

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.

The **FREE** Good News Gazette

A Product of
Turner Publishing
INCORPORATED
A Veteran Owned Company

Direct-Mailed Each Month to the residents of Augusta and Vassalboro

Volume 23 Issue 1 • September 2026

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

PRST STD
US Postage Paid
Permit #11
Newcastle, Maine

ECRWSS
POSTAL
CUSTOMER



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

The Good News Gazette

INDEX

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

FEATURE ARTICLES

Family-friendly activities for fall	8
Best electrolyte drinks	9
Victor Block: Roanoke	10
Movie Review: One Night Only	12
The Healthy Geezer: Prostate Cancer, Perimenopause & Cataracts.....	12
V. Paul Reynolds: Illegal Introductions.....	13



Scan to read our
papers free online.

Enjoying life along the Kennebec



After an early-evening rain shower this family enjoys a relaxing visit to Gardiner's Waterfront Park. An August 28 concert was cancelled due to unpredictable showers, but folks still filled the shoreline walkway near the Kennebec.



Bill Van Tassel photos
Coming into the Gardiner Waterfront Park to dock his Starcraft is town councilman Shawn Dolley. He was returning from taking a couple of friends on a short, Kennebec River trip to Augusta on August 28. Also enjoying a nice evening on the riverside is Hallowell fisherman Matt Nelson.



Single Item Pick-Ups
Apartment, Basements & Attics
Boat, Camper & Mobile Home
Garage & Shed Tear-Downs
Oil Tank & Boiler Removal
Hot Tub Removal - Hoarders

207-450-5858
www.theDumpGuy.com

JUNK REMOVAL
Commercial & Residential

\$50 OFF JUNK REMOVAL

With this ad. Expires 9/30/26

SELLING HOMES, Building Community



207.248.6044

WWW.POULIOTREALESTATE.COM

POULIOT
REAL ESTATE

GO PATS!

Gillette STADIUM

Home of the famous 1/2 lb. Lobster Roll!

Two 16" ONE TOPPING PIZZAS
AND A 2 LITER OF SODA

\$36.99

Pick up or delivery special!
Your Choice of Topping!

BEST PIZZA IN TOWN!

No coupon required.

Not to be combined with any other offer. \$3.75 delivery charge. Expires 10/23/26
Celebrating 45 Years in Business!

COLLEGE CARRY-OUT
126 Mount Vernon Ave., Augusta • 623-2080
Sun.-Thurs. 9am-8pm • Fri. & Sat. 9am-9pm
Deliveries start at 10:30am. Deliveries must be placed 30 minutes before closing.
Serving our customers since 1981

Triple P Fence

QUALITY PRODUCT.
PRECISION WORK.
UNBEATABLE PRICES.

SALES • SERVICE • REPAIR

Family owned and operated for 25+ years

- Black Coated Chainlink For Same Price As Galvanized
- Cedar Stockade & Post and Rail
- Pool Fence
- Vinyl Fence
- Pet Enclosures



Fall SPECIALS

\$500 OFF any competitors fencing installation price of \$2,500 or more.
\$200 OFF any competitors fencing installation price of \$1,000 or more.

207-485-6155 • www.triplepfence.com



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

LARGEST
SHOREMASTER
DISTRIBUTOR IN THE COUNTRY

Hammond
Lumber Company

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



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 were just out of reach for all of us.

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

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

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

Jennylynn of Durham

The Kennebec Historical Society October Presentation: "Three and a Girl"

AUGUSTA - A new film discovery adds to the story of Edgar Jones' work in Augusta and the Colonial Theater. Back in February, Ed Lorusso found a previously unknown Edgar Jones film in the Michael Kesselhon Collection at the Library of Congress. Kesselhon was a collector from Wisconsin. The film, *Three and a Girl*, was shot in the Gannett Woods area of Augusta and premiered at the Colonial Theater on August 26, 1920.

The plot has three partners (Jones, Carlton Brickert, and Ben Hendricks, Jr.) in a lumber operation hiring a girl (Edna May Sperl) from "the city" to come to work as their secretary. The men are infatuated with her, but she cannot make up her mind as to which guy she's most interested in, so they play a trick on her to make her choose.

Three and a Girl were



filmed during the winter of 1919 and 1920, which is quite evident from the frozen breaths of the actors. *Three and a Girl* is now the sixth complete movie of the twenty-four films Jones filmed in Maine 1919-1921. This find follows Lorusso's discovery of another silent film, *In the River* (1920), which the society screened last year.

KHS presenter Ed Lorusso brings extensive

expertise in silent film restoration. Since retiring, Lorusso has restored numerous films, with six projects licensed by Turner Classic Movies, including *The Enchanted Cottage* (1924). His work has been screened at theaters and silent film festivals across the country. Lorusso is collaborating with Boston-based documentary filmmaker Peter Flynn on a new project featuring Edgar Jones, Holman Day,

Augusta filmmaking, and the Colonial Theater.

The Kennebec Historical Society presentation is free to the public (donations are gladly accepted) and will take place at 6:30 p.m. Wednesday, October 21, at Augusta City Center, located at 16 Cony Street in Augusta. If you have questions about the program, call Scott Wood, executive director, at 622-7718.

Messalonskee Girls Soccer plan 11th Annual Girls Youth Mentoring Day in memory of Cassidy Charette

Oakland - Messalonskee High School Girls Soccer and the ShineOnCass Foundation will host its 11th annual girls youth mentoring day "ShineOn Saturday" September 26, from 12 to 2 pm, at Messalonskee High School in Oakland. The event is held to honor former Messalonskee soccer player and youth mentor Cassidy Charette, who died in a hayride accident Oct. 11, 2014.

Area girls, ages from pre-kindergarten to 5th grade, are invited to attend this free event. Soccer skills are not required. In addition to participating in skill building and fun field games, attendees will receive a snack, an autographed team poster and a ShineOnCass wristband that gives them a special treat when they wear it at any Lady Eagles home game.

To register for ShineOn Saturday, visit shineoncass.org.

