water St., Skowhegan Every Tuesday & Thursday 3-4 p.m.

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.

RUMFORD: Celebrate Recovery meetings, every Thursday and Sunday at 6:30 p.m., Larry Labonte Recovery Center, 412 Waldo St., Rumford, free, FMI contact Justin Teixeira at 207-393-7205 or Erika Teixeira at 207-418-7777.

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.

PORTER: Sacopee Valley Cancer Support Group for Men and Women, fourth Friday of each month from 1:30-3:00 p.m., Riverside United Methodist Church, 5 Porter Street, Porter, FMI please call Marianne Wyer at: (207) 749-0392.

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

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

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

SKOWHEGAN: Al-Anon, hybrid meet-

ing, 7-8:00 p.m. every Tuesday, Skowhegan Federated Church, Island Avenue, 1-800-498-1844, *www.maineafg.org*.

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

MADISON: Music Jams - Open Mic. 1st and 3rd Sunday of each month, 1-4 p.m. Masonic Hall, Madison.

MADISON: The Madison Historical & Genealogical Society will be open for viewing the many Madison's historical displays and usage of genealogy resources every Saturday from 10 a.m. to 2 p.m. at the Old Point Avenue School, 108 Old Point Avenue, Madison. New members and volunteers are always welcomed. Contact person Judy Mantor, president at 696-5810.

SKOWHEGAN: St. Anthony's Soup Kitchen, Parish Hall, 291 Water St., Every Tuesday & Thursday 3-4pm For more information or to help: (207) 474-2039.

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.

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.
POSTPONEMENTS None listed.

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

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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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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What's the Difference?

Find the four differences between the two pictures.

A



B



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

THIS DAY IN HISTORY



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

1909: Workers start pouring concrete for the Panama Canal.

1991: Ukraine declares itself independent from the Soviet Union.

NEW WORD

EDUCATE

give instruction to someone at a school

How they say that in...

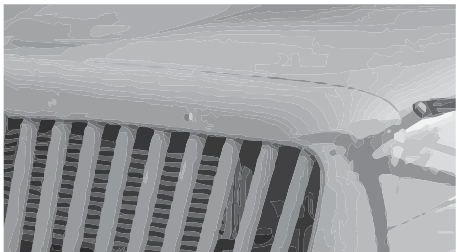
English: Teacher
Spanish: Maestro
Italian: Insegnante
French: Professeur
German: Lehrer

Did You Know?

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



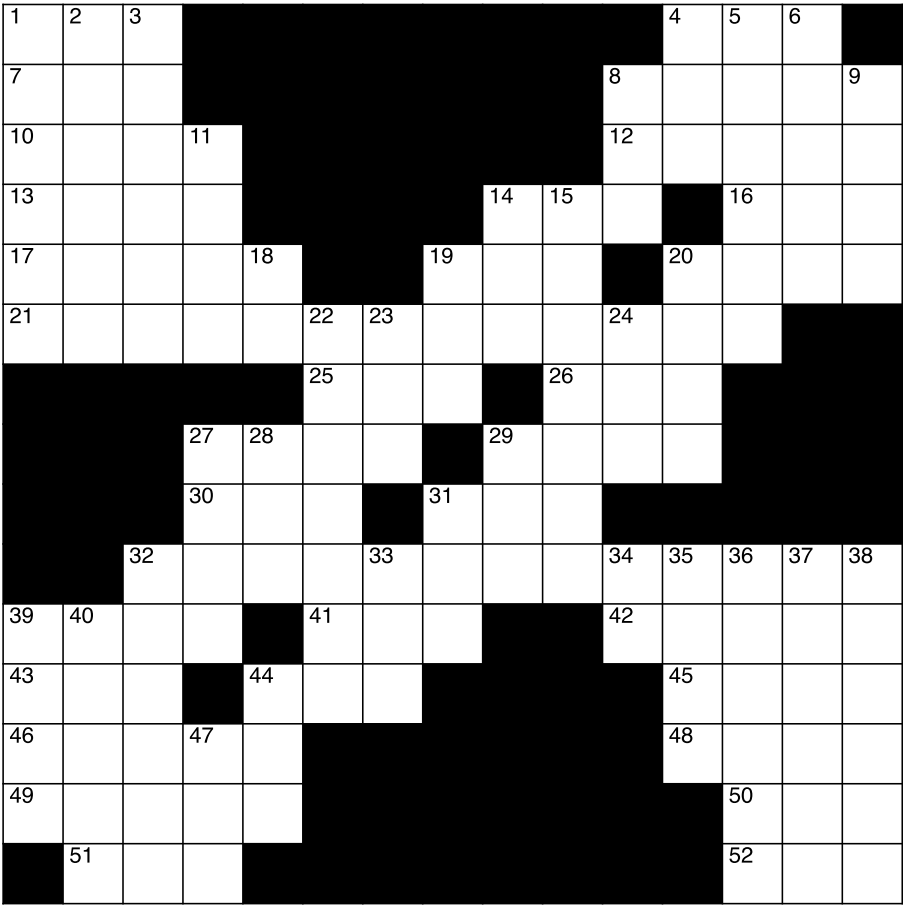
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: School bus

