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The Country Courier

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September 2026 Volume 32, Issue 31

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The Country Courier

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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

Leeds 225th Birthday Parade!



Submitted photos
Above: The Town of Leeds is recognized with the Senator Susan Collins' Congressional Record sentiment as they celebrate their 225th Birthday. From Left to Right, Rep. Rick Mason, Rep. Randy Greenwood, Coreene Baumann, and former Leeds Central School teacher, Rep. Sheila Lyman.

225 225 225 225

Surrounded by her family, Leeds' current Boston Post Cane recipient, Pauline Burgess (97 years young) holds the tribute celebrating our town's 225th Birthday which was presented and read into the Congressional Record by U.S. Senator Susan Collins.

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

Name: _____

Address: _____

City: _____ State: _____

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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 grand-daughters, 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 where 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

Walk-ins and Appointments!

Ann had been in the industry for 20+ years.

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MAINE CALENDAR

2026

OCTOBER

Oct. 3 & 4 - Maine Craft Weekend, statewide, event invites the public to plan a route on this free, self-guided craft artist open studio tour to discover the people, places, and stories behind Maine's unique craft communities. More Information: Visit www.MaineCraftWeekend.org for a complete list of participating artists, event details, and the interactive map.

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

Oct 17 - Roast Pork Supper, 4:30-6:30 p.m., BQMC on Rt 219 in Turner, sponsored by the North Turner Union Presbyterian Church, Cost by donation.

MONTHLY MEETINGS

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 pickup 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

Leeds Volunteer Fire Dept.
Fall French Toast & Pancake Breakfast!!
Saturday, October 17th, 2026
6:30 am - 10 am
Leeds Fire Station, Ridge Road, Route 106

Please join us for pancakes, french toast, eggs, bacon, sausage, fresh homemade donuts, home fries, ham, coffee, juice and cider.
Adults-\$10, Kids, 4-12-\$6

The funds raised will purchase personal protective firefighting equipment (bunker gear)



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.

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>.

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.

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.

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.

ONGOING:

FARMINGTON: Nine-ish- NA Meetings (In Person), 9:15-10:30 a.m., Franklin Memorial Hospital, 111 Franklin Health Commons, Farmington.

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.

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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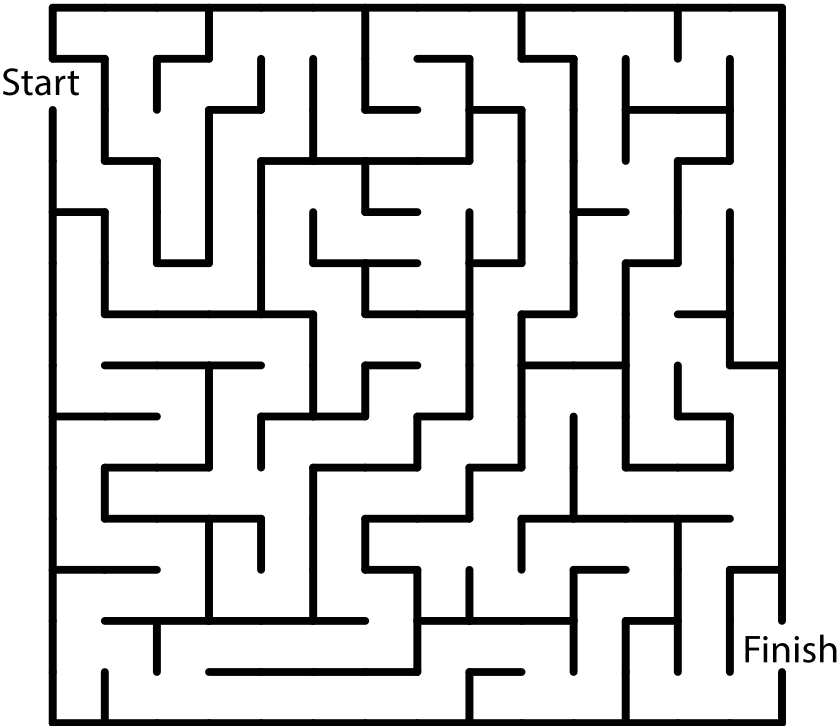
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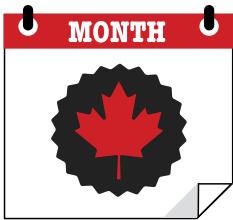


Maze Craze

Can you find your way through the maze?



CANADA



HISTORY

1982

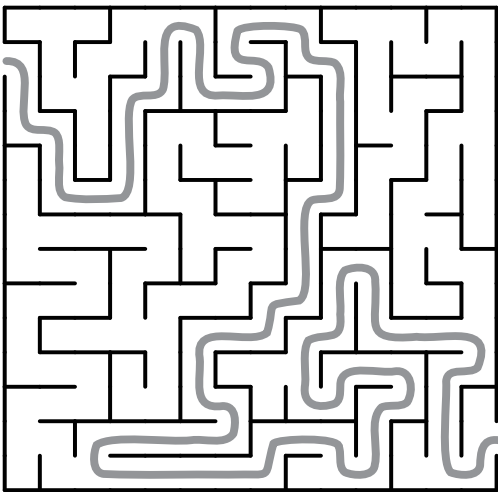
Bertha Wilson is appointed Canada's first female Supreme Court justice.

