CAN YOU FIND COOP?



Coop is hiding somewhere in this publication...

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

A Product of Turner Publishing INCORPORATED
A Maine Owned Company

The Country Courier

FREE

RESIDENTIAL CUSTOMER

PRSRT STD
U.S. Postage
PAID
Portland, ME
Permit No. 570

ECRWSS

"Just Good Reading - Since 1992"

Directly mailed to the residents in
N. Monmouth, Monmouth, Leeds, Greene, Turner, N. Turner, Buckfield, Livermore, Livermore Falls, E. Livermore, Canton, Sumner, Hebron and Hartford

November 2026 Volume 32, Issue 33



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

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

The Country Courier

INDEX

Funny Things Kids Say.....2
Maine Calendar.....3
Kids Corner.....4
Puzzle Page.....5
Arts & Entertainment.....6
Honoring our Veterans.....11
Holiday Coloring Contest.....13
Classifieds.....14
Reader Recipe.....15

FEATURE ARTICLES

HEALTH & FITNESS with Jodi
We all need it — STRETCH.....8
FALL SEASONAL GUIDE
Notable Thanksgiving Traditions.....9
V. Paul Reynolds:
Trout Flies: Making Choices.....10
Movie Review:
You Can See Everything.....12
The Healthy Geezer:
Mercury.....13

SCAN TO READ ALL OUR PAPERS FREE ONLINE.

Maine Constitution display visits Turner

By Bill Van Tassel

TURNER - Beginning in early October, three pages of the Maine Constitution have been touring some Maine cultural institutions and historical museums, with the first public display at the Bates College Ladd Library on September 21. The next stop for the glass display case was the Turner Historical Museum that I visited.

Representing just 15 percent of the entire document, these three pages were special as they contained some passages that had not been seen in printed copies of the Maine Constitution in 150 years. Another unique reason was that these particular pages detailed information in Article 10, section 7, that was relevant to Maine's land rights treaty with the Wabanaki Nations.

The section identified the state's responsibilities to uphold the terms of the treaty upon Maine's separation from Massachusetts in 1820. In 2023, the people of Maine voted to repeal Article X and add Section 7 to the Maine Constitution. The terms of this treaty were in the original document in 1875 but disappeared from the last printed version. They had apparently been covered over with invisible ink, though still hidden beneath. (Much of this was explained by Professor Jo-



Bill Van Tassel photo

Some local homeschoolers from the Turner area are looking at special reprints of the Maine Constitution that deal with Article X about the Land Rights Treaty Maine/Massachusetts made with the Wabanaki nation in 1875.

Display
on page 2

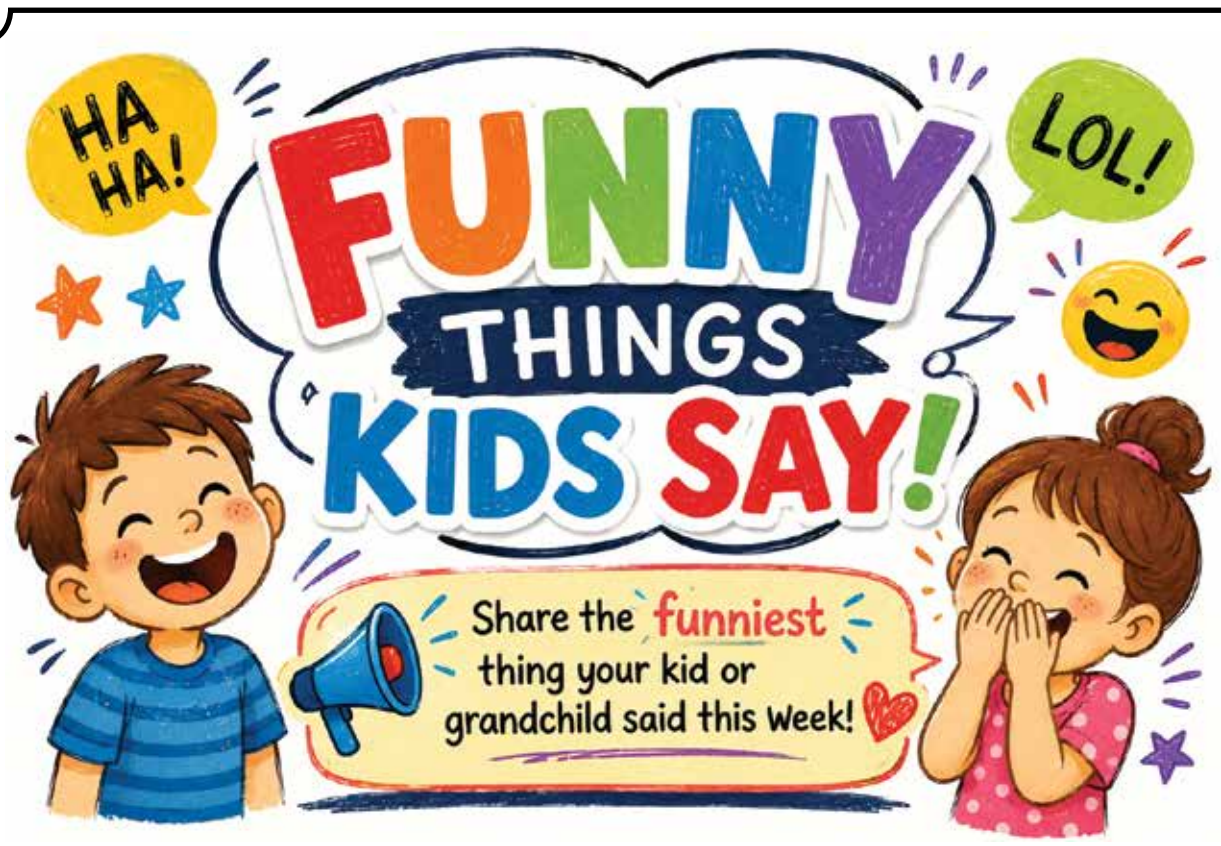
ON ROAD DIESEL • OFF ROAD DIESEL
ANDY VALLEY DIESEL
Now serving: Woodstock, Peru, Rumford, Mexico, Dixfield, Hebron, Paris, W. Paris, Norway, Oxford & Otisfield
DON BLANCHARD TURNER, ME
CELL 207-754-3588
VOICE MAIL 207-225-2297

