



MOUNTAIN MESSENGER

Can you
find Coop?



Coop is hiding
somewhere in
this publication...

Direct Mailed Free Every Month to Homes in Avon, Phillips, Rangeley, Oquossoc, Eustis, the Plantations of Dallas and Sandy River

75¢ COUNTER COST

Volume 16 • Issue 3
October 9th, 2026 • Week 2

Turner Publishing, Inc., PO Box 214, Turner, ME 04282-0214 • 207-225-2076 • Fax: 207-225-5333 • E-Mail: articles@turnerpublishing.net • advertising@turnerpublishing.net • turnerpublishing.net/news

**MOUNTAIN
MESSENGER**

INDEX

Funny Things Kids Say.....	2
Maine Calendar.....	3
Kids Corner.....	4
Phony Ad Winners.....	5
Puzzle Page.....	6
Student News.....	12
Blues Classifieds.....	14

FEATURE ARTICLES

Movie Review: Primetime.....	5
Understanding Breast Cancer...	8
Plan the perfect hiking excursion.....	9
V. Paul Reynolds: The Salmon Paradox.....	11
Healthy Geezer Can you get brain cancer from using a cell phone?.....	12

**RIPLEY & FLETCHER
PLUS**

See page 10



Overlooking Flagstaff Lake from Cranberry Peak



Photo by Brett Bannister

Cranberry Peak via the Bigelow Range Trail

SOMEONE FORGOT TO TREAT YOU TO A MASSAGE
CUT THIS OUT AND REMIND THEM

Tina Falasco, LMT
Rangeley, ME

864-5805
Specializing in
Deep Tissue &
Neuromuscular Therapy

Greenwood Orchards
Since 1967

**Your LOCAL Farm
Stand & Bakery**

174 Auburn, Rd., Turner, Maine

NOW OPEN FOR THE SEASON

7-Days a Week - 8am to 6pm

TRAILSSEND
STEAKHOUSE
& TAVERN

Thurs-Sat: 11am - 9pm
Sun: 11am - 7pm

Eustis, Maine • 207-246-7511

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

LARGEST
SHOREMASTER
DISTRIBUTOR IN THE COUNTRY

Hammond
Lumber Company

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



Submit this form with your Funniest Thing Kids Say conversation and we will publish in an upcoming issue.

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Email Address: _____

Phone: _____

Funny Things Kids Say
Turner Publishing, Inc.
P.O. Box 214, Turner, Maine 04282
Or email: FunnyThingsKidsSay@turnerpublishing.net

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

Brunswick native serves with U.S. Navy in Japan

By Naval Supply Systems Command Fleet Logistics Center Yokosuka Public Affairs

Misawa, JAPAN – Petty Officer 2nd Class Adrian Tate, a native of Brunswick, Maine, serves the U.S. Navy, assigned to Naval Supply Systems Command (NAVSUP) Fleet Logistics Center Yokosuka, Site Misawa, aboard Misawa Air Base in Northern Japan. Tate graduated from Millington Central High School in Millington, Tennessee, in 2018, and joined the Navy five years ago. Today, Tate serves as a logistics specialist.

Tate grew up moving often and watching both parents serve. Tate credits his family background for his decision to enlist in the military. “My father was a Navy chief, and my mother also served,” Tate said. “So, military service was familiar to me and offered a path for growth and experience.”

Those frequent moves left a lasting mark on Tate. “Moving around a lot while growing up taught me adaptability,” Tate said. “My parents, boxing trainers and basketball coaches also taught me discipline and teamwork.”

Discipline and teamwork still shape how Tate approaches the job and has contributed to his success.

In 2025, Tate was named Sailor of the Year. That recognition and the chance to succeed in a demanding environment are his proudest accomplishments so far.

For Tate, service represents a combination of national contribution and continuous self-improvement. “Serving in the Navy to me means contributing to my country while



Submitted photo

continuing to develop my skills, discipline and experience,” Tate said.

During his naval career, Tate has completed multiple higher education programs and earned many credentials.

