

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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The Greater Lisbon Ledger

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The Greater Lisbon Ledger

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All smiles at the fair



Katelyn Purington photos

Nova and Damian, of Brunswick, are all smiles while going round and round on the tractor ride at the Litchfield Fair.

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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



This little guy is peddaling hard to win the tractor pulling competition for kids at the Litchfield Fair.

Submitted photo



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4 50004 88800 3

MAINE CALENDAR

2026 OCTOBER

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

October 10 - Durham Acacia Lodge Bean Supper, Acacia Lodge, Route 136, Durham.

MONTHLY MEETINGS

LISBON: Life-Changing Faith Bible Center meets the 3rd Saturday of each month from 10:00-11:30 a.m. for college-level Bible teaching from Pastor Gary Leet, M.Min, Lisbon Faith Bible Church, 29 Village St., Lisbon, FMI email: Badfoster1@gmail.com.

DURHAM: The last Wednesday of every month from 2 to 3 p.m., the Town Manager invites you to join him for an hour of conversation. FMI Email Town Clerk: townclerk@durhammaine.gov or call: 207-353-2561 ext. 111.

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

Please join us for pancakes, french toast, eggs, bacon, sausage, fresh homemade donuts, home fries, ham, coffee, juice and cider.

Adults-\$10, Kids, 4-12-\$6

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



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

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

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.

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

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
LEWISTON: Maker

Mondays at Lewiston Public Library, March 2, 16, April 6 and May 18, Couture Room, Lewiston Public Library, 200 Lisbon St., Lewiston, ages 18 and up, beginners welcome, FMI contact 207-513-3134 or lpirc@lewistonmaine.gov.

LEWISTON: Renewal Addiction Ministry, every Friday 6:30 p.m., Calvary Chapel Lewiston, 777 Main Street, FMI Alex Theriault 207-274-1570.

LEWISTON: Sadie’s Fiber Arts Club, every 1st and 3rd Wednesday of the month, 3:30 p.m., Lewiston Public Library’s Children’s Department, 200 Lisbon Street at the corner of Pine Street, Lewiston, FMI at 513-3133 or LPLKids@lewistonmaine.gov.

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

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

MAINE CALENDAR PAGE

If you are hosting a free community event and would like it added to our calendar, please email your details to: advertising@turnerpublishing.net and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster. Our Maine Events calendar page is FREE for free community events. If you are a business and/or charging admission/fee, there is a small charge for a display ad on these pages. Email: advertising@turnerpublishing.net. Call 207-225-2076 for prepayment options. Events for the Maine Events Calendar should be received three weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: www.turnerpublishing.net/pdf/Deadlines.pdf

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our deadline chart at this link for specific publication deadlines: <https://www.turnerpublishing.net/pdf/Deadlines.pdf>. Email your event information to [\[ing.net\]\(mailto:ing.net\) 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.](mailto:articles@turnerpublish-</p></div><div data-bbox=)

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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.

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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 _____

Address _____

Paper _____

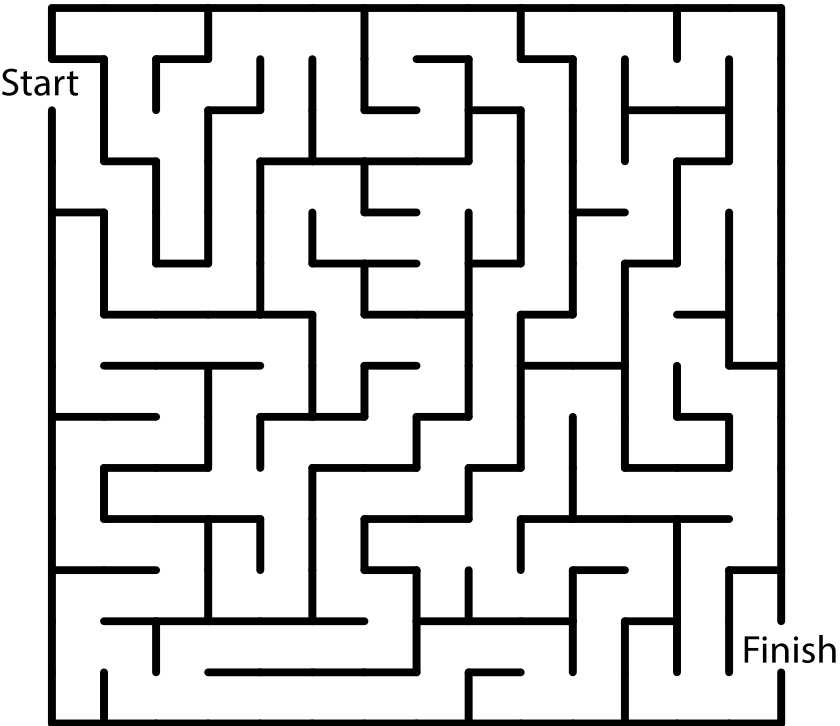
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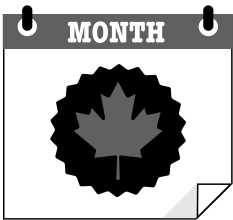


Maze Craze

Can you find your way through the maze?



