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**DENALI**  
PROPERTY MANAGEMENT

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# Young racers keep West Paris Downhill Derby tradition rolling



Bill Van Tassel Photos

Pairs of racers start their Downhill Derby ride, using two lanes, at the drop-down gate at the hill's peak. The hill was constructed/paved in 1965, starting the Derby tradition in West Paris.



West Paris Downhill Derby organizer Steve McCann has pre-race chat with some young Oxford Hills racers. L to R: Drew Vachon, Dalton Holland, Carter Jewell, Sutton Holley, Harmony Holland and Lucas Giourard. Also racing were Liam Holland and Ryder King.



One of several close finishes in the Downhill Derby featured Liam Preo and Harmony Holland. Older brother Liam was also racing on September 12 in West Paris.

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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*

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## 2026 Waterford Fall Foliage 5K, Fitness Walk & 1 Mile Fun Run

WATERFORD - Registration is now open for the 2026 Waterford Fall Foliage 5K! The race and the scholarship fund are back in 2026 for the 27th year this October. The public rallied to continue this important community tradition following the closure of Waterford Elementary School last year and initial plans to host the final race in Fall 2025.

Every second Sunday in October, townspeople and visitors gather on the green, watch kids run the 1 Mile Fun Run, and participate in a scenic and challenging 5K to raise scholarship money for the town’s high school graduates.

The Waterford-Harrison Parent-Teacher Organization (PTO) runs the chili cook-off. Extended families return each year, with participants ranging in age from 0 to 90-something.

The race started in 2000 and in 2001 was named to honor the late Tony Waldeier. Tony was a beloved Waterford principal, teacher, citizen, and grower of red-hot chili peppers when Waterford was known for New England boiled dinners, baked beans, and blueberry pies—but nary a chili.

Tony’s family awarded medals and Maine maple syrup to race winners, while the PTO judged the chili competition. Over the years, the race has earned more than \$110,000 in scholarships for nearly 140 Waterford students.

This year’s event continues the race’s unique, something-for-everyone flavor. As usual, the Fun Run will kick off at 11:30 am, and the 5K will start at noon. Spectators can sample and vote on chili while runners compete and walkers enjoy the scenic and challenging 5K course. Each year during peak fall foliage, racers start and finish in historic Waterford Flats, wind along Keoka Lake, and turn around in South Waterford. Spirited spectators cheer on child runners and 5K participants.

We hope to have another strong turnout this year to fund scholarships for Waterford graduates.

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# MAINE CALENDAR

2026

MONTHLY MEETINGS

SEPTEMBER

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

Sept. 26 - Town of Casco's 1st Annual Casco Community Fest, 3:00 - 6:00 p.m., Casco Community Park, \$2 Ice Cream Social and Music with DJ Joe Lerman, rain date Sunday, September 27th.

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

OCTOBER

Oct. 20 - Maine Cemeteries: Lives Cut Short, 6:30 p.m., Norway Memorial Library, 258 Main Street, Norway, FMI please call the library at 743-5309 or visit [www.norwaymemorial-library.org](http://www.norwaymemorial-library.org).

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

CASCO: Casco Village Church, United Church of Christ, 941 Meadow Rd. in Casco, invites you to our "Clothes Closet", 1st and 3rd Saturdays of the month from 10-2 p.m., clothing for all and always offering a table of free items.

AUBURN: Weekly Chess Club, every Wednesday, 4-6



p.m., Auburn Public Library, all levels and ages welcome; FMI call Joe Kaper 207-274-8463.

SOUTH PARIS: South Paris Farmers' Market, Thursdays 2-6. p.m., 9 Market Square in the parking lot right next door to Oxford Hills Mercantile/Ollie & David's.

NORWAY: Craft & Chat at the Cancer Resource Center, Mondays 1:00 – 3:00 p.m., drop in and explore your creative side and meet new friends at the same time, all supplies are provided, no pre-registration is required.

NORWAY: Chair Yoga at the Cancer Resource Center, Thursdays 1:00 – 2:00 p.m., chair yoga can help improve core strength and balance, promote better breathing techniques, increase flexibility and help reduce stress, call the Cancer Resource Center to register at 890-0329.

NORWAY: Women's Support Group and Coffee Hour, meets the third Wednesday of every month from 10:30 to 12:00 noon at the Cancer Resource Center, 199 Main St., Norway, no

registration needed, FMI call Kelsey at the Center at (207) 890-0205.

NORWAY: Men's Rally Group meets the third Friday of each month from 1:00 - 3:00 p.m., Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Nel Bernard at 207-312-9955 or Vance Jordan at 207-583-2975. \*Note: new day of week and time.

NORWAY: Wellness Share at Center for Healing Arts, 2nd Saturday of each month, 10 a.m. to 2 p.m., 180 Main St., Norway, free event offering Reflexology, Massage, and more, FMI call Charlotte LaBelle – 207-890-2177.

NORWAY: Drum Circle at Center for Healing Arts, 4th Saturday of each month, 11 a.m. to 2 p.m., 180 Main St., Norway, free event, drums available for use, FMI call Dan Gravel 207-604-0323 or Nel Bernard 207-312-9955.

LEWISTON: Renewal Addiction Ministry. Applying biblical truth to the root of addiction. Every Friday 630pm. 89 Birch Street

Lewiston @The Root Cellar. Alex Theriault 207-274-1570

NORWAY: Norway Community Lunch program, Wednesdays from 11:15 a.m., to noon, First Universalist Church of Norway Concert Hall, 479 Main Street, Norway.