Tate earned an Associate of Arts degree in business from Collin County Community College in 2020, followed by a Bachelor of Science in business administration from Southern New Hampshire University in 2025. While pursuing his bachelor’s degree, Tate was also named to the Southern New Hampshire University President’s List in 2025 and became an inductee of the National Society of Leadership and Success in 2026.

Additionally, Tate earned the Enlisted Surface Warfare Specialist qualification in 2024 and obtained a Lean Six Sigma Green Belt certification in 2026. Lean Six Sigma is a data-driven methodology used in businesses for process improvement by reducing defects and variation, according to the American Society for Quality.

Tate is grateful to others for making a military career possible. “I’d like to thank everyone who genuinely supported me and encouraged me to grow,” Tate added.

NAVSUP Fleet Logistics Center Yokosuka is one of eight fleet logistics centers under Commander, Naval Supply Systems Command. The command oversees 13 sites across a 52-million-square-mile area of responsibility stretching from Misawa, Japan, to Stirling, Australia, and from Guam to Diego Garcia. Sailors and civilian employees provide supply and logistics support that enables maritime warfighter readiness throughout the Indo-Pacific.

Headquartered in Mechanicsburg, Pennsylvania, NAVSUP employs military and civilian personnel around the world. NAVSUP and the Navy Supply Corps provide global supply chain management, acquisition, operational logistics, and sailor and family support in partnership with the fleet to sustain naval forces worldwide.

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

CHECK US OUT!

SARGE'S Sports Pub & Grub

Phone 864-5616
Main St., Rangeley



MAINE NEWS CALENDAR

OCTOBER

Oct 4 - Friends of the New Gloucester Public Library annual Fall Book and Bake Sale, 12:00 – 3:00 p.m., New Gloucester Public Library, 379 Intervale Road, New Gloucester.

Oct 14 - Shiloh Pond Community Forest (Kingfield), 10 a.m., 200 acres owned by the Town of Kingfield and stewarded by High Peaks Alliance, featuring two ponds, wetlands, a small waterfall, and a scenic forest trail, registration is free but required, as space is limited, <https://secure.qgiv.com/for/highpeaksalliance/event/woodwalks/>.

Oct 16 - Artist Reception celebrating the works of Carol Sullivan (“Exploring Silk”), 5:30 – 7 p.m., 2493 Main St., Rangeley, come on out to meet the artist, enjoy complimentary refreshments and a beer/wine cash bar.

MONTHLY MEETINGS

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

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 Li-

brary, large meeting room in the basement.

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

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

SOUTH PARIS: South Paris Farmers’ Market, Thursdays 2-6 p.m., 9 Market Square in the parking lot right next door to Oxford Hills Mercantile/Ollie & David’s.

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.

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

GILEAD: Gilead Historical Society open every Saturday 12 – 3 p.m., 14

Depot St., Gilead, FMI call (207) 836-2987.

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

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

FARMINGTON: Farmington Chess Club meets every Tuesday from 6-8 pm at the Parks and Rec Center, 127 Middle St., Farmington. All skill levels are welcome.

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

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

JAY: St. Rose of Lima Community Meals, 1 Church Street (Parish Hall), Community meals offered on the first and third Saturdays of the

month from 4:30 p.m. to 6 p.m. For more information or to help: (207) 897-2173.

MADISON: Music Jams - Open Mic. 1st and 3rd Sunday of each month, 1-4 p.m. Masonic Hall, Madison.

RANGELEY: The Lakeside Contemporary Art Gallery’s spring/summer show, paintings by Ashton F. LeCraw, will run from May 29 - July 6th. All is welcome & artwork is available for purchase. LCAG is located at 2493 Maine Street, Rangeley & open Tues - Sat. 10 a.m. - 2 p.m. & during theatre showing. <https://rangeleyarts.org/event/lcag-artist-reception-ashton-lecraw/> or call 207-864-5000.

