

Can you find Coop?



Coop is hiding somewhere in this publication...

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



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Winthrop at the FAIRS!



Bill Van Tassel photos

Sheridan Doyle, from Winthrop, (Left) and partner Vince Maciel, from Massachusetts, paired up for the Oxford Fair Woodsman Challenge on September 18. Doyle has done these competitions for over 40 years.



Jan Tricario, of Winthrop, puts on her Blacksmithing demonstrations at several Maine Agricultural Fairs, as she does here in Topsham. She is showing how to twist a piece of rectangular iron into a decorative, appealing shape.



Sheridan Doyle, from Winthrop, (Left) competes in the Bow Saw competition and his wife, Ashley, compete's in the Ladies Log Roll.

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

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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

CODA Chorus invites singers to join for a December concert with the Augusta Symphony

WINTHROP - CODA chorus, a collective of singers and musicians dedicated to bringing the transformative power of choral music to the capital district, invites singers of all skills and experience to join us for a wonderful holiday concert on Sunday, December 13th at the Cony High School auditorium in collaboration with the Augusta Symphony

Orchestra (ASO). The concert, which includes the ASO performing Grieg's Wedding Day at Troldhaugen, a pops concert selection of Christmas at the Movies, and music from Tchaikovsky's Nutcracker Suite, will feature a selection of John Rutter's Christmas carols. The popular online music newsletter Inter-

lude says, "John Rutter's Christmas carols are a radiant gift to the world, illuminating the holiday season with melodies that capture the heart and spirit of Christmas. In his compositions, lively and energetic or serene and glowing with warmth, he weaves a spell that feels both timeless and deeply personal." They add, "Rutter's music invites

singers and listeners into a shared celebration. It transcends mere notes, embodying the wonder of starlit nights, the joy of communal song, and... quiet hope."

For the December 13th concert CODA Chorus will sing ten of the most popular carols that Rutter has composed for the holiday season, including Angels' Carol and the Shepherd's Pipe Carol. The program will conclude with a rousing sing along of Handel's beloved Hallelujah Chorus.

CODA is a community

chorus, and all are welcome to come sing with us. The chorus is led by Dr. Christine Letcher, assistant professor of music at the University of Maine at Augusta (UMA). She holds degrees from Westminster Choir College of Rider University, Northwestern, and the University of Maine. Prior to joining the faculty at UMA, she was on the faculty at Westminster Conservatory of Music in Princeton, NJ. Christine also served as a Peace Corps volunteer in Morocco from 2000 - 2002. Her style

of leading the choir is fun and inclusive.

Rehearsals are held each Tuesday night from 6:30 to 8:30 p.m. at the Winthrop United Methodist Church, 58 Main Street in Winthrop, beginning September 15th. There will also be three yet-to-be scheduled joint rehearsals with the symphony prior to the performance.

For more information and registration please email coda.chorus.winthrop@gmail.com or visit <https://www.codachorus.com/>.

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MAINE CALENDAR

WINTHROP HISTORICAL SOCIETY
4th Annual Apple Pie Bake Off
OCTOBER 8TH 5PM
ONE HOUR PRIOR TO THE WHS PRESENTATION
WINTHROP FIRE DEPARTMENT HOSTING
Bring your favorite apple pie you baked and enjoy apple pie when judging has commenced!

OCTOBER

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

Oct. 5 - Progress is Inevitable - It Begins with Vision - A talk on Christian Science Monday, October 5th, 6:30pm. Lithgow Public Library Community Room, 45 Winthrop Street, Augusta. Contact: christianscienceaugustamaine@gmail.com 207-622-7710

Oct. 8 - Winthrop, Maine Historical Society presents Fire Chief Dan Brooks, 6 p.m., 1703 US-202, Winthrop.

Oct. 17 - Maine Franco-American Genealogical Society [MFGS] to host Maine author Suzanne Roy as guest speaker, 11 a.m., Androscoggin Community Room of the Auburn Public Library, 49 Spring St., Auburn.

Oct. 24 - Manchester Community Church Chicken Pie Supper, 4:30 - 6:00 p.m., 21 Readfield Road, Manchester, FMI call 207-441-6011 and leave a message.

