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Golf tournament at the Highlands in Turner

Submitted photos

TURNER — The ninth annual Cherie Sargent Memorial Scholarship Golf Tournament was held on Sunday, September 28, at the Highlands in Turner, with more than 20 teams participating. Prizes were given out for competitions and raffles.

Fundraising proceeds received throughout the campaign, from many donors, go toward scholarships for graduating seniors from Leavitt AHS and Buckfield Jr/Sr HS. Several $1000.00 scholarships were given out in June. Applications are open for the 2026 school year.

Thank you to all who helped and made this event possible.

Funny Things Kids Say!

Share the funniest thing your kid or grandchild said this week!

My three year old granddaughter Eva was visiting from Oregon with her family.

One day she gave everyone a chuckle as she was putting her sunglasses on by herself looking just irresistibly cute. Her mom said to her: "Eva, I just want to eat you up!" To which little Eva replied: "Mom please don't eat me. I'm not food. I'm a woman!"

-Bert Dugal, Jay, ME

My five-year-old granddaughter, Reagan, and 11-year-old grandson, Liam, were sitting at the kitchen counter, eating mac & cheese for lunch. Me: " Reagan, there is Mac & cheese on the floor under your chair."

Reagan: " Yeah, I saw it fall out of Liam's mouth."

Me: "But it's under your chair."

Reagan: " it fell diagonally."

-Brenda Vachon

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

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Email Address: _____

Phone: _____

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

MAINE OUTDOORS

V. Paul Reynolds

The Camp Robbers

Most of us who have ever camped for long in the big woods have come to know the Canada Jay. This charismatic bird has more aliases than a Kansas outlaw: Gray Jay, Whiskey Jack, Gorby and Camp Robber.

These sociable creatures, next to a Hummingbird, are to me the most interesting of all winged critters. They are non-migratory, a part of the crow family and can live up to 18 years. Somewhat tame and very inquisitive, the Gorby likes to stay in familiar surroundings and gets through the long winters in the coniferous forest by stashing food in various places. Naturalists speak of the bird's amazing cleverness when it comes to catching food.

Canada Jays also have been known to mimic the calls of other bird species.

A well-known story tells of a researcher who buttered slices of bread and tossed them to a pair of Canada Jays on a frigid winter day. Instead of eating the bread, the jays stuffed the slices under tree bark and even into spruce boughs, each cache marked with a dab of sticky saliva. Weeks later, when the woods were deep in snow and food scarce, the birds returned to those hidden spots and dined on the frozen buttered bread — a feat of memory and resourcefulness that's legendary among boreal birders.

(Photo by V. Paul Reynolds

Camper Mark Cain shares his hot dog roll with a hungry Gorby at Big Bog Brook.

Among the Cree and other Native Americans, the Canada Jay was sometimes seen as a trickster but also as a messenger of good fortune. One Cree elder told how, when hunters were lost in the bush, a Canada Jay often appeared, scolding and flitting ahead. The hunters followed, and more often than not, the bird's flight led them back toward camp or a river. Because of this, some Indigenous hunters believed feeding a whisky jack would bring luck, and to kill one was to risk misfortune on the hunt.

Hunters and loggers in the North Country often called the Canada Jay the "camp robber" for good rea-son. The birds quickly learn that humans mean food, and they're fearless about stealing it. There's an old story of a trapper who left his flapjacks cooling on a log, only to return to find a Canada Jay happily flying off with one nearly its own size. Another trapper swore he watched a jay carry off his plug of chewing tobacco, though nobody could say what the bird did with it after. The lesson in both tales: if you turn your back on your lunch in the woods, the whisky jack may beat you to it.

