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**Coop is hiding somewhere in this publication...**

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

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Direct-Mailed to the Residents of Farmingdale, S. Gardiner, Gardiner, Randolph, Hallowell & Richmond

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SEPTEMBER 2026 - VOLUME 22 ISSUE 3

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# Enjoying life along the Kennebec



After an early-evening rain shower this family enjoys a relaxing visit to Gardiner's Waterfront Park. An August 28 concert was cancelled due to unpredictable showers, but folks still filled the shoreline walkway near the Kennebec.



Coming into the Gardiner Waterfront Park to dock his Starcraft is town councilman Shawn Dolley. He was returning from taking a couple of friends on a short, Kennebec River trip to Augusta on August 28. Also enjoying a nice evening on the riverside is Hallowell fisherman Matt Nelson.

Bill Van Tassel photos

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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: \_\_\_\_\_

Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

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

Kenzie Irish

Michele Nagy

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## High school sweethearts celebrate college success together

Submitted by Aimée Lanteigne

Gardiner High School grads and sweethearts graduated from the University of Rhode Island this spring as part of the Class of 2026. Braden Dorogi earned a bachelor's degree from the College of Health and Sciences and will attend USM in the fall for a master's degree in counseling. Grace Milliken earned a bachelor's degree in nursing and will be working in the ER at Maine Med this fall. Congratulations to this special pair!

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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](http://www.MaineCraftWeekend.org) for a complete list of participating artists, event details, and the interactive map. .125

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

## MONTHLY MEETINGS

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

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

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

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

**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.

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**LOCKE MILLS:** Greenwood Farmer’s Market every other Friday during the winter, starting on October 3rd, 270 Main St., Rt. 26, Locke Mills, next door to the Greenwood Post Office, FMI Brian and Suzanne Dunham 207-665-2967.

**BETHEL:** Storytime at Bethel Library, every Wednesday at 10 a.m., 6 Broad Street, Bethel, FMI (207) 824-2520.

**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>.

**BRIDGTON:** Chair Yoga Mondays and Fridays 10 -11 a.m., taught by Susan Kane, this class is open to all cancer patients and can easily be modified to anyone’s ability level, you do not need to register in advance, Bridgton Community Center, 15 Depot Street, Bridgton.

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

**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.

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

**LEWISTON:** Renewal Addiction Ministry. Apply-

ing biblical truth to the root of addiction. Every Friday 630pm. 89 Birch Street Lewiston @The Root Cellar. Alex Theriault 207-274-1570

**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 [lplc@lewistonmaine.gov](mailto:lplc@lewistonmaine.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](mailto:LPLKids@lewistonmaine.gov).

**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.

**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.

**FAIRFIELD:** Victor Grange monthly meet-

ing, second Monday of the month, 5:30 potluck, 6 p.m. meeting, all welcome.

**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](mailto:winthrop-mainehistorical@gmail.com).

**BRIDGTON:** 1-4 Sunday, Community Ping Pong Program, \$1 to participate, open to all Town Hall, 26 North High St.

**BRIDGTON:** Al-Anon, 4-5p.m. Thursday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

**BRIDGTON:** Narcotics Anonymous, 7-8 p.m. Friday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

**BRIDGTON:** Women For Sobriety, 11a.m.-12 p.m. Thursday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

**FARMINGTON:** St. Joseph Nutrition Center, corner of Quebec and Middle Street (across from St. Joseph Church) A “Blessing Box” in front of the building. More information or to help out: (207) 778-2778.

**JAY:** St. Rose of Lima Food Assistance, 1 Church Street (Parish Hall) A “Blessing Box” faces the street in front of the building. More information or to help out: (207) 897-2173.

**JAY:** St. Rose of Lima Community Meals, 1 Church Street (Parish Hall), Community meals offered on the first and third Saturdays of the month from 4:30 p.m. to 6 p.m. For more information or to help: (207) 897-2173.

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

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

## 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](mailto: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](mailto: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](http://www.turnerpublishing.net/pdf/Deadlines.pdf)

### 2X2 AD THIS SIZE

Call 225-2076 or email [advertising@turnerpublishing.net](mailto:advertising@turnerpublishing.net) for pricing on our calendar page.