The ShineOnCass Foundation was created to educate, inspire, and empower youth to shine their own light through kindness and volunteer charitable activities. For more information about the ShineOn Saturday event or the Foundation, visit shineoncass.org or email shineoncass@gmail.com.





Compassionate Dentistry for the Whole Family

New Patients Welcome!

Phone: 207-621-1111
59 Davenport St., Augusta
www.kennebecriverdentistry.com

MAINE CALENDAR

2026 September

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

Sept 26 - Baked Bean Supper, 4:30 p.m., Manchester Community Church, 21 Readfield Road, Manchester, FMI at www.manchester-community.church 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.

WINTHROP: Winthrop Food Pantry, Thursday pick-up 1:00 p.m.-2:30 p.m. and 2nd & 4th Thursdays 5 p.m.-6:30 p.m., 10 Cross Rd., Winthrop, FMI call Sherie Knowlan, Director (207)377-3332 or winthropfoodpantry.org, Curb-side pick-up of shelf-stable food.

WINTHROP: Winthrop Hot Meal Kitchen, Monday - Thursday hot meal pickup 11:00 a.m., St. Francis Xavier Church, 20 Lake St., Winthrop, Contact: Steve Dodge (207)620-0488. Meal delivery to Winthrop & Wayne residents. Cooks, helpers, donations, or Hannaford Gift Cards are appreciated.

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.

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.

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>.

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

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

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

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

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

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

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.

LEWISTON: Renewal

Addiction Ministry. Applying biblical truth to the root of addiction. Every Friday 630pm. 89 Birch Street Lewiston @The Root Cellar. Alex Theriault 207-274-1570

NORWAY: Norway Community Lunch program, Wednesdays from 11:15 a.m., to noon, First Universalist Church of Norway Concert Hall, 479 Main Street, Norway.

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

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

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

MECHANIC FALLS: Mechanic Falls Church of the Nazarene. Sundays: Fellowship 11:30, Morning Worship 12:00 p.m. Wednesdays: Bible Study 6:00 p.m., Prayer Meeting 7:00 p.m.

FAIRFIELD: Victor Grange monthly meeting, second Monday of the month, 5:30 potluck, 6 p.m. meeting, all welcome.

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

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

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

BRIDGTON: Narcotics Anonymous, 7-8 p.m. Friday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

BRIDGTON: Women For Sobriety, 11a.m.-12 p.m. Thursday, Lakes Region Recovery Center, 2 Elm Street,

Bridgton, 207-803-8707.

NORWAY: Oxford Hills Honeybee Club, 1 p.m., second Saturday of the month, First Universalist Church, 479 Main St., all welcome, cpeaston@megalink.net.

NORWAY: Serenity Seekers Al-Anon newcomers meeting 6:15-6:45 p.m. followed by Regular Meeting 6:45-7:45 p.m. at The Hills Recovery Center, 15 Tannery Street, Norway, ME. Every Thursday. FMI serenityseekersnorway@gmail.com

RUMFORD: Old School Food Pantry, 115 Maine Avenue, Wednesdays from 3 p.m. to 6 p.m., For more information or to help: (207) 364-4556 or email Shannon at rvhccglover@gmail.com

WATERVILLE: A Service for Veterans, Veteran Service Officer from the Bureau of Veterans’ Services will be available to meet with you from 8 a.m. – 2 p.m. first Thursday of the month at the Muskie Community Center, 38 Gold Street, Waterville, appointments are 30 minutes. To reserve your private appointment, call (207) 873-4745.

WATERVILLE: Family Caregiver Education and Support Group, Third Wednesday, Monthly 1 – 2:30 p.m., Spectrum Generations’ Muskie Community Center, 38 Gold Street, Waterville, to learn more, visit the front desk receptionist at the Muskie Center or call (207) 873-4745.

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

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

CANCELLATIONS

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

None listed.

POSTPONEMENTS

None listed.

lines: <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.

Scott's Antiques

Looking to Buy!

30+ years of experience

Trustworthy appraisals based on current market value

Will come to you—house calls at your convenience

Tel: 207-754-7478 Email: ScottsAntiques60@gmail.com



Seeking:

- Antiques
- Vintage Collectibles
- Jewelry
- Gold and Silver
- Old & Interesting Items

YODER'S SAWMILL

910 Exeter Road, Corinna

278-3539 • yoderssawmill@gmail.com

LOW GRADE CEDAR

* BACK IN STOCK *

5" V-Match

6" V-Match

8" V-Match

6" Shiplap w/Nickel Gap

4" Square Edge

5" Square Edge

6" Square Edge

And More

While supplies last. Sold in pre-bundled units.

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 _____

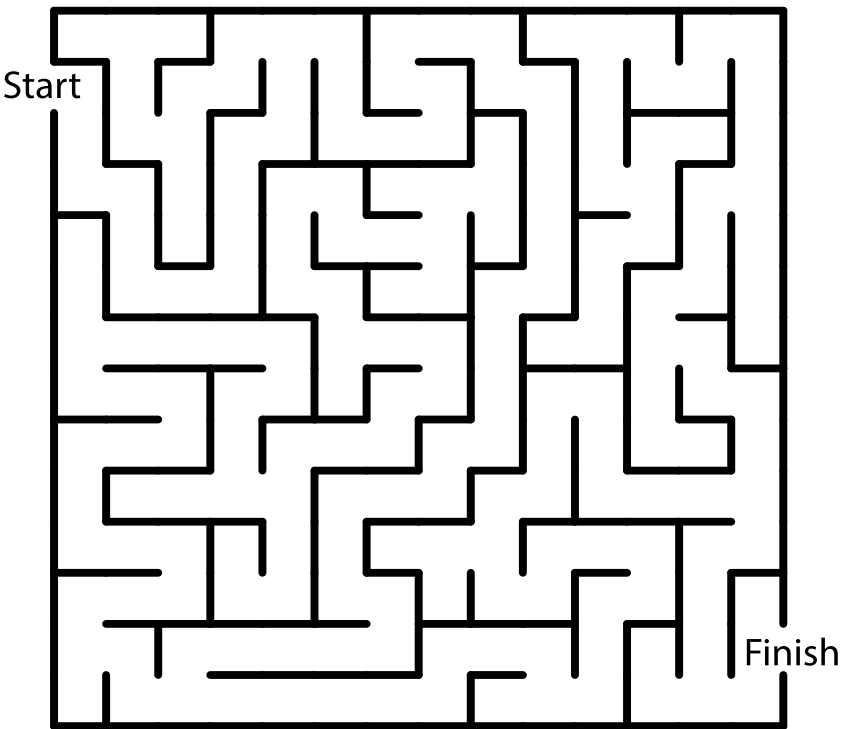
Page # _____ Phone # _____

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

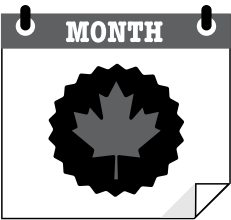


Maze Craze

Can you find your way through the maze?



