

Can you find Coop?



Coop is hiding somewhere in this publication...

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



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2026 Shriner's Lobster Bowl



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

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



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

Name: _____

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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*

Curious fawn



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

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MAINE CALENDAR

SEPTEMBER

Sept. 9-12 – Litchfield Fair, 44 Plains Rd., Litchfield.

Sept 16-19 – Oxford Fair, 67 Pottle Rd., Oxford.

Sept. 20-28 – Farmington Fair, 292 High St., Farmington.

Sept 26 - Baked Bean Supper, 4:30 p.m., Manchester Community Church, 21 Readfield Road, Manchester, FMI at www.manchester-community.church or 207-622-0738.

OCTOBER

Oct. 4-11 - Fryeburg Fair, 1154 Main St., Fryeburg.

MONTHLY MEETINGS

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

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

MANCHESTER: Coffee Open House at the Manchester Grange, 1st and 3rd Monday of the month, 8-10 a.m, 953 Western Avenue, Manchester, FMI call Paige 617-800-4564 or manchestertemainegrange.wordpress.com.

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

Club is from 4-6 p.m. on Thursdays.

WINTHROP: Winthrop Food Pantry, Thursday pick-up 1:00 p.m.-2:30 p.m. and 2nd & 4th Thursdays 5 p.m.-6:30 p.m., 10 Cross Rd., Winthrop, FMI call Sherie Knowlan, Director (207)377-3332 or winthropfoodpantry.org, Curb-side pick-up of shelf-stable food.

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

WAYNE: 30 Mile River Snowmobile Club meetings are on the first Monday of the month, meet at the Ladd Center in Wayne at 6:00 p.m., RSVP on Facebook page each month so we can have a count for pizza, salad and dessert at each meeting, sharing the cost of the pizza.

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

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

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

TURNER: Story Hour, every Wednesday at 10 a.m.,

Turner Public Library, 98 Matthews Way, Turner, (207) 225-2030.

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

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

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

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

LIVERMORE FALLS: Ernie Steward from Spruce Mountain Adult Education visit the library to help our patrons with their technology needs, 3 p.m. to 5 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, sign up by calling (207) 897-3631.

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

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.

LIVERMORE FALLS: Story Time, Wednesdays at 10:30 a.m., Treat Memorial Library, 56 Main St., Livermore Falls, favorite picture books, sing-a-longs, and other activities, any questions or for more information, please call the library at 897-3631.

MONMOUTH: Friends of Cumston Public Library book sale, 9 a.m.-1 p.m. third Saturday of the month, lower level, Cumston Hall, 796 Main St., Friends of Cumston Library on Facebook.

WINTHROP: Winthrop Maine Historical Society, first Thursday of month, 6-8 p.m., Winthrop History and Heritage Center, 107 Main St., 207-395-5199, winthrop-mainehistorical@gmail.com.

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

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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more, visit the front desk receptionist at the Muskie Center or call (207) 873-4745.

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

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

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

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

CANCELLATIONS

None listed.

POSTPONEMENTS

None listed.

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

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People FACT:

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

Answer: School

What's the Difference?

Find the four differences between the two pictures.

A



B



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

THIS DAY IN HISTORY



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

1909: Workers start pouring concrete for the Panama Canal.

1991: Ukraine declares itself independent from the Soviet Union.

NEW WORD

EDUCATE

give instruction to someone at a school

How they say that in...

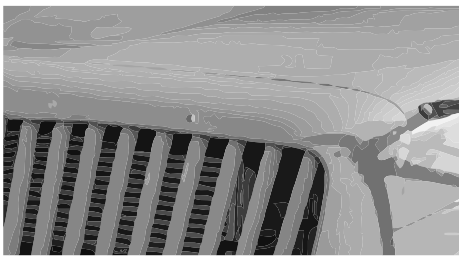
English: Teacher
Spanish: Maestro
Italian: Insegnante
French: Professeur
German: Lehrer

Did You Know?

