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Do you, or someone you know, need help around the home?



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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

South End Neighborhood Celebrates 20th Annual National Night Out

Article by Mark Huard

WATERVILLE, Maine — 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 en-

A view from the park during the fun evening.

Photos by Corianna Doucette/Central Maine Photography

Waterville Firefighter/EMT Krista Poland with a young helper

gagement.

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 officers 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 resi-

dents, first responders, and community organizations while fostering trust, safety, and neighborhood pride throughout Waterville's South End.

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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.

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

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

Decent people and a dropped raisin

I realize there is a smattering of decent people quietly roaming the backroads of our planet. However, it seems like a growing challenge to stumble upon a true specimen..
Pause your reading now and imagine me standing at kitchen counter last night slicing some edibles, when a small bit of something falls to the floor just in front of me. I initially glance straight down to where is must have landed. Nothing in sight. Oh, it must have hit the front of my foot and bounced forward under the dishwasher. I go to my knees and look, but do not spot the speck of future, mice fodder.
I am pressed to continue my search seeing nothing to my left or right. So, I look behind me over the rest of the kitchen, staring at clean, gray ceramic tiles. No little fleck of increasingly irritating edible in sight. It may be on that mysterious journey to China where all dropped (and never found) objects of any kind end their joyous travels. I recall

as a youngster, if I had lost something my mother would say, “It’s probably in China by now. Pray to Saint Anthony to find it.” (Anthony is the Roman Catholic Patron Saint of lost things.) If you are always misplacing or losing things like me, you begin calling him just Tony.
Now, let the reader stop and recall all the tiny items that have you have dropped and mysteriously disappeared from your clumsy life. Maybe they all be in the Far East. You might now imagine why so many of the things (other than electronics) that we buy, Made in China, fall apart. All our dropped delights are gathered by low-paid workers and thrown into a vat then processed into whatever the end product is supposed to simulate.
I started looking over the entire kitchen. While on the hunt I made a good guess it was a raisin that wandered off. I was preparing a Waldorf Salad with apples, celery, and raisins. “Hey, I think, raisins area the same color as the chairs around the table.” Facing desperation now I go to the far-distant stretches of our kitchen. On my knees, hiding next to the fourth chair leg I have inspected, sits the unwittingly camouflaged, dried grape. I know beyond any

doubt, this raisin has been purposely designed somewhere by some deranged, obsessive/compulsive imp to irritate me.
The chopped apples still resting on the countertop have not yet turned brown, though this adventure has taken all of five minutes. There is still a chance I may be able to eat this dish. However, I am presented with another dilemma. Do I return the item to the salad bowl, having now cheated the Chinese workers out of a tiny portion of collected droppings that magically skulk their way to Hong Kong from the kitchen floors around the world?
Well, what have “dropped delights” and Chinese workers got to do with an honest search for decent people? I do not know. It is too philosophically difficult for me to even ponder. I would advise you to just keep looking for that missing raisin - or paper clip - or button - or chocolate chip - or earring, -or aspirin...or...whatever.
If you have similar thoughts as mine noted in the first two sentences in this chronicle of mental digressions, here is a final thought. This quote was on my daily tear-off calendar this morning: “The world is full of decent people. If you can’t find one, be one.”



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MAINE CALENDAR

2026
AUGUST

Aug 23 - Concert at Norcross Point, Katie Daggett & Ed Desjardins, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

August 28 - Waterville Shred-It Day sponsored by Maine State Credit Union, 9 a.m. - noon, 81 Grove Street, Waterville, bring old paperwork, such as bank statements, credit card bills, pay stubs, ATM receipts, free, open to public.

Aug. 30 - Concert at Norcross Point, Keiyana Marie Trinidad, 2-4 p.m., Norcross Point, Bowdoin St., Winthrop, FMI call 458-5485 or www.concertsatnorcrosspoint.com.

MONTHLY MEETINGS

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.

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.

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.

