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The Country Courier

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The Country Courier

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Bill Van Tassel Photo

Jennifer Talbot (Far Left) has been monitoring the Children's Art Table at the weekly Turner Farmers Market. One Tuesday the Market saw about 40 children come to the table for some artistic crafting and such while their parent(s) were visiting the vendors.



Under the umbrella is Guitarist Dominick Toscano who was the August 4th musician at the Turner Farmers' Market. One of the many vendors, Kate Abruzzese of Double Z Land & Livestock, is minding her regular booth at the popular market currently managed by Abbruzzese.

TURNER - The Turner Maine Farmers' Market is in its fourth successful year. In addition to several regular vendors, they now try to have a solo musician on site each Tuesday to add a pleasant atmosphere.

Market manager Kate Abbruzzese of Turner and a few other members of the group also decided to have a special moment each week to honor a local, town hero/contributor. On some Tuesday you

may find a vendor from another town not too far from Turner Center on site to market their wares. August 4th visiting vendor was Grey Goose Gourmet jellies set out for sampling by owner Sandra Dwight

Barris from Wayne. Tony Scherrer makes a point of being at the Market with his Caravaggio Pizza truck to have the pizza flowing. Stop in on any summer Tuesday between 4:00

and 6:30 and you may be surprised at what you may find. The Market is held on the front lawn of the Turner History Museum, across the street from the Leavitt Institute Building and school campus.

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Name: _____

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City: _____ State: _____

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Phone: _____

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

Chase, 5 minutes into cleaning his room: “I am done with this, I don’t want to be here anymore, and I think I’m going to Mimi and Papas now.”
—Kassondar, Wales

When traveling with my 5-year-old grandson, I

try to keep him busy with verbal mind games. I play a game called “What am I?” I give him 2-3 hints, and he has to guess what I am. For example, I have four corners, and I need a stamp before you mail me; what am I? A letter, of course! When it came to his turn, he shared, “I’m small and significant.”

My husband and I looked at each other and said, “Did he really say SIGNIFICANT?” My grandson confirmed that it was significant. I proceeded with guesses like my wallet or wedding ring, to which he replied, “No, Jojo, the answer is ...ME!” I assured him he was 100% correct! — Jodi Gilbert, Greene

Ava Thibodeau to take part in Envision’s National Youth Future Leadership Forum

GREENE – This summer, Ava Thibodeau from Greene, a Junior at Leavitt High School, will join outstanding students from across the nation to take part in a unique academic and career-oriented development experience, National Youth Future Leaders Medicine and Healthcare, at Yale Uni-



Ava Thibodeau

versity. Ava was nominated to attend the forum given her hard work and dedication to her studies, her high honor level of achievement, hard earned GPA, and passion for the medical field of study. In addition to her participation in student government and being a participant in her school’s Key Club, Ava is also passionate about sports and plays varsity lacrosse as her team’s goalie. With aspirations of entering the medical field and one day receiving her MD in sports medicine, she is looking forward to gaining hands-on medical experience from this forum.

“I am excited for Ava to

meet, work, and collaborate with fellow high-achieving students from other cities and schools,” said Dr. Jan Sikorsky, Vice President, Education for Envision. “National Youth Future Leaders Medicine and Healthcare is a wonderful opportunity for ambitious young students to explore their interests outside the classroom and discover how to innovate and think creatively through hands-on immersive learning. Our students are challenged with real-world simulations and problems, working together to develop unique solutions and projects to bring life to their studies and career interests.”

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MAINE CALENDAR

2026

SEPTEMBER

Sept 1 - “Music for Mavis” Hot Damn, 6:30 – 8 p.m., The Turner Gazebo, 98 Matthews Way, off Rt 117, Turner Center, rain or shine, suggested donation \$10 per person, bring a chair, blanket, picnic, umbrella and friends, FMI 754-0954, 754-0788 or 249-8046.

Sept 8 - “Music for Mavis” Pam Weeks, 6:30 – 8 p.m., The Turner Gazebo, 98 Matthews Way, off Rt 117, Turner Center, rain or shine, suggested donation \$10 per person, bring a chair, blanket, picnic, umbrella and friends, FMI 754-0954, 754-0788 or 249-8046.

Sept. 9-12 – Litchfield Fair, 44 Plains Rd., Litchfield.

Sept 16-19 – Oxford Fair, 67 Pottle Rd., Oxford.

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 or 207-622-0738.

OCTOBER

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

MONTHLY MEETINGS

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

GRAY/NEW GLOUCESTER: Meet friends and neighbors, chat one-on-one with the GNG Community Connectors, every Thursday, 9:00 a.m. to 11 a.m., New Gloucester Community Building (behind town hall) or 1:00 p.m. to 3:00 p.m., Gray Library, large meeting room in the basement.

SABATTUS: Looking for local senior citizens interested in restarting a Senior Citizens group, if interested, please email Jon at jmsab23@aol.com.