### 1X2 AD THIS SIZE

**RANGELEY:** The Lakeside Contemporary Art Gallery’s spring/summer show, paintings by Ashton F. LeCraw, will run from May 29 - July 6th. All is welcome & artwork is available for purchase. LCAG is located at 2493 Maine Street, Rangeley & open Tues - Sat. 10 a.m. - 2 p.m. & during theatre showing. <https://rangeley-arts.org/event/lcag-artist-reception-ashton-lecraw/> or call 207-864-5000.

**RUMFORD:** Old School Food Pantry, 115 Maine Avenue, Wednesdays from 3 p.m. to 6 p.m., For more information or to help: (207) 364-4556 or email Shannon at [rvhccglover@gmail.com](mailto:rvhccglover@gmail.com)

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

**GARDINER:** Maine-ly Harmony women’s barbershop chorus rehearsals,

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

**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](mailto: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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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!



Name \_\_\_\_\_

Address \_\_\_\_\_

Paper \_\_\_\_\_

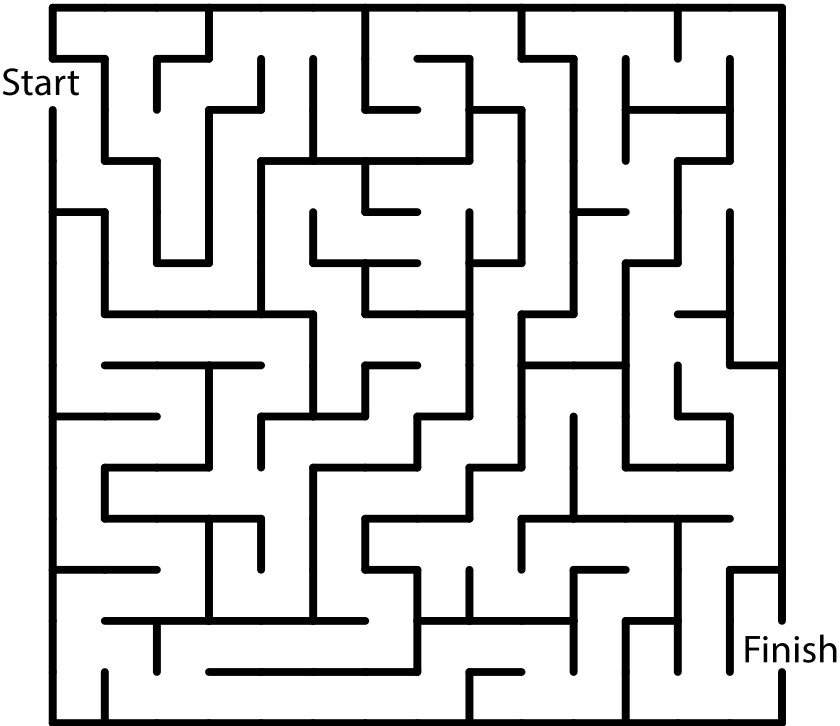
Page # \_\_\_\_\_ Phone # \_\_\_\_\_

Email info to: [kidscorner@turnerpublishing.net](mailto:kidscorner@turnerpublishing.net)  
mail to: Coop - Turner Publishing, P.O. Box 214, Turner, ME 04282



## Maze Craze

Can you find your way through the maze?



## CANADA



## HISTORY

1982

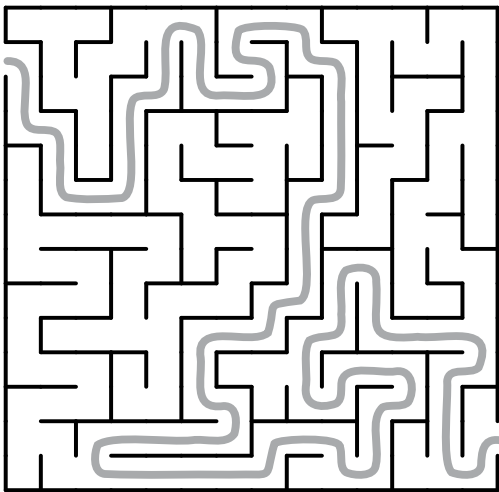
Bertha Wilson is appointed Canada's first female Supreme Court justice.

