

FREE

Coop is hiding
somewhere in this
publication...

Can you find Coop?

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



INDEX

Funny Things Kids Say	2
Maine Calendar	3
Kids Corner	4
Puzzle Page.....	5
Student News.....	10
Directory Page	11
Fall Sports Schedules.....	13
Classifieds.....	14
Reader Recipe.....	15

FEATURE ARTICLES

Movie Review: Motor City	6
The Healthy Geezer: Meniere's Disease	6
Conserving fuel as prices rise.....	8
Keep your balance Boomers	9
V. Paul Reynolds: Allagash - Hard Road to Wilderness	12

NEED YOUR
CHIMNEY
CLEANED?
Dirty Bristles

page 8



SCAN TO READ ALL OUR
PAPERS FREE ONLINE.

THE Western Maine Foothills

Maine's largest direct mail community publication company serving over 200,000 homes and "It's All Good News"!

Western Maine's Only Direct Mailed Newspaper.

Western Maine's Only Direct Mailed Newspaper. Directly mailed to the residents of Bethel, Hanover, Newry, Rumford, Mexico, Dixfield, Greenwood, Bryant Pond and Roxbury

August 2026 • Volume 29 Issue 1 • Just Good News Since 1992

PRST STD
US Postage Paid
Permit #11
Newcastle, Maine

ECRWSS
POSTAL
CUSTOMER

A Product of
Turner Publishing
INCORPORATED
A Maine Owned Company

Andover Old Home Days



Parke Emmons from Sanford goes through the hoops section of an Obstacle Course. Many children's activities were ready to keep the kids occupied while awaiting the Old Home Day's parade.



Photo by Bill Van Tassel

Andover's Old Home Days feature a wide variety of vendors set on the Town Common, always attracting a large crowd; also taking advantage of the shade from a nice grove of trees.



In addition to the lineup of Rescue Vehicles at the Andover Old Home Days, there were many older and antique farm tractors as seen here in the great parade Saturday morning.



Sitting in the shade by Chuck McAllister's 1958 Ford Fairlane Victoria, are the owner and a few friends from Poland, Me. All were visiting Andover Old Home Days on August 1.

The smallest details make
the biggest difference.

The day we start making compromises is the day we stop building boats.
We craft with intention and tradition at every curve and cabinet - using
skills sought the world over - and found right here in the Lakes Region.
Join our team of the best boatbuilders in the world, apply today!



NOW HIRING-ALL POSITIONS

- 4-Day Work Week with Optional Overtime on Fridays
- 100% Company-Paid Healthcare Plan
- Year-Round Employment Conveniently located in Raymond

APPLY NOW

SABREYACHTS.COM/CAREERS

Hire for Attitude, Train for Skill

ON ROAD DIESEL • OFF ROAD DIESEL



Now serving:
Woodstock, Peru,
Rumford, Mexico,
Dixfield, Hebron,
Paris, W. Paris,
Norway, Oxford
& Otisfield

DON BLANCHARD
TURNER, ME

CELL 207-754-3588
VOICE MAIL 207-225-2297



LARGEST
SHOREMASTER
DISTRIBUTOR IN THE COUNTRY

ALUMINUM DOCKS, BOAT LIFTS & SWIM RAFTS!
Professional Installation Services Available Within 48 Hours!

Hammond
Lumber Company

34 LOCATIONS ACROSS
MAINE & NEW HAMPSHIRE
WWW.HAMMONDLUMBER.COM

Share the funniest thing your kid or grandchild said this week!



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

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.” –*Kas-sondar, 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*

★ **Attention** ★
2026 Maine Election

Congratulations to those who announced your campaign for public service as State Representative, State Senator Seats or Governor. Turner Publishing is proud and happy to promote your campaign to everyone in your district.

Due to the fact that we receive so many announcements, and in an effort to give each candidate all the attention deserved for this public service mission, we are asking all candidates to call the office at

207-225-2076

or email
advertising@turnerpublishing.net
to get proper placement.

GENERAL ELECTION AD DEADLINES ARE:



August 22 for September



September 22 for October

Reserve Your Space NOW.

Remember all campaign advertisers receive FREE Op-Ed.



Turner Publishing
INCORPORATED



CALL SOON

TO PLAN AND GET QUOTES ON YOUR
6.25" x 9" POLITICAL MAIL FLYER.

Thank you and good luck in 2026
Turner Publishing Staff
and Publisher, Jodi Cornelio



MAINE CALENDAR

2026

SEPTEMBER

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.

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

AUBURN: Weekly Chess Club, every Wednesday, 4-6 p.m., Auburn Public Library, all levels and ages welcome; FMI call Joe Kaper 207-274-8463.

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



August 25..... **Dirty McCurdy**
September 1..... **Hot Damn**
September 8..... **Pam Weeks**

LOCKE MILLS: Greenwood Farmer’s Market every other Friday during the winter, starting on October 3rd, 270 Main St., Rt. 26, Locke Mills, next door to the Greenwood Post Office, FMI Brian and Suzanne Dunham 207-665-2967.

BETHEL: Storytime at Bethel Library, every Wednesday at 10 a.m., 6 Broad Street, Bethel, FMI (207) 824-2520.

OQUOSSOC: Rangeley Region Skeet and Trap Association (RRS&TA) announces its 2025 shooting schedule, welcoming members and visitors to experience clay shooting sports, Wednesday: Trap and Skeet starting at 4:00 p.m., Thursday: Sporting Clays and Skeet starting at 4:00 p.m., Saturday: Five Stand and Skeet starting at 10:00 a.m., Sunday: Trap and Skeet starting at 1:00 p.m.

GILEAD: Gilead His-

torical Society open every Saturday 12 – 3 p.m., 14 Depot St., Gilead, FMI call (207) 836-2987.

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.

BETHEL: Every Wednesday, Story time at the Bethel Library, 5 Broad Street, Bethel, 10 – 11a.m.

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.

FARMINGTON: Nami Farmington Family Support Group, for family and friends of people living with a mental illness, 3rd Monday of each month, 6:30-8 p.m., Maine Health Franklin Hospital, 111 Franklin Health Commons, Farmington, Contact Louise (207) 592-9933 or Kathy (207) 318-1075

FARMINGTON: Farmington chess club meets every Thursday morning at the Parks and Rec Center, 127 Middle St., Farmington, from 9:30 a.m.-12:30 p.m.

FARMINGTON: St. Joseph Nutrition Center, corner of Quebec and Middle Street (across from St. Joseph Church) A “Blessing Box” in front of the building. More information or to help out: (207) 778-2778.

JAY: St. Rose of Lima Food Assistance, 1 Church Street (Parish Hall) A “Blessing Box” faces the street in front of the building. More information or to help out: (207) 897-2173.

JAY: St. Rose of Lima Community Meals, 1 Church Street (Parish Hall), Community meals offered on the first and third Saturdays of the month from 4:30 p.m. to 6 p.m. For more information or to help: (207) 897-2173.

FARMINGTON: Farmington Grange has WWW, Wednesday Welcome and Warm Up, First and third Wednes-

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

2X2 AD
THIS SIZE

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

1X2 AD
THIS SIZE

days, November thru April. Everyone is welcome, 10-2, coffee sweets, light lunch, social time, projects, games and puzzles. Grange Hall is located at 124 Bridge Street, West Farmington. For more information call Bonnie Clark 207-778-1416

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.

