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Auburn Highlights

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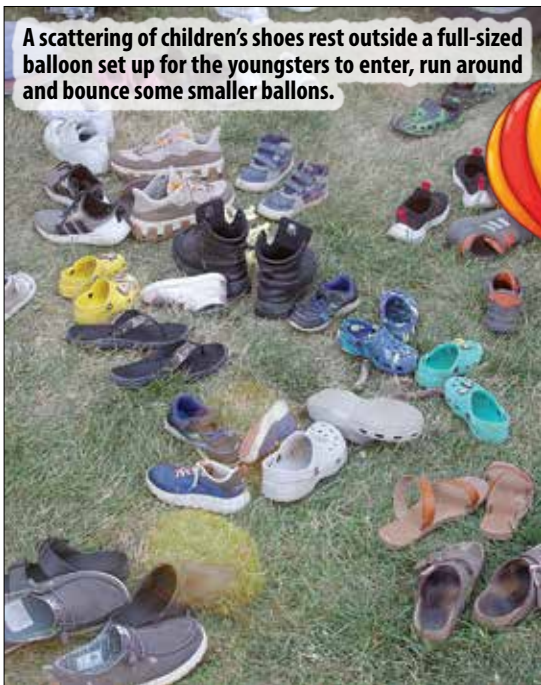
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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

Lewiston/Auburn Balloon Festival

Bill Van Tassel photos



A scattering of children's shoes rest outside a full-sized balloon set up for the youngsters to enter, run around and bounce some smaller balloons.



L to R: Dana Staples, Missy Bilodeau, Julie and Megan Garber pose ready for their first Hot Air Balloon flight. The Auburn friends stand by their craft owned by Joe and Beth Hamilton from Rehoboth, Massachusetts.



Children run around in a pinkish glow inside this grounded and fanned balloon set up down the terrace in Payne/Simard Park during the August 21 annual L/A Balloon Festival.



After an hour delay due to evening, wind gusts, the four friends make it into the sky over Lewiston, eventually landing in Jim's Used Cars property in Auburn.

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Funny Things Kids Say
Turner Publishing, Inc.
P.O. Box 214, Turner, Maine 04282
Or email: FunnyThingsKidsSay@turnerpublishing.net

While playing a dice game with my 2 granddaughters, my sister passed the dice to my youngest one who's 7 years old, and she couldn't quite reach all of them.

All four of us leaned in towards the middle of the table and the dice were just out of reach for all of us.

My sister looks at her and says, "I'm sorry I can't reach them, my dad was a T-Rex! That's why my arms are so short!"

We all started to laugh except for my seven year old granddaughter who blatantly says, "Well your dad must be extinct!"

She never met her great grandfather before

he passed away, so it made the comment accurate but hilarious for a child to come up with so quickly! My sister and I just laughed to the heavens!

Jennylynn of Durham

GAHS hires new executive director

LEWISTON – The Greater Androscoggin Humane Society Board of Directors has named Ken Schlichting as its new Executive Director. Denise Ouellette, GAHS Board President, stated, "It's my great pleasure to announce that Ken Schlichting has been promoted to the position of Executive Director of the Greater Androscoggin Humane Society. During the



Ken Schlichting

past four years serving as Operations Manager, Ken

has been a strong asset to our team." Schlichting succeeds Katie Lisnik, who stepped down in January after 7 years of leadership. "The Board of Directors believes his expertise will be of great value at the leadership level as our next Executive Director. Ken has always given our community and its pets his time and attention as the utmost priority, and he

stands as a source of support for employees, volunteers and fosters at the shelter," states Ouellette. Schlichting brings nearly 15 years of experience serving pets and their owners, in a variety of capacities. Prior to joining GAHS, he served as Client Care/Adoption Center Manager at the Houston SPCA and Practice Manager for Banfield Pet Hospital in Houston, Texas. He began

his new position on August 24th and resides in Poland. Schlichting was selected for the executive director position through a competitive search process that included both local and national applicants. He states "Stepping into the role of Executive Director at Greater Androscoggin Humane Society is an incredible honor and responsibility. I'm grateful for the commitment of our

staff, volunteers, donors, and community partners who work tirelessly to improve the lives of animals and the people who love them. Together, we will continue to grow the organization's capacity to positively impact the Androscoggin community and ensure that every animal and animal lover receives the compassion, care, and connection they deserve."

It's Time for a Change!
Time to elect Mike Scott to the State Senate



Costs for everything just keep going up; groceries are expensive, housing is unaffordable for average working people, health insurance costs are skyrocketing, and gasoline is more than \$4.00-gallon. If you want things to

change, we need to elect new leaders who will focus on making life affordable for average working people. Who will support policies that create good paying jobs, wage increases that keep up with the cost of living, and policies that increase affordable housing

options for everyone. Mike has worked for the public good all his life as a professional firefighter and as a union leader fighting for working people. It's time to make Mike your voice in Augusta! **Paid for by candidate*

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Maine Events Calendar

OCTOBER

October 17th - Great Falls Model Railroad Club October Train Show at Edward Little High School, 10 a.m. to 3 p.m., 77 Harris Street (off Western Avenue) - Auburn, (Handicapped Accessible), FMI at <https://www.greatfallsmodelrrclub.org>.

NOVEMBER

November 21st & 22nd - ExTRAINaganza Open House at the Great Falls Model Railroad Club, 10 a.m. to 4 p.m. each day, 144 Mill Street, Auburn, (Handicapped Accessible), FMI at <https://www.greatfallsmodelrrclub.org>.
November 27th, 28th & 29th - ExTRAINaganza Open House at the Great Falls Model Railroad Club, 10 a.m. to 4 p.m. each day, 144 Mill Street, Auburn, (Handicapped Accessible), FMI at <https://www.greatfallsmodelrrclub.org>.

DECEMBER

December 12th - Surplus Assets Sale at the Great Falls Model Railroad Club, 9 a.m. to 1 p.m., 144 Mill Street, Auburn, (Handicapped Accessible), FMI at <https://www.greatfallsmodelrrclub.org>.

MONTHLY

MEETINGS

AUBURN: Community Little Theatre (CLT) presents “The Marvelous Wonderettes,” June 19, 20, 25, 26, and 27 at 7:30 p.m., June 21 and 28 at 2:00 p.m., at CLT, 30 Academy Street, Auburn, tickets available online at <https://www.laclt.com/>.
AUBURN: Community Little Theatre’s (CLT) production of “The Wizard of Oz,” August 7, 8, 13, 14, 15 at 7:30 p.m., August 9 and 16 at 2:00 p.m., at CLT, 30 Academy Street, Auburn, tickets are available online at <https://www.laclt.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.
SABATTUS: Looking for local senior citizens interested in restarting a Senior Citizens group, if interested, please email Jon at jmsab23@aol.com.
AUBURN: Weekly Chess Club, every Wednesday, 4-6 p.m., Auburn Public Library, all levels and ages welcome; FMI call Joe Kaper 207-274-8463.
SOUTH PARIS: South Paris Farmers’ Market, Thursdays 2-6 p.m., 9 Market Square in the parking lot right next door to Oxford Hills Mercantile/Ollie &