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.



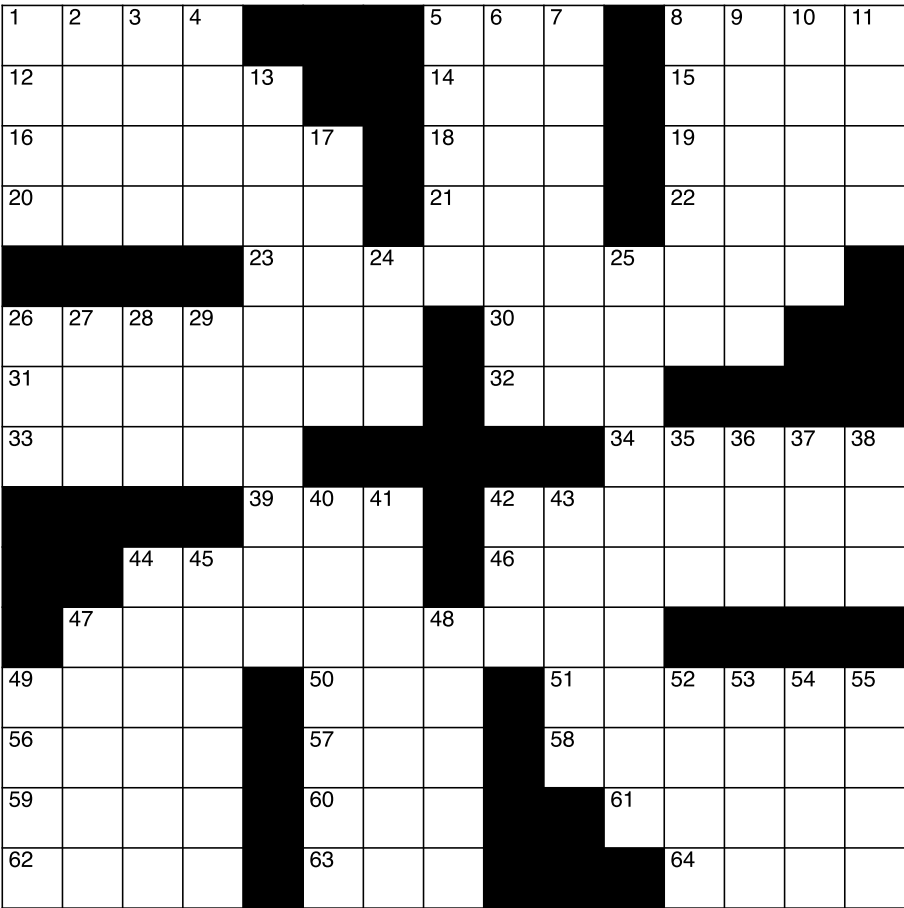
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Backpack

Crossword



CLUES ACROSS

- 1. “Wicker Man” actor Nic
- 5. Protection
- 8. Cloth worn over a shoulder
- 12. Ceramic jars
- 14. Midway between northeast and east
- 15. South American hummingbird
- 16. Platforms
- 18. Taxi
- 19. Mild yellow Dutch cheese made in balls
- 20. A citizen of Yemen
- 21. Military mailbox
- 22. Nuclear near reach weapon
- 23. Clears
- 26. Broken
- 30. Actress Lathan
- 31. Avid fan
- 32. One and only
- 33. Proceeding
- 34. River in Portugal and Spain
- 39. Doctor of Education
- 42. Defeat handily
- 44. Less complicated
- 46. Handyman tools
- 47. Written works
- 49. Castle dweller’s safety net

- 50. Honorable title (Turkish)
- 51. Greatest
- 56. Can do
- 57. A place to sleep on the road
- 58. Member of U.S. Navy
- 59. 24-hour units of time
- 60. Actor Horsley
- 61. In a way, sounds off
- 62. Formerly (archaic)
- 63. Eye infection
- 64. Plundered

CLUES DOWN

- 1. William __, Buffalo Bill
- 2. Wings
- 3. Candle or lantern
- 4. Freedom from difficulty
- 5. A type of pie
- 6. Metrical foot
- 7. __ Kerr, actress
- 8. Nap
- 9. Popular singer Bocelli
- 10. Immune responses
- 11. “Mad Men” leading man
- 13. A citizen of Senegal
- 17. Philly basketball player

- 24. Not even
- 25. Measures wind speed
- 26. Insecticide
- 27. Jordan glided through it
- 28. Bird-like dinosaur genus
- 29. Expression of satisfaction
- 35. Big Blue
- 36. One point east (clockwise) of due north
- 37. Of she
- 38. Oral rehydration solution
- 40. Knocks off course
- 41. Popular cop show of yesteryear
- 42. Zhou dynasty state
- 43. Genus of gulls
- 44. Onion flatbreads
- 45. Declare as true
- 47. Of a lobe
- 48. Missouri county
- 49. Produced
- 52. Volcanic crater
- 53. Off-Broadway theater award
- 54. KU hoops coach Bill
- 55. Check for

