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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.

Lake Region Reader

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Gallant FUNERAL HOME

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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

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/*

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

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Three year old grandson was excited to visit grandma's house, 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*

Kennebec Valley Chamber announces 2027 Kenney Awards winners and finalists

AUGUSTA — The Kennebec Valley Chamber of Commerce is proud to announce the winners and finalists for the 2027 Kenney Awards, presented by Hammond Lumber Company. The Kenney Awards celebrate the individuals, businesses, and organizations whose leadership, innovation, service, and dedication help make the Kennebec Valley a stronger and more vibrant community. The gala will take place on Friday, January 22, 2027, at the Augusta Civic Center, beginning at 5:00 PM.

Hosted annually by the Kennebec Valley Chamber of Commerce, the Kenney Awards will bring together hundreds of business and community leaders for an evening of celebration and recognition. Open to the public, the event will feature a cocktail hour, red carpet arrivals, and award presentations, along with live voting to determine the winners of the Large Business of the Year, Small Business of the Year, and Nonprofit of the Year awards.

2027 Award Recipients and Finalists

Peter G. Thompson Lifetime Achievement Award:
Bill Sprague

Beacon of the Valley:
Al Cloutier

CYNERGY Emerging Leader:
Jackson Ladd

Heartbeat of the Community:
Aroma Joe's - Augusta

Large Business of the Year Finalists:
Day's Jewelers, Gagne & Son LLC, Maine Evergreen Hotel

Small Business of the Year Finalists:
Bintliff's Corner Brew, Soothe Medical Aesthetics, Dance Unlimited

Nonprofit of the Year Finalists:
Kennebec Behavioral Health, University of Maine at Augusta, MaineGeneral Health

To learn more about the Kenney Awards and explore previous winners, visit: *https://kennebecvalleychamber.com/events/annual-awards-banquet*



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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

WINTHROP: Winthrop Maine Historical Society business meeting first Thursday of each month, January-November, 6-8 p.m. at the Winthrop History and Heritage Center, 107 Main Street, Winthrop, Maine, winthropmainehistory.org, no December meeting

WINTHROP: Winthrop Grange #209 meets on the 1st and 3rd Wednesday of the month, supper is at 5:30 p.m. and the meeting at 6 p.m., 549 Old Lewiston Road, Winthrop, contact information Kathy Ward 207 500-9864 or *gwamme@gmail.com*.

MANCHESTER: Coffee Open House at the Manchester Grange, 1st and 3rd Monday of the month, 8-10 a,m, 953 Western Avenue, Manchester, FMI call Paige 617-800-4564 or *manchestermainegrange.wordpress.com*.

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.

WINTHROP: Winthrop Food Pantry, Thursday pick-up 12:00 p.m.-2:30 p.m. and 2nd & 4th Thursdays 5 p.m.- 6:30 p.m., 10 Cross Rd., Winthrop, FMI call JoEllen Cottrell, Director (207)377-3332 or *winthropfoodpantry.org*, Curb-side pick-up of shelf-stable food.

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

WAYNE: 30 Mile River Snowmobile Club meetings are on the first Monday of the month, meet at the Ladd Center in Wayne at 6:00 p.m., RSVP on Facebook page each month so we can have a count for pizza, salad and dessert at each meeting, sharing the cost of the pizza.

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.

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

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

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.*

CORNVILLE/ATHENS: Cornville/Athens Food Cupboard is open to all residents of Cornville, Athens & Brighton, located at Cornville Town Hall, West Ridge Road, open on the 1st Saturday of each month with new hours 9 a.m. - 12 p.m., FMI please call 776-3257.

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.*

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

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

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

WATERVILLE: Grief through the Holidays support group, Wednesdays from 6:00-7:30 p.m. starting November 13th, Hospice Volunteers of Waterville Area Community Center, 304 Main Street in Waterville, time-limited bereavement group, free. 873-3615 or email *jroy@hvwa.org*.

WATERVILLE: Downtown Waterville Farmers' Market, every Thursday 2-6 p.m., Head of the Falls.

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.

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*.

