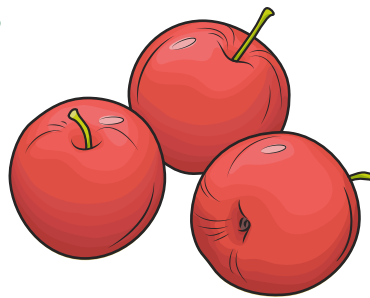


Can you
find Coop?



Coop is hiding
somewhere in this
publication...

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



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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

High Peaks Alliance celebrates dedication of Kinney Family Forest

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

Under beautiful weather, attendees gathered to recognize the vision and generosity of Stephen "Steve" Kinney and the Kinney family. Four generations of the family were present for the occasion, underscoring the deep personal and community connection to the forest and its future.

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

commitment that made the conservation of the Kinney Family Forest possible.

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

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

The Kinney Family Forest will remain a place for people to enjoy the outdoors, learn about local ecology, and connect with the land for generations to come. High Peaks Alliance invites the



Four generations of the Kinney family at the dedication.

Submitted photos

public to explore the forest and stay tuned for upcoming educational programs, including a Tree ID Walk and Bird Ecology Walk.

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



Tim Kinney



Stephen "Steve" Kinney



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

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Email Address: _____

Phone: _____

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

While playing a dice game with my 2 granddaughters, my sister passed the dice to my youngest one who’s 7 years old and she couldn’t quite reach all of them.

All four of us leaned in towards the middle of the table and the dice where just out of reach for all of us.

My sister looks at her and says, “ I’m sorry I can’t reach them, my dad was a T-Rex! That’s why my arms are so short!”

We all started to laugh except for my seven year old granddaughter who blatantly says, “ Well your dad must be extinct!”

She never met her great grandfather before he passed away so it made the comment accurate but hilarious for a child to come up with so quickly! My sister and I just laughed to the heavens!

Jennylynn of Durham

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Dave Duguay

Independent Candidate for State Senate — District 19

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A lifelong Western Maine resident from Byron, Dave Duguay brings more than 40 years of business experience and 20 years of service as an Oxford County Commissioner to his campaign for State Senate.

A graduate of Mexico High School and former Hannaford Store Manager, Duguay has dedicated his career to serving his community. He currently serves on the Byron Selectboard and is an active member of the River Valley Rotary Club, where he is Immediate Past President and a current Board member.

His years of public service have given him a **firsthand understanding of the challenges facing Western Maine**—from supporting local communities and public health resources to addressing substance use and mental health, and balancing essential services with property taxes.

As a current Selectboard member and experienced **town meeting moderator**, Duguay understands that local voices matter.

Dave Duguay is ready to be a **firm, reliable voice for the people of Senate District 19.**

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Maine Calendar

OCTOBER

October 9 —Portland Piano Trio: pianist Anastasia Antonacos and violinist Tracey Jasas-Hardel. Joined by guest artist Nicole Rabata on flute. “Stories Through Music” at 7pm in Nordica Auditorium of UMF Merrill Hall in Farmington.

October 12— Jud Caswell, Folk singer, 3 p.m., United Parish, 77 Main St., Harrison, tickets \$20-\$25 available for cash or check purchase door (no credit cards), or online at Eventbrite.com, free parking and refreshments for purchase at intermission.

October 14 - Shiloh Pond Community Forest (Kingfield), 10 a.m., 200 acres owned by the Town of Kingfield and stewarded by High Peaks Alliance, featuring two ponds, wetlands, a small waterfall, and a scenic forest trail, registration is free but required, as space is limited, <https://secure.qgiv.com/for/highpeaksalliance/event/woodwalks/>.

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.

WAYNE: 30 Mile River Snowmobile Club meetings are on the first Monday of the month, meet at the Ladd Center in Wayne at 6:00 p.m., RSVP on Facebook page each month so we can have a count for

pizza, salad and dessert at each meeting, sharing the cost of the pizza.

WAYNE: Tot Time at the Ladd Center is a relaxed, informal playgroup every Monday morning from 9:00 to 10:00 a.m., parents must stay with their children, and everyone is welcome, FMI call Ladd Center Director, Adam Brooks 685-4616.

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.

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.

TURNER: Silent Book Auction, every Thursday from 4-6 p.m., Turner Public Library, 98 Matthews Way, Turner, (207) 225-2030.

TURNER: Story Hour, every Wednesday at 10 a.m., Turner Public Library, 98 Matthews Way, Turner, (207) 225-2030.

OQUOSSOC: Rangeley Region Skeet and Trap Association (RRS&TA) announces its 2025 shooting schedule, welcoming members and visitors to experience clay shooting sports, Wednes-

day: 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.

WAYNE: Cary Library Book Sale, 9:30 a.m. - 12:30 p.m., 3rd Saturday every month, Williams House, 14 Old Winthrop Road, Wayne, FMI call 685-3612 or visit our website <https://www.cary-memorial.lib.me.us>.

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

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-alongs, 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.

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.