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



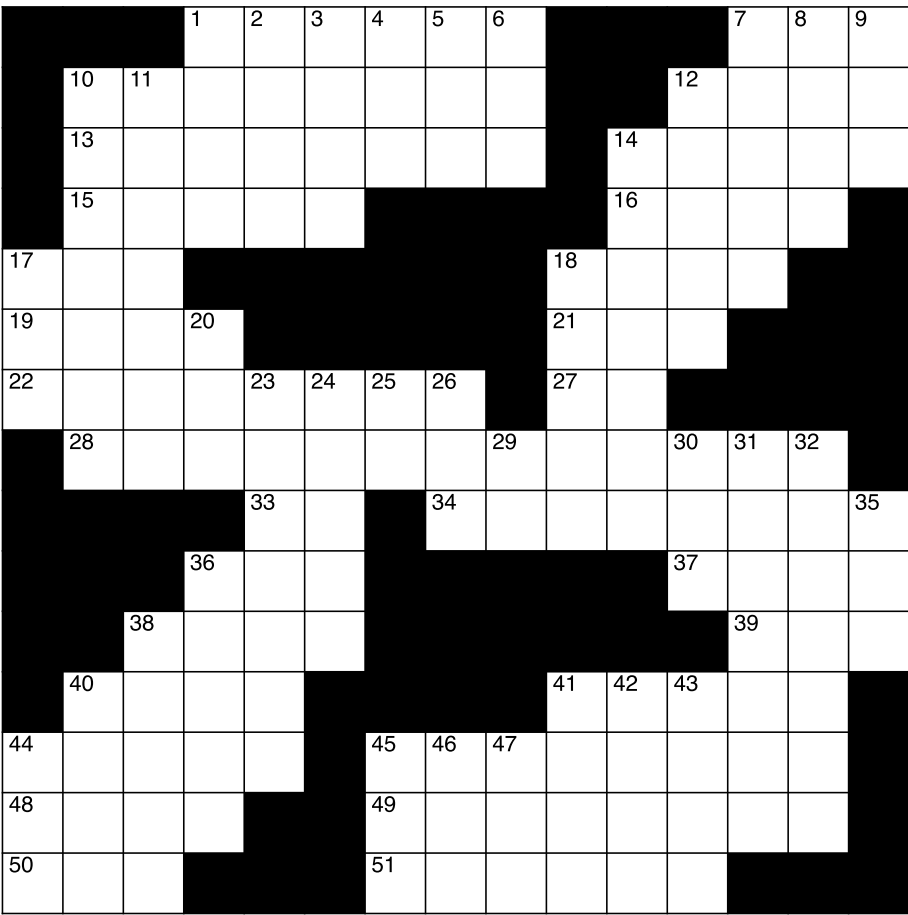
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: School bus

Crossword



CLUES ACROSS

- 1. A vast desert in Africa
- 7. Reciprocal of a sine
- 10. Type of phone
- 12. Biblical figure
- 13. One who renounces a religious belief
- 14. Warren and Monroe are two
- 15. Wild ox
- 16. Dismounted a horse
- 17. Cave dweller
- 18. Where infants sleep
- 19. Popular type of shoe
- 21. Clumsy large person
- 22. Evil-like
- 27. Integrated circuit
- 28. Austin-based athlete
- 33. Postscript
- 34. Follows 18
- 36. People of Gambia
- 37. Popular actor Nicolas
- 38. Platform for a lectern
- 39. Taxi
- 40. American songwriter Sammy

- 41. Iranian city
- 44. Heavy clubs
- 45. One who is expelled
- 48. In bed
- 49. Lifelessness
- 50. Former CIA
- 51. Most slick

CLUES DOWN

- 1. Slovenly person
- 2. In addition
- 3.hovels
- 4. Pie ___ mode
- 5. Subway rodent
- 6. They ___
- 7. Indigenous S. American people
- 8. Fine sand
- 9. Central nervous system
- 10. Nightclub entertainment
- 11. The perfect example of something
- 12. Supreme Islamic leader
- 14. Pain
- 17. Binary-coded decimal
- 18. Projecting corner of an angle
- 20. “Succession” actor Brian
- 23. Dinner table decor
- 24. Ancient settlement in modern Turkey
- 25. You can call Paul Simon this
- 26. Opposite of a pro
- 29. Atomic #28
- 30. Type of drug (abbr.)
- 31. Arrives at
- 32. Nullifies
- 35. Bird’s beak
- 36. Partner to “oohed”
- 38. Ray-finned fishes
- 40. Taxis
- 41. Sat on and controlled
- 42. Sea eagles
- 43. Remain as-is
- 44. Chinese revolutionary
- 45. Tooth caregiver
- 46. Snakelike fish
- 47. Compensate



Solve the code to discover words related to golf.
Each number corresponds to a letter.
(Hint: 18 = S)

