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Coop is hiding somewhere in this publication...

Can you find Coop?

Find him and you could win your own stuffed Coop! See details on the Kids' corner page.



THE Western Maine Foothills

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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

River Valley Rotary Club Hosts the District Governor

RUMFORD - The featured speaker on Monday, October 27, 2026, at the River Valley Rotary Club Fellowship Luncheon held at HOPE Association was Michelle Boise-Gilbody, District Governor 7780 and a member of the Freeport Rotary Club!

The luncheon was very well attended thanks to the 2026-2027 District Governor-Elect Michelle Varuolo Cole from the Freeport Rotary Club, and former District Governor, Georg Rice and his wife Patty Rice, also a Rotarian, both from the Oxford Rotary Club, and two fellow Rotarians from the Bethel Club - Dan Murphy and Bruce Powell.



Submitted photo

Michele Boise-Gilbody joined Rotary in 2009 and has worn many hats at both Club and District levels. She has been President of her club twice, Membership Chair, Treasurer, and Fundraising Chair, among others. She has also coordinated small and large community events. For District 7780, Michele has assisted several past District Governors in filling committee and leadership positions; she is a past and current District Trainer, and she has served several years on the District Visioning Team. Michele has also led many sessions at NE-PETS and RLI. She is currently a board member and Treasurer of BELRAG (Basic Education and Literacy Rotary Action Group).

Michele lives in Freeport with her husband of 36 years, Dave. She is a mother of two daughters and grandmother to 5, with a sixth one due soon! She had a long career in education, first as an elementary school teacher for 17 years. After receiving her MS in Educational Leadership, she was Founding Director of Cricket Hunt School for 23 years. She currently works for Wilbur's of Maine Chocolate Confections as Company Sales Coordinator for wholesale and corporate sales.

She spoke about the International President's theme, "Creating Lasting Impact!" and expounded on Polio Day, October 24, 2026, and the importance of continued support in eradicating the disease.

She brought up the importance of encouraging new members to get involved while fostering membership and being mentors to them.

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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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Funny Things Kids Say
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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*

Rotary raises awareness about polio during October Eradication Month

BRIDGTON - October is Polio Eradication Month for Rotary International, and the Bridgton–Lake Region Rotary Club is using this time to remind the community that polio still exists in the world — and outbreaks can occur when vaccination rates fall. "Polio is only a plane ride away," noted Rotarian Dr. Lisa Ryan, a pediatrician in western Maine. "Vaccination remains the best protection against sometimes deadly childhood diseases." Rotary, in partnership with the Gates Foundation, continues to fund global eradication efforts that provide vaccines for polio, measles, and other preventable illnesses.

Michael McGovern, Chair of Rotary's International PolioPlus Committee and a member of the South Portland–Cape Elizabeth Rotary Club, highlighted recent progress. "With only three cases of polio reported this year as of mid-August, Pakistan is making great strides," he said. "The remaining challenges come from a few communities where vaccinations are not allowed." As reported in the October 2026 issue of Rotary Magazine, Pakistan shares a porous border with Afghanistan, the only other country where polio remains endemic, complicating eradication efforts due to political and security concerns.

Reflecting on her 2025 travels in the Philippines, Carol Madsen of the Bridgton–Lake Region Rotary Club noted the shared commitment between nations. "I was surprised and pleased by the common interests between our countries. When the Philippines learned what the U.S. was doing to fight polio, they quickly mobilized to protect their children."

Rotary's involvement in polio eradication began in the Philippines. According to Rotary International, on September 29, 1979, Rotary President James L. Bomar Jr. administered the first drops of oral polio vaccine to a child in Makati City, Philippines launching a nationwide immunization program that reached roughly six million children. This early success inspired Rotary to make polio eradication a global priority.

Rotary launched PolioPlus in 1985 and became a founding member of the Global Polio Eradication Initiative (GPEI) in 1988, alongside UNICEF, the World Health Organization, the United Nations, USAID, and later the Gates Foundation. Today, Rotary's 45,000 clubs and 1.2 million members across more than 200 countries remain key funders of the effort. For the past two decades, the Gates Foundation has matched Rotary donations 2:1.

Rotary District 7780 — covering southern Maine and coastal New Hampshire — contributes about $60,000 annually to PolioPlus. With the Gates Foundation match, that impact grows to approximately $180,000 each year.