PORTER: Sacopee Valley Cancer Support Group for Men and Women, fourth Friday of each month from 1:30-3:00 p.m., Riverside

GIANT ESTATES & TREASURES SALE

NORRIDGEWOCK HISTORICAL SOCIETY

11 Mercer Road. - Norridgewock

Sat., August 29 • 8:30am-3:00pm

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

United Methodist Church, 5 Porter Street, Porter, FMI please call Marianne Wyer at: (207) 749-0392.

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.

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 meeting, 7-8:00 p.m. every Tues-

day, 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, 273 Water Street, 1st and 3rd Tuesdays of each month and every Thursday, 3 p.m. to 4 p.m. 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.

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

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2026 WINSLOW FALL SPORTS SCHEDULE

BOYS CROSS COUNTRY		
DATE	TIME	SITE
9/10	4:00 PM	@ Waterville
9/19	11:00 AM	@ Skowhegan
9/24	3:30 PM	@ UMA

GIRLS CROSS COUNTRY		
DATE	TIME	SITE
9/10	4:00 PM	@Waterville
9/19	11:00 AM	@ Skowhegan

COED CROSS COUNTRY		
DATE	TIME	SITE
9/3	4:00 PM	@ EL
9/10	4:00 PM	@ Waterville

BOYS SOCCER		
DATE	TIME	OPPONENT
9/4	3:30 PM	vs.Medomak Val
9/8	3:30 PM	@ LeavittFRI
9/11	3:30 PM	vs.Central
9/14	3:30 PM	@ MCI
9/17	3:30 PM	@ Mount View
9/19	9:00 AM	vs.Waterville
9/24	3:30 PM	@ Mount View
9/29	3:30 PM	vs. MCI
10/1	4:00 PM	@ Central
10/6	3:30 PM	@ Waterville
10/8	3:30 PM	vs.Mt. Abram
10/10	11:00 AM	@ Hall-Dale HS
10/13	6:00 PM	@ Lawrence
10/15	3:30 PM	@ Leavitt Area

BOYS CROSS COUNTRY		
DATE	TIME	OPPONENT
9/5	10:00 AM	@ Morse
9/8	4:00 PM	@ Gardiner Area
9/11	4:00 PM	vs. HD/Mon
9/15	4:00 PM	vs. Oceanside
9/18	4:00 PM	vs. Cony HS
9/23	4:00 PM	vs. Leavitt Area
9/25	6:30 PM	@ Lincoln Acd
9/28	4:30 PM	@ MCI
10/3	9:00 AM	@ Erskine Acd
10/6	3:30 PM	vs. Lawrence
10/8	3:30 PM	@ Belfast Area
10/13	3:30 PM	vs. Erskine
10/15	3:30 PM	vs. Nokomis
10/19	3:30 PM	@ Waterville

GIRLS SOCCER		
DATE	TIME	OPPONENT
9/4	3:30 PM	@ Medomak
9/8	3:30 PM	vs. Leavitt Area
9/14	3:30 PM	vs. MCI
9/17	3:30 PM	@ Mount View
9/19	11:30 AM	vs. Waterville
9/22	3:30 PM	@ MCI
9/24	3:30 PM	vs. Mount View
9/29	3:30 PM	@ Waterville
10/1	3:30 PM	vs. Central
10/8	6:00 PM	@ Mt. Abram
10/10	10:00 AM	vs. Hall-Dale HS
10/13	3:30 PM	vs. Lawrence
10/15	3:30 PM	@Leavitt Area

Dates and times are subject to change.