CANADA



HISTORY

1982

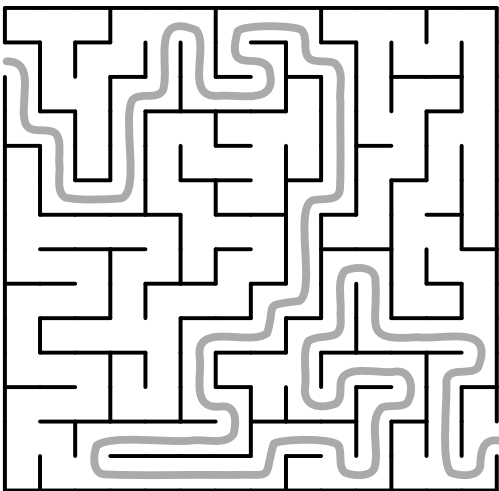
Bertha Wilson is appointed Canada's first female Supreme Court justice.

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...”

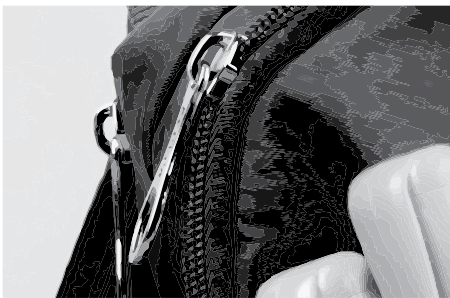
English: Strap
Spanish: Correa
Italian: Cinghia
French: Lanière
German: Riemen

Did You Know?

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



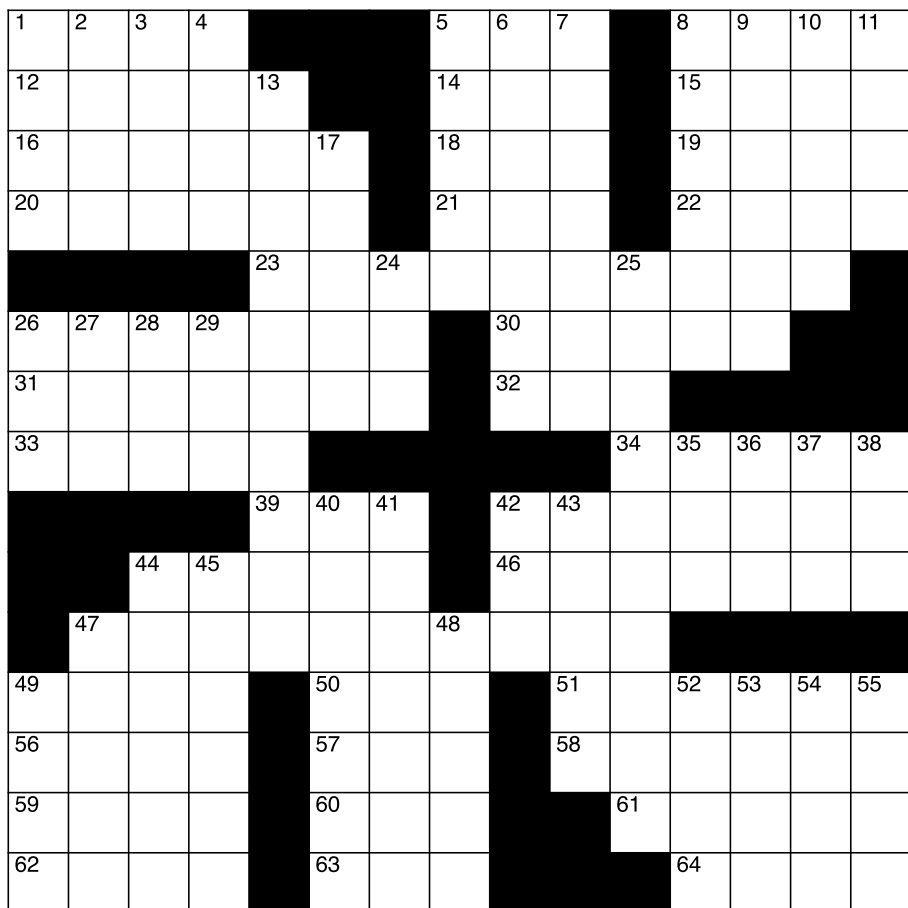
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Backpack

