

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 LEWISTON LEADER

Turner Publishing
A Maine Owned Company



PRST STD
US Postage Paid
Permit #11
Newcastle, Maine

ECRWSS
POSTAL
CUSTOMER

FREE

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

MAILED TO OVER 90% OF LEWISTON RESIDENCE AND CAN BE FOUND IN THE LOCAL GROCERY STORES WHILE SUPPLIES LAST.

Volume 24 Issue 9
October 2026

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
Arts & Entertainment	6
Reader Recipe	10
Student News	10 & 11
Directory Page	11
Classifieds	14
Pet Spotlight	16

FEATURE ARTICLES

Plan the perfect fall hiking excursion	8
Breast Cancer Awareness: Prevention starts with you	9
Movie Review: The End of Oak Street	12
V. Paul Reynolds: SAM Banquet draws big sportsmen turnout	13
The Healthy Geezer: Can you get brain cancer from using a cell phone?	13



SCAN TO READ ALL OUR PAPERS FREE ONLINE.

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



Bill Van Tassel photos

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



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.

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 ceremo-

ny and dinner the evening before to thank the major fundraisers. The biking distances 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.

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

207-450-5858
www.theDumpGuy.com



JUNK REMOVAL
Commercial & Residential

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

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 & STRATTON	13 KW \$9,850 basic installation	26 KW \$14,200 basic installation (700 lbs parts, labor, & travel warranty)	
CHAMPION	8.5 KW \$8,150 basic installation		
dirfygenerators@yahoo.com Call Today: (207) 637-3346			



**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

**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

Hilltop Heights

Rangeleys Newest Event Center

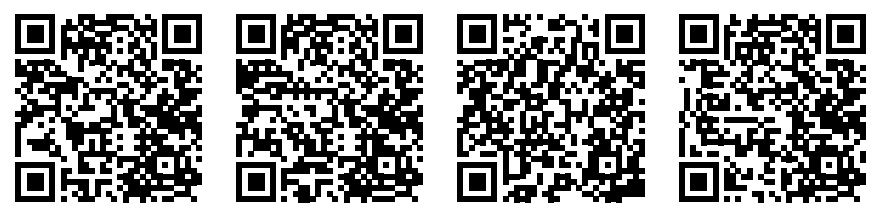
Servicing small or large parties

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.



Early morning lupines



photograph by Joe Johnston

Early morning along the Narragaugus River in Millbridge.

**APPLIANCE
WAREHOUSE**

Guaranteed Lowest Prices and Expert Advice!

207-761-0000

**EXPERT ADVICE, LOWEST PRICES
AND LOCALLY OWNED SINCE 1974**

KNOWLEDGEABLE AND EXPERIENCED SALES TEAM
QUALIFIED AND DEDICATED DELIVERY TEAM



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



MAINE CALENDAR

2026

OCTOBER

Oct 17 - Great Falls Model Railroad Club October Train Show at Edward Little High School, 10 a.m. to 3 p.m., 77 Harris Street (off Western Avenue) - Auburn, (Handicapped Accessible), FMI at <https://www.great-fallsmodelrrclub.org>.

Oct 17 – Edgar Allen Poe Masquerade Ball, 7-9 p.m., Lewiston Public Library, 200 Lisbon St., Lewiston; free after-hours event is open to those ages 13 and up, costumes and fancy dress are encouraged, no registration required, FMI call 513-3134; LPLCirc@lewistonmaine.gov.

NOVEMBER

November 21st & 22nd - ExTRAINaganza Open House at the Great Falls Model Railroad Club, 10 a.m. to 4 p.m. each day, 144 Mill Street, Auburn, (Handicapped Accessible), FMI at <https://www.greatfallsmodelrrclub.org>.

November 27th, 28th & 29th - ExTRAINaganza Open House at the Great Falls Model Railroad Club, 10 a.m. to 4 p.m. each day, 144 Mill Street, Auburn, (Handicapped Accessible), FMI at <https://www.great-fallsmodelrrclub.org>.

DECEMBER

December 12th - Surplus Assets Sale at the Great Falls Model Railroad Club, 9 a.m. to 1 p.m., 144 Mill Street, Auburn, (Handicapped Accessible), FMI at <https://www.greatfallsmodelrrclub.org>.

MONTHLY MEETINGS

LEWISTON: Lewiston Public Library, in partnership with ArtVan, will be offering art programs in Callahan Hall for children ages 5-14 every 2nd and 4th Wednesday from September 9th - May 26th from 3:30-5:00 p.m., children aged 5-8 must be accompanied by an adult, FMI contact Lewiston Public Library at 513-3133 or LPLKids@lewistonmaine.gov.

LEWISTON: Lewiston Public Library, in partnership with ArtVan, will be offering art programs in Callahan Hall for children ages 5-14 every Wednesday from June 17th to August 12th from 3:30 p.m. -5:00 p.m., Lewiston Public Library, 200 Lisbon Street at the corner of Pine Street, Lewiston, free, open to the public, and no registration is required; all art supplies will be provided.