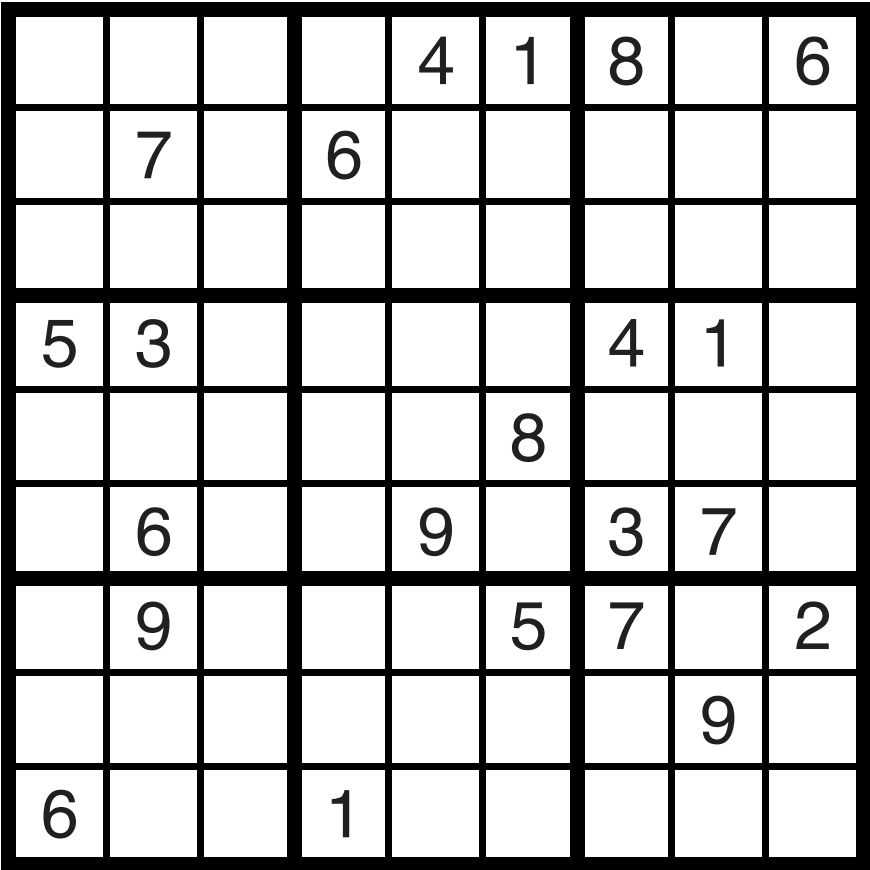


Solve the code to discover words related to college.
Each number corresponds to a letter.
(Hint: 16 = S)

- A. 17 23 25 14 26 6 16 25 3 21
Clue: Higher learning
- B. 16 21 10 10 7 11 17 16
Clue: Plan for class
- C. 12 2 17 6 16 26
Clue: Class
- D. 12 6 26 9 25 3
Clue: Academic measurement

Answers: A. university B. syllabus C. course D. credit

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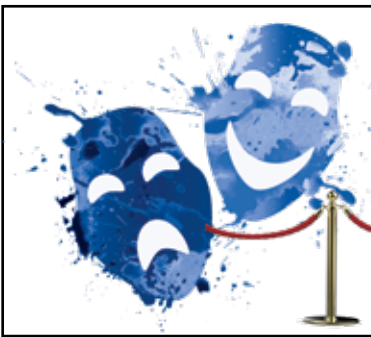
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ARTS & Entertainment

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Steel Magnolias opens The Public Theatre’s 36th Season!

LEWISTON – The Public Theatre opens its 36th season with the beloved comedy Steel Magnolias playing Oct 23-Nov 8. Filled to the brim with humor, heart and hairdos, this timeless comedy celebrates the lives and friendship of six, sassy, southern women who gather weekly in their local hair salon to navigate the joys and challenges of life together. Artistic Director Janet Mitchko says, “I believe this heartfelt comedy is timeless because of the way it truthfully celebrates the strength, humor, friendship, and resilience of women and the remarkable ways they show up for each other. I guarantee that every woman will recognize a part of herself or someone they love onstage. Grab your best friend and GO!”

If you like Steel Magnolias, you’ll love A Wicked Good Time! (Nov 13-15) “Maine’s funniest Woman,” Susan Poulin, returns to The Public Theatre as Ida Le Clair in her hilarious new show celebrating her friendship and adventures with her gal pals (the Women Who Run with the

Moose) and the Maniacs who love them. Laughter burns calories, so come and indulge! In December, a holiday tradition continues with A Christmas Carol (Dec 11-13). A Wicked Good Time and A Christmas Carol are sold separately from Subscriptions.

Subscriptions are now on sale for the 2026-27 Season. Subscriptions include Steel Magnolias, Darker the Night Brighter the Stars (Jan 22-31) an amusing, heartfelt and timely look at the lives of young adults

in Northern Maine, Primary Trust (Mar 12-21) a quirky, moving and uplifting play about the importance of making friends, and The Fiancé (Apr 30 – May 9) a delightfully funny and touching new comedy about love, loss and hope in 3 generations of single women. A Subscription costs \$160 and includes a FREE Bonus Ticket (\$42 value).

Read more and buy Subscriptions and tickets to any show at ThePublicTheatre.org or call 782-3200.