Crossword



CLUES ACROSS

1. “Wicker Man” actor Nic
5. Protection
8. Cloth worn over a shoulder
12. Ceramic jars
14. Midway between northeast and east
15. South American hummingbird
16. Platforms
18. Taxi
19. Mild yellow Dutch cheese made in balls
20. A citizen of Yemen
21. Military mailbox
22. Nuclear near reach weapon
23. Clears
26. Broken
30. Actress Lathan
31. Avid fan
32. One and only
33. Proceeding
34. River in Portugal and Spain
39. Doctor of Education
42. Defeat handily
44. Less complicated
46. Handyman tools
47. Written works
49. Castle dweller’s safety net

50. Honorable title
(Turkish)
51. Greatest
56. Can do
57. A place to sleep on
the road
58. Member of U.S.
Navy
59. 24-hour units of time
60. Actor Horsley
61. In a way, sounds off
62. Formerly (archaic)
63. Eye infection
64. Plundered

CLUES DOWN

1. William ,
Buffalo Bill
2. Wings
3. Candle or lantern
4. Freedom from
difficulty
5. A type of pie
6. Metrical foot
7. Kerr, actress
8. Nap
9. Popular singer
Bocelli
10. Immune responses
11. “Mad Men”
leading man
13. A citizen of Senegal
17. Philly basketball
player

24. Not even
25. Measures wind speed
26. Insecticide
27. Jordan glided through it
28. Bird-like dinosaur genus
29. Expression of satisfaction
35. Big Blue
36. One point east (clockwise) of due north
37. Of she
38. Oral rehydration solution
40. Knocks off course
41. Popular cop show of yesteryear
42. Zhou dynasty state
43. Genus of gulls
44. Onion flatbreads
45. Declare as true
47. Of a lobe
48. Missouri county
49. Produced
52. Volcanic crater
53. Off-Broadway theater award
54. KU hoops coach Bill
55. Check for



Solve the code to discover words related to college.
Each number corresponds to a letter.
(Hint: 16 = S)

A. 17 23 25 14 26 6 16 25 3 21

Clue: Higher learning

B. 16 21 10 10 7 11 17 16

Clue: Plan for class

C. 12 2 17 6 16 26

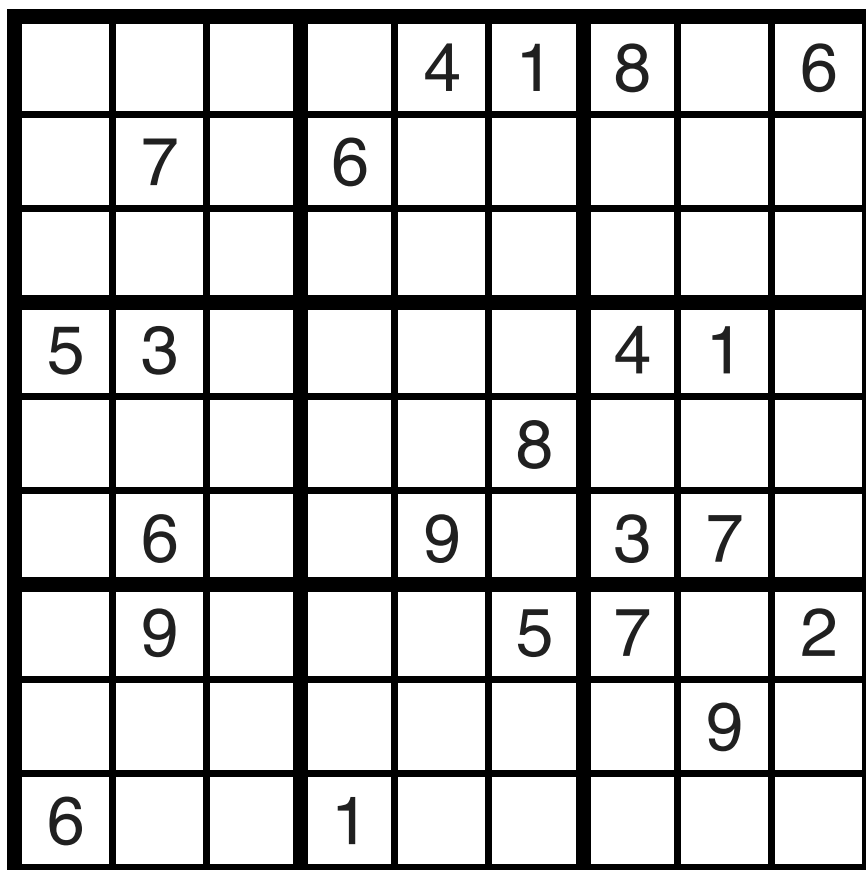
Clue: Class

D. 12 6 26 9 25 3

Clue: Academic measurement

Answers: A. university B. syllabus C. course D. credit

SUDOKU



Level: Advanced

OFF TO COLLEGE WORD SEARCH



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

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

WORDS

ALUMNI
BURSAR
COMMENCEMENT
COMMUTER
CREDIT
DORMITORY
FRESHMAN
GPA
GREEK
JUNIOR
LECTURE
MAJOR
MINOR
POSTGRADUATE
PREREQUISITE
QUAD
REGISTRAR
RESIDENT
SEMINAR
SENIOR
SOPHOMORE
SYLLABUS
TUITION