LEWISTON: Maker Mondays at Lewiston Public Library, March 2, 16, April 6 and May 18, Couture Room, Lewiston Public Library, 200 Lisbon St., Lewiston, ages 18 and up, beginners welcome, FMI contact 207-513-3134 or [lplicirc@lewistonmaine.gov](mailto:lplicirc@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).

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.

NORWAY: Oxford Hills Honeybee Club, 1 p.m., second Saturday of the month, First Universalist Church, 479 Main

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)

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St., all welcome, [cpeaston@megalink.net](mailto:cpeaston@megalink.net).

NORWAY: Serenity Seekers Al-Anon newcomers meeting 6:15-6:45 p.m. followed by Regular Meeting 6:45-7:45 p.m. at The Hills Recovery Center, 15 Tannery Street, Norway, ME. Every Thursday. FMI [serenityseekersnorway@gmail.com](mailto:serenityseekersnorway@gmail.com)

NORWAY: Mindful Yoga at Roberts Farm Preserve Roberts Farm Preserve, 9:30 – 10:30 a.m., 58 Roberts Rd., Norway.

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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# Did you find Coop?

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



Name \_\_\_\_\_

Address \_\_\_\_\_

Paper \_\_\_\_\_

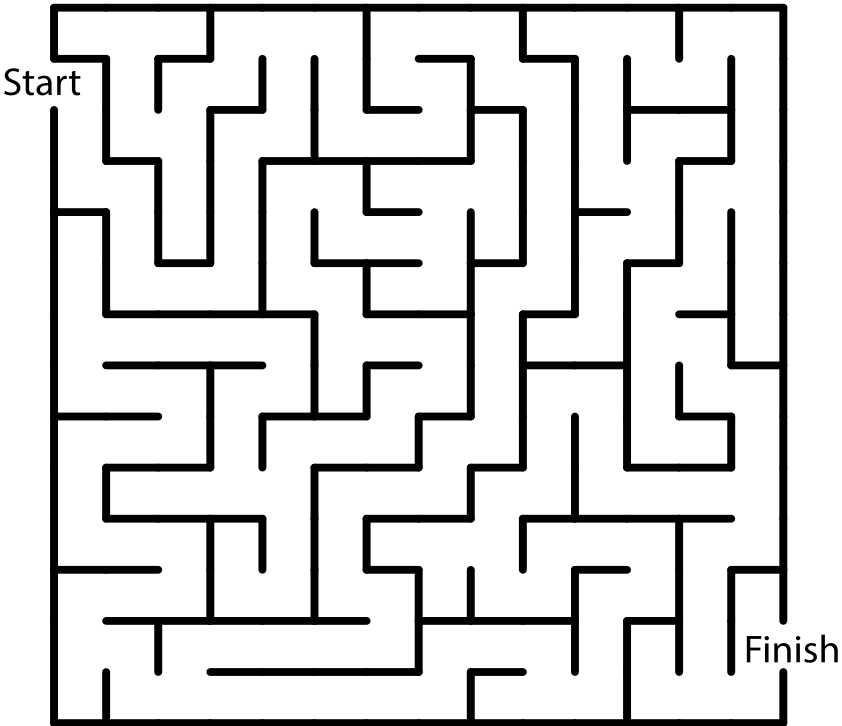
Page # \_\_\_\_\_ Phone # \_\_\_\_\_

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mail to: Coop - Turner Publishing, P.O. Box 214, Turner, ME 04282

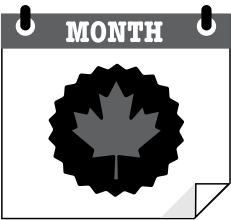


## Maze Craze

Can you find your way through the maze?



## CANADA



## HISTORY

1982

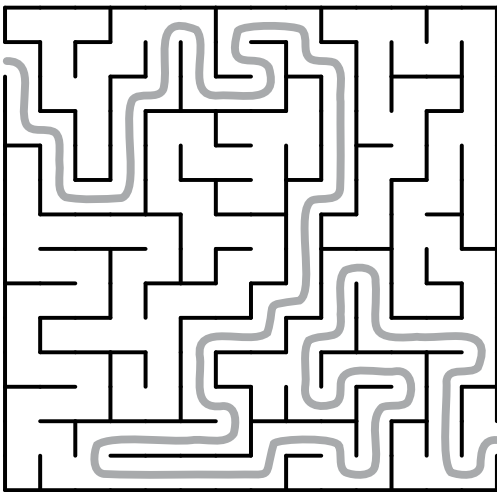
Bertha Wilson is appointed Canada's first female Supreme Court justice.

## 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...

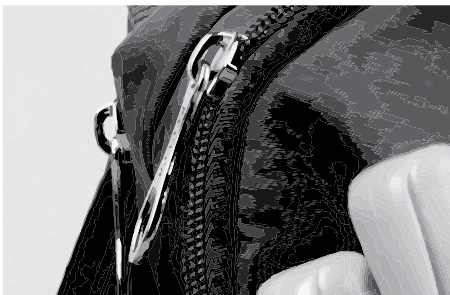
- English: Strap
- Spanish: Correa
- Italian: Cinghia
- French: Lanière
- German: Riemen