David’s.
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.
NORWAY: Craft & Chat at the Cancer Resource Center, Mondays 1:00 – 3:00 p.m., drop in and explore your creative side and meet new friends at the same time, all supplies are provided, no pre-registration is required.
NORWAY: Chair Yoga at the Cancer Resource Center, Thursdays 1:00 – 2:00 p.m., chair yoga can help improve core strength and balance, promote better breathing techniques, increase flexibility and help reduce stress, call the Cancer Resource Center to register at 890-0329.
NORWAY: Women’s Support Group and Coffee Hour, meets the third Wednesday of every month from 10:30 to 12:00 noon at the Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Kelsey at the Center at (207) 890-0205.
NORWAY: Men’s Rally Group meets the third Friday of each month from 1:00 - 3:00 p.m., Cancer Resource Center, 199 Main St., Norway, no registration needed,

FMI call Nel Bernard at 207-312-9955 or Vance Jordan at 207-583-2975. *Note: new day of week and time.
NORWAY: Wellness Share at Center for Healing Arts, 2nd Saturday of each month, 10 a.m. to 2 p.m., 180 Main St., Norway, free event offering Reflexology, Massage, and more, FMI call Charlotte LaBelle – 207-890-2177.
NORWAY: Drum Circle at Center for Healing Arts, 4th Saturday of each month, 11 a.m. to 2 p.m., 180 Main St., Norway, free event, drums available for use, FMI call Dan Gravel 207-604-0323 or Nel Bernard 207-312-9955.
LEWISTON: Renewal Addiction Ministry. Applying biblical truth to the root of addiction. Every Friday 630pm. 89 Birch Street Lewiston @The Root Cellar. Alex Theriault 207-274-1570
NORWAY: Norway Community Lunch program, Wednesdays from 11:15 a.m., to noon, First Universalist Church of Norway Concert Hall, 479 Main Street, Norway.
LEWISTON: Maker Mondays at Lewiston Public Library, March 2, 16, April 6 and May 18, Couture Room, Lewiston Public Library, 200 Lisbon St., Lewiston, ages 18 and up, beginners welcome, FMI contact 207-513-3134 or lpccirc@lewistonmaine.gov.

gov.
LEWISTON: Renewal Addiction Ministry, every Friday 6:30 p.m., Calvary Chapel Lewiston, 777 Main Street, FMI Alex Theriault 207-274-1570.
LEWISTON: Sadie’s Fiber Arts Club, every 1st and 3rd Wednesday of the month, 3:30 p.m., Lewiston Public Library’s Children’s Department, 200 Lisbon Street at the corner of Pine Street, Lewiston, FMI at 513-3133 or LPLKids@lewistonmaine.gov.
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.
MECHANIC FALLS: Mechanic Falls Church of the Nazarene. Sundays: Fellowship 11:30, Morning Worship 12:00 p.m. Wednesdays: Bible Study 6:00 p.m., Prayer Meeting 7:00 p.m.

ONGOING:

GRAY: One-on-one with Community Connector, 1-3 p.m., Gray Library, 5 Hancock St., Gray, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.
NEW GLOUCESTER: Coffee Hour, Tuesdays, 9-11 a.m., New Gloucester Congregational Church, 19

Gloucester Hill Rd., New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.
NEW GLOUCESTER: Community Cafe Lunch, 11:30 a.m., New Gloucester Congregational Church, 19 Gloucester Hill Rd., New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.
NEW GLOUCESTER: One-on-one with Community Connector, 9-11 a.m., New Gloucester Library, 379 Intervale Road, New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

CANCELLATIONS
None listed.

Events for the Maine News Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: <https://www.turnerpublishing.net/pdf/Deadlines.pdf>. Email your event information to articles@turnerpublishing.net 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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Crossword

1	2	3	4			5	6	7		8	9	10
11				12		13				14		
15						16				17		
	18				19	20				21		
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47	48				49				50	51	52	53
55					56				57			58
59					60				61			
62					63					64		

- CLUES ACROSS
1. Egyptian bull god
5. A young canine
8. North Carolina university
11. “Oddbod” actor Tom
13. Midway between northeast and east
14. A place to shop
15. Mysterious “Severance” family
16. Single Lens Reflex
17. Malaria
18. Informal loan organizations
20. Twitching
21. Holm oak
22. Willing to consent
25. In an early way
30. Stuck it out
31. Language in Ghana
32. Obtain
33. Ancient Greek currency
38. One point east (clockwise) of due north
41. Popular baseball movie
43. Group of islands
45. Church building
47. Ancient kingdom near Dead Sea
49. Late AC/DC
- frontman Scott
50. Spiritual leader of a Jewish congregation
55. Thick piece of something
56. Breakfast food
57. One mole of solute per kilogram of solvent
59. Ancient Greek City
60. Bitterly regret
61. Don’t forget it
62. Dishonorable man
63. Affirmative
64. “__ and flows”
- CLUES DOWN
1. Bridge-building degree
2. Expression of sorrow or pity
3. Lizard species
4. Turkish leader title
5. A way to bother
6. Blank
7. A fine, closely woven cotton fabric
8. Sports broadcaster Ian
9. Popular whodunit board game
10. Alkali flats mineral
12. Large African antelope
14. It’s delivered most days
19. Satisfy
23. Water soaked soil
24. Of a past era
25. Chest muscle (slang)
26. Ribonucleic acid
27. Doctor of Education
28. Coffee receptacle
29. Where rockstars work
34. International airport in Connecticut
35. Russian river
36. It’s used to make cabins
37. OJ trial judge Lance
39. A means to persuade
40. Short poem
41. A way to begin hostilities with
42. Multi-function radar (abbr.)
44. Joints
45. Blatted
46. Swedish rock group
47. Millisecond
48. __ podrida: Spanish stew
51. Doctors’ group
52. Trunk of a tree
53. Tattle
54. Metrical foot
58. __ Angeles



Solve the code to discover words related to sports safety.
Each number corresponds to a letter.
(Hint: 22 = E)

- A. 2 22 17 19 22 10
Clue: Protects head
- B. 23 22 15 6
Clue: Equipment
- C. 6 25 17 22 13
Clue: Govern play
- D. 21 22 5 15 17 10 26
Clue: Punishment

Answers: A. helmet B. gear C. rules D. penalty

SUDOKU

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

Level: Advanced

SAFE SPORTS WORD SEARCH

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

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

WORDS

- ATHLETE
- BRACE
- CLEATS
- CONCUSSION
- CONDITIONING
- CONTUSION
- COOL DOWN
- ERGONOMICS
- GOGGLES
- HELMET
- HYDRATION
- IMPACT
- INFLAMMATION
- MOUTH GUARD
- PADDING
- REFEREE
- REHABILITATION
- SPORTSMANSHIP
- SPRAIN
- STAMINA
- STRAIN
- SUPERVISION
- TEAMWORK
- WARM-UP