A number of years ago, while camping at Baxter State Park my late brother-in-law was cooking an elaborate outdoor breakfast of steak and eggs. Out of nowhere a Gorby flew down from a branch, picked up a small tenderloin medallion and flew back up to an over hanging branch. Displeased by the theft, my brother-in-law, who was a high school baseball coach, flung a rock up at the Gorby. Plunk. To my disbelief, Gorby took the full brunt of the projectile, keeled over and dropped the stolen meat. Brother-in-law caught the meat and went on about his breakfast preparation. True story.

Myth also has it that on more than one occasion turned around hunters have found their way back to camp by following a flitting Canada Jay, which may explain why to this day some hunters carry a crust of bread in their hunting jacket just in case they find themselves in need of the "gray guardian."

Recently, while moose scouting and camping in the North Woods, Mark Cain and I got acquainted with a trio of Gorbies that hung around camp for three days. Mark, a bird lover who is fascinated by the intelligence of crows, fed the flitting camp guests from his hand a whole package of hot dog rolls piece by piece.

If you are a big woods camper, you, too, surely have Gorby experiences worth sharing. They are special, aren't they?

The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide and host of a weekly radio program "Maine Outdoors" heard Sundays at 7 p.m. on The Voice of Maine News-Talk Network. He has authored three books. Online purchase information is available at www.sportingjournal.com, Outdoor Books.

MAINE CALENDAR

OCTOBER

Oct. 24-25 — 45th Annual Bethel Outing Club Ski Sale Gould Academy Field House, 74 Church Street in Bethel, 6 to 9 p.m. and Saturday from 9 a.m. to noon, has been providing a community service for 45 years by bringing new and used equipment, with all proceeds benefiting youth outdoor programming that is organized/supported by the Bethel Outing Club. *bethelouting.org*, (207) 357-5295.

Oct. 25— Chicken Pie Public Supper, 4:30 p.m. - 6:00 p.m., Manchester Community Church, 21 Readfield Road, Manchester, Supper $10.00, FMI call 207-441-6011 and leave a message.

Oct. 27— Annual Meeting of the Wayne Library Association, 6:30 p.m., in person at the library.

Oct. 28 — Kennebec Historical Society Presents: "The Kennebec Trading and Mining Company in the California Gold Rush", 6:30 p.m., presentation is free to the public (donations are gladly accepted), Augusta City Center, 16 Cony Street, Augusta, for details, call Scott Wood, executive director, at 622-7718.

Oct. 31 — Norway Downtown Promotions Committee presents the 20th annual Halloween Festival, Norway Main Street from 2-5 p.m., costume up your family and join for Trick or Treating and other spooky surprises; no fee to attend, start where you park. FMI contact Jenn jcorbett@norwaysavingsbank.com or 207-240-6230.

Oct. 31 — Halloween Trick or Treat on Broad Street 5 p.m. – 7 p.m., FMI call the Library (207) 824-2520, and the Historical Society, (207) 824-2908.

Oct. 31 — "Trunk or Treat," 4:00-5:30 p.m. in the Chesterville Town Office parking lot, free event sponsored by the North Chesterville Extension Homemakers, FMI: 778-3156.

MONTHLY MEETINGS

WAYNE: The Wayne Community Church Scholarship Committee is now accepting applications from Wayne students and students whose families are connected to the church. For applications and eligibility information, contact the church office, 685-3505. Deadline is November 1st.

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.

ANDROSCOGGIN COUNTY: Androscoggin Retired Educators' Association meets five times per year: September, October, November, March, and April. Dues are $10 per year for educators, $6 per year for non-educator spouses. Dues are payable in September. With your registration, please include address, email, phone, birthdate and the major educational school district or school where you worked. You need not have taught in Androscoggin County, or even in the state of Maine. All educators are welcome: teachers, assistant teachers, ed techs, librarians, principals, guidance counselors, secretaries and anyone who has worked with children. Send registrations to Gina Fuller, 36 Elliott Ave, Lewiston, Maine 04240.

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.

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

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

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

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

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.

NORWAY: Craft & Chat at the Cancer Resource Center, Mondays 1:00 – 3:00 p.m., drop in and explore your creative side and meet new friends at the same time, all supplies are provided, no pre-registration is required.

