

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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78th Annual Harmony Free Fair



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

Bill Van Tassel Photos



Young Silas Alexander (Right) from Exeter, Maine oversees his two, young buddies, Thunder and Lightning. He and his father showing them at the 78th Harmony Free Fair on September 5.



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.

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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!”

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

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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The Huard legacy continues

In 1966, our father Randy Huard, who trained first in judo from 1962-1966 via the U.S. Air Force, returned to the area, became a state champion, and emerged a leader with a commitment to helping others grow stronger. One of the “first schools ever” in Maine. He started teaching at the now demolished original Waterville YMCA, and then in the early ‘70s moved to what was the Central Maine Martial Arts Institute, on the Armory Road. Today, we are still in Winslow, on Outer Clinton Avenue, where our late amazing mom



Connie Huard, in 1978, created a place that has felt like home to so many.

Sixty years later, that vision continues. Through six decades,

generations of students have walked through our doors, learning the values of discipline, respect, confidence, perseverance, and family.

As we begin our new season this September 1, we’re incredibly proud to celebrate where we came from, honor the legacy our father began, and look forward to everything still ahead.

To every student, instructor, and friend who has been part of the Huard’s journey:

Thank you. You are part of our story.

With gratitude,
Mike & Mark Huard



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Maine Calendar

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SKOWHEGAN: St. Anthony’s Soup Kitchen Parish Hall, 291 Water St., Skowhegan Every Tuesday & Thursday 3-4 p.m.

CORNVILLE: Cornville/Athens Food Cupboard, located at the Cornville Town Hall - West Ridge Road for Cornville, Athens and Brighton residents, 1st Saturday of each month for Farmers’ Market and 3rd Saturday of each month for a full Food Cupboard, hours are 9 - 11 a.m., FMI or donations, please call 776-3257.

SKOWHEGAN: St. Anthony’s Soup Kitchen Parish Hall, 291 Water St., Skowhegan Every Tuesday & Thursday 3-4 p.m.

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.

RUMFORD: Celebrate Recovery meetings, every Thursday and Sunday at 6:30 p.m., Larry Labonte Recovery Center, 412 Waldo St., Rumford, free, FMI contact Justin Teixeira at 207-393-7205 or Erika Teixeira at 207-418-7777.

CORNVILLE/ATH-

ENS: 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.

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

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

WATERVILLE: Grief through the Holidays support group, Wednesdays from 6:00-7:30 p.m. starting November 13th, Hospice Volunteers of Waterville Area Community Center, 304 Main Street in Waterville, time-limited bereavement group, free. 873-3615 or email *jroy@hvwa.org*.

WATERVILLE: Downtown Waterville Farmers’ Market, every Thursday 2-6 p.m., Head

of the Falls.
SKOWHEGAN: Al-Anon, hybrid meeting, 7-8:00 p.m. every Tuesday, Skowhegan Federated Church, Island Avenue, 1-800-498-1844, *www.maineafg.org*.
FAIRFIELD: Victor Grange monthly meeting, second Monday of the month, 5:30 potluck, 6 p.m. meeting, all welcome.
MADISON: Music Jams - Open Mic. 1st and 3rd Sunday of each month, 1-4 p.m. Masonic Hall, Madison.
MADISON: The Madison Historical & Genealogical Society will be open for viewing the many Madison’s historical displays and usage of genealogy resources every Saturday from 10 a.m. to 2 p.m. at the Old Point Avenue School, 108 Old Point Avenue, Madison. New members and volunteers are always welcomed. Contact person Judy Mantor, president at 696-5810.

SKOWHEGAN: St. Anthony’s Soup Kitchen, Parish Hall, 291 Water St., Every Tuesday & Thursday 3-4pm For more information or to help: (207) 474-2039.

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.

WATERVILLE: Central Maine Square Dance club offering beginner lessons, every Tuesday 6:30-8:00 p.m., George Mitchell School Dutton St., Waterville, cost is \$5.00 per lesson, FMI call Bob at 447-0094.

CANCELLATIONS None listed.
POSTPONEMENTS None listed.