"We are committed to making a difference in the world, and eradicating polio remains one of Rotary's most important initiatives," said Dr. Ryan, recent past president of the Bridgton–Lake Region Rotary Club.

The Bridgton–Lake Region Rotary Club also supports local initiatives in literacy, scholarships, food insecurity, veterans' programs, and more. The club meets on the 2nd, 3rd, and 4th Thursdays of each month at 7:30 a.m. at the Bridgton Alliance Church Fellowship Hall. All are welcome. For more information, visit LakeRegionRotary.com or the club's Facebook page.



Submitted photo

Dr. Lisa Ryan, Active Rotarian and Dedicated Pediatrician, at Pleasant Mt. Event





MAINE CALENDAR

2026

NOVEMBER

Nov. 28 - BAAM Art Market - Start your holiday shopping on Small Business Saturday! Crescent Park Elementary School, 19 Crescent Road, Bethel, 9 a.m. - 3 p.m., FMI *bethelareaartsandmusic.com*

DECEMBER

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

MONTHLY MEETINGS

BETHEL: First Monday of the month, Tech Help, Bethel Library 11 a.m. to 1 p.m., 6 Broad Street, Bethel, FMI 207-824-2520, *bethellibrarymaine@gmail.com.*

BETHEL: Yarn Hub Drop-In Knitting Group, every Tuesday, 10 a.m. - noon, 6 Broad Street, Bethel, FMI 207-824-2520, *bethellibrarymaine@gmail.com*.

BETHEL: Coffee House Conversations Bethel Alliance Church, every Thursday, 9 a.m. - noon, enjoy a cup of coffee, a donut or a bagel and have a conversation around the table with new friends. All are welcome! 251 Walkers Mills Road, Bethel.

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.

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.

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

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

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

GILEAD: Gilead Historical Society open every Saturday 12 – 3 p.m., 14 Depot St., Gilead, FMI call (207) 836-2987.

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

BETHEL: Every Wednesday, Story time at the Bethel Library, 5 Broad Street, Bethel, 10 – 11a.m.

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

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

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

FARMINGTON: Farmington chess club meets every Thursday morning at the Parks and Rec Center, 127 Middle St., Farmington, from 9:30 a.m.-12:30 p.m.

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

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

JAY: St. Rose of Lima Community Meals, 1 Church Street (Parish Hall), Community meals offered on the first and third Saturdays of the month from 4:30 p.m. to 6 p.m. For more information or to help: (207) 897-2173.

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.

CANCELLATIONS

None listed.

POSTPONEMENTS

None listed.

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*

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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 _ _ _ _ _ (1 2 3)

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

TETLAB _ _ _ _ _ _ (7)

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

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...

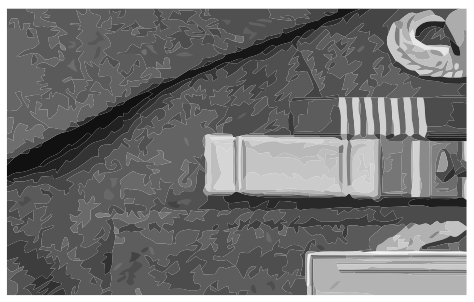
English: Veteran
Spanish: Veterano
Italian: Reduce
French: Ancien combattant
German: Veteran

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.