Crossword



CLUES ACROSS

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

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

CLUES DOWN

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

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



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

A. 16 21 8 22
Clue: Vehicles

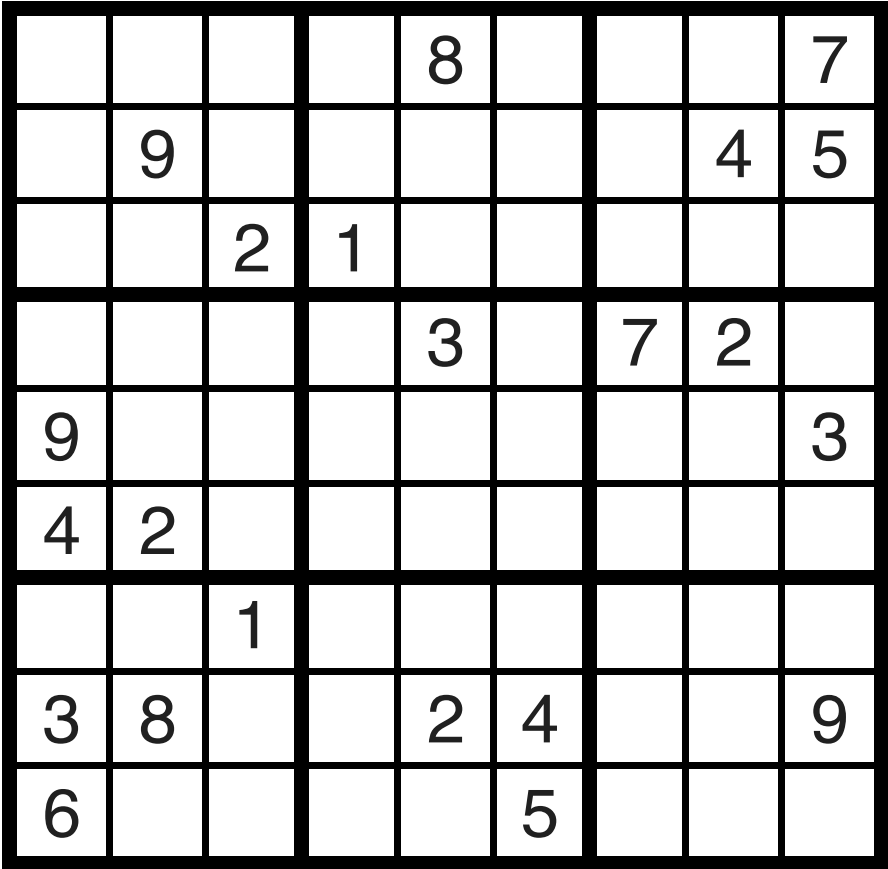
B. 8 7 21 13 17 21 25
Clue: Place to drive

C. 11 26 8 18 26
Clue: Blend together

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

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

SUDOKU



Level: Advanced

ON THE ROAD

WORD SEARCH

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

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

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

HOROSCOPES

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

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

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

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

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

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

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

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

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

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

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

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

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Tragedy of the “Posted” Commons

By Dan Rhodes

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

Nowhere is perfect, and even someone not from Maine can see it has its own share of real, pressing issues. But still, I am constantly in awe of this land, of this seeming sanctuary of greenery, rivers, beaches, and

mountains. Maine’s tradition of public access to land fosters collective appreciation of these gifts. While not unique in the world, this (excellent) tradition is new to me. Different places call it different things, but ultimately, what it comes down to is the “right to wander.”

