

Can you find Coop?



Coop is hiding somewhere in this publication...

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

THE COUNTRY CONNECTION

FREE

PRST STD
US Postage Paid
Permit #11
Newcastle, Maine

**ECRWSS
POSTAL
CUSTOMER**

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

Central Maine's Only Direct-Mailed Community Paper to Residents of Gray, New Gloucester, Mechanic Falls, Minot, W. Minot, Poland, E. Poland, W. Poland



Read all our papers FREE online at: www.turnerpublishing.net **OCTOBER 2026 Vol. 30 Issue 12**

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

THE COUNTRY CONNECTION

INDEX

Funny Things Kids Say 2

Maine Calendar 3

Puzzle Page.....4

Kids Corner.....5

Arts & Entertainment.....10

Minot Community News.....13

Classifieds 14

FEATURE ARTICLES

Breast Cancer Awareness.....8

Plan the perfect hiking excursion.....9

Healthy Geezer: Can you get brain cancer from using a cell phone?.....10

Movie Review: Primetime.....11

V. Paul Reynolds: The Salmon Paradox.....12



SCAN TO READ ALL OUR PAPERS FREE ONLINE.

Field hockey - Patriots 2 - York 1



Gray/New Gloucester's Layla Whitman dribbles toward the York goalkeeper during a September 30 home game. Layla scored the Patriots' second goal with a late game shot off a rebound. The Patriots' also have a few girls from NYA to make the team.

Patriot field hockey player Leah Newton (Right) gets a hug from teammate Kenlie Nadeau after Newton scored their first of two goals against visiting York. GNG record 2-5 as of September 30.

Bill Van Tassel photos

DIRFY Generators

Heat Pumps

OUR HEAT PUMPS COME WITH A 12-YR PARTS, LABOR, AND TRAVEL WARRANTY

Quick installation

Install a **Generlink**

Power your whole house with your portable generator

Quick installation Under \$2500

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

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

DUMP GUY

JUNK REMOVAL
Commercial & Residential

207-450-5858 www.theDumpGuy.com

\$50 OFF JUNK REMOVAL
With this ad. Expires 10/31/26

maine heating solutions
oil | propane | systems | service | IDEAS

**LOCALS
SERVING LOCALS**

New customer sign on Bonus!
\$100 CREDIT - CALL FOR DETAILS
FREE PROPANE INSTALL/SWAP

Office: 207-883-8881 • Cell: 207-713-5700
Email: staywarm@mhsfuel.com
www.mhsfuel.com

LAIRD'S HVAC

Go green energy with the Heat Pump Kings.

BRADFORD WHITE WATER HEATERS Built to be the Best

HVAC PREFERRED DEALER

efficiency MAINE

VETERAN OWNED

SAMSUNG

(207) 241-0823 • lairdshvac.com • 215 N. River Rd., Auburn, ME

BRING YOUR VISION

SET UP AN APPOINTMENT WITH ONE OF OUR PROFESSIONALLY TRAINED DESIGNERS AND WE WILL BE HAPPY TO HELP YOU CREATE THE SPACE YOU'VE DREAMED ABOUT!

Kitchen, Bath & Flooring Center

*Inspiring Ideas
Knowledgeable Advice*

A Division of
Hammond Lumber Company
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

Me and my seven year old brother were walking down the road and I saw a lime. I said, “Can I touch it?” he said “Hailes don’t touch it, it might have “lime disease.”

-Hailes Lambert, Augusta

When my daughter went grocery shopping with my 8 ¾ year old grandson, Tucker, out of the blue, he asked his mother, “Mama, was Nani arrested?” (that’s me). Shocked and amused, she asked, “what?!?! Why would you think that?” He replied, “I don’t know, I just haven’t seen her for a long time.”

She assured him that, no, Nani was not arrested and is not in jail. She’s fine! (and the last person that would go to prison!)

We will see each other very soon!

-Susan Murphy, Augusta

Norway downtown free Halloween Festival

NORWAY - Norway’s free, popular Halloween Festival, where thousands of children have descended on Norway’s Main Street every October for 20 years, will be held this Fall on Friday, October 30, 2026, from 2:00-5:00 pm.

Organized by the non-profit organization, Norway Downtown, the 21st Halloween Festival is being generously sponsored by Oxford Federal Credit Union, which has a branch in Norway.

“This free community event has brought joy to thousands of children and their families for two decades, so OFCU’s kindness toward helping us with this beloved community event is greatly appreciated,” said KC Christensen, Norway Downtown’s Executive Director.

Close to 70 local businesses hand out candy, toys, trinkets, fruit and goodies to the many costumed children trick-or-treating along Main Street. Norway’s Fire, Police and Recreation Depts, costumed characters, volunteers, students, schools and local nonprofits join together on this festive October afternoon to give countless children a fun-filled Halloween experience. Norway’s shiny Fire Truck and a boat from White’s Marina will be on hand and Face Painting, Monster Music and other surprises are in store.

Norway Downtown’s 21st Halloween Festival is free and open to the public regardless of residence. Families are invited to dress up, bring their cameras and watch the children enjoy trick-or-treating in front of the shops, cafes and pubs along Norway’s historic Main Street. It’s a healthy one mile walk in Norway’s charming downtown and spreads goodwill, laughter and community spirit for all ages during the beautiful Fall Season.

For more info about this free Halloween Festival in Norway on Friday, October 30 or sponsoring any Norway Downtown community event, program or services, contact KC at info@norway-downtown.org or visit the Norway Downtown Facebook page.

Submitted photo

• 25 year workmanship warranty.
• Free inspections and estimates.
• Financing available.

Locally Owned and Operated

Fully Insured
207-331-4563

C.M.L.
ROOFING AND GENERAL CONTRACTING
RAISING THE BAR FOR INDUSTRY STANDARDS

• ROOFING
• SIDING
• WINDOWS
• DOORS

Auburn UU welcomes new Religious Education Coordinator

AUBURN - The First Universalist Church of Auburn welcomes Suzanna Leighton as its new Religious Education (RE) Coordinator. Suzanna is a new member of the church and works with youth in the Gray-New Gloucester school system.

In her new role at Auburn UU as Religious Education (RE) Coordinator, Leighton will work closely with Paula Spruill as she grows into the position. She will be implementing the Soul Matters curriculum. Registration information will be coming in the fall.

First Universalist Church of Auburn is located at 169 Pleasant St. (entrance on Spring St. across from Dairy Joy). Accessible; parking available. FMI, call 783-0461 or contact uuchurchauburn@gmail.com.

Suzanna Leighton

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

DENTAL Insurance

Great coverage for retirees.

Get your **FREE** Information Kit from Physicians Mutual Insurance Company.

Call **1-877-331-2013**
Dental50Plus.com/Highlights

Product/features not available in all states. Contact us for complete details about this insurance solicitation. To find a network provider, go to physiciansmutual.com/find-dentist. This specific offer not available in CO, NV, NY - call 1-800-969-4781 or respond for a similar offer in your state. Certificate C254/B465, C250A/B438 (ID: C254ID; PA: C254PA); Insurance Policy P154/B469 (GA: P154GA; OK: P154OK; TN: P154TN). 6347-0125

MAINE CALENDAR

NOVEMBER

Nov. 21 - FREE Thanksgiving Dinner. The Mechanic falls Church of the Nazarene, 5 Oak Street, Mechanic Falls.

Nov. 28 - Holiday Craft Fair. 11am to 4 pm. The Mechanic falls Church of the Nazarene, 5 Oak Street, Mechanic Falls.

MONTHLY MEETINGS

GRAY/NEW GLOUCESTER: Meet friends and neighbors, chat one-on-one with the GNG Community Connectors, every Thursday, 9:00 a.m. to 11 a.m., New Gloucester Community Building (behind town hall) or 1:00 p.m. to 3:00 p.m., Gray Library, large meeting room in the basement.

CASCO: Casco Village Church, United Church of Christ, 941 Meadow Rd. in Casco, invites you to our "Clothes Closet", 1st and 3rd Saturdays of the month from 10-2 p.m., clothing for all and always offering a table of free items.

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.