WATERVILLE: A Service for Veterans, Veteran Service Officer from the Bureau of Veterans' Services will be available to meet with you from 8 a.m. – 2 p.m. first Thursday of the month at the Muskie Community Center, 38 Gold Street, Waterville, appointments are 30 minutes. To reserve your private appointment, call (207) 873-4745.

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

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

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

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.


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MAINE CALENDAR PAGE

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kids' corner

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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								
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..."

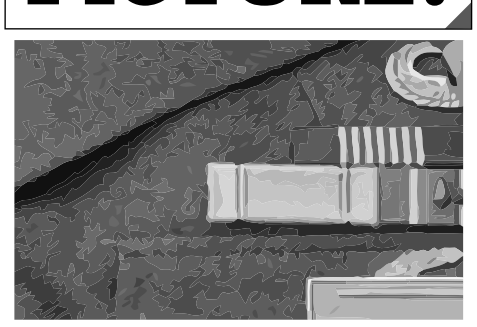
English: Veteran
Spanish: Veterano
Italian: Reduce
French: Ancien combattant
German: Veteran

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.



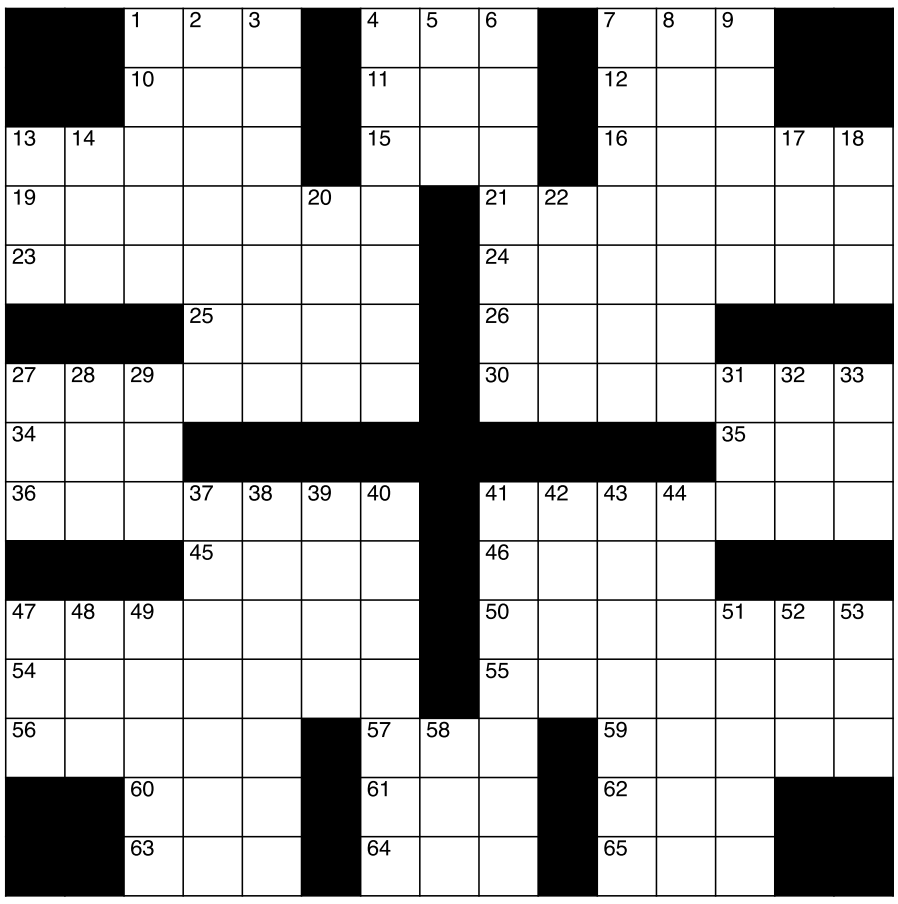
Get the PICTURE?



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

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)



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The Dancing Witches of Merkaba Sol cast a spell 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.

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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).



Metro photo

• 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.