HOROSCOPES

- ARIES - Mar 21/Apr 20 - Aries, this week calls for a break from your usual fast pace. If you’ve been burning the candle at both ends, your energy reserves will be depleted. Focus on fortifying yourself and your space.
- TAURUS - Apr 21/May 21 - Miscommunication is likely if you rush your words, Taurus. Take an extra breath before responding when someone asks you a question or when addressing emails.
- GEMINI - May 22/Jun 21 - It’s time to audit where your money is going, Gemini. If you’ve been overspending as a balm to stress, hit the brakes. Look for areas where you can plug any financial leaks.
- CANCER - Jun 22/Jul 22 - The spotlight is firmly on you right now, Cancer. You might feel a sudden urge to change your style, update your resume or shed an old identity that no longer fits. Trust this instinct.
- LEO - Jul 23/Aug 23 - The universe is asking you to clear out some psychic debris this week. It is a great time for journaling and heavy solo time. If secrets or old resentments bubble up, just let them go.
- VIRGO - Aug 24/Sept 22 - Your social life is getting a bit of a reality check, Virgo. You might realize that certain friendships have felt a bit one-sided. Seek people who inspire you.
- LIBRA - Sept 23/Oct 23 - The spotlight shines brightly on your professional zone this week, Libra. Instead of waiting for recognition, create your own. Update your portfolio or pitch an idea you have been sitting on.
- SCORPIO - Oct 24/Nov 22 - Scorpio, you may be craving a breakdown of boredom. If you can’t physically travel right now, satisfy this urge by stretching your mind another way.
- SAGITTARIUS - Nov 23/Dec 21 - This week drags you into deeper psychological waters than you might care to swim in, Sagittarius. It’s a powerful time for intimacy or understanding behaviors.
- CAPRICORN - Dec 22/Jan 20 - Relationships take center stage, Capricorn. If there is an imbalance of power, it will need to be corrected. Approach conversations this week with diplomacy.
- AQUARIUS - Jan 21/Feb 18 - Aquarius, your daily habits are catching up to you. If you’ve been eating poorly or skipping sleep, your body will demand a reset. Focus on micro-habits to get back on track.
- PISCES - Feb 19/Mar 20 - Your playful side is begging for attention, Pisces. Make time for hobbies, art or romance that serve no purpose but to bring you joy.

Did you find Coop?

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



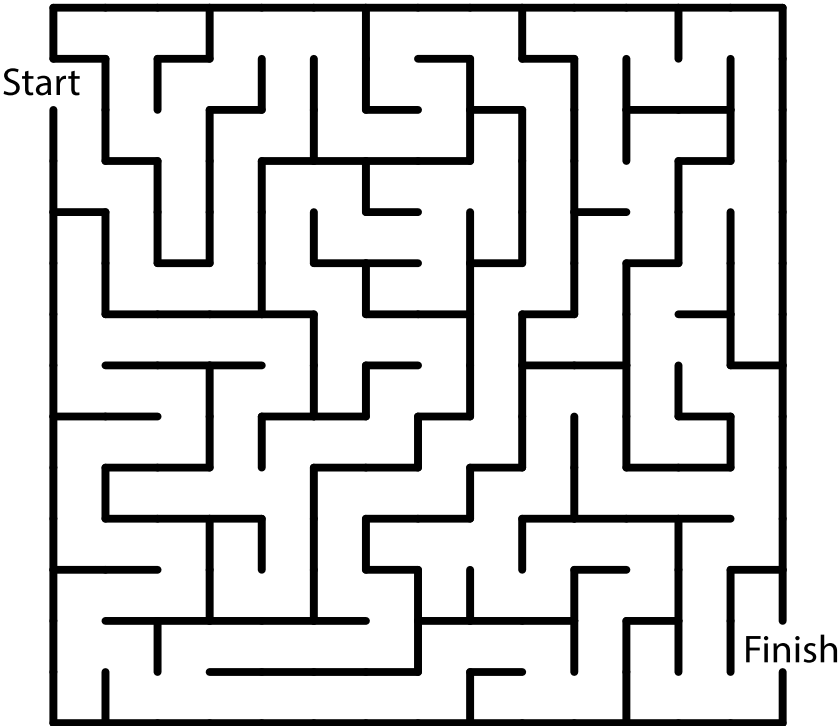
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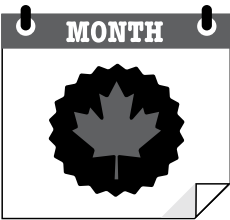


Maze Craze

Can you find your way through the maze?



CANADA



HISTORY

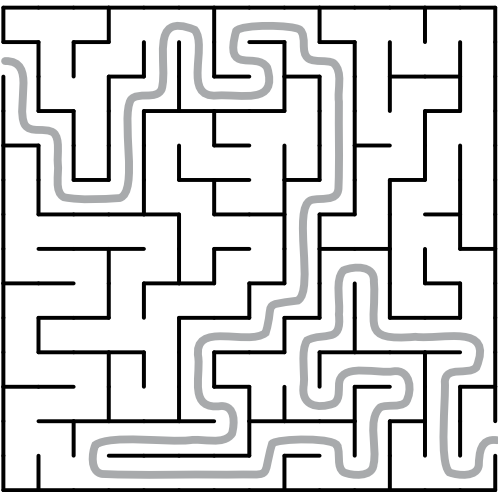
1982

Bertha Wilson is appointed Canada's first female Supreme Court justice.

Health FACT:

True or false? Bigger is not better when it comes to choosing a child's backpack.

Answer: True, a backpack should be sized to the person so it doesn't get too heavy



NEW WORD

SECURE

fixed or fastened

How they say that in...

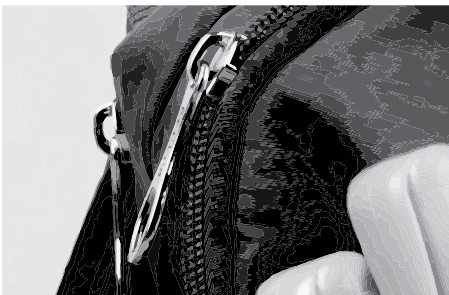
- English: Strap
- Spanish: Correa
- Italian: Cinghia
- French: Lanière
- German: Riemen

Did You Know?

Belts and straps help to redistribute the weight of a backpack evenly across the body and should always be worn.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Backpack

ARTS & Entertainment

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Lights up on Community Little Theatre’s 87th Season

New season will open October 16 with “Cabaret”

AUBURN - The L/A Community Little Theatre (CLT) has announced that its 87th season will open in October with the acclaimed Kander and Ebb musical “Cabaret.”

This innovative musical explores the decadence of Berlin during the Weimar Republic amid the rising threat of Nazism. Set in a seedy cabaret called the Kit Kat Klub in 1929–30, the show tells the story of two doomed romances set against the emergence of antisemitism and fascism in Germany. Winner of eight Tony Awards during its original run, “Cabaret” has been revived on Broadway during every decade since the 1970s. Musical numbers include “Willkommen,” “Cabaret,” “Don’t Tell Mama” and “Two Ladies.” Brandon Chaloux directs “Cabaret,” which will run October 16-25.