HARRISON: Men's Breakfast, second Thursday morning 8-9 a.m., United

Parish Congregational Church of Harrison and North Bridgton, 77 Main St., Harrison, FMI call 207-583-4840 or email info@unitedparishucc.org.

NORWAY: Craft & Chat at the Cancer Resource Center, Mondays 1:00 – 3:00 p.m., drop in and explore your creative side and meet new friends at the same time, all supplies are provided, no pre-registration is required.

NORWAY: Chair Yoga at the Cancer Resource Center, Thursdays 1:00 – 2:00 p.m., chair yoga can help improve core strength and balance, promote better breathing techniques, increase flexibility and help reduce stress, call the Cancer Resource Center to register at 890-0329.

NORWAY: Women's Support Group and Coffee Hour, meets the third Wednesday of every month from 10:30 to 12:00 noon at the Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Kelsey at the Center at (207) 890-0205.

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

NORWAY: Men's Rally Group meets the third Friday of each month from 1:00 - 3:00 p.m., Cancer Resource

Center, 199 Main St., Norway, no registration needed, FMI call Nel Bernard at 207-312-9955 or Vance Jordan at 207-583-2975. *Note: new day of week and time.

NORWAY: Wellness Share at Center for Healing Arts, 2nd Saturday of each month, 10 a.m. to 2 p.m., 180 Main St., Norway, free event offering Reflexology, Massage, and more, FMI call Charlotte LaBelle – 207-890-2177.

NORWAY: Drum Circle at Center for Healing Arts, 4th Saturday of each month, 11 a.m. to 2 p.m., 180 Main St., Norway, free event, drums available for use, FMI call Dan Gravel 207-604-0323 or Nel Bernard 207-312-9955.

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

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

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

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

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

BRIDGTON: Women For Sobriety, 11a.m.-12 p.m. Thursday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

NORWAY: Mindful Yoga at Roberts Farm Preserve Roberts Farm Preserve, 9:30 – 10:30 a.m., 58 Roberts Rd., Norway.

GRAY: One-on-one with Community Connector, 1-3 p.m., Gray Library, 5 Hancock St., Gray, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

NEW GLOUCESTER: Coffee Hour, Tuesdays, 9-11 a.m., New Gloucester Congregational Church, 19 Gloucester Hill Rd., New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

NEW GLOUCESTER: Community Cafe Lunch, 11:30 a.m., New Gloucester Congregational Church, 19 Gloucester Hill Rd., New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

NEW GLOUCESTER: One-on-one with Community Connector, 9-11 a.m., New Gloucester Library, 379 Intervale Road, New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

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

CANCELLATIONS None listed.

POSTPONEMENTS None listed.

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



Turner Publishing

INCORPORATED

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

www.turnerpublishing.net









our online daily news and digital publications averages

9,500 readers a day.

90,000 uv's



Thank you for reading and supporting the Good News!

			1	2	3				4	5	6	7	8	9			
			10						11								
12	13			14						15							
16		17							18				19	20	21		
22									23								
24						25			26				27				
					28		29						30				
31	32	33			34				35				36				
37			38			39											
40					41				42		43	44	45	46	47		
48				49					50								
51								52									
			53						54					55			
			56				57		58								
			59						60								

17. Value
19. Alternative identity
20. Sheep in their second year
21. Town in Surrey, England
25. Appropriate to a time of year
29. Creative work
31. Recesses
32. Largely forested municipality in Germany
33. Rider of Rohan
35. Ancient symbol co-opted by Nazis
38. Pioneer
41. Scribe
43. Painted a bright color
44. Member of British nobility
45. "Pulp Fiction" actress Thurman
46. Helps people walk
47. Crest of a hill
49. People of southeastern Alaska
56. One's own device
57. The Mount Rushmore State

SUDOKU

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

Level: Advanced

AT THE CHIROPRACTOR

WORD SEARCH

WORDS

ADJUSTMENT

BIOMECHANICS

CAVITATION

DECOMPRESSION

DISC

DOCTOR

ERGONOMICS

HERNIATION

INFLAMMATION

JOINT

MANIPULATION

NERVE

PALPATION

POSTURAL

RELIEF

SACRUM

SCIATICA

SPINE

STENOSIS

SUBACUTE

SUBLUXATION

TRACTION

VERTEBRAE

WELLNESS

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

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

HOROSCOPES

ARIES - Mar 21/Apr 20 - Focus your energy on family and home this week, Aries. Although you might feel more comfortable working alone, you may find yourself doing group work soon enough.

TAURUS - Apr 21/May 21 - You have lots of mental energy this week, Taurus. You might be pushed into a leadership role that will help you feel independent.

GEMINI - May 22/Jun 21 - Sports and competitive physical activities might appeal to you this week, Gemini. Teams, friends and group activities will be priorities, as will sharing ideas.

CANCER - Jun 22/Jul 22 - Cancer, you will be noticed this week and you will be encouraged to speak up and share your point of view. Be humble, but keep the courage of your convictions.

LEO - Jul 23/Aug 23 - Leo, this week you can explore new ideas, meet new people and learn new things. Politics and controversial subjects might appeal to you, but probably should be avoided right now.

VIRGO - Aug 24/Sept 22 - This is not the week to agree to anything significant, Virgo. Instead, do your homework and gather all of your information before you commit to a major project or expense.

LIBRA - Sept 23/Oct 23 - Libra, you might attract someone to you this week who is interesting but a bit feisty. See what they have to say because it might be enlightening in some way.

SCORPIO - Oct 24/Nov 22 - You are ready to roll up your sleeves and work, Scorpio. Keep in mind that you might have to delegate some things to others because you tend to take on too much.

SAGITTARIUS - Nov 23/Dec 21 - Be patient with spouses, partners and close friends, Sagittarius. Your patience will pay off and others will appreciate your calm demeanor.

CAPRICORN - Dec 22/Jan 20 - You might be tempted to make some improvements around home this week, Capricorn. Start with the spaces you use the most and then build from there.

AQUARIUS - Jan 21/Feb 18 - You feel energized and ready to take charge, Aquarius. This week you will defend your ideas and explain what you want. Some people will agree with your line of thinking.

PISCES - Feb 19/Mar 20 - Restrict your spending to the essentials this week, Pisces; otherwise you might be tempted to spend money quickly and rashly.

Did you find Coop?

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



Name _____

Address _____

Paper _____

Page # _____ Phone # _____

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



What's the Difference?

Find the four differences between the two pictures.

A



B



Answers: 1. Sauce on all pizzas 2. Cheese in bowl 3. Missing hand soap 4. Woman's hair is longer

THIS DAY IN HISTORY



1682: Philadelphia is founded in the Commonwealth of Pennsylvania.

1924: The Uzbek SSR is founded in the Soviet Union.

1961: NASA tests the first Saturn I rocket in Mission Saturn-Apollo 1.

NEW WORD

PEEL

wooden or metal tool used by cooks to slide pizzas into and out of an oven

Food FACT:

This beloved food, which tends to be served round or square, is enjoyed all over the world by the slice or the entire pie.

Answer: Pizza

How they say that in...

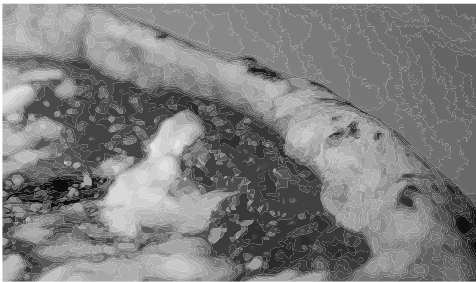
English: Sauce
Spanish: Salsa
Italian: Salsa
French: Sauce
German: Soße

Did You Know?

Pepperoni is the most popular pizza topping across the globe. It is closely followed by extra cheese and sausage.



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Pizza

MAINE VETERANS

MAGAZINE

Introducing the Maine Veterans Magazine

This November, Turner Publishing is proud to announce our new publication, Maine Veterans Magazine. This publication is the passion project of our new veteran leadership, with the goal of connecting our Maine veteran communities to resources, good news stories and local

veteran-owned businesses.