## Did You Know?

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



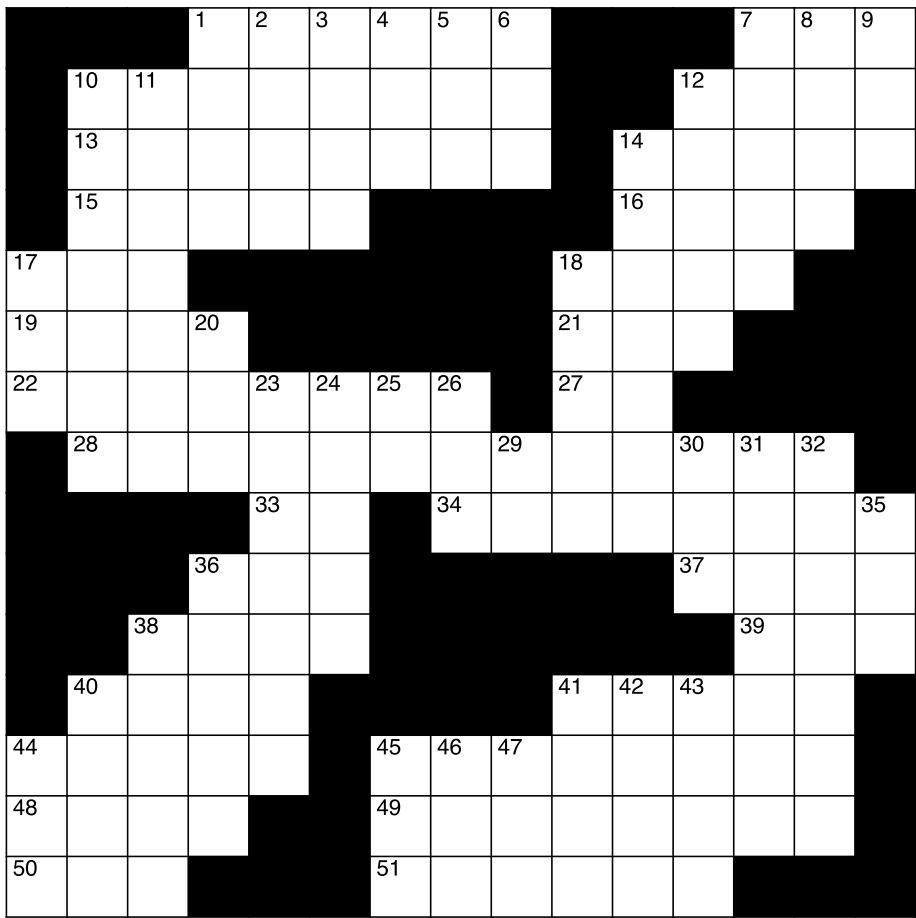
## Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Backpack

# Crossword



## CLUES ACROSS

1. A place for worship
7. Referee declaration
10. Torsos
12. Used to introduce something
13. Healing method
14. Takes to the sea
15. Make law
16. French coastal city
17. Hawaiian dish
18. Young of domestic cattle
19. Women's undergarments
21. 60-minute intervals (abbr.)
22. One after another
27. It's a hot topic these days
28. Folk band frontman
33. They precede C
34. Heavenly
36. Fiddler crabs
37. Major Hindu deity
38. Hebrew given name
39. Cost per mile
40. \_\_\_\_\_ Romeo, car

- |                                    |                          |
|------------------------------------|--------------------------|
| 41. Rural municipality in Manitoba | 14. Remove thatch        |
| 44. Narratives                     | 17. Television network   |
| 45. "A tragedy had ____ him"       | 18. Jalen Brunson is one |
| 48. Iranian city                   | 20. Title of respect     |
| 49. Praises publicly               | 23. Flowering trees      |
| 50. Founding Father Franklin       | 24. Occurring in a tube  |
| 51. Herbal tea                     | 25. Exists               |
|                                    | 26. Woman (French)       |
|                                    | 29. Expression of doubt  |

### CLUES DOWN

1. Indian unit of mass
2. "Tears in Heaven"  
singer Clapton
3. Part of a sailing  
vessel
4. Part of (abbr.)
5. Polynesian garland  
of flowers
6. Keyboard key
7. One who steals
8. Large oven
9. Former CIA
10. Idea
11. Solomon Islands  
capital
12. Afrikaans
32. Makes slightly wet
35. National Assn. of  
Manufacturers
36. Not sated
38. Poe's middle name
40. Swiss river
41. Rhythmic pattern in  
Indian music
42. "Shane" actor Ladd
43. Popular whodunit  
board game
44. Bar bill
45. Ballplayer's tool
46. Indicates near
47. Feet per second



Solve the code to discover words related to hunting and fishing.  
Each number corresponds to a letter.  
**(Hint: 18 = I)**