RANGELEY: The Lakeside Contemporary Art Gallery’s spring/summer show, paintings by Ashton F. LeCraw, will run from May 29 - July 6th. All is welcome & artwork is available for purchase. LCAG is located at 2493

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. Church, library and school event news is free on this page. If you are a business and/or charging admission/fee, there is a 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 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: www.turnerpublishing.net/pdf/Deadlines.pdf

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

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Maine Street, Rangeley & open Tues - Sat. 10 a.m. - 2 p.m. & during theatre showing. <https://rangeley-arts.org/event/lcag-artist-reception-ashton-lecraw/> or call 207-864-5000.

FARMINGTON: The Farmington Chess Club meets every Tuesday from 6-8 pm at the Parks and Rec Center, 127 Middle St., Farmington. All skill levels are welcome.

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.

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

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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!

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Did you find Coop?

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



Name _____

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Paper _____

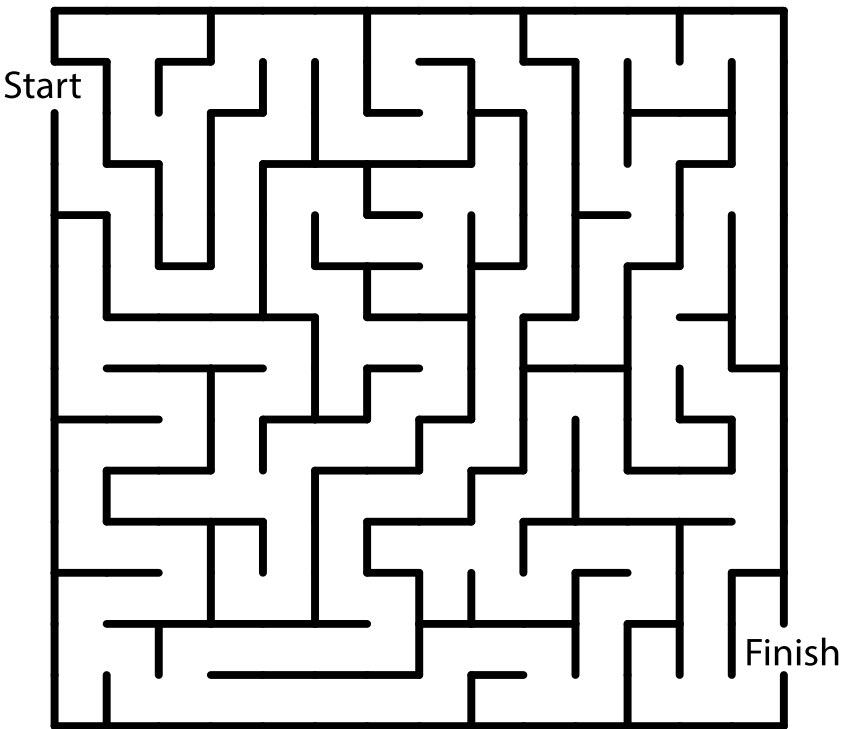
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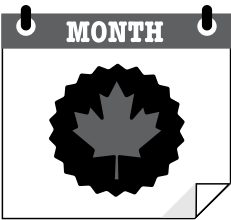


Maze Craze

Can you find your way through the maze?



CANADA



HISTORY

1982

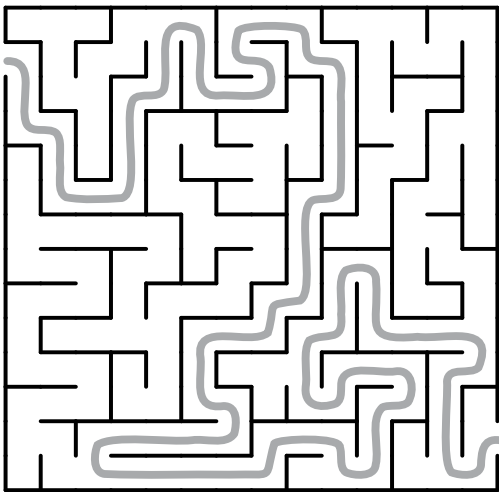
Bertha Wilson is appointed Canada's first female Supreme Court justice.

Health FACT:



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

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



NEW WORD

SECURE

fixed or fastened

How they say that in...

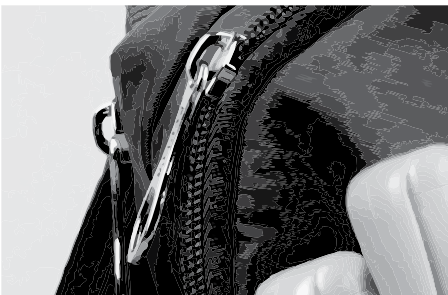
- English: Strap
- Spanish: Correa
- Italian: Cinghia
- French: Lanière
- German: Riemen

Did You Know?