MONTHLY MEETINGS

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

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

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

TURNER: At Turner Public Library Stay & Play is on Wednesdays from 9:30-10:30 a.m., Story Hour is at 10:30 a.m., and Silent Book Club is from 4-6 p.m. on Thursdays.

WINTHROP: Winthrop Food Pantry, Thursday 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 the month, meet at the Ladd Center in Wayne at 6:00 p.m., RSVP on Facebook page each month so we can have a count for pizza, salad and dessert at each meeting, sharing the cost of the pizza.

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

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

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

TURNER: Story Hour, every Wednesday at 10 a.m., Turner Public Library, 98 Matthews Way, Turner, (207)

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)



225-2030.

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

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

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

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

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

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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Heritage Center, 107 Main St., 207-395-5199, winthrop-mainehistorical@gmail.com.

WATERVILLE: A Service for Veterans, Veteran Service Officer from the Bureau of Veterans' Services will be available to meet with you from 8 a.m. - 2 p.m. first Thursday of the month at the Muskie Community Center, 38 Gold Street, Waterville, appointments are 30 minutes. To reserve your private appointment, call (207) 873-4745.

WATERVILLE: Family Caregiver Education and Support Group, Third Wednesday, Monthly 1 - 2:30 p.m., Spectrum Generations' Muskie Community Center, 38 Gold Street, Waterville, to learn more, visit the front desk receptionist at the Muskie Center or call (207) 873-4745.

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

Food Addicts Meetings FREE - Food addicts in recovery meetings: Tues Zoom and phone, Thurs phone and Sun in person.



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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.

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

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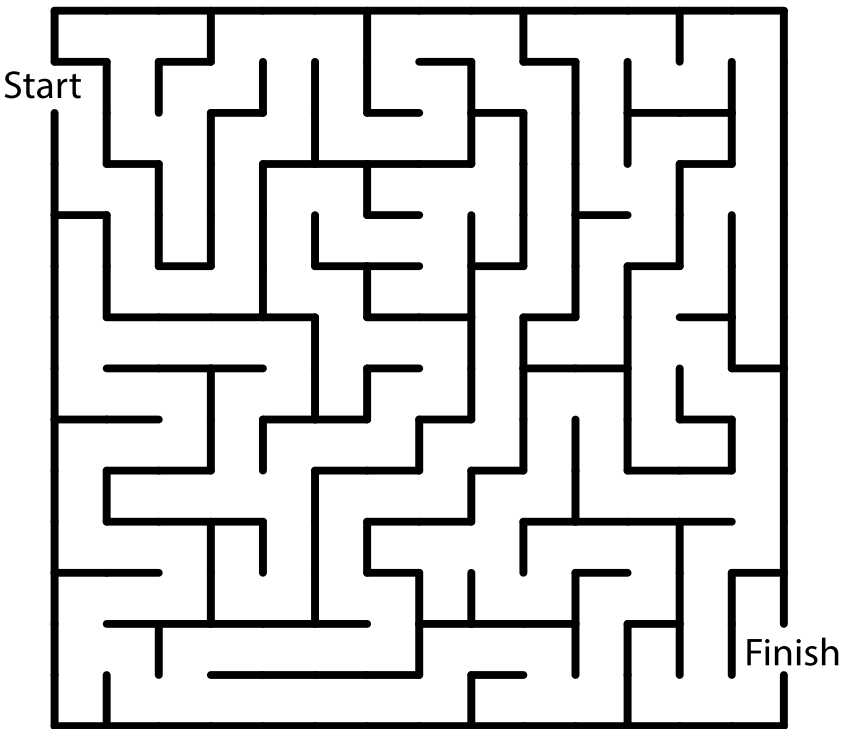
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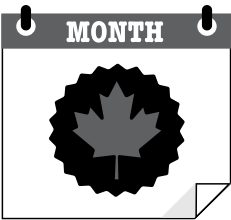


Maze Craze

Can you find your way through the maze?



