

Coop is hiding
somewhere in this
publication...

Can you find coop?

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

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

INDEX

Funny Things Kids Say	2
Maine Calendar	3
Kids Corner	4
Puzzle Page.....	5
Directory Page	11
Classifieds	14
Reader Recipe.....	16

FEATURE ARTICLES

Movie Review: Mutiny.....	6
The Healthy Geezer: Prostate Cancer, Perimenopause & Cataracts	6
Family-friendly activities for fall	8
Best electrolyte drinks	9
V. Paul Reynolds: Illegal Introductions	12
Victor Block: Roanoke	12

DDF
DIXFIELD DISCOUNT FUEL, INC.
Page 10

**GUILD'S
COUNTRY
HARDWARE**
LLC
Page 8



SCAN TO READ ALL OUR
PAPERS FREE ONLINE.



Submitted photos
The annual Bethel Rotary Club
Yard Sale concluded Aug. 10
and, thanks to the support of
the community, again raised
significant funds to go to proj-
ects that benefit the commu-
nity. Despite the hot weather,
many people turned out to
shop. The club expressed grati-
tude to the many volunteers
and businesses who contributed
to a variety of ways to make it a
success.



The smallest details make
the biggest difference.

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



NOW HIRING-ALL POSITIONS

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

APPLY NOW
SABREYACHTS.COM/CAREERS

Hire for Attitude, Train for Skill

ON ROAD DIESEL • OFF ROAD DIESEL



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

DON BLANCHARD
TURNER, ME

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



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



2 - 12" 1-Topping Pizzas \$19.99 ALWAYS!



DELI SPECIALS

- Boneless Chicken Breast **\$1.59** lb.
- Rib-Eye Steaks **\$12.99** lb.
- Sliced Meats
- Burgers & Dogs

"World Famous "Homemade" Coleslaw!"



Homemade Potato Salad, Macaroni Salad, Chicken Salad & Ham Salad

★ Locally Owned & Operated by Rick Breau ★

📞 **207-507-1433** | 📍 **20 Main Street, Mexico**

Open 7 Days 5am to 9pm

Re-Elect



Tammy Schmersal-Burgess
STATE REPRESENTATIVE
House District 77
Canton, Dixfield, Hartford, Livermore, Mexico, Peru

★ **VOTE NOVEMBER 3** ★



- ✓ **Fighting for Maine Values**
- ✓ **People's Interests Over Political Party or Group**
- ✓ **Improving Quality of Life for Rural Mainers**
- ✓ **Fighting for Seniors & Veterans**

**Sportsman's Alliance
A+ Rating
NRA Endorsed**

tammyforhouse@gmail.com

Authorized and paid for by Candidate, 53 Summit Street, Mexico, ME 04257, Sharon Walker, Treasurer



OCTOBER 4-11
Sunday-Sunday
Foliage & Family Fun!
(207) 935-3268

FRYEBURG FAIR
Maine's Blue Ribbon Classic
Est. 1851

Agriculture-Livestock
Farming-History
Museums-Demos
Great Food
Entertainment
Crafts-Shopping
Midway-Rides
RV Camping





Daylight Saving Time Ends

Sunday, November 1, 2026



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.

Sept. 29 – To Your Health presentation featuring guest speaker Dr. Kevin Finley, 4-5:30 p.m., Telstar High School Library, 284 Walkers Mills Rd. Bethel, FREE and open to all ages.

OCTOBER

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

Oct. 10&11- Fall Fest at Sunday River, take a peek at peak foliage, plus lots of events to pique your interest. Wife Carrying, cornhole, a craft fair, and more, South Ridge <https://www.sunday-river.com/events/fall-fest>.

Oct. 11 - Annual Waterford Fall Foliage Road Race - Join us for a 5K road race and fitness walk, or a 1-mile Fun Run. The action begins at 11:30 a.m. for the Fun Run and at 12 noon for the 5K. Benefitting the Tony Waldeier Scholarship Fund. <https://waterfordfall5k.com/> Contact: waterfordfall5k@gmail.com.

Oct. 12 - Geology Walk at Buck’s Ledge with Myles Felch, 9:00 a.m. – 10:00 a.m., Bucks Ledge Community Forest, 274 N Main St., Bryant Pond.