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



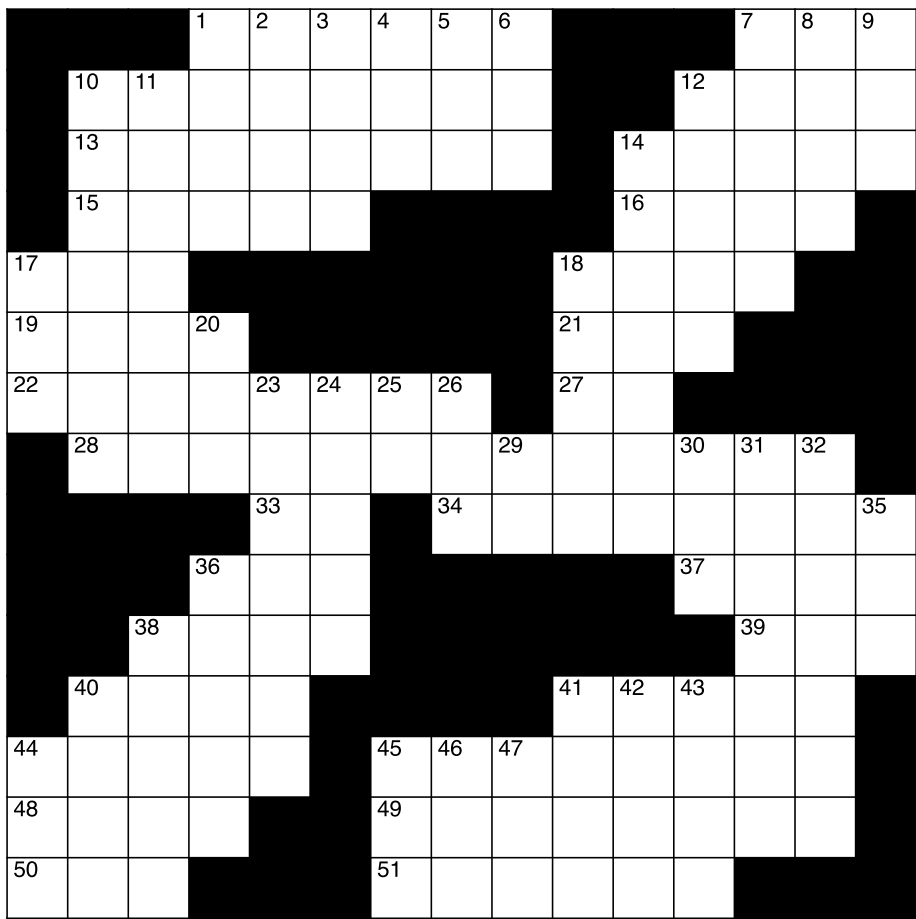
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Backpack

Crossword



CLUES ACROSS

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

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

CLUES DOWN

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

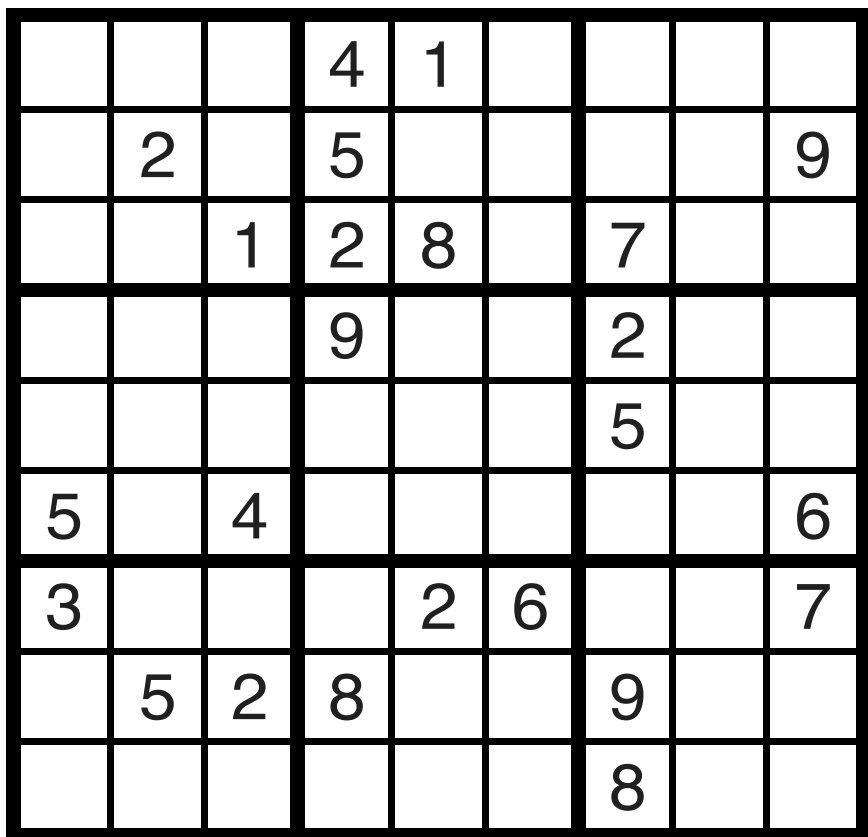


Solve the code to discover words related to hunting and fishing.
Each number corresponds to a letter.
(Hint: 18 = I)

- A. 17 23 1 16**
Clue: Wild animals hunted
- B. 25 13 8 5 20 9**
Clue: Prize for an accomplishment
- C. 22 18 26 16 4 24 16**
Clue: Document granting permission
- D. 16 19 14 18 5 1 16 4 25**
Clue: Gear

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

SUDOKU



Level: Advanced

HUNTING & FISHING WORD SEARCH



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

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

WORDS

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

HOROSCOPES

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

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

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

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

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

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

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

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

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

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

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

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



MOVIE REVIEW

by Lucas Allen

SPIDER-MAN: BRAND NEW DAY

(Columbia Pictures/Marvel Studios)

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

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

Meanwhile, Spidey investigates various attacks on the city’s Department of Damage Control and its director Bill Metzger (Tramell Tillman). His search leads to a mysterious figure (Sadie Sink from “Stranger Things”), who can

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

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

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

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

until everything metaphorically explodes for everybody. It is a testament for everybody involved in how to construct a story like this with skill and belief.