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

SKOWHEGAN: St. Anthony’s Soup Kitchen, 273 Water Street, 1st and 3rd Tuesdays of each month and every Thursday, 3 p.m. to 4 p.m. For more information or to help: (207) 474-2039.

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

WATERVILLE: A Service for Veterans, Veteran Service Officer from the Bureau of Veterans’ Services will be available to meet with you from 8 a.m. – 2 p.m. first Thursday of the month at

the Muskie Community Center, 38 Gold Street, Waterville, appointments are 30 minutes. To reserve your private appointment, call (207) 873-4745.

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

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

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

FARMINGTON: Farmington Grange has WWW, Wednesday Welcome and Warm Up, First and third Wednesdays,

November thru April. Everyone is welcome, 10-2, coffee sweets, light lunch, social time, projects, games and puzzles. Grange Hall is located at 124 Bridge Street, West Farmington. For more information call Bonnie Clark 207-778-1416

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

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

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.

MAINE NEWS PAGE

If you are hosting a free community event and would like it added to our calendar, please email your details to: mainenews@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. Church, library and school event news is free on this page. If you are a business and/or charging admission/fee, there is a charge for a display ad on these pages. Email: mainenews@turnerpublishing.net. Call 207-225-2076 for prepayment options. Events for the Maine Events 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: 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

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

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

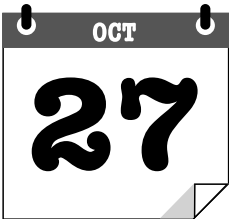


B



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...

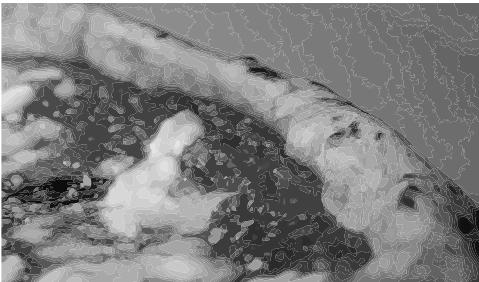
English: Sauce
Spanish: Salsa
Italian: Salsa
French: Sauce
German: Soße

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





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 “Prime-time,” 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 art-house 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)



The winners of the Phony Ad Contest!

Thank you to our phony ad sponsor The Shed

August Phony Ad & Coop Winners

Auburn Highlights: Kevin Smith
Midcoast Beacon: Sheri Bishop
Country Courier: Doreen Bellmore
Country Connection: Brenda Brindley
Franklin Focus: Wade Atwood
Good News Gazette: Arthur Philbrick
Kennebec Current: Nichole Bilodeau
Lewiston Leader: Lucy Langelier
Lisbon Ledger: Linda Hartford
Lake Region Reader S: Lucille Phillips
Lake Region Reader N: Tom Fitzpatrick
Moose Prints: Sandy Drew
Oxford Hills Observer: Brockton Brooks
Somerset Express: Lisa Hackley
Two Cent Times: Jamie Feyler
Western Maine Foothills: Donna Rotford
Mountain Messenger: Sylvia Wheeler
Coop Stuffy Winner - Levi Hadji, Lewiston

FIND THE PHONY AD!!!

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

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

You must include all the information requested below to be eligible to win.
Note: Turner Publishing will not lend or sell your email address to a third party.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: () _____