**A. 17 23 1 16**

Clue: Wild animals hunted

**B. 25 13 8 5 20 9**

Clue: Prize for an accomplishment

**C. 22 18 26 16 4 24 16**

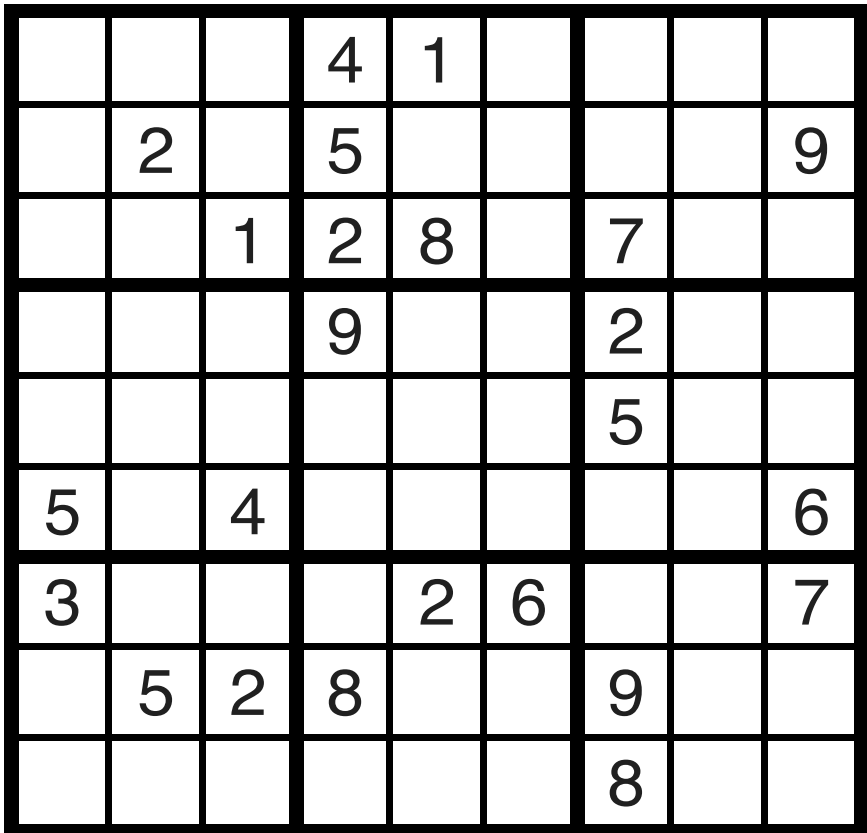
Clue: Document granting permission

**D. 16 19 14 18 5 1 16 4 25**

Clue: Gear

Answers: A. game B. trophy C. license D. equipment

# SUDOKU



Level: Advanced

# HUNTING & FISHING WORD SEARCH



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

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

## WORDS

ANGLER  
 BAG LIMIT  
 BAIT  
 BLINDS  
 BOBBER  
 CAMO  
 CAMOUFLAGE  
 CASTING  
 CATCH  
 DECOY  
 FLETCHING  
 GAME  
 HABITAT  
 HARVEST  
 LICENSE  
 LURE  
 NET  
 POACHING  
 QUARRY  
 SCENT  
 SEASON  
 TACKLE  
 TRACKING  
 WILDERNESS

# HOROSCOPES

**ARIES - Mar 21/Apr 20** - Aries, it is time to be on the lookout for fresh financial opportunities. Set new goals for yourself, and put your finances at the top of your priority list.

**TAURUS - Apr 21/May 21** - Taurus, don't bother attracting people through false advertising. Instead, be authentic and you will find you garner much more attention and adoration.

**GEMINI - May 22/Jun 21** - Gemini, the universe is trying to send you cues this week. But you will only receive these cues if you keep your eyes and ears open. Things may not be what they seem.

**CANCER - Jun 22/Jul 22** - Cancer, if you want others to open up, you have to start the conversation by sharing something from your heart as well. Make an effort to be more open in the days ahead.

**LEO - Jul 23/Aug 23** - Leo, this week you have the strength and motivation to accomplish your goals. You will sigh with relief when everything gets accomplished on time and in order.

**VIRGO - Aug 24/Sept 22** - You have a green light to spoil yourself this week, Virgo. It isn't something you do often, so let loose a little bit and splurge on some luxuries.

**LIBRA - Sept 23/Oct 23** - Libra, a dear friend or relative could use your support right now. Offer a helping hand or even a shoulder to cry on so this special person knows you're there to help.

**SCORPIO - Oct 24/Nov 22** - Make an effort to be a social butterfly in the week ahead, Scorpio. This will quench your thirst to be around others. Don't be afraid to reconnect with old friends.

**SAGITTARIUS - Nov 23/Dec 21** - Sagittarius, this is a great week to establish a financial strategy that fits into your lifestyle. If this involves revisiting your professional ambitions, then so be it.

**CAPRICORN - Dec 22/Jan 20** - Capricorn, don't be afraid to shake things up a bit this week. You may not have time to mince words, so don't hesitate to get to the point. Others will appreciate your candor.

**AQUARIUS - Jan 21/Feb 18** - It is time to be your own teacher and become an expert in any subject you desire, Aquarius. Start doing your research and you may be surprised at the discoveries.

**PISCES - Feb 19/Mar 20** - Pisces, this week you might start seeing a platonic pal in a more amorous way. The affinity you share may be the foundation for a great relationship.

# 2026 Maine Senior Games Table Tennis Tournament in Bridgton

The Sixth Annual Maine Senior Games Table Tennis Tournament took place at the Bridgton Town Hall on Saturday, August 8th with 26 players, including 7 women, who came to establish their place in history.

Medals were awarded for First, Second and Third place in Singles, Doubles, and Mixed Doubles Classes.

After the official competition was completed, there was plenty of time for challenges between age groups, which were only for fun and “Bragging Rights.”

Thanks to the Town of Bridgton, Leslie Hayes and Bridgton Rec Dept Director, for her support in promoting the event, providing seating, and supplying bottled water for the competitors.

Thanks to Pam Erickson, Statewide Maine Senior Games Coordinator, who coordinates 16 sports that are part of Maine Senior Games, for all her efforts to promote this event and guarantee its success. Thanks to Irena Stephan, former Maine State Female Table Tennis Champion for many years, for her help officiating, keeping scores and records, and for



Submitted photo

helping to keep the event running smoothly.

Thanks to all the players who helped make this Tournament the Best Ever!

A great time was had by all.

Remember—Please join us playing ping pong at The Bridgton Town Hall, 26 North High St., every Sunday from 1-4 p.m. It is great exercise, it is fun, and it is free! Bring a friend.