A. 6 15 17 21 18 13

Clue: Place to play golf

B. 9 17 16 16

Clue: Precise shot

C. 6 24 17 11 18

Clue: Golf equipment

D. 18 16 21 15 20 13

Clue: Attempt to hit the ball

Answers: A. course B. putt C. clubs D. stroke

SUDOKU

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

Level: Advanced

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A N E A V E A G L E D O R O C S M O F O
L O R H A N D I C A P Z G Z K P I U F R
C R E N B E F E C I L S F E L E S A A E
T I W B I F I K N Z O R S E Y I V G P S
W E K D R S V D O B Z N M O N I U M M F
N E E S D N N B D N G O L U R I N U O E
U H D U I E R S R A F C W O P T L U R D
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- FORE
- GREEN
- HANDICAP
- HAZARD
- HOOK
- IRON
- MULLIGAN
- PAR
- PUTTER
- ROUGH
- SLICE
- STROKE
- TEE
- WEDGE

HOROSCOPES

ARIES - Mar 21/Apr 20 - Good vibes are heading your way, Aries. Cosmic energy continues through your sign, showing visions of future ambitions.
TAURUS - Apr 21/May 21 - Appreciate the world around you, Taurus. It’s easy to get fixated on what isn’t working, but be grateful for all of the things that are going right.
GEMINI - May 22/Jun 21 - Gemini, light banter is the name of the game for conversation this week. Avoid any topics that can lead to confrontation or confusion.
CANCER - Jun 22/Jul 22 - You may have a sudden urge to get organized at home or the office, Cancer. Spend time sorting and clearing out the clutter to be more productive.
LEO - Jul 23/Aug 23
Celebrate yourself this week, Leo. You deserve some recognition just for being you. What better person than you to initiate that?
VIRGO - Aug 24/Sept 22 - Your responsibilities are at an all-time high right now, Libra. That means you are in high demand. Pick and choose projects to fit your schedule.
LIBRA - Sept 23/Oct 23 - Give yourself a break, Libra. You have been putting your nose to the grindstone for a long time. You deserve an opportunity to enjoy the lighter side of life for a bit.
SCORPIO - Oct 24/Nov 22 - Scorpio, advocate and negotiate for yourself as much as you can in the days to come. Some skillful self-promotion can open new and exciting doors.
SAGITTARIUS - Nov 23/Dec 21 - Right now your demeanor is sensitive and compassionate, Sagittarius. Unfortunately, this can make you vulnerable, so keep your friends close.
CAPRICORN - Dec 22/Jan 20 - There may be surprises around the workplace this week, Capricorn. A supervisor may be sending mix signals. Ride out this unsettled time.
AQUARIUS - Jan 21/Feb 18 - Aquarius, patience is an asset this week. A careful approach to problem-solving will yield the results you’re seeking.
PISCES - Feb 19/Mar 20 - Try not to question the mysteries of the universe right now, Pisces. Unconventional vibes are coming your way, which may lead you on some bizarre, yet enjoyable journeys.

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Recipe Corner

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

This Italian comfort food hits the spot

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

Lasagna With Zucchini and Meat Sauce

Makes 9 Servings

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



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

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

Metro

2026 Shriner’s Lobster Bowl High School Cheerleaders



A few of the Shriner’s Lobster Bowl High School Cheerleaders from the West Division: L to R: Ava Ciriello-Edward Little, Avery Oliver - Mt. Blue, Gwendolyn Howard - Windham, 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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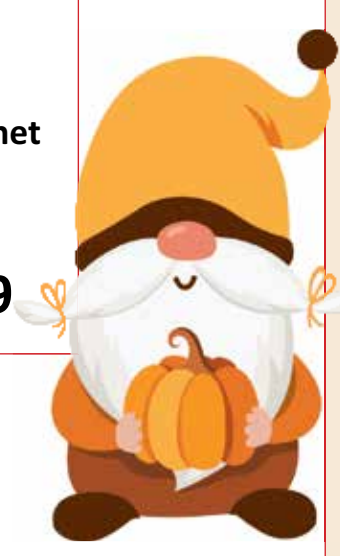
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SAT SEPT 5	TL Country	6p-9p	SAT SEPT 19	TJ Swan	6p-9p
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Conserving fuel as prices rise

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



Metro photo

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

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

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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.

Balance loss is a part of aging, and it is one of the main contributors to falls and loss of independence in older adults.



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YOU CAN TAKE ACTION!



Build Strength



Improve Balance



Take Care of Your Vision

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

- 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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Learn more about becoming a Volunteer Ombudsman Representative. Please contact to Christina Ryan at cryan@maineombudsman.org (800) 499-0229 or (207) 621-1079.