“The Curious Incident of the Dog in the Night-Time,” an award-winning adaptation of the best-selling novel, is a rich exploration of the touching and bleakly humorous tale of 15-year-old Christopher, his neighbor’s dog, and how best to venture into the adult world. When Christopher is falsely accused of killing the dog, he sets off to uncover the truth, leading to a ground-breaking discovery and a life changing journey. Directed by Lindsay Higgins, this show will run February 19-28, 2027.

An unjustly exiled barber returns to nineteenth century London, seeking vengeance against the lecherous judge who

framed him. “Sweeney Todd: The Demon Barber of Fleet Street,” is an award-winning stage musical widely regarded as the masterwork of Stephen Sondheim, who crafted its music and lyrics. Incorporating elements of melodrama, romance, and social commentary, the operatic thriller marries black humor with macabre imagery to explore themes of obsession and revenge. Aaron Skolfield and Brandon Chaloux will co-direct “Sweeney Todd,” which will run April 16-25, 2027.

The June production at CLT will be announced with a “special reveal” to be held later this fall. Sophia Wood will direct this show which will take the stage June 18-27, 2027.

CLT will end its 87th season with the Tony and Academy Award winning musical “The Sound of Music.” This timeless and inspirational tale follows an ebullient postulate named Maria who serves as governess to the seven children of the imperious Captain von Trapp, bringing music and joy to the household. But as the forces of Nazism take hold of Austria, Maria and the entire von Trapp family must make a courageous decision. Paul G. Caron will direct “The Sound of Music,” which will run August 13-22, 2027.

All productions will be held at CLT on 30 Academy Street in Auburn. Thursday, Friday, and Saturday evening performances begin at 7:30 p.m. with Sunday matinees at 2:00 p.m. Tickets to “Cabaret” are now available online at www.laclt.com.

Arts & Entertainment page sponsor:



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October 16 - 25, 2026



February 19-28, 2027



April 16-25, 2027



June 18-27, 2027



August 13-22, 2027

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2026-27 Season!

- Thread Theater: Sept. 10
- Best of Broadway 2: Sept. 11, 12, 13
- Nel Meservier Tribute: Sept. 13
- BMW: Breau Miller West: Sept. 27
- Studio Two—Beatles Tribute: Oct. 10
- Fiddle-icious: Nov. 1
- Dueling Pianos x 2: Nov. 14, July 24
- La Rencontre x 3: Dec., Mar., June
- Plush Christmas Concert: Dec. 18
- Christmas Murder Mystery Theater: Dec. 19

- Rod Stewart Tribute: Feb. 13
- POP DivasTribute: March 27
- Juston McKinney: April
- Magic Shows for Kids: April
- Theater: April 25
- Frank Sinatra Tribute: May 22
- Kitchen Party ContraDance: June 24

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First Flight crowns three winners, showcases region’s entrepreneurial spirit

AUBURN — The Lewiston/Auburn Metropolitan Chamber of Commerce hosted its inaugural First Flight pitch competition Thursday evening at Craft Brew Underground, awarding three \$300 prizes to entrepreneurs with innovative business and community ideas.

Participants delivered one-minute pitches for new businesses, startups, or community solutions, followed by questions from a panel of judges.

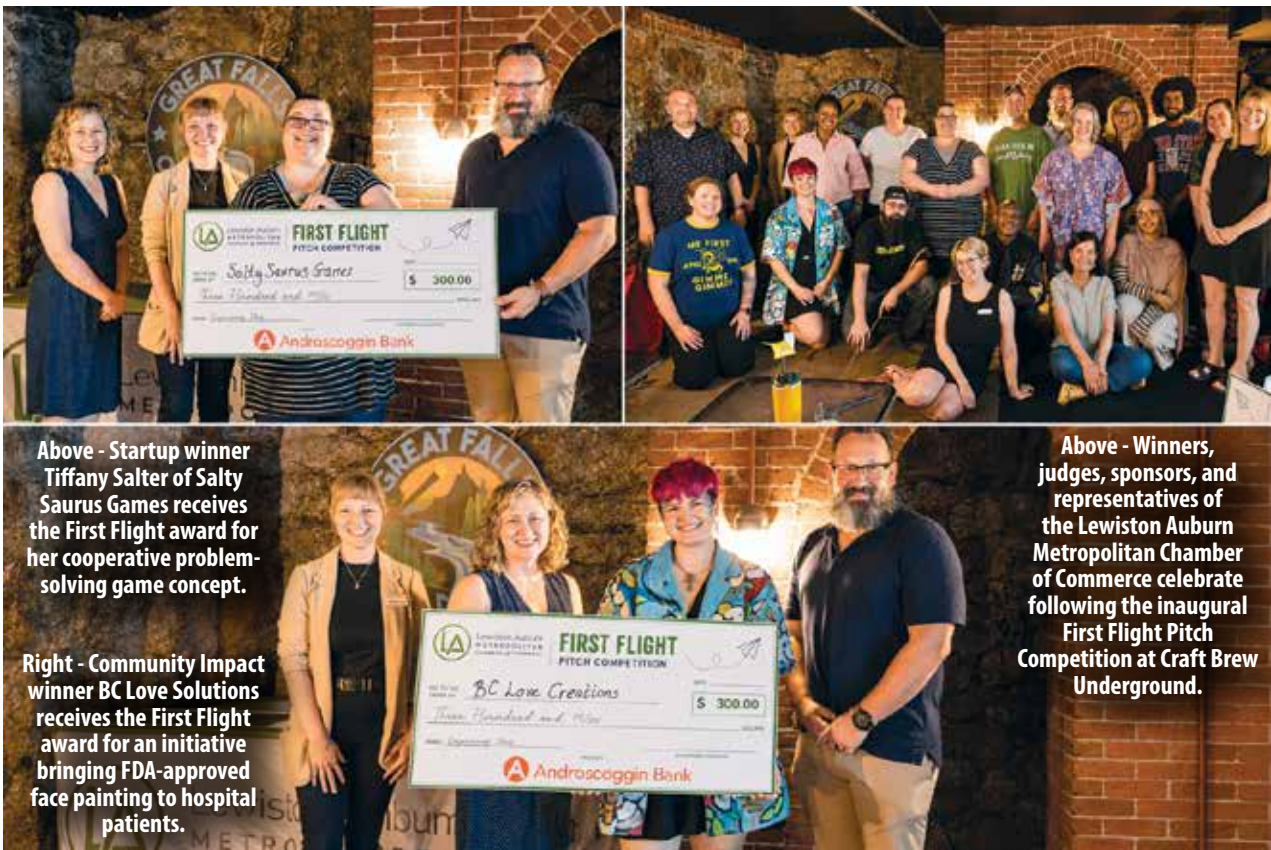
Sponsored by Androscoggin Bank, First Flight recognized winners in three

- Categories:**
- Small Business:** Riyaane Hussein and Yusuf Esse, SABR Sips, a pop-up matcha café.
 - Community Impact:** BC Love Solutions, an initiative bringing FDA-approved face painting to hospital patients.
 - Startup:** Tiffany Salter, Salty Saurus Games, cooperative games that encourage teamwork and collaborative problem solving.