LEWISTON: Renewal Addiction Ministry. Apply-

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

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

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

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

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.

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.

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

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.

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

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

WAYNE: 30 Mile River Snowmobile Club meetings are on the first Monday of

the month, meet at the Ladd Center in Wayne at 6:00 p.m., RSVP on Facebook page each month so we can have a count for pizza, salad and dessert at each meeting, sharing the cost of the pizza.

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.

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

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

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.

PORTER: Sacopee Valley Cancer Support Group for Men and Women, fourth Friday of each month from 1:30-3:00 p.m., Riverside United Methodist Church, 5 Porter Street, Porter, FMI please call Marianne Wyer at: (207) 749-0392.

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.

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.

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

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

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

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

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

of Cumston Library on Facebook.

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

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

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

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

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.

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.

Scam Alert Bulletin Board



Fraud Watch Network

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.

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...

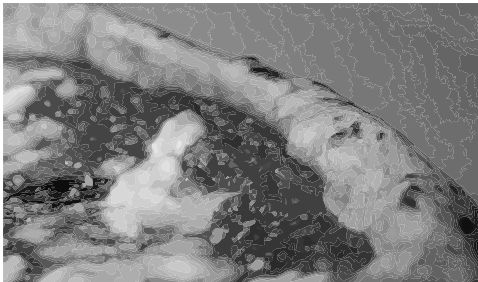
English: Sauce
Spanish: Salsa
Italian: Salsa
French: Sauce
German: Soße

Did You Know?

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



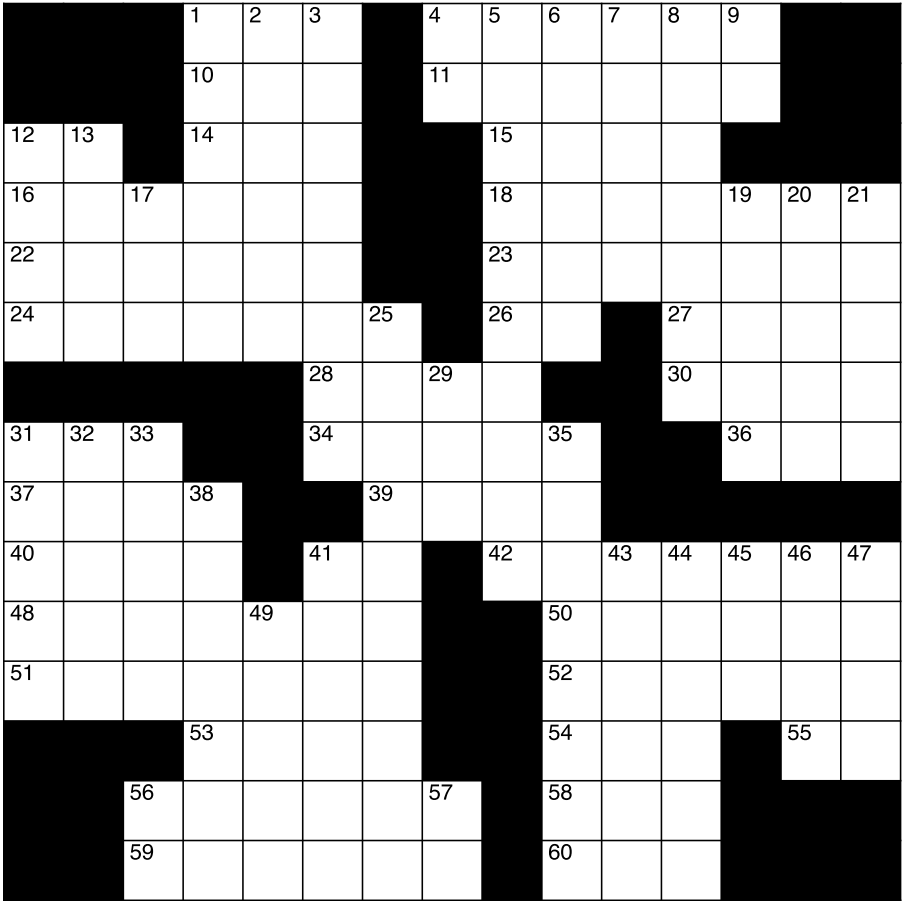
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Pizza

