FREE Midcoast Beacon

Can be found in local grocery stores and direct mailed in Brunswick, Topsham and Freeport.

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

Just Good News Since 1992 MAINE NEWS at www.turnerpublishing.net/news

November 2026, Volume 9, Issue 10

www.centralmainetoday.com • www.turnerpublishing.net • 207-225-2076 • Fax: 207-225-5333 • articles@turnerpublishing.net • advertising@turnerpublishing.net

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.

Midcoast Beacon

INDEX

Funny Things Kids Say.....2
Maine Calendar.....3
Kids Corner.....4
Puzzle Page.....5
Reader Recipe.....12
Coloring Contest.....13
Classifieds.....14
Phony Ad Winners.....14
Honoring Our Veterans.....16

FEATURE ARTICLES

The Healthy Geezer: Mercury.....2
We All Need It - STRETCH!.....8
Notable Thanksgiving Traditions.....9
Movie Review: Street Fighter (2026).....11
V. Paul Reynolds: The Great Rut Debate.....12



Scan to read our papers free online.

Cowboy Mounted Shooting Association Halloween Event





Angela Archer photos

Cowboys, cowgirls, and their trusty horses brought a little Wild West excitement to Halloween during the It's The Great Pumpkin Shoot event, hosted by the Pine State Pistoleros on October 24 at the Topsham Fairgrounds. Riders showed off their speed, skill and precision in a thrilling mounted shooting competition, featuring black and orange balloons, festive costumes and plenty of Halloween spirit!



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

DUMP GUY

207-450-5858

www.theDumpGuy.com

JUNK REMOVAL
Commercial & Residential

$50 OFF JUNK REMOVAL
With this ad. Expires 11/30/26

SEACOAST JUNK & DEMO

CALL OR TEXT FOR A FREE ESTIMATE
207-691-2203

SEACOASTJUNKMAINE.COM

FULLY INSURED, LICENSED, & CERTIFIED
INTERIOR/EXTERIOR/ FULL STRUCTURE DEMO
ESTATE CLEANOUTS
RESIDENTIAL & COMMERCIAL
AND MORE!

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!



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

Three year old grandson was excited to visit grandma's house, and was running around barefoot on the deck. It was still March in Maine so that was still snow in the yard. When I had a snowball hit me, I realized he was going barefoot into the snow. "Aren't your feet cold?" "Oh, no. I have imagination!" He said. Dave Carrington

I was showing my granddaughter where we used to go fishing in Lake Ontario, when my great grandson Carson, took my reading glasses, looked at the map and said : "Wow, I can see the fish in the water!" Annie Nightengale, New Sharon



THE HEALTHY GEEZER Fred Cicetti

Mercury

Q. Can you get cancer from eating fish that contains mercury?

There is no strong evidence that mercury causes cancer in humans. The U.S. Environmental Protection Agency (EPA), the Agency for Toxic Substances and Disease Registry (ATSDR), and the World Health Organization's International Agency for Research on Cancer (IARC) do not classify environmental mercury as a known or probable human carcinogen.

Primary health concerns surrounding mercury center on its neurological and kidney toxicity, rather than cancer risk.

Mercury, a liquid metal also known as quicksilver, combines with carbon to make organic mercury compounds; methylmercury is the most common one. Methylmercury is made primarily by microscopic organisms in water and soil.

Methylmercury builds up in the tissues of fish. Larger and older fish tend to have the highest levels of mercury. Research shows that most people's fish consumption does not cause health concerns.

Almost all fish—and shellfish—contain traces of mercury. However, some fish have higher levels of mercury that can harm the developing nervous system of a fetus or young child. The risks from mercury in seafood depend on the amount and type that is consumed.

The EPA and the U.S. Food and Drug Administration (FDA) give the following advice to those at highest risk such as pregnant women:

• Do not eat shark, swordfish, king mackerel or tilefish. These have high levels of mercury.

• Eat shrimp, canned light tuna, salmon, pollock, and catfish. These are low in mercury.

Albacore, or white meat tuna, has more mercury than canned light tuna.

• Contact your local health department to check local advisories about the safety of fish caught in nearby waters.

(An important added note: fish sticks and fast-food fish sandwiches are usually made from seafood low in mercury.)

Mercury is a naturally occurring element that is found in air, water and soil. In addition, mercury enters the air from mining ore, burning coal and waste, and from manufacturing plants. It enters the water or soil from natural deposits, disposal of waste, and volcanic activity.

Exposure to mercury occurs from breathing contaminated air, ingesting contaminated water and food, and having dental and medical treatments.

Pure mercury has been used to make thermometers, switches, pressure gauges, fluorescent bulbs, button batteries, thermostats, dental fillings and medicines.

In recent years, there has been a growing focus on the need to decrease the use of mercury in products and to prevent mercury in existing products from entering the waste stream. Several states have passed legislation to reduce mercury in waste.

So how about those fillings in your mouth?

Dental amalgam is a silver-colored material used to restore teeth that have cavities. Dental amalgam is made of liquid mercury and a powder containing silver, tin, copper, zinc and other metals. Mercury concentration in dental amalgam is generally about 50 percent by weight.

Is dental amalgam safe?

For the vast majority of people, dental amalgam is not considered a health threat by major regulatory bodies, including the FDA and the American Dental Association (ADA).

All Rights Reserved © 2026 by Fred Cicetti

APPLIANCE WAREHOUSE 207-761-0000
Guaranteed Lowest Prices and Expert Advice!
EXPERT ADVICE, LOWEST PRICES AND LOCALLY OWNED SINCE 1974
KNOWLEDGEABLE AND EXPERIENCED SALES TEAM
QUALIFIED AND DEDICATED DELIVERY TEAM
MAYTAG KitchenAid FRIGIDAIRE Electrolux Whirlpool GE
WWW.MAINEAPPLIANCEWAREHOUSE.COM
411 WESTERN AVE, SOUTH PORTLAND, ME

$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 November 20 - December 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.

MAINE CALENDAR

2026

DECEMBER

Dec. 5 & 6 - Wayne Holiday Stroll- sponsored by Sustain Wayne, 9 a.m. - 8 p.m., Mulit Vendor, tree lighting & carols.

MONTHLY MEETINGS

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.

LEWISTON: Renewal Addiction Ministry. Applying biblical truth to the root of addiction. Every Friday 630pm. 89 Birch Street Lewiston @The Root Cellar. Alex Theriault 207-274-1570

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

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.*

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

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

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

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

CANCELLATIONS
None listed.
POSTPONEMENTS
None listed.

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

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

Get ready for Maine's firearms deer hunting season

AUGUSTA - The woods are calling, and Maine's firearms deer hunting season is almost here!

Maine residents can take to the woods beginning this Saturday, October 31, and nonresidents can join the hunt beginning on Monday, November 2.

The Maine Warden Service wants to remind hunters that preparation and safety are key to a successful season. Before opening day, take time to check your gear, fine-tune your plans, and review a few important safety reminders.

Whether you're returning to a familiar stand or exploring a new area, a little preparation and good judgment go a long way toward a safe, memorable hunt.

Before heading into the woods:

Know your firearm. Check that it's in good working order and always treat it as if it's loaded. Keep the muzzle pointed in a safe direction, carry it safely, and be sure of your target and what lies beyond it.

Review treestand safety. Always wear a full-body safety harness and use a safety line. Once safely secured, use a haul line to raise your unloaded firearm. Check for hazardous trees and branches before setting up.

Plan for the unexpected. Tell someone where you're hunting and when you expect to return. Bring a compass, a survival kit, and the supplies you need if you're delayed or conditions change.