“The quality of ideas exceeded our expectations,” said Susan Ruhlin, President and CEO of the Lewiston Auburn Metropolitan Chamber of Commerce. “First Flight showed what can happen when people are given the opportunity to share an idea and take the first step. Every business begins with an idea, and our goal is to help more of those ideas take flight.”

First Flight lowered barriers to entrepreneurship by requiring only a one-minute cellphone video to apply, with finalists pitching live without slide decks. The event reflects the Chamber’s commitment to helping new ideas become successful businesses and stronger communities.

“We’re proud to support Maine’s business community through every stage of the journey, from established businesses to people taking the first step with a new



Above - Startup winner Tiffany Salter of Salty Saurus Games receives the First Flight award for her cooperative problem-solving game concept.

Right - Community Impact winner BC Love Solutions receives the First Flight award for an initiative bringing FDA-approved face painting to hospital patients.

Above - Winners, judges, sponsors, and representatives of the Lewiston Auburn Metropolitan Chamber of Commerce celebrate following the inaugural First Flight Pitch Competition at Craft Brew Underground.

idea. First Flight reminded us that some of the best ideas start with someone willing to put themselves out there. Hearing the pitches and seeing the enthusiasm in the room gave us a lot of optimism for the future of business in the Lewiston-Auburn region. We’re so grateful to support an event that helps those ideas take flight.”

– Neil Kiely, President/CEO

First Flight was made possible by Androscoggin Bank, with judging support from Genevieve Hering of Androscoggin Bank, Keith Genest of KP’s Place, and Julia Harper of Healthy Home-works, and event support from Great Falls Comedy Club and Craft Brew Underground.

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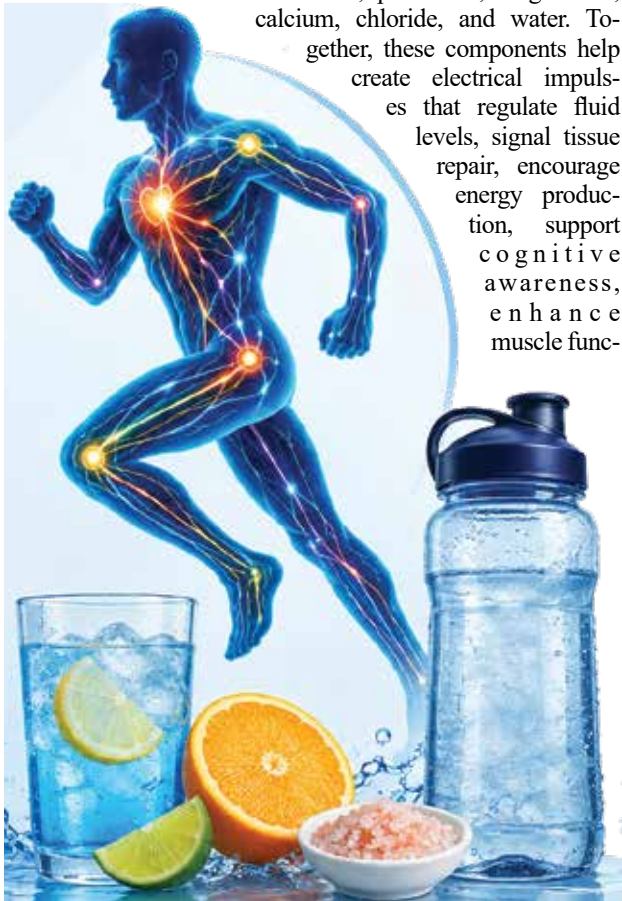




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Nutritionist, Personal Trainer and
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Best electrolyte drinks

When you think about electrolytes, think of them as electrical conductors in your body’s wiring. Your body needs a balance of sodium, potassium, magnesium, calcium, chloride, and water. Together, these components help create electrical impulses that regulate fluid levels, signal tissue repair, encourage energy production, support cognitive awareness, enhance muscle function, and help prevent fatigue, among other important roles.



In other words, without properly balanced electrolytes, your body can literally go “haywire,” leading to fatigue, dizziness, brain fog, muscle cramps, nausea, and headaches.

Who needs electrolyte supplements? If you are active and spend long hours outdoors in the heat and sun, you may. If you follow a keto or low-carbohydrate diet, you may. If you have been sick with the flu or a fever, you may. If you had a late night on the town with one too many beverages, you may. Even if you have just one beverage every night at happy hour, you may need extra hydration support. If you feel weak, tired or headache-prone for no clear medical reason, dehydration could be a factor. Lifestyle and diet play a major role in hydration.

So, what comes next? Find the right electrolyte supplement. There are so many options, and the ingredients can be confusing. The marketing can be overwhelming, too, with every product claiming to be the best. What should you believe? I did my best to research the options based on what I know, and yes, I consulted AI, too, for whatever that is worth. Here is what I came up with as my top electrolyte balance rescuers.

When I feel severely dehydrated, I reach for pickle juice or Pedialyte.

Pickle juice can stop cramping quickly. Studies suggest this may not be because of the electrolytes alone; instead, the vinegar may trigger a reflex in the back of the throat that signals the brain to shut down muscle spasms, making it an almost instant response to muscle cramps and charley horses. Pickle juice is loaded with sodium, so it can help replace salt loss if you are a heavy sweater. It has no sugar, may support gut and digestive health, and the acetic acid in vinegar may help stabilize blood sugar. However, pickle juice is best used as an emergency remedy, not as an everyday habit, because it is high in sodium and too low in potassium and magnesium. Over time, that imbalance can have the opposite effect on hydration. Pedialyte is similar in purpose, with the exception of vinegar, and is best used for emergency situations or illness. It is also high in sodium and low in sugar. I like it because it is often given to children, and products intended for children tend to be held to a higher safety standard.

My criteria for the following selections were simple. First, I looked for the most natural options. I tried to avoid sugar and heavy carbohydrate loads, so I looked for sugar-free products. I also wanted a balanced electrolyte profile, ease of use and safety for daily nutritional supplementation. Ideally, I looked for mineral ratios of 250–500 mg sodium, 100–300 mg potassium, and 20–60 mg calcium, with magnesium and chloride included.

trolyte profile, ease of use and safety for daily nutritional supplementation. Ideally, I looked for mineral ratios of 250–500 mg sodium, 100–300 mg potassium, and 20–60 mg calcium, with magnesium and chloride included.

My number one choice is Native Hydrate.

That said, I have not tried it yet, but I am willing to give it a shot because it sounds almost too good to be true.

What separates Native Hydrate from the rest is that it not only includes core electrolytes, but also all nine essential amino acids and 2,000 mg of recovery-boosting BCAAs—the nutrients muscles need to repair, rebuild, and stay strong. Vegetarians, take notice: this may be a good option if you think you may be lacking protein sources in your daily meal plan. It can be taken every day if desired.

My second choice is Live It Up.

Live It Up has the electrolyte balance I was looking for, along with vitamin C, and it is made with coconut water. All of that makes it a solid choice for basic hydration.

Liquid I.V.