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

MAINE CALENDAR PAGE

If you are hosting a free community event and would like it added to our calendar, please email your details to: *advertising@turnerpublishing.net* and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster. Our Maine Events calendar page is FREE for free community events. If you are a business and/or charging admission/fee, there is a small charge for a display ad on these pages. Email: *advertising@turnerpublishing.net*. Call 207-225-2076 for prepayment options. Events for the Maine Events Calendar should be received three weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: *www.turnerpublishing.net/pdf/Deadlines.pdf*

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Scam Alert Bulletin Board

AARP Fraud Watch Network

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



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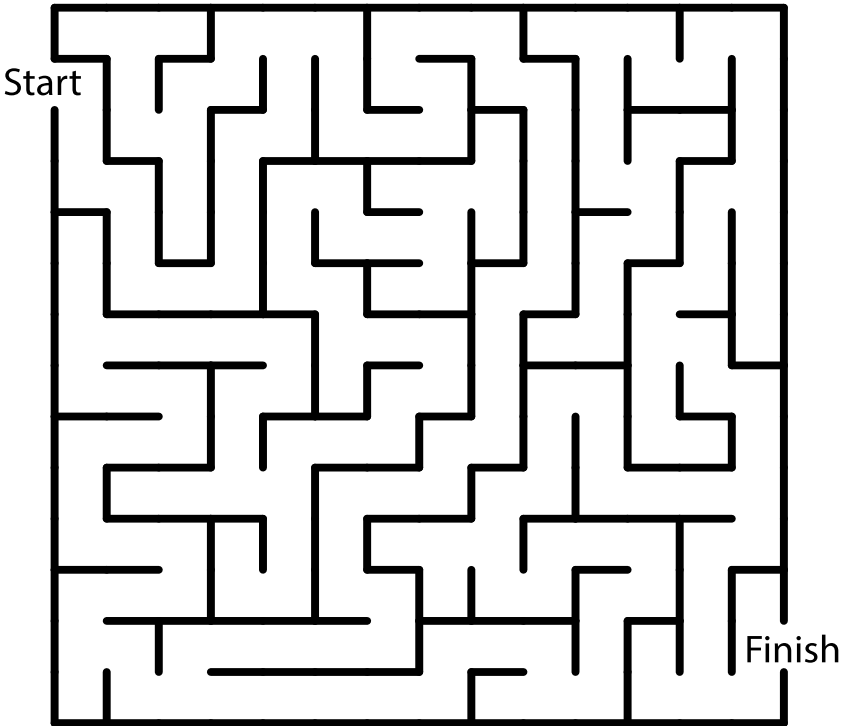
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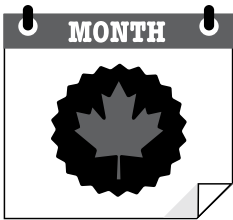


Maze Craze

Can you find your way through the maze?



CANADA



HISTORY

1982

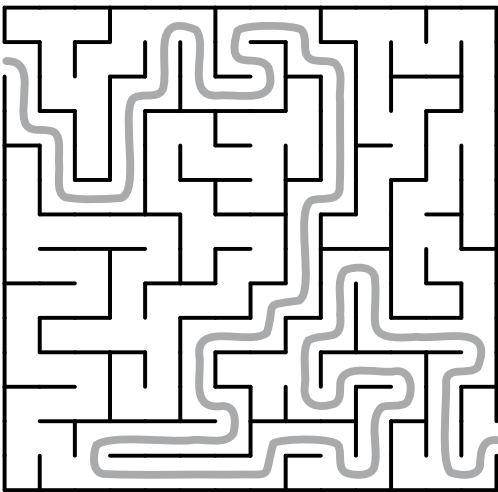
Bertha Wilson is appointed Canada's first female Supreme Court justice.

Health FACT:



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

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



NEW WORD

SECURE

fixed or fastened

“How they say that in...”

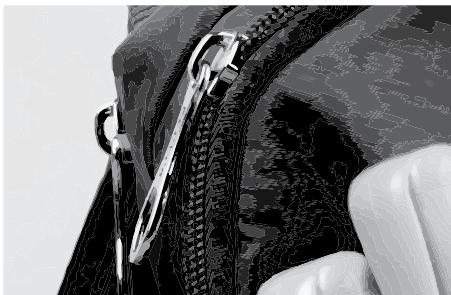
English: Strap
Spanish: Correa
Italian: Cinghia
French: Lanière
German: Riemen

? Did You KNOW?