Crossword



- CLUES ACROSS
1. Small Eurasian deer
4. Province in Northern Ireland
10. A major division of geological time
11. Broadway actor Lane
12. Canadian province (abbr.)
14. Human gene
15. Two
16. A notable one was “blue”
18. Utter repeatedly
22. Ring-shaped objects
23. Sullies
24. Occurs
26. Commercial
27. Near
28. Tools you may need
30. A pledge
31. They start the alphabet
34. Silk garments
36. Soviet Socialist Republic
37. Longtime mayor of Rio
39. Hot meal
40. A type of gin
41. Atomic #84
42. \$10 bill
48. About ground
50. Medicine man
51. Seedless raisin
52. National capital of Albania
53. Appendage
54. OJ trial judge
55. European government entity (abbr.)
56. Bike parts
58. Friend to “Barbie”
59. Stretched to see or hear
60. Commercials
- CLUES DOWN
1. Make up for
2. Baltimore ballplayer
3. Wages
4. International organization of countries
5. Engravers of gems
6. Declared as fact
7. One who steals
8. Jewelry
9. Hospital worker
12. Nonsense (slang)
13. Town in Galilee
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

☪ ** ☐ ☺ ☼ ~ ☾ ☿ ✧ ✨ ✖ ✨ ✚ ☸ ☼ ▲ ☾ ✨ ☿ ✨ ☿ ☿ ☼ ☼ ☼ ☼

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

☐ ☾ ☼ ✨ ☿ ☸ ☼ ~ ✨ ✚

Solve the code to discover words related to chiropractic care.
Each number corresponds to a letter.
(Hint: 24 = N)

A. 7 8 22 6 26 2
Clue: Move into place

B. 26 16 9 24 21
Clue: Holds up the body

C. 16 7 9 24
Clue: Discomfort

D. 24 21 20 19
Clue: Supports the head

Answers: A. adjust B. spine C. pain D. neck

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

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.

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

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.

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

Arts & Entertainment page sponsor





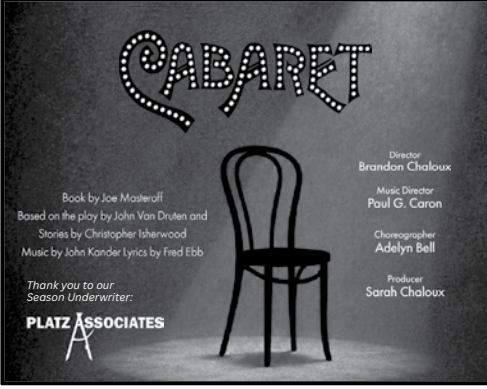
EST. 2003

FISH BONES

BATES MILL RD 06 LEWISTON MAINE

REELING IN A NEW ERA AT FISH BONES GRILL,
LET US BE THE FAMILY YOU CHOOSE!





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

Director
Brandon Chaloux

Music Director
Paul G. Caron

Choreographer
Adelyn Bell

Producer
Sarah Chaloux

Thank you to our
Season Underwriter:
PLATZ ASSOCIATES



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

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 continues with *A Christmas Carol* (Dec 11-13). *A Wicked Good Time* and *A Christmas Carol* are sold separately from Subscriptions.

Subscriptions are now on sale for the 2026-27 Season. Subscriptions include *Steel Magnolias*, *Darker the Night Brighter the Stars* (Jan 22-31) an amusing, heartfelt and timely look at the lives of young adults in Northern Maine, *Primary Trust* (Mar 12-21) a quirky, moving and uplifting play about the importance of making friends, and *The Fiancé* (Apr 30 – May 9) a delightfully funny and touching new comedy about love, loss and hope in 3 generations of single women. A Subscription costs \$160 and includes a FREE Bonus Ticket (\$42 value).

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



Franco Center
Performing Arts & Events

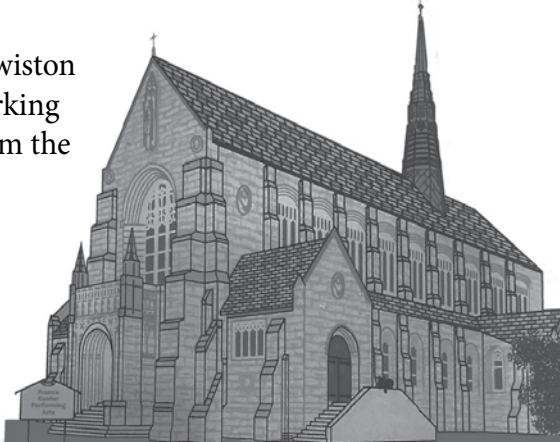
**46 Cedar Street
Lewiston, Maine
207-689-2000
francocenter.org**

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

BUY YOUR TICKETS TODAY!



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

Underwriter

Media Sponsors





MAINE VETERANS

M A G A Z I N E

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.

CLT announces cast of ‘Cabaret’ Show opens October 16

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, Fraulein 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. Tick-

ets to “Cabaret” are now available online at www.lact.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 boxoffice@lact.com or leave a message at 783-0958.



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.

Save for emergencies
automatically

Don't let unexpected expenses catch you off guard! With Change is Good!, use your debit card for everyday purchases and we'll automatically round up each transaction to the nearest dollar, saving the spare change for you in a dedicated savings account.



Maine Family
Federal Credit Union

207-783-2071
www.mainefamilyfcu.com
FEDERALLY INSURED BY NCUA





Every Dollar Helps
Fill Another Plate.