Liquid I.V. is no longer my strongest choice, even though I have a cupboard full of it. After comparing it with the others, my main concern is its sugar content, along with its lack of BCAAs. I also found Primal Hydration, which appears to include the needed electrolytes plus extra vitamins and amino acids.

Nuun was also popular, but it contains sugar and has a lower balance of the electrolyte ratios I was looking for.

Below is a chart of some of the popular hydration products I looked at to help you make a better choice based on what your body needs.

• At a Glance Comparison of hydration Products
• Hydration product Sugar Content Primary Benefit Additional benefits
• Live it Up Vital
• Minerals 0g Sugar (Stevia) Daily Wellness Coconut water base + Vitamin C
• Native Hydrate 0g Sugar (Stevia) Muscle & Recovery & hydration 9 Essential Amino Acids + BCAAs
• Primal Hydration 0g Sugar (Stevia) Daily Hydration Added B-Vitamins for energy
• Liquid I.V. ~11g Sugar Rapid Rehydration High-speed water absorption
• Pedialyte Low Sugar / Medical Illness Recovery High zinc and balanced binders
• Gatorade High Sugar (Standard) Sports Performance Cheap, quick athletic fuel
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Fall Seasonal Guide

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Family-friendly activities for fall

Metro

Fall is a welcome season for many people. The cooler temperatures and still-ample sunlight mean there is plenty of time to enjoy the great outdoors even if summer has ended. Fall activities dot the calendar, with several different options for individuals and families to get involved.

According to Acenda Integrated Health, incorporating family time into a schedule is crucial for a child's development. It's also key to have time to get a break from busy schedules. Fall is a great time to do just that with these activities.

- **Apple-picking:** Few things are more refreshing than taking a bite out of an apple fresh off the tree. Orchards are bursting with apples this time of year, and an afternoon spent picking apples is a great way to spend time together.
- **Leaf treasure hunt:** Everyone can head outdoors with a bag or basket to gather leaves. Look for the brightest color or the crunchiest leaf that can be found. The leaves can be pressed between wax paper to save them.
- **Fall festivals:** Outdoor festivals are ideal for families



- because they tend to feature crafts, food, music, and activities.
 - **Fall baking:** Turn those plucked apples into pies or muffins, or use pumpkin and cinnamon to fill a home with delicious seasonal smells. Kids can help stir, pour and sprinkle ingredients.
 - **Corn maze:** Corn mazes may be set up adjacent to
- pumpkin patches, so the family can pick out the perfect pumpkin to carve and then try to navigate the maze.
- **Spooky walk:** Halloween lands right in the heart of fall. Enjoy a walk through the neighborhood checking out people's Halloween decorations. A night walk with flashlights to listen to the sounds of animals can be "scary" in its own right.
 - **Football:** Enjoy a pick-up game of flag or touch football. It's a great way to enjoy time outdoors and expend some physical activity.
- Another idea is to go to a haunted house or walk sponsored by a school or amusement park.
- Fall is a perfect time to enjoy family-friendly activities.



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Auburn UU to mark 150 Year Anniversary

AUBURN - The First Universalist Church of Auburn, Unitarian Universalist, will mark its 150th Anniversary on Sunday, September 20, 2026. The congregation and honored guests will gather to honor Auburn UU's past, its present, and the future it wishes to build together.

"It's humbling and inspiring," remarks Board President Angela Foss, "to know that for 150 years people



have gathered in this space to seek meaning, be in community, and work for a more just world. As we celebrate this remarkable milestone in our history, we also celebrate the vibrant congregation that lives our Unitarian Universalist values every day. May our building and our people continue to inspire and serve our community for generations to come!"

Program of events

The festivities include a special worship service from 10 a.m. to 12 noon. Rev. DC Fortune will lead a rededication to the denomination values, featuring luminary speakers. Rev. Johanna Nichols, the church's first female minister, will speak about transitions in the congregation over time; Rev. Charlotte Lehmann will represent the many members who heard their call to min-



istry at Auburn UU and have become ordained pastors; Rev. Erica Baron, Congregational Life Consultant for the New England Region of the Unitarian Universalist Association (UUA), will offer prayers; and Rev. Ashley Horan, UUA Vice President for Programs and Ministries, will speak on the role of the

Submitted Photos

denomination in meeting this moment in history.

Acclaimed organist Phil House and beloved Choir Director Pam Weeks will offer music to befit the occasion. A reception and luncheon will follow. Guests will see captivating displays of historic materials, and take a tour of the building, which is listed

on the National Register of Historic Places. The 150th Anniversary Task Force has assembled an historical timeline of events in the spiritual community, including a collection of all 32 ministers who have served the congregation.

Inclusive faith

Since the early 1800s, Universalism in Central Maine has been a beacon for an inclusive faith, and commitment to liberal religious values, embracing a living tradition that continues to unfold. This celebration honors Auburn UU's evolution in its historic church building, dedicated in 1876. The Unitarian Universalist covenant is centered in love, and expressed through the inseparable values of interdependence, pluralism, justice, transformation, generosity, and equity.

Inherent worth as radical idea

"Being a Universalist in the 1800s was fairly radical," notes Rev. DC Fortune, "considering the popular understandings of Christian theology and doctrine at the time. Around the time our church building was dedicated in 1876, most doctrine viewed humans as utterly flawed and sinful. Conversely, Universalists argued that humans have the capacity to know right from wrong, acting in godly ways without threats or coercion," says Fortune. "Our Universalist heritage calls us to value the inherent worth and dignity of all people."

First Universalist Church of Auburn is located at 169 Pleasant St. (accessible entrance on Spring St. across from Dairy Joy). Parking is available. FMI, call 783-0461, see www.auburn.org, or contact uuchurchauburn@gmail.com.

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Auburn UU welcomes new Religious Education Coordinator

AUBURN - The First Universalist Church of Auburn welcomes Suzanna Leighton as its new Religious Education (RE) Coordinator. Suzanna is a new member of the church and works with youth in the Gray-New Gloucester school system.

In her new role at Auburn UU as Religious Education (RE) Coordinator, Leighton will work closely with Paula Spruill as she grows



Suzanna Leighton

into the position. She will be implementing the Soul Matters curriculum. Registration information will be coming in the fall.

First Universalist Church of Auburn is located at 169 Pleasant St. (entrance on Spring St. across from Dairy Joy). Accessible; parking available. FMI, call 783-0461 or contact uuchurchauburn@gmail.com.

Quinn and Foy win Maine Junior Championship

POLAND - At the end of last month, the top junior golfers in Maine competed at Fairlawn GC in Poland for the 2026 Maine Junior Championship.

Jack Quinn, from Litchfield, had an outstanding final round of 65 (-7) to break the black-tee course record at Fairlawn GC. Jack finished his round by going birdie, eagle, birdie, birdie, to give himself a 7-shot lead over second place and ultimately win the Boys Championship.

Congratulations to Stella Foy, from Auburn, our



Jack Quinn

Maine Junior Girls Champion! Stella shot rounds of 78 - 88 (166) to win the



Stella Foy

Girls' Division by seven strokes and capture her first Junior Championship title!