WINTHROP: Winthrop Food Pantry, Thursday pick-up 1:00 p.m.-2:30 p.m. and

2026 MUSIC FOR MAVIS
Tuesdays at the Gazebo
98 Matthews Way, Turner



September 1..... Hot Damn
September 8..... Pam Weeks

unitedparishucc.org.

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

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

LIVERMORE FALLS: Ernie Steward from Spruce Mountain Adult Education visit the library to help our patrons with their technology needs, 3 p.m. to 5 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, sign up by calling (207) 897-3631.

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

LIVERMORE FALLS: Story Time, Wednesdays at 10:30 a.m., Treat Memorial Library, 56 Main St., Livermore Falls, favorite picture books, sing-a-longs, and other activities, any questions or for more information, please call the library at 897-3631.

MONMOUTH: Friends of Cumston Public Library book sale, 9 a.m.-1 p.m. third Saturday of the month, lower level, Cumston Hall, 796 Main St., Friends of Cumston Library on Facebook.

WINTHROP: Winthrop Maine Historical Society, first Thursday of month, 6-8 p.m., Winthrop History and Heritage Center, 107 Main St., 207-395-5199, winthrop-mainehistorical@gmail.com.

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

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

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

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

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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Call 225-2076 or email advertising@turnerpublishing.net for pricing on our calendar page.

FARMINGTON:

Nine-ish- NA Meetings (In Person), 9:15-10:30 a.m., Franklin Memorial Hospital, 111 Franklin Health Commons, Farmington.

Food Addicts Meetings

FREE - Food addicts in recovery meetings: Tues Zoom and phone, Thurs phone and Sun in person. foodaddicts.org FMI call 441-8002 or 623-1924.

WATERVILLE:

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

Bob at 447-0094.

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

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2026 LEAVITT FALL SPORTS SCHEDULE

GOLF

DATE	TIME	OPPONENT
8/26	3:30PM	@Erskine Acad
8/28	3:30PM	Nokomis
8/31	2:30PM	MCI
9/3	3:30PM	@Winslow/Waterville
9/7	2:30PM	Morse
9/10	3:30PM	Oceanside
9/14	3:30AM	@Lincoln Acad
9/16	3:30AM	@Medomak
9/21	3:30PM	@Gardiner
9/23	2:30PM	@Cony
9/28	TBD	Div Semis
10/1	1:00PM	KVAC Shootout
10/6	10:00AM	KVAC Class B Qualifier
TBD	TBD	State Class B Cham

CROSS COUNTRY

DATE	TIME	OPPONENT
8/29	9:00AM	KVAC Panther Preseason
9/4	4:00PM	Lawrence, Gardiner, Waterville, Cony @Mt Blue
9/11	4:00PM	Lincoln Acad, Oxford Hills, Mt Blue, MCI, Skowhegan
9/19	11:00AM	Gardiner, Lawrence, Ox Hills, Winslow, @Skowhegan
9/25	4:00PM	Edward Littler, Mt Ararat, MCI @Oxford Hills
10/3	9:30AM	KVAC (Festival of Champions)
10/9	4:00PM	KVAC (Mt Blue Relays)
10/17	11:00AM	KVAC Championships
10/24	TBD	MPA South Regionals
10/31	TBD	MPA State Meet

VARSITY FOOTBALL

DATE	TIME	OPPONENT
8/28	7:00PM	Cony
9/4	7:00PM	Medomak Val
9/10	7:00PM	@Greely
9/19	6:00PM	@York
9/26	7:00PM	Wells
10/2	7:00PM	@Dirigo
10/9	7:00PM	@Gardiner
10/16	7:00PM	Nokomis
10/23	7:00PM	@Hermon
10/30	7:00PM	Foxcroft Acad

JV FOOTBALL

DATE	TIME	OPPONENT
8/24	5:00PM	@Cony
8/28	7:00PM	Cony
9/7	4:00PM	at Medomak Val
9/14	5:00PM	Greely
9/21	5:00PM	York
9/28	4:00PM	at Wells
10/5	5:00PM	Dirigo
10/12	5:00PM	Gardiner
10/19	5:00PM	at Edward Little
10/26	5:00PM	Oxford Hills

BOYS SOCCER

DATE	V/JV	OPPONENT
8/21	6:00PM	Leavitt Alumni
8/24	3:00PM	@Buckfield
9/3	3:30PM/5:00PM	@Gardiner
9/8	3:30PM/5:00PM	Winslow
9/11	3:30PM/5:00PM	Poland
9/17	3:30PM/5:00PM	@Morse
9/22	3:30PM/5:00PM	Cony
9/24	3:30PM/5:00PM	@Erskine
9/26	3:00PM/4:30PM	Waterville
9/29	3:30PM/ 5:00PM	Spruce Mtn
10/1	6:00PM/7:30PM	@Winthrop
10/3	1:00PM/2:30PM	@Waterville
10/8	7:00PM/5:30 PM	@Maranacook
10/13	3:30PM/5:00 PM	Morse
10/16	3:30 PM/5:00PM	@Winslow
10/20	6:00PM/4:00PM	Gardiner