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

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

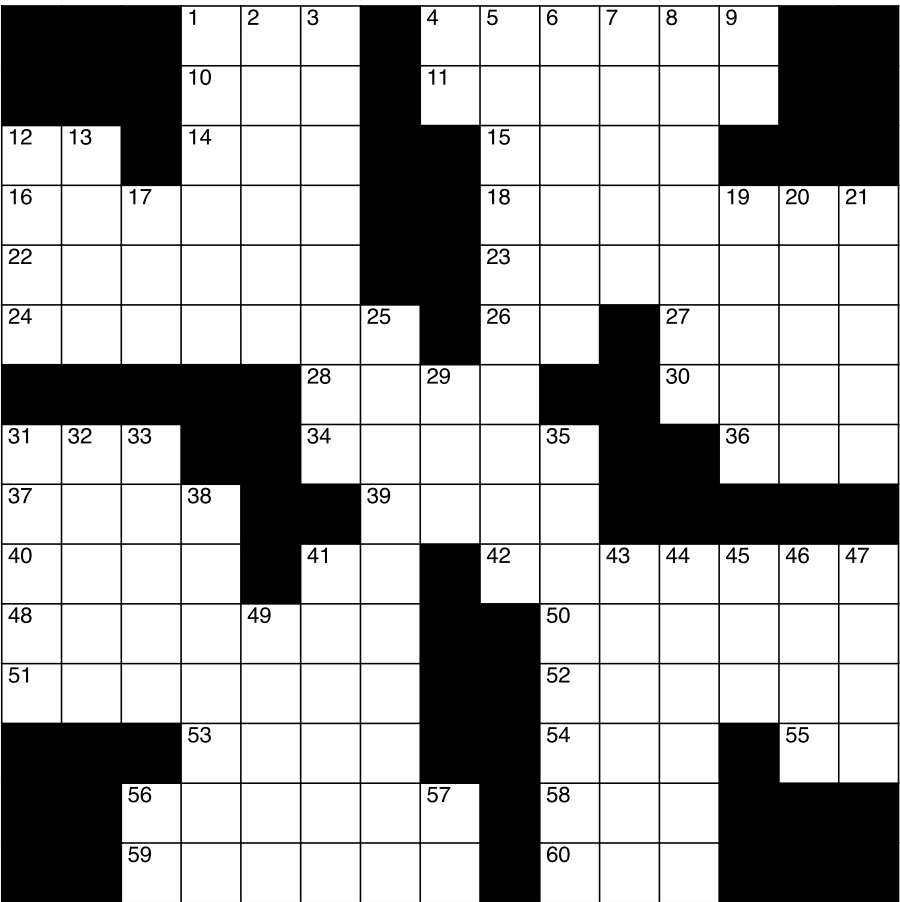
Do you read our paper online at www.turnerpublishing.net? Yes or No

*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.