CANADA



HISTORY

1982

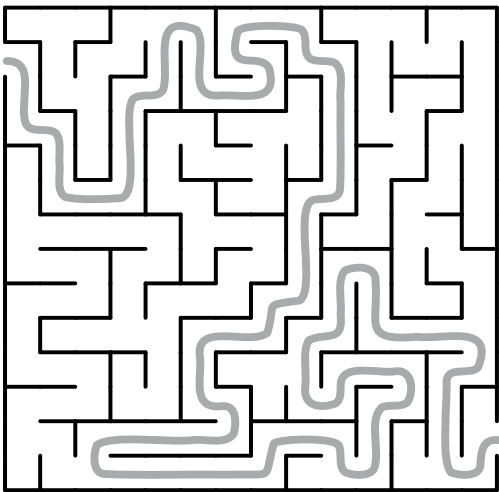
Bertha Wilson is appointed Canada's first female Supreme Court justice.

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...”

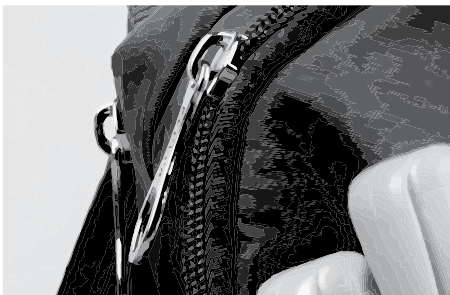
English: Strap
Spanish: Correa
Italian: Cinghia
French: Lanière
German: Riemen

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

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

By Mark Huard

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

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

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

Harper opened Saturday night’s Bangor concert, followed by traditional country singer Jake Worthington, before Paisley took the stage for the headlining performance.

Brooks Witham of Fairfield praised the entire lineup. “The show was amazing,” Witham said. “Hannah and Jake were great, and Brad put on a helluva show.”

Kristie Pomerleau of Winslow said the concert ranked among the best she has attended.

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



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

birthday present for my boyfriend, and he really enjoyed it.”

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

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

“I really loved the tribute to Dolly Parton,” Nelson said. “She was a major country music legend. I believe there was nobody better than Brad Paisley to do this tribute. The song ‘When I Get Where I’m Going’ was truly fitting for the tribute and caught a lot of emotions.”

The performance brought together several generations of country music — from Harper’s rise through American Idol and Worthington’s traditional country sound to Paisley’s de-



Brad Paisley performing at the show

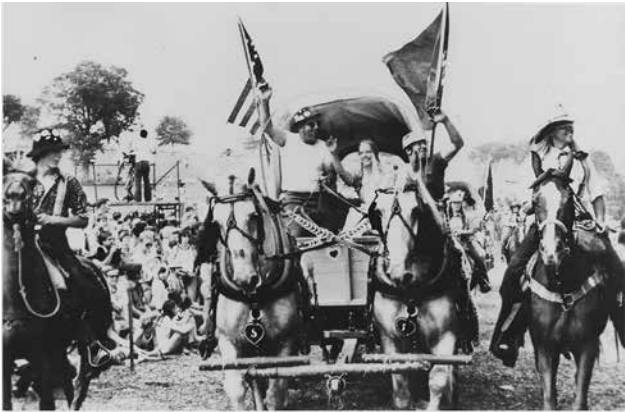
cades of hits and musicianship.

For fans gathered at the Maine Savings Amphitheater; the night offered much more than a typical concert. It was a showcase of country music’s past, present and future, capped by a heartfelt remembrance of one of the genre’s most beloved legends.

The Kennebec Historical Society September program

“Wagons Ho! Remembering the 1976 Bicentennial Wagon Train”

AUGUSTA - Wagon Trains from all corners of the country made the trek to Valley Forge for July 4, 1976, our nation’s 200th Anniversary. The planning, creating and great success of the Wagon Trains will be covered along with firsthand recollection of the events. The Maine Wagon was driven by Lyle Strickland of Belgrade with his Percherons, Duke and Don. The story of the Wagon Trains is presented



by Sharon Nadeau, President of the Belgrade Historical Society and Geri Herbster, a BHS member who rode as an outrider with the New England Train shares her experiences along the trail.

KHS presenter Sharon Young Nadeau grew up in Sidney, studied Criminal Justice at UMA and held employment within the University of Maine System until her retirement in September 2020. In

need of new adventure, she got involved with the Belgrade Historical Society in 2022. She currently serves as the President of the Belgrade Historical Society and Secretary of the Sidney Historical Society.

KHS presenter Geri Herbster has lived in Maine for 37 years. She has moved with the military many times in her life. She and her husband Jeff live on “The Belgrade Stream” and

spend their retirement watching the wildlife that abounds there. She enjoys gardening, reading, history and fishing.

The presentation is free to the public (donations are gladly accepted), is scheduled to begin at 6:30 p.m. Wednesday, September 30, at Augusta City Center, located at 16 Cony Street in Augusta. For more information, call Scott Wood, KHS executive director, at 622-7718.