For the first edition this November, we would like to ask our readers to submit a response (250 words or less) to the prompt, “What does Veterans Day mean to you?” If you are a veteran, “What does Veterans Day mean to you? Why did you

serve and what do you miss?” Please submit your response to submissions@turnerpublishing.net.

If you are a veteran business and would like to get involved or learn more about our mission, please reach out to advertising@turnerpublishing.net.

Susan Collins.
Independent Leadership,
Delivering for Maine

✓ **Social Security Fairness Act.** Susan authored the law that provides full Social Security benefits to more than 25,000 retired Maine teachers, law enforcement, and firefighters.

✓ **Protecting Medicaid and Investing in Rural Health Care.** Susan secured more than \$190 million this year alone to maintain & improve access to quality healthcare and she was named a “Medicaid Champion.”

✓ **Paycheck Protection Program.** During the pandemic, Susan wrote the law that saved more than 250,000 Maine jobs and small businesses.

Susan Collins’ experience and leadership are making a difference for Maine.

SUSAN ★ COLLINS
our senator

SUSANCOLLINS.COM

PAID FOR BY COLLINS FOR SENATOR. PO BOX 1096, BANGOR, ME 04402.



PAID POLITICAL ADVERTISEMENT

ROEULSTER
ERANATHAN
BCCIIRPAIR
LAGOONITERATE
ANNULIDEFILES
HAPPENSADNIGH
GEARGAGE
ABC SARISSSR
PAESSTEW
SLOEPOSA WBUCK
EARTHENS SHAMANA
SULTANATIRANA
LIMBITOEP
PEDALSKEN
CRANEDADS

753482196
928761435
641539287
876143952
195276348
234958761
587314629
312695874
469827513

AMNVJVGISUBACUTETITAE
ILCFWBDOITATIEVACETOTEN
SOFHUXXOVERTTEBRAEFUNC
MURCASSOJROTCODJOWGSCN
XXSUBLUXATIONOADAISCN
MEDECOMPRESSSIONIEOW
XTOFDDSPINENJNWSNITIGXE
WSAFAJSDJVSOCCLNTLNE
HPDPTCHURITIMILFLAMANJS
HTCJCXVCESTTNEELLEORCFJ
OTWUOBINDIAHVMPPEIRNTBB
XOTATENTENCCEMIFDGPUPSHR
XSMPTTRTENANANPBHGBEONH
GWESEIMFETNAVTECHGLJPJB
LFEHOOEIMNOITAPLAPBIO
PETNIIIOCRSCIAATICAAVIN
BVDBLNCDRTBFRD VHWALDET
BOSSEVIDIVWCVHDSHCHDT
NJRNICTBEERGONOMICS DW

WWW.TURNERPUBLISHING.NET



THE HEALTHY GEEZER *Fred Cicetti*

PROSTATE CANCER, PERIMENOPAUSE & CATARACTS

Q. Can you get brain cancer from using a cell phone?

Comprehensive research, including large-scale international studies commissioned by health organizations such as the World Health Organization (WHO), indicates that cell phones do not cause brain tumors.

There have been about 30 studies into cell phone use and tumors. These studies have produced similar results. In most studies, patients with brain tumors do not report more cell phone use. Most studies do not show higher risks of brain tumors with increasing cell phone use.

In 2024, WHO analyzed 63 studies spanning decades of data. The researchers concluded there is no link between mobile phone use and brain cancer. The Danish Cohort Study tracked more than 350,000 phone subscribers. The COSMOS study tracked more than 260,000 participants. Neither found an elevated risk of brain tumors among mobile phone users.

The type of radiation cell phones emit--radio frequency or RF--is unlike the radiation that can

cause cancer. The only established biological effect of RF radiation on the human body is minor surface heating.

The RF waves given off by cell phones don't have enough energy to damage DNA, the nucleic acid that carries genetic information in cells. Because of this, many scientists believe that cell phones aren't able to cause cancer. Most studies done in the lab have supported this theory.

Another indication that no cancer link exists is that cell phone usage grew exponentially over the past few decades, but rates of brain cancers remained stable over the same time frame.

While current scientific evidence shows no danger to health, individuals who prefer to minimize RF exposure can use speakerphones or hands-free headsets, texting instead of calling, and not pressing their phones against their heads for extended periods.

The U.S. Food and Drug Administration (FDA) and the Federal Communications Commission (FCC) have developed guidelines that limit the amount of radio frequency energy that cell phones

are allowed to give off.

The RF exposure from cell phones is measured in the Specific Absorption Rate (SAR). The SAR measures the amount of energy absorbed by the body. The SAR permitted in the United States is 1.6 watts per kilogram (1.6 W/kg). According to the FCC, this amount is much lower than the level shown to cause any changes in laboratory animals.

Every cell phone manufacturer is required to report the RF exposure of each of its phone models to the FCC.

There have been other health concerns about cell phone use. For example, there is a concern that RF waves from cell phones might interfere with medical devices such as heart pacemakers.

According to the FDA, cell phones should not pose a major risk for the vast majority of pacemaker wearers. However, people with pacemakers may want to take some simple precautions to help ensure that their cell phones don't cause a problem, such as not putting the phone in a shirt pocket close to the pacemaker.

All Rights Reserved © 2026 by Fred Cicetti

Sebago-Long Lake Music Festival's 2026 Concert Season to air on Maine Public Classical's Maine Stage

SEBAGO - Sebago-Long Lake Music Festival is pleased to announce that its 2026 concert season will be broadcast over the coming months on Maine Public Classical's Maine Stage. Beginning September 30, listeners across Maine and beyond can enjoy five exceptional chamber music performances recorded live at the historic Deertrees Theatre in Harrison.

Each broadcast airs Wednesdays at 8:00 p.m., offering audiences a chance to revisit the magic of the summer season—or discover it for the first time—from the comfort of home.

"This partnership with Maine Public Classical allows us to share the artistry and energy of our summer concerts with a wider audience," said Carol Madsen, Vice President of the Board of Trustees. "It's a gift of music we're proud to offer."

Broadcast Schedule

Wednesday, January 13, 2027

From concerts performed July 21, 2026 and August 13, 2024
Reinhold Glière — Five Duos for Flute and Cello, Op. 39 (1909)
Ludwig van Beethoven — Serenade for String Trio in D Major, Op. 8 (1795–97)
Antonin Dvořák — Piano Quartet No. 2 in E-Flat Major, Op. 87

Wednesday, February 24, 2027

From the July 28, 2026 concert



Photo by Mark Silber

SLLMF Artists from July 28, 2026 (Gabriela Diaz, violin; Keiko Tokunaga, violin; Mihae Lee, piano; Bonnie Thron, cello; Kathryn Lockwood, viola)

Carl Maria von Weber — Trio for Flute, Cello, and Piano in G Minor, Op. 63 (1818–19)
Bohuslav Martinů — Duo No. 1 for Violin and Viola, H. 313 "Three Madrigals" (1947)

Robert Schumann — Piano Quintet in E-Flat Major, Op. 44 (1842)

Wednesday, April 7, 2027

From the August 4, 2026 concert
Wolfgang Amadeus Mozart — Trio in E-Flat Major, K. 498 "Kegelstatt" (1786)
Alfred Schnittke — Piano Quintet (1976)
Antonín Dvořák — String Quintet in E-Flat Major, Op. 97 "American" (1893)

Wednesday, May 19, 2027

From the August 11, 2026 concert
Camille Saint-Saëns — Fantaisie for Violin and Harp in A Major, Op. 124 (1907)
Claude Debussy — Sonata for Flute, Viola, and Harp (1915)
Johannes Brahms — Piano Quartet No. 1 in G Minor, Op. 25 (1861)

Program notes, artist information, and bios are available at sebagomusicfestival.org. Listeners may tune in via their local Maine Public Classical station or stream online.

"We had an exciting season, and these broadcasts will take us all back to Deertrees and the wonderful music of Sebago-Long Lake Music Festival," added Dana Flanders, President of the Board of Trustees.

WITCH REMOVAL SERVICES

STUCK WITCH? WE GET HER UNSTUCK!