Help us reach our \$100,000 goal this month to fight hunger in Maine.



CAMPAIGN FOR
ENDING HUNGER
MAINE CREDIT UNIONS

Donate today and learn more at
campaignforendinghunger.org

HAVE YOU FOUND THE PHONY AD?

YOU COULD BE OUR NEXT WINNER!

GENERAL DYNAMICS
Bath Iron Works

BIWCAREERS.COM

We're always hiring for a wide range of skilled trades, professional and support positions.

With competitive pay and outstanding benefits, join us in a mission that matters building and supporting the world's most advanced naval ships.



NEW WAGES IN EFFECT

ENTRY-LEVEL POSITIONS AVAILABLE

Benefits at BIW

Benefits may differ depending upon job classification, such as pension and dental plans, relocation benefits and long-term disability insurance.

- Medical/Vision Plan
- Life Insurance
- Short-Term Disability
- Training & Development

- 401(k) Retirement Savings Plan
- Holidays & Paid Time Off
- Tuition Reimbursement

Volunteer Ombudsman
Representatives
are the Heart of the
Ombudsman Program

Volunteer advocates needed
in your local area!

The Maine Long-Term Care Ombudsman Program is looking for individuals who are interested in joining a group of dedicated volunteers who visit residents in long-term care facilities across the state. Volunteer Ombudsman are advocates who provide a voice for consumers while working collaboratively with long-term care facilities.



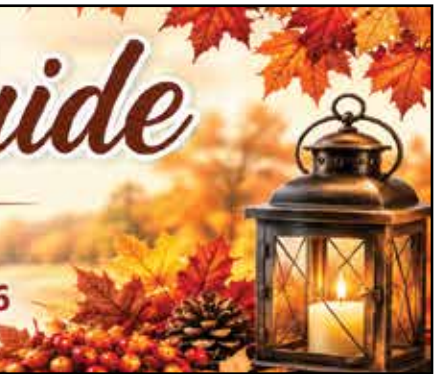
The Maine Long-Term Care
OMBUDSMAN
Program

Learn more about becoming a Volunteer Ombudsman Representative. Please contact to Christina Ryan at cryan@maineombudsman.org (800) 499-0229 or (207) 621-1079.



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



Metro photo

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.



LANGLOIS'
COLLISION CENTER, INC.

1305 Sabattus Street, Lewiston
784-0550

Family owned for 51 years!

Call Kathlene today for advertising!



www.turnerpublishing.net

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



Kathlene Clarke
Marketing Consultant
Cell: 207.907.6978
kathlene@turnerpublishing.net

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!

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

\$10 off

your next purchase of \$60 or more*

(regular priced items only)

AUBUCHON HARDWARE ACE

572 Lisbon Street • Lisbon Falls, ME • 207-353-6912

HardwareStore.com

* Coupon available in-store October 20 - November 20, 2026. Before tax. Good on regular-priced items only. Excludes: all wood pellet purchases, paint care fees, gift cards, town trash bags, rental items and repair services. May not be used with other % or \$ off coupons. Rewards will be accepted. One coupon per customer.



4 50004 88800 3



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

Health & Wellness



Breast Cancer Awareness: Prevention starts with you

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 cases 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 expo-

sure. 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.

Last but certainly not least and most importantly, always conduct regular self breast exam. Early detection is key. I hope this has inspired you to make lifestyle changes for a happy October and the months to come.

Live Long, Live Well



OCTOBER IS
Breast Cancer
AWARENESS MONTH

STAY EAT AVOID LIMIT GET KNOW

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

Make 2026 the year you can reconnect with conversations.

Red Maple Audiology & Speech Pathology



10 Business Park Way, Suite 1, Turner, Maine • 224-0222
info@redmapleaudiology.com

"We are dedicated to providing personalized, professional treatment to our patients in a caring and comfortable environment."



Auburn



Family Dental

1-844-DOC-CHEN

730 Center Street, Auburn
(Movie Theater) Plaza
(207) 783-1351

www.auburndentalfamily.com



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



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



Dip into this at your halloween party

Halloween is a wildly popular holiday, and that popularity extends to adults as well as kids. Halloween parties dot many a social schedule come late October, and parties mean food. While it's customary to indulge in a few candied treats on Halloween, adults may want something with a little nutritional value as well. This "Halloween Dip With Carrots and Canapes" from Lines+Angles can make the perfect homemade party offering this Halloween.

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

STUDENT NEWS

Emmanuel College announces Spring 2026 Dean's List

Boston, MA -- In recognition of their outstanding academic achievement, Emmanuel College has named more than 850 students to the Dean's List for the Spring 2026 semester. To earn a spot on the Dean's List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester.
Lilly Gish of Lewiston
Marguerite Shepard of Lewiston

Lewiston native Klara Cloutier enrolls at Eastern in fall 2026

Willimantic, CT -- Eastern Connecticut State University welcomed 1,444 new students to campus this fall 2026 semester. The new Warriors are among the largest incoming classes in the University's 137-year history, with 1,180 first-time students and 264 transfer students enrolled in full-time undergraduate and graduate-level programs.
Among them is Klara Cloutier, of Lewiston, a full-time sophomore majoring in Health Sciences and Psychology.