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

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

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

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

Randy Gauvin: A Lifetime of Service, Rooted in Community and Common Sense

For fifty years, I have been proud to call Farmington my home. The values that guide my life today were planted long before I arrived here, during my upbringing in Aroostook County. Growing up in the County instilled in me a simple, enduring creed: self-reliance, genuine community support, fiscal responsibility, and the belief that quiet, honest hard work will always speak louder than flash.

Those core principles have shaped every chapter of my life, guiding a career dedicated entirely to caring for others. For four decades, I had the profound privilege of serving our community on the front lines of health-care. I began as a first responder paramedic, meeting people on what was often the worst day of their lives and bringing stability to



Paid for by Randall Gauvin for Maine House

chaos. Later, I transitioned to serving as an emergency department physician assis-

tant at Franklin Memorial Hospital. For twenty-eight of those years in the ED, every

shift reinforced my belief in grace under pressure, human resilience, and the sheer importance of showing up for your neighbors when they need you most.

Retirement from medicine did not mean a retirement from service; rather, it opened new doors to give back. My commitment to our community continues through active involvement in church activities, including helping to establish the St. Joseph Food Pantry six years ago, and serving on the Board of Directors of the Care and Share Food Closet. Ensuring that families in our region have access to the essentials of daily life is not just charity—it is a fundamental obligation of a compassionate, supportive community.

My dedication to public

safety and emergency preparedness also endures. For over twenty-five years, I volunteered as a bike medic and radio operator with the American Lung Association’s Trek Across Maine. Today, I continue that mission as an active member of the amateur radio emergency services group affiliated with the Franklin County Emergency Management Agency, standing ready to assist when traditional communication networks fail.

Locally, I bring that same practical, hands-on approach to local government as a member of the Farmington Board of Selectmen. Day in and day out, local governance demands listening to all sides, balancing budgets responsibly, and making tough choices without political posturing.

I believe deeply in free

will, personal responsibility, and common sense, anchored by an objective belief in the fundamental standards of right and wrong. These are not partisan talking points; they are timeless values that have kept Maine strong through generations.

As I run for the Maine House of Representatives this November, I offer no empty promises or political spin—only a proven track record of showing up, working hard, and putting people first. Whether in the emergency room, at selectmen’s meetings, or working alongside local food pantries, my life has been defined by service to the people of this region. I ask for your vote so that I can take this lifetime of experience, common sense, and commitment to Augusta to fight for a stronger, more self-reliant Maine.



Best electrolyte drinks

When you think about electrolytes, think of them as electrical conductors in your body’s wiring. Your body needs a balance of sodium, potassium, magnesium, calcium, chloride, and water. Together, these components help create electrical impulses that regulate fluid levels, signal tissue repair, encourage energy production, support cognitive awareness, enhance muscle function, and help prevent fatigue, among other important roles.

In other words, without properly balanced electrolytes, your body can literally go “haywire,” leading to fatigue, dizziness, brain fog, muscle cramps, nausea, and headaches.

Who needs electrolyte supplements? If you are active and spend long hours outdoors in the heat and sun, you may. If you follow a keto or low-carbohydrate diet, you may. If you have been sick with the flu or a fever, you may. If you had a late night on the town with one too many beverages, you may. Even if you have just one beverage every night at happy hour, you may need extra hydration support. If you feel weak, tired or headache-prone for no clear medical reason, dehydration could be a factor. Lifestyle and diet play a major role in hydration.

So, what comes next? Find the right electrolyte supplement. There are so many options, and the ingredients can be confusing. The marketing can be overwhelming, too, with every product claiming to be the best. What should you believe? I did my best to research the options based on what I know, and yes, I consulted AI, too, for whatever that is worth. Here is what I came up with as my top electrolyte balance rescuers.

When I feel severely dehydrated, I reach for pickle juice or Pedialyte.

Pickle juice can stop cramping quickly. Studies suggest this may not be because of the electrolytes alone; instead, the vinegar may trigger a reflex in the back of the throat that signals the brain to shut down muscle spasms, making it an almost instant response to muscle cramps and charley horses. Pickle juice is loaded with sodium, so it can help replace salt loss if you are a heavy sweater. It has no sugar, may support gut and digestive health, and the acetic acid in vinegar may help stabilize blood sugar. However, pickle juice is best used as an emergency remedy, not as an everyday habit, because it is high in sodium and too low in potassium and magnesium. Over time, that imbalance can have the opposite effect on hydration. Pedialyte is similar in purpose, with the exception of vinegar, and is best used for emergency situations or illness. It is also high in sodium and low in sugar. I like it because it is often given to children, and products intended for children tend to be held to a higher safety standard.

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

My number one choice is Native Hydrate.