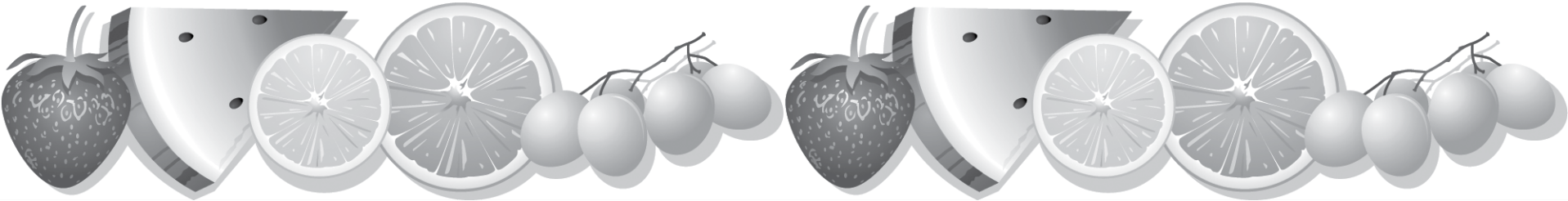
CANCELLATIONS

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.

To serve you better-not only do we mail
our good news publications to your mailbox:

- You can find us free online at www.turnerpublishing.net
- You can find us at one of your local grocery stores while supplies last
- You can pick one up at our office in Turner



Did you find Coop?

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



Name _____

Address _____

Paper _____

Page # _____ Phone # _____

Email info to: kidscorner@turnerpublishing.net
Or mail to: Coop - Turner Publishing, P.O. Box 214, Turner, ME 04282



What's the Difference?

Find the four differences between the two pictures.

A



B



Answers: 1. Letters missing on wall 2. Drum in front 3. Recorder different color 4. Missing watch

THIS DAY IN HISTORY



1814: British troops capture Washington, D.C., and set the Presidential Mansion and other buildings on fire.

1909: Workers start pouring concrete for the Panama Canal.

1991: Ukraine declares itself independent from the Soviet Union.

People FACT:

August and September are the months when many children return here.

Answer: School

NEW WORD

EDUCATE

give instruction to someone at a school

How they say that in...

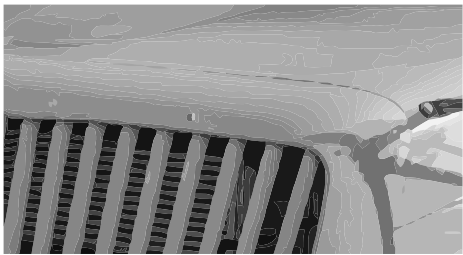
English: Teacher
Spanish: Maestro
Italian: Insegnante
French: Professeur
German: Lehrer

Did You Know?

Each household spends around \$858 on school supplies and apparel each year.



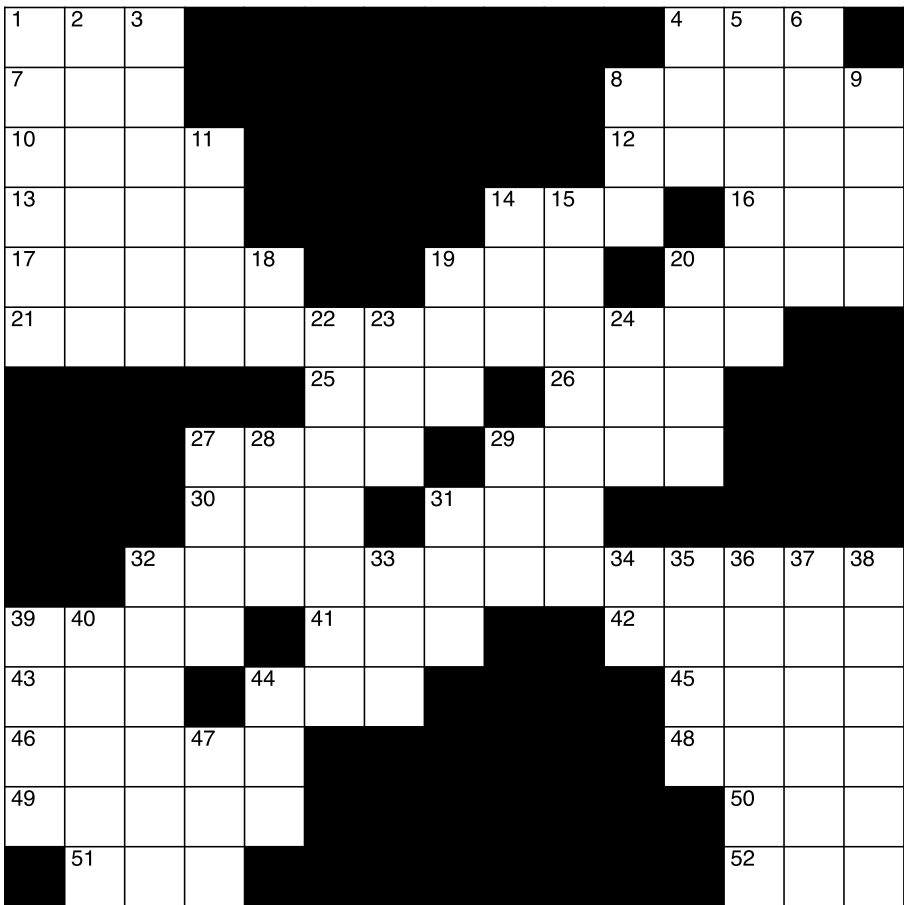
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: School bus

Crossword



- CLUES ACROSS
1. Microgram

4. Fixed charge

7. Each

8. Feeling of humiliation

10. Coat with sticky substance

12. Powerful “Severance” family

13. Japanese city

14. “Pulp Fiction” actress Thurman

16. Hat

17. Place where rockers work

19. Psyche

20. Snakelike fishes

21. Where people live

25. Body part

26. Old towel

27. One’s essential being

29. Japanese alcoholic beverage

30. Boxing’s GOAT

31. Wet muddy ground

32. Christian Laettner is one

39. A place to store lawn tools

41. Large tub for liquid

42. Old World lizard

43. One-time European member group

44. Healing student

45. Nuclear weapon

46. “Kiss of the Spider Woman” actress Sonia

48. Silk garment

49. About some Norse poems

50. Woman religious community member

51. Congressman (abbr.)

52. Two-year-old sheep
- CLUES DOWN
1. An insane person

2. “Homeland” actress Danes

3. Buttock muscles

4. US federal agency

5. Birds of prey

6. Electronic communication

8. Ocean

9. Terminates

11. Low-pitched sound from a bell

14. Exclamation: yuck!

15. A place to attach a boat

18. Exclamation of surprise

19. Make a mistake

20. Border line

22. Have religious faith

23. Klutz

24. Large tree

27. House of __ rulers

28. Red deer

29. Small coin (French)

31. Popular sandwich

32. 10-year period

33. Not good

34. Government lawyer

35. Egypt’s intelligence agency

36. Without an occupant or incumbent

37. Stain with one’s hands

38. Crippling

39. One point east of southeast

40. Large, united groups

44. __ and cheese

47. Alcoholic beverage

⌚ * 📺 🧐 🍀 ~ 🌑 🎧 ✨ * 🌸 ✕ 🍁 + 🌊 🍁 ▲ 🌙 🌸 🍀 ✨ 🌿 🍂 🌧 🌀 🕒 🕒

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

📺 🌙 🌀 🍁 🍀 🌊 ~ ✨ +

Solve the code to discover words related to traffic.
Each number corresponds to a letter.
(Hint: 7 = O)