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Kennebec Valley welcomes thousands for Fifth IRONMAN 70.3 Maine Triathlon

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

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

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

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

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

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

“Watching thousands of athletes, spectators, and volunteers come together throughout the Kennebec Valley is an incredible reminder of what this event means to our region,” said Katie Doherty, President & CEO of the Kennebec Valley Chamber of Commerce. “The impact extends far beyond race weekend. It supports our small



Submitted photo

businesses, strengthens our hospitality industry, and continues positioning the Kennebec Valley as a leading sports tourism destination.”

Since the event’s Augusta debut in 2022, IRONMAN 70.3 Maine has welcomed more than 30,000 visitors to the region and generated an estimated \$19.1 million in economic activity. That spending directly benefits communities throughout the Kennebec Valley while introducing athletes and their families to the region’s businesses, outdoor recreation, downtowns, and local attractions.

IRONMAN 70.3 Maine recently extended its partnership with the Kennebec Valley Chamber of Commerce through 2027, affirming Augusta’s place as a premier destination for the global triathlon community.

Following another successful race weekend, the Kennebec Valley Chamber and its community partners look

forward to welcoming athletes, spectators, and volunteers back to Augusta for IRONMAN 70.3 Maine next summer.

More information can be found at www.ironman.com/races/im703-maine

For more information on the IRONMAN® brand and IRONMAN 70.3® brands and global event series, visit www.ironman.com

ABOUT KENNEBEC VALLEY CHAMBER OF COMMERCE

The Kennebec Valley Chamber of Commerce works to strengthen businesses and communities throughout the Kennebec Valley. Through advocacy, connection, promotion, and collaborative initiatives such as IRONMAN 70.3 Maine, the Chamber supports economic growth and promotes the region as a vibrant place to live, work, visit, and do business.

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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 December 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 ecologi-

cally 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 Plenney, 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.tkl.org for additional information.

The Kennebec Historical Society September program “Wagons Ho! Remembering the 1976 Bicentennial Wagon Train” schools

AUGUSTA - Wagon Trains from all corners of the country made the trek to Valley Forge for July 4, 1976, our nation’s 200th Anniversary. The planning, creating and great success of the Wagon Trains will be covered along with first-hand recollection of the events. The Maine Wagon was driven by Lyle Strickland of Belgrade with his Percherons, Duke and Don. The story of the Wagon Trains is presented by Sharon Nadeau, President of the Belgrade Historical Society and Geri Herbster, a BHS member who rode as an outrider with the New

England Train shares her experiences along the trail. KHS presenter Sharon Young Nadeau grew up in Sidney, studied Criminal Justice at UMA and held employment within the University of Maine System until her retirement in September 2020. In need of new adventure, she got involved with the Belgrade Historical Society in 2022. She currently serves as the President of the Belgrade Historical Society and Secretary of the Sidney Historical Society. KHS presenter Geri Herbster has lived in Maine for 37 years. She

has moved with the military many times in her life. She and her husband Jeff live on “The Belgrade Stream” and spend their retirement watching the wildlife that abounds there. She enjoys gardening, reading, history and fishing. The presentation is free to the public (donations are gladly accepted), is scheduled to begin at 6:30 p.m. Wednesday, September 30, at Augusta City Center, located at 16 Cony Street in Augusta. For more information, call Scott Wood, KHS executive director, at 622-7718.



Submitted photo

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MOVIE REVIEW

by Lucas Allen

MOTOR CITY

(IFC Films-Black Bear)

If you can recall that back in 2023, director John Woo made an experimental action film that’s mostly dialogue-free in the holiday-set “Silent Night”. Now, director Potsy Ponciroli took a bit of inspiration from that film to create his own “silent action movie,” this time with a retro-style theme with “Motor City.” Written by Chad St. John, this film takes the conventional basics of a hard-nosed crime thriller into an artistically driven, non-commercial entity straight out of Terrence Malick and less Michael Mann.

Set in late 1970’s Detroit, Miller (Alan Ritchson) is trying to live a happier, hard-working life with a good job and the love of his girlfriend Sophia (Shailene Woodley). But then, police stormed into their home and arrested him after finding pounds of illegal drugs in the trunk of his car. It turns out that his frame-up was masterminded by Sophia’s ex-boyfriend and drug kingpin Reynolds (Ben Foster) with the help of the corrupt Lt. Savick (Pablo Schreiber) as a way to get revenge on him for humiliating him the night the two lovebirds met. However, the good Detective Kent (Ben McKenzie) remains skeptical of the whole thing as Miller is sentenced to twenty-five years in prison.