NOVEMBER

Nov. 7 - Telstar Alumni Association Annual Craft Fair, 9 a.m. - 2 p.m., Telstar High School, 284 Walker’s

Mills Road, Bethel, FMI 207-824-2136.

Nov. 28 - BAAM Art Market - Start your holiday shopping on Small Business Saturday! Crescent Park Elementary School, 19 Crescent Road, Bethel, 9 a.m. - 3 p.m., FMI bethelareaartsandmusic.com

MONTHLY MEETINGS

BETHEL: First Monday of the month, Tech Help, Bethel Library 11 a.m. to 1 p.m., 6 Broad Street, Bethel, FMI 207-824-2520, bethellibrarymaine@gmail.com.

BETHEL: Yarn Hub Drop-In Knitting Group, every Tuesday, 10 a.m. - noon, 6 Broad Street, Bethel, FMI 207-824-2520, bethellibrarymaine@gmail.com.

BETHEL: Coffee House Conversations Bethel Alliance Church, every Thursday, 9 a.m. - noon, enjoy a cup of coffee, a donut or a bagel and have a conversation around the table with new friends. All are welcome! 251 Walkers Mills Road, Bethel.

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

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

AUBURN: Weekly Chess Club, every Wednesday, 4-6

p.m., Auburn Public Library, all levels and ages welcome; FMI call Joe Kaper 207-274-8463.

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

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

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

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

RUMFORD: Celebrate Recovery meetings, every Thursday and Sunday at 6:30 p.m., Larry Labonte Recovery Center, 412 Waldo St., Rumford, free, FMI contact Justin Teixeira at 207-393-7205 or Erika Teixeira at 207-418-7777.

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

LIVERMORE FALLS: Craft Circle, 5:30 p.m., Treat Memorial Library, 56 Main

St., Livermore Falls, bring your own project or learn along with us, this is a craft group for all ages, FMI call (207) 897-3631.

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

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

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

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

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

JAY: St. Rose of Lima Community Meals, 1 Church Street (Parish Hall), Community meals offered on the first and third Saturdays of the month from 4:30 p.m. to

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**

6 p.m. For more information or to help: (207) 897-2173.

FARMINGTON: Farmington Grange has WWW, Wednesday Welcome and Warm Up, First and third Wednesdays, November thru April. Everyone is welcome, 10-2, coffee sweets, light lunch, social time, projects, games and puzzles. Grange Hall is located at 124 Bridge Street, West Farmington. For more information call Bonnie Clark 207-778-1416

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

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

CANCELLATIONS
None listed.
POSTPONEMENTS
None listed.

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

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

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



Did you find Coop?