# Four-decade Bridgton Hospital nurse is winner of DAISY Award



Submitted photo

Elaine Drew, RN, surrounded by fellow employees and former Bridgton Hospital nurses.

BRIDGTON - Elaine Drew, RN, is the latest Central Maine Healthcare winner of the DAISY Award.

The DAISY award is an international recognition program that rewards and celebrates the extraordinary, compassionate and skillful care nurses give every day. Nurses can be nominated by patients or co-workers.

Elaine Drew has been with Central Maine Healthcare for almost 45 years. She is the program coordinator for the

Bridgton Hospital Diabetes Clinic. When she’s not working at the hospital, Elaine can often be found donating her time at local food pantries and providing free blood pressure screenings, diabetes education and wellness screenings to members of the community.

Elaine was nominated by Stephany Jacques, RN, MSN, president of Bridgton Hospital.

“A specific criterion named by the DAISY Foundation is for a recipient to create a culture

that empowers and supports all team members,” Jacques said. “The nurse we are honoring today ensures others around her are acknowledged for their hard work and efforts while quietly standing by, enjoying seeing other nurses and team members be recognized.

“Wherever there is community gathering for the greater good, you can find Elaine. She brings caring for the community to a whole new level.”

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## Waterford's Revolutionary War Soldiers Program

The Waterford's Revolutionary War Soldiers Program will take place on Saturday, October 10, 2026, from 1:00 PM to 3:00 PM at Elm Vale Cemetery in South Waterford. Hosted by the Waterford Historical Society, this educational event focuses on the local patriots who served during the American Revolution and are interred in the historic cemetery.

**Event Details**

- **Event:** Waterford's Revolutionary War Soldiers Program
- **Date & Time:** Saturday, October 10, 2026, from 1:00 PM to 3:00 PM
- **Location:** Elm Vale Cemetery, located on Sweden Road, South Waterford, ME
- **Admission:** Free / Open to the public

**What to Expect**

- **Historical Highlights:** Informative presentations regarding Waterford citizens who took up arms during the fight for independence.
- **Cemetery Atmosphere:** Elm Vale is a beautifully maintained historic municipal site operating under a carry-in, carry-out policy. Visitors are encouraged to dress appropriately for autumn outdoor weather

<https://waterfordme.org/departments/cemetery/index.php>

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Fraud Watch Network

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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](http://fda.gov/safety/recalls) and [cpsc.gov/recalls](http://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).**

# 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.* ♥

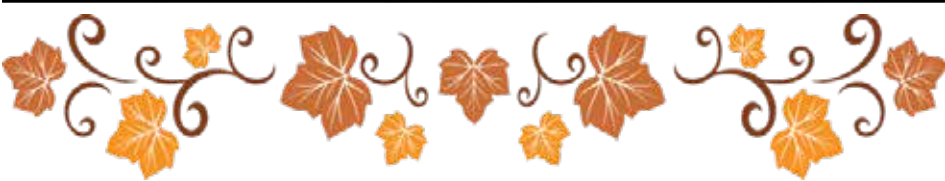


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Fall Seasonal Guide

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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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# 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.

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### 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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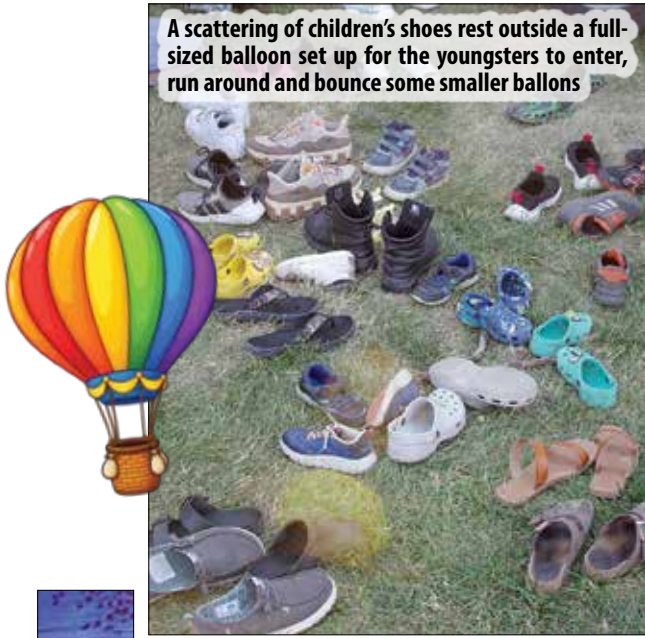
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# Lewiston Auburn Balloon Festival

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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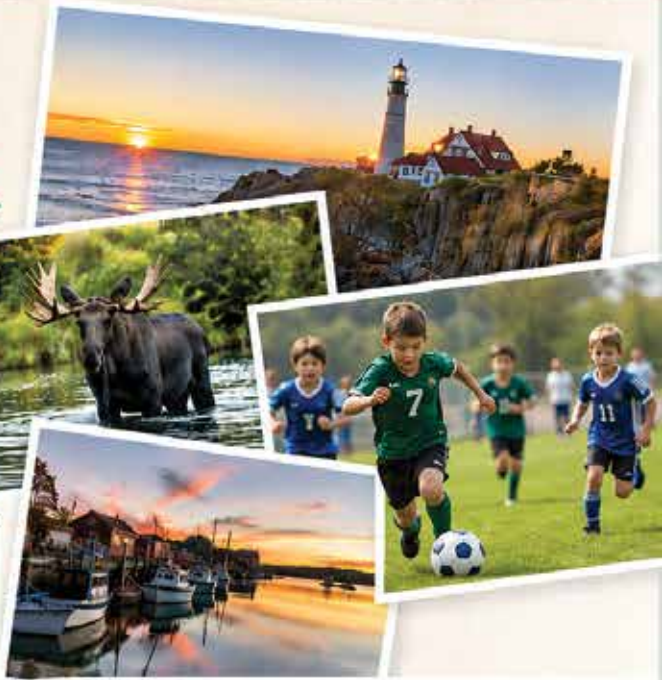
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MOVIE REVIEW