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

What separates Native Hydrate from the rest is that it not only includes core electrolytes, but also all nine essential amino acids and 2,000 mg of recovery-boosting BCAAs—the nutrients muscles need to repair, rebuild, and stay strong. Vegetarians, take notice: this may be a good option if you

think you may be lacking protein sources in your daily meal plan. It can be taken every day if desired.

My second choice is Live It Up.

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

Liquid I.V.

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

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

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

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

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My “Sis,” Sheila Lyman



A Message to the Voters of
Jay, Livermore & Livermore Falls

By Sen. Jeff Timberlake
I’m proud of my sister, Sheila Lyman.

Sheila isn’t a newcomer to public service. She currently represents House District 76 — Jay, Livermore and Livermore Falls — and has already proven that she is willing to work hard, stand by her beliefs and speak up for the people she represents.

Before serving in the Legislature, Sheila spent nearly four decades as a teacher. Education wasn’t simply her career; it has been part of her life for as long as I can remember. When we were kids, she would make my brothers and me sit still — or at least as still as we ever would — and play school so she could practice being the teacher.

That same dedication followed her into the classroom and eventually into the State House, where she continues to work on education issues. Sheila truly cares about the students she taught and the young people of Maine. She understands the importance of giving our children a good education while also remembering that the families paying the bills have to be able to afford it.

Sheila and I were raised on our family farm. As eighth-generation Mainers, we learned early that when there

was work to be done, everybody pitched in. Sheila grew up working alongside her three brothers. Dealing with the three of us wasn’t easy — and getting work done while dealing with us was probably even harder — but somehow she managed.

Those years taught all of us about hard work, responsibility and the value of a dollar. Those are lessons Sheila hasn’t forgotten.

Sheila and her husband, Ken, also understand firsthand the challenges facing Maine’s small businesses. Ken formerly owned Ken’s Appliance and continues to operate his own repair business. In fact, many of you probably know Kenny because chances are he’s been in your home at one time or another fixing your stove, refrigerator or dishwasher. You know the reputation Ken and Sheila have built over the years — doing quality work, treating people right and caring about the community they call home.

They understand what it takes to run a small business, pay the bills and earn a living in Maine. Sheila brings that same understanding of hard work, service and responsibility with her to the State House.

Maine also faces some difficult financial decisions ahead. During the 132nd Legislature, hundreds of bills were carried forward, including many with significant costs to the state. Sheila understands that Augusta cannot continue making commitments today without considering how they will be paid for tomorrow. We need people in the Legislature who will watch the taxpayers’ money, protect our schools and essential services, and make sure future spending doesn’t simply become another burden on Maine families, seniors and small businesses.

Sheila also understands Maine’s outdoor heritage because

she lives it. She grew up on the farm, she hunts and fishes, and she understands the importance of protecting Maine’s outdoor traditions and our Second Amendment rights.

Caring for Maine seniors is personal to Sheila as well. She helped care for our mother during the final chapter of her life, until Mom passed away in May with all of us by her side. That experience gave Sheila an even deeper understanding of what families go through as their parents grow older and how important it is that our seniors receive the care and respect they deserve.

I could tell you a lot more about my sister, but maybe the simplest thing I can say is this: I know Sheila’s heart.

She’s a teacher, a farmer’s daughter, part of a small-business family, an outdoorswoman, a caregiver and an experienced State Representative. She knows the people she represents because she has lived the same kind of life they have.

Most importantly to me, she’s my sister — and I’m very proud of her. I’m proud to stand with Sheila, and I hope the people of Jay, Livermore and Livermore Falls will consider supporting her as well when they cast their votes.



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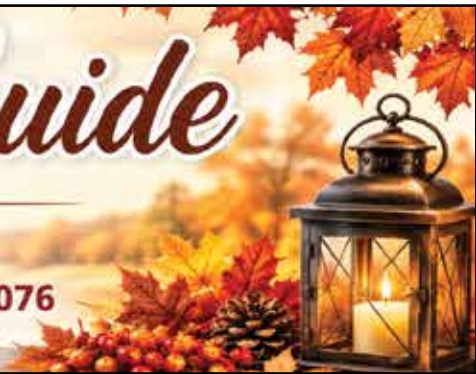
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Fall Seasonal Guide

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Family-friendly activities for fall

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Fall is a welcome season for many people. The cooler temperatures and still-ample sunlight mean there is plenty of time to enjoy the great outdoors even if summer has ended. Fall activities dot the calendar, with several different options for individuals and families to get involved.

According to Acenda Integrated Health, incorporating family time into a schedule is crucial for a child’s development. It’s also key to have time to get a break from busy schedules. Fall is a great time to do just that with these activities.

- **Apple-picking:** Few things are more refreshing than taking a bite out of an apple fresh off the tree. Orchards are bursting with apples this time of year, and an afternoon spent picking apples is a great way to spend time together.
- **Leaf treasure hunt:** Everyone can head outdoors with a bag or basket to gather leaves. Look for the brightest color or the crunchiest leaf that can be found. The leaves can be pressed between wax paper to save them.
- **Fall festivals:** Outdoor festivals are ideal for families because they tend to feature crafts, food, music,



pumpkin patches, so the family can pick out the perfect pumpkin to carve and then try to navigate the maze.