FIELD HOCKEY

DATE	V/JV	OPPONENT
8/21	5:00PM	@Messolonskee
8/22	1:00PM	@Biddeford
8/25	3:00PM	OxHills, Cony, Wind.
8/29	9:00AM	@Mt Blue
9/3/26	4:00PM/5:30PM	@ Erskine Acad
9/8/26	4:00PM/5:30PM	Lawrence
9/14/26	4:00PM/5:30PM	Waterville
9/17/26	4:00PM/5:30PM	@Nokomis
9/21/26	4:00PM/5:30PM	Lincoln Acad
9/23/26	4:00PM/5:30PM	@Winslow
9/26/26	10:00AM/11:30AM	Skowhegan
9/28/26	4:00PM/5:30PM	Gardiner
10/2/26	3:30PM/5:00PM	@Oceanside
10/5/26	4:45PM/6:00PM	@York
10/8/26	3:30PM/5:00PM	Cony
10/13/26	3:30PM/5:00PM	@Belfast
10/15/26	3:30PM/5:00PM	MCI
10/19/26	3:30PM/5:00PM	@Morse

GIRLS SOCCER

DATE	V/JV	OPPONENT
8/27	3:30PM/5:00PM	Oxford Hills
8/29	8:00AM	@Lewiston
9/1	3:30PM/5:00PM	Mt Blue
9/3	3:30PM/5:00PM	Gardiner
9/8	3:30PM/5:00PM	@Winslow
9/12	11:00AM/1:00PM	@Poland
9/17	3:30PM/5:00PM	Morse
9/21	3:30PM/5:00PM	@Cony
9/24	3:30PM/5:00PM	Erskine
9/26	12:00PM/1:30PM	Waterville
9/29	5:30PM/7:00PM	@Spruce Mtn
10/1	3:30PM/5:00PM	Winthrop
10/3	10:00PM/11:30PM	@Waterville
10/8	3:30PM/5:00PM	Maranacook
10/13	3:30PM/5:00PM	@Morse
10/15	6:00PM 4:00PM	Winslow
10/20	3:30PM/5:00PM	@Gardiner

Dates and times
are subject to change.

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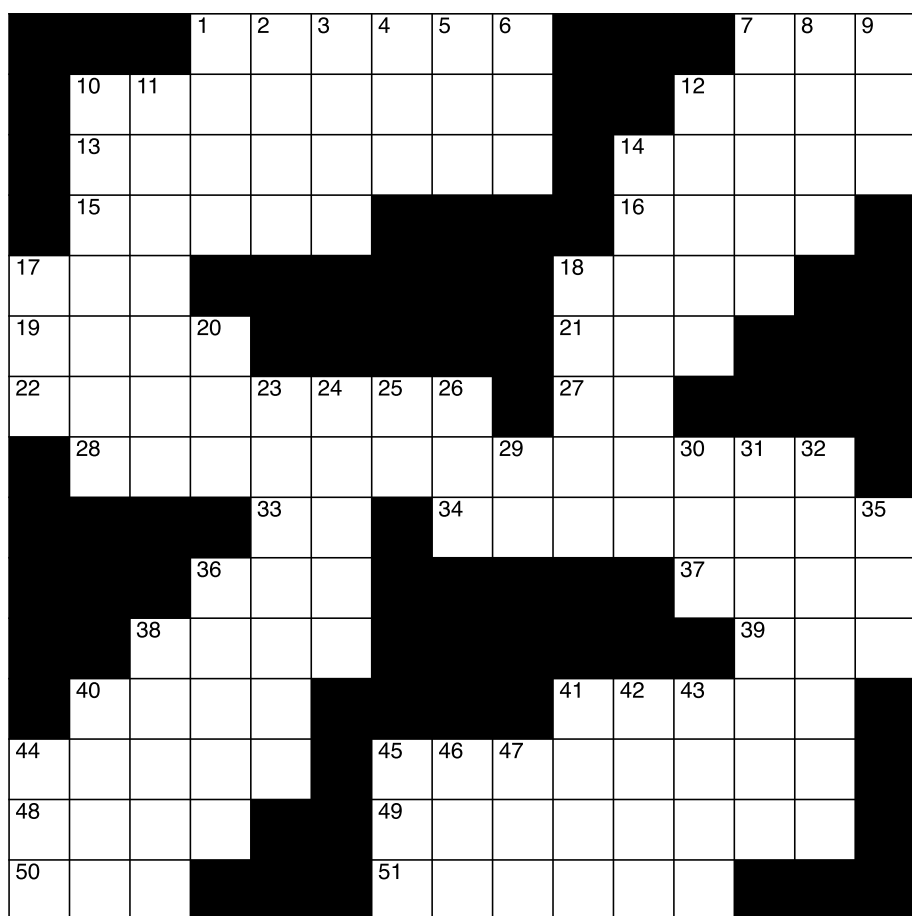
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Crossword