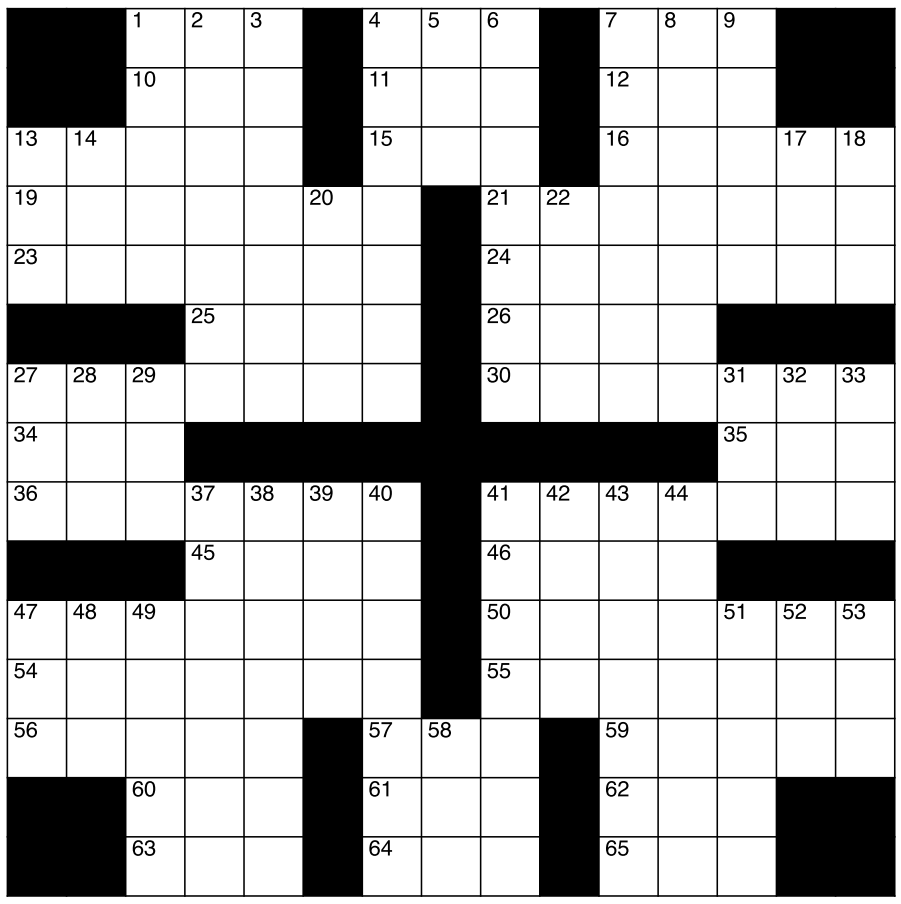
Get the PICTURE?



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



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.

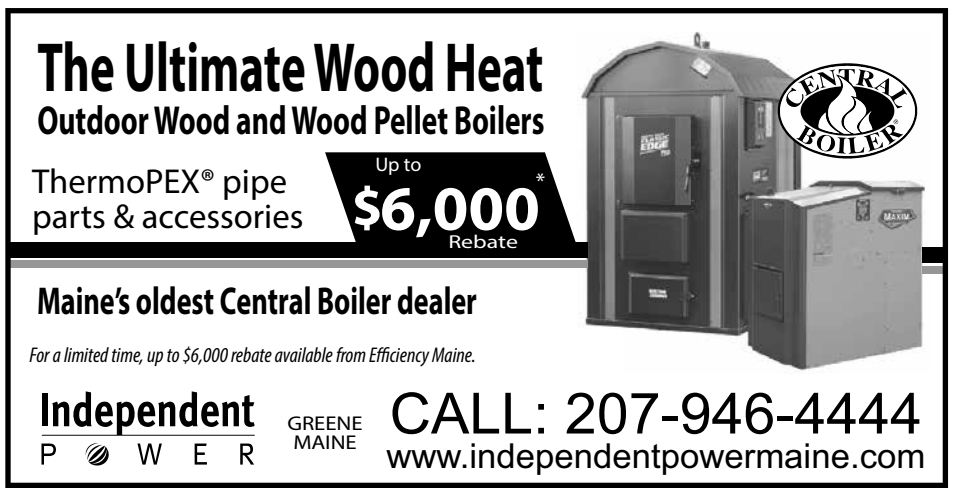
Maine Housing helped over 45,000 households stay warm last winter through the Home Energy Assistance Program (HEAP) or LIHEAP and the Energy Crisis Intervention Program (ECIP). HEAP helps qualified homeowners and renters pay for heating costs, and ECIP helps eligible Mainers who are at risk of losing 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!







MOVIE REVIEW by Lucas Allen

Street Fighter (2026)

(Paramount Pictures/Legendary/Capcom)

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

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

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

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

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

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

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

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

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

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

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











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.



Metro photo

• 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.

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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!

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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.

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Western Foothills Land Trust conserves 85 acres on Moose Pond in Otisfield





Submitted photos

OTISFIELD — Western Foothills Land Trust (WFLT) announced it has acquired an 85-acre property on the eastern shore of Moose Pond in Otisfield, permanently protecting more than 3,500 feet—more than half a mile—of undeveloped shoreline, and expanding opportunities for public recreation and conservation.

The property includes mixed forest, extensive wetlands, and expansive shoreline on a beaver pond that provides habitat for fish, waterfowl, amphibians, and other wildlife. Located immediately adjacent to the Town of Otisfield's Two Ponds Nature Area, the property creates a connected 180-acre conservation and recreation area.