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



Name _____

Address _____

Paper _____

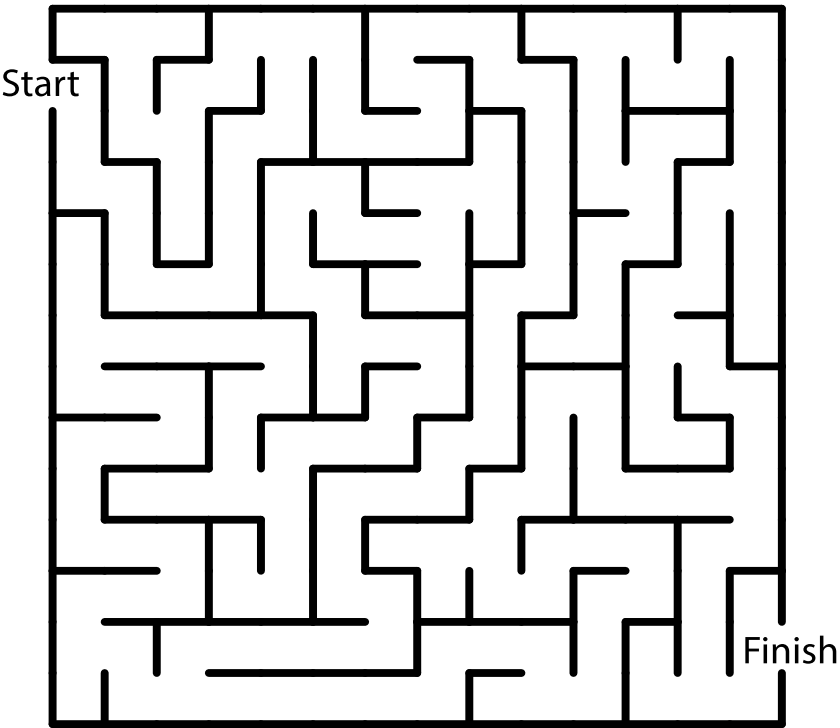
Page # _____ Phone # _____

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

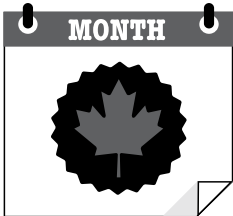


Maze Craze

Can you find your way through the maze?



CANADA



HISTORY

1982

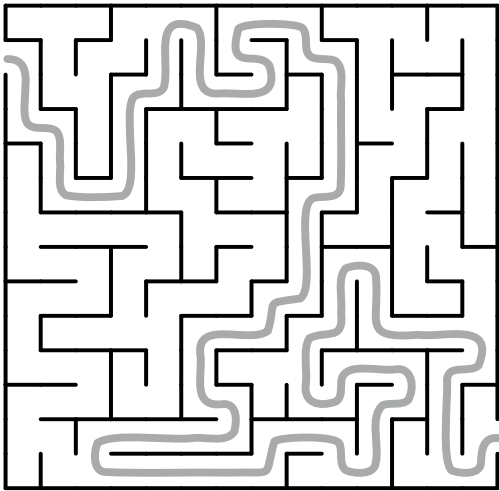
Bertha Wilson is appointed Canada's first female Supreme Court justice.

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...

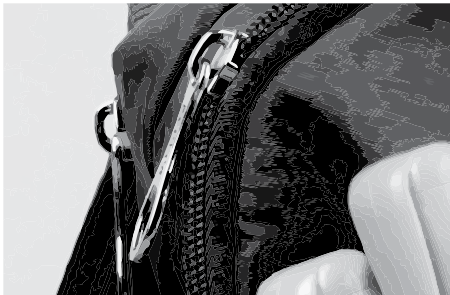
English: Strap
Spanish: Correa
Italian: Cinghia
French: Lanière
German: Riemen

Did You Know?

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



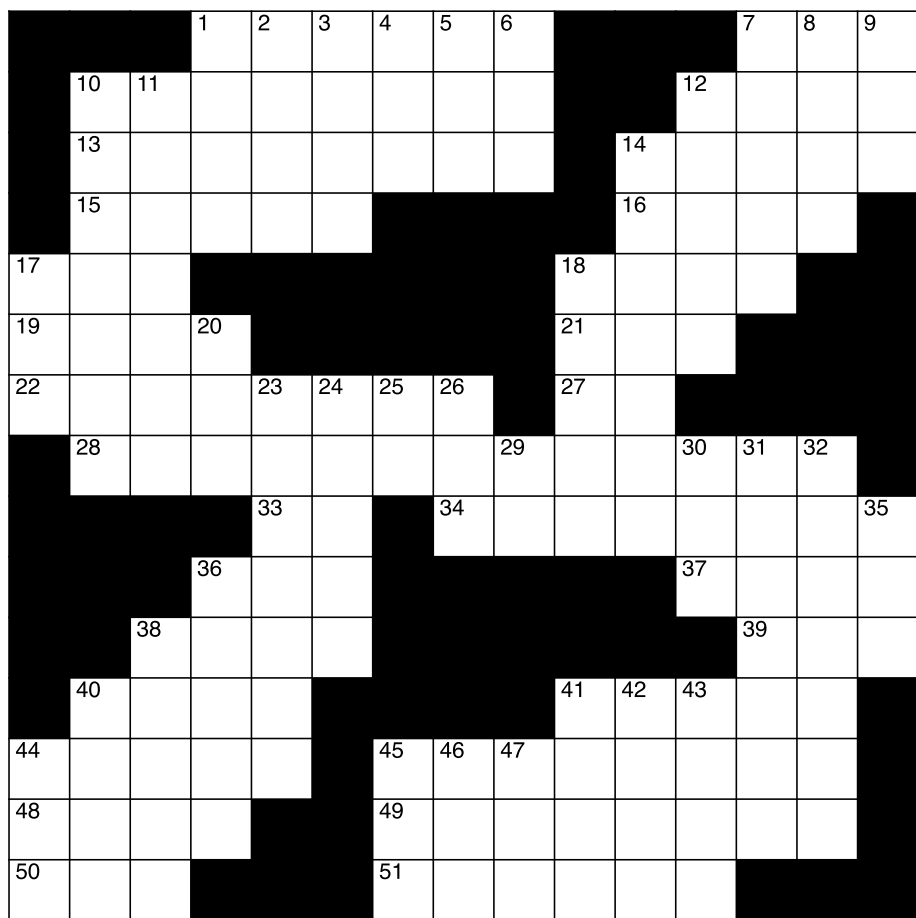
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Backpack