Get your spot ready. Do some last-minute scouting, confirm landowner's permission, check your equipment, and make sure you're familiar with the area.

Hunt responsibly. Know the regulations for your Wildlife Management District (WMD), respect other outdoor users, and make safety your top priority.



Photo by *mefishwildlife.com*

We wish you a safe and memorable season in the Maine woods. Look out for one another, respect the resource, and make the most of your time outdoors.

More information is available at *mefishwildlife.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



Creative Coloring

Color in this picture to create your own masterpiece.



THIS DAY IN HISTORY

NOV

10

1775: The United States Marine Corps is founded in Philadelphia.

1847: A passenger ship is wrecked in thick fog off the southern coast of Ireland, prompting construction of the Fastnet Rock lighthouse.

1983: Windows 1.0 is introduced.

People FACT:

How many military veterans currently live in the United States and Canada?

Answer: 15.7 million in the U.S. and 461,240 in Canada

Double Word Puzzle

Unscramble the individual words to reveal letters for the phrase.

DMLAE _ _ _ _ _ (1 2 3)

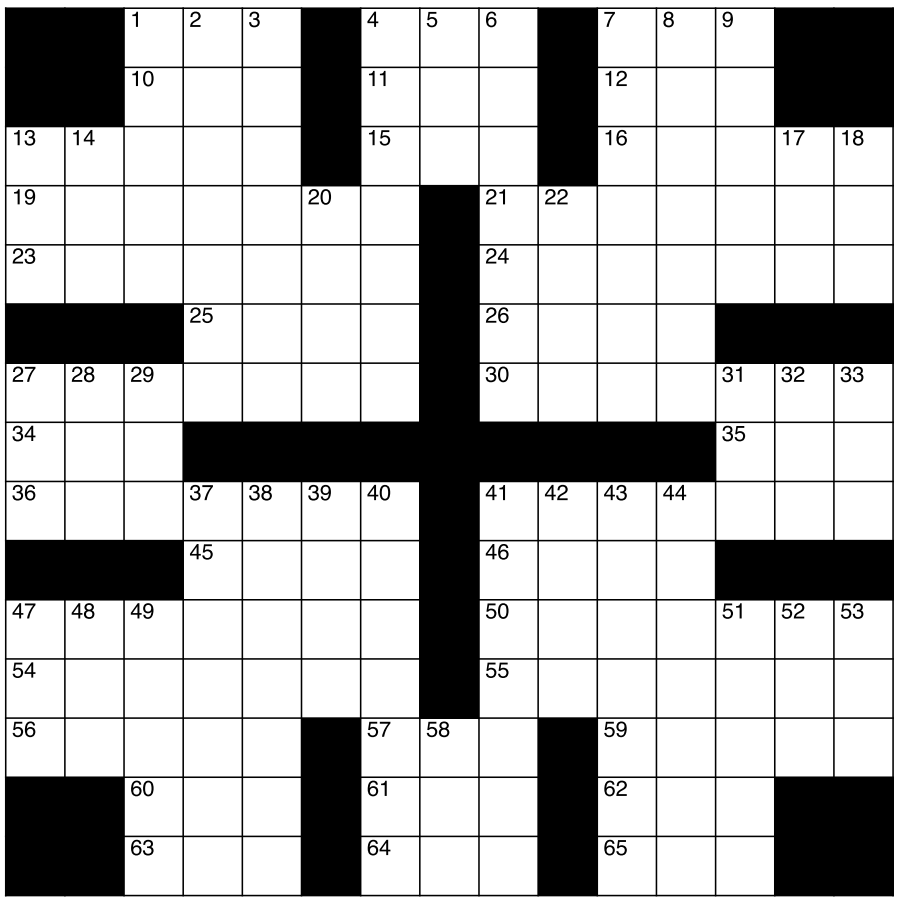
NUFIOMR _ _ _ _ _ _ _ (4 5 6)

TETLAB _ _ _ _ _ _ (7)

RESECIV _ _ _ _ _ _ _ (8 9)

H _ _ _ _ _ _ _

Crossword



CLUES ACROSS
1. Tire pressure metric
4. Request
7. Clairvoyance
10. 007's creator Fleming
11. Male adult
12. Norse mythological figure
13. Coffin cloths
15. Breeze through
16. Ladyfish genus
19. We all take them
21. Nobleman's jurisdiction
23. Members of U.S. Navy
24. Rummy-like card game
25. Unable to move
26. Type of horse
27. Parted
30. Woman's cloak
34. South American plant
35. Prohibit
36. Something one takes
41. Dish detergent manufacturer
45. Romanian river
46. Personification of pity
47. Makes upset
50. Discuss again
54. Medical instrument
55. Support
56. Informal term for money
57. Catch doing something wrong
59. Prehistoric people
60. Large African antelope
61. Automobile
62. "Losing My Religion" rockers
63. High-resolution scientific instrument
64. A major division of geological time
65. Attempt

CLUES DOWN
1. Indoor plant
2. Fit to be sold
3. Rather
4. Collected
5. A baglike structure in a plant or animal
6. Irish rap group
7. Ageless
8. Lists indicating curriculum
9. Pokes at
13. Public television station
14. They __
17. Cooking tool
18. Separately managed account
20. Iron-containing compound
22. Swiss river
27. Former French coin
28. Electronic countermeasures
29. Taxi
31. Helps little firms
32. Unhappy
33. Midway between northeast and east
37. Glowing
38. Lists of items to be discussed
39. An informal body of friends
40. Indispensable quality
41. Neural structures
42. Brews
43. A place to dock
44. Festive singer
47. Sino-Soviet block (abbr.)
48. Northernmost point of mainland Wales
49. Most worthless parts
51. Type of "bear"
52. Take or consume
53. Defunct European organization
58. Swiss river

CRYPTO FUN

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

Solve the code to discover words related to Thanksgiving.
Each number corresponds to a letter.
(Hint: 12 = A)

A. **10 5 24 4 11 18**
Clue: Poultry

B. **14 12 10 22 11 24**
Clue: Get together

C. **10 22 12 19 4 1 5 25**
Clue: Showing gratitude

D. **1 12 8 16 25 18**
Clue: Relatives

Answers: A. turkey B. gather C. thankful D. family

SUDOKU

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

Level: Advanced

THANKSGIVING TABLE WORD SEARCH

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

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

WORDS

CASSEROLE
CENTERPIECE
CORNBREAD
CORNUCOPIA
CRANBERRY
DESSERT
DINNER
FEAST
GATHERING
GOURD
GRATITUDE
GRAVY
HARVEST
LEFTOVERS
MAYFLOWER
PARADE
PILGRIMS
PUMPKIN PIE
STUFFING
SWEET POTATOES
TABLE
TURKEY
WAMPANOAG
WISHBONE

WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.





Answers:
1. More plants and basket on right 2. Missing pumpkin 3. Bird in sky
4. Gourd in front

AARP Maine Community Outreach volunteer



Joyce Bucciantini

By November, the last bit of Autumn warmth is mostly behind us. Sure, there are still a few brisk fall days for outdoor fun or the last bit of yard work, but the stacks of wood pellets in front of hardware stores and fuel trucks delivering home heating oil are a solid reminder that winter will soon be here; along with the heating bills.