Dimension Lumber Co.
• EVERLAST METAL ROOFING
• JOHNSON PREFINISHED PINE
• ADVANTECH
• ZIP BOARD
• U2 Fasteners
• PLANED & ROUGH LUMBER
• CUSTOM SAWING & PLANING
• ROUGH HEMLOCK BEAMS
• MINI EXCAVATOR RENTAL
• KD SPRUCE • S4S PINE • V-MATCH • SHIPLAP
• T1-11 • CDX • OSB • PT
85 JUG HILL RD, LIVERMORE FALLS • (207) 897-9973

maine heating solutions
oil | propane | systems | service | IDEAS
LOCALS SERVING LOCALS
New customer sign on Bonus!
$100 CREDIT - CALL FOR DETAILS
FREE PROPANE INSTALL/SWAP
Office: 207-883-8881 • Cell: 207-713-5700
Email: staywarm@mhsfuel.com
www.mhsfuel.com

LAIRD'S HVAC
Go green energy with the Heat Pump Kings.
VETERAN OWNED
BRADFORD WHITE WATER HEATERS Built to be the Best
HVAC PREFERRED DEALER Plus
efficiency MAINE
SAMSUNG
(207) 241-0823 • lairdshvac.com • 215 N. River Rd., Auburn, ME

BRING YOUR VISION
SET UP AN APPOINTMENT WITH ONE OF OUR PROFESSIONALLY TRAINED DESIGNERS AND WE WILL BE HAPPY TO HELP YOU CREATE THE SPACE YOU'VE DREAMED ABOUT!
Kitchen, Bath & Flooring Center
Inspiring Ideas
Knowledgeable Advice
A Division of Hammond Lumber Company
WWW.HAMMONDLUMBER.COM



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

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Email Address: _____

Phone: _____

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

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

Display from page1

seph Hall in his talk at the Ladd Library in September of this year.)

Shortly before the travelling display began its tour of Maine, Secretary of State Shenna Bellows, with help from Chief Justice Valerie Stanfill, had the newly arranged three pages specially printed on Vellum using a 19th century letter press owned by Wolfe Editions in Porland.

Linda Poland, President of Turner Historical Museum, monitored the time that the display was in the museum and shared with visitors the pertinent information. After the newly reprint had its debut at Bates College's Ladd Library in September, Poland learned that Turner's museum was one of the few sites that met the qualifications: temperature control, and a good space that was secure. The space was located on the ground floor of the Leavitt Institute Building, two floors below the Historical Museum.

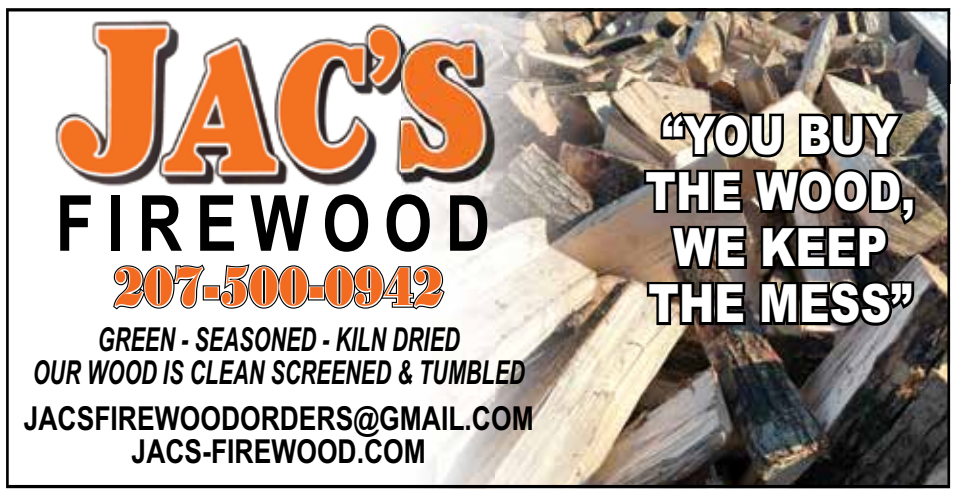
Poland enjoyed explaining some of the details about the three old-looking pages to a group of young homeschoolers. "The kids really surprised that the printer of the sheets had to place each letter of several hundred words on the old-fashioned press." This was done by Wolfe Edition printers to maintain the feel of the original document.

The Maine Constitutional Display is now gone from its week-long visit to Turner, but the other exhibits in the Historical Museum on the building's third floor. It is still open (Thursdays from 12-4 and Saturdays from 9-1) to visitors who may be curious about Turners' past. [Turner was settled just before the start of the American Revolution and incorporated into Massachusetts/Maine Commonwealth (until 1820) as 'Turner' in 1786.]



Nicole Van Tassel Photos

Turner Historical Museum President Linda Poland talks with Annabelle Eaton about the Maine Constitution Display that visited Turner in October.



HAVE YOU FOUND THE PHONY AD?





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.

Dec. 5 - Canton Historical Society holiday craft fair, 10 a.m. - 3 p.m., 25 Turner St., Canton, admission is free.

Dec. 13 - Holiday Lights! Augusta Symphony Orchestra Presents an Afternoon of Holiday Music, in partnership with CODA Chorus, 3:00 pm at Cony High School, 60 Pierce Dr, Augusta, admission is free, FMI visit *www.augustasymphonymaine.org*.

MONTHLY MEETINGS

TURNER: Knitting Club, every Tuesday at 3 p.m., Turner Public Library – 98 Matthews Way, Turner.

TURNER: Stay & Play, every Wednesday at 9:30 a.m., Turner Public Library – 98 Matthews Way, Turner.

TURNER: Mah Jongg Club, every Thursday from 1:00-3:00 p.m., Turner Public Library – 98 Matthews Way, Turner.

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

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

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

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

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

WAYNE: 30 Mile River Snowmobile Club meetings are on the first Monday of the month, meet at the Ladd Center in Wayne at 6:00 p.m., RSVP on Facebook

HEBRON ACADEMY
HOLIDAY BAZAAR AND CRAFT FAIR
Sunday, December 6
10 a.m. to 3 p.m.
at the Williams Athletic Center at Hebron Academy, Old County Road, Hebron.
All shoppers are welcome!
Free admission!
There are still vendor opportunities. Contact hcollins@hebronacademy.org for more information.
Hosted by the Hebron Academy Class of 2027

page each month so we can have a count for pizza, salad and dessert at each meeting, sharing the cost of the pizza.