Crossword



CLUES ACROSS

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

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

CLUES DOWN

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



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

A. 17 23 1 16

Clue: Wild animals hunted

B. 25 13 8 5 20 9

Clue: Prize for an accomplishment

C. 22 18 26 16 4 24 16

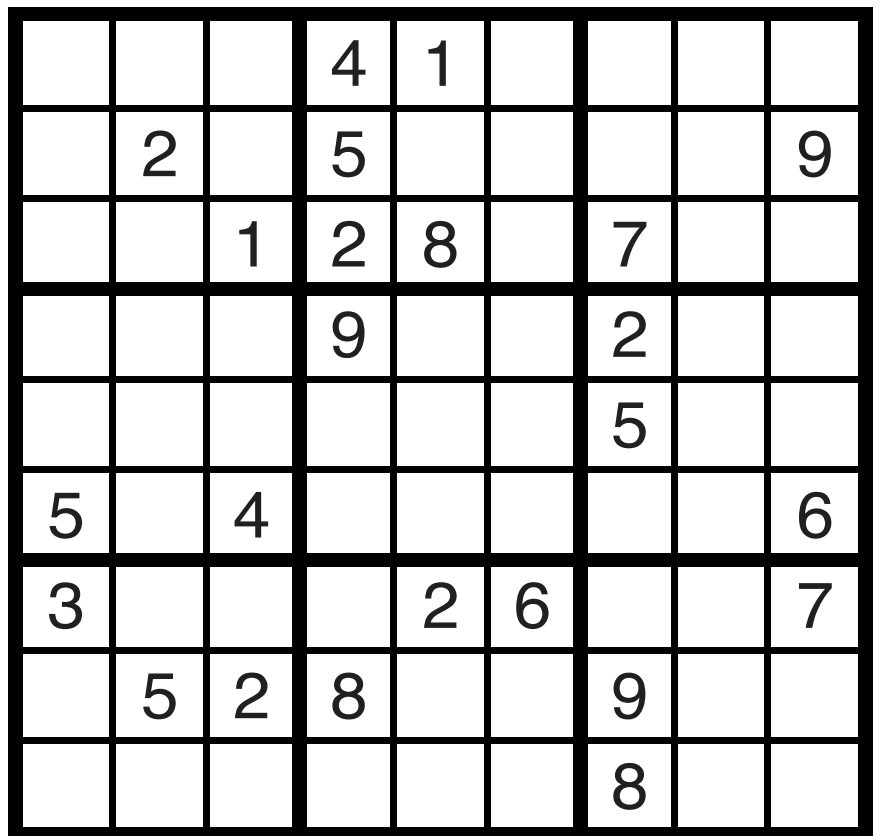
Clue: Document granting permission

D. 16 19 14 18 5 1 16 4 25

Clue: Gear

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

SUDOKU



Level: Advanced

HUNTING & FISHING WORD SEARCH



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

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

WORDS

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

HOROSCOPES

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

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

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

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

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

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

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

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

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

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

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

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

F

Banking that believes in *you*

Franklin Savings Bank

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

MEMBER FDIC

MOVIE REVIEW

MUTINY

by Lucas Allen

(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)



THE HEALTHY GEEZER

Prostate Cancer, Perimenopause & Cataracts

Fred Cicetti

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.