FOOTBALL		
DATE	TIME	OPPONENT
8/28	7:00 PM	@ Messalonskee
9/4	6:30 PM	@ Wells
9/19	1:00 PM	vs.Oak Hill
9/26	1:00 PM	vs. Freeport
10/2	7:00 PM	@ Mattanawcook
10/9	7:00 PM	@ MCI Central
10/17	1:00 PM	vs.Morse
10/24	1:00 PM	vs. Madison HS

GOLF		
DATE	TIME	SITE
8/27	3:30 PM	Waterville CC
9/1	3:30 PM	Augusta CC
9/3	3:30 PM	Waterville CC
9/10	3:30 PM	JW Parks GC
9/14	3:30 PM	Country View
9/16	3:30 PM	Waterville CC
9/17	3:30 PM	Waterville CC
9/21	3:30 PM	Northport GC
9/23	3:30 PM	Waterville CC

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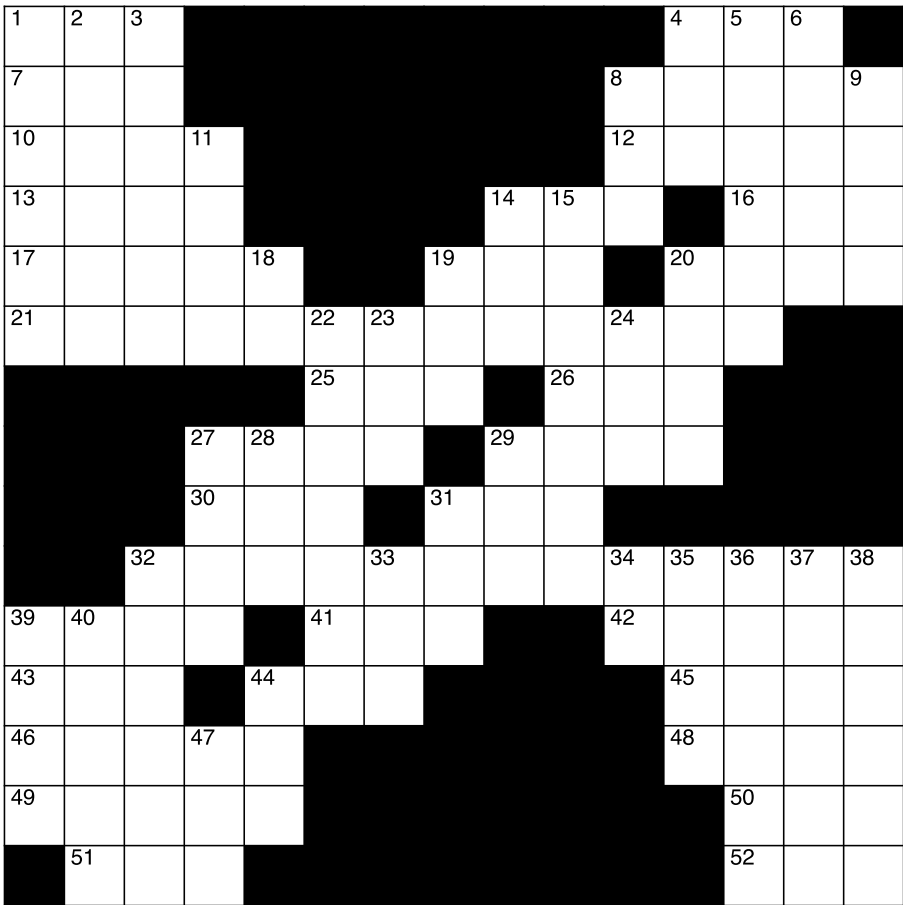
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Crossword