WAYNE: Tot Time at the Ladd Center is a relaxed, informal playgroup every Monday morning from 9:00 to 10:00 a.m., parents must stay with their children, and everyone is welcome, FMI call Ladd Center Director, Adam Brooks 685-4616.

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

AUBURN: Weekly Chess Club, every Wednesday, 4-6 p.m., Auburn Public Library, all levels and ages welcome; FMI call Joe Kaper 207-274-8463.

TURNER: Silent Book Club, 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.

WAYNE: Cary Library Book Sale, 9:30 a.m. - 12:30 p.m., 3rd Saturday every month, Williams House, 14 Old Winthrop Road, Wayne, FMI call 685-3612 or visit our website *https://www.cary-memorial.lib.me.us.*

HARRISON: Men's Breakfast, second Thurday morning 8-9 a.m., United Parish Congregational Church of Harrison and North Bridgton, 77 Main St., Harrison, FMI call 207-583-4840 or email *info@unitedparishucc.org.*

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

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

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

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*.

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

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

SKOWHEGAN: Al-Anon, hybrid meeting, 7-8:00 p.m. every Tuesday, Skowhegan Federated Church, Island Avenue, 1-800-498-1844, *www.maineafg.org*.

FAIRFIELD: Victor Grange monthly meeting, second Monday of the month, 5:30 potluck, 6 p.m. meeting, all welcome.

WINTHROP: Winthrop Maine Historical Society, first Thursday of month, 6-8 p.m., Winthrop History and Heritage Center, 107 Main St., 207-395-5199, *winthropmainehistorical@gmail.com*.

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

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

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

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.*

ONGOING:

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: 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.

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.

WATERVILLE: Central Maine Square Dance club offering beginner lessons, every Tuesday 6:30-8:00 p.m., George Mitchell School Dutton St., Waterville, cost is $5.00 per lesson, FMI call Bob at 447-0094.

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

Scott's Antiques
Looking to Buy!
30+ years of experience
Trustworthy appraisals based on current market value
Will come to you–house calls at your convenience
Seeking:
• Antiques
• Vintage Collectibles
• Jewelry
• Gold and Silver
• Old & Interesting Items
Tel: 207-754-7478 Email: ScottsAntiques60@gmail.com

BOOTHBY RICKER, LLC
L. Clinton Boothby, Esq.
Kendall A. Ricker, Esq.
Mikala L. Holt, Esq.
• Small Business/Corporate
• Real Estate: Transaction & Litigation
• Probate Administration
• Estate Planning, Probate & Trusts
• Personal Injury
22 School House Hill Rd., Turner
Phone: 207-225-5044

CASTONGUAY MEATS
FULL SERVICE CUSTOM SLAUGHTERING
BEEF, PORK AND SHEEP
NOVEMBER MEAT PACKAGE
3 lbs. Ground Beef
2 lbs. Stew Meat
1 lb. Sirloin Tips
3 lbs. Bone in Breast
2 Cordon Bleus
1 lb. Popcorn Chicken
4 Boneless Pork Chops
2 lbs. Bacon
2 lbs. Country Style Ribs
Cash Price $100
Credit or Debit $103
Must give 24 hours notice for meat packages.
234 Gibbs Mill Rd., Livermore
1-800-310-4989 • 207-897-4989
Now accepting food stamps.
TUE THRU FRI - 7AM TO 5PM
SAT - 7AM TO 2PM
CLOSED SUNDAY
CLOSED MONDAYS UNTIL FALL

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

NUFIOMR

TETLAB

RESECIV

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

Answers: medal, uniform, battle, service; Honor all veterans

NEW WORD

COMBAT

military action between opposing forces

"How they say that in..."

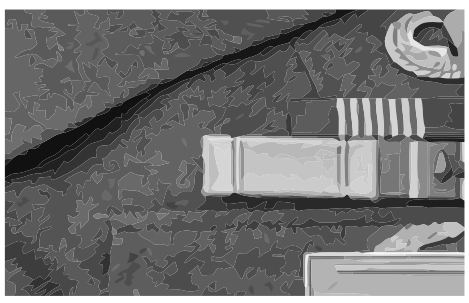
English: Veteran
Spanish: Veterano
Italian: Reduce
French: Ancien combattant
German: Veteran

Did You KNOW?

The largest group of living veterans of the American armed forces served during the Gulf War era, followed by the Vietnam War era.



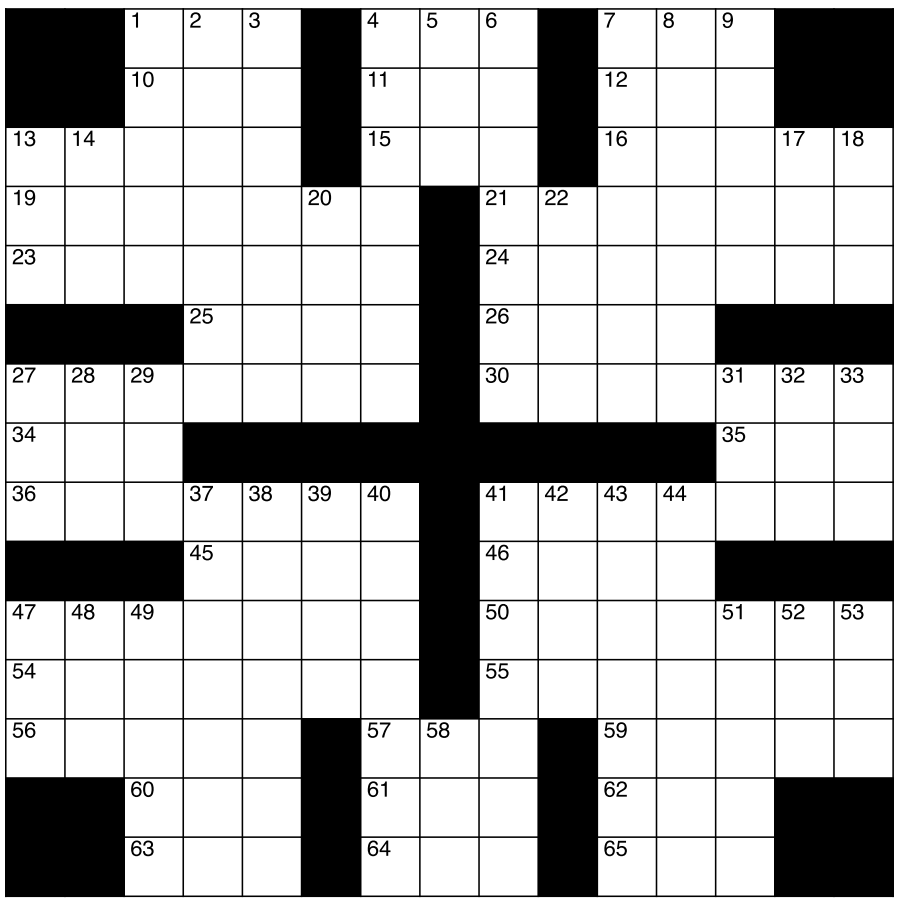
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Military uniform