- Chimney Witch Extraction
- Roof Sweeping & Broom Retrieval
- Cobweb Removal
- Haunted House Clean-Ups
- Same Day Service (If She's Still Around)

Because Every Witch Deserves a Safe Landing!

FREE BROOM INSPECTION with any removal!

APPLIANCE WAREHOUSE 207-761-0000

Guaranteed Lowest Prices and Expert Advice!

EXPERT ADVICE, LOWEST PRICES AND LOCALLY OWNED SINCE 1974

KNOWLEDGEABLE AND EXPERIENCED SALES TEAM
QUALIFIED AND DEDICATED DELIVERY TEAM

MAYTAG KitchenAid FRIGIDAIRE Electrolux Whirlpool GE

WWW.MAINEAPPLIANCEWAREHOUSE.COM
411 WESTERN AVE, SOUTH PORTLAND, ME



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

Breast Cancer Awareness

October is Breast Cancer Awareness Month, and we all should understand what breast cancer is so we can be proactive in preventing it and detecting it. Breast cancer is the most common cancer in women in the United States. Women are not alone, however, as it impacts men as well. This type of cancer causes the cells in breast tissue to divide and grow in an unusual way.

Typically, these cancerous tumors grow so slowly they may go undetected for many years before diagnosing or before a lump will be obvious. In 2020, there were more than 268,000 new cases of breast cancer in women and more than 2,600 new cas-

es in men. There are many things we can do to prevent breast cancer and lower the risk of breast cancer, even in the high-risk population.

- Healthy weight — Stay clear of the big swings in weight. On again/off-again diets and health kicks wreak havoc on your system. Losing 25 pounds in two months only to gain 35 back in a short period of time is not a good practice. Find a balanced health program you can live with. Lose weight and keep it off with the proper diet and exercise. I am a big fan of the Mediterranean diet consisting of lots of plant-based foods, nuts and extra virgin olive oils. Some research has shown women who

eat a Mediterranean may have a reduced risk of breast cancer; still, this is an open issue with little science-based evidence with more research in need.

- Cigarette smoking — Studies have shown a link between cigarette smoking, pollutants and breast cancer.
- Alcohol in your diet — For women, limit yourself to less than one 4 oz. drink of alcohol per day. For men, limit yourself to no more than two, 4 oz drinks per day.
- Exercise and activity — Sitting all day is never good. Make sure you get plenty of walking into your day. If you can work on time at the gym or join a sporting activity,

do it and have fun. The recommended amount of aerobic activity is 150 minutes a week, and resistance and weight training 60 minutes a week.

- Breastfeeding — Some studies have shown women, who breast feed for an extended period of time, decrease their risk for breast cancer.

- X-ray and radiation — Some studies show a link between some types of cancer, including breast cancer, and radiation exposure. Take caution with any type of x-rays or medical imaging and pursue only if necessary.
- Hormone therapy — If experiencing intolerable symptoms of menopause, talk

to your doctor about holistic methods versus hormone therapy. Studies have indicated that long-term use of medications associated with hormone therapies increases the risk of breast cancer. I hope this has inspired you to make lifestyle changes for a happy October and the months to come.

Live Long, Live Well



For Health. For Life.

Here for You
In Your Community, In Your Home, and
Every Step in Between.

Compassionate, personalized care and
support that helps you thrive —
wherever life takes you.

Andwell HEALTH PARTNERS
(800) 482-7412 | [Andwell.org](https://www.Andwell.org)

AGING EXCELLENCE
Seniors On The Go™

AGING LIFE CARE MANAGERS SOCIAL
COMPANIONS PERSONAL CARE
HANDYMAN / CHORES

Wellness-Based Eldercare
1-24 Hours

(207) 689-2005
www.seniorsonthego.com

SERVING MAINE AND NEW HAMPSHIRE

The Meadows

A quiet, homey, and safe living center for seniors.

**WE HAVE AN OPENING
STARTING AT \$2,000 A MONTH.**

**CALL FOR
A TOUR TODAY!**

207-946-3007
433 Route 202, Greene ME 04236

Serving Breakfast & Lunch with a Smile!

Kristi's CAFE
Breakfast & Lunch

CHECK OUT FOR DAILY SPECIALS
DAILY SPECIALS • OPEN M-F 6AM-2PM SAT. & SUN. 6AM-1PM
767 Minot Ave, Auburn • 241-7460 • www.Kristiscafela.com

AXIS NATURAL FOODS

Stay Healthy with Us!

Great selection of herbs, teas, vitamins & supplements!

HOURS:
Mon - Fri 9-6
Sat 9-5 • Sun Closed

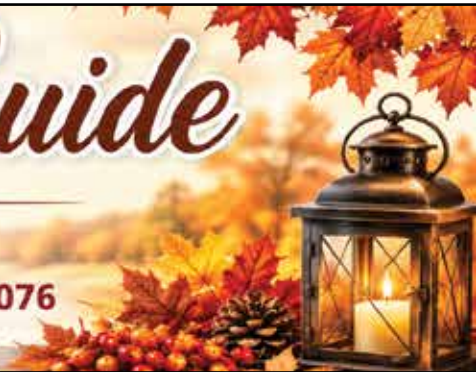
axisnaturalfoods.com
Call: 207-782-3348
or like us on FaceBook

CHECK OUT NEW WONDERFUL FOODS & SUPPORTING LOCAL, SINCE 1970
120 Center Street Plaza - Suite 300 - Auburn - (207) 782-3348



Fall Seasonal Guide

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



Plan the perfect fall hiking excursion

Metro

Fall is an ideal time to enjoy the great outdoors. With crisp air, vibrant foliage and trails that might be a little less crowded, fall is a great time to lace up the hiking boots and see the sights.

According to the Outdoor Industry Association, hiking participation has surged to a record 63.4 million Americans. “Core hikers” hit the trails more than 13 times a year, and fall is a prime time to hike. Travel research from sources like HomeToGo note that interest in travel rises each year in fall, when vacationers prioritize destinations near forests, foliage and trails.

Taking to the outdoors come fall involves some planning to ensure these excursions are successful.

- Select the right timing. Foliage is characterized by peak and non-peak times of the year. Peak foliage will start at high elevations and northern latitudes before traveling southward. When planning hikes, scour tourism boards or national reports to sync trips with the prime windows to see amazing colors.
- Choose the right trails. Hikers can prioritize trails with diverse tree canopy species. Hardwoods like sugar maples, oaks and birches yield deep reds, golds and oranges. Trails that loop around lakes will offer vivid reflections, while ridgelines can provide panoramic vistas.
- Keep daylight in mind. There are fewer hours of



sunlight come the fall, so hikers should plan accordingly. Everyone will want to make it back to the trailhead before the sun sets and the temperature drops.

Metro photo

- Dress for variable weather. Fall weather can be temperamental, shifting from frosty mornings to warm, sunny afternoons. Layering clothing is the best way to maintain comfort. The hiking experts at Bear-

foot Theory suggest a base layer of wool fabric to wick sweat away from the skin. A middle layer of fleece or a lightweight down jacket will insulate without adding unnecessary bulk. Finally, a windproof, waterproof shell will guard against rain or high winds. Hikers should pack a warm hat, extra socks and gloves, even if the forecast predicts mild weather.

- Be prepared with supplies. Certain gear can make hiking safer. A headlamp and extra batteries; trekking poles and slip-resistant boots; a portable power bank to charge a phone; and an insulated flask are some particularly useful items to bring along.
- Bring a map of the trail. Fallen leaves can obscure trail markers and other landmarks. A downloaded offline map or a paper map will help hikers navigate even if they lose signal or get turned around on the trails.

Fall hikes are some of the most beautiful, and entire days can be built around hiking this time of year. Be mindful of wildlife and stick firmly to paths to protect the natural landscape.

Join us, and let's get to work.