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

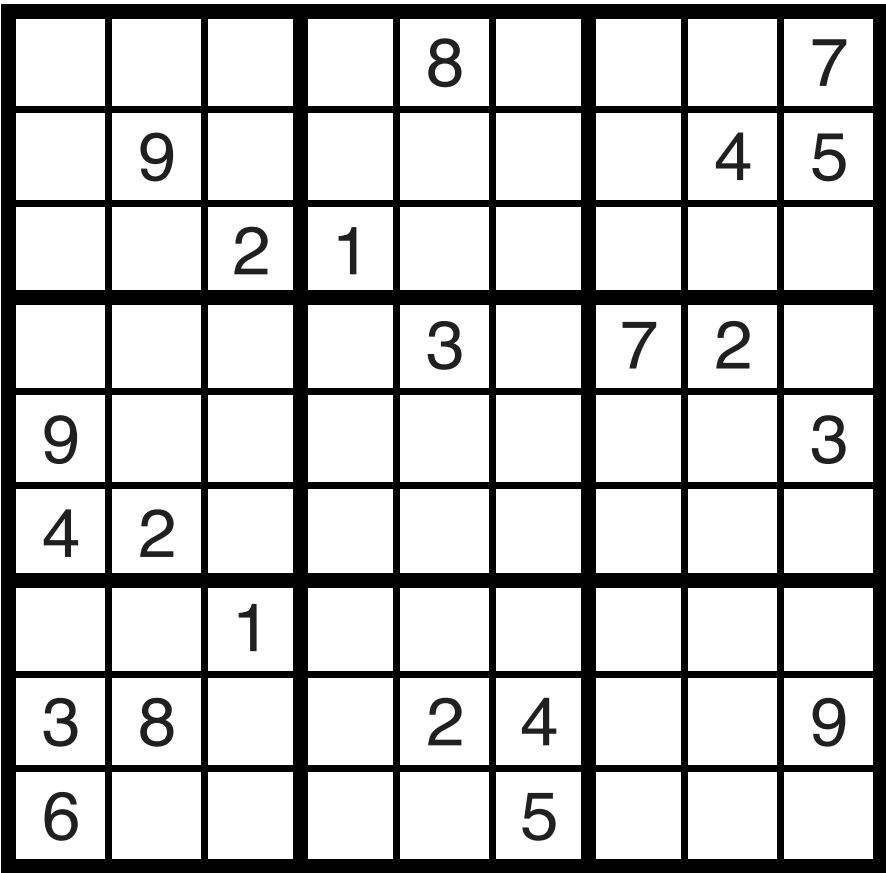
B. 8 7 21 13 17 21 25
Clue: Place to drive

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

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

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

HOROSCOPES

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

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

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

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

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

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

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

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

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

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

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

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

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 won-

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

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

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

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

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

THE HEALTHY GEEZER

Fred Cicetti

MENIERE'S DISEASE

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

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

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

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

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

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

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

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

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

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

MSG, a type of sodium.

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

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

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

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

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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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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.



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

- 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

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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.

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Improve Balance



Take Care of Your Vision

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

- 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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New England Patriots Players in Maine



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

by Mark Huard

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

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

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

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



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

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

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

For Jaxon Troxell, a 12-year-old Waterville Junior High School student, this football camp was about much more than just sharpening gridiron skills. The day was defined by four hours of non-stop high fives, smiles, and fist bumps, fueling electric energy. For any young player looking up to these professionals, the camp provided a powerful lesson in character, passion, and what it looks like to be a positive role model. "He called with urgency, begging me for permission to have his new cleats signed," his parents recalled with a laugh. "Needless to say, he got the autograph and a new pair of cleats are on the way." An absolute highlight of his day was getting that prized Nike cleat signed by Chism himself. But beyond the autograph, the experience cemented



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

something deeper: the role models he watches on television are real people who started where he is today. It was an unforgettable experience that proved football is about much more than just a game—it's about keeping big dreams alive.

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

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

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K9 Tex and Waterville Officer Riley Dowe at the South End National Night Out!



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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.

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207-450-5858

Maine Eye Doctors
25 First Park Drive
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207-820-2020

AYCC
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www.clubayc.org

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207-872-6762

Maine General Medical Center
35 Medical Center Parkway
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Skowhegan
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Aable Cremation Services
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StanleySepticMaine.com
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2026 LAWRENCE FALL SPORTS SCHEDULE

BOYS SOCCER

DATE	OPPONENT	V/JV
9/4	vs. Skowhegan	6:00/4:00
9/8	vs. Gardiner	6:00/4:00
9/11	at Belfast	3:30/5:00
9/15	at Mt. View	3:30/5:00
9/17	vs. MCI	3:00
9/19	vs. Erskine	10/11:30
9/22	at Waterville	3:30/5:00
9/24	at Nokomis	3:30/5:00
9/29	vs. Medomak	6:00/4:00
10/1	at Spruce Mtn.	3:30/5:00
10/6	at Skowhegan	3:30/5:00
10/8	vs. Oceanside	6:00/4:00
10/13	vs. Winslow	6:00/4:00
10/20	at Cony	5:30/7:00