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

Scam Alert Bulletin Board

Fraud Watch Network

How Scammers are Exploiting Product Recalls

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

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

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

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

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

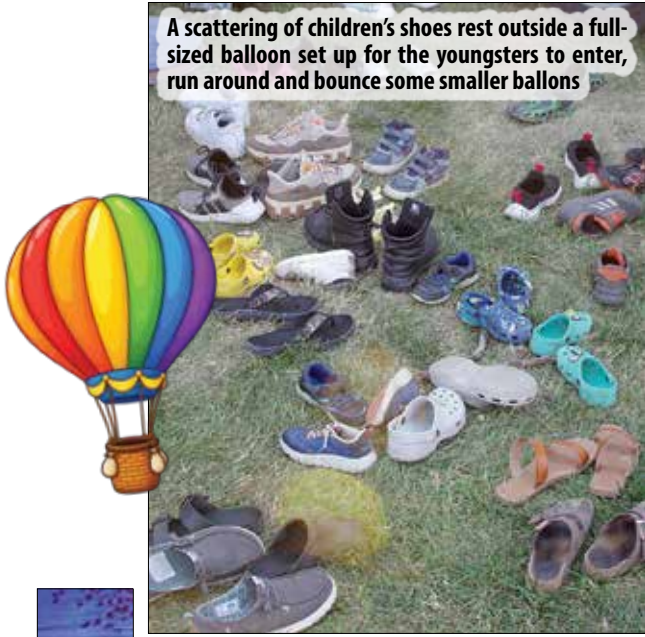
Need a scam prevention speaker for your group? Click the link to fill out our online form or send an email to me@aarp.org.



Lewiston Auburn Balloon Festival

Bill Van Tassel photos

A scattering of children's shoes rest outside a full-sized balloon set up for the youngsters to enter, run around and bounce some smaller balloons



L to R: Dana Staples, Missy Bilodeau, Julie and Megan Garber pose ready for their first Hot Air Balloon flight. The Auburn friends stand by their craft owned by Joe and Beth Hamilton from Rehoboth, Massachusetts



Children run around in a pinkish glow inside this grounded and fanned balloon set up down the terrace in Payne/Simard Park during the August 21 annual L/A Balloon Festival.



After an hour delay due to evening, wind gusts, the four friends make it into the sky over Lewiston, eventually landing in Jim's Used Cars property in Auburn.

LOCAL SQUIRREL LOOKING FOR WORK



EXPERIENCED IN:

- NUT GATHERING
- HOLE DIGGING
- TREE CLIMBING
- YARD INSPECTIONS
- GENERAL MISCHIEF

REFERENCES
AVAILABLE
(Just ask the
birds.)



RELIABLE • HARDWORKING • ALWAYS BUSY
CALL 555-NUTS!

Set it. Forget it. Watch it grow.

Put your savings to work
with a New Dimensions
Share Certificate.

6-60 Months
Flexible Terms

\$1,000
Minimum
Opening Deposit

Monthly
Dividends Paid

*Then relax.
Your savings are now
doing all the work.*

Federally Insured by NCUA
An early withdrawal penalty may apply if you withdraw any
of the principal balance before the maturity or renewal date.



Find the term that fits your savings goals.
View current rates and options.
newdimensionsfcu.com
(800) 326-6190





Educate. Empower. Evolve.
Waterville • Winslow • Skowhegan





Fall Seasonal Guide

If you would like to be in this special section
contact your sales rep directly, call the office at (207) 225-2076
or email us at advertising@turnerpublishing.net

Family-friendly activities for fall

Metro

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

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

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



- **Fall festivals:** Outdoor festivals are ideal for families because they tend to feature crafts, food, music, and

activities.

- **Fall baking:** Turn those plucked apples into pies or muffins, or use pumpkin and cinnamon to fill a home with delicious seasonal smells. Kids can help stir, pour and sprinkle ingredients.
- **Corn maze:** Corn mazes may be set up adjacent to pumpkin patches, so the family can pick out the perfect pumpkin to carve and then try to navigate the maze.
- **Spooky walk:** Halloween lands right in the heart of fall. Enjoy a walk through the neighborhood checking out people's Halloween decorations. A night walk with flashlights to listen to the sounds of animals can be "scary" in its own right. Another idea is to go to a haunted house or walk sponsored by a school or amusement park.
- **Football:** Enjoy a pick-up game of flag or touch football. It's a great way to enjoy time outdoors and expend some physical activity.

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



Dirigo Fence Company

Residential and Commercial Fence Solutions

BLACK COATED CHAIN LINK FENCES

CEDAR - VINYL - ALUMINUM

LOCALLY OWNED | QUALITY WORK | FULLY INSURED

207-557-3191
dirigofencecompany.com



If you have a dog, they can join our Dirigo Dog Club!



TRISTATE

for your
STAFFING SOLUTIONS

1-800-989-9112 • 207-622-0470

225 Western Avenue, Unit 1, Augusta, ME 04330

Resumes to: recruiter@tristatestaffing.com

Best Rates | Best Service | Best Rates | Best Service | Best Rates | Best Service

Cleaning Needs, Remodeling, & Roofing

20 • 30 • 40 • 50 Yard Roll Off
6 • 8 • 10 Yard Debris Dumpsters



GREGORY'S DisposALL

- Guaranteed Lowest Rate
- Same Day Service
- Courteous Staff
- 25 Years in Business
- Direct Owner Involvement

Call Gregory Today!

Office: 465-4500 • Home: 465-9417

Residential & Commercial
Weekly Pickup Service

Unmatched Service
Try Us!



CAM'S ROOFING

AND MASONRY

THE GOLD STANDARD

207-790-1344

CALL CAM TODAY!

- IN BUSINESS 10 YEARS
- FULLY INSURED
- REASONABLY PRICED

TAKING ON JOBS NOW



DIRFY Generators

POWER WHEN YOU NEED IT.

Quality Generators. Professional Installation. Fair Prices.

KOHLER	10 KW	\$9,000	basic installation
	26 KW	\$13,800	basic installation
GENERAC	10 KW	\$8,600	basic installation
	26 KW	\$12,300	basic installation
BRIGGS & STRATTON	13 KW	\$9,850	basic installation
	26 KW	\$14,200	basic installation (10 yrs parts, labor & travel warranty)
CHAMPION	8.5 KW	\$8,150	basic installation

dirfygenerators@yahoo.com | Call Today: (207) 637-3346

CCC CONSTRUCTION

EXCAVATION & PAVING

207-441-6087
AUGUSTA, ME

Let Houle's Plumbing & Heating take care of all your heat pump needs.