Home heating oil use in Maine has declined over the last 15 years. Currently, about 50% of Maine households depend upon fuel oil as the primary source of heat, and the increasing cost of home heating oil is a major concern for many families. The Maine Department of Energy Resources' (maine.gov/energy/home) most recent survey of home heating fuel prices reported that the statewide average price for heating oil was $6.02 per gallon, representing an 81 percent increase from last fall. Homeowners can expect to pay about $740 more to fill up a standard 275-gallon oil tank than they did a year ago. These price increases will certainly impact household budgets for Mainers of all ages.

Maine Housing helped over 45,000 households stay warm last winter through the Home Energy Assistance Program (HEAP) or LIHEAP and the Energy Crisis Intervention Program (ECIP). HEAP helps qualified homeowners and renters pay for heating costs, and ECIP helps eligible Mainers who are at risk of losing their heating source. Both programs are administered through Maine Housing and nine local Community Action Agencies. Maine Housing's website has information about the energy conservation and heating assistance programs to help Mainers stay warm this winter. Applications are online as well at mainehousing.org.

Home heating bills are not the only utility expense that increases over the winter. Electric bills and other utility bills may cost more as well. The Maine Public Utility Commission (PUC) lists several resources to help families who are struggling to pay their bills (maine.gov/mpuc/consumer-assistance/programs). The website has practical first steps to help families contact their utility companies to discuss possible payment options or other assistance that might be available.

There is no doubt that Mainers are resourceful. We already turn the thermostat down and put on an extra sweater to save on energy bills. Before we need to reach for a third sweater, it is a good idea to make a plan for the upcoming heating bills. The Maine Housing and the PUC websites have useful resources to help us be prepared when winter arrives.

As always, please check out our upcoming events and programs and be sure to bring a friend. I hope to see you soon!

Becoming a dark sky community

A Dark Sky Community designation lets the world know we care about keeping our stars visible and that we are working hard to achieve this. There is nothing like looking up at the sky and seeing millions of stars swirling around our Milky Way Galaxy. Sky gazing has increased in popularity and is giving a boost to tourism. More than 80% of the country lives under light polluted skies and cannot see the stars at night. Here in western Maine, we are lucky to still be able to see them. Being a Dark Sky community does not mean turning off every light. Proper lighting used when and where necessary is the key. Here's how.



Avoid those spotlights on the corner of the house or garage that light up your yard. Ever notice when you pull into the driveway and those big lights come on you need to squint to see. Like someone pointing a flashlight in your face. You are temporarily blinded by the light. Use a shield that directs the light downward where it is needed on the ground.

Use a motion sensor on your lights so they go off when no longer required. Animals have very good night vision and appreciate the darkness.

Fixtures mounted under eaves should be fully recessed, so the bulb does not drop below it. Glare is the result of seeing a bulb hanging below the light fixture. Glare inhibits visibility rather than enhances it. Well-placed lights are the key.

Use amber bulbs to curb the glare that white bulbs produce. Eliminate the high contrast of white light, and you actually see more.

While stringing festival lights all over your deck or yard looks pretty for a party, having them on every night adds a lot of light to the night sky. Use them when you're outside enjoying a gathering, but please remember to turn them off when you go inside.

Seasonal holiday lights are fun and please continue to create joy by decorating your house and yard.

Remember 5 principles of light: Useful, Targeted, Low-level, Controlled, Warm-colored.

Go to *DarkSky.org* to learn more.

YODER'S SAWMILL
910 Exeter Road, Corinna
278-3539 • yoderssawmill@gmail.com
DECKING & OTHER WHITE CEDAR LUMBER
5" V-Match
6" V-Match
8" V-Match
6" Shiplap w/Nickel Gap
4" Square Edge
5" Square Edge
6" Square Edge
And More
While supplies last. Sold in pre-bundled units.

Scam Alert Bulletin Board

AARP Fraud Watch Network

Give Robocalls the Busy Signal

Robocalls can be more than just annoying. While some automated calls are legitimate, others are used by criminals to steal money or personal information. These calls may promise prizes, demand payment for debts you don't owe or claim to come from a trusted organization.

Scammers can manipulate caller ID to make a call appear to come from a local number or a legitimate business. They may also use stolen personal information and artificial intelligence to make their calls more convincing. Even if a number looks familiar, that doesn't mean the caller can be trusted.

To protect yourself, avoid answering calls from unknown numbers. If you answer a suspicious robocall, hang up without pressing any buttons. Check with your phone provider about call-blocking options and consider adding your number to DoNotCall.gov. While this can reduce unwanted telemarketing calls, it won't stop scammers who ignore the rules.

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.

www.turnerpublishing.net

The Dancing Witches of Merkaba Sol cast a pell on Gardiner!



Angela Archer photos

The Dancing Witches of Merkaba Sol performed in downtown Gardiner, Maine, as part of the Downtown Trick-or-Treat event on Friday, October 30, 2026.

GENERAL DYNAMICS
Bath Iron Works
BIWCAREERS.COM

We're now hiring for ALL Trades positions!

Entry-level and experienced positions available.

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



Starting Pay $31.31/hour
FOR TRADES-BASED POSITIONS

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 Kristen McCausland at *kmccausland@maineombudsman.org* **(800) 499-0229 or (207) 621-1079.**

ATLANTIC NATIONAL TRUST

PRIVATE REAL ESTATE LOANS • QUICK CLOSE

Capital for your deal—*fast.*

TRANSACTION TYPES

Acquisitions | Fix & Flips | Construction | Development | Refinance | Cash Out

Ben Keller
SR. LOAN OFFICER
207-944-6450
bkeller@capservicing.com

Call Kathlene today for advertising!

Turner Publishing INCORPORATED
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



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

We All Need It – STRETCH!

Yesterday, right in the middle of my workday, I received a phone call from my sister in Florida.

"What are you doing?" She asked.

"I'm doing my cats and cows," I replied.

"What?" She said, sounding a little confused.

"Yoga stretches!" I explained.

"I thought you were working!"

"I am! But my coworker inspired me to start stretching throughout the day. Her physical therapist recommended doing the Cat and Cow poses every hour to help with her back problems. So, I'm supporting her while being proactive about my own health. You know how much I sit during the day!"

My sister laughed and said, "I didn't think you needed any inspiration to do all that wacky stuff!"

Well, she does have a point! But seriously, why shouldn't we all take a few minutes throughout the day to stretch? Whether you're sitting at a desk, working on your feet, driving, cooking, or running around taking care of everyone else, your body deserves a little attention.

I told her, "It's a great idea to get away from your desk or whatever you're doing and stretch every hour. It only takes a couple of minutes, and it's good for all of us. You should try it! You don't have to do anything fancy. Just find a few gentle stretches that feel good."

Like so many women, my sister spends much of her day taking care of others. She's constantly lifting, tugging, pulling, carrying, and doing things for the people around her. Sound familiar?



We can be so busy looking after everyone else that we forget about the one person who needs our attention the most: OURSELVES!

And then came an interesting part of our conversation.

My sister began telling me about a recent trip to the emergency room. Her hips had locked up so badly that she could barely walk! The doctor gave her a cortisone shot and explained that she was extremely tight and needed to work on her mobility and stretching. He also referred her to a physical therapist.

Well, isn't that ironic?

Here I was, encouraging her to stretch, and her body had already sent her a pretty loud message that it was time to pay attention!

"How wonderful!" I told her. "To all you physical therapists out there, I LOVE YOU! And massage therapists, the same goes for you!"

Seriously, these professionals play such an important role in helping people maintain mobility, recover from physical problems, and learn how to take better care of their bodies.

Exercise, stretching, and massage therapy can all be valuable parts of a proactive approach to muscle health and mobility. We shouldn't wait until something hurts or stops working properly before we start paying attention.