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

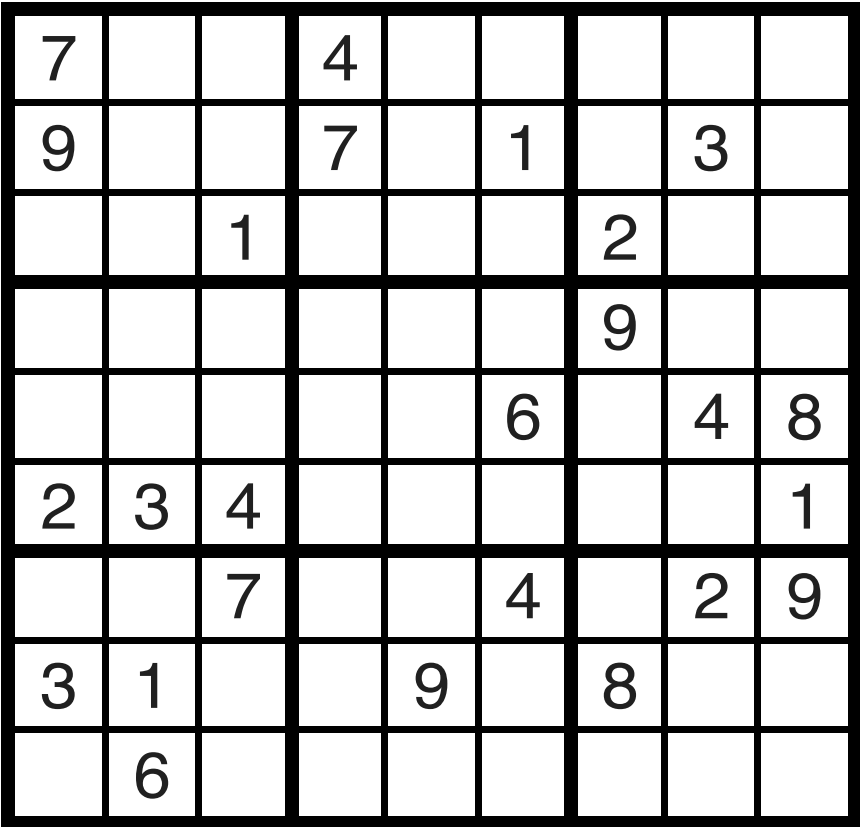


Solve the code to discover words related to chiropractic care.
Each number corresponds to a letter.
(Hint: 24 = N)

- 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



Level: Advanced

AT THE CHIROPRACTOR WORD SEARCH



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.

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.

CODA Chorus invites singers to join for a December concert with the Augusta Symphony

WINTHROP - includes the ASO performing Grieg’s Wedding Day at Troldhaugen, a pops concert selection of Christmas at the Movies, and music from Tchaikovsky’s Nutcracker Suite, will feature a selection of John Rutter’s Christmas carols.

The popular online music newsletter Interlude says, “John Rutter’s Christmas carols are a radiant gift to the world, illuminating the holiday season with melodies that capture the heart

and spirit of Christmas. In his compositions, lively and energetic or serene and glowing with warmth, he weaves a spell that feels both timeless and deeply personal.” They add, “Rutter’s music invites singers and listeners into a shared celebration. It transcends mere notes, embodying the wonder of starlit nights, the joy of communal song, and...quiet hope.”

For the December 13th concert CODA

Chorus will sing ten of the most popular carols that Rutter has composed for the holiday season, including Angels’ Carol and the Shepherd’s Pipe Carol. The program will conclude with a rousing sing along of Handel’s beloved Hallelujah Chorus.

CODA is a community chorus, and all are welcome to come sing with us. The chorus is led by Dr. Christine Letcher, assistant professor of music at the

University of Maine at Augusta (UMA). She holds degrees from Westminster Choir College of Rider University, Northwestern, and the University of Maine. Prior to joining the faculty at UMA, she was on the faculty at Westminster Conservatory of Music in Princeton, NJ. Christine also served as a Peace Corps volunteer in Morocco from 2000 – 2002. Her style of leading the choir is fun and inclusive.

Rehearsals are held each Tuesday night from 6:30 to 8:30 p.m. at the Winthrop United Methodist Church, 58 Main Street in Winthrop, beginning September 15th. There will also be three yet-to-be scheduled joint rehearsals with the symphony prior to the performance.

For more information and registration please email coda.chorus.winthrop@gmail.com or visit <https://www.codachorus.com/>.



MT. BLUE

MECHANICAL

PLUMBING HEATING COOLING

207-500-6797

• Residential & Commercial

• Installation & Service

• New Construction & Remodels

• Fully Insured

Zach Parker | Master Plumber | Oil & Propane

mtbluemech@gmail.com

Scam Alert Bulletin Board



How Scammers are Exploiting Product Recalls

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

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

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

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

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

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

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!



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

Understanding Breast Cancer

Previously ran in 2022

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 the 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 diagnoses 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. The on-again-off-again diets and health kicks raise havoc with 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 the 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 in time at the gym or join a sporting activity, do it and have fun with it. 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 are showing

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 only pursue if absolutely 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 increase 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

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

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



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.
- 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 Bearfoot 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.



Metro photo



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 _____

Morton & Furbish Real Estate



Caryn Dreyfuss Broker

*“Your Real Estate Source
For The Rangeley Region”*

One of the top producers in the Rangeley Region and all of Franklin County for 21+ years, I have enjoyed great success bringing buyers and sellers together to achieve their real estate goals. I am passionate about what I do, I look forward to assisting you with personalized service and expertise.

2478 Main St., Rangeley • Cell 207-233-8275
caryndreyfuss@morton-furbish.com

Lobster Luncheon fundraising event a big success

MEXICO - Monday, September 26, 2026, was the semi-annual Lobster Salad/Chicken Salad luncheon, one of the biggest fundraising events. The funds raised from events like this help provide scholarships to local area high school students pursuing further education, as well as other community projects!