CLUES ACROSS

1. A vast desert in Africa
7. Reciprocal of a sine
10. Type of phone
12. Biblical figure
13. One who renounces a religious belief
14. Warren and Monroe are two
15. Wild ox
16. Dismounted a horse
17. Cave dweller
18. Where infants sleep
19. Popular type of shoe
21. Clumsy large person
22. Evil-like
27. Integrated circuit
28. Austin-based athlete
33. Postscript
34. Follows 18
36. People of Gambia
37. Popular actor
Nicolas
38. Platform for a
lectern
39. Taxi
40. American songwriter
Sammy

41. Iranian city
44. Heavy clubs
45. One who is expelled
48. In bed
49. Lifelessness
50. Former CIA
51. Most slick

CLUES DOWN

1. Slovenly person
2. In addition
- 3.hovels
4. Pie __ mode
5. Subway rodent
6. They __
7. Indigenous
S. American people
8. Fine sand
9. Central nervous
system
10. Nightclub
entertainment
11. The perfect example
of something
12. Supreme Islamic
leader
14. Pain
17. Binary-coded
decimal

18. Projecting corner of an angle
20. "Succession" actor Brian
23. Dinner table decor
24. Ancient settlement in modern Turkey
25. You can call Paul Simon this
26. Opposite of a pro
29. Atomic #28
30. Type of drug (abbr.)
31. Arrives at
32. Nullifies
35. Bird's beak
36. Partner to "oohed"
38. Ray-finned fishes
40. Taxis
41. Sat on and controlled
42. Sea eagles
43. Remain as-is
44. Chinese revolutionary
45. Tooth caregiver
46. Snakelike fish
47. Compensate



Solve the code to discover words related to golf.
Each number corresponds to a letter.
(Hint: 18 = S)

- A. 6 15 17 21 18 13**

Clue: Place to play golf

- B. 9 17 16 16**

Clue: Precise shot

- C. 6 24 17 11 18**

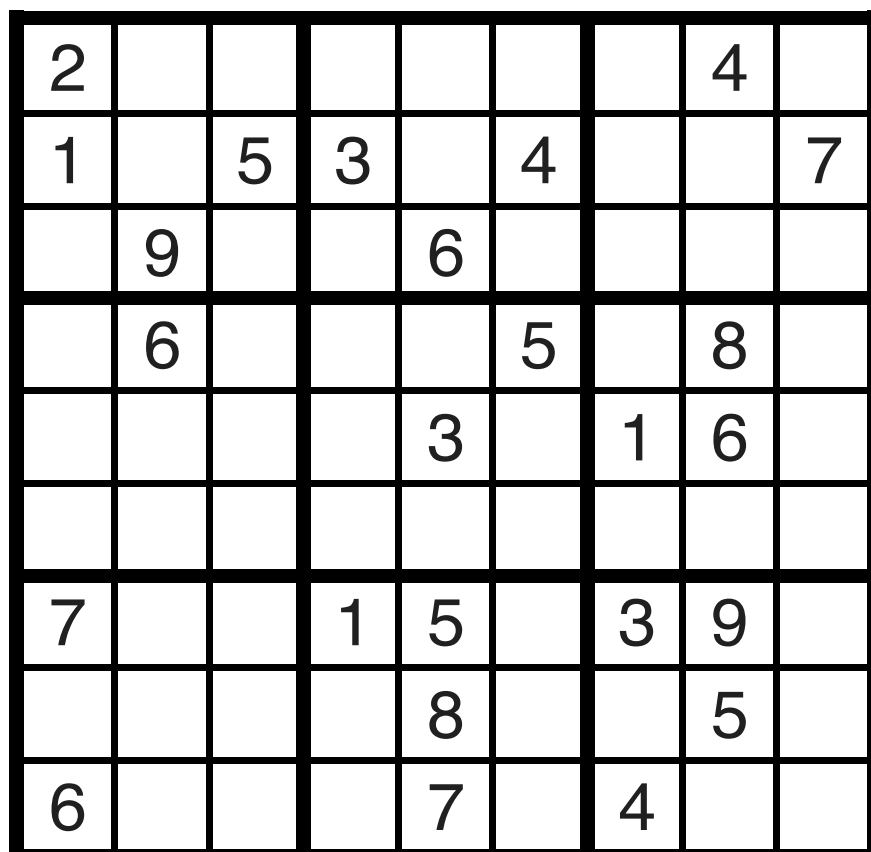
Clue: Golf equipment

- D. 18 16 21 15 20 13**

Clue: Attempt to hit the ball

Answers: A. course B. putt C. clubs D. stroke

SUDOKU



Level: Advanced

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This Italian comfort food hits the spot

“Comfort food” is an umbrella term that refers to a wide array of dishes. For fans of Italian food, there may be no dish that fits the comfort food mold better than lasagna. Lasagna can be made with a wide array of ingredients, and each iteration of it qualifies as comfort food. That’s certainly the case with this recipe for “Lasagna With Zucchini and Meat Sauce” from Lines+Angles.