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.

A cataract is a clouding

All Rights Reserved © 2026 by Fred Cicetti

The Ultimate Wood Heat

Outdoor Wood and Wood Pellet Boilers

ThermoPEX® pipe parts & accessories

Up to \$6,000* Rebate

Central Boiler

MAINE'S OLDEST CENTRAL BOILER DEALER

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

Independent Power

GREENE MAINE

CALL: 207-946-4444

www.independentpowermaine.com





WE WANT YOUR SPORTS PICTURES!



Let us share your team spirit
with the community!



Email your photos to articles@turnerpublishing.net
Please include some information about the photo: names, scores, team name etc.



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.

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

A family-run farmstand specializing in apples, cider, & bakery goods. We also offer a wide selection of native fruits, vegetables, and other seasonal items.

A wide selection of apples, peaches, plums, vegetables, jams and jellies, maple syrup, pickles, beef, poultry, pork, cheese and

GUILD'S COUNTRY HARDWARE
L.L.C.

Stop in for all your canning supplies!

1739 Federal Rd, Livemore
207-897-4617

Sun. 8am-12pm • Mon.-Fri. 7am-6pm • Sat. 8am-4pm

Reliable Fuel Deliveries
Responsive Service

Dead River Company
DeadRiver.com

BRIGHT HEATING & COOLING

Family Owned & Operated
Fully Insured
Free Estimates

Service & Installation of Oil Heating Equipment

SAVE UP TO 40% ON YOUR HEATING COSTS WITH AN ENERGY KENETIC BOILER!

Call Today! 320-1233

Above All Contracting, Inc.

STANDING SEAM METAL ROOFING

Metal Roof Kits • Custom Flashing
RoofingTools • Seamer Rentals

Come visit our showroom!

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

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

OUR SERVICES

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

CONTACT US <https://spraynstuffinsulation.com>

DIRTY BRISTLES CHIMNEY SWEEP INC.

207-803-8195
dirtybristles8195@gmail.com
DIRTYBRISTLES.COM

CHIMNEY SWEEPS & INSPECTIONS

SERVICE/INSTALLS
Wood, Gas & Pellet Stoves - All Brands!

Chimneys & Caps
Stainless Liners
Dampers & more

23 Years Exp.

DENALI
PROPERTY MANAGEMENT

Delivering Property Management Services to Homeowners & Investors Throughout Central & Western Maine.

(207) 446.1441
WWW.MAINERENTALS.ORG



Jodi Cornelio
Live Long, Live Well
Jodi R. Cornelio, AS, BA, MBA
Nutritionist, Personal Trainer and
Motivational Speaker
jcornelio@turnerpublishing.net

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



Meader & Son Funeral Home

3 Franklin Street, Rumford • 207-364-4545
Dana Chandler, Owner - Marc Chandler, Owner - David Blouin, Director

Caring for the people of our community

Through the years we have formed close relationships with the families of our community.
We are here when you need us most with a warm, comforting atmosphere and the guidance you need.



This and That Gifts LLC

Unique and Handmade Gifts
34 Exchange Street
RUMFORD MAINE, 04276

Stop by or call today! • 207-418-1600

Scam Alert Bulletin Board



How Scammers are Exploiting Product Recalls

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

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

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

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

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





POOLS & SPAS

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

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

Nothing's
As Cool As
A Pool.

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

454 River Road, Mexico



**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.



MAINE
CREDIT UNIONS

Visit mainecreditunions.org



Submitted photo
A big thank you and a gift of appreciation were given to Joann Bisson, CEO of Oxford Federal Credit Union and Fellow Rotarian, for writing a grant that was approved by Rotary District 7780, providing much-needed funding to the Larry LaBonte Recovery Center. Seen in the photo are Roger Whitehouse, Current River Valley Rotary Club's President, Joann Bisson and Dave Duguay, most recent past Club President!



DIXFIELD DISCOUNT FUEL, INC.

PROPANE
Heating Oil - Kerosene



Receive \$10.00 Off a
Delivery of
100 gallons or more

Please present this coupon for your discount.