Thank you to Mexico Walmart for donating frankfurter rolls, as well as Mountain Valley Variety Store for giving a huge discount on the Lobster Salad and for donating the Chicken Salad and brownies.

Thank you to Rotarians who donated their time starting at 7:00 a.m. at HOPE Association kitchen, prepping the rolls and lunch bags, which also included a bag of chips and a soft drink,



Submitted photo

In the photo are Joseph Sirois, Jennifer Merrill, Dick Lovejoy, Catherine Ross, Dave LAURINAITIS, Tim Placey, Barbara Arsenault, Rich Allen and Roger Whitehouse - Club President.

and then delivering them! (Thanks, HOPE Association for donating your kitchen to the Rotary Club for this event!)

Lastly, sincere appreciation is extended to the local schools, businesses and the able orders to make this event a huge success.

ripleysplus.com (207) 778-5607



467 Wilton Rd. Farmington, ME 04938

		
2018 Ford Escape Stk # P2609	2024 Hyundai Kona Stk # S064A	2018 Toyota Rav 4 Stk # T106B
\$14,577	\$26,987	\$17,977
		
2019 Subaru Ascent Stk # P2611	2022 Honda CRV Stk # T015A	2022 Honda Odyssey Stk # P2608
\$16,987	\$27,987	\$29,987



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 system is under an



Photo by Fred Hurley

The author and his late wife, Diane, with their day’s catch on the fabled Kenai River.

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 catcher-unit-effort in a handful of premium pools doesn’t tell us how many salmon 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.

FITNESS CLASS SCHEDULE

monday

9-10AM

Super Circuit

w/ Hawk

10:15-10:45AM

Functional Fitness

w/ Hannah

11AM-12PM

Water Aerobics

w/ Diane

11AM-12PM

Gentle Yoga

w/ Kyle

tuesday

8-9AM

Total Body Strength w/ Brit

9-10AM

ALL LEVELS SPIN

w/ Cyn

10:15-11AM

Chair Yoga

w/ Hannah

4-5PM

Karate (Kids)

w/ Dan

5-6PM

Power Yoga

w/ Hannah

wednesday

8-9AM

Essentrics

w/ Kristi

9-10AM

Super Circuit

w/ Hawk

10:15-10:45AM

Functional Fitness

w/ Hannah

11AM-12PM

Gentle Yoga

w/ Kyle

3-6:30PM

Jiu Jitsu

w/ Shawn

thursday

8-9AM

Total Body Strength w/ Brit

10-11AM

Gentle Flow Yoga

w/ Holly

5-6PM

Karate (Kids)

w/ Dan

6-7PM

Karate (Teen/Adult)

w/ Dan

friday

8-9AM

Total Body Strength w/ Brit

9-10AM

Super Circuit

w/ Hawk

10AM-11AM

Gentle Yoga

w/ Kyle

11AM-12PM

Water Aerobics

w/ Diane

saturday

9-10:15AM

All Levels Yoga

w/ Kristina

10AM-11AM

Gentle Yoga

w/ Kyle

FITNESS CENTER

FULLY-EQUIPPED GYM

FITNESS CLASSES

PERSONAL TRAINING

PICKLEBALL

SILVER SNEAKERS PARTNER

HEATED THERAPY POOL

PROGRAMS & SERVICES

CHILDREN'S PROGRAMS

MASSAGE THERAPY

PHYSICAL THERAPY

RESPIRE CARE

SWIM LESSONS

MEMBER PRICING:

BLUE CLASSES - \$10

PINK CLASSES - FREE

GREEN CLASSES - Monthly Fee

NON-MEMBER DROP IN \$12

SCAN ME

For updated online schedule

f

ig

@rangeleyhealthandwellness

RHW is a nonprofit community organization dedicated to promoting health, wellness, and quality of life in the Rangeley Lakes Region.

