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Volume 21, Issue 2 - September 2026

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**INDEX**

Funny Things Kids Say .....2

Maine Calendar .....3

Puzzle Page.....4

Kids Corner .....5

Fall Sports Schedule.....11

Directory Page .....12

Student News .....13

Classifieds .....14

Reader Recipe .....16

**FEATURE ARTICLES**

Movie Review:  
One Night Only .....6

The Healthy Geezer:  
Prostate Cancer, Perimenopause  
& Cataracts .....6

Family-friendly  
activities for fall .....8

Best electrolyte drinks .....9

V. Paul Reynolds:  
Illegal Introductions .....13



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PUMP NEEDS**

See page 8



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# Mini Panthers Football Camp builds skills, character and community

by Mark Huard

More than 55 young athletes from Waterville and surrounding communities spent four exciting days learning football fundamentals, building friendships, and developing life skills during the recent Mini Panthers Football Camp.

Led by Coach Hamel, his dedicated assistant coaches, members of the Waterville Football Booster Team, and numerous Waterville High School football players, the free camp provided children with an unforgettable experience both on and off the field.

Throughout the week, the high school athletes embraced their roles as mentors, leading drills, demonstrating proper techniques, drawing up plays, and encouraging the younger campers every step of the way. Their enthusiasm and leadership helped create an atmosphere

Photos by Corianna Doucette/ Central Maine Photography  
**Kashton Leavitt and Hunter Libby**

where every child felt welcome and motivated to improve.

While football skills were a major focus, the camp's greatest lessons extended well beyond the game. Each day, coaches emphasized important character values including effort, belief, integrity, sportsmanship, togetherness, and a "Do More" at-

titude. Those lessons reinforced the idea that success is measured not only by athletic ability, but also by how individuals treat others and approach life's challenges.

The camp concluded with an exciting Championship Friday. The top four athletes from each age group earned the opportunity to compete in the camp's Punt, Pass, and Kick Championship.

**Character**  
on page 2

**Jayden Bradley (receiver) Zander Tibbetts (defender)**

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

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**Funny Things Kids Say**  
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### Funny Things Kids Say

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While playing a dice game with my 2 granddaughters, my sister passed the dice to my youngest one who's 7 years old, and she couldn't quite reach all of them. All four of us leaned in towards the middle of the table and the dice were just out of reach for all of us. My sister looks at her and says, "I'm sorry I can't reach them, my dad was a T-Rex! That's why my arms are so short!" We all started to laugh except for my seven year old granddaughter who blatantly says, "Well your dad must be extinct!" She never met her great grandfather before he passed away so it made the comment accurate but hilarious for a child to come up with so quickly! My sister and I just laughed to the heavens!

*Jennylynn of Durham*



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### Character

from page1

showcasing the skills they had developed throughout the week. All campers also participated in Panther Ball, a double-elimination flag football tournament that allowed every player to

put their new knowledge into action in a fun, competitive environment. Championship teams included: Grades 1-3: Cotton Candy Kittens Grades 4-5: The Fortnites Grades 6-8: Only Drops As the final whistle blew, it was clear the

camp had accomplished much more than teaching football. It strengthened confidence, created lasting friendships, inspired younger players through positive role models, and continued building a strong sense of pride within the Waterville football family.

The Mini Panthers Football Camp demonstrated that the future of Waterville football is bright—not only because of the talent on the field, but because of the good coaches, volunteers, and student-athletes who are committed to investing in the next generation.



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# MAINE CALENDAR

## 2026 September

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

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

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

### MONTHLY MEETINGS

**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.

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

**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.

**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.

**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.

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

**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](mailto: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](http://www.maineafg.org).

[maineafg.org](http://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, 273 Water Street, 1st and 3rd Tuesdays of each month and every Thursday, 3 p.m. to 4 p.m. 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.