A. 16 21 8 22
Clue: Vehicles

B. 8 7 21 13 17 21 25
Clue: Place to drive

C. 11 26 8 18 26
Clue: Blend together

D. 16 7 12 18 26 22 6 4 7 12
Clue: Lots of vehicles

Answers: A. cars B. roadway C. merge D. congestion

SUDOKU

				8				7
	9						4	5
		2	1					
				3		7	2	
9								3
4	2							
		1						
3	8			2	4			9
6					5			

Level: Advanced

ON THE ROAD

WORD SEARCH

V T S M W H M N L D F C F I I H R H A V

E E H F W I C M R E R T O E C P D B P S

D L I W M B N O C B R U C M G F P E S E

L E C N N L M N N A P I O M M K W A H L

G P T Y P M A M F S L E D H C U P M G C

N B S I C L P F I O T G D E H R T N P I

I O I L U R I D P T V R N E E S I E L H

D N O B O C O V R H B E U V S T U N R E

E C M M L W F T O A L O O C A T O R I V

E A K I D A S M O T V N U G T I R D B K

P A G A P F W R T M D E L I T I R I L B

S H V C A A T O A O S I L C C S O A A B

T V B F B I B I S T A N E U T M W N O N

F I M L W F I E N T I S C O O S U Y N B

A T U O B A D N U O R R P U S B O R K B

P E D G H D R N D E O S Y O M V U I D D

V N W D A Y F N T Y I P R V W T V W S P

A L C R O H O N I G K C O L D I R G N E

W E K V W D I D N C O N G E S T I O N A

T A B U H F R M I R H I G H W A Y A P Y

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

AMBULANCE

BOTTLENECK

BOULEVARD

COMMUTER

CONGESTION

CONSTRUCTION

CROSSWALK

GRIDLOCK

HIGHWAY

INTERSECTION

MOTORCYCLE

OVERPASS

PEDESTRIAN

POLICE

ROUNABOUT

RUSH HOUR

SPEEDING

STOP SIGN

TAILGATING

TRAFFIC LIGHT

TURN

VEHICLES

HOROSCOPES

ARIES - Mar 21/Apr 20

Make the most of every opportunity that comes your way this week, Aries. You may not get many chances to test your mettle in the weeks to come, so it's important to act now.

TAURUS - Apr 21/May 21

Taurus, something that started out as a part-time venture could turn into much more. Figure out if this is the path you see yourself going and then make your move.

GEMINI - May 22/June 21

Let loose and have fun for a change, Gemini. Don't delay when others want to invite you out for a night on the town or even a brunch. Say "yes."

CANCER - June 22/July 22

There's a lot going on right now and it may have your head spinning, Cancer. Delegate some of your workload if you can. Don't be too hard on yourself.

LEO - July 23/Aug 23

Leo, it is important to remember that your online presence never goes away. Watch what you post and be mindful of what you support in social media groups.

VIRGO - Aug 24/Sept 22

Family matters require your undivided attention this week, Virgo. You must dig in deep to address them. There are two sides to every story.

LIBRA - Sept 23/Oct 23

Libra, just when you started to lose hope, the new horizon you were seeking comes into view. It is well-deserved.

SCORPIO - Oct 24/Nov 22

Scorpio, if you find yourself with too much extra time on your hands, why not volunteer with the community to pass the time? This can be a great way to meet people.

SAGITTARIUS - Nov 23/Dec 21

When plans change on a dime, you are ready to roll with the new situation, Sagittarius. Higher-ups may get a peek at your quick thinking, which can land you a promotion.

CAPRICORN - Dec 22/Jan 20

It's time to make amends with someone who did you wrong, Capricorn. Life is too short to hold grudges, and this person has since mended their ways.

AQUARIUS - Jan 21/Feb 18

Unless you take swift action, you could be heading for a financial free-fall, Aquarius. Start to pull back spending for a while and see if the situation will right itself.

PISCES - Feb 19/Mar 20

Pisces, you are on fire lately. There's seemingly nothing you touch that isn't turning to gold. This trend will continue, but try not to let it go to your head..

F

Banking that believes in *you*

Franklin Savings Bank

Farmington • Wilton • Jay • Rangeley • Rumford • Skowhegan • Ellsworth

MEMBER FDIC

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)

THE HEALTHY GEEZER

Fred Cicetti

MENIERE'S DISEASE

Q. A friend of mine has Meniere’s disease. What is it exactly?

Meniere’s disease is an inner-ear disorder that produces a group of symptoms including vertigo, a spinning sensation that can lead to nausea and vomiting. Meniere’s usually occurs in only one ear.

The disease was named after French physician Prosper Ménière who first described it in 1861. Meniere’s main symptoms are:

- Attacks of vertigo without warning that last 20 minutes to more than two hours.
- Permanent hearing loss that is suffered by most people with Meniere’s.

- Tinnitus, which is a ringing, buzzing, roaring, whistling or hissing sound in your ear.
 - A feeling of fullness or pressure in the ear.
- Attacks can come as often as daily or as little as once a year. An attack can be a combination of multiple symptoms.
- The cause of Meniere’s disease isn’t known. It seems to be the result of the abnormal volume or composition of fluid in the inner ear. However, researchers are uncertain about what causes changes in the fluid. There is speculation that it may be caused by viral infections of the inner ear, head injury, a hereditary predisposition, and allergy. Meniere’s is not contagious.

There is no cure for Meniere’s, but you can find relief by reducing body fluid with diuretic medicines and a change in diet. Drugs that treat vertigo and nausea are helpful, too. If Meniere’s disease is severe, it may have to be treated with surgery.

The following are some changes you can make in your lifestyle to help with Meniere’s:

- Eat approximately

the same amount of food at each meal to regulate body fluids. You may also eat five or six smaller meals instead of three meals a day.

- Salt can increase fluid retention. Try to consume no more than 1,000 to 1,500 milligrams of sodium daily.
- Avoid monosodium glutamate (MSG). Prepackaged food products and some Asian foods include MSG, a type of sodium.
- Stay away from the caffeine in coffee, tea and some soft drinks. Caffeine can make symptoms worse.
- Nicotine can make Meniere’s symptoms worse, too. Quit smoking.

Part of the inner ear is a labyrinth lined with hair-like sensors that react to moving fluids. These sensors send information about body movement to the brain. The fluid and sensors tell us the direction and speed of our movements and they help us maintain balance.

If you experience symptoms of Meniere’s, see a physician for a diagnosis. Meniere’s symptoms can be caused by other diseases such as stroke, brain tumor, Parkinson’s disease, multiple sclerosis or cardiovascular disease.

Unpredictable attacks of vertigo from Meniere’s can be crippling. They can increase your risk of falling, having a car accident and getting depressed and anxious.

The Ultimate Wood Heat

Outdoor Wood and Wood Pellet Boilers

ThermoPEX® pipe parts & accessories

Up to \$6,000* Rebate



Maine’s oldest Central Boiler dealer

For a limited time, up to \$6,000 rebate available from Efficiency Maine.