REBATES UP TO \$6000!

You could be eligible for Efficiency Maine Rebates up to \$6,000!

Ductless Heat Pump Benefits:

- Low-cost heating
- Provide air conditioning in the summer
- Easy to retrofit into existing homes
- Improved comfort in homes

Call Houle's Plumbing & Heating today to find out if you are eligible to save up to \$6000 and call now to see how you can save on heat bills and cool your house in the summer too!

19 North Street, Waterville • 872-6762 • www.houlesphac.com



PLUMBING, HEATING, COOLING & ELECTRICAL



Douglass PAINTING

- INTERIOR & EXTERIOR PAINTING
- CABINET REPAINT
- DRYWALL REPAIR

- ✓ FAMILY OWNED & OPERATED
- ✓ FULLY INSURED
- ✓ FREE ESTIMATES
- ✓ 2-YEAR LABOR WARRANTY

207-601-2313
DOUGLASSPAINTINGINC.COM

WE DON'T CUT CORNERS - WE PREPARE THEM





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 lower balance of the electrolyte ratios I was looking for.

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

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

Live Long, Live Well

Call Glenn today for advertising!



www.turnerpublishing.net/news

Maine's LARGEST direct mail company serving over 600,000 readers, and "Its All Good News"



Glenn Bechard
Marketing Consultant
Cell: 207.242.5020
glenn@turnerpublishing.net

Creating beautiful, healthy smiles with an emphasis on excellence

NOW ACCEPTING NEW PATIENTS



Dr. Jay Wietecha



Dr. Peter Vayanos



Dr. Joseph Dumont

Call today to book an appointment at either one of our locations.



Smile Solutions of Maine
Complete Dentistry

Waterville Office: 207-873-2073 • 98 Silver St., Waterville
Winthrop Office: 207-377-6958 • 28 Old Western Ave., Winthrop

To learn more about our services and our team check out our website:
www.smilesolutionsofmaine.com



Kenzie Irish



Michele Nagy



THE CHAMPOUX GROUP
CHAMPOUX • PEOPLES • PINKHAM • ROGERS
INSURANCE

Pinkham Insurance
Home • Auto • Business
YOUR SECURITY IS OUR MAIN CONCERN
Locally Owned & Operated

8 Almar St., Farmingdale • (207) 626-5810

HAVE TOYS?
WE HAVE ALL YOUR INSURANCE NEEDS COVERED!!
Give us a call for a free quote!



National Mental Health Hotline
Free & Confidential 24/7 Assistance
866-903-3787

SAVE YOUR BREATH
5K Run/Walk 10.18.26

 **On the Rail Trail from Augusta to Hallowell and Return**

This is a chip timed run or walk. Cash prizes and medals will be awarded to the top overall male and female finishers, as well as first-place winners in each age group. Second and third place age group finishers will receive medals and Lamey-Wellehan Shoes gift cards. Team and donor awards will also be presented. Award ceremony with pizza will be held immediately after the race results have been confirmed. Another exciting silent auction will be returning with lots of great items to help start your holiday season. Event day pre-race check-in at Kennebec Valley YMCA gym at 7am. Walkers will be released at 8am and runners at 8:30am.

All proceeds to support Free ME from Lung Cancer's mission ~ research, early lung cancer screening, transportation and lodging for our most rural communities and radon air abatement systems for single family low income homeowners.

For more information contact:
Deb Violette at 207-215-9035





TRAVEL *by Victor Block*

ROANOKE

I recently visited a small city – a population of about 100,000 – which offers visitors a full menu of things to see and do. It’s a center of arts and crafts, elegance and culture, with a choice of indoor and outdoor attractions. The community sits in the Blue Ridge Mountains, which extend from Pennsylvania to Georgia.

This is a flat, low-rise place where man-made attractions are grouped close to each other. Yet minutes away by car awaits some of Mother Nature’s magnificent handiwork.

Roanoke’s story began in the 1740s, when two settlers from Pennsylvania acquired land near salt licks which were crossed by trails laid down by Native Americans and animals.

Those salt marshes loaned their name to Big Lick, the first village in the Roanoke Valley. Several years later, Big Lick came to be known as Roanoke which was derived from the Indian word “Rawrenock,” the shell beads that were by indigenous people.

The city played a role in the Civil War, serving as a supply center for Confederate troops. Its most iconic attraction is the Roanoke Star, a 100-foot-high illuminated structure. Center in the Square is occupied by museums related to African American culture, local history and science.

When I wasn’t taking in information about these miscellaneous topics, I was exploring other chapters of Roanoke’s past. The local music scene began to flourish in the early 20th century, focused on folk and bluegrass influences. Over time, they were augmented by country, rock and jazz. Visitors today may swing and sway at concert venues, music halls and impromptu Jam sessions at restaurants, breweries, wineries and farmers’ markets.

One of the more interesting places I happened upon was Black Dog Salvage, an off offbeat institution. Its sprawling show rooms are packed with



Paddling canoe on Roanoke River

“architectural salvage,” antique items, artwork, vintage goods and souvenirs.

Even if you don’t intend to purchase anything, it’s worth a visit for anyone who loves quirky vintage items. Viewing the seemingly endless array of artifacts, I concluded that anyone who doesn’t find what they were looking for doesn’t really need it.

For those so inclined, the Roanoke region offers more than 1,000 miles of trails for hiking, biking and paddling. These include over 400 miles of mountain biking paths which account for its being designated as the mountain biking capital of the east coast. While I had left my wheels at home, I experienced some of the reasons for that accolade during walking outings along stretches of several trails.

Another experience with an interesting story to tell was driving along a stretch of the Blue Ridge Parkway, which winds through Virginia and North Carolina. Much of that road was constructed in the 1930’s as part of the New Deal programs that President Franklin D. Roosevelt implemented to put Americans back to work following the Great Depression. After its completion during the 1950s and 1960s, the highway was described as “America’s Favorite Drive.”