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### MAINE CALENDAR PAGE

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**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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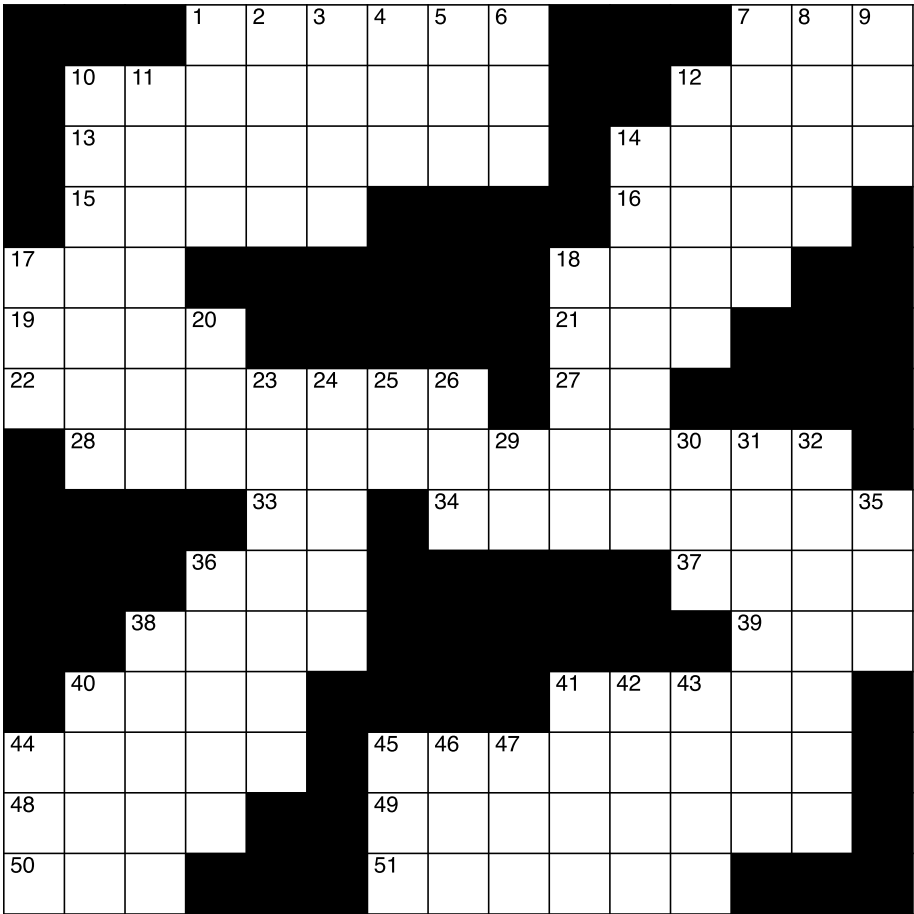
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14. Remove thatch
17. Television network
18. Jalen Brunson is one
20. Title of respect
23. Flowering trees
24. Occurring in a tube
25. Exists
26. Woman (French)
29. Expression of doubt
30. NHL legend Bobby
31. Accomplished
32. Makes slightly wet
35. 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

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





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*

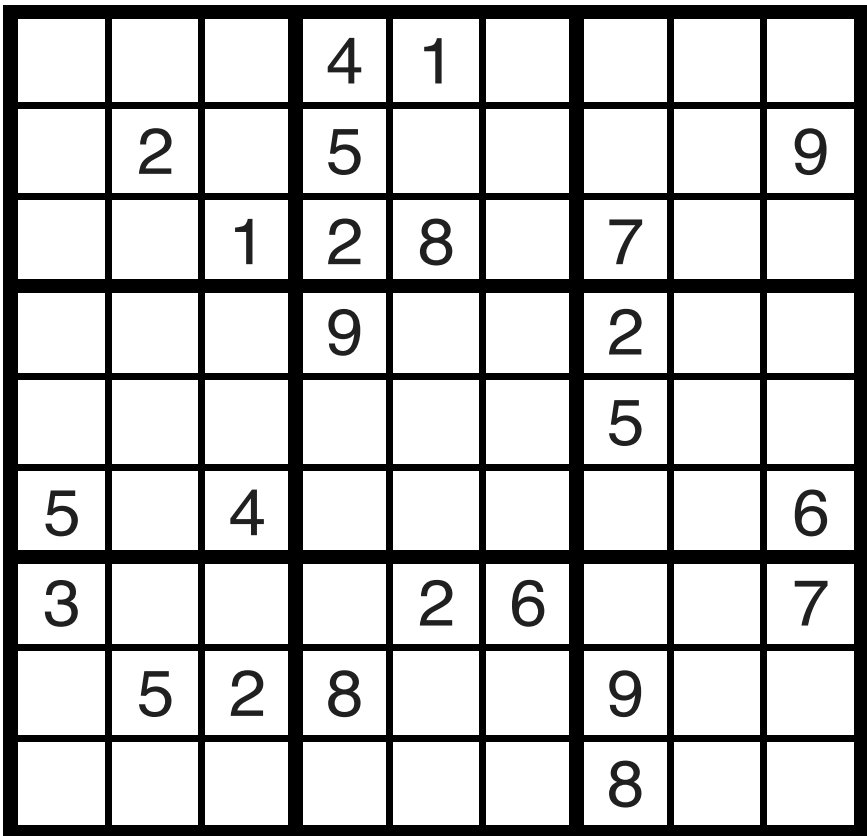
**C.      22    18    26    16    4    24    16**