Of course, there are exceptions, and access to private land, especially, is conditioned on the landowner’s knowledge and permission. I would never argue landowners don’t have a right to determine who comes and goes on their own land, but I applaud every private landowner who commits to honoring this tradition. When the dreaded “Posted” signs pop up in a place that was previously accessible, it has a real and tangible impact on everyone in the community. Whether

new landowners are simply unaware of Maine’s tradition of public access or old landowners have a grudging change of heart because land users abused their goodwill, the result is the same: something shared is lost, and the wild we can wander gets just a bit smaller.

So many Mainers have an interest in seeing public access continue, but even so, over time, more Posted signs appear. There is a very real race going on between those who would preserve and enshrine public access, and those who (for whatever reason) decide to take that access away, to keep it for themselves. But for every Posted sign that goes up, countless other noteworthy accomplishments are preserving public access. I’m proud to support the High Peaks Alliance and groups like them in leading this effort throughout

Maine.

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



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

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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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Keep Your Balance Boomers

Did you know that we all lose our balance over time as we age if we do not work at keeping it strong? After the age 50, balance ability declines steadily with each decade and by age 70, many people lose up to 30–40% of their balance-related functions; this includes muscle strength, reaction time, and sensory functions.

Balance loss is a part of aging, and it is one of the main contributors to falls and loss of independence in older adults. Also did you know falls are the leading cause of injury-related deaths among adults 65 plus. Did you know that over 3 million older adults are treated in emergency rooms each year for fall injuries? Did you know that poor balance is one of the top 3 risk factors for falls, along with muscle weakness and vision problems

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

- 1. Single leg stands** – We should do this exercise throughout the day or several times a day when hanging out around the house. It’s easy and simple to do and helps immensely to keep balance strong.
- Stand behind a chair or alongside the kitchen counter or bar to hold on to for a little support until you can let go freely.

- Lift one foot off the ground and hold for 20 to 30 seconds
- Switch legs and alternat doing this for 5 to 10 minutes a day.

- 2. Heel to Toe Walk** – Some of you may know this one, it is similar to what the police officer has you do when pulling you over for a DUI.
- Walk in a straight line, placing the heel of one foot directly in front of the toes of the other for 20 steps
 - Keep your shoulders back and posture upright and eyes forward without looking at your feet. Use a wall or chair for support if needed for the first couple of times until you get used to it.
 - Stand behind a chair and hold lightly for support
 - Lift one foot off the ground and hold
 - Switch legs

- 3. Chair squats** – chair squats are great for lower body strength and stability and help with balance. By using a chair, it helps coordinate and active the correct muscles in the correct position in a very safe way.
- Sit in a sturdy chair with feet flat on the floor
 - Stand up slowly (use hands if needed)
 - Lower yourself back down with control.

- Do 10 of these and take a little 2-minute rest and do 10 more or as many as you can take and gradually increase as you get stronger.
- As with anything in life, Consistency is key! Even a few minutes each day can help improve balance, reduce risks of falls, and increase ease of movement.
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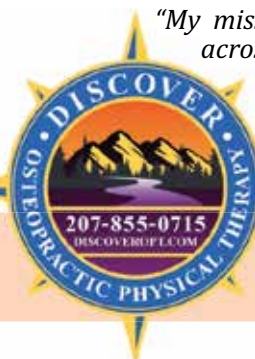
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South End Neighborhood Celebrates 20th Annual National Night Out

Article by Mark Huard
WATERVILLE— Hundreds of residents gathered Tuesday evening at Green Street Park for the 20th Annual South End National Night Out, hosted by the South End Neighborhood Association and community partners. The free event celebrated neighborhood pride while strengthening relationships between residents and local first responders.

Families enjoyed a community barbecue, live music, games, children’s activities, informational booths and demonstrations by the Waterville Police Department K-9 Unit and Waterville Fire Department, giving attendees an up-close look at public safety while promoting community engagement.

Waterville Community Resource Officer Rob Bouley said, “It is a pleasure for the Waterville Police Department to be part of National Night Out every year. Our of-



A view from the park during the fun evening.

Photos by Corianna Doucette/Central Maine Photography

ficers enjoyed providing K-9 demonstrations, showing some of the gear officers use on the job and sharing resource information.”

Mayor Mike Morris, who ran a selfie station this year praised the event, saying, “The park was filled with families, friends, and neighbors coming together to celebrate our community. Between the games, live music, K-9 demonstrations, fire safety training and community barbecue, there was something for everyone.”