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

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

Find us on
facebook





**JOIN NOW
AND GET THE
REMAINDER OF
2026 FREE WITH
YOUR 2027
MEMBERSHIP**

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

THE
HIGHLAND GRILLE
EAT | DRINK | ENJOY

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

CALL FOR INFORMATION ON SPECIAL EVENTS!

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

**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!

**DON'T FORGET TO LOOK FOR THE PHONY AD!
YOU COULD BE OUR NEXT WINNER!**

★Directory Page★

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

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

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

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

**Maine
Credit
Unions**

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



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

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

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

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

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

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



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

**Greenwood
Orchards**
174 Auburn Rd., Turner
207-225-3764

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

**Dead River
Company**
DeadRiver.com

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

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



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

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

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

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

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

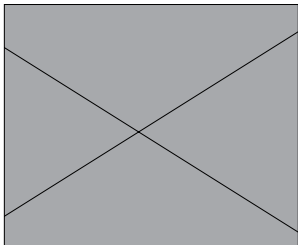
**Sarges
Sports
Pub & Grub**
Main Street, Rangeley
207-864-5616



**Bright
Heating &
Cooling**

**Free ME from
Lung Cancer**
207-215-9035

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



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



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

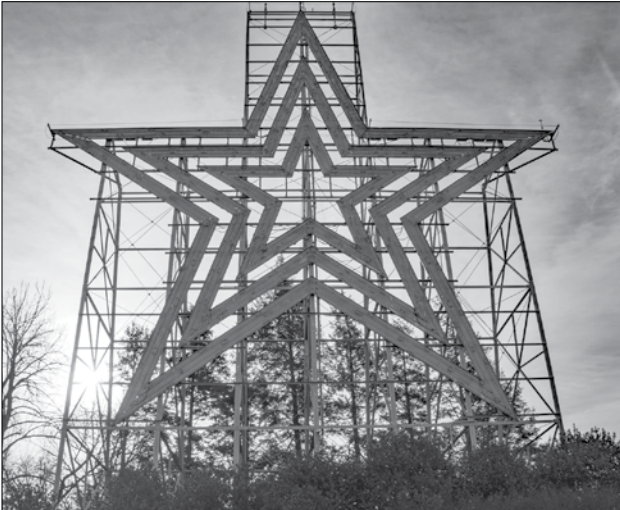
Even if you don’t intend to purchase anything, it’s worth a visit for anyone who loves quirky vintage items. View-



Paddling canoe on Roanoke River
ing 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.



The Roanoke Star
Submitted photos



Roanoke is a low-rise city
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 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.

BOOTHBY RICKER, LLC

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

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

- Estate Planning, Probate & Trusts
- Personal Injury

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

SPRUCE MOUNTAIN
Dentistry

Accepting New Patients

32 Main Street, Livermore Falls, Maine
897-4444

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 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 in-



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

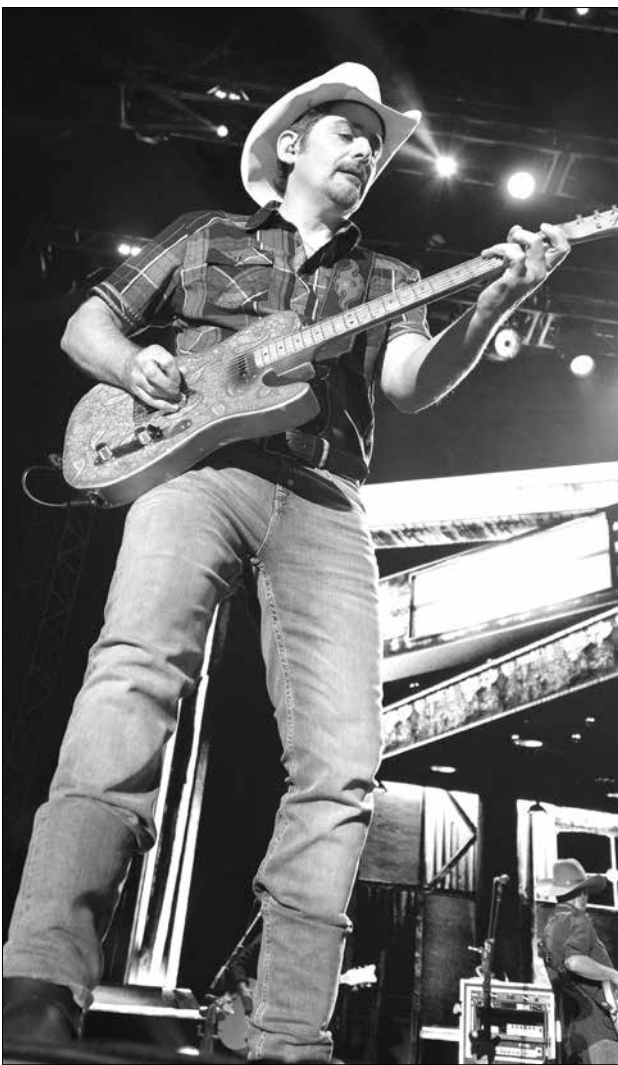
cluded his performance of “When I Get Where I’m Going,” a song Paisley originally recorded with Parton and one that carried added meaning for those in attendance.