MUTINY

by Lucas Allen

(Lionsgate Films)

Another year, another Jason Statham movie dumped into theaters, expecting to bring in enough hardcore action lovers to make a profit. Yet, the growly English actor seems to quickly forget about being in last year’s awfully made “A Working Man” because he now stars in another action flick with the same subject matter, except this time, it’s “Die Hard on a boat” (a la “Under Siege”) in "Mutiny". This comes to us from director Jean-Francois Richet and writer J.P. Davis (with co-writer Lindsay Michel), who brought us the 2023 Gerard Butler actioner “Plane.”

Cole Reed (Statham) is an ex-cop now working as both security and as a personal driver to a rich shipping magnate named Tibu (Ramon Tikaram). The old man was celebrating a party to give his son Kameron (Chaneil Kular) the keys to his company when, on the way back home, he and Cole were ambushed by armed goons before getting shot to death. Knowing he has been set up to take the fall, Cole assumes the identity of one of the dead gunmen and sneaks aboard one of the company’s ships being captained by Marko (Roland Moller) for a routine job. Also on board is a woman named Angie (Annabelle Wallis), who was made third mate at the last minute when she is supposed to be heading home to see her daughter.

During the voyage, Cole discovers the ship’s cargo to be

refugees being trafficked out of the country. Marko and his crew are actually working for Tibu’s rival magnate Jaran (Simon Kluth), who is secretly using the company’s funds to coerce their human trafficking ring. Now, Cole teams with Angie to try to outwit the evil crew to help the refugees and contact the Navy to be rescued.

Without sounding like a broken record, this movie is about what you can expect from a Jason Statham film. Similar background for the actor’s character, working in secret on a personal mission, and enough bloody wounds and broken bones to rival the “Mortal Kombat” games. Not to mention, it may or may not be a coincidence that this script involves human trafficking that Statham already took care of previously in “A Working Man.”

But unlike that movie, this one is at least shot, directed, and edited more competently by a director knowing how to use his capabilities. While not a visually driven film, Richet made some good use of low-lighting and tight spaces to convey the mayhem presented during the fight scenes. The stunt work is pretty good, making the whole thing almost worthwhile for the silver screen.

It’s no secret in the writing that it’s a bit of a “Die Hard” clone with its foreign villains, walkie-talkies, and some authorities figuring out the situation. However, it lacks the personality and fun factor of that classic film, and it doesn’t

bring anything memorable to the screen. All you get is a generic action script plus Statham beating down the bad guys, equaling a pretty tight 90-minute movie for only the matinee crowd.

If you’re a Statham fan, you’ve already known what to expect from his performance, much like if you were into Schwarzenegger or Stallone’s work from the 80’s. His steely eye stare, grouchy English accent, and macho hand-to-hand skills remain the best thing this film has to offer. Wallis handles her supporting turn without resorting to any damsel-in-distress trope by actually getting involved in the action herself nicely. The weakest parts sadly, are the villains with Moller not doing much more than scowling a lot in his line readings, while Kluth acts in a bad monotone voice throughout all of his scenes. Their performances fail to measure the best villainous roles from all of the “Die Hard” films.

"Mutiny" is one of the weaker Statham films that manages to only reach “middle-of-the-road” status mostly for its filmmaking. It’s not particularly terrible, but one wishes that it goes further than simply being another “same-old, same-old” kind of action film. For what it is, it is definitely a fine timewaster for a late summer release.

THE MOVIE’S RATING: R (for strong bloody violence and language)

THE CRITIC’S RATING: 2.75 Stars (Out of Four)

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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



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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2026 OXFORD HILLS FALL SPORTS SCHEDULE

Varsity Football

| Date  | Time     | Location          |
|-------|----------|-------------------|
| 09/04 | 6:00 PM  | @ Windham         |
| 9/11  | 7:00 PM  | vs. Deering       |
| 9/18  | 7:00 PM  | vs. Edward Little |
| 10/02 | 7:00 PM  | @ Lewiston HS     |
| 10/09 | 7:00 PM  | @ Bonny Eagle     |
| 10/17 | 12:00 PM | vs. Portland      |
| 10/23 | 7:00 PM  | vs. Noble         |
| 10/30 | 7:00 PM  | @ Bangor          |

Junior Varsity Football

| Date  | Time     | Location        |
|-------|----------|-----------------|
| 9/07  | 10:00 AM | vs. Windham     |
| 9/21  | 6:00 PM  | @ Edward Little |
| 9/28  | 6:00 PM  | @ Greely HS     |
| 10/05 | 4:00 PM  | vs. Lewiston    |
| 10/12 | 1:00 AM  | vs. Bonny Eagle |
| 10/19 | 4:30 PM  | @ Portland      |
| 10/26 | 4:00 PM  | @ Leavitt       |
| 10/26 | 4:30 PM  | @ Noble         |
| 11/02 | 4:00 PM  | vs. Bangor      |