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



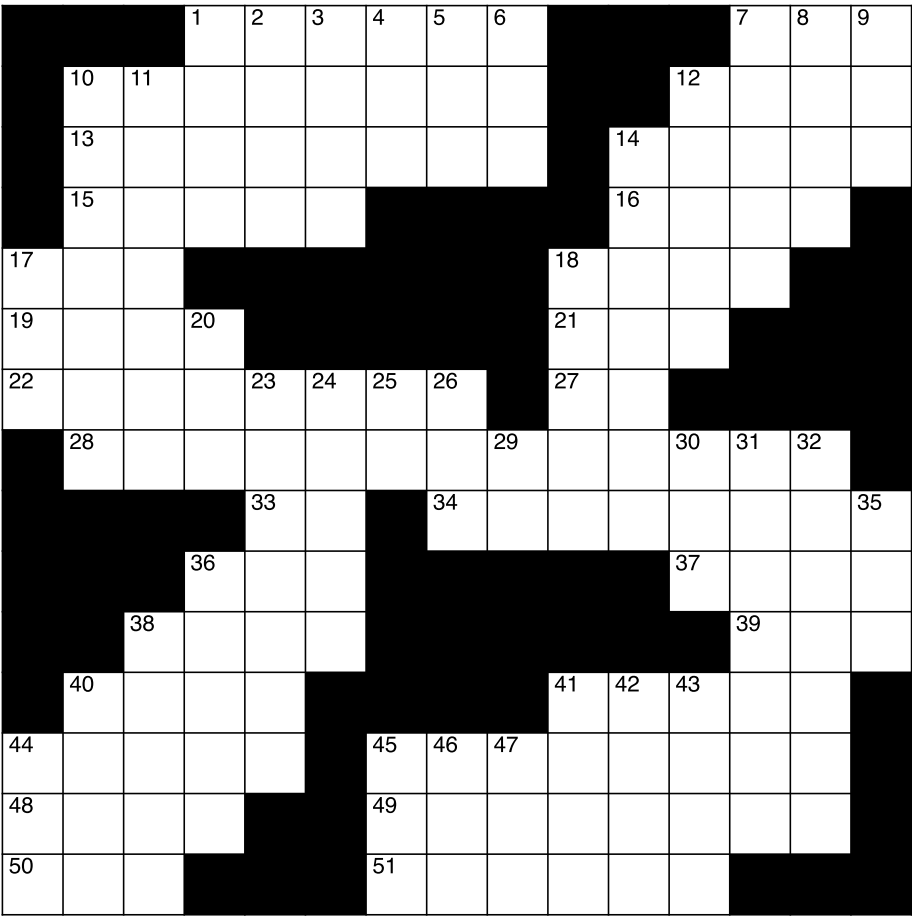
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Backpack

Crossword



CLUES ACROSS

- 1. 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
- 44. Narratives
- 45. “A tragedy had __ him”
- 48. Iranian city
- 49. Praises publicly
- 50. Founding Father Franklin
- 51. Herbal tea

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

- 14. Remove thatch
- 17. Television network
- 18. Jalen Brunson is one
- 20. Title of respect
- 23. Flowering trees
- 24. Occurring in a tube
- 25. Exists
- 26. Woman (French)
- 29. Expression of doubt
- 30. NHL legend Bobby
- 31. Accomplished
- 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.

1723116

Clue: Wild animals hunted
- B.

251385209

Clue: Prize for an accomplishment
- C.

2218261642416

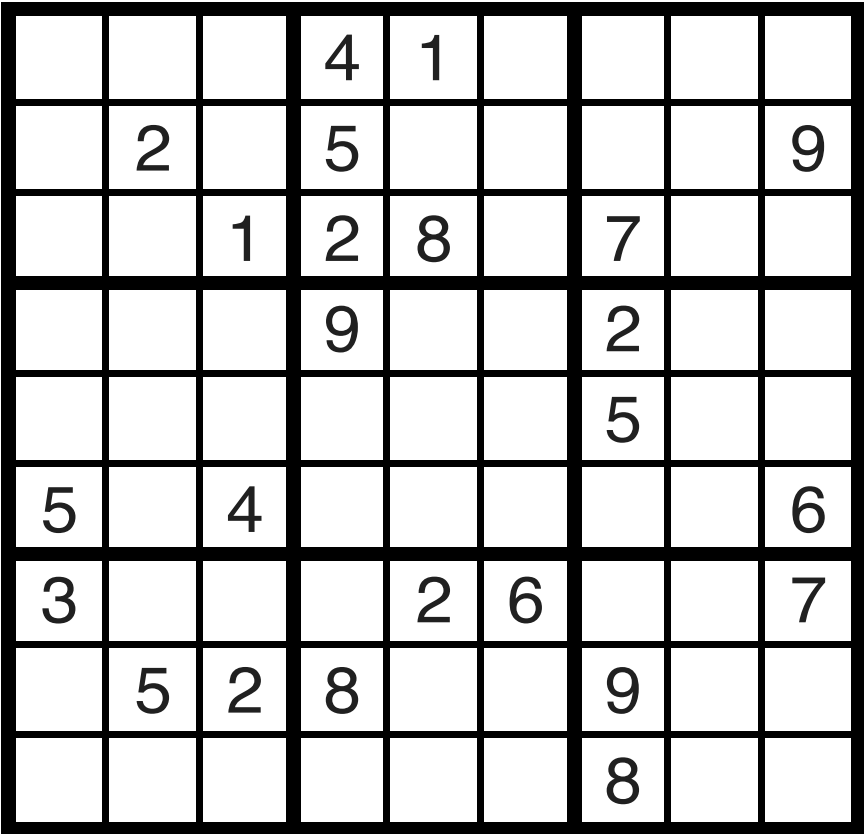
Clue: Document granting permission
- D.