Independent P W E R

GREENE MAINE

CALL: 207-946-4444

www.independentpowermaine.com

Kennebec Valley welcomes thousands for Fifth IRONMAN 70.3 Maine Triathlon

AUGUSTA – The Kennebec Valley Chamber of Commerce welcomed IRONMAN 70.3 Maine back to Augusta from July 24–26 for its fifth consecutive year, drawing more than 2,400 athletes and thousands of spectators, volunteers, and visitors to the region.

The weekend-long event once again brought energy and excitement to Augusta and surrounding communities while supporting local hotels, restaurants, retailers, attractions, and other businesses throughout the Kennebec Valley.

Festivities began Friday evening with the Kennebec Valley Chamber of Commerce’s annual Welcome Party in downtown Augusta. More than 500 guests gathered along the Kennebec River for live music, food trucks, drinks, lawn games, and a fireworks display. Athletes, spectators, volunteers, and community members came together to officially kick off race weekend and welcome visitors to the region.

On Sunday, July 26, athletes began their 70.3-mile journey with a 1.2-mile swim in the Kennebec River. After exiting the water, participants completed a 56-mile bike ride through Central Maine followed by a 13.1-mile run through Augusta and surrounding communities.

Luke Creger of the United States took the top spot in the men’s division, finishing in 3:56:08. Andree Burke of Canada led the women’s field with a time of 4:28:32.

The event was made possible by nearly 800 local volunteers representing businesses, schools, municipalities, nonprofit organizations, and community groups. Volunteers supported athletes throughout the weekend and helped create the safe, welcoming race experience for which the Kennebec Valley has become known.

“Watching thousands of athletes, spectators, and volunteers come together throughout the Kennebec Valley is an incredible reminder of what this event means to our region,” said Katie Doherty, President & CEO of the Kennebec Valley Chamber of Commerce. “The impact extends far beyond race weekend. It supports our small businesses, strengthens our hospitality industry, and continues positioning the Kennebec Valley as a leading sports tourism destination.”



Submitted photo

Since the event’s Augusta debut in 2022, IRONMAN 70.3 Maine has welcomed more than 30,000 visitors to the region and generated an estimated \$19.1 million in economic activity. That spending directly benefits communities throughout the Kennebec Valley while introducing athletes and their families to the region’s businesses, outdoor recreation, downtowns, and local attractions.

IRONMAN 70.3 Maine recently extended its partnership with the Kennebec Valley Chamber of Commerce through 2027, affirming Augusta’s place as a premier destination for the global triathlon community.

Following another successful race weekend, the Kennebec Valley Chamber and its community partners look forward to welcoming athletes, spectators, and volunteers back to Au-

gusta for IRONMAN 70.3 Maine next summer.

More information can be found at www.ironman.com/races/im703-maine

For more information on the IRONMAN® brand and IRONMAN 70.3® brands and global event series, visit www.ironman.com

ABOUT KENNEBEC VALLEY CHAMBER OF COMMERCE

The Kennebec Valley Chamber of Commerce works to strengthen businesses and communities throughout the Kennebec Valley. Through advocacy, connection, promotion, and collaborative initiatives such as IRONMAN 70.3 Maine, the Chamber supports economic growth and promotes the region as a vibrant place to live, work, visit, and do business.

Craft Fairs

Call us to promote your
HOLIDAY CRAFT FAIRS
and experience
HOLIDAY PRICING
and **FREE AD DESIGN.**

Let every home in your area know
when and what's happening for the holidays.

Call 207-225-2076
or email:
advertising@turnerpublishing.net

2 COL. X 2" AD \$89

Turner Publishing
INCORPORATED

2 COL. X 4" AD \$120

Presented by:

Bethel Harvest Fest
2026
SEPTEMBER 19, 2026
10:00 AM - 3:00 PM

Organized by:

LIVE MUSIC
LOCAL CRAFTERS
LOCAL FOOD
SLUICING
KIDS ACTIVITIES

PIE EATING CONTEST
DOG MAYOR ELECTION
APPLE CIDER PRESSING
PIE BAKING CONTEST

BETHELMAINE.COM/EVENTS/HARVESTFEST

Sunshine = Grilling Time!

#1 IN PIZZA & SUBS!

We have a wide variety of
BEERS & WINE in our BEER CAVE!

★★★★★MAINE'S ONLY KIDZ KAVE!★★★★★

Locally Owned
& Operated by
Rick Breau

207-507-1433
20 Main Street, Mexico

Open 7 Days
5am to 9pm



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



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

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.

Above All Contracting, Inc.

STANDING SEAM METAL ROOFING

Metal Roof Kits • Custom Flashing
RoofingTools • Seamer Rentals

Come visit our showroom!

www.aboveallmaine.com
aboveall99@roadrunner.com
464 Auburn Rd, Turner • 207-754-9718

Mike's Stump Grinding
Lot Clearing • No Heavy Equipment • Useable Mulch
Free Estimates • No Job too Small • Environmentally Friendly
SENIOR CITIZEN DISCOUNTS 897-0958

**Reliable Fuel Deliveries
Responsive Service**

Dead River Company
DeadRiver.com

Greenwood Orchards
225-3764
Mon-Sun 8am-6pm • 174 Auburn Rd., Turner

A family-run farmstand specializing in
apples, cider, & bakery goods.
We also offer a wide selection of
native fruits, vegetables, and
other seasonal items.
A wide selection of apples, peaches, plums,
vegetables, jams and jellies, maple syrup,
pickles, beef, poultry, pork, cheese and

GUILD'S COUNTRY HARDWARE L.L.C.

Sun. 8am-12pm
Mon.-Fri. 7am-6pm
Sat. 8am-4pm
1739 Federal Rd, Livermore, ME
207-897-4617

DIRTY BRISTLES CHIMNEY SWEEP INC.
207-803-8195
dirtybristles8195@gmail.com
DIRTYBRISTLES.COM

CHIMNEY SWEEPS & INSPECTIONS
SERVICE/INSTALLS
Wood, Gas & Pellet
Stoves - All Brands!
Chimneys & Caps
Stainless Liners
Dampers & more
23 Years Exp.

SPRAY-N-STUFF INSULATION
FOAM • CELLULOSE • DRYWALL
207.418.9394

OUR SERVICES
CONTACT US https://spraynstuffinsulation.com

• Closed Cell Spray Foam Insulation
• Open Cell Spray Foam Insulation
• Blown in Cellulose
• Rockwool • Drywall

Western Maine Earth Movers
Site work & Excavtion
Free Estimates
Weldon Lucas

699 Greenwood Rd., Greenwood, ME 04255
207-418-7223 • Westernmainearth@outlook.com

DENALI
PROPERTY MANAGEMENT

Delivering Property Management Services to Homeowners
& Investors Throughout Central & Western Maine.
(207) 446.1441
WWW.MAINDERENTALS.ORG



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

BALANCE TODAY, INDEPENDENCE TOMORROW

Strong Balance. Stronger You.

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.

DID YOU KNOW?

- FALLS ARE THE LEADING CAUSE OF INJURY-RELATED DEATHS AMONG ADULTS 65+.
- OVER 3 MILLION OLDER ADULTS ARE TREATED IN EMERGENCY ROOMS EACH YEAR FOR FALL INJURIES.
- POOR BALANCE IS ONE OF THE TOP 3 RISK FACTORS FOR FALLS, ALONG WITH MUSCLE WEAKNESS AND VISION PROBLEMS.