CANADA



HISTORY

1982

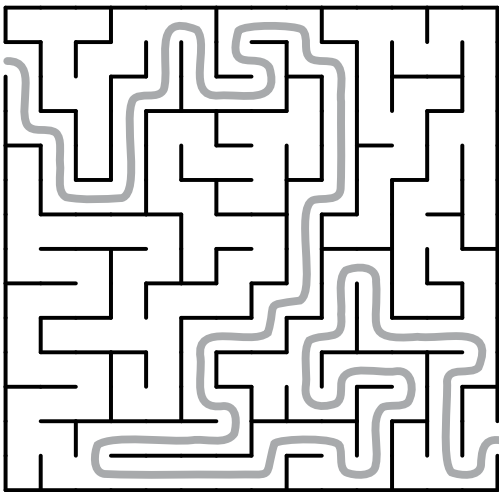
Bertha Wilson is appointed Canada's first female Supreme Court justice.

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...

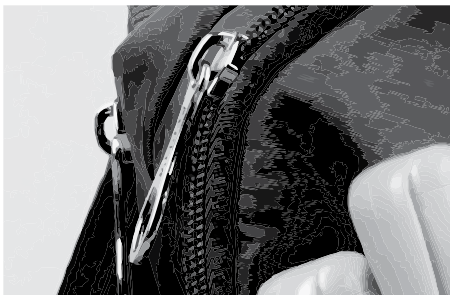
English: Strap
Spanish: Correa
Italian: Cinghia
French: Lanière
German: Riemen

Did You Know?

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

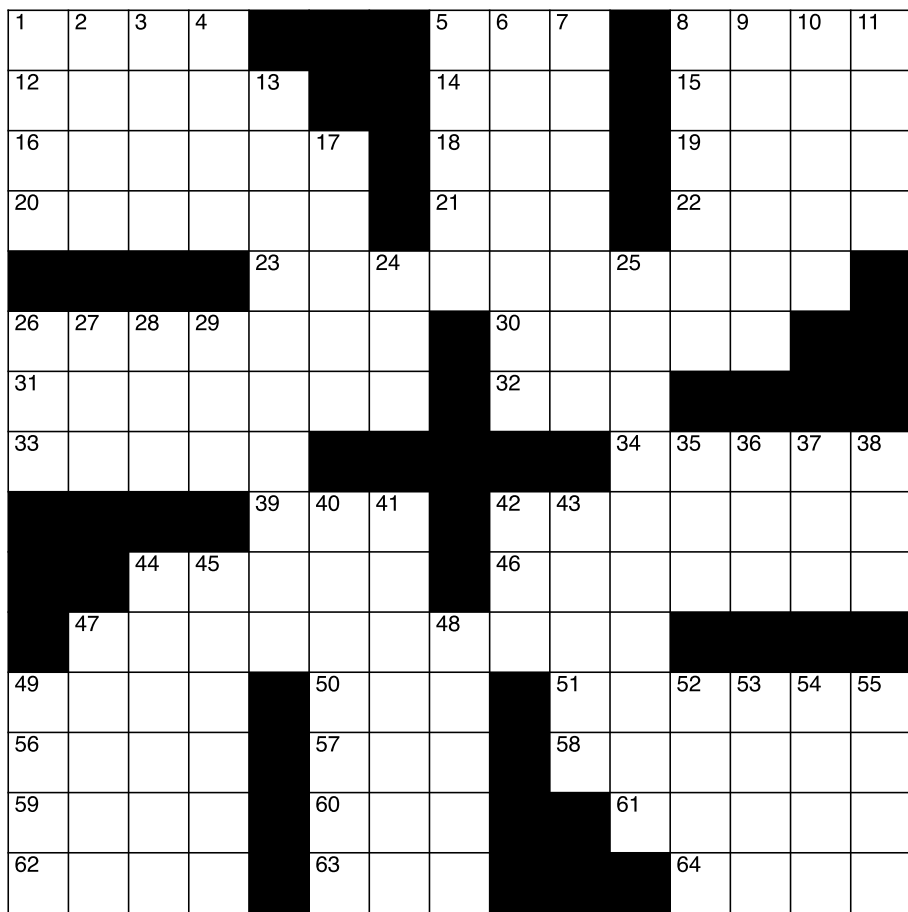


Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Backpack



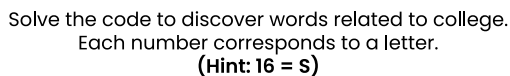
1. “Wicker Man” actor Nic
5. Protection
8. Cloth worn over a shoulder
12. Ceramic jars
14. Midway between northeast and east
15. South American hummingbird
16. Platforms
18. Taxi
19. Mild yellow Dutch cheese made in balls
20. A citizen of Yemen
21. Military mailbox
22. Nuclear near reach weapon
23. Clears
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