Lasagna With Zucchini and Meat Sauce

Makes 9 Servings

- 2 large zucchini, rinsed and trimmed
- Salt
- 12 dried lasagna noodles
- 1 pound ground beef
- 1½ teaspoons ground black pepper
- 1 small green bell pepper, rinsed, trimmed and diced
- 1 onion, peeled and diced
- 8 ounces tomato paste
- 15 ounces canned tomato sauce
- 3½ tablespoons red wine
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh oregano
- 1 egg, beaten
- 2 cups low-fat ricotta cheese
- 2 tablespoons chopped fresh parsley
- 2 cups shredded mozzarella cheese
- 2 cups grated Parmesan cheese



1. Preheat oven to 325 F. Coat a deep 9 x 13-inch baking pan with nonstick cooking spray.
2. Slice zucchini lengthwise into very thin slices. Sprinkle slices lightly with salt; set aside to drain in a colander.
3. Bring a large pot of salted water to a boil over high heat. Add the noodles and cook until al dente, 8 to 12 minutes. Drain, immerse in cold water to cool and drain again. Lay the noodles in a single layer on a baking sheet and cover with plastic wrap.
4. Meanwhile, in a large skillet, set over medium-high heat, cook and stir the ground beef and black pepper for 5 minutes. Drain excess grease from pan. Add in green pepper and onion; cook and stir until beef is no longer pink. Stir in tomatopaste, tomato sauce, wine, basil, and oregano. If sauce is too thick, add a small amount of warm water. Bring to a boil; reduce heat and simmer sauce for about 20 minutes, stirring frequently.
5. Meanwhile, stir egg, ricotta, and parsley together in a bowl and mix well.
6. To assemble lasagna, spread 1/3 of the meat sauce into the bottom of prepared pan. Then layer 1/3 of the cooked lasagna noodles, 1/3 of the zucchini slices, 1/2 of the ricotta mixture, 1/3 of the mozzarella cheese. Repeat the layers ending with a layer of zucchini followed by a layer of noodles. Spread Parmesan cheese evenly over the top; cover with foil.
7. Bake for 45 minutes. Remove foil; increase oven temperature to 350 F, and bake an additional 15 minutes. Let stand for 5 or 10 minutes before serving.

Tip: This may be assembled a day ahead. Refrigerate until ready to bake.

Metro

Curious fawn



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Jodi Cornelio
Live Long, Live Well
Jodi R. Cornelio, AS, BA, MBA
Nutritionist, Personal Trainer and
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Keep Your Balance Boomers

Did you know that we all lose our balance over time as we age if we do not work at keeping it strong? After the age 50, balance ability declines steadily with each decade and by age 70, many people lose up to 30–40% of their balance-related functions; this includes muscle strength, reaction time, and sensory functions. Balance loss is a part of aging, and it is one of the main contributors to falls and loss of independence in older adults. Also did you know falls are the leading cause of injury-related deaths among adults 65 plus. Did you know that over 3 million older adults are treated in emergency rooms each year for fall injuries? Did you know that poor balance is one of the top 3 risk factors for falls, along with muscle weakness and vision problems

Here are 3 of my favorite simple daily exercises to improve balance and stability.

1. Single leg stands – We should do this exercise throughout the day or several times a day when hanging

out around the house. It’s easy and simple to do and helps immensely to keep balance strong.

- Stand behind a chair or alongside the kitchen counter or bar to hold on to for a little support until you can let go freely.
- Lift one foot off the ground and hold for 20 to 30 seconds
- Switch legs and alternat doing this for 5 to 10 minutes a day.

2. Heel to Toe Walk – Some of you may know this one, it is similar to what the police officer has you do when pulling you over for a DUI.

- Walk in a straight line, placing the heel of one foot directly in front of the toes of the other for 20 steps
- Keep your shoulders back and posture upright and eyes forward without looking at your feet. Use a wall or chair for support if needed for the first couple of times until you get used to it.
- Stand behind a chair and hold lightly for support
- Lift one foot off the ground and hold
- Switch legs

3. Chair squats – chair squats are great for lower body strength and stability and help with balance. By using a chair, it helps coordinate and active the correct muscles in the correct position in a very safe way.

- Sit in a sturdy chair with feet flat on the floor
 - Stand up slowly (use hands if needed)
 - Lower yourself back down with control.
 - Do 10 of these and take a little 2-minute rest and do 10 more or as many as you can take and gradually increase as you get stronger.
- As with anything in life, Consistency is key! Even a few minutes each day can help improve balance, reduce risks of falls, and increase ease of movement.
- Live Long, Live Well

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Conserving fuel as prices rise

Metro

Fuel is a necessity for millions of drivers on the country’s roadways. According to a recent report from Experian Automotive, approximately 1.4 percent of the 292.3 million cars and trucks on the road in the United States in 2024 were electric. Even though the number of EVs is rising, there are still plenty of people behind the wheels of gas-powered vehicles that require routine fill-ups.