HOROSCOPES

ARIES - Mar 21/Apr 20 - Aries, you will soon learn that any obstacle can be overcome if you set your mind to it. While a certain task may seem daunting right now, don't allow it to intimidate you.

TAURUS - Apr 21/May 21- Others are paying attention to you even if they seem distracted, Taurus. Embrace the scrutiny and do your best to reciprocate any special attention coming your way.

GEMINI - May 22/Jun 21- Gemini, make an effort to be there for a loved one this week. You have a unique ability to listen and support others, and your loved one will not take your efforts for granted.

CANCER - Jun 22/Jul 22 - Cancer, if your energy and attention span is a bit scattered this week, take steps to ensure all of your responsibilities are taken care of. A respite is on the horizon.

LEO - Jul 23/Aug 23- Leo, by observing others you can learn how they operate and make the most of your chances to work with them. Apply a similar approach to your personal relationships.

VIRGO - Aug 24/Sept 22 - Try to tackle a financial project this week, Virgo. Select something relatively easy to begin with, and then go from there if you find yourself in a financial groove.

LIBRA - Sept 23/Oct 23 - It's time to get the creative juices flowing, Libra. Tackle a project around the house, like painting or rearranging a room. Look for a new creative hobby as well.

SCORPIO - Oct 24/Nov 22- Scorpio, you have a lot of energy and a need to strive toward perfection in all that you do. Those traits will prove valuable around the office this week.

SAGITTARIUS - Nov 23/Dec 21 - Keep trying to convince someone that your ideas are credible, Sagittarius. With a little more persuasion, you may win this person over and he or she will become a big supporter.

CAPRICORN - Dec 22/Jan 20 - Capricorn, even if you don't want to go along with what the group is doing this week, you may have to concede that what is best for the group trumps your personal preference.

AQUARIUS - Jan 21/Feb 18- Aquarius, financial issues may be keeping you on your toes, but it's nothing you can't handle if you stick to your plan. You may want to do some tinkering, however.

PISCES - Feb 19/Mar 20- Pisces, continue to bring the right people into your inner circle. One person in particular has your eye and might be just what you need.

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 can-

not 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 28, 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.



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 beat institution. Its sprawling show rooms are packed with “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.



Paddling canoe on Roanoke River

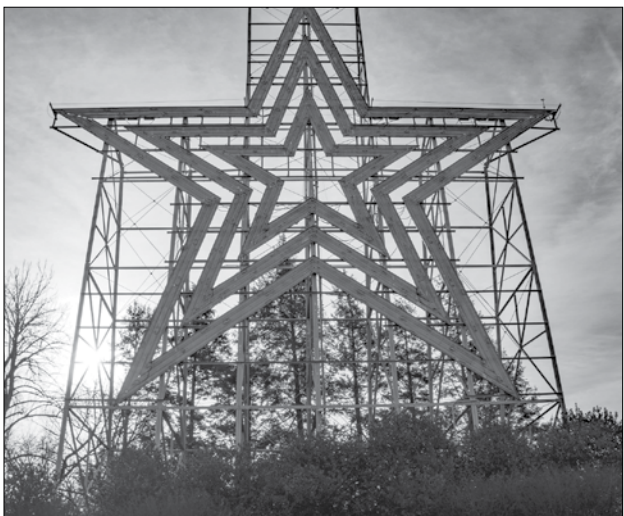
These include over 400 miles of mountain biking paths which account for its being designated as the mountain biking capital of the east coast. While I had left my wheels at home, I experienced some of the reasons for that accolade during walking outings along stretches of several trails.

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 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



The Roanoke Star

Submitted photos



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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.