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

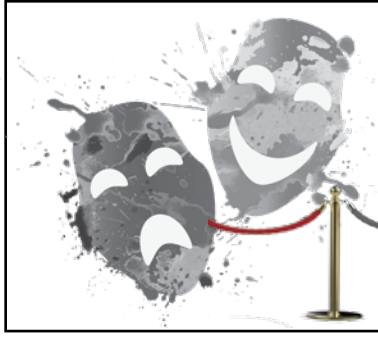
WHAT'S THE DIFFERENCE?

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



ARTS & Entertainment

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

A CHRISTMAS CAROL returns to The Public Theatre!

This holiday season, for one weekend only, The Public Theatre presents its acclaimed adaptation of A Christmas Carol, Dec 11-13. This inventive version, performed by six actors and a fiddler, was developed at The Public Theatre by former Executive/Co-Artistic Director Christopher Schario. It has since been published and performed by theatres around the world and is now a Lewiston/Auburn tradition.

With all the different versions of A Christmas Carol, The Public Theatre's adaptation remains many people's favorite. This version begins with a child reading Dickens' novel as five actors and a fiddler suddenly appear to coax him into joining the story. Live music and sound effects create a magical atmosphere, bringing the story to life in a way you've never seen before.

Only $15 for children 18 and under. Introduce a child to the magic of professional theatre and give them a gift that will last a lifetime. Don't forget that Gift Certificates and instant E-Gifts make great gifts this Holiday Season!

A Christmas Carol: December 11 @ 7pm, Dec 12 @ 2pm and 7pm and Dec 13 @ 2 pm. Tickets at ThePublicTheatre.org or call 782-3200. The Public Theatre is located at 31 Maple St., Lewiston.

Sponsored by: Cross Insurance, Berube's Complete Auto Care / NAPA Coastal Auto Parts, Dirigo Federal Credit Union, Evergreen Subaru, Uncle Andy's Digest

Arts & Entertainment page sponsor:

EST. 2005
FISH BONES
BATES MILL No 06 LEWISTON MAINE
REELING IN A NEW ERA AT FISH BONES GRILL,
LET US BE THE FAMILY YOU CHOOSE!



Become a Franco Volunteer!

From ushering to office support, decorating and more, our volunteers are the heart of the Franco Center. Join our growing team and help make our events even more special.

Call us at 207-689-2000

Apply Online or Download the Volunteer Application to mail in

Join our amazing team—your hands can help preserve history, inspire curiosity and bring people together.

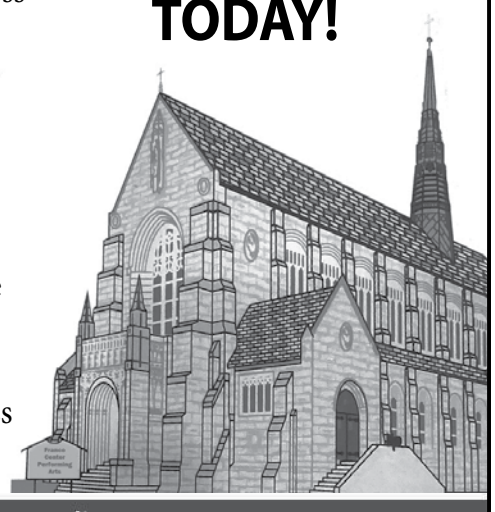
Franco Center
Performing Arts & Events
46 Cedar Street
Lewiston, Maine
207-689-2000
francocenter.org

Enjoy a night out!

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

BUY YOUR TICKETS TODAY!

While we will no longer have access to the Oxford Street mill parking lot due to ongoing construction, the City of Lewiston has provided convenient parking options just a short walk from the Franco Center.
1. Chestnut Street Parking Garage
2. Corner of Cedar and Lincoln streets lot
3. Lincoln Street parking lot across from FX Marcotte



Underwriter: Maple Way Dental Care
Media Sponsors: Sun Journal, Turner Publishing, Uncle Andy's Digest, Bennett Radio Group, WOXO Country 92.7, 105.5 95.7 WGY

MAKE THEIR HOLIDAYS A LITTLE MORE
DRAMATIC
Give the gift of laughter, unforgettable performances, and a little drama! Community Little Theatre tickets and season passes make the perfect holiday gift.
SHOP NOW AT LACLT.COM OR CALL (207) 783-0958
Lewiston-Auburn Community Little Theatre | laclt.com | 207.783.0958 | boxoffice@laclt.com



Hornets are Regional Champions



Sarah Longstaff Flagg photo

The Leavitt Hornets football team punched its ticket to the 2026 Maine Class C State Championship after shutting out Foxcroft Academy 26–0 on Friday, November 13, 2026. Because Class C football uses a single statewide division format rather than separate North and South brackets, the Hornets' semifinal victory sends them directly to the state title game. Top-seeded Leavitt enters the championship game unbeaten on the year after back-to-back playoff shutouts. At press time, Leavitt was preparing to face the #3 Hermon Hawks for the Gold Ball

The Academy Community Trail opened this fall

MONMOUTH - The Monmouth Trails Committee is thrilled to announce that the Academy Community Trail (ACT) located on the Monmouth Academy and Memorial School properties will open up for public use this Fall. The Grand Opening will occurred on Saturday, November 14 at 10:30 a.m. at the trailhead located at the end of the Academy athletic fields parking lot. The Grand Opening was held in conjunction with the Monmouth Lions Club's Annual Diabetes Awareness Walk, which was the first official event on the trail. As part of the Grand Opening, there was a brief ceremony, a ribbon-cutting, some prizes and refreshments.

The Academy Community Trail (previously referred to as the Town/RSU 2 Trail) will consist of two connected loops of approximately 1.3 miles. The first loop, named the Ball Field Trail, will travel around the perimeter of the Academy athletic fields. The Mustang Trail (which includes a portion of the existing snowmobile trail), and the Orchard Trail comprise the second loop which will traverse the forested land off of the ball field parking lot and go behind the Memorial School.