As of late March 2026, the national average gas price in the United States at the same was \$3.98 per gallon. When gas prices rise due to various factors, drivers are increasingly interested in ways to conserve fuel and stretch their dollars further. Here are some ways to mitigate rising gas prices.

- Reduce your speed. Driving at moderate speeds increases efficient consumption of fuel. Some vehicles may feature an “ECO” mode that optimizes fuel consumption by restricting engine power, among other changes, or notifies the driver when they are driving in a manner that is using fuel wisely. Driving above 50 miles per hour reduces fuel economy considerably.
- Practice smooth driving. Drivers should avoid aggressive starts (gunning it) and hard braking, which can eat into fuel efficiency. Letting off the

- accelerator early and coasting to red lights or stop signs helps.
- Rely on cruise control. Cruise control helps maintain a steady speed, which can save fuel on highway travel.
 - Keep tires inflated. Properly inflating tires to the manufacturer’s recommended PSI can improve fuel economy by roughly 0.6 percent to 3 percent for most drivers, offers the U.S. Department of Energy. Driving on tires that are 20 percent under-inflated can reduce fuel economy by as much as 10 percent. Removing unnecessary heavy items from the vehicle also can help to reduce drag.
 - Limit idling and combine trips. Turn off the vehicle when stopped for more than a few minutes. When running errands, combine short trips to keep the engine warm, which is more efficient.
 - Skip the premium fuel. Unless a vehicle owner’s manual specifically recommends filling up with premium fuel, drivers will not see an increase in performance by choosing this more expensive option, offers Progressive Insurance. A person will just be paying more for premium, which is always more expensive than standard 87-octane fuel.



Metro photo
Drivers can use various strategies to conserve fuel when gas becomes more expensive.



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MAINE OUTDOORS *v. Paul Reynolds*

ALLAGASH- HARD ROAD TO WILDERNESS

Take the two brothers, Buzz and Tim Caverly. For a combined 72 years, these two men, both still alive and active, served the state of Maine as Conservation Officers in a variety of roles: Buzz, most notably as director of Baxter State Park, and Tim as Supervisor of the Allagash Waterway.

Few Mainers would dispute that in modern times no two individuals left a bigger mark as impassioned public servants and guardians of Maine’s wilderness than the Caverly boys.

Ironically, both brothers fought hard during their careers for what they believed in, and yet, eventually, they were both removed from their posts. Buzz, who knew Percival Baxter personally, struggled, sometimes against the grain, to honor Baxter’s vision for protecting the Park’s wilderness character. As the guardian of the Allagash Waterway’s integrity as an American Scenic River, Tim’s tenure as the Waterway supervisor was also a struggle against political maneuvering by those who would seek to serve their own self interests in ways that would undermine the statutory regulations intended to protect the wilderness character of the Waterway.

Looking back at the historical record of these two public leaders, which is so well chronicled in a book by Phyllis Austin titled “Wilderness partners” and Tim Caverly’s latest book, “The Allagash: A Hard Road to Wilderness,” it is astonishing to learn that so much

political intrigue and bureaucratic internecine warfare was waged against two determined men, who simply valued Maine’s natural resources and wanted to protect the wilderness experience for all in perpetuity!

The adage comes to mind: “History rarely remembers the comfortable; it remembers the determined.”

“The Allagash: A Hard Road to Wilderness” is Tim’s 15th book in his Allagash Tails collection. Relying on personal logbooks, diaries, letters and office memos, he has woven together a fascinating tapestry of what happened behind the scenes in his 32 years as a Park Ranger and 18 years as the supervisor of the Waterway.

You will be amazed! The Caverly’s remote home was burned by arsonists. From 1981 to 2001, 17 pieces of legislation were proposed to undermine the integrity of the Waterway. Tim’s personal and professional kerfuffle with his nemesis, Rep. John Martin from Eagle Lake, is a real insight into the sheer venality that often underlies the Augusta political dynamic.

From Tim’s diary: “January 1999: Traveled to Augusta for yet another reprimand. I don’t think that the scolding will stop until they get me out. Expect to be gone by spring.” He was not wrong, for Caverly was dismissed in June of that year.

In his book’s conclusion, Caverly writes: “In the last four decades, state officials and politicians have undercut the law many times and betrayed the public

trust.” Most damning of all is Caverly’s contention that the Maine Department of Conservation and its subdivision, the Bureau of Parks and Lands, itself “jeopardized the health of the Waterway and degraded any concept of wilderness.”

In other words, Caverly believes that the proverbial fox is guarding the chicken coop. Is the picture truly as bleak as the Caverly book portrays? I honestly don’t know.