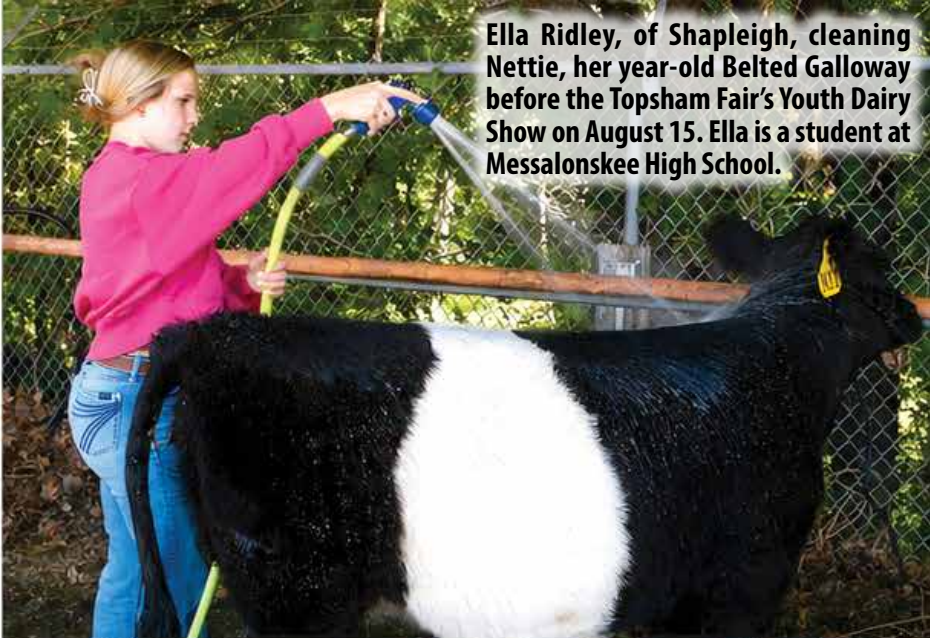
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This 1st Place (Arts & Crafts) needlepoint by Ron Dumont features the popular movie's female principal actresses, Ariana Grande and Cynthia Erivo with the City of Oz in the background.



Ella Ridley, of Shapleigh, cleaning Nettie, her year-old Belted Galloway before the Topsham Fair's Youth Dairy Show on August 15. Ella is a student at Messalonskee High School.



Jan Tricarico shows her long experience with Blacksmithing as she demonstrates how to twist a piece of hot iron into a decorative ornamental. Jan, from Readfield, appears at many fairs like years Topsham Fair as a rare woman in the craft of the forge.



The Exhibition Hall folks put this display up special in honor of the United States 250 Year Anniversary. The Fair has a 172-year history.



Bill Van Tassel photos

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Best electrolyte drinks

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

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

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

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

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

Pickle juice can stop cramping quickly. Studies suggest this may not be because of the electrolytes alone; instead, the vinegar may trigger a reflex in the back of the throat that signals the brain to shut down muscle spasms, making it an almost instant response to muscle cramps and charley horses. Pickle juice is loaded with sodium, so it can help replace salt loss

if you are a heavy sweater. It has no sugar, may support gut and digestive health, and the acetic acid in vinegar may help stabilize blood sugar. However, pickle juice is best used as an emergency remedy, not as an everyday habit, because it is high in sodium and too low in potassium and magnesium. Over time, that imbalance can have the opposite effect on hydration. Pedialyte is similar in purpose, with the exception of vinegar, and is best used for emergency situations or illness. It is also high in sodium and low in sugar. I like it because it is often given to children, and products intended for children tend to be held to a higher safety standard.

My criteria for the following selections were simple. First, I looked for the most natural options. I tried to avoid sugar and heavy 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

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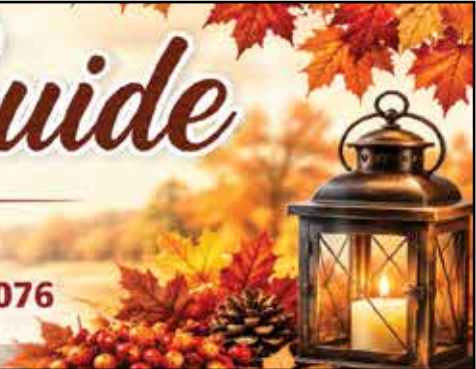
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Fall Seasonal Guide

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Family-friendly activities for fall

Metro

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

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

- **Apple-picking:** Few things are more refreshing than taking a bite out of an apple fresh off the tree. Orchards are bursting with apples this time of year, and an afternoon spent picking apples is a great way to spend time together.
- **Leaf treasure hunt:** Everyone can head outdoors with a bag or basket to gather leaves. Look for the brightest color or the crunchiest leaf that can be found. The leaves can be pressed between wax paper to save them.
- **Fall festivals:** Outdoor festivals are ideal for families because they tend to feature crafts, food, music, and activities.
- **Fall baking:** Turn those plucked apples into pies or muffins, or use pumpkin and cinnamon to fill a home with delicious seasonal smells. Kids can help stir, pour and sprinkle ingredients.
- **Corn maze:** Corn mazes may be set up adjacent to pumpkin patches, so the family can pick out the perfect pumpkin to carve and then try to navigate the maze.
- **Spooky walk:** Halloween lands right in the heart of



fall. Enjoy a walk through the neighborhood checking out people’s Halloween decorations. A night walk with flashlights to listen to the sounds of animals can be “scary” in its own right. Another idea is to go to a haunted house or walk sponsored by a school or amusement park.