NORWAY: Chair Yoga at the Cancer Resource Center, Thursdays 1:00 – 2:00 p.m., chair yoga can help improve core strength and balance, promote better breathing techniques, increase flexibility and help reduce stress, call the Cancer Resource Center to register at 890-0329.

NORWAY: Women's Support Group and Coffee Hour, meets the third Wednesday of every month from 10:30 to 12:00 noon at the Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Kelsey at the Center at (207) 890-0205.

NORWAY: Men's Rally Group meets the third Friday of each month from 1:00 - 3:00 p.m., Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Nel Bernard at 207-312-9955 or Vance Jordan at 207-583-2975. *Note: new day of week and time.

NORWAY: Wellness Share at Center for Healing Arts, 2nd Saturday of each month, 10 a.m. to 2 p.m., 180 Main St., Norway, free event offering Reflexology, Massage, and more, FMI call Charlotte LaBelle – 207-890-2177.

NORWAY: Drum Circle at Center for Healing Arts, 4th Saturday of each month, 11 a.m. to 2 p.m., 180 Main St., Norway, free event, drums available for use, FMI call Dan Gravel 207-604-0323 or Nel Bernard 207-312-9955.

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

LIVERMORE FALL: 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.

NORWAY: Norway Community Lunch program, Wednesdays from 11:15 a.m., to noon, First Universalist Church of Norway Concert Hall, 479 Main Street, Norway.

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

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

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

MECHANIC FALLS: Mechanic Falls Church of the Nazarene. Sundays: Fellowship 11:30, Morning Worship 12:00 p.m. Wednesdays: Bible Study 6:00 p.m., Prayer Meeting 7:00 p.m.

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

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

RANDOLPH: Maine-ly Harmony women's barbershop group, 6-8 p.m. Wednesday, Randolph United Methodist Church, 16 Asbury St., Randolph.

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

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

BRIDGTON: Narcotics Anonymous, 7-8 p.m. Friday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

BRIDGTON: Women For Sobriety, 11a.m.-12 p.m. Thursday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

NORWAY:
Oxford Hills Honeybee Club, 1 p.m., second Saturday of the month, First Universalist Church, 479 Main St., all welcome, *cpeaston@megalink.net*.

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) 893-2173.

JAY: St. Rose of Lima Community Meals, 1 Church Street (Parish Hall), takeout meals on Fridays from 4:30 p.m. to 6 p.m. as well as other days. Leftover meals are available in a self-service refrigerator in the hall between 8 a.m. and 6 p.m. Community meals also 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) 893-2173.

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

ONGOING:

FARMINGTON: Farmington Grange will host a welcome and warming center on Wednesday mornings, twice a month beginning November 6, from 10 to 2 p.m., throughout the winter, will have soup and snacks, everyone is welcome, no fee. The Grange Hall is located at 124 Bridge Street, Farmington, FMI call Bonnie Clark at 778-1416.

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

Food Addicts Meetings

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

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

CANCELLATIONS
None listed.

POSTPONEMENTS
None listed.

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

MAINE CALENDAR PAGE

If you are hosting a free community event and would like it added to our calendar, please email your details to: *advertising@turnerpublishing.net* and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster. Our Maine Events calendar page is FREE for free community events. Church, library and school event news is free on this page. If you are a business and/or charging admission/fee, there is a charge for a display ad on these pages. Email: *advertising@turnerpublishing.net.* Call 207-225-2076 for prepayment options. Events for the Maine Events Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: *www.turnerpublishing.net/pdf/Deadlines.pdf*

Health & WELLNESS

YOUR HEALTH, MIND & BODY CONNECTION

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

Nutrition and Breast Cancer

October is Breast Cancer Awareness Month. It is important to consider proper nutrition a vital part of the treatment plan if dealing with breast cancer, and equally important in the prevention of breast cancer. Below are some tips on dietary needs for breast cancer treatment and prevention.