- **Spooky walk:** Halloween lands right in the heart of fall. Enjoy a walk through the neighborhood checking out people’s Halloween decorations. A night walk with flashlights to listen to the sounds of animals can be “scary” in its own right. Another idea is to go to a haunted house or walk sponsored by a school or amusement park.
- **Football:** Enjoy a pick-up game of flag or touch football. It’s a great way to enjoy time outdoors and expend some physical activity.

Fall is a perfect time to enjoy family-friendly activities.



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- and activities.
- **Fall baking:** Turn those plucked apples into pies or muffins, or use pumpkin and cinnamon to fill a home with delicious seasonal smells. Kids can help stir, pour and sprinkle ingredients.
 - **Corn maze:** Corn mazes may be set up adjacent to

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"MR. TROUT" PASSES ON

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

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

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

Flies for Trout & Salmon,” “The Salesman Angler,” and “Fishing Brooks and Streams.”

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

When he was not on the water, there is nothing, I mean nothing that Bob would rather have done than talk about fishing. He placed great value on the fishing heritage and promoted it by teaching fly tying at church, helping both friends and strangers find the right fly-fishing gear, and organizing an annual group pilgrimage to his cherished Grand Lake Stream. We dubbed the group the Wooly Bugger Gang, and it stuck.



Photo by V. Paul Reynolds

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

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

If you met Bob for the first time, he would smile, shake your hand, and invariably say, “Hello, Lee-man’s the name, fishin’s my game.” And he was not kidding. Fishing was his life. Chasing trout was his thing. As

a young traveling seed salesman, his spare time away from home on the road was spent — not in bars — but on trout streams from Calais to Fort Kent.

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

As an editor for dozens of outdoor writers for the Northwoods Sporting Journal, I have learned one thing: we all run out of steam, some before others. Bob held on longer than others, but he knew when to quit. I tried to talk him out of quitting his monthly column.

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

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

Tight lines, Mr. Leeman.

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

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DATE	OPPONENT	TIME
10/1	6:00 PM	@ Lisbon
10/3	5:00 PM	vs Mt. View
10/8	6:00 PM	vs Winslow
10/10	12:00 PM	@ Mount View
10/13	3:30 PM	@ Telstar
10/16	6:00 PM	vs Maranacook

Dates and times are subject to change.

BOYS SOCCER

DATE	OPPONENT	TIME
9/26	3:30 PM	@ Winthrop
9/29	3:30 PM	@ Hall-Dale
10/3	7:00 PM	vs Mount View
10/6	6:00 PM	vs Maranacook
10/8	3:30 PM	@ Winslow
10/10	10:00 AM	@ Mount View
10/14	6:00 PM	vs Buckfield
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Dave Duguay, an Independent from Byron, has announced that he will seek election to the State Senate representing District 19

A graduate of Mexico High School, Duguay retired as Store manager of Hannaford Supermarket and Pharmacy after serving the organization for 42 years. He also attended Ricker College and the University of Maine system and holds a Master Maine Guide license.

Duguay’s experience as Oxford County Commissioner, for 20 years, has positioned him to understand and address important issues facing Senate District 19. His extensive record of public service has enabled many connections with organizations addressing financial community support, public health, substance use and mental health programs. Duguay is committed to protecting these valuable networks and resources.



Dave Duguay

Duguay is a leader in volunteer activities including Immediate Past President of River Valley Rotary Club and current Board member.

Duguay’s well equipped to be a firm and reliable voice in Augusta for the People of Western Maine. He’s a trusted leader. As

a current Selectboard member in Byron and moderator for countless town and school budget meetings throughout Western Maine, he knows and understands local challenges, especially balancing services with property taxes.

Paid for by canidate.

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

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

Long before modern tractors with enclosed cabs and GPS took over the fields, harvesting hay was a massive Community effort. It was a seasonal race against the weather that relied heavily on teamwork, grit and family determination.

A beautiful window into this hard-working past is captured in a vintage photograph belonging to the Chesterville Heritage Society. The image shows Eleanor (Cohon) Nichols and her husband, Joe Nichols, hard at work hanging along Route 41. Instead



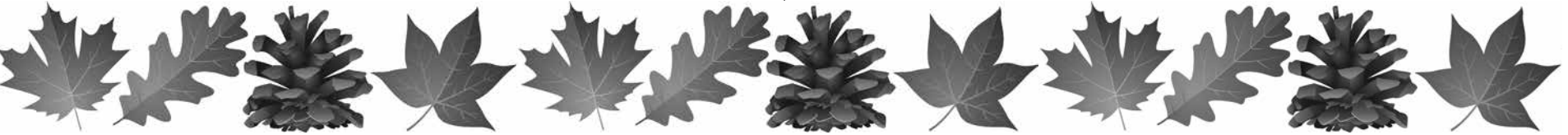
Submitted Photo

of mechanical balers, they are pictured using good old-fashioned pitch forks to stack and transport an immense mound of loose hay onto an early motorized farm truck, heading back to the farm’s timber-frame barn.

This specific location on Route 41 remains a recognizable and cherished part of our local landscape today, serving as the current home and property of Mike and Suzanne Mosher. While the machinery and faces have changed over the

decades, the beautiful property stands as a lasting testament to Chesterville’s deep-rooted farming heritage.