Build. Lead. Thrive.



lametrochamber.com

207-515-2732

Like us on Facebook



T & A construction

Residential carpentry services

WE DO IT ALL

- FULLY INSURED • FREE ESTIMATES • FAMILY OWNED
- FRAME TO FINISH • CARPENTRY SERVICES
- DOOR INSTALLATION
- RESIDENTIAL AND LIGHT COMMERCIAL

PRICE IS RIGHT

EXPERT TREE REMOVAL

LICENSED ARBORIST

Kevin Martel

749-1598





EVERETT

REALTY GROUP

RESIDENTIAL • COMMERCIAL • INVESTMENT

207-588-7430 • www.207realestate.com

Your Home, Your Future, Our Commitment!

Computer Networking, Computer Builds, Education, Service, Backups, Cyber Security Analysis, WIFI Installation and more!

Austin Electronics

NEED HELP? CALL NOW! RAPID RESPONSE TIME.



DEGREED - CERTIFIED - INSURED - 27 YEARS IN BUSINESS

207-515-9001 • Buckfield • Owner Neal Austin

DIRFY Generators

POWER WHEN YOU NEED IT.

Quality Generators. Professional Installation. Fair Prices.

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

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

A CUT ABOVE!



- PREMIUM GRADE SPRUCE
- 4 GRADES OF PINE

Local family owned service where you can talk to the experts.

623 Main St, Oxford • 207-539-4219

Mon - Fri 7am-5pm, Sat - 8am-12pm

Introduce Yourself to the Neighborhood

Our hyperlocal advertising solutions connect small businesses like yours with more community-minded consumers!



Call Turner Publishing today to introduce your business in this paper! 207-225-2076



ARTS & Entertainment

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

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

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 heart-felt 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 Man-iacs who love them. Laughter burns calories, so come and indulge! In December, a holiday tradition con-

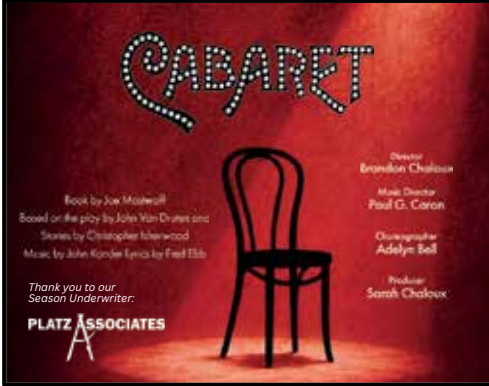
tinues with A Christmas Carol (Dec 11-13). A Wicked Good Time and A Christmas Carol are sold separately from Subscriptions. Subscriptions are now on sale for the 2026-27 Season. Subscriptions include Steel Magnolias, Darker the Night Brighter the Stars (Jan 22-31) an amusing, heartfelt and timely look at the lives of young adults in Northern Maine,

Arts & Entertainment page sponsor:



FISH BONES
BATES MILL 06 LEWISTON MAINE
REELING IN A NEW ERA AT FISH BONES GRILL.
LET US BE THE FAMILY YOU CHOOSE!

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.



CABARET
Book by Joe Masteroff
Based on the play by John Van Druten and
Stories by Christopher Isherwood
Music by John Kander Lyrics by Fred Ebb
Thank you to our Season Underwriter:
PLATZ ASSOCIATES

Director: Brandon Chaloux
Music Director: Paul G. Caron
Choreographer: Adelyne Bell
Producer: Sarah Chaloux



LEWISTON-AUBURN COMMUNITY LITTLE THEATRE
October 16th -18th / October 22nd -25th
Thursday, Friday & Saturday 7:30 PM
Sunday 2:00 PM
Tickets: \$25 Adults / \$22 Seniors/Students / \$17 Children (under 13)
For tickets or info, call (207) 783-0958 or visit LACLT.com
Thank you to our Media Sponsors:
Bennett Radio Group: WOXO & WIGY
Turner Publishing • Twin City Times
Community Little Theatre • 30 Academy Street • Auburn ME



Franco Center
Performing Arts & Events

46 Cedar Street
Lewiston, Maine
207-689-2000
francocenter.org

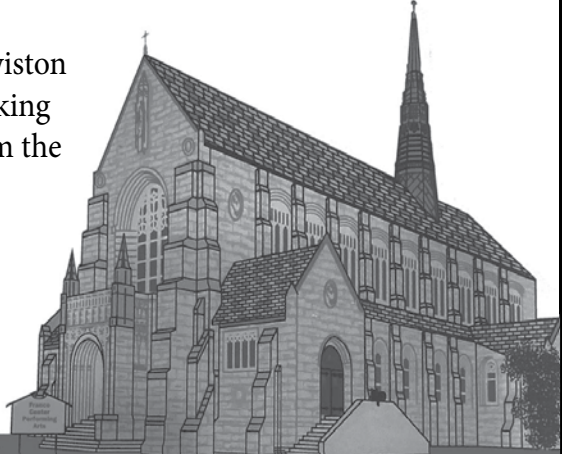
2026-27 Season!

- Studio Two—Beatles Tribute: Oct. 10
 - Fiddle-icious: Nov. 1
 - Dueling Pianos x 2: Nov. 14, July 24
 - La Rencontre x 3: Dec. 17, Mar. 11, June 24
 - Plush Christmas Concert: Dec. 18
 - Christmas Murder Mystery Theater: Dec. 19
- Rod Stewart Tribute: Feb. 13
 - POP Divas Tribute: March 27
 - Juston McKinney: April
 - Magic Shows for Kids: April
 - Theater: April 25
 - Frank Sinatra Tribute: May 22
 - Kitchen Party ContraDance: June 24

While we will no longer have access to the Oxford Street mill parking lot due to ongoing construction, the City of Lewiston has provided convenient parking options just a short walk from the Franco Center.

1. Chestnut Street Parking Garage
2. Corner of Cedar and Lincoln streets City Lot
3. Lincoln Street parking lot across from FX Marcotte

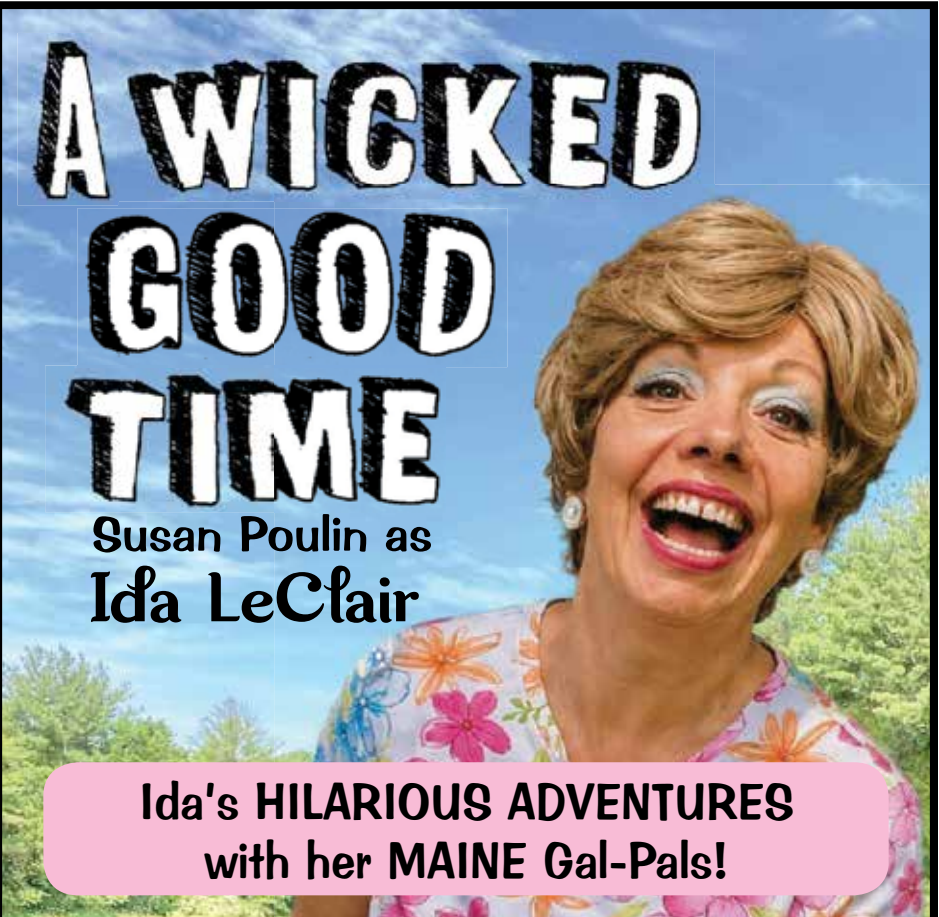
BUY YOUR TICKETS TODAY!