1. There have been many studies that have proven that a Mediterranean diet can reduce the risk of breast cancer and help in the recovery of breast cancer. This plan focuses on plant-based foods. Lots of leafy greens and bright colored vegetables, fruits and grains, along with plenty of beans and legumes, nuts, and seeds. Most of these foods are loaded with antioxidants, the highest ones being berries and citrus foods, leafy greens and nuts and seeds.

2. Limit caffeine and alcohol. If you cannot completely avoid caffeine or alcohol, try to keep caffeine use to under 2 cups a day and alcohol should be limited to no more than 1 small glass of wine.

3. Limit or avoid saturated fats and foods that contain saturated fats such as sausage, bacon, ham, chicken skins, and lard.

4. Avoid all sugary foods and sugars and absolutely avoid artificial foods and sugars of all kinds. This means stuff that you find in packages, as most are loaded with preservatives and chemicals, and artificial ingredients. Learn to read labels for sugar and chemical culprits that will hurt your health.

It is also important to make exercise, such as walking, a daily practice and get plenty of rest. Avoid stressful situations and control stress by breathing and stretching. Spend time with loved ones and try to find ways to relax and laugh.

Live Long, Live Well

MOVIE REVIEW by Lucas Allen

Him

(Universal Pictures)

Produced by Jordan Peele, "Him" brings the world of professional football into the realm of horror like never before. Co-writer and director Justin Tipping aims to comment on the violent nature of the sport and the price it has on the mind and body. If you ever wondered what the pros do off-season to keep their shape and focus in peak physical condition all around, then you will be surprised by what this film has to show.

Since he was a kid, Cameron (Tyriq Withers from the recent "I Know What You Did Last Summer" reboot) was obsessed with following in the footsteps of his idol, pro quarterback Isiah White (Marlon Wayans). His agent (Tim Heidecker resembling Cary Elwes) was able to give him a shot to join the Saviors though a mysterious blow to the head threatens his future. Still, he gets a chance to train with his retiring idol at the superstar's desert-based, spacious mansion. He's also welcomed by Isiah's model wife Elsie (Julia Fox) as well as his personal medical assistant (Jim Jeffries) in charge of looking over both players' health and well-being.

But right from the start, Cameron experiences hardship from Isiah's unconventional training as well as the presence of the star's cultish fans, who do not want their superstar replaced. Not to mention, the doctor's mysterious substance he has been given has caused him to see hallucinogenic and nightmarish visions that causes him to question his own sanity. Everything comes to a head when he discovers the true purpose of taking his idol's place in the team.

The trailer does not lie; this is a strange and bizarre looking film with its flashing visuals and stylish quick editing that can be baffling for any general viewer watching what looks like a student film backed by a major Hollywood studio. But at the same time, the movie is both hypnotic and frenetic enough that it is never boring and keeps your attention throughout. As a horror film, it is nicely atmospheric, and the feeling of dread never lets up as any good film in this genre tends to do.

You can pretty much tell where the story goes yet you'll still find yourself pretty surprised by where it's going. It does have potential early on when it does make a comment on the sport's brutality and the negative effects on a person's body, especially the physical trauma involving concussions to the head. However, the movie does not explore the subject all that much nor does the cultish fandom that is mainly there for some cheap scares. One may get the feeling it is like a whole season of "American Horror Story" that has been whittled down into a 100-minute feature.

Still, characterization remains strong as the movie mostly focuses on Cameron's personal history and how it drives him to want to succeed. That journey ultimately ends in a final confrontation between rookie and legend that the whole movie was building up to. Also, the very last scene takes a sharp turn into a gruesome but satisfying conclusion. For what it is, the final twenty minutes make the whole film worthwhile.