Kathleen Johnson of Fairfield added, “This is awesome! These kids need to believe in the police and firefighters, so when something happens they trust in them to help.”

Now in its 20th year, National Night Out continues to bring together residents, first responders, and community organizations while fostering trust, safety, and neighborhood pride throughout Waterville’s South End.



Waterville Firefighter/EMT Krista Poland with a young helper



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MOVIE REVIEW *by Lucas Allen*

THE ODYSSEY [2026]

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

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

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

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

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

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

There’s also a nice balance between dialogue scenes

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

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

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

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

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

THE HEALTHY GEEZER *Fred Cicetti*

MENIERE'S DISEASE

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

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

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

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

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

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

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

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

- Eat approximately the same amount of food at each meal to regulate body fluids. You may also eat five or six smaller meals instead of three meals a day.
- Salt can increase fluid retention. Try to consume no more than 1,000 to 1,500 milligrams of sodium daily.

- Avoid monosodium glutamate (MSG). Prepackaged food products and some Asian foods include MSG, a type of sodium.
- Stay away from the caffeine in coffee, tea and some soft drinks. Caffeine can make symptoms worse.
- Nicotine can make Meniere’s symptoms worse, too. Quit smoking.

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

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

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

HAVE YOU FOUND THE PHONY AD?



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 Peterbils 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 Heri-

tage 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



Submitted photo

weather related. The forecast for a “chance of showers” in Northern Aroostook County turned into a mostly drizzle with a few breaks in between for setting up our tents and camp. We got on the pond with fly rods just before dark, but no matter how much you gink up your fly, it is not easy to get a good float in a steady drizzle. Scotty tried a Maple Syrup with a sinking line, but no avail.

We turned into our camp tents fishless, but

not before we found some solace in pan fried moose steaks, a few cribbage games and a couple of Old Stump blowers.

On day two, the weather looked like it might break. The sun peaked through, and with high hopes we spent the morning fishing nearby pond number two, which seemed to have cooler water. Again, we tried them all: dry flies on top, fast stripping the Black Ghost and assorted wet flies, and even down below with Maple Syrups,

Golden Retrievers and Woolly 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 Ar-

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

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

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

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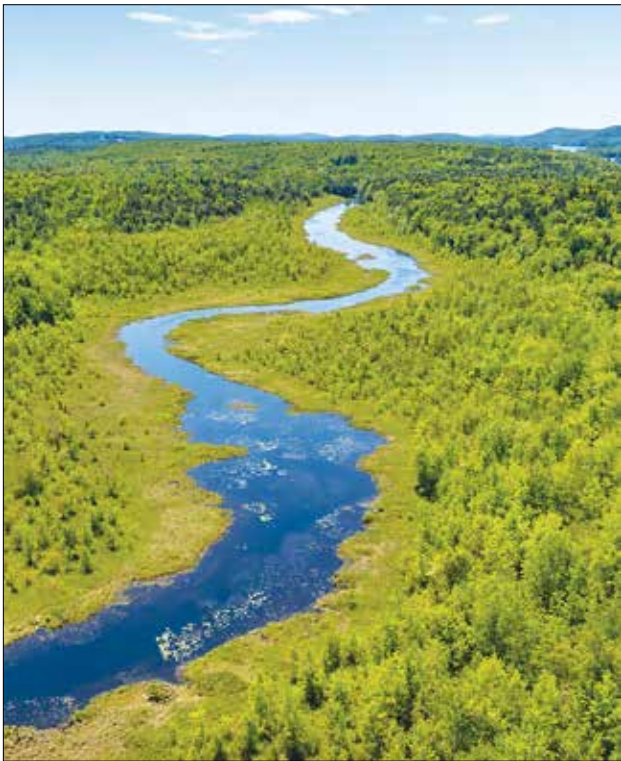
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Kennebec Land Trust to hold 2026 Annual Meeting and Conservation Celebration

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

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

Enjoy hikes and lawn games starting at 4:30 p.m., with refreshments—including a charcuterie board with local selections from Wicked Board Charcuterie—available for a suggested \$15 donation. The Annual Meeting begins at 5:30 p.m., when attendees will celebrate



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

KLT’s conservation accomplishments, recognize this year’s land donors, and learn about the summer stewardship projects underway on KLT properties. Feel free to stay for all or part of the evening. Registration is suggested; the general public

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

Among this year’s highlights, KLT is celebrating the completion of its Shedd Pond Addition campaign. Launched in Decem-

ber 2025, the campaign raised funds to purchase 94 acres in Manchester and Readfield. The property is contiguous with 850 acres of New England Forestry Foundation and KLT conservation land surrounding remote Shedd Pond, expanding public recreation while protecting wetlands, forests, and water quality in the Cobbossee watershed.