*Clue: Document granting permission*

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

*Clue: Gear*

Level: Advanced



**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.

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

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

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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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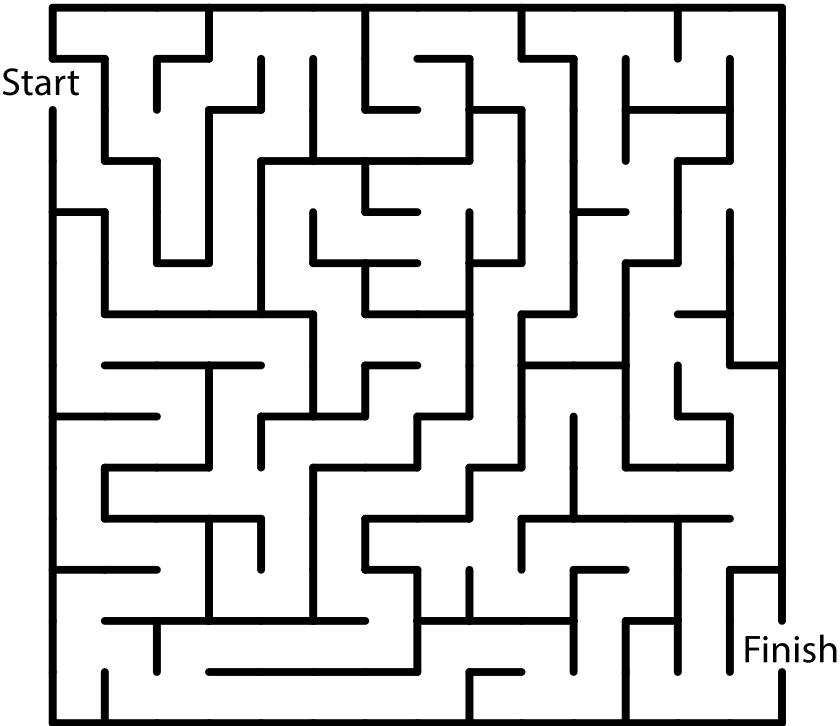
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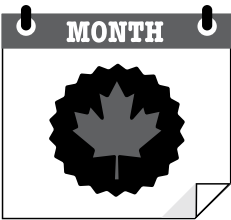


## Maze Craze

Can you find your way through the maze?



## CANADA



## HISTORY

1982

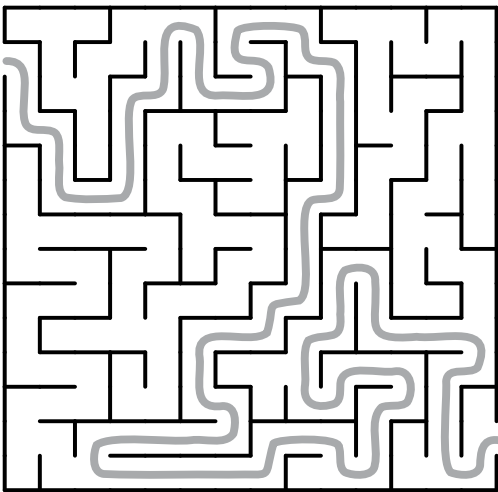
Bertha Wilson is appointed Canada's first female Supreme Court justice.