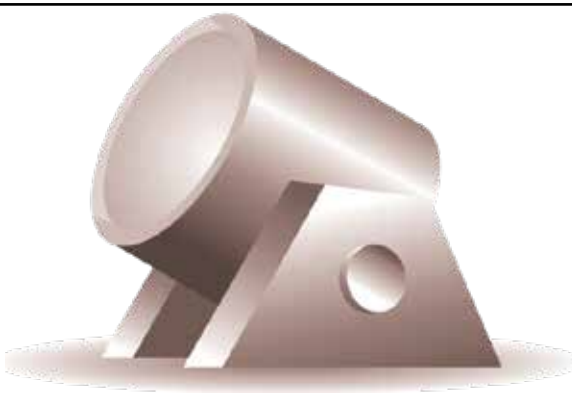
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February 19-28, 2027



April 16-25, 2027



June 18-27, 2027



August 13-22, 2027

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Franco Center
Performing Arts & Events



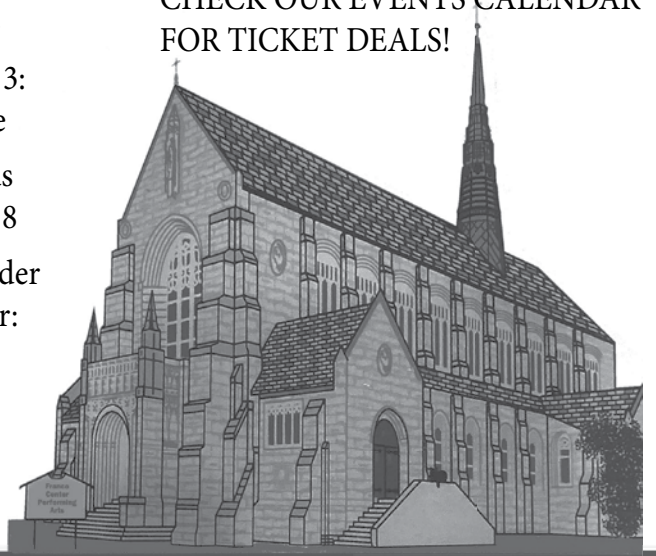
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2026-27 Season!

- 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 Divas Tribute: March 27
- Juston McKinney: April
- Magic Shows for Kids: April
- Theater: April 25
- Frank Sinatra Tribute: May 22
- Kitchen Party ContraDance: June 24

GET YOUR TICKETS TODAY!
CHECK OUR EVENTS CALENDAR FOR TICKET DEALS!



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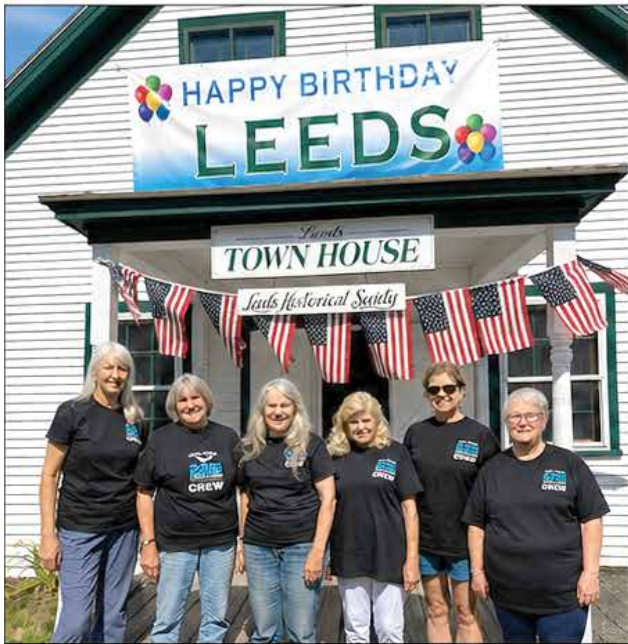








Leeds' 225th Anniversary
1801-2026



Submitted photos

LEEDS - A month has passed since the Great Leeds 225th Anniversary Celebration, but people are still smiling, thinking about it. Many months of work went into organizing the event, and the end result was joyous, as you can see from the following photos.

From the parade of floats, fire trucks from several towns, antique automobiles, scouts, and veterans' groups, and Leeds' Oldest Citizen, Pauline Burgess, who traveled in a flashy red Corvette, to the kids' deco-

rated bike parade, the music - 3 bands! - the tours of The Ledges, history of the Barclay's house and family, the So You Think You Know Leeds trivia competition, an Ice Cream Truck, popcorn and soda, and the supper featuring beans, chicken, barbecued pork, slaw, pasta salad, and homemade desserts, it was a day to remember.

We want to once again thank all the people who made this event possible. The Barclay family for providing the perfect spot to hold this celebration and

putting in hours of help organizing the it, Farmer's Gate Market, Brown's Construction & Sons, Springbrook Golf Club, Mary Field, Becky Starr, Michelle Hale, Travis Adams and The Leeds Volunteer Fire Dept., Sue & Larry Jewett, Martin's Land Survey, Levesque's Organic Farm, Pratt Hardware & Supply, Eric & Cindy Smyka, The Town of Leeds, and The Leeds Historical Society, and everyone who came and supported this event. We couldn't have done it without you!