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



2026 SPRUCE MOUNTAIN SPRING SPORTS SCHEDULE

BASEBALL		
Date	Location	Time
4/28	vs Mt Abram	1:00
4/29	vs Dirigo	4:00
5/1	@ Mtn. Valley	4:00
5/6	vs Boothbay	4:00
5/8	vs Mtn. Valley	4:00
5/11	vs Madison	4:00
5/13	@ Hall Dale	4:00
5/15	vs Monmouth	4:00
5/18	@ Traip Acad.	4:00
5/19	@ Winthrop	4:00
5/23	vs Maranacook	11:00
5/25	@ Boothbay	4:00
5/29	@ Oak Hill	4:00
5/30	@ Monmouth	4:00
6/1	vs Hall Dale	4:00
6/3	@ Lisbon	4:00
GIRLS TENNIS		
Date	Location	Time
4/27	@ Mtn. Valley	4:00
4/29	vs Oak Hill	4:00
5/4	@ Maranacook	4:00
5/6	vs Hall-Dale	4:00
5/8	vs Dirigo	4:00
5/11	@ Madison	4:00
5/13	vs Boothbay	4:00
5/19	@ Winthrop	4:00
5/21	vs Madison	4:00

SOFTBALL		
Date	Location	Time
4/28	vs Mt. Abram	1:00
4/29	vs Dirigo	4:00
5/1	@ Mtn. Valley	3:30
5/4	vs Lisbon	4:00
5/8	vs Mtn. Valley (V)	4:00
5/11	vs Madison	4:00
5/13	@ Hall-Dale	4:00
5/15	vs Monmouth	4:00
5/18	@ Traip Acad. (V)	4:30
5/19	@ Winthrop (V)	4:00
5/25	vs Maranacook (V)	4:30
5/29	@ Oak Hill	4:00
5/30	@ Monmouth	4:00
6/1	vs Hall-Dale	4:00
6/3	@ Lisbon	4:00
BOYS TENNIS		
Date	Location	Time
4/27	vs Mtn. Valley	4:00
4/29	vs Dirigo	4:00
5/4	@ Boothbay	4:00
5/6	@ Hall-Dale	4:00
5/11	vs Madison	4:00
5/12	@ Winthrop	4:00
5/13	@ Mtn. Valley	4:00
5/19	@ Winthrop	4:00
5/20	vs Boothbay	4:00
5/21	@ Madison	4:00

SOFTBALL		
Date	Location	Time
4/20	@ Maranacook	3:30
4/28	@ Hall-Dale	3:30
5/5	@ Hall Dale	3:30
5/6	@ Telstar	3:30
5/12	@ Wiscasset	3:30
5/19	@ Mtn. Valley	3:30
5/21	@ Leavitt	3:30
5/27	@ Maranacook	3:00

Dates and times are subject to change.

Good Luck Spruce Mountain!



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GOOD LUCK PHOENIX!



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good luck to all the athletes!
from all of us at





THE HEALTHY GEEZER

Fred Cicetti

PROSTATE CANCER, PERIMENOPAUSE & CATARACTS

Q. What are the options for treating prostate cancer?

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

There are many options for treating prostate cancer:

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

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

Q. What exactly is perimenopause?

The process of reproductive aging begins around age

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

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

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

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

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

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

Most cataracts are related to aging. By age 80, more than half of all Americans either have a cataract or have had cataract surgery. There are other causes of cataracts such as diabetes, eye injury, radiation and surgery for other eye problems.

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

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

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

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Rangeley Lakes Region Chamber of Commerce named finalist for 2026 Dana F. Connors Chamber of the Year Award

RANGELEY — The Rangeley Lakes Region Chamber of Commerce has been named a finalist for the Maine State Chamber of Commerce’s 2026 Dana F. Connors Chamber of the Year Award, marking the second consecutive year, the organization has earned this distinction.

The award recognizes outstanding local chambers of commerce across Maine for their leadership, community impact, and contributions to the state’s business environment. The winner will be announced at the Maine State Chamber of Commerce’s Annual Meeting, Dinner & Gubernatorial Debate, held Thursday, October 1, 2026, at the Cross Insurance Arena in Portland, Maine.



“I couldn’t be prouder of our small but mighty team, our dedicated board, and this incredible community we serve. Being named a finalist for this award, for the second year in a row, proves that even a small, rural chamber like ours can make big waves. This recognition belongs to everyone who shows up for our community every day,” said Alexandra Kaiser, Executive Director of the Rangeley Lakes Region Chamber of Commerce.

The Rangeley Lakes Region Chamber was also a finalist for the award in 2025, when the honor was awarded to the Bangor Region Chamber of Commerce. This year’s Annual Meeting & Dinner will bring together more than 400 business, government, and community leaders from across



the state. In addition to the Chamber of the Year Award, the evening will include the presentation of the Dirigo Award, honoring Geiger for more than 140 years of contributions to Maine’s economy, and a live gubernatorial debate presented in partnership with NEWS CENTER Maine.