161914185116425

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

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.

Echoes of the Past: A Look Back at Haying on Route 41

As late summer rolls into Chesterville, the golden, rolling Fields remind us of our town’s deep agricultural roots. For generations, farming has been the true heartbeat of our community, shaping both the local landscape and the families who define us today.

Long before modern tractors with enclosed cabs and GPS took over the fields, harvesting hay was a mas-



Submitted Photo

sive Community effort. It was a seasonal race against the weather that relied heavily on teamwork, grit and

family determination. A beautiful window into this hard-working past is captured in a vintage photograph be-

longing to the Chester-ville Heritage Society. The image shows El-eleanor (Cphoon) Nich-ols and her husband, Joe Nichols, hard at work hanging along Route 41. Instead of mechanical balers, they are pictured us-ing good old-fashioned pitch forks to stack and transport an immense mound of loose hay onto an early motor-ized farm truck, head-ing back to the farm’s

timber- frame barn. This specific location on Route 41 remains a recognizable and cherished part of our local landscape today, serving as the current home and property of Mike and Suzanne Mosher. While the machinery and faces have changed over the decades, the beautiful property stands as a lasting testament to Chesterville’s deep-rooted farming heri-

tage. The Chesterville Heritage Society is actively gathering stories, tools, and photo-graphs from our town’s early days to ensure this vital history is never forgotten. You can learn more about our town’s past, view our historical collec-tions, or share your own family photos. Please reach out to the Society or join us at our next meeting.

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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.



Submitted photos
This, I think, at least par-

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

But what makes Maine the special place it is, besides the people, isn't just how beautiful the land is, or how much of it remains undeveloped. It is an awareness and appreciation of that quality that so many people seem to understand. Even if they hold divergent opinions on other issues, most Mainers I've met seem better clued into developments that impact the natural world around us more so than other places I've lived.

tially explains why some Mainers feel so reluctant to embrace change, because any alteration of the landscape alters one of the most important things that make Maine special as a place, no matter whether it's the land that makes the people or the other way around.

This also helps explain, again, at least in part, why the High Peaks Alliance (HPA) has such a broad appeal. Every land user benefit from their preservation victories and milestones, like the recent announcement that Mosher Hill Falls has been pre-

served. 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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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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Carolyn Snowman award winner at Hamilton College Class & Charter Day

Clinton, NY – Carolyn Snowman, of Canaan, was named the recipient of The Coleman Burke Prize Scholarship and The Madeleine Wild Bristol Prize Scholarship in Music at Hamilton College’s annual Class & Charter Day, held on May 12. Established in 1950, the event combines the traditional Class Day celebrating the end of classes with a commemoration of the granting of the College’s charter on May 26, 1812.

The Coleman Burke Prize Scholarship, established by Coleman Burke, Class of 1934 and former chairman of the Board of Trustees, and his wife, Mary Poston Burke, is awarded to a sophomore who has demonstrated strong academic ability, as well as a broad-based extracurricular involvement and the potential for leadership contribution to the Hamilton Community.

The Madeleine Wild Bristol Prize Scholarship in Music is awarded to a rising sophomore, junior, or senior music student who is an outstanding performer, composer, scholar, or leader in music and who is also an active participant in a broad range of extracurricular 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 “hay-wire,” 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 sim-

ilar in purpose, with the exception of vinegar, and is best used for emergency situations or illness. It is also high in sodium and low in sugar. I like it because it is often given to children, and products intended for children tend to be held to a higher safety standard.

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

My number one choice is Native Hydrate.

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

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

My second choice is Live It Up.

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

Liquid I.V.

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

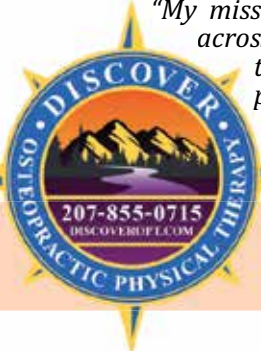
Nuun was also popular, but it contains sugar and has a lower balance of the electrolyte ratios I was looking for.

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

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

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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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Ester Franklin for State Senate District 3 thanks volunteers at Brickyard Hollow Brewing Company and announces Maine AFL-CIO endorsement

SKOWHEGAN - On September 6, 2026, Ester Franklin held a community-wide thank-you for volunteers of her campaign. She announced on Labor Day Weekend the Mani AFL-CIO Endorsement of her candidacy for Maine State Senate District 3. Franklin was joined by her Mother, partner, and local volunteers

Senate District 3 includes the towns of Benton, Clinton, Unity Township, Canaan, Detroit, Madison, Norridgewock, Palmyra, Pittsfield, Skowhegan, Dixmont, Etna, Newport, Plymouth and Stetson.