(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

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



Clue: Higher learning

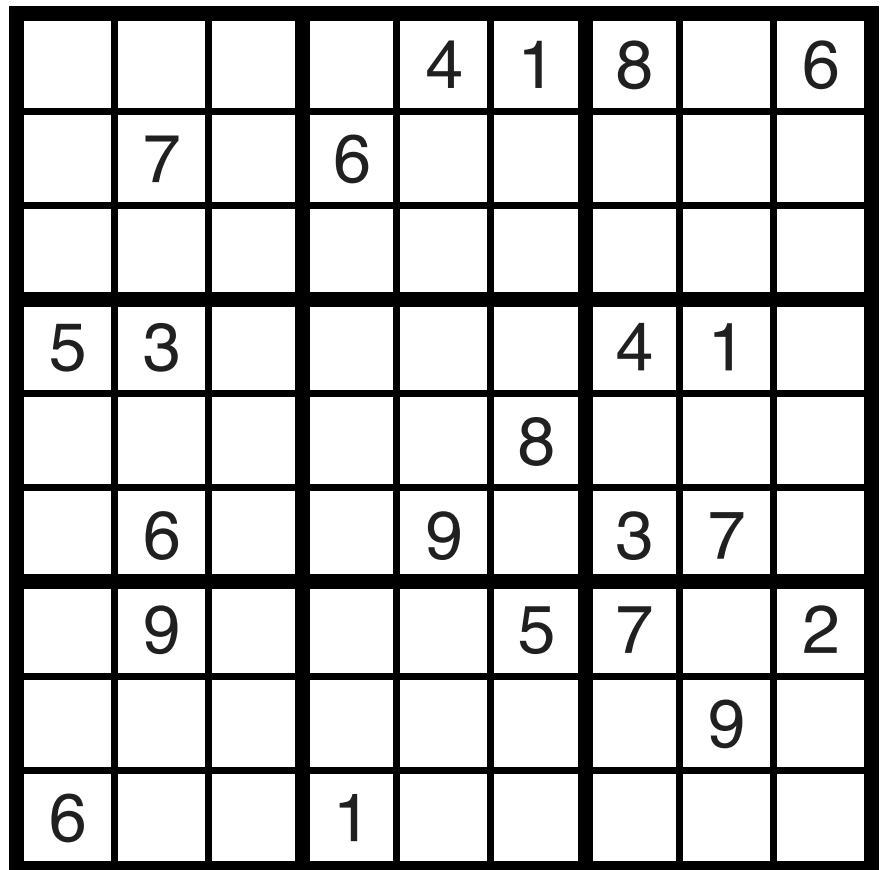
Clue: Plan for class

Clue: Class

Clue: Academic measurement

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

SUDOKU



Level: Advanced

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

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

ALUMNI
BURSAR
COMMENCEMENT
COMMUTER
CREDIT
DORMITORY
FRESHMAN
GPA
GREEK
JUNIOR
LECTURE
MAJOR
MINOR
POSTGRADUATE
PREREQUISITE
QUAD
REGISTRAR
RESIDENT
SEMINAR
SENIOR
SOPHOMORE
SYLLABUS
TUITION

HOROSCOPES

ARIES - Mar 21/Apr 20 - Aries, you will soon learn that any obstacle can be overcome if you set your mind to it. While a certain task may seem daunting right now, don't allow it to intimidate you.

TAURUS - Apr 21/May 21- Others are paying attention to you even if they seem distracted, Taurus. Embrace the scrutiny and do your best to reciprocate any special attention coming your way.

GEMINI - May 22/Jun 21- Gemini, make an effort to be there for a loved one this week. You have a unique ability to listen and support others, and your loved one will not take your efforts for granted.

CANCER - Jun 22/Jul 22 - Cancer, if your energy and attention span is a bit scattered this week, take steps to ensure all of your responsibilities are taken care of. A respite is on the horizon.