Enjoying scenic views from that freeway and



The Roanoke Star Submitted photos

Roanoke is a low-rise city

equally inviting scenes in and close to Roanoke, Virginia are two of many reasons to include that town on your travel itinerary list. Throw in its artsy vibe, eclectic collection of museums and other attractions, and the question is why you haven’t included the community on your must-see travel list?

Adding to the sense of history in Roanoke was my stay at the Promissory. That building opened its doors as a bank in 1882 and helped to finance and shape the city in its early days. Now it’s a boutique hotel, event venue, Spanish-inspired restaurant and wine bar.

For more information about Roanoke, log on to visitroanokeva.com.

DIRFY Generators
Heat Pumps
OUR HEAT PUMPS COME WITH A 12-YR PARTS, LABOR, AND TRAVEL WARRANTY

Quick installation

Install a Generlink.
Power your whole house with your portable generator
OR
Quick installation
Under \$2500

dirfygenerators@yahoo.com **Call Today: (207) 637-3346**

ORDER TODAY!
GRUBHUB DOORDASH Uber Eats
18 BRIDGE STREET, AUGUSTA, ME 207-213-4345

HARVEST MOON DELI

We are a Maine based company serving our state’s best PANINI, SALAD and SOUP!
Shaw’s Plaza, Western Ave., Augusta • 207-530-9042
★ ★ **NOW OPEN** ★ ★
19 Stephen King Dr., Augusta Marketplace Plaza • 207-213-4277
Orderonline at: HARVESTMOONDELI.COM

Your Financial Future Deserves a Plan That Fits
Life changes, and your financial goals can too. Turn to a Maine Credit Union for guidance and solutions to help you prepare for whatever comes next.

Visit mainecreditunions.org

Edward Jones
Kimberly Mackenzie, CFP®
Financial Advisor
CA Insurance License 8334691
CA Agency Number 0C24309

**4 Gabriel Drive, Suite 3
Augusta | 207-512-4559
kimberly.mackenzie@edwardjones.com**

Gagnon Dental
626-3091 • gagnondental.com
Shanna L. Gagnon DDS | Jessica M. Sikora DDS
Carolyn J. Morin, DDS
GENERAL DENTISTRY
626-1200 • cmorindental.com

Now Welcoming New Patients!
Personalized, high quality dental care in a comfortable and friendly atmosphere
14 Merrill St Farmingdale 626-3091 info@gagnondental.com



★Customer Directory★

Kennebec River Dentistry
59 Davenport Street
Augusta
207-621-1111

Pouliot Real Estate
www.pouliotrealestate.com
207-248-6044

Mainely Brews Restaurant & Brewhouse
1 Post Office Square
Downtown Waterville
207-873-2457

Prime Financial Inc.
753 West River Road
Waterville
207-877-9450

Scott's Antiques
email:ScottsAntiques60@gmail.com
207-754-7478

Maine Credit Unions

Two Maine Guys
18 Bridge Street
Augusta ME
207-213-4345

CCC Construction
Augusta, ME
207-441-6087

Dirfy Generators
www.dirfygenerators.com
207-637-3346

Dirigo Fence Company
dirigofencecompany.com
207-557-3191

Edward Jones
Kimberly Mackenzie, CFP®
207-512-4559

Harvest Moon Deli
Shaw's Plaza
Western Ave., Augusta
207-213-4277

Houle's
Plumbing, Heating, Cooling & Electrical
19 North Street
Waterville
207-872-6762

Maine General Medical Center
35 Medical Center Parkway
Augusta
1-855-464-4463

New Dimensions Federal Credit Union
newdimensionsfcu.com/hsa
207-872-2771

Free ME from Lung Cancer
207-215-9035

Smile Solutions of Maine
98 Silver Street, Waterville
207-873-2073
28 Old Western Ave., Winthrop
207-377-6958

Triple P Fence
www.triplepfence.com
207-485-6155

New Hampshire Liquor & Wine Outlet
LiquorandWineOutlets.com

Cam's Roofing and Masonry
10 Years in Business
207-790-1344

Champoux Insurance
38 Main Street
Lisbon Falls
207-353-6834

College Carry-Out
126 Mount Vernon Ave.
Augusta
207-623-2080

Gagnon Dental
14 Merrill St., Farmingdale
207-629-3091

Lakeside Disposal
You Call We Haul
207-441-3604

Hammond Lumber Company
hammondlumber.com
1-800-HAMMOND

Tri-State Staffing Solutions
225 Western Ave., Unit 1
Augusta
207-622-0470

Yoder's Sawmill
910 Exeter Road
Corinna
207-278-3539

Douglass Painting
douglasspaintinginc.com
207-601-2313

Dump Guy
www.theDumpGuy.com
207-450-5858

Independent Power
Greene, Maine
207-946-4444

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

MOVIE REVIEW

by Lucas Allen

ONE NIGHT ONLY

(Universal Pictures)

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

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

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

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

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

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

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

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

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

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

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

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



THE HEALTHY GEEZER

Fred Cicetti

PROSTATE CANCER, PERIMENOPAUSE & CATARACTS

Q. What are the options for treating prostate cancer?

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

There are many options for treating prostate cancer:

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

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

Q. What exactly is perimenopause?

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

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

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

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

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

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

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

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

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

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

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

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

All Rights Reserved © 2026 by Fred Cicetti

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!

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

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

Production Michelle Ducharme Pushard Brett Bannister	Sales Manager Randy Bell	Reporter/Writer Bill Van Tassel
Inside Sales Jessica Mason	Advertising/Marketing Jodi Cornelio Kathlene Clarke Glenn Bechard Sawyer Cesar	Proofreaders Glenn Bechard Robin Robertson

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.

WE SPREAD YOUR GOOD NEWS!

articles@turnerpublishing.net



MAINE OUTDOORS

v. Paul Reynolds

ILLEGAL INTRODUCTIONS

Here is a quiz, a two parter:

1) What is a bucket biologist?

2) What is a kennel biologist?