Nneka Obiorah named to the Summer 2026 President's List at Georgia State University

Atlanta, GA -- Nneka Obiorah, of Lewiston, was named to the Summer 2026 President's List at Georgia State University.
To be eligible for the President's List during the summer semester, degree-seeking students must have earned a GPA of at least 4.0 for a minimum of six semester hours of academic credit taken at Georgia State with no incompletes for the semester. Eligible students must have a minimum GPA of 2.0 for all classes taken at Georgia State.

Orrin Slover accepted into the Honors College at the College of Charleston

Charleston, SC -- Orrin Slover, of Lewiston, has been accepted into the Honors College at the College of Charleston this fall.
Slover joins an inspired learning community within the Honors College. Honors students enjoy priority first-year housing in the Honors Living-Learning Center, priority class registration, exclusive Honors courses and programs, and access to community events and Honors activities.
Slover, a graduate of Edward Little High School, is majoring in Environmental and Sustainability Studies at the College of Charleston.

SNHU announces Summer 2026 Dean's List

Manchester, NH -- It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2026 Dean's List. The summer terms run from May to August.
Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.
Diamond Washington of Lewiston
Chanda Hinton of Lewiston



JACKSON
Financial Services

James Jackson, IV, CLU*, ChFC*
Financial Advisor

620 Washington Street N, Auburn, Me 04210
207 795-7707 207 795-5045
jim.jackson@prudential.com

DIRFY
Generators

Heat Pumps

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

Quick installation

Install a **Generlink**

Power your whole house with your portable generator

Quick installation
Under \$2500

dirfygenerators@yahoo.com

Call Today: (207) 637-3346

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

Join us, and let's get to work.



Build. Lead. Thrive.



 lametrochamber.com



HAVE TOYS?
WE HAVE ALL YOUR INSURANCE NEEDS COVERED!!



Give us a call for a free quote!



THE CHAMPOUX GROUP
CHAMPOUX • PEOPLES • PINKHAM • ROGERS
INSURANCE
Chamoux Insurance
HOME • AUTO • BUSINESS
YOUR SECURITY IS OUR MAIN CONCERN
Locally Owned & Operated
150 East Ave, Lewiston, ME
783-2246

STUDENT NEWS

SNHU announces Summer 2026 President’s List

Manchester, NH -- It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2026 President’s List. The summer terms run from May to August.

Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President’s List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Brock Reynolds of Lewiston, Kayla Harmon of Lewiston, Legend Edwards of Lewiston, Olga Hasanov of Lewiston, Sydney Patterson of Lewiston, Avonna Daley of Lewiston, Rhiannon Demmons of Lewiston, Mary Bottom of Lewiston, Filipe Angelo of Lewiston, Luana Arteaga of Lewiston, Brenden Caron of Lewiston and Nsenga Ngoie of Lewiston.

Students graduate from Bates College

Lewiston, ME - On May 31, 2026, Bates College celebrated the graduation of 488 members of the Class of 2026

Olivia Faucera, of Lewiston, graduates from Bates College

Anzal Isaak, of Lewiston, graduates from Bates College

Chiwer Mayen, of Lewiston, graduates from Bates College

David Omasombo, of Lewiston, graduates from Bates College

Denzel Tan, of Lewiston, graduates from Bates College

★Customer Directory★

Appliance Warehouse
411 Western Ave.
South Portland
207-761-0000

Aubuchon Hardware
572 Lisbon Street
Lisbon Falls
207-353-6912

Auburn Family Dental
730 Center Street
Auburn
207-783-1351

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

Fish Bones
Bates Mill ^{Nº}06
Lewiston Maine
207-333-3663

Jackson Financial Services
620 Washington Street N
Auburn
207-795-7707
207-795-5045

Austin Electronics
Buckfield
207-515-9001

Axis Natural Foods
120 Center Street Plaza
Auburn
207-782-3348

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

Lewiston Auburn Chamber of Commerce
lametrochamber.com

Maine Family Federal Credit Union
www.mainefamilyfcu.com
207-783-2071

Andwell Health Partners
andwell.org
800-482-7412

Hammond Lumber Company
hammondlumber.com
1-800-HAMMOND

Maine Community Solar
www.mainecommunitysolar.org
207-888-3670

Maine Credit Unions

General Dynamics Bath Iron Works

The Maine Long-Term Care Ombudsman Program
800-499-0229
207-621-1079

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

Kristi's Cafe
Breakfast & Lunch
767 Minot Ave., Auburn
207-441-7460

Langlois Collision Center Inc.
1305 Sabattus Street
Lewiston
207-784-0550

Pat's Pizza
Auburn, ME
207-784-8221

Red Maple Audiology & Speech Pathology
7 Cobblestone Dr., Suite 10
Turner ME
207-224-0222

Maine Heating Solutions
www.mhsfuel.com
207-883-8881

Insure ME Benefits LLC
sdostie@insuremebenefits.com
207-576-5584

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

Lydia's Lunch Bunch celebrates 500 episodes of local storytelling

AUBURN — Lydia's Lunch Bunch has reached a milestone with the release of its 500th episode, marking a significant chapter for the local weekday podcast produced by Lydia Media in Auburn.