JV FOOTBALL

DATE	OPPONENT	TIME
8/31	at Edward Little	6:00PM
9/5	vs. Gorham	10:00AM
9/14	at Fryeburg Ac.	4:00PM
9/21	vs. Skowhegan	4:00PM
9/28	vs. Mt. Blue	4:00PM
10/5	at Cony	3:00PM
10/12	at Brunswick	TBA
10/19	vs. Camden Hills	4:00PM
10/26	at Messalonskee	4:00PM

GIRLS SOCCER

DATE	OPPONENT	V/JV
9/4	at Skowhegan	3:30/5:00
9/8	at Gardiner	TBA
9/12	vs. Belfast	10/11:30
9/15	vs. Mt. View	6:00/4:00
9/17	at MCI	3:00
9/19	at Erskine	10/11:30
9/22	vs. Waterville	6:00/4:00
9/24	vs. Nokomis	6:00/4:00
9/29	at Medomak	3:30/5:00
10/1	vs. Spruce Mtn.	6:00/4:00
10/6	vs. Skowhegan	6:00/4:00
10/8	at Oceanside	3:30/5:00
10/13	at Winslow	3:30/5:00
10/20	vs. Cony	6:00/4:00

VARSITY FOOTBALL

DATE	OPPONENT	TIME
9/3	at Gorham	6:00PM
9/11	vs. Fryeburg Ac.	7:00PM
9/18	at Skowhegan	7:00PM
9/25	at Mt. Blue	7:00PM
10/2	vs. Cony)	7:00PM
10/9	vs. Brunswick	7:00PM
10/17	at Camden Hills	1:00PM
10/23	vs. Messalonskee	7:00PM

CROSS COUNTRY

DATE	OPPONENT	TIME
8/28	at Cony	4:00
9/4	at Mt. Blue Meet	4:00
9/10	at Quarry Rd Relays	4:00
9/19	at Skowhegan	11:00
9/24	at Gardiner (UMA)	4:00
10/3	(Belfast)	TBA
10/9	at Messalonskee	4:00
10/17	at KVACs (Cony)	11:00
10/24	at Regionals (Belfast)	TBA
10/31	at States(Cony)	TBA

GOLF

DATE	OPPONENT	TIME
8/26	vs. Medomak	3:30
9/1	at Oceanside	3:30
9/3	at Lincoln Ac.	3:30
9/10	vs. Nokomis	3:30
9/14	at Erskine (Natanis)	3:30
9/16	vs. MCI	3:30
9/17	at Water/Winslow	3:30
9/18	at Belfast	3:30
9/23	vs. Mt. View	3:30
9/28	Playoff	TBA
10/1	KVAC Shootout	TBA
10/6	KVAC Qualifier	10:00

FIELD HOCKEY

DATE	OPPONENT	TIME
8/22	Winslow Play Day	TBA
8/25	at Skow. (Exhibition)	4:00
8/31	at Mess. (Exhibition)	6:00/7:30
9/3	vs. Cony	4:00/5:30
9/8	at Leavitt	4:00/5:30
9/12	vs. Camden Hills	10/11:30
9/14	vs. MCI	4:00/5:30
9/17	at Erskine Ac.	4:00/5:30
9/22	vs. Belfast	4:00/5:30
9/25	at Morse	3:30/5:00
9/26	at Gardiner	10/11:30
9/30	vs. Waterville	4:00
10/2	at Nokomis	3:30/5:00
10/5	vs. Winslow	3:30/5:00
10/8	s. Lincoln Ac.	3:30/5:00
10/15	at Oceanside	3:30
10/20	vs. Gardiner	3:30/5:00

GOOD LUCK TO ALL
THE ATHLETES!



Dates and times are subject to change.