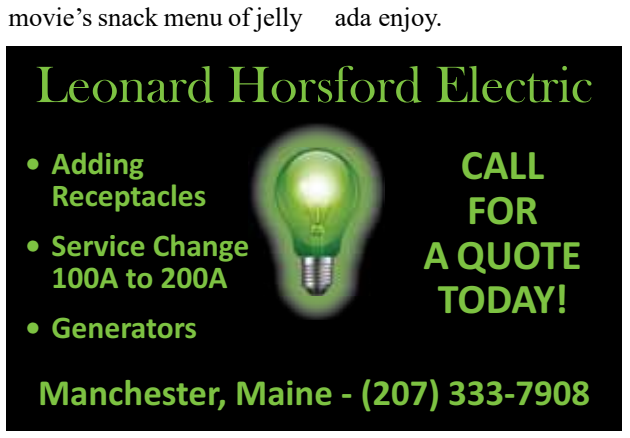
• Celebrate "Friendsgiving": People who may not have relatives close by often gather with close friends to commemorate friendships and express their gratitude for one another.

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.















Jodi Cornelio
Live Long, Live Well
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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.

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.**



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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.

Skowhegan's Kristina Cannon named to International Economic Development Council Board

SKOWHEGAN —Kristina Cannon, President & CEO of Main Street Skowhegan (MSS), has been appointed to the International Economic Development Council (IEDC) Board of Directors for a two-year term beginning January 1, 2027. Approved at IEDC's 2026 Annual Conference in New Orleans, La., her appointment brings the perspective of rural communities, Main Street organizations, and entrepreneurial ecosystem building to the leadership of the world's largest association for economic developers.



Kristina Cannon

"We are pleased to welcome Kristina Cannon to IEDC's 2027 Board of Directors. Cannon's leadership, engagement, and commitment to the economic development profession have prepared her well for this new role," said IEDC President and CEO Nathan Ohle. "We look forward to Cannon's leadership in helping shape the future of IEDC, the profession, and the economic well-being of communities across the world."

"I'm a small-town girl from Maine who cares deeply about helping rural communities build a future on their own terms," said Cannon. "In Skowhegan, that means connecting the pieces—supporting entrepreneurs, creating career pathways, investing in outdoor recreation, and bringing new life to our riverfront and commercial district. I'm humbled to join this board and excited to bring the experiences of rural practitioners and Main Street organizations into the conversation. Small communities have a lot to contribute to how we think about economic development."

Cannon already serves as Co-Vice Chair of IEDC's Rural Affinity Group and as a member of its 2027 Rural Retreat Advisory Committee. Her work has also earned recognition as a White House Rural Innovator in 2024, a Mainebiz Woman to Watch in 2024, and Maine Outdoor Industry Leader in 2023.

Since taking the helm of Main Street Skowhegan in 2015, Cannon has helped grow the nationally accredited Main Street America organization from 1.5 staff members and an approximately $120,000 annual budget to an annual budget of $1.2 million in 2026. During that time, MSS has raised more than $15 million to advance community and economic development initiatives.

As the central coordinator of Main Street Skowhegan's strategic projects, Cannon brings together people, resources, and partnerships to advance a comprehensive approach to rural revitalization. Working with more than 50 partners, she and the MSS team connect recreation infrastructure, entrepreneurship, workforce development, youth engagement, historic preservation, and visitor attraction. Their work on the Skowhegan River Park and New Balance Foundation Boardwalk complements Skowhegan Outdoors' free programming and gear library and CANOE, an outdoor recreation career pathways program developed with the University of Maine at Farmington and other partners. The team is also rehabilitating Skowhegan's historic downtown firehouse as MSS's headquarters, preserving a community landmark while creating opportunities to share the town's heritage.

MSS supports entrepreneurs through Skowhegan Entrepreneurship programming and the development of the Kitchen at 185, a future shared-use commercial kitchen and food business incubator. These initiatives are part of a regional hub-and-spoke entrepreneurial ecosystem developed in partnership with the Central Maine Growth Council and others. By connecting complementary programs, resources, and expertise, these partnerships help rural entrepreneurs access the support they need to start and grow businesses.

"IEDC Board members and Cannon represent thousands of members from across the world, bringing their expertise and local perspectives on economic development to the table to advance our industry," concluded IEDC Nominating Committee Chair Bryan Daniels, CEcD, CCE, IOM.