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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.

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.

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

Drinks on page 15



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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. Another idea is to go to a haunted house or walk sponsored by a school or amusement park.

- **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.

Fall is a perfect time to enjoy family-friendly activities.



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Hornets sting Lincoln Academy, 6-0



Bill Van Tassel Photos
Ainsley Barry gets in close for one of her 4 goals in a September 21 home contest against Lincoln Academy. The Hornets [5-0] won the Monday outing 6-0. Also scoring were Avery Wells and Brylee Emmons.



Leavitt's Savannah Boulet (Center) gets involved in a lot of offensive action [3 assists] as in this photograph taken at a September 21 win over visiting Lincoln Academy. Fellow forward, Ainsley Barry (Right) has just hit the puck toward Lincoln's goalkeeper.

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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 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



Ken Schlichting

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 Di-

rector 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.”



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MOVIE REVIEW

MUTINY

by Lucas Allen

(Lionsgate Films)
Another year, another Jason Statham movie dumped into theaters, expecting to bring in enough hardcore action lovers to make a profit. Yet, the growly English actor seems to quickly forget about being in last year’s awfully made “A Working Man” because he now stars in another action flick with the same subject matter, except this time, it’s “Die Hard on a boat” (a la “Under Siege”) in "Mutiny". This comes to us from director Jean-Francois Richet and writer J.P. Davis (with co-writer Lindsay Michel), who brought us the 2023 Gerard Butler actioner “Plane.”
Cole Reed (Statham) is an ex-cop now working as both security and as a personal driver to a rich shipping magnate named Tibu (Ramon Tikaram). The old man was celebrating a party to give his son Kameron (Chaneil Kular) the keys to his company when, on the way back home, he and Cole were ambushed by armed goons before getting shot to death. Knowing he has been set up to take the fall, Cole assumes the identity of one of the dead gunmen and sneaks aboard one of the company’s ships being captained by Marko (Roland Moller) for a routine job. Also on board is a woman named Angie (Annabelle Wallis), who was made third mate at the last minute when she is supposed to be heading home to see her daughter.
During the voyage, Cole discovers the ship’s cargo to be refugees being trafficked out of the country. Marko and his

crew are actually working for Tibu’s rival magnate Jaran (Simon Kluth), who is secretly using the company’s funds to coerce their human trafficking ring. Now, Cole teams with Angie to try to outwit the evil crew to help the refugees and contact the Navy to be rescued.
Without sounding like a broken record, this movie is about what you can expect from a Jason Statham film. Similar background for the actor’s character, working in secret on a personal mission, and enough bloody wounds and broken bones to rival the “Mortal Kombat” games. Not to mention, it may or may not be a coincidence that this script involves human trafficking that Statham already took care of previously in “A Working Man.”
But unlike that movie, this one is at least shot, directed, and edited more competently by a director knowing how to use his capabilities. While not a visually driven film, Richet made some good use of low-lighting and tight spaces to convey the mayhem presented during the fight scenes. The stunt work is pretty good, making the whole thing almost worthwhile for the silver screen.
It’s no secret in the writing that it’s a bit of a “Die Hard” clone with its foreign villains, walkie-talkies, and some authorities figuring out the situation. However, it lacks the personality and fun factor of that classic film, and it doesn’t bring anything memorable to the screen. All you get is a generic action script plus Statham beating down the bad

guys, equaling a pretty tight 90-minute movie for only the matinee crowd.
If you’re a Statham fan, you’ve already known what to expect from his performance, much like if you were into Schwarzenegger or Stallone’s work from the 80’s. His steely eye stare, grouchy English accent, and macho hand-to-hand skills remain the best thing this film has to offer. Wallis handles her supporting turn without resorting to any damsel-in-distress trope by actually getting involved in the action herself nicely. The weakest parts sadly, are the villains with Moller not doing much more than scowling a lot in his line readings, while Kluth acts in a bad monotone voice throughout all of his scenes. Their performances fail to measure the best villainous roles from all of the “Die Hard” films.
"Mutiny" is one of the weaker Statham films that manages to only reach “middle-of-the-road” status mostly for its filmmaking. It’s not particularly terrible, but one wishes that it goes further than simply being another “same-old, same-old” kind of action film. For what it is, it is definitely a fine timewaster for a late summer release.
THE MOVIE’S RATING: R (for strong bloody violence and language)
THE CRITIC’S RATING: 2.75 Stars (Out of Four)