## 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...

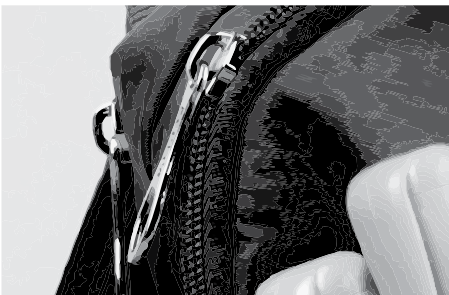
- English: Strap
- Spanish: Correa
- Italian: Cinghia
- French: Lanière
- German: Riemen

## 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



MOVIE REVIEW

by Lucas Allen

ONE NIGHT ONLY

(Universal Pictures)

Romantic comedies always have their target audience, with young girlfriends/wives looking for a good laugh and cry, along with the boyfriends/husbands having to suffer, getting dragged into watching with them. Each of them follows the same conventional plotline with enough cliches and tropes to drive the most cynical of viewers crazy. So, here is something pretty unconventional, though pretty unusual, type of rom-com unexpectedly landing in theaters with “One Night Only.” No stranger to the genre, director Will Gluck previously helmed the 2023 hit “Anyone But You.”

Because premarital sex was deemed illegal, Congress enacted that for one night a year, single people are allowed to have sexual relations for only twelve hours. In New York City, lots of singles are ready to party and mingle for that period of time, though many people still reject the mandate. Owen (Callum Turner) is a young pizza shop employee who has just been dumped by his girlfriend (Maya Hawke) and now has to spend the night looking for some casual love, though he is having trouble looking for a condom. Another single person he keeps running into during the night, an aspiring singer named Allie (Monica Barbaro), is simply looking for Mr. Right, but finds one roadblock after another.

This turns the night into a series of misadventures in search of a quick hook-up for each of them, even though

both of them have no interest in each other. It involves some shady people, the authorities, and a local singer named Ezra Stone (Charlie Gillespie) putting on an anti-mandate concert. But before the sun comes up, they will soon realize that they each have made a connection all along.

Sure, the plot setup is basically a rom-com spoof of “The Purge” movies with sex being substituted for murder and crime. It is a very preposterous and far-fetched idea; the more you think about it, there is no way any politician (republican or democrat) could ever conceive something that insane. However, if you are willing to go along with it, you will still get an outrageously funny film that is very reminiscent of 80’s sex comedies like “Porky’s” or “Fast Times at Ridgemont High.” In this case, there are plenty of young adults in their 20’s and 30’s spending one night doing the nasties.

Although it can get pretty predictable at times, the movie still has that unconventional and largely cliché-free story-line that makes it stand out on its own. There is an irresistible charm in seeing two people race to their goal separately and together, that helps carry the comedy and romance almost simultaneously. It does make for a fun date movie for those tired of them being made year after year.

The two main actors also carry their scenes with great commitment, no matter the low-brow humor involved.

While their romance chemistry may seem lacking, their comic chemistry remains strong enough to help the film earn those big laughs. Turner has that boyish charm that works for his character, while Barbaro also shines with her singing voice, much like her Oscar-nominated performance in “A Complete Unknown.” Oddly enough, one of the film’s running gags involves her character singing rewritten versions of popular songs for commercials for medical creams.

It’s worth noting that the film is littered with cameos from some recognizable names. The biggest one is ex-Brat Packer Molly Ringwald as Owen’s mother, having her own special date night with a stranger. That stranger happens to be played by LeVar Burton, so it is odd-yet-hilarious to see the “Star Trek” legend and beloved host of “Reading Rainbow” in a film as crazy as this.

“One Night Only” is one of those movies that is likely to split audiences down the middle over the plot alone, but the movie is still a fun watch regardless. It’s best recommended for anyone willing to try something different and out-of-the-ordinary from the same-old stale repetition of the genre.

THE MOVIE’S RATING: R (for sexual material, language, and brief nudity)

THE CRITIC’S RATING: 3.25 Stars (Out of Four)



THE HEALTHY GEEZER

Fred Cicetti

PROSTATE CANCER, PERIMENOPAUSE & CATARACTS

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

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

There are many options for treating prostate cancer:

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

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

**Q. What exactly is perimenopause?**

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

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

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

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

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

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

A cataract is a clouding of the lens; the clear part of the eye that helps focus on images like the lens in a camera.

Most cataracts are related to aging. By age 80, more than half of all Americans either have a cataract or have had

cataract surgery. There are other causes of cataracts such as diabetes, eye injury, radiation and surgery for other eye problems.

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

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

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

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# 78th Annual Harmony Free Fair



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



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

# Waterville youth football grades 1-2 team



Galen Neal/Central Maine Photography photo  
Front: Issac Miller, Christopher Chute Jr., Ryland Preo, Urick Jackson. Back: Colt Parlin, Liam Lacasse, Xavion Woodworth, Hudson Searles and coach Brad Miller.