## 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...

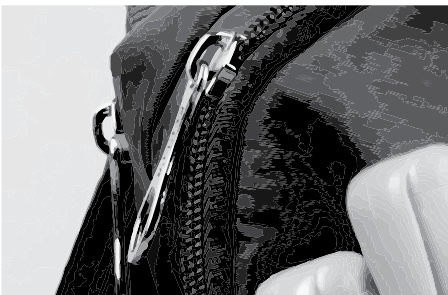
**English:** Strap  
**Spanish:** Correa  
**Italian:** Cinghia  
**French:** Lanière  
**German:** Riemen

## 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

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
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| 62 |    |    |    |    | 63 |    |    |    |    |    | 64 |    |    |    |

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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**PISCES - Feb 19/Mar 20-** Pisces, continue to bring the right people into your inner circle. One person in particular has your eye and might be just what you need.

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SEMINAR  
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SOPHOMORE  
SYLLABUS  
TUITION

# The Kennebec Historical Society October Presentation: “Three and a Girl”

AUGUSTA - A new film discovery adds to the story of Edgar Jones’ work in Augusta and the Colonial Theater. Back in February, Ed Lorusso found a previously unknown Edgar Jones film in the Michael Kesselhon Collection at the Library of Congress. Kesselhon was a collector from Wisconsin. The film, Three and a Girl,

was shot in the Gannett Woods area of Augusta and premiered at the Colonial Theater on August 26, 1920.

The plot has three partners (Jones, Carlton Brickert, and Ben Hendricks, Jr.) in a lumber operation hiring a girl (Edna May Sperl) from “the city” to come to work as their secretary. The men are infatuated with her, but she can-

not make up her mind as to which guy she’s most interested in, so they play a trick on her to make her choose.

Three and a Girl were filmed during the winter of 1919 and 1920, which is quite evident from the frozen breaths of the actors. Three and a Girl is now the sixth complete movie of the twenty-four films Jones filmed in

Maine 1919-1921. This find follows Lorusso’s discovery of another silent film, In the River (1920), which the society screened last year.

KHS presenter Ed Lorusso brings extensive expertise in silent film restoration. Since retiring, Lorusso has restored numerous films, with six projects licensed by Turner Classic Movies,

including The Enchanted Cottage (1924). His work has been screened at theaters and silent film festivals across the country. Lorusso is collaborating with Boston-based documentary filmmaker Peter Flynn on a new project featuring Edgar Jones, Holman Day, Augusta filmmaking, and the Colonial Theater.

The Kennebec Historical Society presentation is free to the public (donations are gladly accepted) and will take place at 6:30 p.m. Wednesday, October 28, at Augusta City Center, located at 16 Cony Street in Augusta. If you have questions about the program, call Scott Wood, executive director, at 622-7718.



## TRAVEL

by Victor Block

# ROANOKE

I recently visited a small city – a population of about 100,000 – which offers visitors a full menu of things to see and do. It’s a center of arts and crafts, elegance and culture, with a choice of indoor and outdoor attractions. The community sits in the Blue Ridge Mountains, which extend from Pennsylvania to Georgia.

This is a flat, low-rise place where man-made attractions are grouped close to each other. Yet minutes away by car awaits some of Mother Nature’s magnificent handiwork.

Roanoke’s story began in the 1740s, when two settlers from Pennsylvania acquired land near salt licks which were crossed by trails laid down by Native Americans and animals.

Those salt marshes loaned their name to Big Lick, the first village in the Roanoke Valley. Several years later, Big Lick came to be known as Roanoke which was derived from the Indian word “Rawrenock,” the shell beads that were by indigenous people.

The city played a role in the Civil War, serving as a supply center for Confederate troops. Its most iconic attraction is the Roanoke Star, a 100-foot-high illuminated structure. Center in the Square is occupied by museums related to African American culture, local history and science.