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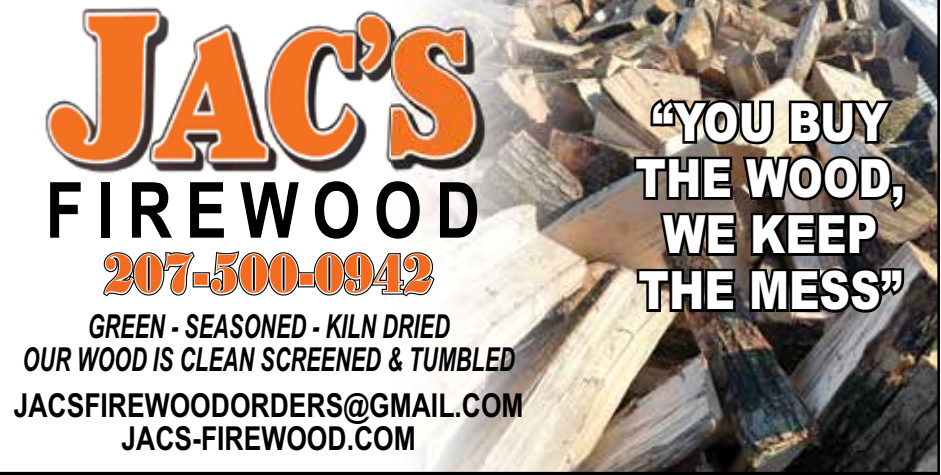
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5/11	vs Madison	4:00
5/13	@ Hall Dale	4:00
5/15	vs Monmouth	4:00
5/18	@ Traip Acad.	4:00
5/19	@ Winthrop	4:00
5/23	vs Maranacook	11:00
5/25	@ Boothbay	4:00
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5/8	vs Dirigo	4:00
5/11	@ Madison	4:00
5/13	vs Boothbay	4:00
5/19	@ Winthrop	4:00
5/21	vs Madison	4:00

SOFTBALL

Date	Location	Time
4/28	vs Mt. Abram	1:00
4/29	vs Dirigo	4:00
5/1	@ Mtn. Valley	3:30
5/4	vs Lisbon	4:00
5/8	vs Mtn. Valley (V)	4:00
5/11	vs Madison	4:00
5/13	@ Hall-Dale	4:00
5/15	vs Monmouth	4:00
5/18	@ Traip Acad. (V)	4:30
5/19	@ Winthrop (V)	4:00
5/25	vs Maranacook (V)	4:30
5/29	@ Oak Hill	4:00
5/30	@ Monmouth	4:00
6/1	vs Hall-Dale	4:00
6/3	@ Lisbon	4:00

BOYS TENNIS

Date	Location	Time
4/27	vs Mtn. Valley	4:00
4/29	vs Dirigo	4:00
5/4	@ Boothbay	4:00
5/6	@ Hall-Dale	4:00
5/11	vs Madison	4:00
5/12	@ Winthrop	4:00
5/13	@ Mtn. Valley	4:00
5/19	@ Winthrop	4:00
5/20	vs Boothbay	4:00
5/21	@ Madison	4:00

SOFTBALL

Date	Location	Time
4/20	@ Maranacook	3:30
4/28	@ Hall-Dale	3:30
5/5	@ Hall Dale	3:30
5/6	@ Telstar	3:30
5/12	@ Wiscasset	3:30
5/19	@ Mtn. Valley	3:30
5/21	@ Leavitt	3:30
5/27	@ Maranacook	3:00

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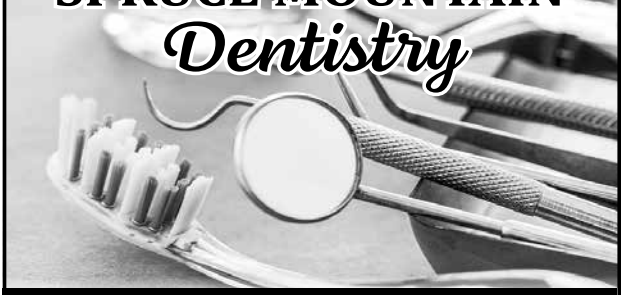
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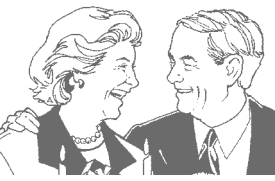
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Drinks from page8

- At a Glance Comparison of hydration Products
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Live Long, Live Well



Kennebec Land Trust and Our Town Leeds open a StoryWalk at the Curtis Homestead

Seasonal books will engage young readers to explore the outdoors

LEEDS — The Kennebec Land Trust and Our Town Leeds, a community development association, have partnered to establish a StoryWalk® at the Curtis Homestead Conservation Area on Bog Road.

A StoryWalk is a fun and educational family activity that promotes early literacy, physical activity, and family togetherness in nature. Readers enjoy a book page by page along a walking path. The Curtis Homestead Conservation Area StoryWalk is located on the Lower Fields Loop Trail.

“We are delighted to work with Our Town Leeds to create one more reason to visit this beautiful property,” said KLT executive director Theresa Kerchner. “The Curtis Homestead is a gem that we welcome more families to explore.”

“This StoryWalk will promote physical activity, literacy, and an understanding of the natural world all at the same time,” said Our Town Leeds board member Lucinda Coombs. “We are grateful to the Kennebec Land Trust for making the opportunity available.”

This StoryWalk was installed by Leeds resident Terri Castonguay, with support from students at Leavitt Area High School. The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT, and developed in collaboration with the Kellogg-Hubbard Library. The inaugural book, In

the Woods: Who’s Been Here? by Lindsay Barrett George, invites readers to explore the creatures commonly found in woodlands. Future books will change quarterly, highlighting seasonal themes.