Underwriter

Media Sponsors





A WICKED GOOD TIME
Susan Poulin as Ida LeClair
Ida's HILARIOUS ADVENTURES with her MAINE Gal-Pals!

Nov 13-15 | \$35 tickets
ThePublicTheatre.org | 782-3200

SPONSORED BY: TURNER PUBLISHING
UNDERWRITERS: Platz Associates, Sun Journal, WOXO & WIGY


31 Maple Street, Lewiston

A graphic featuring a film reel and a star.

MOVIE REVIEW

by Lucas Allen

PRIMETIME

(A24)

Cable TV went through a different kind of zeitgeist with the reality TV boom of the 2000’s. One of those popular shows is depicted in the new drama “Primetime,” about that great chase for fame and fortune for some involved. The film’s director is Lance Oppenheim, and the writer is Ajon Singh, who adapted it from an article titled “Tonight on Dateline, This Man Will Die” written by Luke Dittrich.

Working for Dateline NBC, journalist Chris Hansen (Robert Pattinson) and his producing partner Andie (Merritt Wever) create a series for the network called “To Catch a Predator,” where they catch pedophiles in the act by setting them up with their supposed “victims” they met online, but played by young adult actors. As the show becomes an instant hit, a young actor named Dan (Skyler Gisondo) auditions to play the decoy, and he soon joins Andie with consulting activist Xavier (Matthew Maher) and another decoy actor named Del (Phoebe Bridgers). Though his first experience with a target (former child star Jonathan Lipnicki in a revealing cameo) was unexpected, Hansen encourages him to shine in his role.

Meanwhile, Hansen faces a moral crisis when his extramarital affair is spotted by the paparazzi just when his marriage to his wife Mary (Anna Faris) is already falling apart. Not to mention, doing the show has him vying for some bigger fish to catch for the sake of ratings since the show is playing opposite ABC’s juggernaut “Lost.” He soon finds what he is looking for when his team finds an online chat linked to a Texas district attorney (Alex Winter) and gets help from the local sheriff (Bokeem Woodbine) in a sting operation, but at what cost?

This is not the kind of movie that tries to tell its true story faithfully with only a few embellishments, but it instead tells its story differently without trying to bore the viewer. In fact, that is what makes it a fascinating film to watch when it is more about Hansen’s detachment from reality chasing that goal he wanted. Not only that, but it also shows how that kind of self-imposed need to succeed can have a negative consequence on those around him.

The movie also focuses on Dan’s unpredictable journey of his own. His struggle to understand the world he has dropped himself in is actually very relatable and well-written. Anyone who has ever landed a dream job or dealt with an increasingly difficult boss can identify with the young character.

Surprisingly, the whole story plays out like an arthouse psychological thriller with its dream-like atmosphere and suspense. A good majority of the film comes from Hansen’s perspective as we watch his growing paranoia, and selfish behavior consumes him to the point his moral compass shifts away from him. Throughout this nearly two-hour film, we are witnessing the mental descent of an ambitious personality, but we are also seeing an interesting contrast between him and Dan as they each find their breaking point during the last act. Whether or not you would agree with the way it unfolds, it’s still a brilliant exercise in ambition and insanity that only a dark Hollywood tale can be told.

Along with his supporting role in last summer’s The Odyssey, Pattinson is certainly heading for Oscar glory, especially with his excellent portrayal of Hansen. His sense of urgency and maddening expressions in his facial language enhances his very layered performance. Extra attention also goes to Gisondo for giving us different sides of his character throughout his whole arc plus Wever for finding something deeper with her character’s own morality. The smaller actors also deserve some notice for adding more to the story’s depth between Woodbine’s Texan humor and Winter’s underlying moodiness.

While it’s sure to divide audiences, Primetime explodes with such intensity about the consequences of fame and exploitation. Give it a chance, and maybe you’ll find something out of it the next time you watch your favorite reality TV program.

THE MOVIE’S RATING: R (for disturbing sexual material, graphic nudity, some violent content, and language)

THE CRITIC’S RATING: 3.75 Stars (Out of Four)

A graphic with an American flag, a silhouette of a soldier saluting, and the text "Honoring Our Heroes".

Throughout history, their hard work and sacrifice have kept us safe and protected our freedom. We owe them a debt of gratitude that can never be repaid, and we salute them for their service. We would like you to share with our readers the veterans who are near and dear to your heart. Fill out the form and mail it along with a photo to Turner Publishing, Inc., P.O. Box 214, Turner, ME 04282 or email info and photo to articles@turnerpublishing.net. Photos will be published **FREE OF CHARGE** in November.

Turner Publishing INCORPORATED VETERAN OWNED COMPANY

Deadline for submissions is **NOVEMBER 3, 2026**. Please include self addressed envelope if you would like picture returned.

A black and white photo of a young man in a U.S. Navy uniform.

Veteran's Name _____

Military Title _____

Short message... _____

Veterans Ad Form

Mail this form to:

Veterans Ads - Turner Publishing
P.O. Box 214
Turner, ME 04282

A festive holiday graphic with a snowman, a Christmas tree, and the text "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.

Shop Local Support Artisans

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

2 COL. X 2" AD \$89

Turner Publishing INCORPORATED

A cartoon penguin wearing a Santa hat and a scarf, holding a candy cane.

2 COL. X 4" AD \$120



MAINE OUTDOORS

v. Paul Reynolds

THE SALMON PARADOX

On the Kenai, with the help of a wonderful fishing guide, I caught and boated a 63 lb. King Salmon. Diane, my late wife, caught a 33-pounder, too.

In all my years of fishing, two fly fishing adventures stand out in my memory like no others: catching salmon that ran into rivers from the sea. These rivers were far removed from each other; one was the fabled Kenai River in Alaska and the other the equally fabled Upsalquitch River in New Brunswick.

For sport angling, it was a heady time. The 1990s, before the sea-run salmon were in a seeming struggle for survival.

On the Kenai, with the help of a wonderful fishing guide, I caught and boated a 63 lb. King Salmon. Diane, my late wife, caught a 33-pounder, too. During that same decade, I was fortunate enough to fish the Canadian Upsalquitch River where, again with the help of a guide, I beached an 18 lb. fresh run Atlantic Salmon.

Both angling experiences were, as the cliché goes, “about as good as it gets.” Don’t get me wrong. Fly fishing for Maine brookies on a remote trout pond during a Green Drake hatch is angling nirvana, yes, but a singing reel with a dancing Atlantic trying to shake of a Rusty Rat is an adrenaline rush of the first order!

Today, both the Atlantic salmon run in the Canadian Maritimes and the King salmon runs in Alaska are just not what they were back then. Biologically, they are in trouble. Alaska hasn’t banned King salmon sport fishing statewide, but some of its most important King salmon rivers are now closed, and the Yukon River



The author and his late wife, Diane, with their day's catch on the fabled Kenai River. system is under an extraordinary rebuilding program extending at least through 2030.

On the New Brunswick Rivers, the salmon situation is a mixed bag. On the Miramichi River, which is arguably the most well-known, juvenile Atlantic salmon of all age classes in the four principal Miramichi watershed rivers have declined significantly over the past 12

years. That river is in trouble, and today the fishing is in stark contrast to what it was in the days when my Dad salmon fished with the famous Red Sox hitter Ted Williams and came home with salmon for the freezer and lots of snapshots for the family album.

Fishing wise, there is somewhat of a paradox on the New Brunswick Rivers. The fishing statistics can look pretty good while the salmon population is biologically in trouble. That’s because catch-per-unit-effort in a handful of premium pools doesn’t tell us how many salmon on the entire river system can produce.