YOU CAN TAKE ACTION!

- Build Strength
- Improve Balance
- Take Care of Your Vision

Small steps today can help prevent falls and protect your independence for years to come.

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

Meader & Son Funeral Home

3 Franklin Street, Rumford • 207-364-4545

Dana Chandler, Owner - Marc Chandler, Owner - David Blouin, Director

Caring for the people of our community

Through the years we have formed close relationships with the families of our community.

We are here when you need us most with a warm, comforting atmosphere and the guidance you need.

Scam Alert Bulletin Board

Tech Support Scams

A new surge of tech support scams is threatening consumers. Criminals use scary warning pop-up messages, or cold calls pretending to be a major software company to gain access to your device.

Many modern tech support alerts closely resemble real system warnings, making them difficult to detect at first glance. Vulnerable targets include standalone home computers, tablets used for online banking, and personal laptops used in busy public Wi-Fi areas.

If your screen freezes or a strange alert pops up, pause before reacting. Reflect on what you might have heard (or read) about scams that start out like this. To clear the warnings, you may have to shut down your device to get rid of them.

To help stay safe, keep your operating system and antivirus software up to date. If you are concerned that your device may be compromised, get it checked out at a repair shop you trust.

Learn how to spot and avoid scams with AARP Fraud Watch Network™. Suspect a scam? Call our free helpline at 877-908-3360 and talk to one of our fraud specialists about what to do next.

Need a scam prevention speaker for your group? Click the link to fill out our online form or send an email to me@aarp.org.

Did you know?

Parents of children who spend lots of time engaged with devices may wonder if there is a link between screen usage and attention-deficit hyperactivity disorder in young people. The National Institutes of Health reports that current research does not indicate tablet or screen use directly causes ADHD. However, excessive screen time is linked to a worsening of ADHD symptoms, and can even cause temporary attention problems in children who do not have the disorder. While numbers vary by age, pediatric experts like the American Academy of Pediatrics emphasize that young children ages two to five limit screen time to one hour per day of high-quality, educational programming. The AAP favors a more individualized approach for children ages six and older.

This and That Gifts LLC

Unique and Handmade Gifts

34 Exchange Street

RUMFORD MAINE, 04276

Stop by or call today! • 207-418-1600

STUDENT NEWS

Brady Harvie named to Dean’s List at
Plymouth State University

Plymouth, NH - Brady Harvie, of Windham, has been named to the Plymouth State University Dean’s List for the Spring 2026 semester. To be named to the Dean’s List, a student must achieve a grade point average between 3.5 and 3.69 for the Spring 2026 term and be a matriculated student with at least 12 credits, at least nine of which must confer grade points at the time the list is finalized. Harvie is majoring in Finance at Plymouth State.

Kyleigh Staples named to the University of Tampa
Spring 2026 Dean’s List

Tampa, FL - Kyleigh Staples, of Gorham, earned Dean’s List honors at the University of Tampa for the Spring 2026 semester. Staples is a member of the Class of 2028, majoring in Advertising and Public Relations BA. Students must maintain a GPA of 3.75 or higher to be eligible for the Dean’s List.

Students named to President’s List at
Plymouth State University

Plymouth, NH - Students have 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.

The following local students have been named to the Presidents List:

Gabrielle Evans of Gorham
Savannah Desantis of Windham

Sophie Koutalakis graduates from
Shenandoah University

Winchester, VA -- Sophie Koutalakis, of Windham, was among the 1,180 graduates who earned degrees and/or certificates from Shenandoah University during the 2025-26 academic year. That total includes graduates from August 2025, December 2025 and May 2026. Koutalakis earned a Bachelor of Arts in Environmental and Sustainability Studies and a Certificate in Sustainable Business.

Quentin Wise graduates from the
University of Mississippi

University, MS - Quentin Wise, of Gorham, is among the more than 3,800 students who earned their degrees from the University of Mississippi in May 2026. Wise, who majored in Accountancy, received a Bachelor of Accountancy from the Patterson School of Accountancy.

Emma Bennett named to Dean’s List
at Bates College

Lewiston, ME - Emma Bennett, of Windham, was named to the Dean’s List at Bates College for the Winter semester ending in May 2026. This is a distinction earned by students whose grade point average is 3.92 or higher. Bennett is majoring in Psychology at Bates.

Layce Boucher, of Rumford, named to the
University of Rhode Island President’s List

Kingston, RI - The University of Rhode Island is pleased to announce that Layce Boucher, of Rumford, has been named to its Spring 2026 President’s List.



DIXFIELD DISCOUNT FUEL, INC.

PROPANE
Heating Oil - Kerosene



Receive \$10.00 Off a
Delivery of
100 gallons or more
Please present this coupon for your discount.

Fueling Station ON-Road Fuel
Route 108, Peru with 24/7 Card Systems for Mastercard, Visa & Discover
NEW! ORDER OR PAY YOUR BILL ONLINE!

(207) 562-0972
www.dixfelddiscountfuel.com
1180 Route 2, Suite 6, Rumford

Find us on
facebook



2026
MEMBERSHIP
AVAILABLE.
CALL FOR MORE
DETAILS.

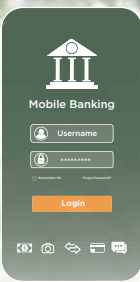
MEMBER BENEFITS INCLUDE:
5% Off Pro Shop Merchandise
Discounted Cart Fees
(2) Free Guest Greens Fees
Free Range Balls
Access to Many Members Only Tournaments

THE
HIGHLAND GRILLE
EAT | DRINK | ENJOY

OPEN TO THE PUBLIC - RELAXED ENVIRONMENT
CLASSIC PUB FAVORITES AND SPECIALTY COCKTAILS
Featuring Nightly Food and Drink Specials
WE HAVE REGULAR ENTERTAINMENT & EVENTS,
CORNHOLE TOURNAMENTS & TRIVIA!
COME CHECK IT OUT.

CALL FOR INFORMATION ON SPECIAL EVENTS!

GOLF SEASON HOURS: MON -THURS 11AM-9PM
FRI & SAT 11AM-10PM | SUN 11AM-8PM
OFFERING DINE IN & TAKE OUT
10 HIGHLAND AVE., TURNER, ME | 224-7090
LIKE US ON FACEBOOK @thehighlandgrille



The Banking You Expect.
The Service You Deserve.

Get the mobile banking you expect—
from deposits and bill pay to secure
account access—with the personal
service we’re known for.



MAINE
CREDIT UNIONS

Visit mainecreditunions.org

DON'T FORGET TO LOOK
FOR THE PHONY AD!

SHOP
SMALL!



SUPPORT YOUR LOCAL MERCHANTS!



Turner
Publishing
INCORPORATED

We not only mail our
good news to your
home FREE, but we can
be found in grocery stores and
online, at
www.turnerpublishing.net



The Good News!
FREE



our online
daily news and
digital publications
averages
9,500
readers per day.

Thank you for reading and supporting the Good News!