When I wasn’t taking in information about these miscellaneous topics, I was exploring other chapters of Roanoke’s past. The local music scene began to flourish in the early 20th century, focused on folk and bluegrass influences. Over time, they were augmented by country, rock and jazz. Visitors today may swing and sway at concert venues, music halls and impromptu Jam sessions at restaurants, breweries, wineries and farmers’ markets.

One of the more interesting places I happened upon was Black Dog Salvage, an off offbeat institution. Its sprawling show rooms are packed with “architectural salvage,” antique items, artwork, vintage goods and souvenirs.

Even if you don’t intend to purchase anything, it’s worth a visit for anyone who loves quirky vintage items. Viewing the seemingly endless array of artifacts, I concluded that anyone who doesn’t find what they were looking for doesn’t really need it.

For those so inclined, the Roanoke region offers more than 1,000 miles of trails for hiking, biking and paddling.



Paddling canoe on Roanoke River

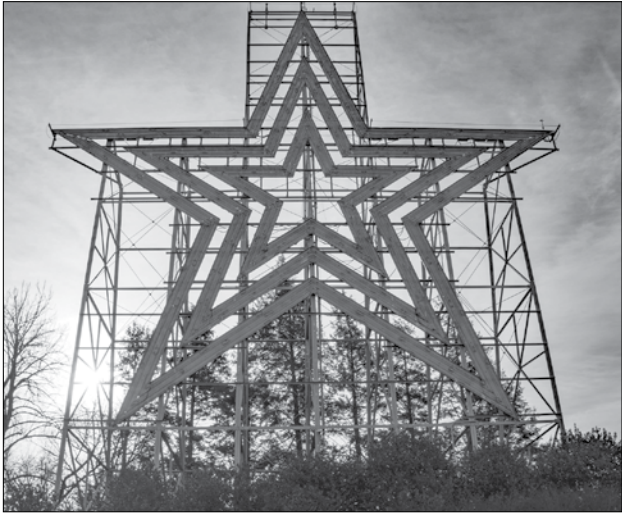
These include over 400 miles of mountain biking paths which account for its being designated as the mountain biking capital of the east coast. While I had left my wheels at home, I experienced some of the reasons for that accolade during walking outings along stretches of several trails.

Another experience with an interesting story to tell was driving along a stretch of the Blue Ridge Parkway, which winds through Virginia and North Carolina. Much of that road was constructed in the 1930’s as part of the New Deal programs that President Franklin D.

Roosevelt implemented to put Americans back to work following the Great Depression. After its completion during the 1950s and 1960s, the highway was described as “America’s Favorite Drive.”

Enjoying scenic views from that freeway and equally inviting scenes in and close to Roanoke, Virginia are two of many reasons to include that town on your travel itinerary list. Throw in its artsy vibe, eclectic collection of museums and other attractions, and the question is why you haven’t included the community on your must-see travel list?

Adding to the sense of history in Roanoke was my stay at the Promissory. That building opened its doors as a bank in 1882 and helped to finance and shape the city in its early



The Roanoke Star

Submitted photos



Roanoke is a low-rise city

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For more information about Roanoke, log on to [visitroanokeva.com](http://visitroanokeva.com).

## STUDENT NEWS

### Maine students honored at Annual SkillsUSA Workforce Development Event

Atlanta, GA - A career and technical student in Maine won one of the nation’s highest awards at the National Leadership & Skills Conference (NLSC), held June 1-5 in Atlanta. An all-time high of 7,000 students competed in the 2026 SkillsUSA Championships at NLSC, which is the largest gathering of the future skilled workforce.

The following student(s) from your area received a SkillsUSA Championships medal and Skill Point Certificate:

Joseph Bailey, from Augusta and a student at Capital Area Technical Center (Augusta), was awarded a Skill Point Certificate in Restaurant Service.

Kaelyn Brilliant, from Augusta and a student at Capital Area Technical Center (Augusta), was awarded a Skill Point Certificate in Automotive Refinishing Technology.

Team A (consisting of CAMERON PERRY, OWEN EASTMAN), from Capital Area Technical Center (Augusta), was awarded a Skill Point Certificate in Interactive Application and Video Game Development.