"This is a once-in-a-generation conservation opportunity for Otisfield," said Korey Morgan, Executive Director of Western Foothills Land Trust. "Few places combine this much undeveloped shoreline, wildlife habitat, and recreational potential in a single property. Conserving this land ensures that future generations will be able to experience Moose Pond much as it exists today."

"The conservation on Moose Pond is an incredible win for the people of our town," said Peter Tilkimeier, Chair of the Otisfield Conservation Committee. "This project represents an investment in our community's future and protects forests and shorelines while creating new opportunities for recreation, outdoor education, and conservation. The property is connected to the Two Ponds Nature Area and creates a 180-acre community asset. We look forward to continuing our partnership with Western Foothills Land Trust."

Conserving the property protects important ecological features, including more than 20 acres of wetlands that support sensitive wildlife habitat, while protecting the water quality of Moose Pond. Moose pond is a beaver pond that provides habitat for a range of wildlife while helping filter water, reduce downstream flooding, recharge groundwater, and support diverse natural communities.

WFLT is working with the Town of Otisfield and community partners to determine how the property can best serve the community while protecting its natural resources. Potential uses include low-impact hiking trails, shore-based fishing access, wildlife observation areas, interpretive signage, and outdoor education.

The acquisition builds on years of work by WFLT, the Town of Otisfield, local volunteers, conservation partners, and residents to protect the property.

"Our goal is to ensure that people can hike, fish, paddle, hunt, watch wildlife, and enjoy the outdoors while protecting the ecological resources of the property," Morgan said. "We look forward to continuing our partnership with the Town of Otisfield."

The acquisition was made possible through support from Land for Maine's Future, the Davis Conservation Foundation, the William P. Wharton Trust, the Maine Outdoor Heritage Fund, the Maine Community Foundation, the Ram Island Conservation Fund, and anonymous private supporters.







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MAINE OUTDOORS

V. Paul Reynolds

The Great Rut Debate

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

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

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

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

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

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



Ralph Norris photo

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

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

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

MAINE VETERANS MAGAZINE

Introducing the Maine Veterans Magazine

This November, Turner Publishing is proud to announce our new publication, Maine Veterans Magazine. This publication is the passion project of our new veteran leadership, with the goal of connecting our Maine veteran communities to resources, good news stories and local veteran-owned businesses.

For the first edition this November, we would like to ask our readers to submit a response (250 words or less) to the prompt, "What does Veterans Day mean to you?" If you are a veteran, "What does Veterans Day mean to you? Why did you serve and what do you miss?" Please submit your response to *submissions@turnerpublishing.net.*

If you are a veteran business and would like to get involved or learn more about our mission, please reach out to *advertising@turnerpublishing.net.*

What does Veterans Day mean to me

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

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

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

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

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

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

Sweden Food Pantry Board of Directors quarterly meeting produces key end-of-year decisions

SWEDEN - The Board of Directors of the Sweden Food Pantry met for its quarterly meeting and approved several important end-of-year plans to support shoppers through the holiday season.

The Pantry is now accepting sign-ups for Toys for Tots, sponsored by the Marine Toys for Tots program out of Brunswick. Gifts are available for children ages 0–18, and families are encouraged to register early.

For Thanksgiving, the Pantry will once again ensure that shoppers can secure most of the side dishes needed for their holiday tables. "We want families to feel confident that they can prepare a delicious meal without added financial strain," said Board President Linda Bradley.

The Pantry will continue to offer To-Go Boxes for current shoppers to pick up for family members, friends, or relatives who may be in need but hesitant to come in themselves. Boxes must be called in before Monday of pantry week, and all boxes are prepared on Tuesday. "This helps us reach people who may hesitate to ask for help," Bradley said. "We want to make sure no one is overlooked."



Submitted photo

Board of Directors, Sweden Food Pantry. Back Row: Miriam Gibley, Claudia Blondell, Jeanne Ouellette, Lynn Hurd, Alberta Ridlon. Front Row: Linda Bradley, Jane Gibbons, Carol Madsen.