★ Directory Page ★

If you would like to advertise on the Directory Page,
email: *advertising@turnerpublishing.net* or call the office at 207- 225-2076

**Coulthard's Inc.
Pools & Spas**
454 River Road
Mexico
207-364-7665

**Dirty Bristles
Chimney Sweep Inc.**
dirtybristles.com
207-803-8795

**Dixfield
Discount Fuel**
www.dixfelddiscountfuel.com
207-562-0972

**Hotel
Rumford**
65 Canal Street
Rumford
207-507-1067

**Maine
Credit
Unions**

**Naples Packing
Company Inc.**
654 River Road
Mexico
207-364-3725

**Ricky B's
Market & Deli**
20 Main Street
Mexico
207-507-1433

**Sabre
Yachts**
12 Hawthorne Rd
Raymond ME
207-655-3831

**Spray-N-Stuff
Insulation**
spraynstuffinsulation.com
207-418-9394

**This and That
Gifts llc**
34 Exchange Street
Rumford
207-418-1600

**Western Maine
Earth Movers**
699 Greenwood Rd.
Greenwood ME 04255
207-418-7223

**Above All
Contracting, Inc.**
464 Auburn Rd.
Turner
207-754-9718

**Andy
Valley
Diesel**
Don Blanchard
207-225-2297

**Boothby
Ricker, LLC**
22 School House Hill Rd.
Turner
207-225-5044

**Meader & Son
Funeral Home**
3 Franklin Street
Rumford
207-364-4545

**Dead River
Company**
DeadRiver.com

**Denali
Property Management
Company**
www.mainehomereals.org
207-446-1441

**Franklin
Savings Bank**
Farmington • Wilton
Jay • Rangeley
Rumford • Skowhegan
Ellsworth

**Guild's Country
Hardware LLC**
1739 Federal Rd.
Livermore
207-897-4617

**Hammond
Lumber
Company**
hammondlumber.com
1-800-HAMMOND

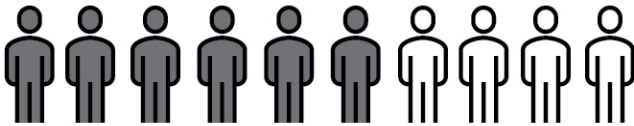
**Turner Highlands
Golf Course
The Highlands Grille**
10 Highland Ave.
Turner
207-224-7090

**Independent
Power**
Greene, Maine
207-946-4444

**Spruce
Mountain
Dentistry**
32 Main Street, Livermore Falls
207-897-4444

**Sarges
Sports
Pub & Grub**
Main Street, Rangeley
207-864-5616





Six out of 10 Americans rely on
a local newspaper for advertising
information about local
businesses.*

Ask us about the best ways
to promote your business to
more local homeowners!

* Source: America's Newspapers





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.

Rangeley Congregational Church Women’s Fellowship donates \$12,000 to charity

RANGELEY - This past year, Rangeley Congregational Church Women’s Fellowship participated in two summer festivals in Rangeley and our Annual Holly Fair, where handmade crafts, Rada cutlery, jams, and baked goods were sold. All proceeds from these events are donated to charity. On Friday, May 8th, the women of the Rangeley Congregational Church and our Women’s Fel-

lowship community met to distribute \$12,000 to charity. Once again, we were fortunate to be able to distribute donations to 15 wonderful organizations, with a large percentage of these benefiting people in the Rangeley region.

Following is a partial list of organizations which received funds from our proceeds: Rangeley Meal Site, The Giving Tree, Rangeley Library, Grand-

mother’s Purse, Rangeley Ski Scholarship program, Sargent Family Community Fund – Just One Day, Arbor House, Safe Voices of Farmington, Andwell Health Partners, Western Maine Community Action, Farmington Animal Rescue, and other national & international charities.

The Rangeley Congregational Church Women’s Fellowship’s participation in summer festivals and Holly Fair have generated proceeds which have benefited many organizations for over 30 years. Since 2017, the Women’s Fellowship organization has donated over \$80,000 to charity.

This year marks our 31st Annual Holly Fair which will be held on November 21st at the Rangeley Congregational Church Barn from 10 am to 2 pm. Please come and find our tent at the 2026 Strawberry and Blueberry Festivals where your purchases will continue to help us, help others.

With sincere gratitude, the Women’s Fellowship organization thanks the Rangeley community and summer visitors for supporting our efforts this past year. We are grateful for the opportunity to continue this important mission in 2026.

BOOTHBY RICKER, LLC

L. CLINTON BOOTHBY, ESQ.
KENDALL A. RICKER, ESQ.
MIKALA L. HOLT, ESQ.

- Small Business/Corporate
- Real Estate: Transaction & Litigation
- Probate Administration

- Estate Planning, Probate & Trusts
- Personal Injury

22 School House Hill Rd., Turner
Phone: 207-225-5044

SPRUCE MOUNTAIN
Dentistry

Accepting New Patients

32 Main Street, Livermore Falls, Maine
897-4444

Maine’s largest direct mail community publication company serving nearly 250,000 homes and “It’s All Good News”!

A Product of

Turner Publishing INCORPORATED

Production

Michelle Ducharme Pushard
Brett Bannister

Inside Sales

Jessica Mason

Advertising/Marketing

George McGregor
Jodi Cornelio
Kathlene Clarke
Glenn Bechard

Reporter/Writer

Bill Van Tassel

Proofreaders

Glenn Bechard
Robin Robertson

Turner Publishing Inc., PO Box 214, Turner, ME 04282 • 207-225-2076 • Fax: 207-225-5333 • E-Mail: articles@turnerpublishing.net • Web: www.turnerpublishing.net

Published by Turner Publishing Inc., P.O. Box 214, Turner, ME 04282-0214 Turner Publishing Inc. founded in 1992. Advertisers and those wishing to submit articles of interest can call 1-207-225-2076, email advertising@turnerpublishing.net or you can also send e-mail to us at: articles@turnerpublishing.net. Turner Publishing produces, monthly, bi-monthly quarterly and weekly publications. Any views expressed within these papers does not necessarily reflect those of these papers. These papers assume no responsibility for typographical errors that may occur, but we will reprint, at no additional cost, that part of any advertisement in which the error occurs before the next issue’s deadline. This paper also reserves the right to edit stories and articles submitted for publication. All content within our publication and on our website is for educational and entertainment purposes only and should not be considered personal, legal, or medical advice. In the state of Maine, cannabis is intended for use by those 21 and older, or 18 and older with a medical prescription. Both the printed publication and website are intended for those over the age of 21. If consuming, please keep out of the reach of children. The Publisher assumes no responsibility for the advertisements within this publication. We strive to ensure the accuracy of the information published. The Publisher cannot be held responsible for any consequences which arise due to error or omissions.

Turner Publishing

Turner Publishing Media is a family-owned and operated business established in Turner, Maine, in 1992. We have been supporting schools, children’s sports and academics, as well as promoting businesses and the communities we serve for over 32 years. All of Turner Publishing’s publications are Maine Made. Our printers use soy inks and solar methods to protect the environment while printing our publications. Our paper suppliers use power from hydroelectric sources and work with local plants to use waste heat; heat that would otherwise be sent into the environment, to help produce the steam needed in the papermaking process.

We were told 100% of the chips used for the newsprint come from waste streams of other processes, such as the waste from lumber mills. Our newsprint producers also have a process to ensure that all fiber supplies come from forests that are managed for sustainability and comply with forest management principles.

The chips go through a thermo-mechanical pulp-making process, which involves a combination of steam and mechanical force to break the chips into a “slurry” of water and fibers. Giant machines work the chips into a mixture that is mostly water. This mixture is then sent to a process to brighten the paper.