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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 car-

bohydrate loads, so I looked for sugar-free products. I also wanted a balanced electrolyte profile, ease of use and safety for daily nutritional supplementation. Ideally, I looked for mineral ratios of 250–500 mg sodium, 100–300 mg potassium, and 20–60 mg calcium, with magnesium and chloride included.

**My number one choice is Native Hydrate.**

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

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

**My second choice is Live It Up.**

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

**Liquid I.V.**

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

Nuun was also popular, but it contains sugar and has

a lower balance of the electrolyte ratios I was looking for.

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

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

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# Flavia DeBrito: Moving Forward Together

State Representative Flavia DeBrito is running for reelection to continue representing Waterville and Winslow in Maine House District 64. For DeBrito, public service starts with a simple approach: listen to everyone, bring people together, and get to work.



Flavia DeBrito

During her first term in the State House, DeBrito has served on the Health and Human Services Committee, working on issues that directly affect Maine families and communities. She has brought the same approach to Augusta that has guided her service in Waterville: listening to

people, asking questions, working across differences, and staying focused on practical solutions. Looking ahead, DeBrito wants to continue working on affordable health care and housing, strong schools, municipal revenue sharing and property-tax pressure, support for

local businesses, and more opportunities for young people through workforce development, internships, and apprenticeships. “I work for the people of Waterville and Winslow. That means listening to people, understanding what they need, and bringing their voices with me to

Augusta. We may not always agree on everything, but we can still listen to one another, work together, and get things done.” DeBrito is asking voters for another term to continue that work and keep moving forward together. Paid for by the candidate.

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A decorative border at the bottom of the page featuring a row of autumn leaves in various shades of orange, red, and green, interspersed with brown pinecones.

# 2026 WINSLOW FALL SPORTS SCHEDULE

| BOYS CROSS COUNTRY |          |              |
|--------------------|----------|--------------|
| DATE               | TIME     | SITE         |
| 9/10               | 4:00 PM  | @ Waterville |
| 9/19               | 11:00 AM | @ Skowhegan  |
| 9/24               | 3:30 PM  | @ UMA        |

| GIRLS CROSS COUNTRY |          |             |
|---------------------|----------|-------------|
| DATE                | TIME     | SITE        |
| 9/10                | 4:00 PM  | @Waterville |
| 9/19                | 11:00 AM | @ Skowhegan |

| COED CROSS COUNTRY |         |              |
|--------------------|---------|--------------|
| DATE               | TIME    | SITE         |
| 9/3                | 4:00 PM | @ EL         |
| 9/10               | 4:00 PM | @ Waterville |

| BOYS SOCCER |          |                |
|-------------|----------|----------------|
| DATE        | TIME     | OPPONENT       |
| 9/4         | 3:30 PM  | vs.Medomak Val |
| 9/8         | 3:30 PM  | @ LeavittFRI   |
| 9/11        | 3:30 PM  | vs.Central     |
| 9/14        | 3:30 PM  | @ MCI          |
| 9/17        | 3:30 PM  | @ Mount View   |
| 9/19        | 9:00 AM  | vs.Waterville  |
| 9/24        | 3:30 PM  | @ Mount View   |
| 9/29        | 3:30 PM  | vs. MCI        |
| 10/1        | 4:00 PM  | @ Central      |
| 10/6        | 3:30 PM  | @ Waterville   |
| 10/8        | 3:30 PM  | vs.Mt. Abram   |
| 10/10       | 11:00 AM | @ Hall-Dale HS |
| 10/13       | 6:00 PM  | @ Lawrence     |
| 10/15       | 3:30 PM  | @ Leavitt Area |

| BOYS CROSS COUNTRY |          |                  |
|--------------------|----------|------------------|
| DATE               | TIME     | OPPONENT         |
| 9/5                | 10:00 AM | @ Morse          |
| 9/8                | 4:00 PM  | @ Gardiner Area  |
| 9/11               | 4:00 PM  | vs. HD/Mon       |
| 9/15               | 4:00 PM  | vs. Oceanside    |
| 9/18               | 4:00 PM  | vs. Cony HS      |
| 9/23               | 4:00 PM  | vs. Leavitt Area |
| 9/25               | 6:30 PM  | @ Lincoln Acd    |
| 9/28               | 4:30 PM  | @ MCI            |
| 10/3               | 9:00 AM  | @ Erskine Acd    |
| 10/6               | 3:30 PM  | vs. Lawrence     |
| 10/8               | 3:30 PM  | @ Belfast Area   |
| 10/13              | 3:30 PM  | vs. Erskine      |
| 10/15              | 3:30 PM  | vs. Nokomis      |
| 10/19              | 3:30 PM  | @ Waterville     |