Think about it. We sit too much. We stand too much. We bend, lift, twist, carry, reach, and repeat the same movements day after day. Our muscles get tight, our joints get stiff, and sometimes our bodies simply tell us they've had enough!

Why wait until we're in pain to do something about it?

I was so happy to hear that my sister would be seeing a physical therapist. I know she'll benefit from learning the right movements and stretches for her body. I also encouraged her to ask about gentle movements she could incorporate into her day, such as Cat and Cow and Child's Pose, one of my personal favorites.

You don't have to be a yoga expert, join a gym, or spend an hour exercising to start taking better care of yourself. Sometimes all it takes is getting up, moving around, taking a few deep breaths, and giving your muscles a little attention.

Here's my challenge to you: STRETCH!

Set a reminder on your phone if you have to. Get away from your computer. Step away from whatever you're doing. Give yourself five minutes every hour to move and stretch gently.

And remember, if you have pain, injury, or limited mobility, get professional guidance about which movements are right for you.

We are often so busy taking care of everyone and everything else that we forget to take care of ourselves. But our bodies carry us through every single day. Don't they deserve a little love in return?

So, let's stop putting ourselves at the bottom of the priority list. Be proactive. Keep moving. Keep stretching. Your body will thank you!

Live Long. Live Well.

Losing Your Health Insurance Coverage?
Confused... Perplexed... Baffled...

- I can review your situation
- Explain your choices
- Help you compare traditional plans with other affordable options

Individual (coverme.gov) - Business Benefits
Health Co-op Sharing - Dental & Vision
Stacy Dostie, *Licensed Agent*
sdostie@insuremebenefits.com
207-576-5584
Insure ME Benefits LLC



Specially Designed With You in Mind
If you're seeking a supportive, engaging, and high-quality Memory Care Community, look no further than The Highlands—offering a premier Senior Living Community to fit your needs and preferences.
Availability is limited. Call (207) 725-2650 today!
It's not like home. It is home.™
30 Governors Way • Topsham, ME 04086
(207) 725-2650 • www.HighlandsRC.com
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

REFORM PHYSICAL THERAPY
Don't Neglect Your Health, Reform It
BEST 207 BEST 207 BEST 207 BEST 207
TOPSHAM • BRUNSWICK • FREEPORT • YARMOUTH • SOUTH PORTLAND • KENNEBUNK • ELIOT
WWW.REFORM-PT.COM

CASH PAID

FOR JEWELRY - GOOD or SCRAP
Gold, Silver, Platinum, Plated Silver
All Coins & Currency
M.A Storck Co., Inc.
32 Main St., Suite 21, Freeport, ME
774-7271
www.mastorckco.com
Established 1950

WE MOVED TO A NEW LOCATION!



Notable Thanksgiving traditions

Metro

Thanksgiving is a family-centric holiday that revolves around the dinner table and encourages celebrants to acknowledge all that they have to be thankful for. Thanksgiving is celebrated in October in Canada and in November in the United States.

Many Thanksgiving traditions focus on community events and sumptuous feasts, but they don't stop there. Here are some of the more notable traditions people can embrace on this day of giving thanks.



• Roasting turkey: Many foods will grace the Thanksgiving dinner table, but turkey is the star of the show. Roasting remains the most popular way to cook a turkey, but deep-fried and even rotisserie turkey have become more popular in recent years.

• Watching the parade: Millions of people tune into the broadcast of Macy's Thanksgiving Day Parade, and many more line the streets of New York City to watch it in person. The Macy's parade was first held on November 27, 1924, and was only suspended for three years during World War II. The parade features musical events, special guests and pop culture balloons that navigate streets lined with skyscrapers.

• Turkey trotting: Believe it or not, wild turkeys can run at speeds up to 25 miles per hour in short bursts, according to Lake Erie Nature & Science Center. Perhaps inspired by these speedy birds, turkey trots are popular on Thanksgiving Day. People of all ages start the holiday by running or walking in these charity events.

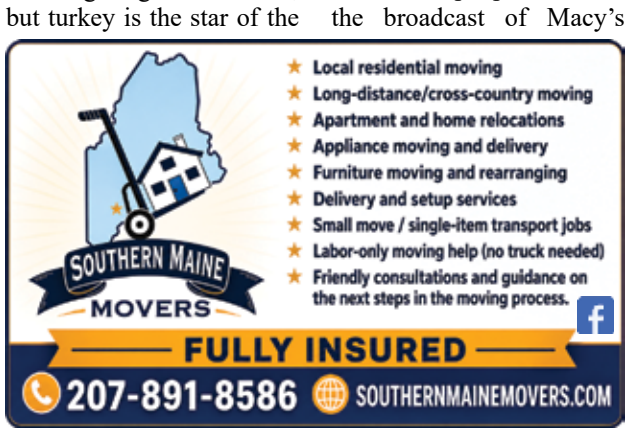
• Watching football: Watching professional football on television is a popular Thanksgiving custom. The Detroit Lions and the Dallas Cowboys always host an afternoon game on Thanksgiving. Each year, the National Football League also schedules a third matchup in primetime featuring other teams. In 2026, the lineup features: Chicago Bears at Detroit Lions (1:00 p.m. ET), Philadelphia Eagles at Dallas Cowboys (4:00 p.m. ET) and Kansas City Chiefs at Buffalo Bills (8:20 p.m. ET).

• Early holiday decorating: Many households will decorate for Christmas immediately following the clearing of the Thanksgiving turkey from the table. Some may even decorate before guests arrive on Thanksgiving.

• Tuning into "A Charlie Brown Thanksgiving": Some families watch this beloved Charlie Brown television special the night before Thanksgiving, enjoying the movie's snack menu of jelly beans, popcorn and toast.

• Celebrate "Friendsgiving": People who may not have relatives close by often gather with close friends to commemorate friendships and express their gratitude for one another.

Thanksgiving marks the first holiday during the whirlwind celebratory season. It's filled with many traditions that people across the United States and Canada enjoy.







Metro photo











Town of Lisbon welcomes new Code Enforcement Officer and celebrates completion of organizational restructuring

LISBON – The Town of Lisbon is pleased to announce the appointment of Bradley Boulet as the Town's new Code Enforcement Officer, following confirmation by the Lisbon Town Council on October 20, 2026. Mr. Boulet officially began serving the community on October 21, 2026.

Mr. Boulet brings significant experience in architectural and development-related work, including preparing and reviewing plans for projects requiring municipal approval. His familiarity with site development, construction standards, and permitting processes will support Lisbon's commitment to efficient, responsive service for residents and businesses. As Code Enforcement Officer, he will be responsible for administering local ordinances, state building and land use regulations, permitting, inspections, and code compliance activities throughout the community.



Submitted Photo
Lee Jay Feldman, Lisbon Assistant Town Manager, is recognized by the Maine Redevelopment Land Bank.



Lisbon welcomes Bradley Boulet as the New Code Enforcement Officer.

"Bradley brings a unique and valuable perspective to this role," said Town Manager Sarah Bennett. "While his professional experience has not been in municipal government, he has experience working with architectural plans and assisting municipal applicants through the development and permitting process. His understanding of construction, site design, and regulatory requirements will be a tremendous asset to our residents, contractors, and business community."

The Town is also proud to recognize Assistant Town Manager, Lee Jay Feldman, who recently received an award from the Maine Redevelopment Land Bank. As Maine Redevelopment's inaugural Board of Commissioners Chair, Lee Jay was presented with the Catalyst Award. "Lee Jay's leadership, vision, and tireless commitment were instrumental in getting Maine Redevelopment established, funded, and staffed. So much of the momentum we're celebrating today is built on the foundation he helped create," said the Maine Redevelopment Authority in a public announcement. This recognition reflects Mr. Feldman's commitment to excellence in public service and further strengthens the leadership team serving the Town of Lisbon.