One year into his sentence, Miller is left alone and heartbroken by the news that Sophia has just married Reynolds, while he remains in prison at the mercy of abusive guards. Fortunately for him, his ex-Vietnam buddies Youngblood (Lionel Boyce) and Singh (Amar Chadha-Patel) break him out of jail to save his lover.

Then tragedy suddenly strikes, and it leads him and his pals on a bloody trail of vengeance against the men responsible.

At first, the lack of dialogue is not all that bothersome since the movie has a good cast that finds a way to emote with their faces fittingly in those many scenes. It also uses some era-appropriate music from the likes of David Bowie, Fleetwood Mac, and The Moody Blues to convey each moment nicely. But as it goes on, it becomes apparent that there is seriously no reason for this movie to be almost devoid of characters talking aside from a few times you can hear them speak. It becomes a slow-paced slog for an hour and forty-minute feature that will likely have audiences lose patience with it. At least “Silent Night” had a point to being a silent film when the main character loses his voice, but we can still sympathize with his struggles enough for us to root for him towards the end.

Another issue with this movie is how it has trouble with the tone and style. A lot of the action over-stylizes with slow-motion and iffy CGI jumps and falls like a bad Zack Snyder film. Even when it gets dramatic like that arrest scene near the film’s beginning, it indulges too much in its stylistic choices, like the Fleetwood Mac song “The Chain” playing during that scene in its entirety when it could have been chopped considerably for length.

The standard vengeance-filled climax was supposed to deliver this epic feel of triumph, but this one drags the last twenty minutes to the grindstone. Worse, they

chose to make a crucial part of the finale as a first scene, which lessens the dramatic impact. Not to mention, they put Bowie’s “Cat People (Putting Out Fire)” only in that first scene when it could have been the other way around.

The only good thing the movie does well is its cast doing their best to act through their scenes without talking. Woodley brings the most range of emotions between happy, sad, anger, and fright to her performance, while Foster finds a good balance between bad guy and sly slimeball by the way he smiles differently. As for Ritchson, he is fine with his acting, but it is tough to take him seriously during the prison scenes when he looks like the GEICO Caveman on steroids. McKenzie is basically replaying his Jim Gordon role from the TV series “Gotham” as the good cop, though Schreiber is having a blast playing the bad cop, and it shows.

Maybe a more patient viewer can find something more interesting about this, but “Motor City” is a pointless experiment that also ends up being a depressing and despairing slog of an action film. “Silent Night” was a decent film, but it is ultimately a better silent action film that demonstrates how to do it right.

THE MOVIE’S RATING: R (for strong bloody violence, some grisly images, drug content, sexuality/nudity, and language)

THE CRITIC’S RATING: 1.75 Stars (Out of Four)