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MOVIE REVIEW *by Lucas Allen*

SPIDER-MAN: BRAND NEW DAY

(Columbia Pictures/Marvel Studios)

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

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

Meanwhile, Spidey investigates various attacks on the city’s Department of Damage Control and its director Bill Metzger (Tramell Tillman). His search leads to a mysteri-

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

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

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

Fortunately, there are still some fun parts that you have come to expect between the opening tank chase and the fight with the Incredible Hulk. The web-swinging scenes dazzle with the addition of some POV shots, which can be dizzying for those seeing the film in 3D. Things get more

tense in the third act with the emotional stakes getting higher and higher until everything metaphorically explodes for everybody. It is a testament for everybody involved in how to construct a story like this with skill and belief.

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

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

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

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

High Peaks Alliance celebrates dedication of Kinney Family Forest

FARMINGTON - High Peaks Alliance welcomed more than 60 supporters, community members, sponsors, and friends to the Kinney Family Forest on Saturday for a dedication ceremony celebrating the protection and future of this special woodland.

Under beautiful weather, attendees gathered to recognize the vision and generosity of Stephen “Steve” Kinney and the



Tim Kinney

Kinney family. Four generations of the family were present for the occasion, underscoring the deep personal and community connection to the forest and its future.

The program included welcoming remarks from Amanda Laliberte and comments from Brent West, Stephen Kinney, Tim Kinney, and Doug Dunlap. Speakers reflected on the collaboration,



Stephen “Steve” Kinney

stewardship, and shared commitment that made the conservation of the Kinney Family Forest possible.

Following the formal dedication and group photo at the property kiosk, guests took part in guided walking tours of the forest and its recent improvements.

“Saturday’s gathering was a wonderful celebration of the Kinney family’s legacy and of what conservation can accomplish when a community comes together,” said Amanda Laliberte of the High Peaks Alliance. “We are grateful to Steve Kinney, the entire Kinney family, our supporters, sponsors, and all who joined us to mark this important day.”

The Kinney Family Forest will remain a place for



Four generations of the Kinney family at the dedication.

Submitted photos

people to enjoy the outdoors, learn about local ecology, and connect with the land for generations to come. High Peaks Alliance invites the public to explore the forest and stay tuned for upcoming educational programs, including a Tree ID Walk and Bird Ecology Walk.

For more information about the Kinney Family Forest and upcoming events, visit High Peaks Alliance’s website or follow the organization on social media.

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MAINE OUTDOORS

v. Paul Reynolds

"MR. TROUT" PASSES ON

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

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

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

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

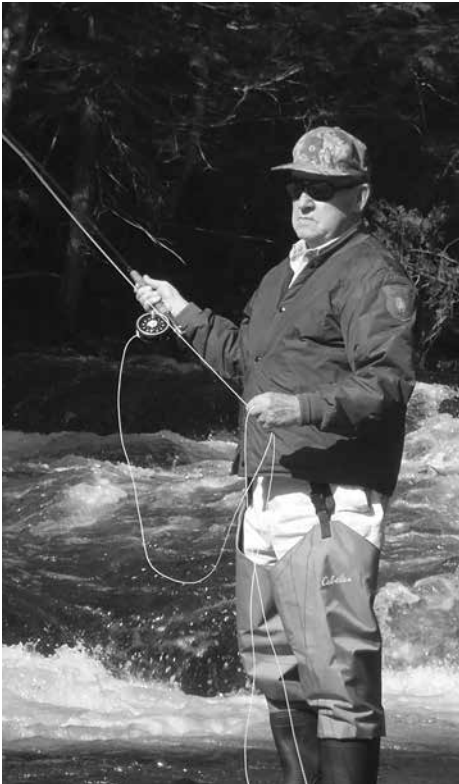


Photo by V. Paul Reynolds
Leeman knew the salmon pools on Grand Lake Stream like the back of his hand. He almost always fished a streamer fly called the Barne’s Special.

When he was not on the water, there is nothing, I mean nothing that Bob would rather have done than talk about fishing. He placed great value on the fishing heritage and promoted it by teaching fly tying at church, helping both friends and strangers find the right

fly-fishing gear, and organizing an annual group pilgrimage to his cherished Grand Lake Stream. We dubbed the group the Wooly Bugger Gang, and it stuck.

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

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

He was a consummate fly tier. He had almost as many fly rods and reels as he did new shirts. Bob had a shirt fetish. When Bob was not looking, his ex-wife Alice would hand me down some of his sur-plus L.L. Bean shirts, which I often wore and flaunted around him intentionally. He never even noticed.