Through fitness programs, physical therapy, youth and senior activities, community partnerships, and educational initiatives, RHW serves residents and visitors of all ages. As a nonprofit, Rangeley Health & Wellness relies on grants, fundraising events, and charitable contributions to make wellness programs accessible to the entire community.



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

STUDENT NEWS

Kaila Godbey, of Jay, named to University of Rhode Island Dean's List

Kingston, RI - The University of Rhode Island is pleased to announce that Kaila Godbey, of Jay, has been named to its Spring 2026 Dean's List.

To be included on the Dean's List, full-time students must have completed 12 or more credits for letter grades which are GPA applicable during a semester and achieved at least a 3.30 through 3.79 grade point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades which are GPA applicable earning at least a 3.30 through 3.79 grade point average.

Vermont State congratulates Carson Zundel for graduating and earning Spring 2026 President's List honors

Randolph Center, VT -- Vermont State University is pleased to recognize Carson Zundel, of Farmington, for earning a place on the President's List for Spring 2026. Zundel earned a Bachelor of Science in Outdoor Education Leadership.

As the university's highest academic distinction, the President's List recognizes full-time students who earned a 4.0 semester grade point average.

Congratulations to Carson Zundel on this outstanding academic achievement

Adam Hamblet named to President's List at Plymouth State University

Plymouth, NH - Adam Hamblet, of Carrabasset Valley, has been named to the Plymouth State University President's List for the Spring 2026 semester. To be named to the President's List, a student must achieve a grade point average of 3.70 or better for the Spring 2026 semester and must have completed at least 12 credit hours during the semester, at least nine of which must confer grade points, at the time the lists are finalized. Hamblet is majoring in Business Administration at Plymouth State.

Lyle Hering named to Dean's List at Plymouth State University

Plymouth, NH - Lyle Hering, of Kingfield, has been named to the Plymouth State University Dean's List for the Spring 2026 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 for the Spring 2026 term and be a matriculated student with at least 12 credits, at least nine of which must confer grade points at the time the list is finalized. Hering is majoring in Adventure Education at Plymouth State.

Zhanbo Lin named to Dean's List at Georgia Tech for the Spring 2026 Semester

Atlanta, GA - Zhanbo Lin, of Wilton, made the Dean's List for the Spring 2026 semester at the Georgia Institute of Technology. This designation is awarded to undergraduate students who have earned a 3.0 or higher academic average for the semester.

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



www.turnerpublishing.net

Class holds 65-year reunion

JAY – The Jay High School Class of 1961 held its 65-year class reunion at LaFleur’s Restaurant in Jay on Wednesday, August 19, 2026. Of the 53 original classmates who started high school together as freshmen, fifteen attended the reunion.

Time for socializing started at 11:00 AM followed by a luncheon at Noon. Rev. Robert Plaisted, a classmate, gave the blessing and offered a moment of silence for departed class members: Daniel Brougham, Janice Foster, Robert Hebert, Donna Bryant Wuori, Larry Gallant, Georgette Nolette Jewett, Leila Forbes Viles, Jean LeBlond Corcoran, Joseph Turmel, Terry Storer, Grace Robinson Judd, Priscilla Labbe, Geraldine Pomerleau Bibeau, Keith and Shirley James Cornelio, Raymond Ouellette, Lois Morse Beechum, and Ronnie Couture.

Those attending the reunion from out of state were Paula Metcalf Olesen, Sun City Ctr., Florida and Albert and Janet Perry, Littleton, NH.

Those attending from Maine were Rev. Robert Plaisted and Susan Stinchfield, Auburn; Vince and Maureen Drottar, Hampden; Ron and Marge Coulombe Lindholm, Belgrade; Cynthia Riggs Richards, Lewiston; and David and Patricia Moore, Livermore.

The following were from Jay: Gene Allaire; Sharon Farrington; Bob and Pauline LeClair Roy; Julie Legere Smith; Elaine Pomerleau Haley; Cleo Robinson Roy; David and Patricia Dunn; and Sandy Mosher Snowden.