2026 MARANACOOK FALL SCHEDULE

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DATE	TIME	OPPONENT	DATE	TIME	OPPONENT	DATE	TIME	OPPONENT
9/05	1:00 PM	@Traip Academy	8/22	8:45 AM	@ Lewiston	8/22	9:00 AM	vs. Buckfield
9/11	7:00 PM	vs. Sacopee Valley	8/22	11:00 AM	@ Lewiston	8/22	10:20 AM	vs. Hermon
9/18	7:00 PM	vs. Dexter	8/22	1:15 PM	@ Lewiston	8/22	11:40 AM	vs. Presque Isle
9/26	1:00 PM	@ Valley	8/22	3:30 PM	@ Lewiston	8/22	1:00 PM	vs. Oxford Hills
10/03	1:00 PM	@Telstar HS	8/26	5:00 PM	@ Winslow	8/25	4:00 PM	@ Windham
10/09	6:00 PM	vs. Boothbay	8/29	TBA	@ South Portland	8/29	8:40 AM	@ Lewiston
10/17	1:00 PM	@ OOB	9/05	11:00 AM	vs. Richmond	8/29	10:00 AM	@ Lewiston
10/23	6:00 PM	vs.Spruce Mt.	9/08	6:00 PM	@ Oak Hill	8/29	10:40 AM	@ Lewiston
GOLF			9/10	6:00 PM	@ Winthrop	8/29	12:40 PM	@ Lewiston
DATE	TIME	OPPONENT	9/12	11:00 AM	vs. Lake Region	08/29	1:20 PM	@ Lewiston
9/01	3:30 PM	@ Augusta CC	9/16	6:00 PM	vs. Lisbon	9/04	6:00 PM	vs. Spruce Mt.
9/03	3:30 PM	@ Dirigo	9/18	4:00 PM	@ Hall-Dale	9/08	6:00 PM	vs. Oak Hill
9/08	3:30 PM	@ Winthrop	9/21	6:00 PM	vs. Mt. Valley	9/12	10:00 AM	@ Lake Region
9/15	3:30 PM	@ Monmouth	9/29	3:30 PM	@ Monmouth	9/15	6:00 PM	vs. Lisbon
9/22	3:30 PM	@ Augusta CC	10/01	6:00 PM	vs. Buckfield	9/17	4:00 PM	@ Telstar HS
9/24	3:30 PM	@ Augusta CC	10/03	11:00 AM	vs. MCI	9/19	11:00 AM	@ Hall-Dale
9/29	TBA	TBD Playoff	10/06	6:00 PM	@ Mt. Abram	9/25	6:00 PM	vs. Mt. Abram
10/01	10:00 AM	@ Natanis MVC	10/08	6:00 PM	vs. Leavitt Senior	10/01	3:30 PM	@ Buckfield
10/05	10:00 AM	@ Natanis	10/10	1:00 AM	@ MCI	10/03	11:00 AM	@ MCI
10/10	TBA	@ Natanis	10/17	4:00 PM	@ Spruce Mt.	10/06	6:00 PM	@ Winthrop
CROSS COUNTRY			GUILD'S COUNTRY HARDWARE L.L.C. 1739 Federal Rd, Livermore 207-897-4617 Best of luck TO ALL THE ATHLETES! 			10/08	3:30 PM	@ Leavitt
8/28	4:00 PM	@ Cony Laliberte				10/10	11:00 AM	vs. MCI
9/03	4:00 PM	MVC Schools Home				10/13	6:00 PM	vs. Wiscasset
9/11	4:15 PM	MVC Schools Away				10/15	6:00 PM	vs. Monmouth
9/17	4:15 PM	MVC Schools Away				All dates are subject to change. GOOD LUCK TO ALL THE ATHLETES! FROM ALL OF US AT  Turner Publishing INCORPORATED		
9/25	4:15 PM	MVC Schools AwayFri						
10/09	TBA	Mt. Blue Relays Away						
10/17	11:00 AM	MVC Schools Away						
10/24	12:20 PM	Class C Regionals						
10/31	2:20 PM	Class C States Away						



MAINE OUTDOORS

v. Paul Reynolds

ALLAGASH- HARD ROAD TO WILDERNESS

Take the two brothers, Buzz and Tim Caverly.

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

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

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

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

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

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

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

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

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

In his book’s conclusion, Caverly writes: “In the last four

decades, state officials and politicians have undercut the law many times and betrayed the public trust.” Most damning of all is Caverly’s contention that the Maine Department of Conservation and its subdivision, the Bureau of Parks and Lands, itself “jeopardized the health of the Waterway and degraded any concept of wilderness.”

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

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

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

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



THE HEALTHY GEEZER

Fred Cicetti

MENIERE'S DISEASE

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

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

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

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

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

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

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

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

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

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

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

Pause your reading now and imagine me standing at kitchen counter last night slicing some edibles, when a small bit of something falls to the floor just in front of me. I initially glance straight down to where it must have landed. Nothing in sight. Oh, it must have hit the front of my foot and bounced

forward under the dishwasher. I go to my knees and look, but do not spot the speck of future, mice fodder.

I am pressed to continue my search seeing nothing to my left or right. So, I look behind me over the rest of the kitchen, staring at clean, gray ceramic tiles. No little fleck of increasingly irritating edible in sight. It may be on that mysterious journey to China where all dropped (and never found) objects of any kind end their joyous travels. I recall

as a youngster, if I had lost something my mother would say, “It’s probably in China by now. Pray to Saint Anthony to find it.” (Anthony is the Roman Catholic Patron Saint of lost things.) If you are always misplacing or losing things like me, you begin calling him just Tony.

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

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

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

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

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

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Wayne Farmers' Market celebrates summer



Photo by Bill Van Tassel

The town of Wayne holds its summer Farmer's Market on the fourth Saturday of each month from May through August. It is held in Mill Pond Park near the Post Office. This summer (the 18th event) had some music and a special activity for children.

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Join us for a free discussion
and screening!

Got Foot Pain?
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MD



Michael Neilson,
MD



Michael Kipp,
DPM



Brian Loring,
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Rocco Ciocca,
MD, FACS



Margaret Chapin,
ANP-C

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

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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
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35 Medical Center Parkway, Augusta

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