As an editor for dozens of outdoor writers for the Northwoods Sport-

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

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

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

Tight lines, Mr. Leeman.

The author is editor of the “Northwoods Sporting Journal.” He is also a Maine guide and host of a weekly radio program — “Maine Outdoors” — heard Sundays at 7 p.m. on “The Voice of Maine News – Talk Network.” He has authored three books; online purchase information is available at www.maineoutdoorpublications.com.

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Here are a few of the things our readers are saying about us this month:

- The community calendar is informative.
-Barbara Nadeau, Poland
- Excellent local! - Betty Hutchins, Lisbon Falls
- Great Articles! - Irene Bonsaint, Lisbon Falls
- I really like the whole paper, Two Cent Times.
- Peter McLaughlin, Randolph
- The local news stories are great.
-Tim Nadeau, Poland
- Love it, as usual! - Donna Rutford, Mexico
- It was my first time reading the paper, I love it!
- Cara Perry



2026 MADISON MEMORIAL HIGH SCHOOL FALL SPORTS SCHEDULE

BOYS FOOTBALL

DATE	TIME	OPPONENT
9/11		A Lisbon
9/17	7:00 PM	A Winthrop
9/25	7:00 PM	H Foxcroft Academy
10/2	7:00 PM	H Maine Central
10/9	6:00 PM	A Belfast
10/16	7:00 PM	H Poland Regional
10/24	1:00 PM	A Winslow

COED GOLF

DATE	TIME	SITE
8/26	3:30 PM	Lakewood GC
9/1	3:30 PM	Lakewood GC
9/2	3:30 PM	Augusta CC
9/8	3:30 PM	Spring Brook
/15	3:30 PM	Lakewood GC
9/17	4:00 PM	The Meadows
9/22	3:30 PM	Lakewood GC
9/24	3:30 PM	Sugarloaf

BOYS CROSS COUNTRY

DATE	TIME	SITE
9/4	4:15 PM	Weston Woods
9/10	4:15 PM	Hall-Dale HS
9/18	4:15 PM	Mt. Abram
9/29	3:30 PM	Taglienti Field
10/7	3:45 PM	Mt. Blue

GIRLS CROSS COUNTRY

DATE	TIME	SITE
9/4	4:15 PM	Weston Woods
9/10	5:00 PM	Hall-Dale HS
9/18	4:15 PM	Mt. Abram
9/29	3:30 PM	Taglienti Field

BOYS SOCCER

DATE	TIME	SITE
9/8	3:30 PM	H Carrabec
9/14	5:00 PM	H Carrabec
9/16	3:30 PM	H Telstar
9/22	5:30 PM	H Valley HS
9/24	6:00 PM	H Dirigo HS
9/26	12:45 PM	H Carrabec
9/28	5:00 PM	H Carrabec
9/29	5:00 PM	H Rangeley
10/1	5:00 PM	H Carrabec
10/3	12:30 PM	H Temple
10/9	4:00 PM	H Pine Tree Acad.
10/14	3:30 PM	H Carrabec
10/15	4:00 PM	H Wiscasset
10/17	10:30 AM	H Islesboro

GIRLS SOCCER

DATE	TIME	SITE
9/4	4:00 PM	A Richmond High School
9/9	4:00 PM	H Carrabec
9/11	4:00 PM	A Valley HS
9/16	4:00 PM	H Mountain
9/18	4:30 PM	A Dirigo
9/22	3:30 PM	H Rangeley
9/25	3:30 PM	H Buckfield HS
9/29	4:00 PM	A Mountain Valley
10/5	3:30 PM	H Valley HS
10/7	3:30 PM	H Dirigo
10/9	3:30 PM	A Buckfield HS
10/13	4:00 PM	A Carrabec
10/19	3:30 PM	H Greenville

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2026 SKOWHEGAN MEMORIAL HIGH SCHOOL FALL SPORTS SCHEDULE

BOYS SOCCER

DATE	OPPONENT	TIME
9/24	vs. Waterville	3:30/5:00
9/29	vs. Messalonskee	3:30/5:00
10/3	vs. Nokomis	11/12:30
10/6	vs. Lawrence	3:30/5:00
10/8	at Messalonskee	JV5/V7
10/13	at Bangor	JV4/V6
10/15	at Oxford Hills	4pm/5:30
10/20	Hampden Academy	3:30/5:00

GIRLS SOCCER

DATE	OPPONENT	TIME
9/24	at Waterville	3:30/5:00
9/26	vs. MCI	11/12:30
9/29	at Messalonskee	TBD
10/3	at Nokomis	10/11:30
10/6	at Lawrence	JV4/V6
10/8	vs. Messalonskee	3:30/5:00
10/13	vs. Skowhegan	3:30/5:00
10/15	vs. Oxford Hills	3:30/5:00
10/20	at Hampden Academy	JV4/V