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Due to the fact that we receive so many announcements, and in an effort to give each candidate all the attention deserved for this public service mission, we are asking all candidates to call the office at
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TO PLAN AND GET QUOTES ON YOUR
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Turner Publishing Staff
and Publisher, Jodi Cornelio

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SKILLS NEEDED:
Winning attitude and sociable in nature. Passion for community, school sports, community events, and social organizations. Organized and detailed. Must have a home computer or laptop, printer, cell phone and a dependable car and a valid driver's license.

Turner Publishing Inc. is the largest direct mail, "Good Community News" publishers in Maine.

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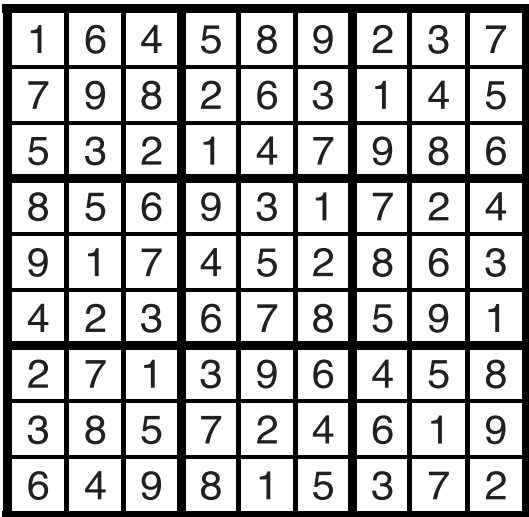
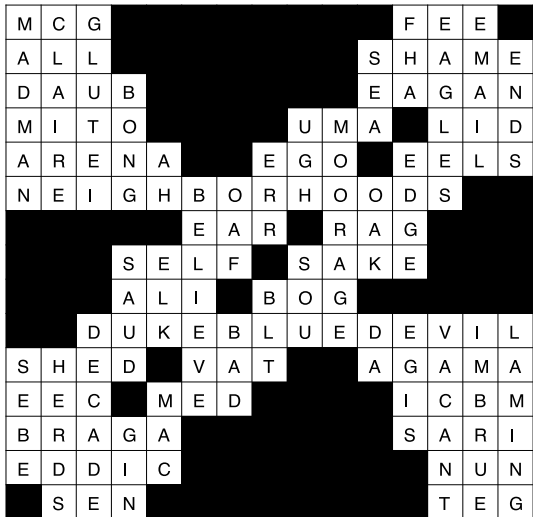
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Good News Gazette: Rachel Daniel
Kennebec Current: Thomas Bilodeau
Lewiston Leader: Kathleen Davis
Lisbon Ledger: Elaine Curtis
Lake Region Reader S: Grace Richard
Lake Region Reader N: John Wilson
Moose Prints: Roberta Pinkham
Oxford Hills Observer: Jean Wilcox
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2026 Shriner's Lobster Bowl High School Cheerleaders



A few of the Shriner's Lobster Bowl High School Cheerleaders from the West Division: L to R: Ava Ciriello-Edward Little, Avery Oliver - Mt. Blue, Gwendolyn Howard - Windham, Kassidy Perry - Brunswick, Evey Hall - Oxford Hill



A group of eight Maine high school cheerleaders chosen for the West Division, Shriner's Lobster Bowl football game on July 18. L to R: Aryanna Carlson - Oak Hill, Alyssa Meikie - Gardiner, Aubrey Daigle - Gardiner, Brady Knight - Lisbon High School, Kennedy Minich - Oak Hill, Adalynn Peterson - Lake Region, Reese Kulow - Lisbon, and Alivia Saunders - Lisbon.

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



Ted McGillicuddy, MD



Michael Neilson, MD

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

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

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

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



This is a free event, but space is limited.

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

Got Foot Pain?
Join us for this free event!



Michael Kipp, DPM



Brian Loring, DPM



Rocco Ciocca, MD, FACS



Margaret Chapin, ANP-C

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

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

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



This is a free event, but space is limited.

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