"Lee Jay's recognition is well deserved and speaks to the dedication, professionalism, and leadership he brings to our organization," Bennett said. "We are fortunate to have him serving the residents of Lisbon, and we congratulate him on this significant accomplishment."

These new staff additions mark the completion of Lisbon's recent organizational restructuring and hiring efforts. Over the past six months, the Town has undertaken a strategic reorganization designed to strengthen operations, enhance service delivery, and position the organization for long-term success.

"With the completion of our restructuring and key leadership appointments now in place, our team is fully staffed and ready to focus on the important work ahead," Bennett said. "We have assembled an outstanding team and are excited to turn our full attention toward serving our residents, advancing Council priorities, and continuing to move Lisbon forward."

The Town of Lisbon looks forward to the contributions of its strengthened leadership team as it continues to enhance municipal services, support economic development, and improve the quality of life for residents throughout the community.

A TREE PRO
Licensed & Insured
FULL-SERVICE TREE REMOVAL TO REPLANTING TREES
312-3768
atreepro@gmail.com

CAM'S ROOFING AND MASONRY
THE GOLD STANDARD
207-790-1344
• IN BUSINESS 10 YEARS
• FULLY INSURED
• REASONABLY PRICED
TAKING ON JOBS NOW
CALL CAM TODAY!

ARE YOU HUNGRY YET?
Frank's Restaurant Pub
Lisbon House Of Pizza
Lisbon House of Pizza Express
Frank's Restaurant & Pub
2 Main St
Lisbon Falls, Maine
407-4606
Lisbon House of Pizza
688 Lisbon St.
Lisbon Falls, Maine
353-6114
Lisbon House of Pizza Express
1930 Lisbon St.,
Lewiston, Maine
705-2111


Caring for Maine, *together.*
From everyday support to advanced care, Andwell Health Partners delivers home health, hospice and palliative care, behavioral health, specialty programs, and pediatric therapy where you live.
At Andwell Health Partners, we believe health begins at home – and in community. As Maine's largest independent, non-profit provider of home and community-based care, we're proud to serve people of all ages across all 16 counties.
Andwell HEALTH PARTNERS
(800) 482-7412 | Andwell.org

FLETCHERS' MILL
ELEGANT COOKING TOOLS

Made in *Maine*
Built with precision. Made to last.
visit fletchersmill.com
to find all of our handcrafted precision culinary tools.

What does Veterans Day mean to me

- Reader Submissions -

Veterans Day is more than a date on the calendar. It is a time to remember the people who served alongside me and the sacrifices made by fellow veterans and their families.

Hello, my name is Jeff Kirkpatrick. During the Vietnam War, I served as an Army Combat Assault Helicopter pilot. I served there in 1970-71. The work demanded skill, courage, and trust in fellow crew members. Those experiences left a lasting mark—not only in memories of service, but in the bonds formed with others who understood the challenges.

Today, Veterans Day offers a chance to reflect on that chapter and honor all who have worn the uniform. Its meaning is found in remembering those who served, recognizing the cost of service, and appreciating the support veterans receive at home.

"Veterans Day reminds me that service is shared, and that is why I joined the VFW. I can keep on giving to my fellow vets here in the Harrison-Waterford, ME area."

We remember our fellow veterans, and we're grateful when our communities remember us.

Submitted by
CW2 Jeff Kirkatrick
VFW Quartermaster
Harrison-Waterford Post 9328

MOVIE REVIEW by Lucas Allen

Street Fighter (2026)

(Paramount Pictures/Legendary/Capcom)

Much like "Mortal Kombat" that came afterwards, the "Street Fighter" games held a special place in the hearts of 90s kids. However, its past two trips to the big screen were met with fan distaste over the years between the 1994 Jean-Claude Van-Damme cheesefest and the 2009 toned-down "Street Fighter: The Legend of Chun-Li." This time, co-writer/director Kitao Sakurai looks to make the ultimate, fan-definitive adaptation of the games with 2026's Street Fighter and maybe the third time is the charm.

Once partners and friends, young Ken Masters (Noah Centineo) and Ryu (Andrew Koji) separate acrimoniously after the death of their mentor Gouken (Don Lee) with the latter disappearing into civilian life, while the former chooses the life of a pop culture celebrity. Years later, the mysterious Chun-Li (Callina Liang) invites them to take part in the 1993 World Warrior Championship being held in the city of Metrolao by its tyrannical leader M. Bison (David Dastmalchian), who's secretly looking for the strongest to harness his "psycho power." Li herself is also there as an undercover Interpol agent on a personal mission to exact vengeance on Bison for the death of her father. Reluctantly, Ken and Ryu must put aside their issues with each other to fight for the tournament.

Meanwhile, some of the world's strongest also take part, including Guile (Cody Rhodes), Balrog (rapper 50 Cent), Zangief (Olivier Richters), Dhalsim (Vidyut Jammwal), and Vega (Orville Peck). But before the tournament could start, Bison imprisons Ryu in an attempt to find that hidden power he witnessed during the first tournament in '87. Unfortunately, that power belongs to the demonic Akuma (WWE's Roman Reigns), who is waiting to be unleashed for a real fight.

As with last summer's Mortal Kombat II, the movie is basically mostly fighting with less plot. In this case, it has a chance to do some world-building for those unfamiliar with the games, but it is more character-based than any real storytelling structure. So, what you get is a movie that is pretty much 75% action, 14% characterization, and 11% story.

The script itself is also nothing to write home about when it fills to the brim with awkward dialogue and predictable beats. The only bits of exposition dumping happen in two parts, a Metrolao news show hosted by announcer Don Sauvage (comedian Eric Andre) and some animated flashbacks hand drawn as classic Japanese anime. There are important plot points, but they are severely undermined by endless sight gags and cartoonish violence. At least the recent Mortal Kombat movies wisely stay in tone when handling the balance of story and action.

Fans will likely get more out of it with its comical references and impressive choreography that becomes spiritually faithful to those games. In fact, the fight scenes help elevate the entertainment level, possibly higher than expected. The Shoryuken, the Hadoken, the Flash Kick, and the Spinning Piledriver are enough to really excite the masses.

While it does have a good soundtrack of recognizable tunes, the music supervisor seems to have a lapse in knowledge over the use of them in a period setting. The 4 Non-Blondes song "What's Up" (previously used for comedic effect in Masters of the Universe) is heard in scenes taking place in the late-80's despite being released in 1992, and then there are some songs made in the later 90's and early 2000's that somehow ended up in a club scene when it takes place in 1993. It can be pretty distracting, especially for a movie that is not meant to be taken seriously.

Much like the writing, the acting is not all that special, with some going very over-the-top with no sense of subtlety to be found. There are some highlights worth mentioning like Liang being very believable enough to balance out the moody Koji and Centineo's gruffness. Dastmalchian's Bison is an odd departure from the theatricality of the character previously played by the late Raul Julia in the 1994 film, while Reigns is effectively sinister in the secondary villainous role. Though merely a small cameo, Jason Momoa (also one of the film's producers) still becomes one of the movie's best moments as CG Hulk-like Blanka.

The new "Street Fighter" is neither great nor terrible, but this is certainly an odd duck of an action film. It is stylish but lacks substance, it's funny at times, violent when it needs to be, and also crazy insane. It is best recommended for the fans, while non-fans will have to decide how to put up with it.