- **Football:** Enjoy a pick-up game of flag or touch football. It’s a great way to enjoy time outdoors and expend some physical activity.

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

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MOVIE REVIEW

by Lucas Allen

MUTINY

(Lionsgate Films)

Another year, another Jason Statham movie dumped into theaters, expecting to bring in enough hardcore action lovers to make a profit. Yet, the growly English actor seems to quickly forget about being in last year’s awfully made “A Working Man” because he now stars in another action flick with the same subject matter, except this time, it’s “Die Hard on a boat” (a la “Under Siege”) in "Mutiny". This comes to us from director Jean-Francois Richet and writer J.P. Davis (with co-writer Lindsay Michel), who brought us the 2023 Gerard Butler actioner “Plane.”

Cole Reed (Statham) is an ex-cop now working as both security and as a personal driver to a rich shipping magnate named Tibu (Ramon Tikaram). The old man was celebrating a party to give his son Kameron (Chaneil Kular) the keys to his company when, on the way back home, he and Cole were ambushed by armed goons before getting shot to death. Knowing he has been set up to take the fall, Cole assumes the identity of one of the dead gunmen and sneaks aboard one of the company’s ships being captained by Marko (Roland Moller) for a routine job. Also on board is a woman named Angie (Annabelle Wallis), who was made third mate at the last minute when she is supposed to be heading home to see her daughter.

During the voyage, Cole discovers the ship’s cargo to be refugees being trafficked out of the country. Marko and his crew are actually working for Tibu’s rival magnate Jaran (Simon Kluth), who is secretly using the company’s funds to coerce their human trafficking ring. Now, Cole teams with Angie to try to outwit the evil crew to help the refugees and contact the Navy to be rescued.

Without sounding like a broken record, this movie is about what you can expect from a Jason Statham film. Similar background for the actor’s character, working in secret on a personal mission, and enough bloody wounds and broken bones to rival the “Mortal Kombat” games. Not to mention, it may or may not be a coincidence that this script involves human trafficking that Statham already took care of previously in “A Working Man.”

But unlike that movie, this one is at least shot, directed,

and edited more competently by a director knowing how to use his capabilities. While not a visually driven film, Richet made some good use of low-lighting and tight spaces to convey the mayhem presented during the fight scenes. The stunt work is pretty good, making the whole thing almost worthwhile for the silver screen.

It’s no secret in the writing that it’s a bit of a “Die Hard” clone with its foreign villains, walkie-talkies, and some authorities figuring out the situation. However, it lacks the personality and fun factor of that classic film, and it doesn’t bring anything memorable to the screen. All you get is a generic action script plus Statham beating down the bad guys, equaling a pretty tight 90-minute movie for only the matinee crowd.

If you’re a Statham fan, you’ve already known what to expect from his performance, much like if you were into Schwarzenegger or Stallone’s work from the 80’s. His steely eye stare, grouchy English accent, and macho hand-to-hand skills remain the best thing this film has to offer. Wallis handles her supporting turn without resorting to any damsel-in-distress trope by actually getting involved in the action herself nicely. The weakest parts sadly, are the villains with Moller not doing much more than scowling a lot in his line readings, while Kluth acts in a bad monotone voice throughout all of his scenes. Their performances fail to measure the best villainous roles from all of the “Die Hard” films.

"Mutiny" is one of the weaker Statham films that manages to only reach “middle-of-the-road” status mostly for its filmmaking. It’s not particularly terrible, but one wishes that it goes further than simply being another “same-old, same-old” kind of action film. For what it is, it is definitely a fine timewaster for a late summer release.

THE MOVIE’S RATING: R (for strong bloody violence and language)

THE CRITIC’S RATING: 2.75 Stars (Out of Four)

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Katelyn Purington photos
Levi Pelchat and his Mom Katelyn Pruington, of Lewiston, enjoy a ride together on the Carosel at the Litchfield Fair.

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ARTS & Entertainment

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Steel Magnolias opens The Public Theatre’s 36th Season!