The trail will provide an outdoor classroom for Monmouth students and will also enhance recreational sporting opportunities (hiking, running, mountain biking, snow shoeing, snowmobiling) for both students and adult members of the community. Most importantly, the trail has been built to Universal Accessible Trail (UAT) standards that will allow community members of all ages and most mobility levels to enjoy the outdoors. To ensure the safety of all users and in order to preserve the trail surface, no e-bikes or motorized vehicles will be allowed on the trail.

The construction of the Town/RSU 2 trail was made possible as the result of a successful grant application submitted last year by the Trails Committee to the State's Maine Trails Program (MTP) and with the cooperation of the RSU 2. MTP awarded $200,000 to the Town for the development of this project. The MTP grant requires a 10% match which will be shared between the Town and the RSU. The Town's portion of the match will be paid by the Town's TIFF fund and will have no impact on property taxes.













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!

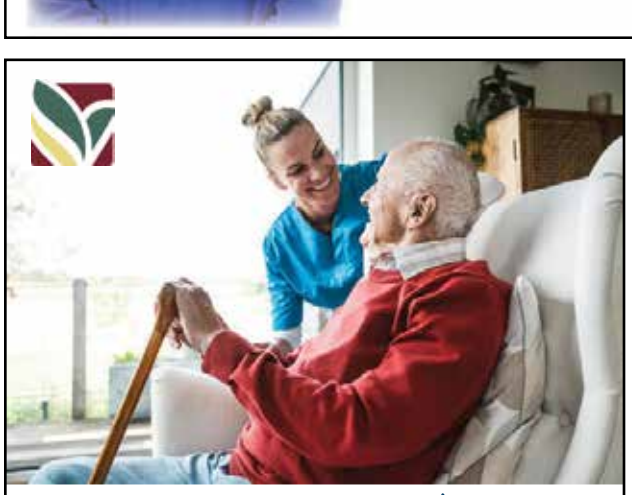
Live Long. Live Well.

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

Auburn Family Dental



1-844-DOC-CHEN
730 Center Street, Auburn
(Movie Theater) Plaza
(207) 783-1351
www.auburndentalfamily.com



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

ZBON FITNESS
Zbon Fitness Maine
24/7 Access Gym and Personal Training
@zbonfit
@zbonfitnessmaine
@zbonfitnesscoaches
Zbon Fitness
Zbon Fitness Maine
7 Cobblestone Dr. STE. 11 Turner • 207-931-5140

DISTRACTED DRIVING KILLS
Keep your eyes and your attention on the road!



A quiet, homey, and safe living center for seniors.
WE HAVE AN OPENING STARTING AT $2,000 A MONTH.
CALL FOR A TOUR TODAY!
207-946-3007
433 Route 202, Greene ME 04236

Make 2026 the year you can reconnect with conversations.
Red Maple Audiology & Speech Pathology



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



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.

STAY WARM THIS WINTER
SPRAY-N-STUFF INSULATION
FOAM * CELLULOSE * DRYWALL
207.418.9394
SAVE MONEY!
• Closed Cell Spray Foam Insulation • Blown in Cellulose
• Open Cell Spray Foam Insulation • Rockwool • Drywall
CALL US TODAY: 207-418-9394

•ROOFING •GARAGES
•NEW HOMES
TRIMBLE CONSTRUCTION
Turner, ME • 207-577-2726 • Veteran Owned

FULLY INSURED
BRICKIES MASONRY
OVER 30 YEARS COMBINED EXPERIENCE
Residential & Commercial Masonry — Built to Last
Brick & Block Work • Stone Masonry
Chimney Repair & Rebuilds • Foundation Repairs
207-754-1341

NLB
PRESSURE WASHING SERVICE
Call Today!
207-393-9393
Mobile Homes, Houses, Garages, Decks and More!

Jason Hodsdon Masonry
Chimneys • Chimney Cleanings
Repointing & Repairs • Culture Stones
Restorations • Stainless Steel Liners
We install professional chimney caps!
215-3557
North Monmouth
Jasonhodsdonmasonry@gmail.com

Shop LOCAL for all your WINTER needs!
GUILD'S COUNTRY HARDWARE L.L.C.
• Shovels
• Wood Pellets
• Snow & Ice Removal Products
• Stove Pipe
• Heating Supplies
AND MORE!
Sun. 8am-12pm • Mon.-Fri. 7am-6pm • Sat. 8am-4pm
1739 Federal Rd., Livermore • 207-897-4617

FULLY INSURED
FREE ESTIMATES
JT ELECTRIC LLC
LOCAL • RELIABLE • PROFESSIONAL
SAMSUNG HVAC
COOLING | HEATING
GENERAC
GENERATORS SERVICE & INSTALL
AUTOMATIC POWER PROTECTION
KEEP YOUR HOME & FAMILY SAFE
POWER YOU CAN COUNT ON
NEW CONSTRUCTION WIRING
SAMSUNG HEATPUMPS
ENERGY EFFICIENT
LOWER ENERGY COSTS
RELIABLE COMFORT YEAR-ROUND
OUR NEW HEATPUMPS COME WITH A 12-YR PARTS, LABOR, AND TRAVEL WARRANTY
207-330-5559
efficiency MAINE

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!

D&G EXCAVATION
A LOCAL MAINE COMPANY WITH OVER 25 YEARS OF EXCAVATION EXPERIENCE!
• Foundation Excavation
• Demolition & Site Clean Up
• Road & Driveway Construction
• Trenching Services
• Utility Installation
• Drainage & Erosion Control
• Septic System Installation
• Site Preparation & Land Clearing
• Snow Plowing
• Snow Removal
(207) 212-2015 | ndupile@gmail.com
SERVING MAINE • BUILT ON INTEGRITY • COMMITTED TO QUALITY

R.E. LOWELL LUMBER Inc.
Locally Family Owned since 1954
FROM HOME OWNER TO PRO:
• High Quality Pine and Lumber
• Professional Grade Materials
• Power Equipment to Garden Supplies to Paint
Mon-Fri 7am-4pm
Sat 8am-12pm
Sun 9am-12pm
(Buckfield only)
Buckfield: 132 North Hill Rd • 336-2901
Turner: 2319 Auburn Rd, RT 4, Turner • 224-7497

See-Thru Window Cleaning
Specializing in Quality Window Washing
• All Seasons
• Free Estimates
• Commercial
• Residential
Over 25 Years of Experience
Shaun Weeks - 207-577-2802
pastorweeks@gmail.com

Holiday Craft Fair at the Canton Historical Society



Photos by Phyllis Oulette

CANTON — The Canton Historical Society will host a holiday craft fair on Saturday, December 5th, 10:00 - 3:00. As in the past, the fair will feature unique gifts such as ornaments, jewelry, leatherwork, wood carvings, teas, journals, and craft kits. This year's fair will also include baked goods, sweets, and a variety of healthy houseplants. Admission is free to the public.