THE MOVIE'S RATING: PG-13 (for violence/action, bloody images, strong language, sexual references, partial nudity, and brief smoking)

THE CRITIC'S RATING: 2.5 Stars (Out of Four)

FIDDLEHEAD
BUSINESS SERVICES
15 YEARS OF BUSINESS CONSULTING
ATTENTION ALL BUSINESSES WHO *NEED HELP!*
SOFTWARE CONSULTING • ACCOUNTING • BUSINESS PAYROLL • AI PROCEDURES
INFO@FIDDLEHEADBUSINESSSERVICES.COM

HELPFUL HOTLINE NUMBERS

Maine Crisis Line **1-888-568-1112**
NAMI Maine **1-800-465-5767**
Frontline Helpline **1-866-676-7500**
National Distress Hotline **1-800-985-5990**
Maine 211 (Maine Support Services) **Dial 211**
Maine Sexual Assault Helpline at **1-800-871-7741**





MAINE OUTDOORS

V. Paul Reynolds

The Great Rut Debate

Many sportsmen count the November deer hunt as the highlight of all of their outdoor passions. It is a special time. Frosty mornings and quiet moments in a tree stand with hand warmers, a thermos of hot coffee mixed with the anticipation of a big buck in the cross hairs is a deer hunter's daydream. Or, for the hardiest and most driven among the hunt fraternity, the dream is to follow a big, dew-clawed track on fresh snow.

And, of course, the Maine deer camp is also the centerpiece of the hunt, part of the heritage and the history. These camps come in all sizes and description and locales; many of them passed along from generation to generation, along with unique histories and huntin' yarns that get carried on year after year.

A mouse in the corner – a graying one that has been hiding in the food bin for more than a year or two – knows that many of the same old topics get worked over at the card tables year after year. Among them: the best deer gun, the time of day that bucks move, tracking methods, and the Daddy of them all, when is the peak period of the all-important rut?

In general, if you can figure out what time of the month the rut is at its peak, you stand the best chance of catching a buck when he is distracted with his guard down and his focus is not on danger. Since there is only educated guesswork about rut times, mixed with some well-grounded anecdotal evidence, the deer rut can be the subject of spirited debate at deer camp.

There are two clear schools of thought on this subject. The conventional wisdom of highly respected wildlife biologists like Gerry Lavigne is straightforward and has nothing to do with the moon phases. Lavigne will tell you, unequivocally, that the rut always peaks on November 15th year after year, period. This theory holds that the breeding season is guided or dependent upon the length of daylight.

The more romantic theory, if you will, is that the rut, although occurring over a period of 40 days, has a "sweet spot" that lasts about 10 days. This is the lunar theory as articulated by well-known deer researcher Charles Alsheimer from Bath, New York. In a chapter in his book titled "Anatomy of the Rut," Alsheimer postulates that the whitetail rut is regulated by the lunar cycle.



Ralph Norris photo

During the Hunter's Moon and the rut is when that trophy buck is distracted and not as vigilant as normal.

He theorizes that the Rutting Moon, or the Beaver Moon, determines the sweet spot, which begins three days after the Rutting Moon and lasts, as said earlier, about 10 days. Unlike the Lavigne rutting theory, this lunar theory dictates a different rut peak year after year and takes a little calculation on the hunter's part. For example, the Rutting Moon is always the second full moon after the autumnal equinox. This fall, however, the Rutting Moon, or Beaver Moon, falls on November 24th. So this would commence the rutting "sweet spot" on November 27th, much later than last year. This would also dictate that the best hunt dates would be about November 23th thru November 30th. Be advised that the firearms season ends on Saturday November 28th followed by the commencing of the blackpowder season on November 30th. So smokepolers take note!

So what does this mean? It really depends upon which theory you elect to go with, lunar cycle or length of day. If you opt for the lunar theory and really want to maximize your odds for catching a rutting buck in deep distraction, you might want to reconsider the date you have set for your hunt week vacation. If Alsheimer is right, the buck of your dreams is more likely to make a mistake in your favor during the last week of the hunt.

One other thing. If you really want to "play the numbers," and cover all bases, lunar theory AND length-of-day theory, and you have a tree stand in good deer country, be in that stand every day during the aforementioned dates.

Good luck, and hunt safely!

The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide and has authored three books. Online purchase information is available at *www.sporting-journal.com.*

Turner Publishing

Reader Recipe



Offer something new at Thanksgiving Dinner this year:

Thanksgiving dinner offers a lot to look forward to. The unofficial kickoff to the holiday season, Thanksgiving is a chance for families and friends to get together, watch some football and, of course, share a delicious meal.

Food is a focal point on Thanksgiving. Turkey is the traditional centerpiece, but side dishes garner their share of the glory, too. Stuffing, mashed potatoes, vegetable casseroles, and more have a way of finding their ways onto the Thanksgiving menu. But hosts looking to offer something a little less traditional and more unique can look to this delicious recipe for "Stuffed Zucchini" from Lines+Angles.