LEWISTON – The Public Theatre opens its 36th season with the beloved comedy *Steel Magnolias* playing Oct 23-Nov 8. Filled to the brim with humor, heart and hairdos, this timeless comedy celebrates the lives and friendship of six, sassy, southern women who gather weekly in their local hair salon to navigate the joys and challenges of life together. Artistic Director Janet Mitchko says, “I believe this heartfelt comedy is timeless because of the way it truthfully celebrates the strength, humor, friendship, and resilience of women and the remarkable ways they show up for each other. I guarantee that every woman will recognize a part of herself or someone they love onstage. Grab your best friend and GO!”

If you like *Steel Magnolias*, you’ll love *A Wicked Good Time!* (Nov 13-15) “Maine’s funniest Woman,” Susan Poulin, returns to The Public Theatre as Ida Le Clair in her hilarious new show celebrating her friendship and adventures with her gal pals (the *Women Who Run with the*

Moose) and the *Maniacs* who love them. Laughter burns calories, so come and indulge! In December, a holiday tradition continues with *A Christmas Carol* (Dec 11-13). *A Wicked Good Time* and *A Christmas Carol* are sold separately from Subscriptions.

Subscriptions are now on sale for the 2026-27 Season. Subscriptions include *Steel Magnolias*, *Darker the Night Brighter the Stars* (Jan 22-31) an amusing, heartfelt and timely look at the lives of young adults

in Northern Maine, *Primary Trust* (Mar 12-21) a quirky, moving and uplifting play about the importance of making friends, and *The Fiancé* (Apr 30 – May 9) a delightfully funny and touching new comedy about love, loss and hope in 3 generations of single women. A Subscription costs \$160 and includes a FREE Bonus Ticket (\$42 value).

Read more and buy Subscriptions and tickets to any show at ThePublicTheatre.org or call 782-3200.

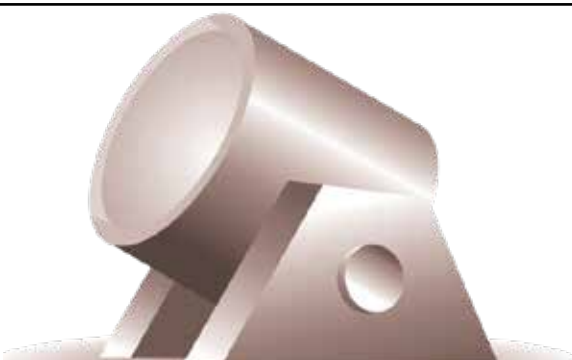
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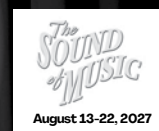
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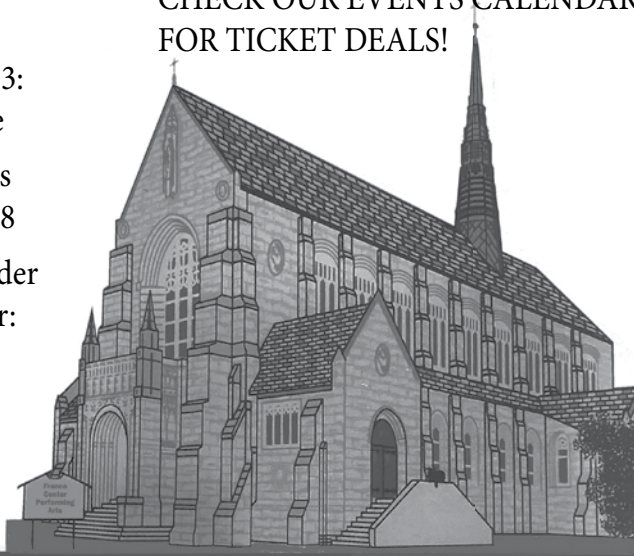
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- Fiddle-icious: Nov. 1
- Dueling Pianos x 2: Nov. 14, July 24
- La Rencontre x 3: Dec., Mar., June
- Plush Christmas Concert: Dec. 18
- Christmas Murder Mystery Theater: Dec. 19

- Rod Stewart Tribute: Feb. 13
- POP Divas Tribute: March 27
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Dave Maher photo



MAINE OUTDOORS

v. Paul Reynolds

DEER HARVEST REGULATIONS

First the easy part: the fall deer hunting outlook? It should be another good year for deer hunters.

According to Maine’s deer biologist, Nathan Bieber, "I expect a good year for the deer harvest, but I do not expect to see harvest numbers in line with last year, which was by far a record harvest. I'd have to guess that was an outlier. Some of the same elements that led to such a big year last year look like they will be in effect again, though, namely another relatively mild winter, lots of opportunity, and droughty conditions impacting green forage and mast availability."

Now the not-so-easy part: figuring out the deer harvest regulations for this fall’s hunt. It used to be a lot simpler. There was a day not so long ago when you could take just a buck or a doe. Period. Later on, as deer management evolved, you could take a buck AND a doe, if you had a doe permit for your Wildlife Management District (WMD).