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MOVIE REVIEW

by Lucas Allen

SPIDER-MAN: BRAND NEW DAY

(Columbia Pictures/Marvel Studios)

For nearly a quarter of a century, Marvel Comics’ “The Amazing Spider-Man” remains endearing on the big screen as well as on the page, whether live-action or animated, city-wide or worldwide and whoever dons the mask. This motion picture franchise continues to redefine itself, especially in the Marvel Cinematic Universe, where our friendly neighborhood webslinger teamed with the Avengers and swung around the “Spider-Man: Brand New Day,” which our hero takes part in his most mature story yet. Taking that tall order is Destin Daniel Cretton, the director of his previous MCU film, the impressive “Shang-Chi and the Legend of the Ten Rings.”

With the world already forgotten his alter-ego from Doctor Strange’s spell, Peter Parker (Tom Holland) continues to save New York City on a daily basis as Spider-Man, earning him the respect of its many denizens, including Detective Jean DeWolff (Liza Colon-Zayas), who became his connection to the authorities. Unfortunately, it also means that he has no way of reconnecting with his ex-girlfriend MJ (Zendaya) and best pal Ned (Jacob Batalon) leaving him alone to handle his responsibilities. Just then, he begins to experience a change in his DNA when his arachnid side is starting to overtake his body. With advice from Prof. Bruce Banner (Mark Ruffalo), Parker creates a working inhibitor in the hopes of controlling his growing new spider abilities, including organic web shooters.

Meanwhile, Spidey investigates various attacks on the city’s Department of Damage Control and its

director Bill Metzger (Tramell Tillman). His search leads to a mysterious figure (Sadie Sink from “Stranger Things”), who can telepathically move from one person’s body to another. With all his friends being threatened, he will have to contend with his newfound abilities to battle this new threat, while also dealing with Frank Castle (Jon Bernthal) and his constant trigger-happy persona The Punisher.

Possibly taking inspiration from the earliest Spider-Man movies of the 2000’s, the filmmakers crafted what is surely the most mature film in this franchise since Spider-Man 2. It is a story that is more character-focused and less about spectacle than your average superhero movie, plus it deals with the duality of having an alter-ego versus being a human being. It creates enough genuine drama to help convey Parker’s emotional journey post-No Way Home and the repercussions his own actions have on others. It is not afraid to take things more seriously, especially for those simply looking for some grand entertainment.

There are also enough light moments to keep the tonal shifting in balance without causing any whiplash on the viewer. However, with the film being 2.5 hours long, some scenes along with the humor tend to drag on for a bit too long. Even with some important exposition from a recurring MCU character who is not entirely necessary to the film in the long run, it is just padding that could have been trimmed to a more acceptable length.

Fortunately, there are still some fun parts that you have come to expect between the opening tank chase and the fight with the Incredible Hulk. The

web-swinging scenes dazzle with the addition of some POV shots, which can be dizzying for those seeing the film in 3D. Things get more tense in the third act with the emotional stakes getting higher and higher until everything metaphorically explodes for everybody. It is a testament for everybody involved in how to construct a story like this with skill and belief.

In fact, the story itself gives Holland a chance to show a side of Parker we have rarely seen, and the young actor excels in his best performance for the character yet. Not to mention, his chemistry with the equally great Zendaya continues to endear on-screen and off. Bernthal shows off both a hilarious and vulnerable version of his character than in his previous appearances in Netflix’s “Daredevil” and “Daredevil: Born Again,” though both Batalon and Ruffalo share some light-hearted moments too. There is not much to say about Sink’s character, but the young actress shows off great potential for this film as well as her future with the MCU.

Although just another solid entry in the series, “Spider-Man: Brand New Day” still has some sweet stuff that fans are surely embracing. From its story to its characters, it once again shows why audiences love the web-head as well as the many great moments that made this superhero franchise truly shine. But for those who want more of the Spider-Verse, there’s next summer’s “Spider-Man: Beyond the Spider-Verse” hoping to once again take the box office by storm.

THE MOVIE’S RATING: PG-13 (for sequences of action/violence and some language)

THE CRITIC’S RATING: 3.5 Stars (Out of Four)

★

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★

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★

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MAINE OUTDOORS *v. Paul Reynolds*

"MR. TROUT" PASSES ON

Maine fishing writer Robert “Bob” Leeman, alias “Mr. Trout,” passed away August 5th at a Bangor el-der care facility. Bob was 96.

Leeman wrote a fishing column for the Northwoods Sporting Journal for almost two decades. His debut as an outdoor writer was a half century ago, he recalls, when he started writing an outdoor column called Wildlife Corner for a Bangor paper. He thinks that it was the Penobscot Observer.

Over the years, Bob and I cultivated a friendship. We were just acquaintances before he, a widower, married my son’s mother-in-law. Bob and I fished together, shared family times together, and hosted a weekly Sunday night radio program called Maine Outdoors together. I also helped him produce his three wonderful fishing books, “Trolling Flies for Trout & Salmon,” “The Salesman Angler,” and “Fishing Brooks and Streams.”

Bob lived to fish his favorite trout streams from his old Radisson canoe with his buddy Bob Cusk. He also loved Grand Lake Stream in Princeton and spent many hours there, either on the stream or telling fish stories at the Pine Tree Store’s Liar’s Bench.

When he was not on the water, there is nothing, I mean nothing that Bob would rather have done than talk about fishing. He placed great value on the fishing heritage and promoted it by teaching fly tying at church, helping both friends and strangers find the right fly-fishing gear, and organizing an annual group pilgrimage to his cherished Grand Lake Stream. We dubbed the group the Woolly Bugger Gang,



Leeman knew the salmon pools on Grand Lake Stream like the back of his hand. He almost always fished a streamer fly called the Barne’s Special.

and it stuck.

Amazingly, right up until his passing, Bob always walked with a bounce in his shoes. I asked him about that once, and he credited himself with being light on his feet to tap dancing lessons he took as a kid.

If you met Bob for the first time, he would smile, shake your hand, and invariably say, “Hello, Leeman’s the name, fishin’s my game.” And he was not kidding. Fishing was his life. Chasing trout was his thing. As a young traveling seed salesman, his spare time away from home on the road was spent — not in bars — but on trout streams from Calais to Fort Kent.

He was a consummate fly tier. He had almost as many fly rods and reels as he did new shirts. Bob had a shirt fetish. When Bob was not

looking, his ex-wife Alice would hand me down some of his sur-plus L.L. Bean shirts, which I often wore and flaunted around him intentionally. He never even noticed.

As an editor for dozens of outdoor writers for the Northwoods

Sporting Journal, I have learned one thing: we all run out of steam, some before others. Bob held on longer than others, but he knew when to quit. I tried to talk him out of quitting his monthly column.

“Nope,” he said, not looking conflicted at all. “It’s time to call it a day.”

Now that Bob has passed, I feel sure that he will bump into another Maine outdoor legend, our mutual friend Wiggle Robinson, for whom the Legendary Maine Guide Award is named. Bob was a Maine fishing guide, too, and, like Robinson, he was known in outdoor circles and earned the right to “paddle the Silver Canoe.”