| GIRLS SOCCER |          |                  |
|--------------|----------|------------------|
| DATE         | TIME     | OPPONENT         |
| 9/4          | 3:30 PM  | @ Medomak        |
| 9/8          | 3:30 PM  | vs. Leavitt Area |
| 9/14         | 3:30 PM  | vs. MCI          |
| 9/17         | 3:30 PM  | @ Mount View     |
| 9/19         | 11:30 AM | vs. Waterville   |
| 9/22         | 3:30 PM  | @ MCI            |
| 9/24         | 3:30 PM  | vs. Mount View   |
| 9/29         | 3:30 PM  | @ Waterville     |
| 10/1         | 3:30 PM  | vs. Central      |
| 10/8         | 6:00 PM  | @ Mt. Abram      |
| 10/10        | 10:00 AM | vs. Hall-Dale HS |
| 10/13        | 3:30 PM  | vs. Lawrence     |
| 10/15        | 3:30 PM  | @Leavitt Area    |

| FOOTBALL |         |                |
|----------|---------|----------------|
| DATE     | TIME    | OPPONENT       |
| 8/28     | 7:00 PM | @ Messalonskee |
| 9/4      | 6:30 PM | @ Wells        |
| 9/19     | 1:00 PM | vs.Oak Hill    |
| 9/26     | 1:00 PM | vs. Freeport   |
| 10/2     | 7:00 PM | @ Mattanawcook |
| 10/9     | 7:00 PM | @ MCI Central  |
| 10/17    | 1:00 PM | vs.Morse       |
| 10/24    | 1:00 PM | vs. Madison HS |

| GOLF |         |               |
|------|---------|---------------|
| DATE | TIME    | SITE          |
| 8/27 | 3:30 PM | Waterville CC |
| 9/1  | 3:30 PM | Augusta CC    |
| 9/3  | 3:30 PM | Waterville CC |
| 9/10 | 3:30 PM | JW Parks GC   |
| 9/14 | 3:30 PM | Country View  |
| 9/16 | 3:30 PM | Waterville CC |
| 9/17 | 3:30 PM | Waterville CC |
| 9/21 | 3:30 PM | Northport GC  |
| 9/23 | 3:30 PM | Waterville CC |

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# MAINE OUTDOORS

v. Paul Reynolds

## ILLEGAL INTRODUCTIONS

Here is a quiz, a two parter:

- 1) What is a bucket biologist?
- 2) What is a kennel biologist?

A bucket biologist, sometimes called a bucket stocker, is a person who surreptitiously introduces a non-native, or invasive, species of fish into a Maine body of water.

A kennel biologist, on the other hand, is a person who surreptitiously introduces an unwanted or non-native mammal species into Maine wilds.

Although both undertakings are illegal, unethical and have the potential to raise havoc with either precious native trout waters or moose and deer populations, the bucket stockers have over the years drawn more public attention than kennel biologists.

Greg Sirpis, chairman of Operation Game Thief (OGT), said that Maine authorities have never caught or successfully prosecuted an illegal bucket stocker. Last year, OGT offered a \$3,000 reward for any anonymous tip in regard to the illegal introduction of Large Mouth Bass in West Musquash Lake. Sirpis says that the reward generated no tips and in that case the trail has “gone cold.” He adds that without witnesses the identification and eventual prosecution of bucket stockers

is an elusive, low odds proposition. Sirpis notes, too, that in so many instances, due to huge court backlogs, far too many cases brought by Game Wardens wind up being dismissed by the court or plea bargained away. The takeaway is that, even if a bucket stocker was taken to court, eventual prosecution, under present circumstances, would be a long shot.

And what about so-called kennel biologists, or wolf advocates, who have purportedly introduced Gray Wolves illegally into the Maine woods? According to Gerry Lavigne, who is a field biologist for the Sportsman’s Alliance of Maine (SAM), five of the eight Gray Wolves in the Northeast that have been examined over the past quarter century, have been positively identified as domesticated wolves. These were illegally released, most likely by wolf reintroduction advocates. As Lavigne notes, science has the capability through the study of a wolf’s carbon isotope of distinguishing a truly wild wolf from a wolf that was fed dog food in captivity. Maine’s two wolves from 1993 and 1937 were both what Lavigne calls “kibble wolves.” The hunter who shot the 1993 wolf was, ironically, federally prosecuted for killing a

captive wolf that had to have been illegally introduced into the wild!