LEO - Jul 23/Aug 23- Leo, by observing others you can learn how they operate and make the most of your chances to work with them. Apply a similar approach to your personal relationships.

VIRGO - Aug 24/Sept 22 - Try to tackle a financial project this week, Virgo. Select something relatively easy to begin with, and then go from there if you find yourself in a financial groove.

LIBRA - Sept 23/Oct 23 - It's time to get the creative juices flowing, Libra. Tackle a project around the house, like painting or rearranging a room. Look for a new creative hobby as well.

SCORPIO - Oct 24/Nov 22- Scorpio, you have a lot of energy and a need to strive toward perfection in all that you do. Those traits will prove valuable around the office this week.

SAGITTARIUS - Nov 23/Dec 21 - Keep trying to convince someone that your ideas are credible, Sagittarius. With a little more persuasion, you may win this person over and he or she will become a big supporter.

CAPRICORN - Dec 22/Jan 20 - Capricorn, even if you don't want to go along with what the group is doing this week, you may have to concede that what is best for the group trumps your personal preference.

AQUARIUS - Jan 21/Feb 18- Aquarius, financial issues may be keeping you on your toes, but it's nothing you can't handle if you stick to your plan. You may want to do some tinkering, however.

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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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.

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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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



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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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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.

trolyte 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

Live Long, Live Well

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 elec-

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Winthrop Summer Sidewalk Art Festival



The Winthrop Lakes Chamber of Commerce held the 38th Sidewalk Art Festival on Saturday, August 15, in the downtown parking lot. The festival usually attracts a large crowd of locals and vacationers visiting the booths of Art and Crafts. Photos by Bill Van Tassel



A group of Winthrop friends gather to share news during the town's Annual Sidewalk Art Festival on August 15. Held on the parking lot near the Post Office and Sully's Tavern on Main Street, it was the 38th festival for the Chamber of Commerce.



The Bailey (Bailey Library) Ukelele band provided some music for the Winthrop Sidewalk Art Festival this summer. Their first song was "Surf City" by the Beach Boys. Mainley Ukes performs at many different venues with their unique sound. They also give beginner lessons.



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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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Scam Alert Bulletin Board



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.

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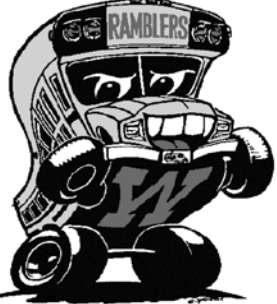
2026 WINTHROP FALL SPORTS SCHEDULE

FIELD HOCKEY			GIRLS SOCCER			BOYS SOCCER		
DATE	TIME	OPPONENT	DATE	TIME	OPPONENT	DATE	TIME	OPPONENT
9/8	6:00 PM	Telstar Regional	9/4	4:00 PM	@ Oak Hill	9/10	6:00 PM	Maranacook
9/9	6:00 PM	Oak Hill	9/7	10:00 AM	Wiscasset	9/12	11:00 AM	@ Mtn Valley
9/11	4:00 PM	Freeport	9/15	4:00 PM	@ Hall-Dale	9/14	4:00 PM	@ Buckfield
9/14	4:00 PM	@ Dirigo	9/17	3:30 PM	Mt. Abram	9/16	6:00 PM	Hall-Dale
9/19	11:00 AM	Spruce Mtn	9/22	6:00 PM	@ Lisbon	9/18	3:30 PM	Spruce Mountain
9/23	4:00 PM	@ Mtn Valley	9/26	1:00 PM	Telstar Regional	9/26	3:30 PM	Mt. Abram
9/25	5:00 PM	@ Messalonskee	10/1	3:30 PM	@ Leavitt	9/29	4:00 PM	@ Richmond
9/30	3:30 PM	@ Boothbay	10/3	1:00 PM	Lake Region	10/1	6:00 PM	Leavitt
10/2	3:30 PM	Dirigo	10/6	6:00 PM	Maranacook	10/3	2:00 PM	@ Lake Region
10/5	3:15 PM	@ Hall-Dale	10/8	6:00 PM	Cony	10/5	6:00 PM	@ Lisbon
10/7	3:30 PM	@ Spruce Mtn	10/10	1:00 PM	@ Telstar	10/8	3:30 PM	@ Cony
10/9	3:30 PM	Brunswick	10/13	3:30 PM	@ Monm	10/14	6:00 PM	Monmouth
10/14	3:30 PM	@ Oak Hill	10/20	6:00 PM	Spruce Mtn	10/16	3:30 PM	Mtn Valley
10/16	6:00 PM	Lisbon						
GOLF			FOOTBALL					
DATE	TIME	OPPONENT	DATE	TIME	OPPONENT			
9/8	3:30	Maranacook	9/4	7:00 PM	Lisbon			
9/10	3:30	Oak Hill	9/11	6:00 PM	@ Freeport			
9/17	3:30	Dirigo	9/17	7:00 PM	Madison			
9/22	3:30	Madison	9/24	7:00 PM	Poland Regional			
			10/3	1:00 PM	@ Oak Hill			
			10/9	7:00 PM	Dirigo			
			10/15	7:00 PM	@ Mtn Valley			
			10/24	7:00 PM	@ John Bapst			