Though primarily known as a funnyman including co-starring in the horror-based spoof "Scary Movie," Wayans oozes serious charisma and hardcore toughness in his antagonistic role and pretty much elevates the entire movie. Withers gives a pretty believable performance, and he makes his character's overall arc work with real physical tenacity. Fox seems to be pulling a Lady Gaga impersonation mainly with her costumes, but she still gives a decent enough performance that does not ruin the film. The movie probably doesn't have enough in their budget to include cameos from real football all-stars, but then again, they also could not afford the NFL itself to have its name mentioned either.

"Him" will likely divide audiences including hardcore football fans, but there is a charm to its strangeness that's irresistible to any undemanding viewer. While it doesn't explore the hardships of the sport all that much, it still has that relentless energy that makes it worth watching at least once.

THE MOVIE'S RATING: R (for strong bloody violence, language throughout, sexual material, nudity, and some drug use)

THE CRITIC'S RATING: 3.25 Stars (Out of Four)

Monmouth Community Players announces the cast of Ken Ludwig's "The Game's Afoot"

The Monmouth Community Players, alongside Marquis Season Sponsor Great Falls Federal Credit Union and Season Sponsors Winthrop Area Federal Credit Union and Readfield Insurance Agency, wish to announce the cast of their upcoming production of Ken Ludwig's "The Game's Afoot." The play, under the direction of Jonny Bolduc, will run November 7-16, 2025, at historic Cumston Hall in Monmouth. Other production staff include Bryanne MacMillan as Assistant Director, Tim MacLeod as Producer, Pascal Ford as Stage Manager and Katy Albert as Costumer.

Breathtaking mystery and high hilarity in equal parts, this play tells the story of Broadway star William Gillette, who has invited his fellow cast-members to his Connecticut castle for a weekend of revelry. But when one of the guests is stabbed to death, the festivities in this isolated house of tricks and mirrors quickly turn dangerous. Then it's up to Gillette himself, who just happens to think he's Sherlock Holmes, to track down the killer before the next victim appears.

The cast of "The Game's Afoot" includes Charles Burden and Jacyln O'Hara of Auburn; Hannah Hanson of Lewiston; Ginger Smith of Winthrop; Josh Oakes of Richmond; Danny Gay and Birdie Gay of North Monmouth; and Jessica Cirello of Lewiston.

Tickets are $20 for adults and $17 for students and seniors. For groups of 10 or more, please contact the box office for group ticket pricing. Showtimes are 7:30 pm on November 7th, 8th and 14th, and 2 p.m. on November 9th, 15th and 16th. On November 15th, the show's production will also provide ASL interpretation of the performance. Thanks to support from the Friends of Cumston Hall, beer and wine will be available at the evening performances of "The Game's Afoot." For more information or to reserve tickets for this show, please visit www.monmouthcommunityplayers.org or call 207-370-9566.

Ken Ludwig's "The Game's Afoot" is presented by arrangement with Concord Theatricals on behalf of Samuel French, Inc.

Submitted photo

Front row - Jessica Cirello, Ginger Smith, Jaclyn O'Hara and Danny Gay; Back row - Josh Oakes, Hannah Hanson, Birdie Gay and Charles Burden

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

Locales with notably spooky names

Metro

North America is home to many cities and towns, plenty of which share pleasant monikers. However, numerous locations evoke a sense of mystery, eeriness or even frightening images with their unique names. Those who enjoy a good scare may want to take a fall road trip around Halloween to visit some places with creepy names. Such a trip can be a fun way to see the sights and celebrate a few tricks along the way.

• **Bad Axe, Michigan:** This unusual name is said to have originated from surveyors who found an old, rusty and badly damaged axe at a campsite abandoned by hunters. Such an axe certainly calls foul activities to mind.

• **Cape Fear, North Carolina:** Sir Richard Grenville led an expedition to present-day North Carolina in 1585, hoping to reach Roanoke Island. The ship got stuck behind the cape and the crew feared the ship would capsize, hence the name.