Newsprint is grayer than most other commercial papers. This is because the process of whitening newsprint does not use chlorine or other stronger agents and focuses on environmentally safe practices.

For this reason, we ask you to support Turner Publishing and the businesses in this publication and shop locally. Turner Publishing is not only doing its part to be environmentally responsible to save our planet, Turner Publishing promotes all the good things happening in the community and we donate over \$300,000 annually in media sponsorships to non-profits, churches, historical museums, and the arts. The businesses in our publications help us do this with their ad revenue (support them as well), so that the good can keep spreading. “It’s All Good News” and thank you for reading!

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 is 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 area 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 chronnicle 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.”

2026 TELSTAR FALL SPORTS SCHEDULE

FOOTBALL		
DATE	OPPONENT	TIME
9/5	HOME vs Spruce	1:00
9/12	HOME vs Traip	1:00
9/18	@ Old Orchard Beach	7:00
9/25	@ Cape Elizabeth	6:30
10/3	HOME vs Maranacook	1:00
10/9	@ Sacopee Valley	7:00
10/17	HOME vs Boothbay	1:00
10/24	@ Mount Desert Island	1:00

GOOD LUCK TO ALL THE ATHLETES!

from all of us at

Turner Publishing INCORPORATED

BOYS SOCCER		
DATE	OPPONENT	TIME
9/8	@ Temple	4:00
9/9	HOME vs Rangeley	4:00
9/14	HOME vs Greenville	3:30
9/16	HOME vs Carrabec	3:30
9/19	HOME vs Wiscasset	3:00
9/29	HOME vs Valley	4:00
10/1	@ Wiscasset	5:00
10/3	@ Vinalhaven	12:30
10/6	@ Dirigo	3:30
10/8	@ Islesboro	11:30
10/12	HOME vs Dirigo	3:30
10/15	@ Pine Tree Academy	3:30
10/16	HOME vs Temple	3:30
10/19	@ Rangeley	3:30

GIRLS SOCCER		
DATE	OPPONENT	TIME
9/4	HOME vs Lisbon	4:00
9/9	HOME vs Buckfield	5:30
9/11	@ Monmouth	4:00
9/17	HOME vs Maranacook	4:00
9/19	Home vs. Wiscasset	1:00
9/26	Winthrop	1:00
10/1	Wiscasset	3:00
10/2	@ Hall-Dale	6:30
10/6	HOME vs Oak Hill	3:30
10/8	Buckfield	3:30
10/10	HOME vs Winthrop	1:00
10/13	HOME vs Mt. Abram	3:30
10/15	@ Spruce Mtn.	6:00
10/20	@ Lisbon	6:00

FIELD HOCKEY		
DATE	OPPONENT	TIME
9/4	@ Spruce	4:00
9/8	@ Winthrop	6:00
9/11	HOME vs Waynflete	4:00
9/14	HOME vs Mt. Valley	3:30
9/16	HOME vs Dirigo	4:00
9/21	HOME vs Lisbon	4:00
9/26	@ Sacopee Valley	11:00
9/28	@ Hall-Dale	3:15
10/2	@ Oak Hill	4:00
10/5	HOME vs Boothbay	4:00
10/10	HOME vs Traip	12:30
10/14	@ Mt. Valley	4:00
10/16	HOME vs Spruce Mt.	3:30
10/19	@ Boothbay	3:30

Dates and times are subject to change.

2026 MOUNTAIN VALLEY FALL SPORTS SCHEDULE

VARSITY FIELD HOCKEY		
Date	Time	Opponent
Sep 2	4:00 PM	vs Telstar Reg High School
Sep 4	4:00 PM	vs Oak Hill High School
Sep 8	4:00 PM	@ Hall-Dale High School
Sep 11	4:00 PM	vs Dirigo High School
Sep 14	3:30 PM	@Telstar Reg High School
Sep 18	4:00 PM	vs Boothbay High School
Sep 23	4:00 PM	vs Winthrop High School
Sep 28	6:00 PM	@ Spruce Mountain High
Oct 2	3:30 PM	@ Boothbay Region High
Oct 7	3:30 PM	@ Dirigo High School
Oct 10	11:00 AM	vs Poland Regional High
Oct 12	4:00 PM	vs Lisbon High School
Oct 14	4:00 PM	vs Telstar Reg High School
Oct 16	3:30 PM	@ Oak Hill High School
Oct 19	3:30 PM	@ Lisbon High School

JV FIELD HOCKEY

Date	Time	Opponent
Sep 8	5:30 PM	@ Hall-Dale High School
Sep 28	4:00 PM	@ Spruce Mountain High
Oct 10	12:15 PM	vs Poland Regional High

VARSITY FOOTBALL		
Date	Time	Opponent
Sep 4	7:00 PM	vs Morse High School
Sep 18	7:00 PM	@ Lisbon High School
Sep 25	7:00 PM	vs Dirigo High School
Oct 2	7:00 PM	vs Belfast Area High School
Oct 15	7:00 PM	vs Winthrop High School
Oct 23	7:00 PM	@ Poland Regional High

JV VARSITY FOOTBALL

Date	Time	Opponent
Sep 7	4:00 PM	@ Morse High School
Sep 14	4:00 PM	vs Poland Regional High
Sep 21	4:00 PM	vs Lisbon High School
Oct 19	4:00 PM	@ Winthrop High School
Oct 26	4:00 PM	vs Poland Regional High

BOYS VARSITY SOCCER		
Date	Time	Opponent
Sep 3	6:00 PM	@ Mount Abram RHS
Sep 5	11:00 AM	vs Winthrop High School
Sep 8	6:00 PM	vs Spruce Mountain High
Sep 16	4:00 PM	vs Oak Hill High School
Sep 21	6:00 PM	@ Maranacook CHS
Sep 23	6:00 PM	vs Buckfield High School
Sep 24	3:30 PM	@ Oak Hill High School
Sep 29	3:30 PM	@ Buckfield High School
Oct 6	4:00 PM	vs Richmond High School
Oct 14	4:00 PM	vs Hall-Dale High School
Oct 16	3:30 PM	@ Winthrop High School
Oct 19	4:00 PM	vs Monmouth Academy

BOYS JV SOCCER

Date	Time	Opponent
Sep 3	4:00 PM	@ Mount Abram High School
Sep 21	4:30 PM	@ Maranacook CHS

Dates and times are subject to change.

Good Luck Falcons!

Best Western PLUS.

Best Western - Rumford Falls • 50 Prospect Ave., Rumford ME • 207 507 4061

GOOD LUCK TO ALL THE ATHLETES!

from all of us at

Turner Publishing INCORPORATED

C I L A S S I F I E D S



HELP
WANTED

SALE/MARKETING
CONSULTANT

Here we GROW again

JOB DESCRIPTION:
This is a hybrid position home office and company office. Base plus commissions on sales with competitive benefits. This position is customer service and community focused and is responsible for generating advertising sales. You will be connecting with advertisers, businesses and the community via phone, email, Zoom, and in-person. Prospecting sales opportunities and selling print, digital ads, and direct mail flyers is the primary function of this position.

SKILLS NEEDED:
Winning attitude and sociable in nature. Passion for community, school sports, community events, and social organizations. Organized and detailed. Must have a home computer or laptop, printer, cell phone and a dependable car and a valid driver's license.