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

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

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

Greg Sirpis, chairman of Operation Game Thief (OGT), said that Maine authorities have never caught or successfully prosecuted an illegal bucket stocker. Last year, OGT offered a \$3,000 reward for any anonymous tip in regard to the illegal introduction of Large Mouth

Bass in West Musquash Lake. Sirpis says that the reward generated no tips and in that case the trail has “gone cold.” He adds that without witnesses the identification and eventual prosecution of bucket stockers is an elusive, low odds proposition. Sirpis notes, too, that in so many instances, due to huge court backlogs, far too many cases brought by Game Wardens wind up being dismissed by the court or plea bargained away. The takeaway is that, even if a bucket stocker was taken to court, eventual prosecution, under present circumstances, would be a long shot.

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

Maine’s two wolves from 1993 and 1937 w ere both what Lavigne calls “kibble wolves.” The hunter who shot the 1993 wolf was, ironically, federally prosecuted for killing a captive wolf that had to have been illegally introduced into the wild!

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

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

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

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

2026 CONY FALL SPORTS SCHEDULE

BOYS CROSS COUNTRY

DATE	TIME	OPPONENT
9/4	4:00 PM	@ Mt. Blue CC Course
10/9	4:00 PM	@ Mt. Blue CC Course
10/17	11:00 AM	KVAC Champ @ Cony
10/31	10:00 AM	States @ Cony

COED CROSS COUNTRY

DATE	TIME	OPPONENT
8/28	2:15 PM	@ Cony
9/25	4:00 PM	@ Cony
10/17	11:00 AM	@ Cony
10/31	TBD	State Meet @ Cony

GIRLS CROSS COUNTRY

DATE	TIME	OPPONENT
9/4	4:30 PM	@ Mt. Blue CC Course
10/9	4:00 PM	@ Mt. Blue CC Course
10/17	11:00 AM	KVAC Champ @ Cony

COED GOLF

DATE	TIME	SITE
8/26	3:30 PM	@ Natanis GC
8/27	3:30 PM	@ JW Parks GC
8/31	3:30 PM	@ Northport GC
9/8	3:30 PM	TBA
9/10	3:30 PM	@ Rockland GC
9/14	3:30 PM	@ Natanis GC
9/17	3:30 PM	@ Augusta CC
9/23	2:30 PM	@ Turner Highlands

GIRLS FIELD HOCKEY

DATE	TIME	OPPONENT
9/3	3:30 PM	@ Lawrence
9/8	4:00 PM	@ Nokomis
9/10	3:30 PM	vs. Mt. Blue
9/12	11:00 AM	vs. Yarmouth
9/14	6:00 PM	@ Lincoln Academy
9/18	4:00 PM	@ Winslow
9/22	6:30 PM	vs. Gardiner Area
9/25	3:30 PM	vs. Waterville
9/29	5:30 PM	vs. Morse
10/5	5:30 PM	vs. MCI
10/8	3:30 PM	@ Leavitt Area
10/13	3:30 PM	@ Oceanside
10/16	3:30 PM	vs. Belfast Area
10/20	3:30 PM	@ Erskine Academy

BOYS FOOTBALL

DATE	TIME	OPPONENT
9/4	6:30 PM	@ Fryeburg Academy
9/11	7:00 PM	vs. Skowhegan
9/18	7:00 PM	@ Mt. Blue
9/25	7:00 PM	vs. Messalonskee
10/2	7:00 PM	@ Lawrence
10/9	7:00 PM	vs. Camden Hills
10/16	7:00 PM	vs. Brunswick
10/23	7:00 PM	@ Gardiner Area

BOYS SOCCER

DATE	TIME	SITE
9/4	3:30 PM	vs. Erskine
9/11	3:30 PM	@ Gardiner
9/15	3:30 PM	@ Nokomis
9/17	3:30 PM	vs. Skowhegan
9/22	3:30 PM	@ Leavitt Area
9/24	3:30 PM	vs. Gardiner
9/28	3:30 PM	vs. Nokomis
9/28	3:30 PM	vs. Nokomis
10/1	7:30 PM	@ Hall-Dale HS
10/3	12:00 PM	@ Erskine Academy
10/6	5:15 PM	vs. Morse
10/8	3:30 PM	vs. Winthrop
10/10	11:00 AM	@ Oceanside
10/13	3:30 PM	@ Lincoln Academy
10/20	5:30 PM	vs. Cony

GIRLS SOCCER

DATE	TIME	SITE
9/11	3:00 PM	vs. Gardiner
9/17	3:30 PM	@ Skowhegan
9/21	3:30 PM	vs. Leavitt
9/24	6:00 PM	@ Gardiner
9/28	3:30 PM	@ Nokomis
10/1	3:30 PM	vs. Hall-Dale HS
10/3	10:00 AM	@ Erskine Academy
10/6	6:00 PM	@ Morse
10/8	6:00 PM	@ Winthrop
10/13	5:30 PM	vs. Lincoln Academy
10/20	6:00 PM	@ Lawrence

GIRLS VOLLEYBALL

DATE	TIME	SITE
9/3	5:30 PM	vs. Camden Hills
9/5	11:30 AM	@ Brunswick
9/8	5:30 PM	vs. Messalonskee
9/10	5:30 PM	@ Gardiner
9/22	6:00 PM	vs. Gray-NG
9/24	5:00 PM	vs. Brewer
9/29	5:00 PM	vs. Westbrook
10/1	5:30 PM	@ Hampden Academy
10/3	10:30 AM	@ Nokomis
10/8	5:00 PM	vs. Gardiner
10/13	6:00 PM	@ Mt. Ararat
10/16	5:30 PM	vs. Nokomis

Harvest Time Natural Foods

171 Capitol St., Suite 1 ~ Augusta • (207) 623-8700

GOOD LUCK CONY!

GOOD LUCK TO ALL THE ATHLETES!

from all of us at

INCORPORATED

HAVE YOU FOUND THE PHONY AD?

CLASSIFIEDS



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

ALANON MEETINGS

Is your life unhappy due to the effects of someone's drinking? **You are not alone!** Al Anon: Help for families and friends of alcoholics. Toll free: 800 498 1844. Maine: 207 284 1844. AIS (area information service) - ais@maineafg.org.