FIELD HOCKEY

DATE	OPPONENT	TIME
9/23	at Brunswick	3:30pm
9/26	at Leavitt	10:00am
9/30	vs. Lewiston	3:30pm
10/2	vs. Gardiner	3:30pm
10/5	at Brewer	6:00pm
10/8	vs. Edward Little	3:30pm
10/12	vs. Mt. Ararat	11:00am
10/14	at Camden Hills	3:30pm
10/17	vs. Messalonskee	11:00am

FOOTBALL

DATE	OPPONENT	TIME
9/18	vs. Lawrence	7:00pm
9/25	vs. Brunswick	7:00pm
10/3	at Camden Hills	12:30pm
10/9	vs. Biddeford	7:00pm
10/16	vs. Messalonskee	7:00pm
10/23	at Fryeburg	6:30pm

GOLF

DATE	OPPONENT	TIME
9/11	at Oxford Hills Norway CC	3:30
9/17	vs. Edward Little Lakewood	3:30
9/21	at Mt. Blue	3:30
9/23	vs. Brunswick Lakewood	3:30
9/28	KVAC Playoffs	
10/1	KVAC Playoff	



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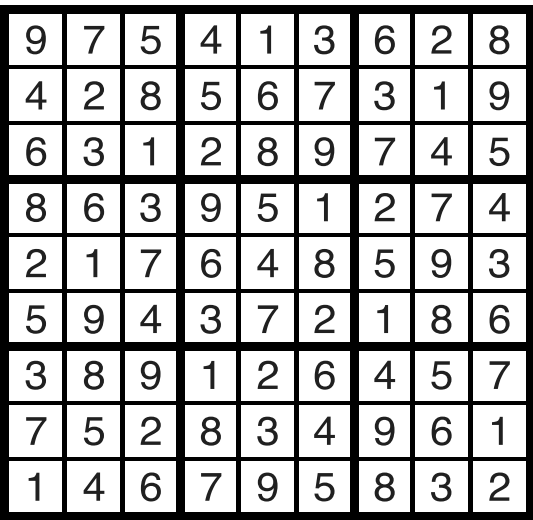
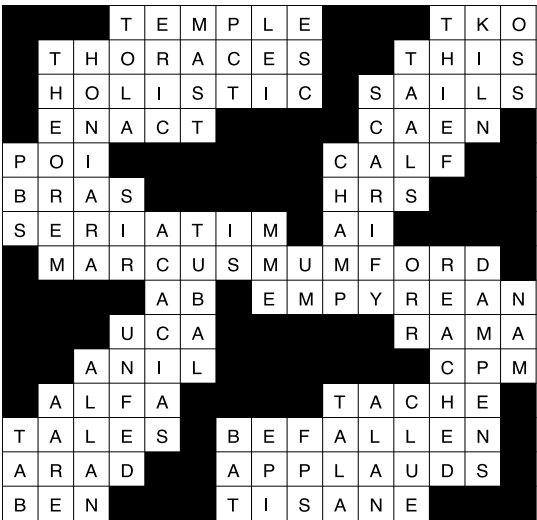
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High Peaks Alliance conserves Mosher Hill Falls as the Bernard and Jean Kinney Family Forest

FARMINGTON — High Peaks Alliance has conserved Mosher Hill Falls, now known as the Bernard and Jean Kinney Family Forest, preserving the 199-acre forest for public access and community use. The property features a scenic loop trail, the striking 45-foot Mosher Hill Falls, mature conifers, and wetlands.

Named a “community gem” in the State of the High Peaks reports, the Bernard and Jean Kinney Family Forest will remain open for public enjoyment, recreation, and stewardship for years to come.

Steve Kinney, the former owner of the property conserved by High Peaks Alliance and now known as the Bernard and Jean Kinney Family Forest, said, “I chose to name this reserve in honor of my parents because of several factors. My father, being of Irish descent, had a true love of the land and enjoyed spending as many hours as possible out in the woods and pastures of his own property. He was an excellent steward of the land and instilled in us, his children, the importance of caring for it. My mother also enjoyed nature and the outdoors. She hiked, biked, kayaked, and enjoyed cross-country and downhill skiing. Between the two of them, we were shown the importance of nature and to value the beautiful state that we have been blessed to call home. My father has passed, but my mother, at 101, will be part of the ceremony celebrating this special place named in her honor.”

For years, locals and visitors have come to Mosher Hill Falls to hike, wade at its base, explore the woods, and enjoy a quiet connection with nature. Its dramatic waterfall, forest, and wetland habitat make it one of the most distinctive landscapes in the region.