Turner Publishing Inc. is the largest direct mail, "Good Community News" publishers in Maine.

EOE

FMI call 207-225-2076, or send resume to jobs@turnerpublishing.net



FOR SALE:

Teenager

Model 2006 - High Mileage

One owner. Talks back,
eats everything,
sleeps all day. Leaves
clothes everywhere.
Needs oil.... LOTS of it.
Battery always dead.
Will trade for quiet,
well-behaved dog.

Cash Only, No Returns!

Classified ads are FREE to the community for FREE items. There is a small charge for any display ad for business sales or services. See below for sizes. Different sizes and rates apply for help wanted and real estate ads. Please call 225-2076 for rates. Or email: advertising@turnerpublishing.net.

2X2 AD
THIS SIZE

1X2 AD
THIS SIZE

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

DISCLAIMER: Readers should determine the value of services/products advertised in this publication before any exchange of money or personal information takes place. Turner Publishing, Inc.'s classified ads service may be used only for lawful purposes. The violation of any applicable local, state, federal or foreign law or regulation is prohibited. Turner Publishing, Inc. is not responsible nor liable for any personal or professional services which are offered in its classifieds section. All parties who post classified ads and all parties who elect to utilize the services posted assume full liability. None of the individuals listed are endorsed in any way by Turner Publishing, Inc.

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

1	6	4	5	8	9	2	3	7
7	9	8	2	6	3	1	4	5
5	3	2	1	4	7	9	8	6
8	5	6	9	3	1	7	2	4
9	1	7	4	5	2	8	6	3
4	2	3	6	7	8	5	9	1
2	7	1	3	9	6	4	5	8
3	8	5	7	2	4	6	1	9
6	4	9	8	1	5	3	7	2

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

PHONY AD WINNERS!

July Phony Ad & Coop Winners

Auburn Highlights: Mike LuPardo
Midcoast Beacon: Anna Riendeau
Country Courier: Alan Crocker
Country Connection: Paulette Forgues
Franklin Focus: Delores Wheeler
Good News Gazette: Rachel Daniel
Kennebec Current: Thomas Bilodeau
Lewiston Leader: Kathleen Davis
Lisbon Ledger: Elaine Curtis
Lake Region Reader S: Grace Richard
Lake Region Reader N: John Wilson
Moose Prints: Roberta Pinkham
Oxford Hills Observer: Jean Wilcox
Somerset Express: Laura Russell
Two Cent Times: Cindy Kocher
Western Maine Foothills: Celete Wilson
Mountain Messenger: Parker Grey
Coop Stuff Winner - Weston McLean, Anson

FIND THE PHONY AD!!!

You could win a Gift Certificate to an area merchant from one of our papers!

It is easy to find - just read through the ads in this issue of this paper and find the phony ad. Either fill out the entry form below (*one entry per month please*) and mail to: Find The Phony Ad Contest, P.O. Box 214 Turner, ME 04282 or email to: phonyad@turnerpublishing.net.

You must include all the information requested below to be eligible to win.

Note: Turner Publishing will not lend or sell your email address to a third party.

Name: _____

Address: _____

City: _____

Phone: () _____

Please tell us your age (circle one) 12-25 yrs. 26-35 yrs. 36-45 yrs. 46-55 yrs. 56 yrs. & up

The Phony Ad is: _____

Tell us what you think of this publication: _____

Send us your email address to receive free community digital news: _____

Do you read our paper online at www.turnerpublishing.net? Yes or No

All of the winners listed have won gift certificates to one of our advertisers.
If you haven't won - keep playing! We get hundreds of entries each month!
It's easy to enter - read through the ads in this issue and find the phony ad, fill out the entry form found in this paper and mail it in. If you have the correct answer, your name will be entered into a monthly drawing!
No Exchanges. Gift Certificates are from all over, there is no guarantee you will receive one from your area.

Curious fawn



Photo taken by Tammy Harris at Elvin Farm in Readfield, Maine



If you have a favorite recipe you would like to share with our readers we would love to publish it for you. Please email recipe to: articles@turnerpublishing.net

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 tomato paste, 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

Share Your Photos With Our Readers!

Have you captured a beautiful Maine sunrise, a community event, wildlife, a scenic landscape, or a special local moment?
We'd love to share it with our readers!





Email your high-resolution photos to articles@turnerpublishing.net and be sure to include:

-  A brief caption describing the photo.
-  The name of the town or location where it was taken.
-  The name of the photographer for photo credit.

Your photo may be selected for publication in one of Turner Publishing's newspapers or magazines.

We look forward to seeing your favorite local moments!



Turner Publishing
INCORPORATED

2026 Shriner's Lobster Bowl



Bill Van Tassel photos
The 36th annual Maine Shrine Lobster Bowl Classic took place on July 18, 2026, at Don Roux Field at Lewiston High School, where the West team defeated the East team 28–26. Colin Moran threw an 8-yard touchdown pass to Kai Turner with just 1:27 left in the fourth quarter. The fourth quarter featured four lead changes before the West secured the final comeback win.

2026 Shriner's Lobster Bowl High School Cheerleaders



A few of the Shriner's Lobster Bowl High School Cheerleaders from the West Division: L to R: Ava Ciriello-Edward Little, Avery Oliver - Mt. Blue, Gwendolyn Howard - Windham, Cassidy Perry - Brunswick, Evey Hall - Oxford Hills



A group of eight Maine high school cheerleaders chosen for the West Division, Shriner's Lobster Bowl football game on July 18. L to R: Aryanna Carlson - Oak Hill, Alyssa Meikie - Gardiner, Aubrey Daigle - Gardiner, Brady Knight - Lisbon High School, Kennedy Minich - Oak Hill, Adalynn Peterson - Lake Region, Reese Kulow - Lisbon, and Alivia Saunders - Lisbon.



New owners,
New experience!

APPETIZERS & More
Falcon Wings
Dragon Dumplings
Wicked Pickles
Peruvian Tenders

HANDHELDS & More
Milltown Classic
The Logger
The Flatlander

ENTREES
Slab Steak
Fish Dinnah... & Much More!

207-507-1067
65 Canal St, Rumford

Mon-Thurs 11:30am–10:00pm • Fri & Sat 11:30am–1am • Sun 11:30am–9pm





SAVE NOW FOR SUMMER!
Low Wholesale Prices on Hamburg, Hot Dogs, Baby Back Ribs, Rib-eye Steaks and Much More!

YOUR BBQ HEADQUARTERS!
Unmatched quality and friendly staff.
Mon-Fri 8am to 4pm • Sat 8am to 12 noon

654 River Road, Mexico
207-364-3725
Look for the sign!



Coulthard's INC.

POOLS & SPAS

We service a huge area and do all kinds of service!

- Open and Close Pools
- Above Ground Pool Installations
- AG and IG Liner Replacements
- Sell and Service Hot Tubs

Nothing's As Cool As A Pool.

PLEASE CALL FOR CURRENT HOURS
207-364-7665
www.coulthardspools.net
coulthardspools454@gmail.com

454 River Road, Mexico

STATE OF THE ART SPORTS PUB WITH BIG SCREEN AND HIGH TOPS. ALL WELCOMED. TRIVIA AND KARAOKE EVERY WEEK!

CHECK US OUT!

SARGE'S Sports Pub & Grub

Phone 864-5616
Main St., Rangeley