DENTAL INSURANCE

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-877-331-2013 [#6258](http://www.dental50plus.com/highlights)

GENERAC

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-207-405-2044 today to schedule a free quote. It's not just a generator. It's a power move.

EARTHLINK

Connect to the best wireless home internet with EarthLink. Enjoy speeds from 5G and 4G LTE networks, no contracts, easy installation, and data plans up to 300 GB. Call 855-530-3127

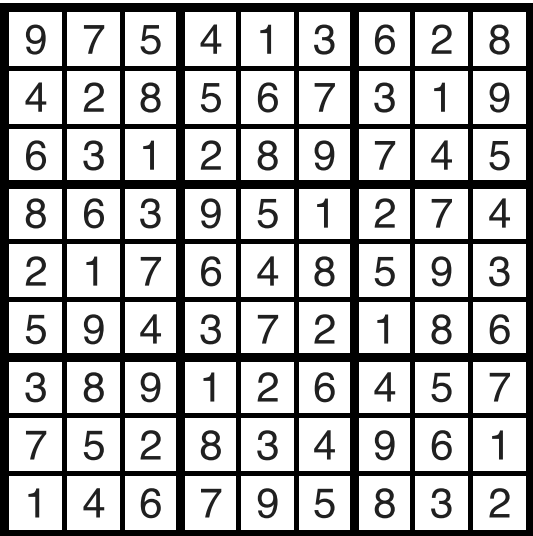
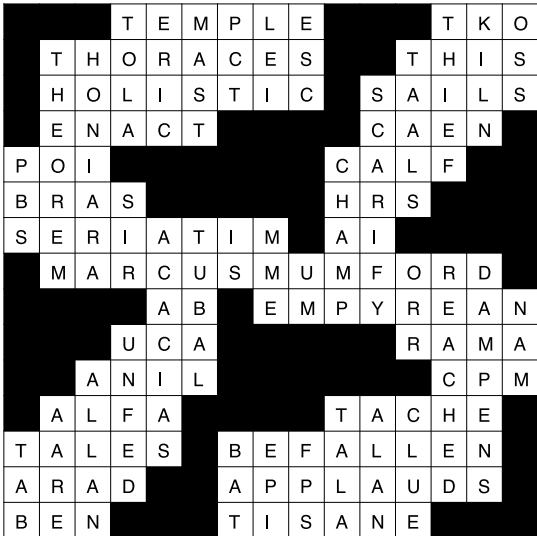
Classified ads are FREE to the community for FREE items. There is a small charge for any display ad for business sales or services. See below for sizes. Different sizes and rates apply for help wanted and real estate ads. Please call 225-2076 for rates. Or email: advertising@turnerpublishing.net.

2X2 AD
THIS SIZE

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

1X2 AD
THIS SIZE

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.



Sponsored by



Mainely Brews Restaurant & Brewhouse

1 Post Office Square, Downtown Waterville

Open Sun.-Thurs. 11am-10pm • Fri.-Sat. 11am-12am

873-2457



August Phony Ad & Coop Winners

Auburn Highlights: Kevin Smith
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

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.

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. (*one entry per household please*)

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: _____ State: _____ Zip: _____
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

Reader RECIPE

Muffins with Yellow Cheese

Ingredients

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

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

Additionally:

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

All ingredients should be at room temperature.

1



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

2



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

3



Line a standard muffin tin with cupcake liners. Fill the batter almost to the top of the liners. Sprinkle the top with **grated yellow cheese** and lightly dust with **paprika**.

4



Bake at **370F** for about **25 minutes** (depending on the type of an oven) or until a toothpick comes out clean (note: the muffins may seem a bit wet on the toothpick because of the melted cheese. There shouldn't be any raw batter on the toothpick). Take them out and let them cool on a wire rack.

Submitted by *Adrianna G.* ♥





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

2 COL. X 4" AD \$120



DO YOU HAVE A PLAN FOR FINANCIAL FUTURE?



www.primefinancial.biz
207-877-9450
753 West River Road, Waterville, ME.

At Prime Financial, Inc., financial services are about more than numbers - it's about people, families, and communities. Based in Waterville, Maine, we are proud to serve individuals and businesses throughout Maine and beyond with personalized financial guidance.

Our team of experienced professionals takes the time to understand each client's goals and values. We then work together to develop thoughtful, customized strategies that are designed to help bring clarity and confidence to their financial journey. We are honored to walk alongside our clients as they plan for today and prepare for tomorrow.



Chris Steiner
Chief Wealth
Advisor | Partner



Michael Cleary
CEO | Private
Wealth Advisor



William Paradis
Associate Wealth
Advisor

Securities offered through Cambridge Investment Research, Inc., a Broker/Dealer, Member FINRA/SIPC. Advisory services offered through Cambridge Investment Research Advisors, Inc., a Registered Investment Adviser. Prime Financial, Inc. and Cambridge are not affiliated.



MaineGeneral Health
DAY of HOPE

Saturday, October 3, 2026
Augusta Civic Center
76 Community Drive
Augusta, ME

Register for the Day of Hope — a day of celebration, education and inspiration that supports the critical work of the **Harold Alfond Center for Cancer Care**.

Join us as we rally around our cancer community and celebrate the hope that takes root when a community comes together.

8:30 a.m. Check In and Explore
10 a.m. Opening Ceremony: “Rooted in Hope”
10:30 a.m. Walk for Hope Kicks Off
10:30 a.m. – 1 p.m. Day of Hope Activities Open

Thank you to our Day of Hope Sponsor:



To register, visit give.mainegeneral.org/hope.
Need help registering? Call 207-626-1809.



Register Today!



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
Positive, Uplifting & Inspirational
Local Students Make a Difference in Big Ways
See Page 3
Good News You Can Use!



The Good News!
Good News You Can Use!
Uplifting Stories That Inspire
Read Today's Stories
Community Stories | People Making a Difference | Faith & Inspiration | Health & Wellness
Today's Top Stories
Stories of Hope and Kindness
Read More



our online daily news and digital publications averages

9,500
readers per day.



Thank you for reading and supporting the Good News!