IEDC's Board is composed of 55 voting members who serve as stewards of IEDC's vision, mission, values and resources. They serve two-year terms, for up to four terms. Following a nominations process, Board members must be approved by the Board at IEDC's Annual Conference, and each term begins on January 1 of the following year.









*Annual Percentage Rate; Membership Eligibility required; Rate discounts do not apply; Subject to unsecured limits; Underwriting guidelines apply. Available 10/1/2026 through 01/31/2027. Payment would be $86.98 per $1000 borrowed.



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: _____

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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.



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.



Ralph Norris photo

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

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.

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.sportingjournal.com.

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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).

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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!

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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.

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HELP WANTED

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EOE

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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
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Coop Stuffy Winner - Hayden Whitney, Wilton

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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)*

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The Phony Ad is:_____

Tell us what you think of this publication:_____

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PET Spotlight



Rico

Submitted by Kim Moxcey, Oakland

SEND US YOUR FAVORITE PET PICTURE AND YOUR PET MAY BE IN THE NEXT EDITION.



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

WAYNE HOLIDAY STROLL

DECEMBER 5TH & 6TH
9:00AM - 3:00PM

GOBBIE'S CORNER STORE- 672 MAIN ST.
WEEKEND LONG STROLL SPECIALS
SUNDAY, DEC 6TH- HORSE DRAWN WAGON RIDES FROM 11AM- 2 PM

TEX MEX EXPRESS FOOD TRUCK
LOCATED AT THE WAYNE POST OFFICE

UKV DESIGNS- MAIN ST
THE TURNOUT "ROADSIDE MARKET" TRAVELING CO OP

WAYNE VILLAGE POTTERY-540 MAIN ST.
WAYNE VILLAGE POTTERY ORNAMENTS
JEFF IRELAND MAINE FLY FISHING GUIDE

GREY GOOSE GOURMET- 536 MAIN ST.
BRAGG MAPLE PRODUCTS
COLVARD & CO. SAUSAGES
FERNWOOD COTTAGE
HANK'S SOURDOUGH BREADS
THE FRENCH CONFECTION
THE SWEET LIFE KETTLE CORN CO.
WATER DANCE FARM

MOORE HOME- 3 MEMORIAL PARK LANE
DHARWOOD POTTERY
FLOOF CAT TOYS
MINNIE'S TAGGIES
PICKLES POTIONS & LOTIONS
30-MILE RIVER SNOWMOBILE CLUB

TUBBY'S ICE CREAM & GIFT SHOP- 512 MAIN ST.
STRAY DOG COFFEE IN THE HOUSE!!
LOBSTER STEW, POPCORN, HOT DOGS, CHILI DOGS, CHILI, LOTS OF GIFTS & MORE...

GOODPOST REFILL SHOP- 508 MAIN ST.
LOCAL ARTISANS, CRAFTERS & MAKERS:
BIRTWELL FARM GOODS SOAP, CANDLES, AMISH MADE BASKETS, HEARTH & HARROW, KATHARINE WATSON STATIONARY, EMILY LEX WATERCOLOR WORKBOOKS, KITCHEN ITEMS, ONE MOORE PAPERLESS TOWELS, AND SO MUCH MORE...

WAYNE FIRE DEPARTMENT-486 MAIN ST.
SPARKY, CIDER & CANDY CANES
GAPP (GERMAN AMERICAN PARTNERSHIP PROGRAM) BAKE SALE
WAYNE SCHOOL & HOME-STUDENT ENTREPRENEURS

VISIT EACH VENUE AND GET "STAMPED"
A FULLY STAMPED FLYER WILL BE ELIGIBLE FOR THE GIFT BASKET DRAWING!
(PUT NAME AND CONTACT INFO ON BACK AND LEAVE AT THE LAST VENUE VISITED)

WAYNE GENERAL STORE- 506 MAIN ST.
ALL MAINE THINGS
BEATEN PATH FARM-GOAT MILK FUDGE
BEECH HILL DESIGNS
EVERGREEN WREATHS BY SAMANTHA CASWELL
HAZEL HILL ORCHARD
MOMMA BEAR WILD THINGS
S'MITTENS
THE BLUE COLLAR PAINTER
THE MOON'S CACHE
WALSTON WOODCRAFTS