The fair will be held on the second floor of the Society's historic building, located at 25 Turner St. in Canton. The museum will be open, and visitors may view the recently acquired collection of artwork by Mary Neal Richardson. Hot breakfast and lunch items will be available for purchase in the kitchen. Food sales will benefit the Historical Society, together with the proceeds from a raffle of holiday baskets.

Hayford Hall is partially handicap accessible, featuring a short, somewhat steep ramp to the front door and chair stairlift to the second floor.

The Canton Historical Society is an all-volunteer, non-profit organization devoted to the preservation and celebration of Canton's heritage, history, and community. The Society maintains a country store and a museum that exhibits art, artifacts, photographs, furniture, and documents related to Canton's history. The Society also hosts lectures, classes, cribbage and cornhole tournaments. For more information, visit their website: *http://www.cantonmehistory.org/*



MAINE OUTDOORS

V. Paul Reynolds

Trout Flies: Making Choices



Recently, a reader who lives in Arkansas and who has June reservations to fish for Maine trout during his much-anticipated week at the fabled Kennebago Lake, asked me to suggest some fly choices. Keeping in mind that, although I am a longtime trout fishing addict, a fly wonk or student of insects I am not, here are my fly choices for him to consider: 1) Dry flies…. Adams, Parachute Adams, Hornberg, Black Gnat, Blue Dun, Blue Winged Olive, Light Hendrickson, Dark Hendrickson, Elk Hair Caddis in Black, Green and Cinnamon. 2) Wet flies… Wooly Bugger, Golden Retriever, Hare's Ear Nymph, Pheasant Tail Nymph,Copper John and Royal Wulff.

Selecting flies, especially for a newcomer to fly fishing Maine brookies, is akin to selecting a breakfast cereal at Hannaford's market. The choices can overwhelm. And even among seasoned trout chasers, the best go-to flies differ markedly. My choices are predicated on what has worked for me over the years.

Cathy Beck, in her book Fly Fishing Handbook, lists the following as her favorite freshwater trout flies: Henrysville Caddis, Royal Wulff, Adams, Clouser Minnow, Wooly Bugger, Hare's Ear Nymph and Pheasant Tail Nymph. One of her more interesting observations, to my mind, is this; "During a hatch or spinner fall, when there are thousands of identical insects available, trout can be selective, focusing on the specific available insect." This may, or may not, explain why on some days you cannot "match the hatch" no matter what you throw at them.

Yet on other days trout will eat anything that moves. Writes fishing humorist Arthur Macdougall, Jr., "A trout will eat anything that creeps, crawls, scuttles, swims, sinks, flutters, flies or jets."

In my book Maine Angler's Logbook, there's a chapter titled Trout Fodder. In it I recount a trout feeding anecdote that left me and my fishing companion, Tom Fuller, wide-eyed in wonder. In our rented cabin at Red River Camps in Northern Maine, there was a small red squirrel that had become a nighttime pest trying to raid our grocery stash. One afternoon, during happy hour, the little red bandit miscalculated in a way that proved fatal. The brazen miscreant made a bold move in broad daylight. It sought to partake of our happy hour cheese and crackers. Wielding a hunk of dry beech, I dispatched it with a deft tap on its noggin.

It so happened that a couple of large brookies hung out below the camp docks and were accustomed to being fed regularly by camp clients. Fuller and I, with the squirrel's remains by the tail, decided to test the theory that, when it comes to fly choices, a hungry trout will eat just about anything that constitutes protein. I write in my book: "So, in the name of science, we tossed the squirrel to the dockside brookies. With no hesitation, the larger fish rose to the surface, snatched the squirrel and then took its meal to the bottom. To our surprise, there was no shark-like feeding frenzy, no ripping, no tearing. The Boss Trout simply engorged the squirrel without fanfare -body, tail, and legs, gone!

Finally, when it comes to fly choices, a reader once asked me," If you could have just one trout fly in assorted sizes, what would it be?" It is no contest. The Parachute Adams gets the nod every time. The funny thing is that, unlike so many other effective trout flies, the Adams does not imitate any particular May Fly. It is just really buggy, and that does the trick.

Deer season is upon us, but hard-core, single-minded trout anglers can still find legal trout waters. Check your lawbook. Tight lines.

The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide and has authored four books. Online purchase information is available at www.sportingjournal.com.





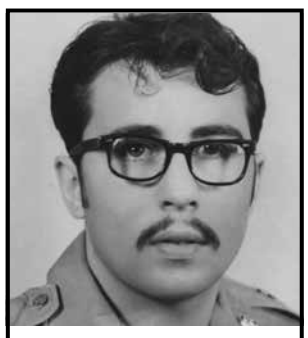












Robert M. Richard
Specialist Army 1971



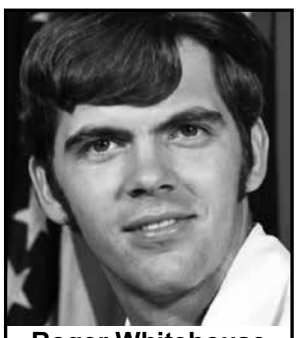
Stephen Theriault
Navy , 25 yrs.