With food distributions from Good Shepherd Food Bank and federal assistance through TEFAP (The Emergency Federal Food Program) significantly reduced, the Board discussed strategies to maintain quality and variety. Board member Claudia Blondell, who oversees purchasing and is skilled at stretching the Pantry's buying power, emphasized the commitment to thoughtful selection. "We've learned over time what our shoppers like and what they don't," she said. "We purchase a good amount of food, cleaning supplies, and hygiene products so families have choices and very little goes to waste." She noted that the coming months will be strengthened by the generous donation of a full side of beef from this year's Half a Beef Raffle winner.

Bradley expressed concern that rising costs for gasoline, heating oil, and food continue to strain household budgets across the region. "Thank goodness for our donors," she said. "Their ongoing support makes all of what we do possible." She added that Hannaford in Bridgton will donate $1.00 to the Pantry for every $2.99 reusable shopping bag sold during November.

The Sweden Food Pantry serves residents of Bridgton, Fryeburg, Lovell, Stoneham, Stow, Sweden, and Waterford. Open on the first and third Wednesday of each month; the Pantry welcomes all eligible families—no one is turned away. "With rising costs of household necessities, we encourage anyone feeling the pinch to stop by, even occasionally," Bradley added. "No judgment."

For more information, visit swedenfoodpantry.org or the Pantry's Facebook page. The Pantry can also be reached at (207) 925-9222.

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

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

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

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

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

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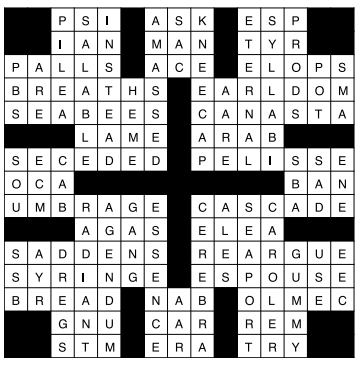
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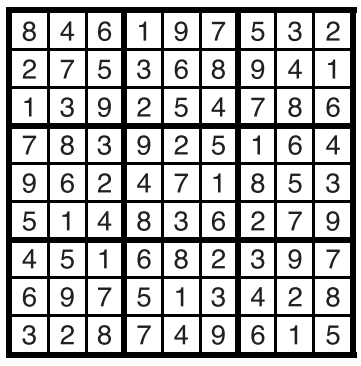
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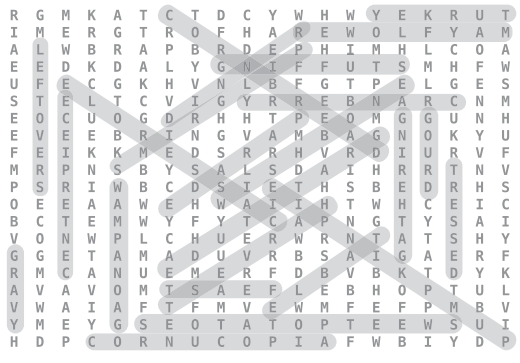
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Becoming a dark sky community

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

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

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

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

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

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

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

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

Go to *DarkSky.org* to learn more.

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You must include all the information requested below to be eligible to win.

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Robert M. Richard
Specialist Army 1971



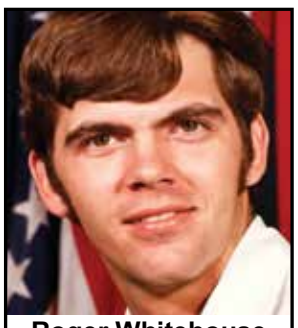
Stephen Theriault
Navy , 25 yrs.



Christopher Lowell
SCSRB



Robert Whitehouse
Navy 1962-89



Roger Whitehouse
Navy 1968-71



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



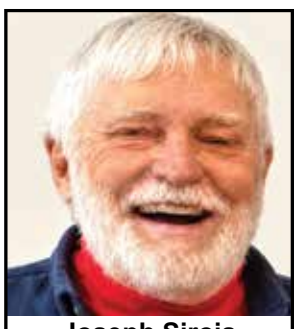
David Richard
Vietnam1967-1971 then served in Army National Guard!



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!



Walter Small
PFC-U.S. Army - Rifle Squad & Infantry
WWII - Pacific/Philippines
We miss and will always be proud of you!



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
Army Sgt.
Served in Vietnam
1969 to 1973



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)

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.

Get ready for Maine's firearms deer hunting season



Photo by *mefishwildlife.com*

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

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

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

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

Before heading into the woods:

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

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

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

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

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

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

More information is available at *mefishwildlife.com*.