Hosted by Mark Turcotte with rotating co-hosts Sara Poulin and Lydia Media owner Pam Ashby, Lydia's Lunch Bunch launched in August 2024 and aims to shine a positive light on the greater Lewiston-Auburn area. The show features local news, events and conversations with people making a positive impact in the community, along with fun, recurring segments including Famous People Birthdays, On This Day and Three Random Questions.

"The format has the feel of a traditional radio morning show," said Turcotte.

"Our focus is on the people of this area," said Turcotte. "That includes business and nonprofit leaders, public officials, entertainers, educators, artists, athletes and more. If you're making waves in LA, we look forward to sharing your story."

"With everything going on in the world, we hope Lydia's Lunch Bunch can be an outlet for positive energy," said Ashby. "We also see the podcast, along with our publications, as a way to help businesses tell their stories and show people what our community has to offer. Whether a company is trying to attract employees, introduce someone new to the area or simply connect with the people who live here, local media can play an important role."

Ashby added that the support of local businesses

helps Lydia Media continue that mission.

"We're fortunate to work with businesses that believe in the value of being part of this community," she said. "Their support allows us to keep telling these stories, covering local events, and highlighting the people, organizations and businesses that make this area special. In that way, it becomes a little bit of a partnership—we help businesses tell their stories, and their support helps us continue telling the bigger story of our community."

Recent guests have included internationally touring musician Eli Lev, Lewiston Auburn Metropolitan Chamber of Commerce president and CEO Susan Ruhlin, Auburn Manufacturing founder and CEO Kathie Leonard, Maine Shrine Lobster Bowl Classic organizer



Submitted photo

Bernie McAllister and Poland Spring Resort owner Cyndi Robbins.

The Lunch Bunch also has a mobile setup, allowing the team to broadcast from area events including

into those making an impact in the Oxford Hills area.

The podcast is part of Lydia Media's broader effort to connect people with their communities through local storytelling. In addition to Lydia's Lunch Bunch, the company publishes Uncle Andy's Digest, celebrating its 30th anniversary this year, and LA Metro Magazine, a quarterly publication focused on the people, businesses, organizations and stories shaping the region.

Lydia's Lunch Bunch is recorded weekdays and released around lunchtime. Episodes can be streamed or downloaded at LydiaMediaLLC.com and on major podcast platforms including Apple Podcasts, Spotify and Amazon Music.



MOVIE REVIEW

by Lucas Allen

THE END OF OAK STREET

(Warner Bros. Pictures/Bad Robot)

Back in 2011, producer/director J.J. Abrams delivered a classic Spielbergian film for the 21st century with his excellent "Super 8." This time, he helps writer/director David Robert Mitchell ("It Follows") bring to life a different kind of 80's nostalgia adventure with a sci-fi twist with "The End of Oak Street." Think of this as like the show "Stranger Things" combined with the Sid & Marty Kroft-created "Land of the Lost," and blend them together with the thrills of "Jurassic Park."

Although their lives are idyllic in their Oak Street neighborhood in the summer of 1982, the Platt family are secretly harboring an internal crisis. Mom Denise (Anne Hathaway) is feeling unsatisfied in her marriage trying to complete her first novel, while Dad Greg (Ewan McGregor) struggles to keep things afloat working part-time as a pizza deliveryman. Worse, their fighting is having an effect on their two children, teenager Audrey (Maisy Stella) and younger Brian (Christian Convery) with the latter starting to lash out. One night, a mysterious white light from the sky causes a massive power outage all over the neighborhood. It wasn't until the next morning that the family discovered something more like unusual plants growing in the yard, hot water bursting from the ground, and creatures roaming everywhere.

It's then they realized that the white light is actually a portal that transferred their entire block back around two hundred million years to a time where dinosaurs populated

the world. Witnessing their neighbors getting eaten and with no chance of escape, their fear quickly escalates their strained relationship as a family. Things take a turn when Brian snuck out of the house in the middle of the night searching for their dog Starbuck leading to a bigger fight for survival.