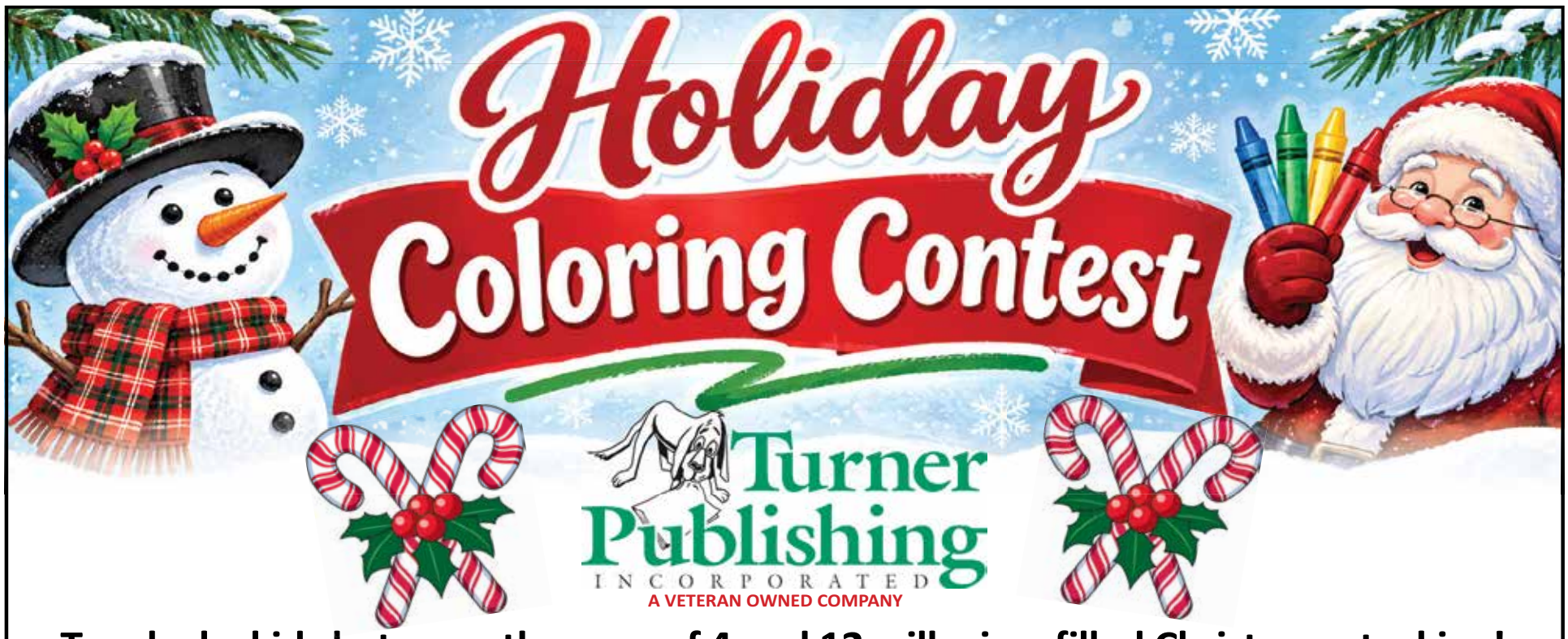
Stuffed Zucchini

Makes 6 servings

- 6 medium zucchini, washed and ends trimmed
- 3 cups butter cracker crumbs, crumbled
- 1/2 cup grated Parmesan cheese, plus extra to sprinkle
- 1 small onion, peeled and minced
- 3 tablespoons minced fresh parsley, plus extra for garnish
- Freshly ground black pepper, to taste
- 1 teaspoon salt
- 2 eggs, beaten
- 2 tablespoons butter
- 15 ounces canned diced tomatoes, drained well

1. Preheat oven to 350 F.
2. Cut zucchini in half lengthwise; scoop pulp out with a spoon. Place zucchini shells in a large baking pan.
3. In a large bowl, combine zucchini pulp, cracker crumbs, cheese, onion, parsley, salt, pepper, and the beaten eggs. Fill zucchini shells with mixture; dot with butter and spoon tomatoes over the filling. Sprinkle with additional Parmesan cheese and bake for 30 to 35 minutes. Garnish with chopped parsley and serve.

Metro



Two lucky kids between the ages of 4 and 12 will win a filled Christmas stocking!

One winner will be picked in the 4-7 age category, and one in the 8-12 age category.

Child's Name: _____

Age: _____ Parent's Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____

Parent's Email: _____

To Enter, mail the completed picture and entry form to:

Turner Publishing

PO Box 214, Turner ME, 04282

or email a picture of the coloring to:

submissions@turnerpublishing.net

with *Christmas Coloring Contest* in the subject line.

Deadline for entries is December 3.

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

AL ANON MEETINGS

Is your life unhappy due to the effects of someone's drinking? **You are not alone!** Al Anon: Help for families and friends of alcoholics. Toll free: 800 498 1844. Maine: 207 284 1844. AIS (area information service) - *ais@maineafg.org*.

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*.

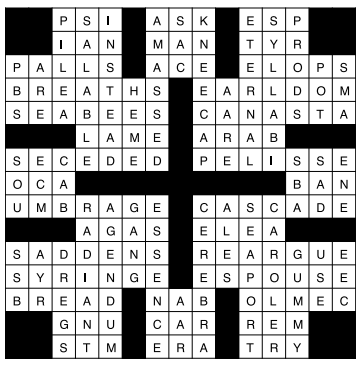
2X2 AD THIS SIZE

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

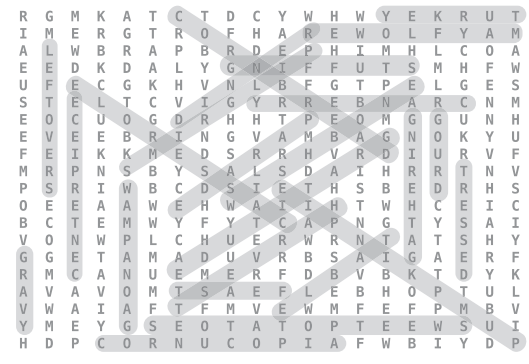
1X2 AD THIS SIZE

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



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



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

Turner Publishing INCORPORATED
A VETERAN OWNED COMPANY

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

Reporter/Writer
Bill Van Tassel
Proofreaders
Glenn Bechard
Robin Robertson
Inside Sales
Jessica Mason

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@turnerpublishng.net or you can also send e-mail to us at: articles@turnerpublishing.net. Turner Publishing produces, monthly, bi-monthly quarterly and weekly publications. Any views expressed within these papers does not necessarily reflect those of these papers. These papers assume no responsibility for typographical errors that may occur, but we will reprint, at no additional cost, that part of any advertisement in which the error occurs before the next issue's deadline. This paper also reserves the right to edit stories and articles submitted for publication. All content within our publication and on our website is for educational and entertainment purposes only and should not be considered personal, legal, or medical advice. In the state of Maine, cannabis is intended for use by those 21 and older, or 18 and older with a medical prescription. Both the printed publication and website are intended for those over the age of 21. If consuming, please keep out of the reach of children. The Publisher assumes no responsibility for the advertisements within this publication. We strive to ensure the accuracy of the information published. The Publisher cannot be held responsible for any consequences which arise due to error or omissions.

Turner Publishing

Turner Publishing Media is a family-owned and operated business established in Turner, Maine, in 1992. We have been supporting schools, children's sports and academics, as well as promoting businesses and the communities we serve for over 32 years. All of Turner Publishing's publications are Maine Made. Our printers use soy inks and solar methods to protect the environment while printing our publications. Our paper suppliers use power from hydroelectric sources and work with local plants to use waste heat; heat that would otherwise be sent into the environment, to help produce the steam needed in the papermaking process.

We were told 100% of the chips used for the newsprint come from waste streams of other processes, such as the waste from lumber mills. Our newsprint producers also have a process to ensure that all fiber supplies come from forests that are managed for sustainability and comply with forest management principles.

The chips go through a thermo-mechanical pulp-making process, which involves a combination of steam and mechanical force to break the chips into a "slurry" of water and fibers. Giant machines work the chips into a mixture that is mostly water. This mixture is then sent to a process to brighten the paper.

Newsprint is grayer than most other commercial papers. This is because the process of whitening newsprint does not use chlorine or other stronger agents and focuses on environmentally safe practices.

For this reason, we ask you to support Turner Publishing and the businesses in this publication and shop locally. Turner Publishing is not only doing its part to be environmentally responsible to save our planet, Turner Publishing promotes all the good things happening in the community and we donate over $300,000 annually in media sponsorships to non-profits, churches, historical museums, and the arts. The businesses in our publications help us do this with their ad revenue (support them as well), so that the good can keep spreading. "It's All Good News" and thank you for reading!

A Christmas Carol adapted by Christopher Scharlo



All Kids $15

December 11, 12, 13

The PUBLIC THEATRE (207) 782-3200 ThePublicTheatre.org 31 Maple St, Lewiston

October Phony Ad & Coop Winners

Auburn Highlights: Judith Buxton
Midcoast Beacon: Chris Thomas
Country Courier: Amelia Blais
Country Connection: Kathie Dolan
Franklin Focus: Scott Perry
Good News Gazette: Tim Connor
Kennebec Current: Susan Scott
Lewiston Leader: Nancy Spencer
Lisbon Ledger: Adam Rinko
Lake Region Reader S: Kendra Hall
Lake Region Reader N: Catherine Burgess
Moose Prints: Tom Pinkham
Oxford Hills Observer: Sandra Lambert
Somerset Express: Bob Monroe
Two Cent Times: Anna Koerner
Western Maine Foothills: Richard Boyer
Mountain Messenger: Linda Plaisted
Coop Stuffy Winner - Hayden Whitney, Wilton

All of the winners listed have won gift certificates to one of our advertisers.
If you haven't won - keep playing! We get hundreds of entries each month!
It's easy to enter - read through the ads in this issue and find the phony ad, fill out the entry form found in this paper and mail it in. If you have the correct answer, your name will be entered into a monthly drawing!
No Exchanges. Gift Certificates are from all over, there is no guarantee you will receive one from your area.