And Lavigne raises a good question: “Why did the Feds not expend some effort in trying to apprehend and prosecute the amateur kennel biologists who released the kibble wolves in the first place?”

A former career deer biologist with the Maine Department of Inland Fisheries and Wildlife, Lavigne believes, based on his study, that “a thriving wolf population could literally extirpate white tailed deer” in the North Woods of Maine.

By any name, bucket biologists and kennel biologists both represent a serious threat to the integrity of Maine’s fish and game management process.

*The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide, co-host of a weekly radio program “Maine Outdoors” heard Sundays at 7 p.m. on The Voice of Maine News-Talk Network.*

### STUDENT NEWS

#### More than 4,000 University of Rhode Island students named to Spring 2026 Dean’s List

Kingston, RI - The University of Rhode Island is pleased to announce that several area students have been named to its Spring 2026 Dean’s List. Among them are:  
Bryan Casey of Winslow  
Gavin Murphy of Winslow

#### Madyson Achorn named to President’s List at Plymouth State University

Plymouth, NH - Madyson Achorn, of Winslow, has been named to the Plymouth State University President’s List for the Spring 2026 semester. To be named to the President’s List, a student must achieve a grade point average of 3.70 or better for the Spring 2026 semester and must have completed at least 12 credit hours during the semester, at least nine of which must confer grade points, at the time the lists are finalized. Achorn is majoring in Allied Health Sciences at Plymouth State.

#### Jaromir Saloni graduates from the University of Mississippi

University, MS - Jaromir Saloni, of Waterville, is among the more than 3,800 students who earned their degrees from the University of Mississippi in May 2026.  
Saloni, who majored in Mathematics and Computer Science, received a Bachelor of Science and Bachelor of Science in Computer Science from the College of Liberal Arts and School of Engineering.

#### Local residents named to Spring 2026 Dean’s List at Saint Michael’s College

Colchester, VT - The following local students were named to the Dean’s List at Saint Michael’s College for the Spring 2026 semester. Students who complete at least 12 credits of classes and achieve a grade point average of at least 3.5 in a semester are named to the Dean’s List for that semester.  
Sophie Noyes of Canaan, Pierce Coughlin of Oakland and Evelyn Mercier of Waterville.

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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 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 concert, 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 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 Pais-



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

ley 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.



Brad Paisley performing at the show.



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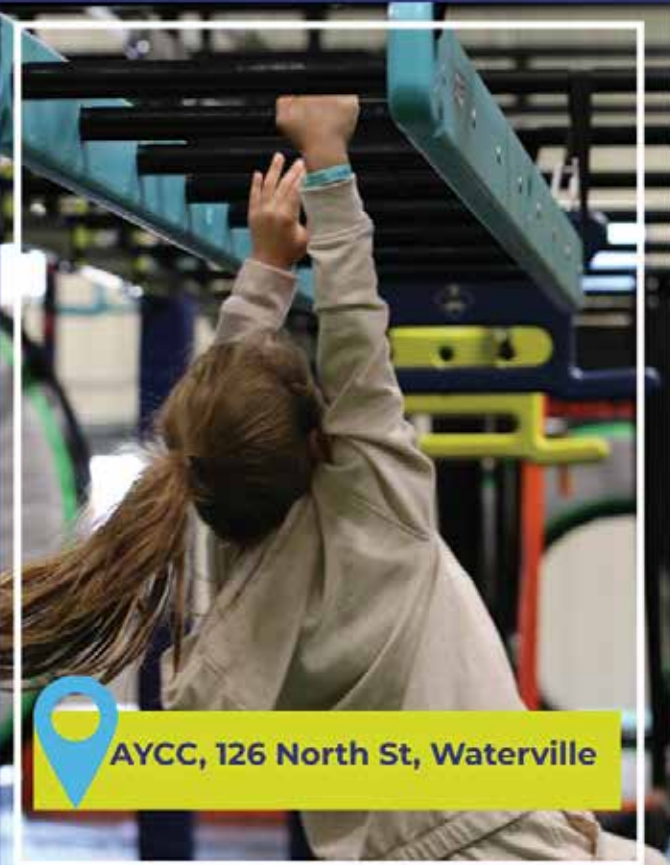
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# Reader RECIPE