My golly, how time and increased deer numbers have changed all of that. The ins and outs of what you can and cannot legally harvest, when it comes to bucks and does, are not quite as complicated as Maine’s perplexing patchwork of fishing regulations, but it does take some brain work to break it all down.

Question: I am an over- 70 licensed resident big



Submitted photo

game hunter with a Lifetime license. If I hunt all of the optional deer seasons, how many deer can I conceivably harvest? Are you ready for this? Believe it or not,

using all available permits, I can legally take, over the whole season, two bucks and two does, or even two bucks and three does, or four does.

The wild card in all of this is the Expanded Archery Season, with its own umbrella of deer harvest rules. Under Expanded Archery Season options, I can take a buck with an Either-Sex Expanded Archery Permit, which would be an additional buck to the one that my hunting license allows. I can also purchase unlimited Expanded Season Antlerless Permits and take as many does as I like during Expanded Archery. And as of last year, expanded archery hunters can use a bow and arrow or a crossbow.

If you do not take advantage of the Expanded Archery Season, the harvest rules are less complex, but you still need to know the options before you strap yourself in your tree stand or work your way around that cedar bog. If you didn’t bag a doe during regular archery but take one on opening day of the firearms season, you can still bag a buck, with a doe permit for that WMD.

Good hunting. Be safe!

The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide and writes a weekly outdoors column for a number of Maine newspapers

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10/5	3:00pm	@ Dirigo	10/6	4:00pm	@ Buckfield	10/6	3:30pm	@ Telstar
10/7	3:30pm	vs. Lisbon	10/8	4:00pm	vs. Traip	10/9	4:00pm	vs. Spruce
10/14	3:30pm	vs. Winthrop	10/10	11:00am	vs. Mountain Valley	10/13	3:30pm	vs. Spruce
10/16	3:30pm	vs. Mountain Valley	10/19	3:30pm	vs. Mt. Abram	10/15	6:00pm	@ Lisbon
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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

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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.

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

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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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Oct 23 - Nov 8
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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

FIND THE PHONY AD!!!

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

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

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

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

Name: _____
Address: _____
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Phone: () _____
Please tell us your age (circle one) 12-25 yrs. 26-35 yrs. 36-45 yrs. 46-55 yrs. 56 yrs. & up
The Phony Ad is: _____
Tell us what you think of this publication: _____

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

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

All of the winners listed have won gift certificates to one of our advertisers. If you haven't won - keep playing! We get hundreds of entries each month!

It's easy to enter - read through the ads in this issue and find the phony ad, fill out the entry form found in this paper and mail it in. If you have the correct answer, your name will be entered into a monthly drawing!

No Exchanges. Gift Certificates are from all over, there is no guarantee you will receive one from your area.

Friday night with the senior Hounds



Submitted photo
Maleek Braumier, Jaxon Roy-Thompson, Ezekiel Walling, Mealz Tuplin, Coach Walter Polky, Jeff Tuplin and Carson Pelletier.



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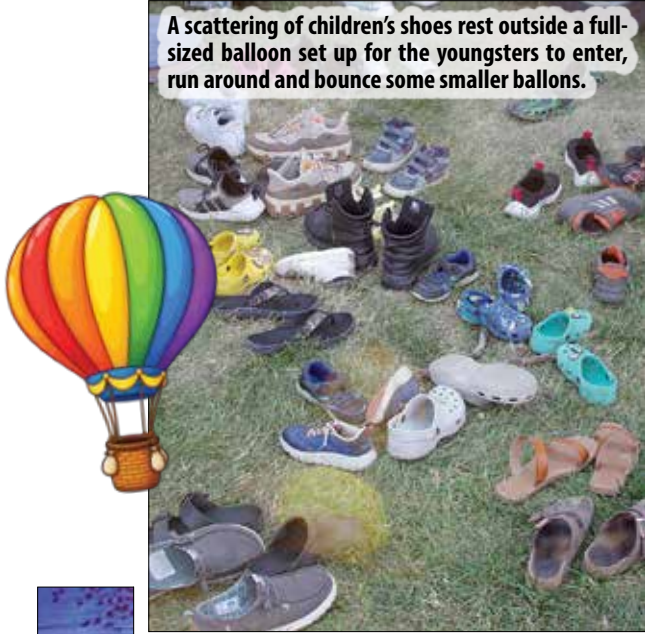
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Lewiston Auburn Balloon Festival

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.

Bring this ad for extra discounts!
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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

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MIKEY DESLAURIERS

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SUNDAY, OCTOBER 25TH

10 AM AT THE MEADOWS GOLF CLUB

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Please sign up in The Meadows Pro Shop or Contact Vicki at (207) 446-0535