Established in 1988, the Kennebec Land Trust has conserved more than 8,400 acres across 21 communities in the Kennebec region. It employs a staff of seven and offers a variety of conservation-related programs and events. The 360-acre Curtis Homestead Conservation Area is the childhood home of former Maine Governor Kenneth M. Curtis. The property features fields, mature woodlands, wetlands, four trails and excellent birding. More information can be found at tklt.org.

Established in 2023, Our Town Leeds is a volunteer organization formed to nurture a strong sense of community in rural Leeds. In addition to the StoryWalk, the organization supplies books to visitors to local Stinchfield Beach, to residents of Spring Rock Park, and to a local emergency shelter. The group hosts a monthly Final Friday Speaker Series at the Leeds town office and has formed a Trails Committee to explore further opportunities for safe outdoor recreation. More information can be found at ourtownleeds.org.

2026 LEAVITT FALL SPORTS SCHEDULE

GOLF

DATE	TIME	OPPONENT
8/26	3:30PM	@Erskine Acad
8/28	3:30PM	Nokomis
8/31	2:30PM	MCI
9/3	3:30PM	@Winslow/Waterville
9/7	2:30PM	Morse
9/10	3:30PM	Oceanside
9/14	3:30AM	@Lincoln Acad
9/16	3:30AM	@Medomak
9/21	3:30PM	@Gardiner
9/23	2:30PM	@Cony
9/28	TBD	Div Semis
10/1	1:00PM	KVAC Shootout
10/6	10:00AM	KVAC Class B Qualifier
TBD	TBD	State Class B Cham

CROSS COUNTRY

DATE	TIME	OPPONENT
8/29	9:00AM	KVAC Panther Preseason
9/4	4:00PM	Lawrence, Gardiner, Waterville, Cony @Mt Blue
9/11	4:00PM	Lincoln Acad, Oxford Hills, Mt Blue, MCI, Skowhegan
9/19	11:00AM	Gardiner, Lawrence, Ox Hills, Winslow, @Skowhegan
9/25	4:00PM	Edward Littler, Mt Ararat, MCI @Oxford Hills
10/3	9:30AM	KVAC (Festival of Champions)
10/9	4:00PM	KVAC (Mt Blue Relays)
10/17	11:00AM	KVAC Championships
10/24	TBD	MPA South Regionals
10/31	TBD	MPA State Meet

VARSITY FOOTBALL

DATE	TIME	OPPONENT
8/28	7:00PM	Cony
9/4	7:00PM	Medomak Val
9/10	7:00PM	@Greely
9/19	6:00PM	@York
9/26	7:00PM	Wells
10/2	7:00PM	@Dirigo
10/9	7:00PM	@Gardiner
10/16	7:00PM	Nokomis
10/23	7:00PM	@Hermon
10/30	7:00PM	Foxcroft Acad

JV FOOTBALL

DATE	TIME	OPPONENT
8/24	5:00PM	@Cony
8/28	7:00PM	Cony
9/7	4:00PM	at Medomak Val
9/14	5:00PM	Greely
9/21	5:00PM	York
9/28	4:00PM	at Wells
10/5	5:00PM	Dirigo
10/12	5:00PM	Gardiner
10/19	5:00PM	at Edward Little
10/26	5:00PM	Oxford Hills

BOYS SOCCER

DATE	V/JV	OPPONENT
8/21	6:00PM	Leavitt Alumni
8/24	3:00PM	@Buckfield
9/3	3:30PM/5:00PM	@Gardiner
9/8	3:30PM/5:00PM	Winslow
9/11	3:30PM/5:00PM	Poland
9/17	3:30PM/5:00PM	@Morse
9/22	3:30PM/5:00PM	Cony
9/24	3:30PM/5:00PM	@Erskine
9/26	3:00PM/4:30PM	Waterville
9/29	3:30PM/ 5:00PM	Spruce Mtn
10/1	6:00PM/7:30PM	@Winthrop
10/3	1:00PM/2:30PM	@Waterville
10/8	7:00PM/5:30 PM	@Maranacook
10/13	3:30PM/5:00 PM	Morse
10/16	3:30 PM/5:00PM	@Winslow
10/20	6:00PM/4:00PM	Gardiner

FIELD HOCKEY

DATE	V/JV	OPPONENT
8/21	5:00PM	@Messolonskee
8/22	1:00PM	@Biddeford
8/25	3:00PM	OxHills, Cony, Wind.
8/29	9:00AM	@Mt Blue
9/3/26	4:00PM/5:30PM	@ Erskine Acad
9/8/26	4:00PM/5:30PM	Lawrence
9/14/26	4:00PM/5:30PM	Waterville
9/17/26	4:00PM/5:30PM	@Nokomis
9/21/26	4:00PM/5:30PM	Lincoln Acad
9/23/26	4:00PM/5:30PM	@Winslow
9/26/26	10:00AM/11:30AM	Skowhegan
9/28/26	4:00PM/5:30PM	Gardiner
10/2/26	3:30PM/5:00PM	@Oceanside
10/5/26	4:45PM/6:00PM	@York
10/8/26	3:30PM/5:00PM	Cony
10/13/26	3:30PM/5:00PM	@Belfast
10/15/26	3:30PM/5:00PM	MCI
10/19/26	3:30PM/5:00PM	@Morse