FIND THE PHONY AD!!!

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



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

Small Business, Big Ambitions:
The Story Behind Seacoast Junk & Demo

Behind every small business is a story, and for Seacoast Junk & Demo, that story begins with a young entrepreneur, a strong work ethic, and a passion for giving back to the community he calls home. community he calls home.

Meet Zachary Poland, better known to his customers as simply "Zach." Born and raised in Lincoln County, Zach graduated from Lincoln Academy in 2023 before attending Central Maine Community College to study carpentry. After gaining hands-on experience working alongside professional carpenters, he decided it was time to branch out and build something of his own.

Zach initially explored several business ventures, offering a variety of services before noticing one consistent demand: junk removal and demolition. Recognizing an opportunity, he decided to specialize in those services, and Seacoast Junk & Demo was born.

Nearly two years later, the business has been going full speed ahead. But for Zach, running a successful company means more than simply getting the job done. It's also a successful company means more than simply getting the job done. It's also about supporting the community that has supported him. While working on job sites, Zach makes an effort to identify items that can be donated rather than discarded. Whether it's household goods for local families or supplies for animal shelters, he works to give usable items a second life. He also connects with organizations like Habitat for Humanity and helps customers find ways to donate unwanted belongings.

His dedication to the community doesn't stop there. Outside of running his business, Zach volunteers as a firefighter, giving his time to help protect his neighbors. At the end of the day, Zach is a small-town Mainer with big ambitions, proving that small businesses can make a big difference..



"Great removal company! Zach is professional, thorough and so nice. Nothing was too much effort for him to do. I highly recommend Seacoast Junk & Demo. I will definitely call them again." - Deborah

"Wonderful service, professional, incredibly kind and helpful. Can't recommend Zachary enough. He will help without hesitation, is timely, and has an excellent business ethic. The customer is always his priority, and it shows. Plus, as a member of the local fire department, he's got random emergencies and clutzy customers covered just in case! This is your guy if you've got stuff to move out." - Sarah

"Was able to fit me in less than 48hrs after I called. Incredibly kind and professional. Thanks again for helping me get a fresh start!!!" - Clair

Maine Community Solar

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

BRUNSWICK SCHOOL DEPARTMENT
Great People. Stronger Schools.

We're Hiring!

SPECIAL EDUCATION
ED TECHS

MAKE A DIFFERENCE IN THE LIVES OF STUDENTS EVERY DAY!

COMPETITIVE PAY
$23.76 – $31.63 per hour

HEALTH & DENTAL BENEFITS

PAID TIME OFF

RETIREMENT BENEFITS

Join Our Team!

Support. Encourage. Empower.

APPLY TODAY
WWW.BRUNSWICKSD.ORG







Robert M. Richard
Specialist Army 1971



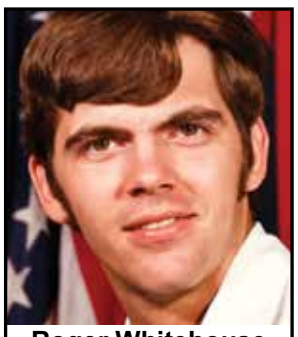
Stephen Theriault
Navy , 25 yrs.



Christopher Lowell
SCSRB



Robert Whitehouse
Navy 1962-89



Roger Whitehouse
Navy 1968-71



Elwin G. Procto
PFC Killed October 1, 1944, in Italy



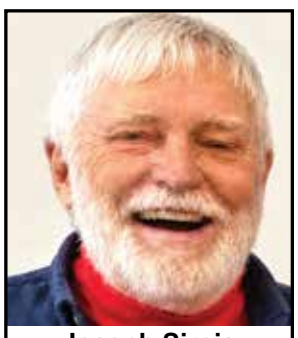
David Richard
Army Sgt.
Served in Vietnam
1969-1973



Richard P. Ducharme Sr.
E3 - U.S. Navy
Thank You!
Love, Michelle, Bruce, & Rick



Irenee Vachon
Navy 1942
Miss you so much
Pepere! Love, Michelle



Joseph Sirois
Navy Corpsman
August 1959 to June 1987
Wrote the Standard First Aid Training Manual for the Navy



Harold W. Small
U.S. Navy - Vietnam
2nd Class Petty Officer
Purple Heart & Silver Star Recipient
Thank You & We Love You!



1st Lt. Wilder G. Purdy
Co-Pilot B-24, KIA/MIA
Love from your family.



Steve Bannister
Airman First Class
Security Specialist
4 Years of Service



Bliss Richard
U.S. Navy 1990-1993
Boiler Technician
Served USS Midway, USS Kittyhawk - Persian Gulf War



Edward "Diddy" Richard
Machinist Mate 3rd Class – Navy 1944 LCT Group 39 996
A loving, caring and respectful Husband, Father, Grandfather and an honorable contributor to his country.



Antonio Mason
SSGT
Currently stationed at Kadena Air Force Base, Okinawa, Japan.



Joseph A. Paradis
Army - Machine Gun Operator
Founder of Veterans Memorial Park, Lewiston, ME



Dwight Murphy
1970-73 Army
1973-78 E-5 Buck Sargent
Vietnam 1971-72



Randy Crosby
Army 1968



Eddy Naples
Army National Guard



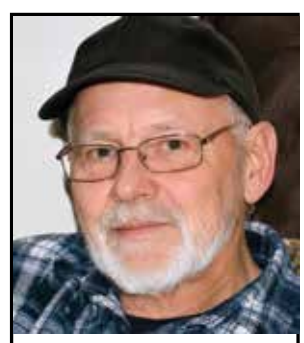
Thomas Beauchesne
Army 1968



Ronnie Breau



Marilyn Malley
Army WACK



Billy O'Leary
Army - Vietnam

"To all who have served, we honor your courage, your sacrifice, and your unwavering dedication to our country. Thank you for protecting the freedoms we hold dear."

From all of us at

Turner Publishing
A VETERAN OWNED COMPANY

Class of 68

Regie Breau (deceased 4/23/2011)
Ronald Breau (11-1982)
Henry Morrissette (Army Veteran, 7/27/1979)
Diane Nickless Witas
Paula Decker
John Elward
Mike Dubois
Larry Duguay
Sharon Poulin
Sheila Weeks
Rhonda Hutchinson
Theodore Leighton (Veteran)
Greg Kerr (9/6/2011)
Carl Packard (Veteran, killed in action!)
Leroy Varnum (2016)
Nancy Quimby Snowman
Charles Valush (2016)
Harold Sargent (2018, Veteran)
Gary Thibeault (4/8/2009, Veteran wounded in action)
Rachel Ferland
Kenneth Murray (2016)
Jeffrey Wyman (2018)
Eddy Martineau (2016)
Sandra Scott (2013)
Lenny Galarneau
Timothy O'Leary
Danny Gallant
Charles Riggs (2018, Marine Veteran)
Charles Valush, Jr.
Louise Buotte Boling (2021)
Brenda Ames Eastman (2021)
Daniel Perry (2022)
Rebecca Errington! (2019)
Gerald Litalian (2022, Army Veteran)
Lucinda Thibodeau Rickards
Glenna Tozier Violet (2022)
Gregory Doucette (2021, Army Veteran)
Randall Crosby (2023, Army Veteran)
Hollis Bennett (Veteran, 2024 deceased)
Timothy E. Gallant (Veteran, SP5 US Army, deceased May 25, 2024)