Girls Varsity Soccer

| Date   | Time     | Location          |
|--------|----------|-------------------|
| 9/05   | 10:00 AM | vs. Edward Little |
| 9/08   | 6:00 PM  | @ Brunswick       |
| 9/11   | 6:00 PM  | @ Bangor          |
| 9/15   | 4:00 PM  | vs. Lewiston      |
| 9/22   | 4:00 PM  | vs. Brewer        |
| 9/24   | 6:00 PM  | @ Hampden Acad.   |
| 9/29   | 4:00 PM  | @ Camden Hills    |
| 9/30   | 4:00 PM  | vs. Mt. Ararat    |
| 10/06  | 7:00 PM  | @ Messolonskee    |
| 10/08  | 4:00 PM  | vs. Mt. Blue      |
| 10/10  | 10:00 AM | vs. G/NG          |
| 10/13  | 4:00 PM  | vs. Camden Hills  |
| 10/15  | 3:30 PM  | @ Skowhegan       |
| 110/20 | 6:00 PM  | @ Mt. Blue High   |

Girls Varsity Soccer

| Date  | Time     | Location             |
|-------|----------|----------------------|
| 9/05  | 11:30 AM | vs. Edward Little    |
| 9/08  | 4:15 PM  | @ Brunswick          |
| 9/11  | 4:00 PM  | @ Bangor             |
| 9/15  | 5:30 PM  | vs. Lewiston         |
| 9/22  | 5:30 PM  | vs. Brewer           |
| 9/24  | 4:00 PM  | @ Hampden Acad.      |
| 9/29  | 5:30 PM  | @ Camden Hills       |
| 9/30  | 5:30 PM  | vs. Hills Mt. Ararat |
| 10/06 | 5:00 PM  | @ Messolonskee       |
| 10/08 | 5:30 PM  | vs. Mt. Blue         |
| 10/10 | 11:30 AM | vs. G/NG             |
| 10/13 | 5:30 PM  | vs. Camden Hills     |
| 10/15 | 5:00 PM  | @ At Skowhegan       |
| 10/20 | 4:00 PM  | @ Mt Blue            |

Cross Country

| Date  | Time     | Location            |
|-------|----------|---------------------|
| 09/03 | 4:00 PM  | @ Auburn MS         |
| 09/11 | 4:00 PM  | Home                |
| 09/19 | 11:00 AM | Home                |
| 09/25 | 4:00 PM  | Home @ Roberts Farm |
| 10/03 | 9:30 AM  | Troy Howard MS      |
| 10/09 | 4:00 PM  | Home                |
| 10/17 | 11:00 AM | @ Cony HS Cony HS   |
| 10/31 | 10:00 AM | @ Cony HS Cony HS   |

Junior Varsity Field Hockey

| Date  | Time     | Location            |
|-------|----------|---------------------|
| 9/03  | 5:30 PM  | @ Skowhegan         |
| 9/05  | 11:30 AM | @ Messolonskee      |
| 9/09  | 5:30 PM  | vs. Edward Little   |
| 9/14  | 5:30 PM  | vs. Camden Hills    |
| 9/19  | 12:30 PM | Mt. Blue            |
| 9/21  | 5:30 PM  | @ Bangor            |
| 9/26  | 12:00 PM | vs. Poland Regional |
| 9/29  | 5:30 PM  | vs. Brunswick       |
| 10/03 | 1:30 PM  | @ Lewiston HS       |
| 10/07 | 5:30 PM  | vs. Oxford Hills    |
| 10/19 | 5:30 PM  | vs. Mt. Blue        |

Varsity Field Hockey

| Date  | Time     | Location            |
|-------|----------|---------------------|
| 9/03  | 4:00 PM  | @ Skowhegan         |
| 9/05  | 10:00 AM | @ Messolonskee      |
| 9/09  | 4:00 PM  | vs. Edward Little   |
| 9/12  | 11:00 AM | @ Lake Region       |
| 9/14  | 4:00 PM  | vs. Camden Hills    |
| 9/19  | 11:00 AM | Mt. Blue            |
| 9/21  | 4:00 PM  | @ Bangor            |
| 9/26  | 10:30 AM | vs. Poland Regional |
| 9/29  | 4:00 PM  | vs. Brunswick       |
| 10/01 | 4:00 PM  | vs. Brewer          |
| 10/03 | 12:00 PM | @ Lewiston HS       |
| 10/05 | 5:00 PM  | @ Hampden Acad.     |
| 10/07 | 4:00 PM  | vs. Oxford Hills    |
| 10/19 | 4:00 PM  | vs. Mt. Blue        |

Golf

| Date  | Time    | Location                       |
|-------|---------|--------------------------------|
| 9/01  | TBD     | @ Fairlawn GC Lewiston         |
| 9/03  | 3:30 PM | @ Wilson Lake Country Club     |
| 9/09  | 3:30 PM | @ Highland Greens              |
| 9/09  | 3:30 PM | @ Mt. Ararat High School       |
| 9/11  | 3:30 PM | @ Norway CC Skowhegan Area     |
| 9/14  | 3:30 PM | @ Norway GC Edward Little      |
| 9/16  | 3:30 PM | @ Brunswick Golf ClubBrunswick |
| 9/24  | 3:30 PM | @ Waterville CC Messalonskee   |
| 9/28  | 3:30 PM | TBD                            |
| 10/01 | 3:30 PM | TBD                            |