What I do know is that the late Baxter State Park benefactor, Governor Baxter was wary of this sort of misfeasance and insisted that the oversight and administrative management of his creation was as insulated from the whim of state politicians as he could make it, hence: The Baxter State Park Authority.

Well, there is no doubt that Percival Baxter was a man of vision. With regard to the oversight of the Allagash Waterway, perhaps it is time to revisit the administrative structure of the significant and fabled Waterway.

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.sportingjournal.com, Outdoor Books.



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MOVIE REVIEW

by Lucas Allen

MOTOR CITY

(IFC Films-Black Bear)

If you can recall that back in 2023, director John Woo made an experimental action film that’s mostly dialogue-free in the holiday-set “Silent Night”. Now, director Potsy Ponciroli took a bit of inspiration from that film to create his own “silent action movie,” this time with a retro-style theme with “Motor City.” Written by Chad St. John, this film takes the conventional basics of a hard-nosed crime thriller into an artistically driven, non-commercial entity straight out of Terrence Malick and less Michael Mann.

Set in late 1970’s Detroit, Miller (Alan Ritchson) is trying to live a happier, hard-working life with a good job and the love of his girlfriend Sophia (Shailene Woodley). But then, police stormed into their home and arrested him after finding pounds of illegal drugs in the trunk of his car. It turns out that his frame-up was masterminded by Sophia’s ex-boyfriend and drug kingpin Reynolds (Ben Foster) with the help of the corrupt Lt. Savick (Pablo Schreiber) as a way to get revenge on him for humiliating him the night the two lovebirds met. However, the good Detective Kent (Ben McKenzie) remains skeptical of the whole thing as Miller is sentenced to twenty-five years in prison.

One year into his sentence, Miller is left alone and heart-broken by the news that Sophia has just married Reynolds, while he remains in prison at the mercy of abusive guards. Fortunately for him, his ex-Vietnam buddies Youngblood (Lionel Boyce) and Singh (Amar Chadha-Patel) break him

out of jail to save his lover. Then tragedy suddenly strikes, and it leads him and his pals on a bloody trail of vengeance against the men responsible.

At first, the lack of dialogue is not all that bothersome since the movie has a good cast that finds a way to emote with their faces fittingly in those many scenes. It also uses some era-appropriate music from the likes of David Bowie, Fleetwood Mac, and The Moody Blues to convey each moment nicely. But as it goes on, it becomes apparent that there is seriously no reason for this movie to be almost devoid of characters talking aside from a few times you can hear them speak. It becomes a slow-paced slog for an hour and forty-minute feature that will likely have audiences lose patience with it. At least “Silent Night” had a point to being a silent film when the main character loses his voice, but we can still sympathize with his struggles enough for us to root for him towards the end.

Another issue with this movie is how it has trouble with the tone and style. A lot of the action over-stylizes with slow-motion and iffy CGI jumps and falls like a bad Zack Snyder film. Even when it gets dramatic like that arrest scene near the film’s beginning, it indulges too much in its stylistic choices, like the Fleetwood Mac song “The Chain” playing during that scene in its entirety when it could have been chopped considerably for length.

The standard vengeance-filled climax was supposed to deliver this epic feel of triumph, but this one drags the last

twenty minutes to the grindstone. Worse, they chose to make a crucial part of the finale as a first scene, which lessens the dramatic impact. Not to mention, they put Bowie’s “Cat People (Putting Out Fire)” only in that first scene when it could have been the other way around.

The only good thing the movie does well is its cast doing their best to act through their scenes without talking. Woodley brings the most range of emotions between happy, sad, anger, and fright to her performance, while Foster finds a good balance between bad guy and sly slimeball by the way he smiles differently. As for Ritchson, he is fine with his acting, but it is tough to take him seriously during the prison scenes when he looks like the GEICO Caveman on steroids. McKenzie is basically replaying his Jim Gordon role from the TV series “Gotham” as the good cop, though Schreiber is having a blast playing the bad cop, and it shows.

Maybe a more patient viewer can find something more interesting about this, but “Motor City” is a pointless experiment that also ends up being a depressing and despairing slog of an action film. “Silent Night” was a decent film, but it is ultimately a better silent action film that demonstrates how to do it right.

THE MOVIE’S RATING: R (for strong bloody violence, some grisly images, drug content, sexuality/nudity, and language)

THE CRITIC’S RATING: 1.75 Stars (Out of Four)



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STUDENT NEWS

Ella Junge of Leeds named to the University of Rhode Island President’s List

Kingston, RI - The University of Rhode Island is pleased to announce that Ella Junge, of Leeds, has been named to its Spring 2026 President’s List.
To be included on the President’s List, full-time students must have completed 12 or more credits for letter grades which are GPA applicable during a semester and achieved at least a 3.80 through 4.0 grade point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades which are GPA applicable earning at least a 3.80 through 4.0 grade point average.