GIRLS SOCCER

DATE	V/JV	OPPONENT
8/27	3:30PM/5:00PM	Oxford Hills
8/29	8:00AM	@Lewiston
9/1	3:30PM/5:00PM	Mt Blue
9/3	3:30PM/5:00PM	Gardiner
9/8	3:30PM/5:00PM	@Winslow
9/12	11:00AM/1:00PM	@Poland
9/17	3:30PM/5:00PM	Morse
9/21	3:30PM/5:00PM	@Cony
9/24	3:30PM/5:00PM	Erskine
9/26	12:00PM/1:30PM	Waterville
9/29	5:30PM/7:00PM	@Spruce Mtn
10/1	3:30PM/5:00PM	Winthrop
10/3	10:00PM/11:30PM	@Waterville
10/8	3:30PM/5:00PM	Maranacook
10/13	3:30PM/5:00PM	@Morse
10/15	6:00PM 4:00PM	Winslow
10/20	3:30PM/5:00PM	@Gardiner

GOOD LUCK HORNETS!

GOOD LUCK HORNETS!

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Early Morning Lupines



photograph by Joe Johnston

Early morning along the Narragaugus River in Millbridge

Our ancestors in the attic –
Stories of people and places Schools

CANTON —The public will have another chance to learn local history by listening to entertaining stories at the Canton Historical Society’s second “Ancestors in the Attic” event, to be held on Saturday, September 12, 1:00-2:30 p.m., at the historic Hayford Hall (25 Turner St.).

Members of the Society’s Board of Directors will share historical insights into past and present Canton landmarks, including Bradbury Chapel, Canton Mountain, the old Corn Shop, the Tannery, and the former Catholic Chapel in Gilbertville.

The event is free, although donations are always welcome. Light refreshments will be provided.

The Canton Historical Society is an all-volunteer, non-profit organization devoted



to the preservation and celebration of Canton’s heritage, history, and community. The Society maintains a museum

that exhibits original artwork, artifacts, photographs, furniture, and documents related to Canton’s history. During

Submitted photos
the summer, the museum is open on the second and fourth Saturday of each month, from 10 a.m. - 2 p.m. .

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My “Sis,” Sheila Lyman

**A Message to the Voters of
Jay, Livermore & Livermore Falls**

By Sen. Jeff Timberlake
I’m proud of my sister, Sheila Lyman.

Sheila isn’t a newcomer to public service. She currently represents House District 76 — Jay, Livermore and Livermore Falls — and has already proven that she is willing to work hard, stand by her beliefs and speak up for the people she represents.

Before serving in the Legislature, Sheila spent nearly four decades as a teacher. Education wasn’t simply her career; it has been part of her life for as long as I can remember. When we were kids, she would make my brothers and me sit still — or at least as still as we ever would — and play school so she could practice being the teacher.

That same dedication followed her into the classroom and eventually into the State House, where she continues to work on education issues. Sheila truly cares about the students she taught and the young people of Maine. She understands the importance of giving our children a good education while also remembering that the families paying the bills have to be able to afford it.

Sheila and I were raised on our family farm. As eighth-generation Mainers, we learned early that when there

was work to be done, everybody pitched in. Sheila grew up working alongside her three brothers. Dealing with the three of us wasn’t easy — and getting work done while dealing with us was probably even harder — but somehow she managed.

Those years taught all of us about hard work, responsibility and the value of a dollar. Those are lessons Sheila hasn’t forgotten.

Sheila and her husband, Ken, also understand firsthand the challenges facing Maine’s small businesses. Ken formerly owned Ken’s Appliance and continues to operate his own repair business. In fact, many of you probably know Kenny because chances are he’s been in your home at one time or another fixing your stove, refrigerator or dishwasher. You know the reputation Ken and Sheila have built over the years — doing quality work, treating people right and caring about the community they call home.

They understand what it takes to run a small business, pay the bills and earn a living in Maine. Sheila brings that same understanding of hard work, service and responsibility with her to the State House.

Maine also faces some difficult financial decisions ahead. During the 132nd Legislature, hundreds of bills were carried forward, including many with significant costs to the state. Sheila understands that Augusta cannot continue making commitments today without considering how they will be paid for tomorrow. We need people in the Legislature who will watch the taxpayers’ money, protect our schools and essential services, and make sure future spending doesn’t simply become another burden on Maine families, seniors and small businesses.

Sheila also understands Maine’s outdoor heritage because

she lives it. She grew up on the farm, she hunts and fishes, and she understands the importance of protecting Maine’s outdoor traditions and our Second Amendment rights.

Caring for Maine seniors is personal to Sheila as well. She helped care for our mother during the final chapter of her life, until Mom passed away in May with all of us by her side. That experience gave Sheila an even deeper understanding of what families go through as their parents grow older and how important it is that our seniors receive the care and respect they deserve.

I could tell you a lot more about my sister, but maybe the simplest thing I can say is this: I know Sheila’s heart.

She’s a teacher, a farmer’s daughter, part of a small-business family, an outdoorswoman, a caregiver and an experienced State Representative. She knows the people she represents because she has lived the same kind of life they have.

Most importantly to me, she’s my sister — and I’m very proud of her. I’m proud to stand with Sheila, and I hope the people of Jay, Livermore and Livermore Falls will consider supporting her as well when they cast their votes.



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