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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)

2026 MARANACOOK FALL SCHEDULE

FOOTBALL		
DATE	TIME	OPPONENT
9/05	1:00 PM	@Traip Academy
9/11	7:00 PM	vs. Sacopee Valley
9/18	7:00 PM	vs. Dexter
9/26	1:00 PM	@ Valley
10/03	1:00 PM	@Telstar HS
10/09	6:00 PM	vs. Boothbay
10/17	1:00 PM	@ OOB
10/23	6:00 PM	vs.Spruce Mt.

GOLF		
DATE	TIME	OPPONENT
9/01	3:30 PM	@ Augusta CC
9/03	3:30 PM	@ Dirigo
9/08	3:30 PM	@ Winthrop
9/15	3:30 PM	@ Monmouth
9/22	3:30 PM	@ Augusta CC
9/24	3:30 PM	@ Augusta CC
9/29	TBA	TBD Playoff
10/01	10:00 AM	@ Natanis MVC
10/05	10:00 AM	@ Natanis
10/10	TBA	@ Natanis

CROSS COUNTRY		
DATE	TIME	OPPONENT
8/28	4:00 PM	@ Cony Laliberte
9/03	4:00 PM	MVC Schools Home
9/11	4:15 PM	MVC Schools Away
9/17	4:15 PM	MVC Schools Away
9/25	4:15 PM	MVC Schools AwayFri
10/09	TBA	Mt. Blue Relays Away
10/17	11:00 AM	MVC Schools Away
10/24	12:20 PM	Class C Regionals
10/31	2:20 PM	Class C States Away

BOYS SOCCER		
DATE	TIME	OPPONENT
8/22	8:45 AM	@ Lewiston
8/22	11:00 AM	@ Lewiston
8/22	1:15 PM	@ Lewiston
8/22	3:30 PM	@ Lewiston
8/26	5:00 PM	@ Winslow
8/29	TBA	@ South Portland
9/05	11:00 AM	vs. Richmond
9/08	6:00 PM	@ Oak Hill
9/10	6:00 PM	@ Winthrop
9/12	11:00 AM	vs. Lake Region
9/16	6:00 PM	vs. Lisbon
9/18	4:00 PM	@ Hall-Dale
9/21	6:00 PM	vs. Mt. Valley
9/29	3:30 PM	@ Monmouth
10/01	6:00 PM	vs. Buckfield
10/03	11:00 AM	vs. MCI
10/06	6:00 PM	@ Mt. Abram
10/08	6:00 PM	vs. Leavitt Senior
10/10	1:00 AM	@ MCI
10/17	4:00 PM	@ Spruce Mt.