In chatting recently with a friend, who fishes the Restigouche River, the salmon angling this past June was, according to his report, “pretty darn good.” One of his fish was a 25-pound fresh run Atlantic, which, of course, he promptly released. (Fishing there is strictly catch and release).

One stretch of the Restigouche produced an estimated 160 salmon from 94 rod-days, or 1.7 salmon per rod-day. Anglers recorded 127 grilse and 33 large salmon there.

Most experts agree that, however perplexing, the sea run salmon picture is a survival mystery that is grounded more on what is going on at sea rather than in the rivers themselves. Components of the sea- survival equation include warming waters, commercial harvest, predation and a host of other factors.

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.

Scam Alert Bulletin Board

Lock Down Your Data:
Cybersecurity Awareness Month

October is Cybersecurity Awareness Month, a good reminder that we can make it harder for criminals to steal our personal information or take over our accounts. Scam messages often include a link or an attachment that perpetrators use to introduce malware onto your device or send you

to a site that will seek to collect login or payment information. Protect all online accounts with strong, unique passwords (strongly consider using a password manager) and turn on multifactor authentication when available. Also, keep your device software updated – the updates often include important security fixes. 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.

The Ultimate Wood Heat
Outdoor Wood and Wood Pellet Boilers

ThermoPEX® pipe parts & accessories

Up to
\$6,000
Rebate

Maine's oldest Central Boiler dealer

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

Independent P W E R

GREENE MAINE

CALL: 207-946-4444
www.independentpowermaine.com

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

Advertising/Marketing
George McGregor
Jodi Cornelio
Kathlene Clarke
Glenn Bechard

Reporter/Writer
Bill Van Tassel
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.

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!

MINOT COMMUNITY NEWS CORNER

October 2026



As the nights get longer and the days get cooler, we want to remind you that school is back in session and to be mindful of bus routes and stops; make sure to give yourself extra time for travel delays and observe school zone speed restrictions in marked areas.

The Town will also be starting its budget process in September, and we are actively looking for members to joining the Budget Committee. This is an advisory group consisting of 9 residents who review the proposed budget with Town staff and the Board of Selectmen. These individuals prepare independent recommendations for the funding levels of the budget articles that are presented in the Town Warrant at the Town Annual Meeting in March of 2027. If you are interested in learning more about that process, you can contact the Town

Administrator or Town Clerk about how to apply. Information about the previous budgets is also available on the Town’s website.

We have been asked to make residents aware, especially those who do not regularly file taxes, that the filing deadline is in October to receive the Affordability Relief Program (\$300) check or the Property Tax Fairness Credit for qualifying individuals. There will be an adult education course to help guide individuals through this process and learn of valuable resources to save on taxes such as the Homestead Exemption. The class will be held on September 15th from 5:30p-7:00p and again on September 17th from 1:00p-2:30p. There is no charge for the course, but advanced registration is required. Call 207-345-3217 for more information.

As public notice, the Town of Minot is licensed by the Maine Emergency Medical Services Licensing Board as the Minot Fire-Rescue Department, a non-transporting service at the Emergency Medical Technician (EMT) level and is applying to be permitted to provide care at the Advanced-EMT (AEMT) level on some calls. There is no change to the primary service area of Minot and no change to the way the public will request emergency services. Residents should continue to call 911 for all emergencies. The public is invited to comment on the proposed application. Comments must be received by the Maine EMS Licensing Board within 30 calendar days of the publication of this notice. Comments must be mailed to Maine EMS, 152 State House Station, Augusta, Maine 04333-0152.

CLT announces cast of ‘Cabaret’ Show opens October 16



Submitted photo
Pictured here are the cast members for CLT’s upcoming production of “Cabaret.” Seated from left: Hannah Shepherd Perry, Nex Staples, Archer Slater, Hillary Perry, Koley True, Nexxus Marcoux, and Kariana Merrill. Standing from left: Roger Philippon, Toby Gouette, Hannah Hanson, Phoebe Edwards, Ryan Delorme, Owen Lewis, Lacey Moyse, Carly Dillingham, Elise Christie, Justine Weisinger, Meg Walz, and Justin Morin.

AUBURN - Director Brandon Chaloux has announced the cast of “Cabaret,” Community Little Theatre’s first production of their 87th consecutive season, which will open on October 16.

In a Berlin nightclub, as the 1920s draw to a close, a garish “Emcee” welcomes the audience and assures them they will forget all their troubles at the Cabaret. With the Emcee’s bawdy songs as wry commentary, Cabaret explores the dark, heady, and tumultuous life of Berlin as Germany slowly

yields to the emerging Third Reich. Cliff, a young American writer newly arrived in Berlin, is immediately taken with English singer Sally Bowles. Meanwhile, Fräulein Schneider, proprietor of Cliff and Sally’s boarding house, tentatively begins a romance with Herr Schultz, a mild-mannered fruit seller who happens to be Jewish. Musical numbers include “Willkommen,” “Cabaret,” “Don’t Tell Mama” and “Two Ladies.”

Owen Lewis will appear as the Emcee, Hillary Perry as Sally Bowles,

Justin Morin as Clifford Bradshaw, Justine Weisinger as Fraulein Kost, Ryan Delorme as Ernst Ludwig, Elise Christie as Fraulein Schneider, Roger Philippon as Herr Schultz, and Nexxus Marcoux as the Boy Soprano. The Kit Kat Girls will be played by Karianna Merrill, Koley True, Carly Dillingham, Hannah Shepherd Perry, Meg Walz, Lacey Moyse, Hannah Hanson, and Phoebe Edwards. Appearing as the Kit Kat Boys will be Toby Gouette, Archer Slater, Nex Staples, and Justine Weisinger.

Performances of “Cabaret” will be held on October 16, 17, 22, 23, and 24 at 7:30 p.m., and October 18 and 25 at 2:00 p.m. All shows will be held at CLT on 30 Academy Street in Auburn. Tickets to “Cabaret” are now available online at www.lactl.com.

Season subscriptions are also available online. Subscribers to CLT’s new season can enjoy savings of 20 percent, priority seating, and other benefits. For more information, contact the box office at box-office@lactl.com or leave a message at 783-0958.

CLASSIFIEDS

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 www.dental50plus.com/highlights #6258

AL ANON 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.

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

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

Be prepared before the next power outage.



It's not just a generator. It's a power move.™

Receive a free 5-year warranty with qualifying purchase* - valued at \$535.

Call 207-405-2044 to schedule your free quote!

*Terms and Conditions apply.

GENERAC



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

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

2X2 AD THIS SIZE

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

1X2 AD THIS SIZE

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

WE SPREAD YOUR GOOD NEWS!
Send it to: articles@turnerpublishing.net





BREAKFAST - COFFEE - LUNCH
Homemade Chocolate and Baked Goods
Plus Local Artisan Gift Shop
34 Court Street, Auburn
Sunday-Wednesday 6-3 • Thursday 6-8pm • Friday and Saturday 6-10pm

September Phony Ad & Coop Winners
Auburn Highlights: Janet Coy-Peters
Midcoast Beacon: Alex Hamling
Country Courier: Elaine Buker
Country Connection: Virginia Roberts
Franklin Focus: Sheryl Plog
Good News Gazette: Mary Ames
Kennebec Current: Gertrude Turcotte
Lewiston Leader: Kathleen Davis
Lisbon Ledger: Sandra Wing
Lake Region Reader S: Lisa Britland
Lake Region Reader N: Taylor Wright
Moose Prints: Ryan Sohn
Oxford Hills Observer: Michael Eppinger
Somerset Express: Emma Frost
Two Cent Times: Jamie Feyler
Western Maine Foothills: Althea Conant
Mountain Messenger: Bradshaw Cummings
Coop Stuffy Winner - Selah Knapp, Gardiner
All of the winners listed have won gift certificates to one of our advertisers.
If you haven't won - keep playing! We get hundreds of entries each month!
It's easy to enter - read through the ads in this issue and find the phony ad, fill out the entry form found in this paper and mail it in. If you have the correct answer, your name will be entered into a monthly drawing!
No Exchanges. Gift Certificates are from all over, there is no guarantee you will receive one from your area.