Boys Junior Varsity Soccer

| Date   | Time    | Location          |
|--------|---------|-------------------|
| 9/04   | 4:00 PM | @ Edward Little   |
| 9/08   | 5:30 PM | vs. Brunswick     |
| 9/10   | 5:30 PM | vs. Bangor        |
| 9/15   | 5:00 PM | @ Lewiston        |
| 9/21   | 4:15 PM | @ Brewer          |
| 9/24   | 5:30 PM | vs. Hampden Acad. |
| 9/26   | 2:00 PM | @ Mt Blue         |
| 9/29   | 5:30 PM | vs. Camden Hills  |
| 10/01  | 5:15 PM | @ Mt. Ararat      |
| 10/06  | 5:30 PM | vs. Messalonskee  |
| 10/13  | 5:00 PM | @ Camden Hills    |
| 10/15  | 5:30 PM | vs. Skowhegan     |
| 10/19  | 4:00 PM | @ G/NG            |
| 10/20T | 5:30 PM | vs. Mt. Blue      |

Boys Varsity Soccer

| Date  | Time    | Location           |
|-------|---------|--------------------|
| 9/04  | 6:00 PM | @ Edward Little    |
| 9/08  | 4:00 PM | vs. Brunswick      |
| 9/10  | 4:00 PM | vs. Bangor         |
| 9/15  | 7:00 PM | @ Lewiston         |
| 9/21  | 6:00 PM | @ Brewer           |
| 9/24  | 4:00 PM | vs. Hampden Acad.  |
| 9/26  | 4:00 PM | @ Mt. Blue         |
| 9/29  | 4:00 PM | vs. Camden Hills   |
| 10/01 | 7:00 PM | @ Mt. Ararat       |
| 10/06 | 4:00 PM | vs. Messalonskee   |
| 10/13 | 3:30 PM | @ Camden Hills     |
| 10/15 | 4:00 PM | vs. Skowhegan Area |
| 10/19 | 5:45 PM | @ G/NG             |
| 10/20 | 4:00 PM | vs. Mt. Blue       |

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STUDENT NEWS

UW- Madison announces Spring 2026 Dean’s List

Madison, WI - More than 9,100 students, including students from your area, earned degrees from the University of Wisconsin-Madison in May 2026.  
Taylor Aspinall, of South Paris, College of Letters and Science, Bachelor of Arts, Political Science

Grace Starr named to Dean’s List at Tufts University

Medford, MA – Grace Starr, Class of 2027 of Oxford, was named to the dean’s list at Tufts University for the spring 2026 semester. Dean’s List honors at Tufts University require a semester grade point average of 3.4 or greater.

Joann Bisson, CEO OFCU writes grant for LLRC



Submitted photo  
A big thank you and a gift of appreciation were given to Joann Bisson, CEO of Oxford Federal Credit Union and Fellow Rotarian, for writing a grant that was approved by Rotary District 7780, providing much-needed funding to the Larry LaBonte Recovery Center. Seen in the photo are Roger Whitehouse, Current River Valley Rotary Club’s President, Joann Bisson and Dave Duguay, most recent past Club President!

Important updates at the Sweden Food Pantry:  
New phone number, lifesaving equipment and raffle news

SWEDEN - The Sweden Food Pantry has announced several significant updates that strengthen both its operations and its ability to serve the community.  
First, the Pantry has a new phone number. “With higher-speed internet and a more affordable phone plan, we can put more of our budget directly into food purchases from Good Shepherd and other suppliers,” said Board President Linda Bradley. “It’s a small change that makes a big difference, and we want to be sure everyone has the new number. It’s 207-925-9222.”  
Second, the Pantry is now home to a new Automated External Defibrillator (AED), generously purchased by Dr. Anthony Mascia of Sweden, Maine, in partnership with Veritas Health Care, the nonprofit he founded and leads. The AED was donated in honor and memory of Dr. Mascia’s parents, Anthony R. Mascia, MD, and Bianca D. Mascia, RN, both lifelong healers and foundational figures in Veritas Health Care. “We are deeply grateful for this



Submitted photo  
SFP Volunteer & Retired Nurse Miriam Gibely with AED Donation.  
gift,” Bradley said. “Having an AED onsite is a lifesaver — something we hope we never need but are thankful to have.”  
Now in its third year, the Pantry’s largest fundraiser — the Half-a-Beef Raffle —

sales have been strong at the Fryeburg Fairgrounds Flea Market, local farmers markets, Reny’s, and most recently Music on Main. “People have been incredibly generous,” Bradley said.  
The Pantry continues to serve up to 50 families twice each month, using an inside-shopping model that allows patrons to choose what they need. Many larger families have been affected by reductions in SNAP benefits, while smaller households from surrounding towns often include elderly singles or couples on fixed incomes.  
*The Sweden Food Pantry serves residents of Bridgton, Fryeburg, Lovell, Stow, Stoneham, Sweden, and Waterford, but no one in need is ever turned away. The Sweden Food Pantry is located at 137 Bridgton Road (Route 93), Sweden, ME 04040, in the historic Sweden Community Church. Bradley concluded: “We’re proud to serve our neighbors, keeping them well fed and their spirits lifted. We are neighbors helping neighbors!”*



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# 78th Annual Harmony Free Fair



Always a crowd's popular event at the Free Fair, the Demolition Derby features three events including a ladies metal crunching ride.

Bill Van Tassel Photos



Visitor to the Harmony Free Fair witnessed a demonstration on how a Border Collie rounds up a group of sheep. The dog, Macie, is being prompted with specific commands by trainer John Simmons (25-years) from Stoneheart Farms, South Paris.



Valentine Cote (rear) tries to get an antique (1908) one-lunger engine going at the Harmony Free Fair's Antique Tractor and Engine display on Saturday, September 5.



A triangle of sleeping piglets drew a lot of youngsters into the small animal exhibit and petting zoo area at Harmony's Free Fair.

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