GIRLS SOCCER		
DATE	TIME	OPPONENT
8/22	9:00 AM	vs. Buckfield
8/22	10:20 AM	vs. Hermon
8/22	11:40 AM	vs. Presque Isle
8/22	1:00 PM	vs. Oxford Hills
8/25	4:00 PM	@ Windham
8/29	8:40 AM	@ Lewiston
8/29	10:00 AM	@ Lewiston
8/29	10:40 AM	@ Lewiston
8/29	12:40 PM	@ Lewiston
08/29	1:20 PM	@ Lewiston
9/04	6:00 PM	vs. Spruce Mt.
9/08	6:00 PM	vs. Oak Hill
9/12	10:00 AM	@ Lake Region
9/15	6:00 PM	vs. Lisbon
9/17	4:00 PM	@ Telstar HS
9/19	11:00 AM	@ Hall-Dale
9/25	6:00 PM	vs. Mt. Abram
10/01	3:30 PM	@ Buckfield
10/03	11:00 AM	@ MCI
10/06	6:00 PM	@ Winthrop
10/08	3:30 PM	@ Leavitt
10/10	11:00 AM	vs. MCI
10/13	6:00 PM	vs. Wiscasset
10/15	6:00 PM	vs. Monmouth

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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 game



Submitted photo
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 consider-

able 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 the landscape alters one of



Submitted photos
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 patchwork 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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Messalonskee Girls Soccer plan 11th Annual Girls Youth Mentoring Day in memory of Cassidy Charette

Oakland - Messalonskee High School Girls Soccer and the ShineOnCass Foundation will host its 11th annual girls youth mentoring day “ShineOn Saturday” September 26, from 12 to 2 pm, at Messalonskee High School in Oakland. The event is held to honor former Messalonskee soccer player and youth mentor Cassidy Charette, who died in a hayride accident Oct. 11, 2014.

Area girls, ages from pre-kindergarten to 5th grade, are invited to attend this free event. Soccer skills are not required. In addition to participating in skill building and fun field games, attendees will receive a snack, an autographed team poster and a ShineOnCass wristband that gives them a special treat when they wear it at any Lady Eagles home game.

To register for ShineOn Saturday, visit shineoncass.org.

The ShineOnCass Foundation was created to educate, inspire, and empower youth to shine their own light through kindness and volunteer charitable activities. For more information about the ShineOn Saturday event or the Foundation, visit shineoncass.org or email shineoncass@gmail.com.



New bathrooms at the American Legion

Over the course of the summer, John Palmer, Vice Commander of Decker-Simmons American Legion Post 51 Oakland, led a team of talented members of the post in the task of tearing out the old bathrooms in the rental hall and building a new, bigger, and ADA-compliant set of bathrooms. All of the labor and much of the material were donated by local businesses. The hall is available to rent for birthdays, anniversaries, celebrations of life and many other functions. This upgrade makes having



a function here a much better experience. We are forever grateful to the following donors: F.W. Webb, Home



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Submitted Photos

Construction, Joseph’s Flooring, Leighton Sign Works, and a special shout-out to Jeff Stevens for his contributions.

STUDENT NEWS

Dean’s List honors announced at Tufts University

Medford, MA -- Tufts University recently announced the dean’s list for the spring 2026 semester. Dean’s List honors at Tufts University require a semester grade point average of 3.4 or greater. The following students were named to the dean’s list:

Kaylee Feeney, Class of 2028, of Winthrop
Samuel Goldey, Class of 2028, of Augusta
Bella Wallingford, Class of 2026, of Oakland

Bella Wallingford graduates from Tufts University

Medford, MA -- Tufts University awarded more than 3,600 degrees across all schools during its ceremony commemorating the accomplishments of the Class of 2026.

Bella Wallingford, of Oakland, graduated with a degree from Tufts University.

Local students named to Holy Cross’ Spring 2026 Dean’s List

Worcester, MA -- College of the Holy Cross congratulates the students named to the Spring 2026 Dean’s List for outstanding academic achievement during the spring semester of the 2025-26 academic year. The following local students made the list:

Mary Hatt, of Mount Vernon, Class of 2027
Marjorie Knight, of Readfield, Class of 2026

To qualify for the Dean’s List, students must pass four or more letter-graded courses with no failing grades during the semester and earn a GPA of 3.5 or higher.

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Ramblers shut out Lisbon, 2-0



Winthrop sophomore Savy Oliver heads toward the goal against a Lisbon defender. Winthrop won the match in Lisbon on September 22. Score: 2-0 It was the second win for the Ramblers in five early-season games.

Bill Van Tassel photos



Ramblers' Isabella Baehr works around two Lisbon players in a September 22 away match in Lisbon. Winthrop [2-3] won the outing built on a game opening score and controlling much of the contest's offensive play. Final: 2-1.

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