SNHU announces Spring 2026 President’s List

Manchester, NH - It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Spring 2026 President’s List. The spring term runs from January to May.
Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President’s List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.
Sophie Miller of Sumner, Madelyne Keneborus of Turner, Tyler Provencher of Turner, Sydney Fortin of Turner, Brittany Cayer of Turner, Tracy Plessis of Turner, Emily Kaplan of North Monmouth, Ian MacDonald of Monmouth, Cindle Raymond of Livermore Falls, Angelina Davis of Livermore Falls, Amanda Segnitz-McCann of Livermore Falls, Jenny Hopper of Greene and Britney Rac of Buckfield.

Amy Braby earns Spring 2026 Dean’s List Honors at Roger Williams University

Bristol, RI - Amy Braby, of Turner, has been named to the Spring 2026 Dean’s List at Roger Williams University in Bristol, R.I. Full-time students who complete 12 or more credits per semester and earn a grade point average of 3.4 or higher are placed on the Dean’s List that semester.

Shout out to Julia Bickford

GREENE – Congratulations to Julia Bickford for graduating from Central Maine Community College with her associate degree in Education. Out of 730-something graduates, she was recognized for being 1 out of 63 students who held the Presidential Award (4.0). She was also recognized for being in the Phi Theta Kappa International Honor Society (academic excellence, leadership, and civic engagement). She will now continue her education at the University of Maine at Farmington for 2 years, working towards her bachelor’s degree in education and special education. We are so proud of her and wish her all the best!

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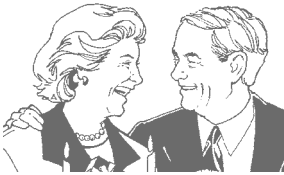
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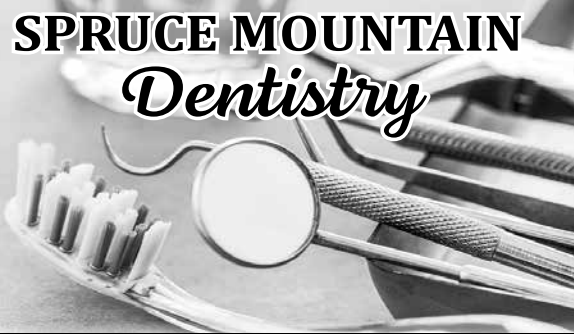
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Decent people and a dropped raisin

I realize there is a smattering of decent people quietly roaming the backroads of our planet. However, it seems like a growing challenge to stumble upon a true specimen..

Pause your reading now and imagine me standing at kitchen counter last night slicing some edibles, when a small bit of something falls to the floor just in front of me. I initially glance straight down to where it must have landed. Nothing in sight. Oh, it must have hit the front of my foot and bounced forward under the dishwasher. I go to my knees and look, but do not spot the speck of future, mice fodder.

I am pressed to continue my search seeing nothing to my left or right. So, I look behind me over the rest of the kitchen, staring at clean, gray ceramic tiles. No little fleck of increasingly irritating edible in sight. It may be on that mysterious journey to China where all dropped (and never found) objects of any kind end their joyous travels. I recall as a youngster, if I had lost something my mother would say, “It’s probably in China by now. Pray to Saint Anthony to find it.” (Anthony is the Roman

Catholic Patron Saint of lost things.) If you are always misplacing or losing things like me, you begin calling him just Tony.

Now, let the reader stop and recall all the tiny items that have you have dropped and mysteriously disappeared from your clumsy life. Maybe they all be in the Far East. You might now imagine why so many of the things (other than electronics) that we buy, Made in China, fall apart. All our dropped delights are gathered by low-paid workers and thrown into a vat then processed into whatever the end product is supposed to simulate.

I started looking over the entire kitchen. While on the hunt I made a good guess it was a raisin that wandered off. I was preparing a Waldorf Salad with apples, celery, and raisins. “Hey, I think, raisins are the same color as the chairs around the table.” Facing desperation now I go to the far-distant stretches of our kitchen. On my knees, hiding next to the fourth chair leg I have inspected, sits the unwittingly camouflaged, dried grape. I know beyond any doubt, this raisin has been purposely designed somewhere by some deranged, obsessive/

compulsive imp to irritate me.

The chopped apples still resting on the countertop have not yet turned brown, though this adventure has taken all of five minutes. There is still a chance I may be able to eat this dish. However, I am presented with another dilemma. Do I return the item to the salad bowl, having now cheated the Chinese workers out of a tiny portion of collected droppings that magically skulk their way to Hong Kong from the kitchen floors around the world?

Well, what have “dropped delights” and Chinese workers got to do with an honest search for decent people? I do not know. It is too philosophically difficult for me to even ponder. I would advise you to just keep looking for that missing raisin - or paper clip - or button - or chocolate chip - or earring, -or aspirin...or...whatever.

If you have similar thoughts as mine noted in the first two sentences in this chronicle of mental digressions, here is a final thought. This quote was on my daily tear-off calendar this morning: “The world is full of decent people. If you can’t find one, be one.”

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Bill Van Tassel photos
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