### Oliver Blanchard, of Pittston, named to the University of Rhode Island President’s List

Kingston, RI - The University of Rhode Island is pleased to announce that Oliver Blanchard, of Pittston, has been named to its Spring 2026 President’s List.

### Students named to Dean’s List at Bates College

Lewiston, ME - The following students have been named to the Dean’s List at Bates College for the Winter semester that ended May 2026. This is a distinction earned by students whose grade point average is 3.92 or higher.

Iris Ireland of Hallowell  
Noah Katz of Hallowell



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



Submitted photo

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 Hockey 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.

For players interested in higher levels of competition, the Gladiators maintain an established girls travel

program and compete in the New England Girls Hockey League (NEGHL). The Gladiators are one of two Maine youth hockey organizations with girls’ teams participating in the league.

The girl’s initiative is part of a broader development model that provides opportunities for players with different goals, abilities and levels of experience. 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](http://MaineGladiators.com).



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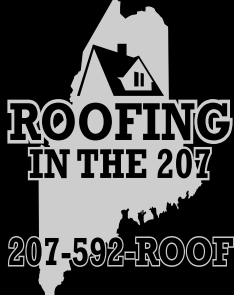
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# Fall Seasonal Guide

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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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# Health & Wellness

# 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.

- 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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# 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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# MOVIE REVIEW

by Lucas Allen

## MUTINY

(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)



# THE HEALTHY GEEZER

Fred Cicetti

## PROSTATE CANCER, PERIMENOPAUSE & CATARACTS

**Q. What are the options for treating prostate cancer?**

Prostate cancer is one of the most common types of cancer among American men. Treatment for prostate cancer works best when the disease is found early.

There are many options for treating prostate cancer:

- Observation. If the cancer is growing slowly, you may decide to wait and watch.
- Hormone therapy. This stops cancer cells from growing.
- Surgery. There are several surgical options. These include radical prostatectomy or removal of the entire prostate, cryosurgery that kills the cancer by freezing it, radiation therapy to shrink tumors, and implant radiation that places radioactive seeds into the prostate.

Surgery can lead to impotence and incontinence. Improvements in surgery now make possible for some men to keep their sexual function.

**Q. What exactly is perimenopause?**

The process of reproductive aging begins around age 40. Declining levels of the hormones of estrogen and progesterone

change a woman’s periods. These hormones maintain the health of the vagina and uterus, and regulate the menstrual cycles

Menopausal transition, called perimenopause, is the time when a woman’s body is close to menopause. Periods may become irregular. A woman may start to feel hot flashes and night sweats.

Perimenopause usually begins about 2 to 4 years before the last menstrual period. It ends when menopause begins. A woman reaches menopause when a year has passed since her last period.

Post-menopause follows menopause and lasts the remainder of a woman’s life. Pregnancy is no longer possible. There may be symptoms such as vaginal dryness long after menopause.

**Q. I’m 67 years old. Should I expect to get cataracts eventually?**

A cataract is a clouding of the lens; the clear part of the eye that helps focus on images like the lens in a camera. Most cataracts are related to aging. By age 80, more than

half of all Americans either have a cataract or have had cataract surgery. There are other causes of cataracts such as diabetes, eye injury, radiation and surgery for other eye problems.

Cataracts tend to worsen gradually. The clear lens slowly changes to a yellowish/brownish color, adding a brownish tint to vision. If you have advanced lens discoloration, you may not be able to identify blues and purples.

The most common symptoms of a cataract are blurred images, faded colors, glare, poor night vision, double vision, and frequent prescription changes in your eyeglasses or contact lenses. If you have any of these symptoms, see your doctor, because they can be signs of other eye problems.

If you are 60 or older, you should have a comprehensive dilated eye exam at least once every two years. In addition to cataract, your eyecare professional can check for signs of age-related macular degeneration, glaucoma, and other vision disorders. Early treatment for many eye diseases may save your sight.

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#### How Scammers are Exploiting Product Recalls

As food and product recalls continue to make headlines, criminals are following suit. They send texts, emails, or other messages claiming that a product you purchased has been recalled and that you’re entitled to a refund or free replacement.