## Muffins with Yellow Cheese

### Ingredients

- 250 g of wheat flour
- 1½ teaspoons of baking powder
- 1 medium carrot (80 – 100 g) grated on a medium grater
- 150 g of cheese (e.g. cheddar) grated on a medium grater
- 75 ml of oil
- 220 ml of milk
- 2 eggs
- ½ a teaspoon of salt

other spices – optional:  
pepper, sweet or hot paprika, chili and/or herbs to taste, e.g. parsley (fresh or dried), oregano, chives, etc.

### Additionally:

- 30 g of yellow cheese for topping the muffins
- paprika powder, for sprinkling (optional)

All ingredients should be at room temperature.

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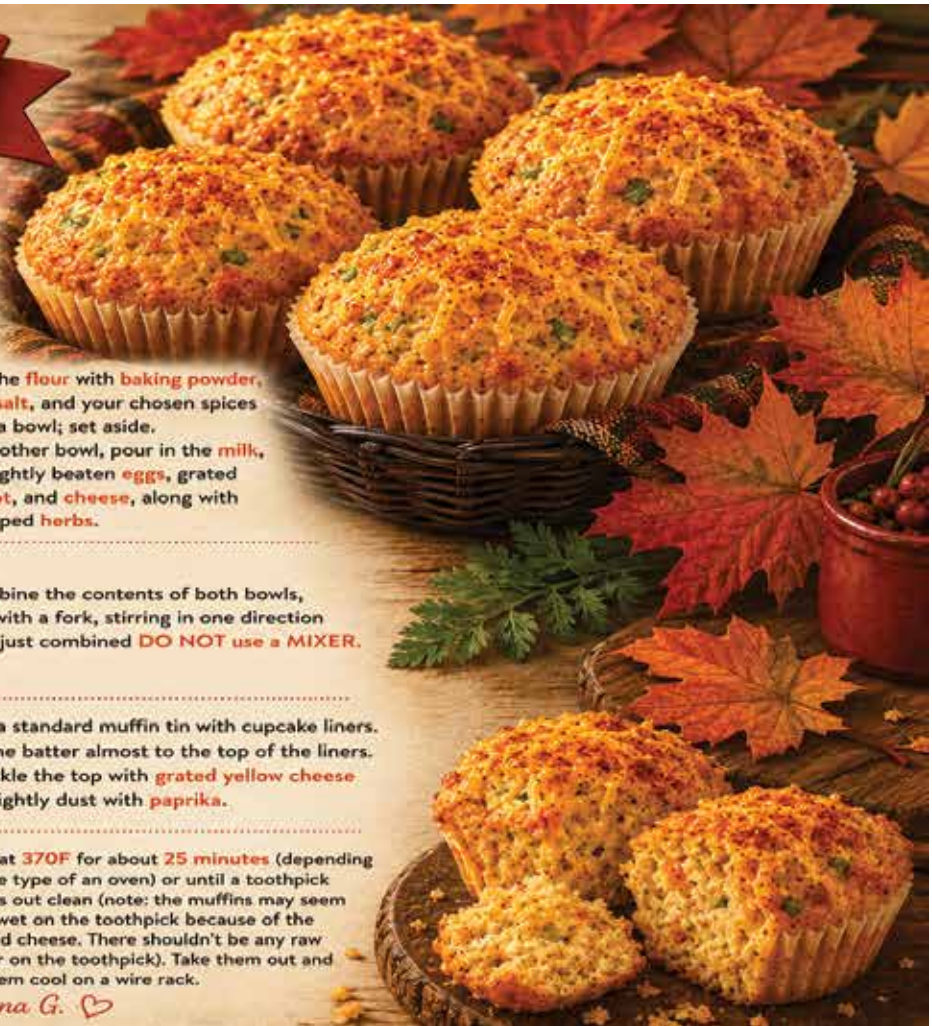
Sift the **flour** with **baking powder**, add **salt**, and your chosen spices into a bowl; set aside. In another bowl, pour in the **milk**, **oil**, lightly beaten **eggs**, grated **carrot**, and **cheese**, along with chopped **herbs**.

Combine the contents of both bowls, mix with a fork, stirring in one direction until just combined **DO NOT** use a **MIXER**.

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**.

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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