Christopher Lowell
SCSRB



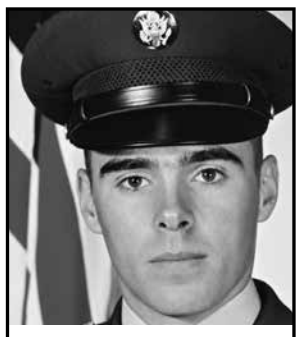
Robert Whitehouse
Navy 1962-89



Roger Whitehouse
Navy 1968-71



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



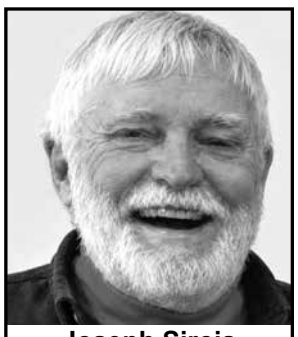
David Richard
Army Sgt.
Served in Vietnam
1969-1973



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



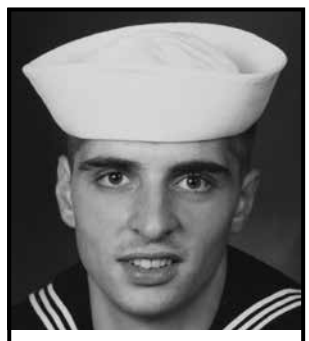
Harold W. Small
U.S. Navy - Vietnam
2nd Class Petty Officer
Purple Heart & Silver Star Recipient
Thank You & We Love You!



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



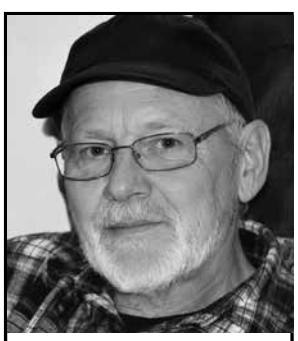
Thomas Beauchesne
Army 1968



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)



MOVIE REVIEW by Lucas Allen

You Can See Everything

(A24)

A lot has been written and talked about the notorious health pioneer Elizabeth Holmes, who managed to defraud investors in bringing her dream company Theranos to life, only to be convicted and sentenced to prison. The widely acclaimed Hulu limited series "The Dropout," starring Emmy and Golden Globe winner Amanda Seyfried as Holmes, may have been enough, but perhaps there's more to her than what the media portrays. The new documentary "You Can See Everything" from acclaimed filmmakers Nathan Fielder ("Nathan for You") and Lance Oppenheim (this year's terrific "Primetime") takes the viewer on a mind-bending journey through the lens of both filmmaker and subject.

With 34 days until her prison sentence, Holmes invited Fielder to document her private life with her partner, hotel heir Billy Evans, and their two young children. The documentary's birds-eye view helps reveal the couple dealing with the fallout of her 2018 trial and indictment not just with the Hulu miniseries, but with the way the media tends to portray her as a pathological liar and manipulative. At the same time, they reveal early plans to resurrect Theranos and perfect her original vision once more. Doubtful, Fielder tries to understand her ambitions through both Billy and her supportive parents.

After the beginning of her prison sentence, Billy is left in charge of running Theranos and immediately comes off as controlling, including taking over the making of the documentary. It is especially alarming when Fielder finds out that Evans is using her image to promote the newly rebranded company and create an AI double of her, along with using her social media accounts. However, the filmmaker has a few tricks up his sleeve to save his project.

With a nearly three-hour documentary, the pacing can be slow at times, though it is more of a stylistic choice by the filmmakers. Its pace is there to make the viewer feel right at home in the lives of these subjects and, at the same time, let them process each moment to understand the events that follow. In fact, getting used to slow pacing helps to surprise the viewer when the film's second half drops the shoe.

Fielder certainly has a close eye on his subject, especially when he involves himself heavily in their lives. Throughout the feature, he can peel back the layers on their personalities to the point where there is something hidden beneath them that is eye-opening and terrifying. There is a scene where he shows Holmes and Evans a clip of the classic Abbott & Costello routine "Who's on First" as a way to show how such hilariously confusing miscommunication pretty much mirrors how they are trying to bring their new ambition to the table. It also turns this documentary into a subversive and incendiary indictment on how the blurred line between fact and fiction can be misconstrued to get to the truth.

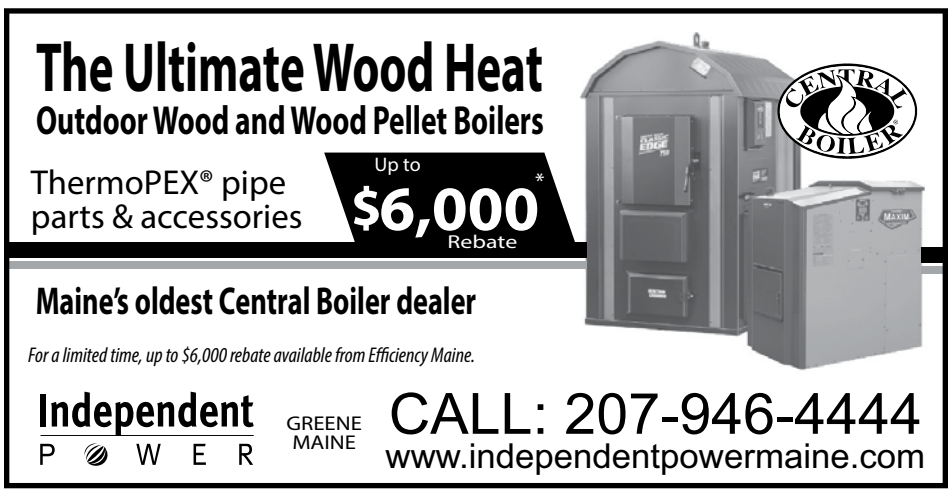
The first half of the film centers squarely on Holmes herself basically a loving mother and a smart businesswoman, but there is still an air of mistrust about her that is just as fascinating. After she goes to prison, the second half deals with Billy's growing control and paranoia as a business owner, leading to some uneasy moments for Fielder to confront. When you put these two halves into perspective, it leaves you with questions about each of their sanity and how they really function as a couple.

At first, Seyfried appears mainly to help reenact Fielder's conversations with Holmes alongside actor Christopher Abbott as Billy, coming off as unnecessary padding. But her involvement becomes clearer as the second half rolls along, as a way for anyone who has seen "The Dropout" to rethink when fact and fiction overlap. Not to mention, watching the actress be herself and take on her Holmes role a little differently could be something award-worthy in its own way.

Without hyperbole, "You Can See Everything" certainly lives up to the hype for being a pop culture explosion while also carving out its own space in the documentary genre. It will provoke different reactions from audiences everywhere about the nature of subjectivity versus exposing the real truths. In the end, it is an unforgettable experience from beginning to end that absolutely surprises at every turn.

THE MOVIE'S RATING: R (for language and some graphic nudity)

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





WE SPREAD YOUR GOOD NEWS!