A LAKESIDE STUDIO POTTERY- 12 CEDAR POINT RD
SHUTTLE TO THE STUDIO AVAILABLE
DIRIGO HILL FARM
FARM MEETS LAKE
KENNEBEC LAND TRUST HIKING GUIDE

WAYNE COMMUNITY CHURCH- 22 OLD WINTHROP RD.
SATURDAY & SUNDAY
LUNCH-SOUPS, CHOWDERS & BAKED GOODS
RADA KNIVES, COFFEE CUP BIRD FEEDERS, FIRE STARTERS, CRAFTS & PAINTINGS BY TONY JANKOWSKI
AMY'S CRAFTS
DEAD STREAM ALPACA
ELLEN MILLER CRAFTS
FROGGY MEADOW FRIENDS
LAKE LIFE PHOTOGRAPHY
SAE'S UNIQUE RESIN ART
TUCK'S TOYS
SPECIAL SERVICE ON SUNDAY:
CHRISTMAS MUSICAL CHURCH SERVICE AT 9:30 FOLLOWED WITH A FUNDRAISER LUNCHEON
RESTROOMS AVAILABLE AT THE CHURCH

GARY MEMORIAL LIBRARY- 17 OLD WINTHROP RD.
SATURDAY ONLY
HOLIDAY POP-UP SHOP
TAKE & MAKE KID'S CRAFT
FRIENDS OF THE LIBRARY QUILT RAFFLE
DRAWING AT 1:00PM ON SATURDAY
ART SALE OF WORKS BY MAINE ARTIST BERNARD SHOLOD, HOSTED BY ANNE THOMPSON

WILLIAMS HOUSE -14 OLD WINTHROP RD.
SATURDAY 9AM-1PM
ALL DAY BRUNCH, BOUTIQUE, TREASURES & $1-BOOKS
SUNDAY 9AM-1PM
BOOK SALE- $1-BOOKS & BOUTIQUE

TREE LIGHTING AND CAROLING AT THE JOHNSON HOUSE- 498 MAIN ST.
SUNDAY DEC 6TH AT 4:00 PM

EVENT ORGANIZED BY SUSTAIN WAYNE



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





Robert M. Richard
Specialist Army 1971



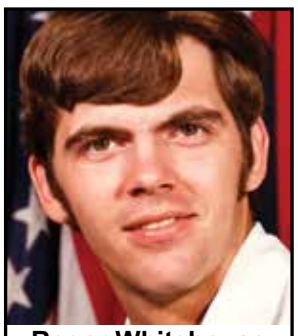
Stephen Theriault
Navy , 25 yrs.



Christopher Lowell
SCSRB



Robert Whitehouse
Navy 1962-89



Roger Whitehouse
Navy 1968-71



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



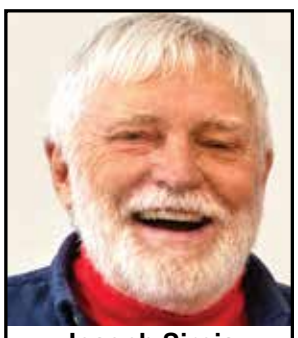
David Richard
Army Sgt.
Served in Vietnam
1969-1973



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



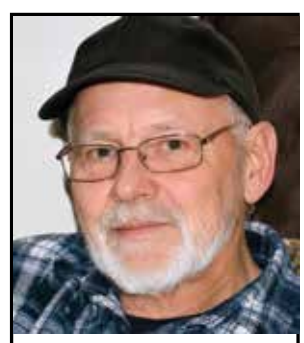
Thomas Beauchesne
Army 1968



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

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Ronald Breau (11-1982)
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Paula Decker
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Carl Packard (Veteran, killed in action!)
Leroy Varnum (2016)
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Gary Thibeault (4/8/2009, Veteran wounded in action)
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Lucinda Thibodeau Rickards
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Hollis Bennett (Veteran, 2024 deceased)
Timothy E. Gallant (Veteran, SP5 US Army, deceased May 25, 2024)