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

Ralph and Karen Hopkins for their donation of the 30-acre Roy and Rowena Hopkins Addition to the Ezra Smith Wildlife Conservation Area in Mount Vernon.

With 885 feet of frontage on Hopkins Stream, this 30-acre conservation property features conifer and hardwood forests and ecologically important wetlands that are mapped by Maine Inland Fisheries and Wildlife as valuable wading bird and waterfowl

habitat. The property, contiguous with KLT’s 163-acre Ezra Smith Wildlife Conservation Area, was donated to KLT in honor of Ralph’s parents, Roy and Rowena Hopkins. Public access is from Hopkins Stream.

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

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

exemplary natural communities, water quality in Androscoggin Lake and the Dead River, and valuable wildlife habitat. Public access is from Route 106 and the Dead River.

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

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

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

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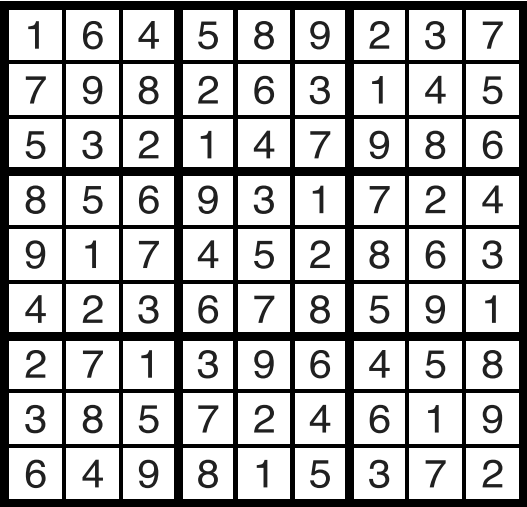
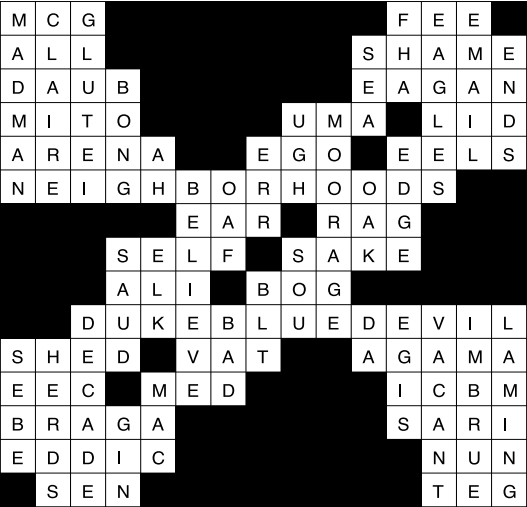
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New England Patriots Players in Maine

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 Patriots football — a keepsake he's sure to treasure for years to come. Moments before this, Colton lined up to run a route on the field, and Boutte delivered a pass directly to him, giving the young fan a taste of what it feels like to have a football thrown to you from an NFL receiver.

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

For Jaxon Troxell, a 12-year-old Waterville Junior High School student, this football camp was about much



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

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, beg-

ging 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.



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

This Italian comfort food hits the spot

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

Lasagna With Zucchini and Meat Sauce

- Makes 9 Servings
- 2 large zucchini, rinsed and trimmed
 - Salt
 - 12 dried lasagna noodles
 - 1 pound ground beef
 - 1½ teaspoons ground black pepper
 - 1 small green bell pepper, rinsed, trimmed and diced
 - 1 onion, peeled and diced
 - 8 ounces tomato paste
 - 15 ounces canned tomato sauce
 - 3½ tablespoons red wine
 - 2 tablespoons chopped fresh basil
 - 1 tablespoon chopped fresh oregano
 - 1 egg, beaten
 - 2 cups low-fat ricotta cheese
 - 2 tablespoons chopped fresh parsley
 - 2 cups shredded mozzarella cheese
 - 2 cups grated Parmesan cheese



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

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A cartoon illustration of a friendly-looking gnome with a large orange hat, a white beard, and a brown tunic, holding a small orange pumpkin.



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