Doug Dunlap, Farmington resident, Alliance board member, and longtime Maine outdoorsman, said, “Our kids loved to visit the falls and explore the surrounding woods in their growing-up years, and now return with their own children. I am grateful that other families, anyone of any age, will have access to this gem, forever.”

On August 8, the community is invited to a Ribbon Cutting Ceremony to celebrate the conservation of this property. The event will include brief remarks, a walk to the falls, and time to explore the new trail improvements.



photos submitted by High Peaks Alliance



Please RSVP to know how many to expect.

The Bernard and Jean Kinney Family Forest will also serve as a place for hands-on learning and community connection. The Alliance will use the forest as a learning site for Foster Tech’s Forestry and Wood Harvesting and Outdoor Leadership Programs, helping students apply classroom learning in a real-world setting.

On August 12, the Alliance will host a Tree ID and Bird Ecology Walk at the Bernard and Jean Kinney Family Forest. Led by District Forester Julie Davenport and The Wilderness Society’s Peter McKinley, the walk will give participants a chance to learn about tree species, bird habitat, and the ecological importance of the site. Registration is required.

The conservation of Mosher Hill Falls was made possible through the generous support of the John Sage Foundation, Maine Mountain Collaborative, Lands for Maine’s Future, Susan and Fritz Onion, the U.S. Forest Service Community Forest Program, private donors, Acme Land Surveying, and Acorn Engineering.

“Mosher Hill Falls is a magical place just out of Town where the Kinney Family has allowed people to enjoy for

the last 20 years,” said Brent West, Executive Director of High Peaks Alliance. “Now the community will always be able to explore the gorge and enjoy the waterfall. Additionally, this forest will be used as a learning forest for Foster Tech’s Forestry and Wood Harvesting and Outdoor Leadership Programs.”

For more information about Mosher Hill Falls and upcoming programs, visit HighPeaksAlliance.org.

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Brad Paisley Brings Country Music, Rising Stars and Emotional Dolly Parton Tribute to Bangor

By Mark Huard

BANGOR - Country music fans filled the Maine Savings Amphitheater Saturday night, Aug. 29, for an evening that brought together one of the genre’s biggest stars, rising young talent and an emotional tribute to country music legend Dolly Parton.

Brad Paisley brought his trademark combination of musicianship, humor and crowd interaction to the amphitheater, performing songs spanning his remarkable career. Paisley has earned three Grammy Awards, 14 Country Music Association Awards and 15 Academy of Country Music Awards for more than two decades in country music.

Adding another special element to the evening was rising country singer Hannah Harper, winner



Casey Dugas/Central Maine Photograph photos
Sandi Mitaly of Clinton, Leo Pelotte of Oakland and Kristie Pomerleau of Winslow enjoying the special show.

of Season 24 of American Idol. Harper captured the national spotlight earlier this year, winning the competition in May. Her appearance on Paisley’s tour brought her American Idol journey full circle, as Paisley had served as a mentor during the show’s Hawaii rounds before Harper later joined him for select dates on his 2026 tour.

Harper opened Saturday night’s Bangor con-

cert, followed by traditional country singer Jake Worthington, before Paisley took the stage for the headlining performance. Brooks Witham of Fairfield praised the entire lineup. “The show was amazing,” Witham said. “Hannah and Jake were great, and Brad put on a helluva show.”

Kristie Pomerleau of Winslow said the concert ranked among the best she



Brad Paisley performing at the show

has attended. “I’ve been to many concerts in my life, and this had to be the best concert I’ve been to,” Pomerleau said. “Hannah Harper was our favorite American Idol this year, and she was even better live than on TV. Brad Paisley was awesome, and even though I had never heard of Jake Worthington, he was a pleasant surprise. I bought the tickets as a surprise birthday

present for my boyfriend, and he really enjoyed it.” One of the evening’s most emotional moments came when Paisley paid tribute to Dolly Parton. The tribute included his performance of “When I Get Where I’m Going,” a song Paisley originally recorded with Parton and one that carried added meaning for those in attendance.

Chad Nelson of Waterville said the tribute was one of the most memorable parts of the

night. “I really loved the tribute to Dolly Parton,” Nelson said. “She was a major country music legend. I believe there was nobody better than Brad Paisley to do this tribute. The song ‘When I Get Where I’m Going’ was truly fitting for the tribute and caught a lot of emotions.” The performance brought together several generations of country music — from Harper’s rise through American Idol and Worthington’s traditional country sound to Paisley’s decades of hits and musicianship. For fans gathered at the Maine Savings Amphitheater, the night offered much more than a typical concert. It was a showcase of country music’s past, present and future, capped by a heartfelt remembrance of one of the genre’s most beloved legends.

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