The message may look legitimate, appearing to come from a retailer or manufacturer you trust. It urges you to act quickly and click a link to claim a refund or verify your account. But in reality, the link

takes you to a fake website designed to steal your login credentials and personal or financial information.

If you receive a message like this, don’t click. Instead, go directly to the company’s official website or app to verify the recall and check your account. You can also confirm recalls through the Food and Drug Administration and U.S. Consumer Product Safety Commission, which maintain lists of recalled products at [fda.gov/safety/recalls](https://www.fda.gov/safety/recalls) and [cpsc.gov/recalls](https://www.cpsc.gov/recalls).

Learn how to spot and avoid scams with AARP Fraud Watch Network™. Suspect a scam? Call our free helpline at 877-908-3360 and talk to one of our fraud specialists about what to do next.

**Need a scam prevention speaker for your group? Click the link to fill out our online form or send an email to [me@aarp.org](mailto:me@aarp.org).**





MAINE OUTDOORS

v. Paul Reynolds

DEER HARVEST REGULATIONS

First the easy part: the fall deer hunting outlook? It should be another good year for deer hunters.

According to Maine’s deer biologist, Nathan Bieber, "I expect a good year for the deer harvest, but I do not expect to see harvest numbers in line with last year, which was by far a record harvest. I'd have to guess that was an outlier. Some of the same elements that led to such a big year last year look like they will be in effect again, though, namely another relatively mild winter, lots of opportunity, and droughty conditions impacting green forage and mast availability."

Now the not-so-easy part: figuring out the deer harvest regulations for this fall’s hunt. It used to be a lot simpler. There was a day not so long ago when you could take just a buck or a doe. Period. Later on, as deer management evolved, you could take a buck AND a doe, if you had a doe permit for your Wildlife Management District (WMD).

My golly, how time and increased deer numbers have changed all of that. The ins and outs of what you can and cannot legally harvest, when it comes to bucks and does, are not quite as complicated as Maine’s perplexing patchwork of fishing regulations, but it does take some brain work to break it all down.

Question: I am an over- 70 licensed resident big



Submitted photo

game hunter with a Lifetime license. If I hunt all of the optional deer seasons, how many deer can I conceivably harvest? Are you ready for this? Believe it or not,

using all available permits, I can legally take, over the whole season, two bucks and two does, or even two bucks and three does, or four does.

The wild card in all of this is the Expanded Archery Season, with its own umbrella of deer harvest rules. Under Expanded Archery Season options, I can take a buck with an Either-Sex Expanded Archery Permit, which would be an additional buck to the one that my hunting license allows. I can also purchase unlimited Expanded Season Antlerless Permits and take as many does as I like during Expanded Archery. And as of last year, expanded archery hunters can use a bow and arrow or a crossbow.

If you do not take advantage of the Expanded Archery Season, the harvest rules are less complex, but you still need to know the options before you strap yourself in your tree stand or work your way around that cedar bog. If you didn’t bag a doe during regular archery but take one on opening day of the firearms season, you can still bag a buck, with a doe permit for that WMD.

Good hunting. Be safe!

The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide and writes a weekly outdoors column for a number of Maine newspapers

Maine: A lobster on every plate and a moose on every driveway

When I talk to friends or colleagues I know from living in big cities about moving to Maine, it still feels like I’m trying to justify my decision as if I’m disclosing some rare disease. They always want to know, “But why Maine? There’s nothing there!” Insulting and just plain wrong as that statement obviously is, I hear it a lot, and I’ve tested a range of answers (but don’t worry, I always add the caveat that I’m new to the state myself). No explanation seems to strike home with people who have no real concept or even faint impression of what Maine is as a place and as a home. In the imaginations of such people, I get the impression that they think Maine is some mysterious frontier where lobster is served with every meal, and every road is under constant threat of invasion by giant herds of stampeding moose.