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


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

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: _____ Zip: _____

Phone: () _____

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

The Phony Ad is: _____

Tell us what you think of this publication: _____

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

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

Deadline for 2027 Maine Women’s Hall of Fame nominations is Nov. 1

AUGUSTA - Nov. 1 is the deadline for nominations for the 37th Maine Women’s Hall of Fame in 2027.

The Maine Women’s Hall of Fame inducts women — both contemporary and historical — who have made, or are making, significant statewide contributions, in fields such as the arts, education, public policy, the sciences and the humanities. Nominations are open to the public and focus on Maine women who are pioneers and leaders. Particular consideration will be given to those who have significantly impacted the lives of women. Nomination requirements and submission information are online at <https://bpwmefoundation.org/maine-womens-hall-of-fame/nominations/>

An induction ceremony in Augusta in the spring, typically held during Women’s History Month in March, will honor the woman or women of achievement selected by an independent panel of judges.

Past inductees to the Maine Women’s Hall of Fame include authors, athletes, artists, activists, administrators, political and religious leaders, educators, doctors, lawyers, scientists and college presidents. Among the most recent honorees: the late U.S. Secretary of Labor Frances Perkins and Dr. Alane O’Connor, director of perinatal addiction medicine at Maine-Health Maine Medical Center. A full list of inductees, starting with Sen. Margaret Chase Smith and women’s health advocate Mabel Wadsworth in 1990, is online at <https://bpwmefoundation.org/maine-womens-hall-of-fame/nominations/>.

Maine Business and Professional Women/Maine Futurama Foundation established the Maine Women’s Hall of Fame. The Bennett D. Katz Library at the University of Maine at Augusta has a collection of photographs, video recordings and other materials from the Maine Women’s Hall of Fame induction ceremonies, as well as a permanent public gallery of inductee portraits.

Maine BPW/Futurama Foundation, working with Maine Community Foundation, awards annual scholarships to outstanding and deserving Maine women to help them achieve economic self-sufficiency.

POLAND SPRING RESORT

OPEN TO THE PUBLIC

FENN PARK

Mini Golf - Disc Golf
Driving Range



ICE CREAM SHOP

20+ flavors
Gifford’s Ice Cream



PRO SHOP

18-Hole Golf Course
4 Pickleball Courts
3 Grass Tennis Courts



MEL’S HILLTOP RESTAURANT

Lunch - Dinner - Drinks
Open Daily 11:30am - 9pm

POLANDSPRINGRESORT.COM

547 Maine St. Poland Spring
207-998-4351

37 Robbins Rd. Poland Spring
207-998-6002



VISIT THE POLAND SPRING MUSEUMS



**POLAND SPRING
BOTTLING MUSEUM**



**VISIT TOGO & THE TOGO
STORYBOOK TRAIL!**



**MAINE STATE
BUILDING**

Visit iconic Maine museums, the original source of Poland Spring® Water, enjoy hiking trails and more.

Open Thursday, Friday, Saturday & Monday 9 AM - 4 PM
and Sunday 9 AM - 12 PM
Complimentary Admission

polandspringmuseums.org
37 Preservation Way, Poland Spring, Maine





Dip into this at your halloween party



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

Halloween Dip With Carrots and Canapes

Makes 4 servings

FOR THE DIP:

- 3 large avocados, halved, pitted, peeled and diced
- 1 garlic clove, minced
- 1 lime, juiced
- 1 dash Tabasco® sauce
- 1/2 cup sour cream
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 small handful cilantro, finely chopped

TO SERVE:

- 6 large carrots
- 1/2 cup sour cream
- 1 handful stuffed olives, sliced
- 1 handful seedless red grapes, sliced
- 5 slivered almonds



1. For the dip: Mash together avocado, garlic, lime juice, Tabasco®, sour cream, salt, and pepper in a serving bowl until smooth.
2. Stir in chopped cilantro. Cover and chill until ready to serve.
3. To serve: Peel and cut two carrots into thick coins. Top with sour cream and then olive and grape slices.
4. Cut the remaining carrots into finger shapes. Use a paring knife to shave down their ends into nail beds. Make a thin incision at the end of the nail beds and slide a slivered almond into them to mimic fingernails.
5. Serve finger carrots in the prepared avocado dip with the carrot coins on the side

Metro

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

CHECK US OUT!



Phone 864-5616
Main St., Rangeley



2026 Dempsey Challenge

by Bill Van Tassel

LEWISTON - Lewiston, Auburn, and surrounding areas experienced the eighteenth holding of the Dempsey Challenge on September 19. Since its inception in 2008 the popular event has been held in Lewiston's Payne/Simard Park, formerly Railroad Park that borders the Androscoggin River. The annual Fall event was the brainchild of local television and movie star Patrick Dempsey. Dempsey spent his early years in Lewiston, Turner, and Buckfield, attending schools in Turner, Buckfield and Saint Dominic in Auburn.

He started the Challenge as a fundraiser for the Dempsey Center for Cancer Care and Support after his mother's cancer was diagnosed. With additional offices in Portland and Westbrook, the main site is at Central Maine Medical Center in Lewiston. The Center offers a variety of support and strategies for cancer patients and their families.

The early Dempsey Challenge happenings featured several biking events from 25 to 100 miles for

touring bike enthusiasts. Participants could enter the challenge by getting financial sponsorship, either individually or with a team. The starting and finishing point was in Simard/Payne Park, where other activities were available for the curious spectators. Running, walking and children's events were also held for non-biking fundraisers.

Patrick himself participated in the biking events doing the 50-miler in the first Challenge, finishing the distance along with a few of his professional biker acquaintances. He always made himself available to the people gathered in Payne/Simard Park for conversation and photographs. Dempsey annually led an Honor/Survivor Walk around the perimeter of the park as well as giving his opening and closing comments to everyone in attendance.

There have been some minor changes to the overall event. It has been condensed into a one-day occurrence, with a special awards ceremony and dinner the evening before to thank the major fundraisers. The biking distances



Patrick Dempsey (far right) leads the Survivors/Honor Walk around Payne/Simard Park in Lewiston on September 15 Dempsey Challenge fund raiser.

are now 64, 50 and 25 miles, along with 5-K and 10-K running events. The Challenge remains a large crowd draw for both the fundraising participants as well as the curious visitors.

This year's Dempsey Challenge nearly met its \$2 million goal. Since 2008 the Challenge has raised over \$20 million. This money is used for services such as counseling, support groups, nutrition and finance classes, and wellness programs.

The overall event also involves the work of many willing volunteers.

Reporter's Note: I took part in the first Dempsey Challenge 50-mile bike ride, in addition to covering the event as a reporter. I did so for two reasons. One: I had lost my young wife to cancer in 2006 and trained for the ride in her honor. Two: I got to know Patrick well, as he was a sixth-grade student of mine at Turner Elementary School in 1975-76.



Turner Publishing reporter Bill Van Tassel (Left) and his former sixth-grade student (1976) Patrick Dempsey meet again at the September 15 Dempsey Challenge in Lewiston.

Hilltop Heights

Rangeleys Newest Event Center

Servicing small or large parties

Enjoy views and privacy in any one or all of our 4 buildings

Day events or multiply day events – offers a world of flexibilities, full service, stay, catering, bar or bring your own services



FMI call Event Planner – Jen at 207-831-0546
Properties can be seen or booked on the following links.





SAVE 15% ON YOUR ELECTRIC BILL TODAY

"I just signed up with Maine Community Solar after leaving a message with them yesterday. My call was courteous, professional and the agent was personable. (I had left messages with a couple of other companies and they still haven't gotten back to me). The sign up process was simple and took about 5 minutes. It will take a few months before the process is complete, but another vendor had given me a date sometime in the next calendar year. I am happy to be doing this and dealing with a Maine company."

*Bob Barton
Westbrook*

Call our office in Portland at 207-888-3670 or visit www.mainecommunitysolar.org for assistance.



Scan the QR code to get started



Join a local solar farm. When you do,

- You support local, renewable energy
- There's nothing to buy, install, or maintain
- You join a free, state-backed program
- Get a \$50 gift card as a Thank You