Tight lines, Mr. Leeman.
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.maine-outdoorpublications.com.

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The Auburn PD’s commitment to keeping kids safe

AUBURN — As summer winds down and students prepare to return to the classroom, the Auburn Police Department is reminding families, motorists, and community members to take extra care on the roads to help ensure a safe start to the school year.

STAY ALERT IN SCHOOL ZONES & NEIGHBORHOODS

With more children walking, biking, and waiting for buses, drivers are urged to slow down and stay alert - especially in residential neighborhoods and school zones. Take the time to look for children at intersections, crosswalks, medians, and curbs. Enter and exit driveways carefully, and watch for kids traveling to and from school during morning and afternoon hours.

Drivers should also reduce distractions inside their vehicles. Staying focused on the road - and never talking or texting while driving - helps keep everyone safer.

A COMMUNITY APPROACH TO SAFETY

As students head back to school, Auburn Police



Chief Jason Moen says officers will be paying close attention to traffic and pedestrian activity in and around school zones. “Back-to-school is an exciting time for students and families, and we want everyone to start the year safely,” said Moen. “Our officers will be out in school zones, but keeping kids safe is something we all share responsibility for. Slow down, put the phone away, watch for

pedestrians, and always stop for school buses. A little extra patience and attention can make a big difference. When parents, students, motorists, and police all do their part, we create safer streets and help make sure everyone gets to school - and back home - safely.”

SAFETY TIPS FOR STUDENTS & FAMILIES

- While riding the school bus:**
- Wait for the bus to stop completely before approaching
 - Look for traffic before crossing the street.
 - Make sure you stay in the driver’s line of sight.
 - Follow all directions from crossing guards.
 - Always board and exit the bus at safe, designated locations.
- When biking to/from school:**

- Always wear a helmet—every ride, every time.
- Ride on the right, following traffic.
- Stop at lights and stop signs.
- Wear bright, visible clothing.
- Know and follow the rules of the road.

For children walking to school:

Choose a safe route with trained crossing guards at each intersection. Consider your child’s age and maturity - young children can be unpredictable around traffic and may not be ready to walk alone. If your child is attending a new school, plan to walk the route with them during the first week to build confidence and ensure that they know it well. Brightly-colored clothing helps children stay visible to drivers.

WORKING TOGETHER FOR A SAFE SCHOOL YEAR

The Auburn Police Department encourages parents, guardians, and all residents to make back-to-school safety a priority.

“Our goal is simple: we want every child in Auburn to start the school year safely and successfully,” added Moen. “That means slowing down, staying alert, and following school-zone speed limits. If we all give a little extra attention and patience, we can help make sure our students get where they’re going safely every day.”



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Girls’ hockey reaches record participation as Maine Gladiators expand opportunities for young players

AUBURN — Girls’ hockey is experiencing record growth across the country, and the Maine Gladiators are working to make sure more girls in Central Maine have a place to join the game.

USA Hockey surpassed 100,000 registered female players for the first time during the 2025-26 season, reaching 103,324 participants. Female participation has grown 257 percent since women’s ice hockey debuted at the Olympic Winter Games in 1998.

In Auburn, that momentum is being reflected in expanded opportunities at the Maine Gladiators, a nonprofit youth hockey organization serving approximately 650 players from Learn to Play through Tier II, III and IV hockey. The Gladiators’ girls hockey program draws players from communities across Maine, including Auburn, Bangor, Brunswick, Gardiner, Gray, Lewiston, Lisbon, Monmouth, Topsham, Turner and Waldoboro.

“Girls’ hockey and interest in it have skyrocketed in Maine over the last five to seven years,” said Jay Dufour, President of the Maine Gladiators. “We want girls to have opportunities to play the sport at the level that is right for them. Some want highly competitive travel hockey,



Submitted photo

while others want to learn the game, play with their friends and stay closer to home. There needs to be a place for both.”

For the 2026-27 season, the Gladiators are expanding their girls’ hockey development pathway to give players more opportunities to learn, develop and play alongside other girls beginning with their first experiences on the ice.

The pathway includes free girls-only Learn to Play for ages 4-6, free girls-only Beginner Hock-

ey for ages 7 and older, supplemental girls hockey development opportunities at the 6U and 8U levels, a girls-only 10U/12U Tier IV team and established Tier II travel opportunities.

The Gladiators are also strengthening connections across the Lewiston-Auburn girls hockey community through volunteer partnerships with local high school and college hockey programs. Players and coaches from Bates College Women’s Hockey,

Central Maine Community College Women’s Hockey, the Blue Devils and Red Hornets girls high school hockey programs will have opportunities to volunteer with younger Gladiators players throughout the season.

Those partnerships are intended to connect younger players with female athletes already competing at the high school and collegiate levels, giving players both role models and a chance to see where the sport can take them.

rience. The Gladiators regularly field travel and recreational teams across age groups and have experienced success at both the state and national levels, including four state championships last season and three national championships since 2022.

As a nonprofit youth hockey organization based at Norway Savings Bank Arena in Auburn, Maine’s only dual surface ice arena, the Gladiators remain focused on providing accessible opportunities for players ranging from children trying hockey for the first time to athletes pursuing high-level competition.

“What the Gladiators do is focus on what is best for each of our players,” Dufour said. “Whether we have a high-level travel player looking to take the next step or a child who simply wants to play recreational hockey and have fun, we want there to be a place for them here. We want to continue growing hockey and being the premier youth hockey organization for the Lewiston-Auburn community.”

Registration and additional information about Maine Gladiators programs, including girls’ hockey opportunities for the 2026-27 season, are available at MaineGladiators.com.

Reader RECIPE

Muffins

with Yellow Cheese

Ingredients

- 250 g of wheat flour
- 1½ teaspoons of baking powder
- 1 medium carrot (80 – 100 g) grated on a medium grater
- 150 g of cheese (e.g. cheddar) grated on a medium grater
- 75 ml of oil
- 220 ml of milk
- 2 eggs
- ½ a teaspoon of salt

other spices – optional:
pepper, sweet or hot paprika, chili and/or herbs to taste, e.g.- parsley (fresh or dried), oregano, chives, etc.

Additionally:

- 30 g of yellow cheese for topping the muffins
- paprika powder, for sprinkling (optional)

All ingredients should be at room temperature.

1



Sift the **flour** with **baking powder**, add **salt**, and your chosen spices into a bowl; set aside. In another bowl, pour in the **milk**, **oil**, lightly beaten **eggs**, grated **carrot**, and **cheese**, along with chopped **herbs**.

2



Combine the contents of both bowls, mix with a fork, stirring in one direction until just combined **DO NOT use a MIXER**.

3



Line a standard muffin tin with cupcake liners. Fill the batter almost to the top of the liners. Sprinkle the top with **grated yellow cheese** and lightly dust with **paprika**.

4



Bake at **370F** for about **25 minutes** (depending on the type of an oven) or until a toothpick comes out clean (note: the muffins may seem a bit wet on the toothpick because of the melted cheese. There shouldn't be any raw batter on the toothpick). Take them out and let them cool on a wire rack.

Submitted by Adrianna G. ♥