Anyone who loves Spielberg's movies or 80's nostalgia in general will certainly have a blast with this one. Sure, they could've catered to a wider audience by adding a pet dinosaur like last year's "Jurassic World: Rebirth" or having a caveman companion like in "Land of the Lost," but Mitchell and Abrams are no fools. They understood that this is a kind of movie where an adventure in someone's neighborhood can be a fun and dangerous one to experience. With the addition of prehistoric creatures, it becomes a terrifying and thrilling ride that'll have everyone in the theater screaming their heads off. It can be joyous one scene and then dark the next, but the tonal shift is nicely balanced throughout.

By having the story focused squarely on the family front and center, it's also a realistic portrait of a family falling apart in the midst of their sudden new surroundings. The buildup and tension between those two worlds become much rawer and more palpable that it amplifies the drama without veering towards melodrama. Granted, the writing isn't 100% sharp when it sometimes shows some unnecessary dinosaur gags and a minor subplot with Brian, and a neighboring bully doesn't feel resolved. However, these are just small

potatoes in an otherwise fun experience.

In the end, most people will watch this film for the dinosaurs alone and this one does not disappoint. Not that they look scary at times, but they seem to be more scientifically accurate than the Jurassic Park films, including having some of them resemble their early bird-like appearance. It may be odd for some, but they do retain their vicious demeanor, which is all that matters.

Each of the main actors did the heavy lifting well, making this a surprisingly well-acted blockbuster. Hathaway continues her year in 2026 with another stunning portrayal like her role in "The Odyssey" with more action beats. McGregor also handles action and drama wonderfully with a nice dose of humor that fits his character. The real star of this film, surprisingly enough, is Michael Giacchino's score evoking that John Williams feel, with its whimsy and dark aesthetic, perfectly in tune with its nostalgic roots.

"The End of Oak Street" makes for a nice cap to this summer movie season that sees superheroes, ancient warriors, talking toys, and now, dinosaurs taking over the box office. In this highly cynical age, movies like this remind us that the magic of cinema is still here and it is not going anywhere.

THE MOVIE'S RATING: PG-13 (for some strong violent content, bloody images, some strong language, and suggestive material)

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

Lewiston offers grants and loans for local businesses to launch or expand

Five training sessions help business owners prepare applications

LEWISTON — Entrepreneurs starting a business in Lewiston and qualifying local businesses expanding into new ventures can apply for grants of up to \$40,000 or loans of up to \$50,000 through the city's Business Opportunity Loan and Grant Program.

To help applicants complete their applications and supporting materials, the City's Economic Development staff are offering complimentary training sessions:

Economic Development staff are offering training sessions to help applicants complete their applications and supporting materials. The full 2026 schedule includes:

Tue., Nov. 10 at 5 p.m. — Lewiston Public Library, 200 Lisbon St., Lewiston.

Tue., Dec. 8 at 5 p.m. — The Lewiston Colisée, 190 Birch St., Lewiston.

Funded through New England Clean Energy Connect, the program supports for-profit businesses based in Lewiston. Applicants may seek either a grant or a loan, but not both. Loans carry a 5 percent interest rate over a 10-year term. Funding is limited, and both programs are competitive.

Eligible applicants include startups that have not yet opened, and Lewiston businesses operating for less than a year when they apply. Existing Lewiston businesses starting a significantly new line of business and businesses relocating to Lewiston for the first time may also qualify.

Businesses must have fewer than 100 employees and be in good standing, with no tax liens, legal judgments or code or zoning violations. Home-based businesses, including childcare providers, bookkeepers, bakeries and professional services, may qualify. Franchises and certain business categories, including cannabis-related businesses, pawn shops, gun shops and liquor stores, are ineligible.

Funds may cover eligible expenses such as rent, payroll, utilities, equipment, inventory, marketing, professional services and improvements needed to meet code requirements. They cannot cover past expenses, debt refinancing, back taxes or personal expenses.

Grants generally reimburse approved expenses after recipients pay those costs and submit documentation. Grant recipients may elect to receive up to \$5,000 in advance as working capital, with receipts and other required documentation due before additional funds are provided.

Applications must include a business plan, budget and support-

ing documents, including a lease or deed, applicable permits and licenses, tax forms and identification. Recipients must provide evidence of lawful presence in the United States and sign an affidavit before receiving an award. Incomplete applications will not be considered.

Complete applications are reviewed in the order received and evaluated by City. Applicants will be notified within three business days of the committee's meeting. Those who are not awarded funding will receive feedback and may reapply after addressing the identified issues.

City staff can help applicants understand the requirements and identify needed permits or licenses. Applicants are encouraged to work with a business adviser to strengthen their plans and budgets. No-cost advising is available through SCORE Central Maine, Coastal Enterprises Inc. and the Small Business Development Center at the Androscoggin Valley Council of Governments.

To request an application, confirm submission deadlines or ask about training sessions, contact Economic Development at 207-513-3126 or ECDGrantProgram@LewistonMaine.gov. Submit completed applications and attachments by email or deliver them to Economic Development, third floor, City Hall, 27 Pine St., Lewiston, ME 04240.