More information about the event is available at mainechamber.org. About the Rangeley Lakes Region Chamber of Commerce Since 1955, the Rangeley Lakes Region Chamber of Commerce has represented an area that spans five commu-

nities and more than 110 lakes and ponds. RLRCC supports over 140 businesses, sharing our love for this beautiful part of Maine that we call home. The Chamber’s primary goal is to promote the Rangeley Lakes Region year-round, attracting visitors and benefiting our member businesses economically.

Mission: The Rangeley Lakes Region Chamber of Commerce supports a vibrant, year-round community by serving as a central resource for residents and visitors, elevating local businesses and nonprofits promoting the region’s natural beauty while honoring our heritage.

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Scam Alert Bulletin Board

How Scammers are Exploiting Product Recalls

As food and product recalls continue to make headlines, criminals are following suit. They send texts, emails, or other messages claiming that a product you purchased has been recalled and that you’re entitled to a refund or free replacement.

The message may look legitimate, appearing to come from a retailer or manufacturer you trust. It urges you to act quickly and click a link to claim a refund or verify your account. But in reality, the link

takes you to a fake website designed to steal your login credentials and personal or financial information.

If you receive a message like this, don’t click. Instead, go directly to the company’s official website or app to verify the recall and check your account. You can also confirm recalls through the Food and Drug Administration and U.S. Consumer Product Safety Commission, which maintain lists of recalled products at fda.gov/safety/recalls and cpsc.gov/recalls.

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

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.

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Leeds Volunteer Fire Dept.

Fall French Toast & Pancake Breakfast!!

Saturday, October 17th, 2026
6:30 am - 10 am
Leeds Fire Station, Ridge Road, Route 106

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The funds raised will purchase personal protective firefighting equipment (bunker gear)





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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

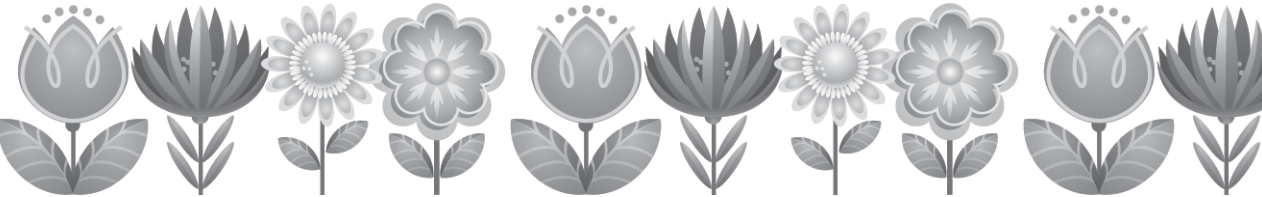
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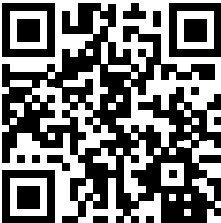


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Midcoast Beacon: Sheri Bishop
Country Courier: Doreen Bellmore
Country Connection: Brenda Brindley
Franklin Focus: Wade Atwood
Good News Gazette: Arthur Philbrick
Kennebec Current: Nichole Bilodeau
Lewiston Leader: Lucy Langelier
Lisbon Ledger: Linda Hartford
Lake Region Reader S: Lucille Phillips
Lake Region Reader N: Tom Fitzpatrick
Moose Prints: Sandy Drew
Oxford Hills Observer: Brockton Brooks
Somerset Express: Lisa Hackley
Two Cent Times: Jamie Feyler
Western Maine Foothills: Donna Rotford
Mountain Messenger: Sylvia Wheeler
Coop Stuff Winner - Levi Hadji, Lewiston

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Randy Gauvin

*Candidate for
Maine House of Representatives*

**A Lifetime of Service.
Rooted in Community
and Common Sense.**

*Fifty years in Farmington.
A lifetime dedicated to helping others.*

Randy Gauvin has spent his life serving the people of Maine. Raised in Aroostook County and a Farmington resident for 50 years, Randy was taught the enduring values of self-reliance, community, fiscal responsibility, and hard work—principles that continue to guide him today.



A Career of Caring for Others

For 40 years, Randy served on the front lines of healthcare, beginning as a first responder paramedic before becoming an emergency department physician assistant at Franklin Memorial Hospital. For 28 years in the emergency department, he learned the importance of staying calm under pressure, listening carefully, and being there when people need you most.



Service Doesn't End at Retirement

Randy continues to give back through his community and volunteer work. He helped establish the St. Joseph Food Pantry and serves on the Care and Share Food Closet Board of Directors, helping ensure local families have access to essential resources.

His commitment to public safety also spans decades. He volunteered for more than 25 years with the Trek Across Maine as a bike medic and radio operator and continues to serve with amateur radio emergency services supporting Franklin County Emergency Management.



Bringing Common Sense to Government

As a member of the Farmington Board of Selectmen, Randy understands the challenges communities face every day—balancing budgets, making difficult decisions, listening to different perspectives, and putting responsible government ahead of political posturing.

He believes in personal responsibility, free will, fiscal responsibility, and the fundamental importance of doing what is right.



Now, Randy is ready to bring his

40 years of healthcare experience, decades of community service, and practical approach to leadership to Augusta.



**No empty promises. No political spin.
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Randy Gauvin

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