It’s true that the juxtaposition of Maine with some of the world’s largest cities, or really even mid-sized cities, is stark. Anyone

who’s spent a considerable amount of time living or working in a mega-city would admit that much of Maine, including the High Peaks region, feels about as far away from a bustling urban environment as you can get. To many people, that’s the whole point. Having lived now in both types of places, I know there will always be positives and negatives to each other, and those are relative to the person.

But what makes Maine the special place it is, besides the people, isn’t just how beautiful the land is, or how much of it remains undeveloped. It is an awareness and appreciation of that quality that so many people seem to understand. Even if they hold divergent opinions on other issues, most Mainers I’ve met seem better clued into developments that impact the natural world around us more so than other places I’ve lived. This, I think, at least partially explains why some Mainers feel so reluctant to embrace change, because any alteration of



Submitted photos

the landscape alters one of the most important things that make Maine special as a place, no matter whether it’s the land that makes the people or the other way around.

This also helps explain, again, at least in part, why

the High Peaks Alliance (HPA) has such a broad appeal. Every land user benefit from their preservation victories and milestones, like the recent announcement that Mosher Hill Falls has been preserved. Land conservation is a patch-

work quilt effort of tying together ever-larger tracts of land and enshrining public access to it. It helps keep Maine what it is now, which is a singular place full of people both proud and aware of the gifts they received at birth by

the simple virtue of being born here. The great value of the HPA and groups like it is that their sole focus is preservation of public access, and therefore every victory they tally grows that patchwork quilt of publicly accessible land.

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# HealthReach opens Gardiner Area High School “Tiger” Health Center

GARDINER — HealthReach is proud to announce the opening of its second school-based health center (SBHC), located at Gardiner Area High School, near the nurse’s office. The health center is set to open at the start of the school year in September. HealthReach looks forward to orienting teachers and staff to the



Cassidy Doyon, FNP

health center ahead of the school year at the upcoming teacher workshop day and meeting families at the upcoming student open house and athletic night. MSAD # 11 and the Gardiner SBHC Advisory Committee invite community members to attend an open house on November 5, alongside parent-teacher conference night at

40 W Hill Rd. in Gardiner. Services available at Gardiner Area High School “Tiger” Health Center will reflect the same services offered at any primary care office, providing an easy-to-access alternative to a traditional office for families and staff members in need of a convenient healthcare option. Tiger Health Cen-

ter will be open Tuesdays through Fridays, 7 a.m. – 3 p.m. on open school days and will close on any school closure days. The health center will also welcome a new clinician to HealthReach: Cassidy Doyon, FNP. Doyon earned her Family Nurse Practitioner and Bachelor of Science in Nursing degrees from Saint

Joseph’s College of Maine. Doyon’s 13 years of medical experience include pediatric healthcare and certificates in CLC, PALS, STABLE, and NRP. Her robust background in child and adolescent care will make her an excellent clinician serving Gardiner students and staff at Tiger Health Center.

# Overlooking Flagstaff Lake from Cranberry Peak



Cranberry Peak via the Bigelow Range Trail

Photo by Brett Bannister



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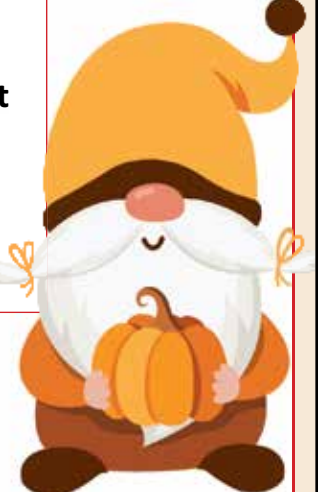
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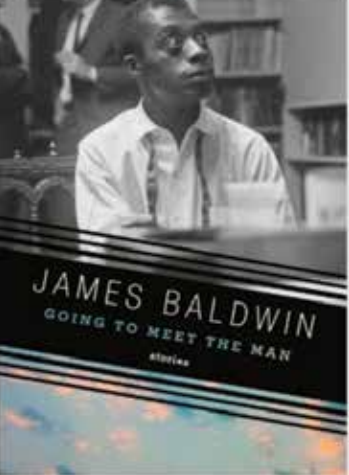
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# Reader RECIPE

## 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. ♥





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