We all enjoyed seeing and visiting with classmates we had not seen in years.

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

★ Customer Directory Page ★

Caryn Dryfuss
Morton & Furbish Real Estate
2478 Main St.
Rangeley
207-233-8275

Evergreen
Golf Club
www.evergreengolfrangeley.net
207-864-9055

Tina Falasco,
LLMT
Rangeley, ME
207-864-5805

Morton &
Furbish
Real Estate &
Vacation Rentals
2478 Main Street, Rangeley
207-864-5777

Town
of
Rangeley

Trail's End
Steak House & Tavern
Eustis, ME
207-246-7511

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

Hammond
Lumber
Company
hammondlumber.com
1-800-HAMMOND

Independent
Power
Greene, Maine
207-946-4444

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

Mt. Blue
Mechanical
mtbluemech@gmail.com
207-500-6797

The Umbrella
Factory
639 Roosevelt Trail, Naples
207-693-3988

Portage
Tap House
www.portagetaphouse.com
207-864-9404

Powr Point
Generator Power
Systems
powrpoint.com
207-864-2787

Rangeley
Building
& Remodeling
www.rangeleybuilders.com
207-864-3925

Rangeley
Health
& Wellness
25 Dallas Hill Rd., Rangeley
207-864-4397

Ripley &
Fletcher
467 Wilton Rd.
Farmington
207-778-5607

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

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

B•L•U•E•S

Buying•Local•Used & Extra•Stuff

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.

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.

Tell us how we are doing!

Send your raves/comments to: raves@turnerpublishing.net

"I so enjoy this good community news about our people here."
- Donna, Waterville

"Great information and ads for our area!"
- Jill, Poland



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

2X2 AD
THIS SIZE

1X2 AD
THIS SIZE

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

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

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





Legal Information

PO Box 214 • Turner, ME 04282
email: advertising@turnerpublishing.net • articles@turnerpublishing.net

The Mountain Messenger is published by Turner Publishing Inc., P.O. Box 214, Turner, ME 04282-0214. Advertisers and those wishing to submit articles of interest can call 1-207-225- 2076 or email articles@turnerpublishing.net. Any views expressed within this paper do not necessarily reflect those of this paper. This paper assumes no responsibility for typographical errors that may occur, but 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. This paper is mailed on a weekly basis, FREE to all postal customers of Strong, Avon, Phillips, Madrid, Rangeley, and Oquossoc and the Plantations of Dallas, Rangeley & Sandy River.



CLASSIFIED ADS

Send this order form with payment to

Turner Publishing
P.O. Box 214
Turner, ME 04282

Number of Weeks _____

Name _____

Address _____

City/State _____ Zip _____

Mountain Messenger's Bishop

Advertising:
Jodi Cornelio
Randy Bell
Patrick Riley
Brett Bannister
Kathlene Clarke
Jessica Mason
Glenn Bechard

Production
Michelle Pushard
Brett Bannister

Proofreader
Robin Robertson
Glenn Bechard

Writer/Photographer
Bill Van Tassel

Administration
Jessica Mason
Brett Bannister
Patrick Riley

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 Trust-



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)

ees. "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)

Antonín Dvořák — Piano Quartet No. 2 in E-Flat Major, Op. 87

Wednesday, February 24, 2027

From the July 28, 2026 concert
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 "Ameri-

can" (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.

WESTERN MOUNTAINS'
MOST TRUSTED
STANDBY GENERATOR
DEALER

- **Turn-key installations for both residential & commercial projects.**
- **Offering Planned Maintenance Agreements on all makes & models.**
- **Fully certified KOHLER & CUMMINS service staff with 24/7 emergency service available.**

POWER POINT
GENERATOR POWER SYSTEMS

207.864.2787
POWERPOINT.COM

Call Paul Rizzo

KOHLER
IN POWER. SINCE 1920.
Titanium Bold Dealer