Send it to: articles@turnerpublishing.net

2027 Maine Teacher of the Year



Submitted photo

Gretchen Livingston, a Spanish teacher at Cony Middle and High School, has been named the 2027 Maine Teacher of the Year.



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

EPOXY FLOORS

• Flake Systems
• Metallics
• Polishing
• Grind & Seal

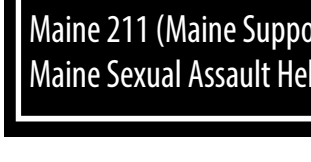
VIKING
FLOOR COATINGS

Turner, ME
207-577-2726
Veteran Owned / Matt Trimble

"WE MADE AN IMPORTANT DECISION TODAY"

We decided to pre-plan our funeral arrangements. We had many questions about pre-planning. Our funeral director answered our questions and presented us with options: what merchandise and services are offered, the total cost for our selected funeral arrangements and the available payment plans. For further information on pre-planning contact:

Finley Funeral Home Est. 1848
15 Church Street
Livermore Falls, 04254
897-3588
BRAGDON-FINLEY
P. O. Box 188
Monmouth, 04259
933-4444
www.finleyfuneralhome.com



Trust services provided by Interment Trust Services Division/Access Financial Group, Inc.

SPRUCE MOUNTAIN Dentistry



Accepting New Patients

32 Main Street, Livermore Falls, Maine
897-4444

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**



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

RECORDS FOR SALE

TURNER — 100's of vinyl records for sale. Please call William for more information: H: 207-224-7480, C: 207-740-4768

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*.

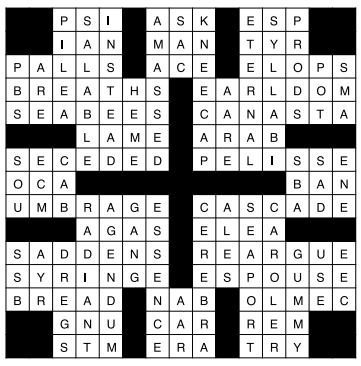
2X2 AD THIS SIZE

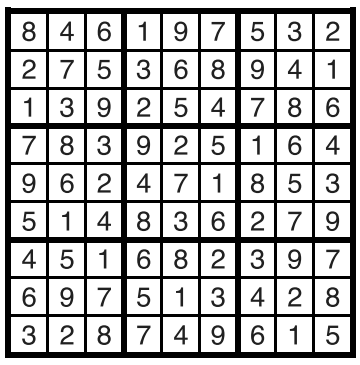
Call 225-2076 or email *advertising@turnerpublishing.net* for pricing on our classified page.

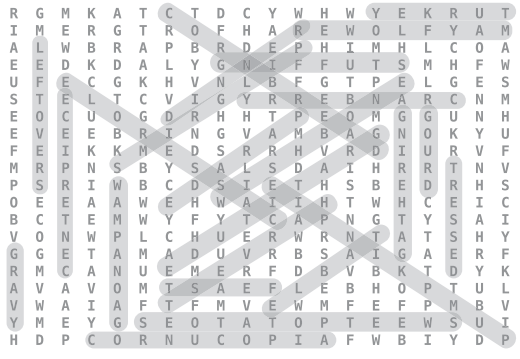
1X2 AD THIS SIZE

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









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.

PUT YOUR BUSINESS IN THE SPOTLIGHT!

Become a Sponsor of Turner Publishing's Popular Phony Ad Contest!

Our readers love the Phony Ad Contest, and now your business can be part of the fun! As a sponsor, your logo and contact information will be prominently featured in our winner announcement ad, giving your business valuable exposure to readers throughout our communities.

Support a reader favorite while putting your business front and center!
Call Turner Publishing today at 207-225-2076 to become a sponsor!

Turner Publishing INCORPORATED

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

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



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

EVERETT
REALTY GROUP
RESIDENTIAL ● COMMERCIAL ● INVESTMENT
207-588-7430 • www.207realestate.com
Your Home, Your Future, Our Commitment!

Computer Networking, Computer Builds, Education, Service, Backups, Cyber Security Analysis, WIFI Installation and more!
Austin Electronics
NEED HELP? CALL NOW!
RAPID RESPONSE TIME.
DEGREED - CERTIFIED - INSURED - 27 YEARS IN BUSINESS
207-515-9001 • Buckfield • Owner Neal Austin

THE HIGHLAND GRILLE
EAT | DRINK | ENJOY
CLASSIC PUB FAVORITES AND SPECIALTY COCKTAILS
Featuring Nightly Food and Drink Specials
OFFERING DINE IN & TAKE OUT
Open every day!
Cornhole is back on Wednesdays – Sign up on Scoreholio.
Available for holiday parties and events - Book now.
Many other events this season-call for updates or check us out on facebook.
WINTER HOURS:
MON -THURS 4PM-9PM
FRI 4PM-10PM | SAT 11AM-10PM | SUN 11AM-8PM
10 HIGHLAND AVE., TURNER, ME | 224-7090
LIKE US ON FACEBOOK @thehighlandgrille

AXIS NATURAL FOODS
Stay Healthy with Us!
Great selection of herbs, teas, vitamins & supplements!
HOURS:
Mon - Fri 9-6
Sat 9-5 • Sun Closed
axisnaturalfoods.com
Call: 207-782-3348
or like us on FaceBook
CHECK OUT NEW WONDERFUL FOODS & SUPPORTING LOCAL , SINCE 1970
120 Center Street Plaza - Suite 300 - Auburn - (207) 782-3348

Above All Contracting, Inc.
STANDING SEAM METAL ROOFING
Metal Roof Kits • Custom Flashing
RoofingTools • Seamer Rentals
Come visit our showroom!
www.aboveallmaine.com
aboveall99@roadrunner.com
464 Auburn Rd, Turner • 207-754-9718

Leavitt High School Class of 1960 continues a special tradition



Submitted photo

TURNER - Since 2020, members of the Leavitt High School Class of 1960 have been gathering at The Highland Grille to enjoy good food, friendship, and the opportunity to reminisce about days gone by.

Joyce Sarchi has had the pleasure and honor of serving these wonderful folks and looks forward to their visit every year. It is a special occasion filled with laughter, stories, and the joy of reconnecting with old friends.

Pictured above is Joyce Sarchi, holding hands with two of Turner's finest ladies: Jan Twitchell on her left and Edna Richardson on her right.

Some friendships are simply too special to let time get in the way, and this wonderful group is proof that the bonds formed long ago can continue to bring people together year after year.