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 decades 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.



Brad Paisley performing at the show

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

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

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.

A Product of

Turner Publishing

INCORPORATED

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!

WE SPREAD YOUR GOOD NEWS!

articles@turnerpublishing.net

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

Turner Publishing INCORPORATED

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

1X2 AD
THIS SIZE

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

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

PHONY AD WINNERS!

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: _____

City: _____

Phone: () _____

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

The Phony Ad is: _____

Tell us what you think of this publication: _____

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

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

All of the winners listed have won gift certificates to one of our advertisers.

If you haven't won - keep playing! We get hundreds of entries each month!

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

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

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.

HOTEL RUMFORD

New owners,
New experience!

APPETIZERS & More

- Falcon Wings
- Dragon Dumplings
- Wicked Pickles
- Peruvian Tenders

HANDHELDS & More

- Milltown Classic
- The Logger
- The Flatlander

ENTREES

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

207-507-1067
65 Canal St, Rumford

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

TIME TO BUNDLE UP FOR FALL!

With a Jim's Bundle

NAPLES PACKING COMPANY, INC.

• **Hamburg** • **Ribeyes** • **Red Hot Dogs**
• **Chicken** • **Bacon** • **Pork Chops**

Bundles for as low as \$69⁹⁵ while supplies last!

Unmatched quality at wholesale prices

Mon-Fri 8am to 4pm • Sat 8am to 12 noon

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

Bethel Area CHAMBER OF COMMERCE

DISCOVER THE BETHEL AREA

Unwind in the Bethel Area
Your Perfect Maine Escape

Enjoy every season the Local way!

PLAN YOUR BETHEL GETAWAY
Bethelmaine.com
LoCal on purpose.



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

CHECK US OUT!

SARGE'S Sports Pub & Grub

Phone 864-5616
Main St., Rangeley

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.* ♥

Dave Duguay, an Independent from Byron, has announced that he will seek election to the State Senate representing District 19

Dave Duguay

A graduate of Mexico High School, Duguay retired as Store manager of Hannaford Supermarket and Pharmacy after serving the organization for 42 years. He also attended Ricker College and the University of Maine system and holds a Master Maine Guide license. Duguay’s experience as Oxford County Commissioner, for 20 years, has positioned him to understand and address impor-

tant issues facing Senate District 19. His extensive record of public service has enabled many connections with organizations addressing financial community support, public health, substance use and mental health programs. Duguay is committed to protecting these valuable networks and resources. Duguay is a leader in volunteer activities including Immediate Past President of River Valley Rotary Club

and current Board member. Duguay’s well equipped to be a firm and reliable voice in Augusta for the People of Western Maine. He’s a trusted leader. As a current Selectboard member in Byron and moderator for countless town and school budget meetings throughout Western Maine, he knows and understands local challenges, especially balancing services with property taxes. Paid for by candidate.

Dave 

Duguay

Independent Candidate for State Senate — District 19

A Trusted Leader. A Strong Voice for Western Maine.



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



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



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



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



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

EXPERIENCED LEADERSHIP *for* STRONGER COMMUNITIES



COMMON SENSE. LOCAL VALUES. REAL RESULTS.

Paid for by Dave Duguay