MAINE OUTDOORS

v. Paul Reynolds

SAM BANQUET DRAWS BIG SPORTSMEN TURNOUT

The Sportsmen’s Alliance of Maine (SAM) held its 51st annual banquet on Saturday, Sept 5th, at the Elks Lodge in Waterville. More than 300 sportsmen and women turned out for the festive fund-raising event, which was attended by sportsmen and women, guides, outfitters, and a number of political luminaries including U.S. Senator Susan Collins, Maine Governor Janet Mills and a host of candidates for political office.

The banquet featured special awards, a full-course meal, a silent auction, a live auction and a bucket raffle. Prizes ranged from rifle and fishing equipment and dozens of outdoor related items.

During the evening, which was emceed by Northwoods Sporting Journal Editor V. Paul Reynolds and hosted by David Trahan, executive director of SAM and Mike Parker, SAM president, a number of awards were presented to individuals for their various contributions toward supporting SAM’s mission, outdoor conservation and the furthering of Maine’s outdoor heritage.

The following awards were presented:

1. The Jason Jewett Youth Lifetime License Award. This year more than 36 lifetime fishing licenses were awarded to deserving youngsters. So far, SAM has given out more than 600 of these lifetime fishing licenses to deserving youngsters.
2. The SAM Lifetime Achievement Award was presented to U.S. Senator Susan Collins for her many efforts on behalf of Maine sportsmen and women.
3. The SAM Outdoor Education Center Volunteer Award



Photo by V. Paul Reynolds
During the SAM banquet a number of youngsters were on hand to be presented with their lifetime fishing licenses purchased by SAM

went to Brent St. Clair.

4. The SAM Sporting Club of the Year Award was presented to the Monmouth Fish and Game Association.



Photo by V. Paul Reynolds
SAM director David Trahan presented the SAM Lifetime Achievement Award to U.S. Senator Susan Collins. Pictured here with Collins, left to right, Mike Parker, Tenley Skolfield, Nick Archer, Sen. Collins, and David Trahan

St. Peter immediately gifted the flags to two veterans from the audience, both of whom had served the longest in the U.S. military.



THE HEALTHY GEEZER

Fred Cicetti

CAN YOU GET BRAIN CANCER FROM USING A CELL PHONE?

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

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

A Product of

Turner Publishing INCORPORATED

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 hydro-electric 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!

CLASSIFIEDS

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

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

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.

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.

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.

SEE ALL OF OUR
PAPERS ONLINE AT:
WWW.TURNERPUBLISHING.NET



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

7	5	3	4	8	2	1	9	6
9	2	8	7	6	1	4	3	5
6	4	1	5	3	9	2	8	7
8	7	6	1	4	3	9	5	2
1	9	5	2	7	6	3	4	8
2	3	4	9	5	8	7	6	1
5	8	7	3	1	4	6	2	9
3	1	2	6	9	5	8	7	4
4	6	9	8	2	7	5	1	3

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

Sponsored by



"The Original of Orono"
Auburn, Maine

PAT'S PIZZA

Serving the L/A area since 1985!
85 Center Street Auburn • 207-784-8221

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

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 and mail to: Find The Phony Ad Contest, P.O. Box 214 Turner, ME 04282 or email to: phonyad@turnerpublishing.net. (one entry per month and one entry per household statements)

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

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.



Civil Air Patrol Maine Wing remember September 11, 2001



Submitted photo

GREENVILLE - Civil Air Patrol Maine Wing joined communities across the nation marking the 25th anniversary of September 11, 2001. On Saturday, September 12, at the International Seaplane Fly-In in Greenville, our members participated in a formal presentation of the colors, the Na-

tional Anthem, a moment of silence, a coordinated American flag waving observance, accompanied by a Missing Man Formation flyover in support of Wreaths Across America's 25th anniversary September 11 remembrance initiative. Members of the Auburn-Lewiston Composite

Squadron participated in the event. Cadet Captain Summit Woodcock of Livermore served as the Cadet Commander for this event. Cadet Lt Col Scout Woodcock of Livermore served as a Flight Line Safety Officer. She also led the flag folding and presentation to Gary Norris,

Veteran and President of the International Seaplane Fly-In. Cadet Chief Master Sergeant Emilee Blake of Greene, Cadet Staff Sergeants Dameon Pepin and Kaz Suzuki of Auburn and Cadet Senior Airman Caden Richard of Leeds also participated in flag-waving ceremony.



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

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

2 COL. X 4" AD \$120



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





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.



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



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

Veteran's Name _____

Military Title _____

Short Message _____



PET
Spotlight



Ozzy

Submitted by Betsy, Auburn



Astri

Submitted by Kate, Auburn

Send us your favorite Pet Picture and your pet
may be in the next edition.

Email them to: petspotlight@turnerpublishing.net
Include your name,
your pets name and the town you live in.



Susan Collins.
Independent Leadership,
Delivering for Maine

PAID POLITICAL ADVERTISEMENT

- ✓ **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.