• **Coffin Cove, Newfoundland:** The name sounds ominous, but it's likely tied to something quite reasonable. It is believed this area may have been named for someone with the surname Coffin, which was prominent among English and French settlers at the time.

• **Dead Women Crossing, Oklahoma:** Historians believe this community gets its name from the unsolved murder of a local woman, though further details remain unclear.

• **Forbidden Plateau, British Columbia:** Legend says Comox people were hiding on the plateau during a raid and returned to find their women and children gone, replaced by blood-red lichen.

• **Gnaw Bone, Indiana:** Are there gangs of cannibals running around? No. Some historians suggest the original French settlement name of "Narbone" sounded like "Gnaw Bone" to English settlers and the name stuck.

• **Hell, Michigan:** No one is quite sure why this area of Michigan has such a dismal name. One theory suggests the name is derived from the hell-like conditions faced by early explorers forced to confront mosquitoes and traverse wetlands.

• **Sleepy Hollow, New York:** While Sleepy Hollow doesn't sound like a scary place to visit, and seems like it would be a cozy woodland retreat, Washington Irving's short story, "The Legend of Sleepy Hollow," gave this town an ominous feel. Visitors may hope to see the Headless Horseman, and the town dresses up for Halloween each year.

• **Slaughter, Louisiana:** Named for Will and Joe Slaughter, owners of the land upon which the town was built, this area may give some a creepy feeling. That's certainly the case in Slaughter Beach, Delaware, where local legend states the town gets its name from a massacre of its original settlers.

• **Tombstone, Arizona:** This Wild West town is famous for the gunslingers Wyatt Earp and Doc Holliday. Residents say there are ghosts and a haunted cemetery to discover.

People who want to add a new element to Halloween fun can visit some towns with seriously spooky names.

4 fun facts about the month of October

Canadians celebrate Thanksgiving each October. While October may not be home to Thanksgiving in the United States, Americans, much like their Canadian counterparts, have much to be thankful for in the tenth month of the calendar year. Fall temperatures tend to be at their most accommodating in October, which also happens to be home to Halloween. Those are not the only interesting and fun facts about this popular month.

1. October has something of a misleading name. Licensed drivers undoubtedly know that the prefix "octo" means eight, which is why Stop signs are octagons. So why does October, the tenth month of the year, have a name that suggests it should be the eighth month of the year? That peculiarity can be traced to the early Roman calendar, which featured just 10 months, the eighth of which was October. The Romans eventually converted to a 12-month calendar, and October kept its name despite becoming the tenth month of that calendar.

2. Some notable individuals have holidays in their honor in October, including two on the same day. This year, Monday October 9, 2023, is both Columbus Day and Leif Erikson Day. It's fitting that each figure's holiday falls on the same day, as both are among history's more well-known explorers. Columbus Day commemorates the arrival of Christopher Columbus in the Americas in 1492, while Leif Erikson Day celebrates a man believed to be the first known European to set foot in continental North America.

3. Columbus Day might court its fare of fanfare (and controversy), but its popularity cannot match that of October's most beloved day to celebrate: Halloween. Halloween is celebrated on October 31 and History.com notes this can be traced to ancient Celts. The Celts celebrated the festival of Samhain on October 31, the night before their new year. They did this because they believed that night marked the return of the ghosts of the dead to earth. That emphasis on the ghoulish is present each Halloween as well.

4. October is considered a great time of year to take a road trip, and much of that reputation can be traced to fall foliage. Leaves begin to change color in many regions in early October, and the resulting colorful landscape is beautiful to behold. Though some may presume the shift in color in October is due to the month's typical drop in temperature, it's actually due to a decrease in sunlight. According to the Farmer's Almanac, leaves begin to lose their green color when photosynthesis from sunlight slows down, which happens because the hours of daylight dwindle considerably during the month of October. That lack of sunlight causes chlorophyll to break down, which in turn causes leaves to change color. But not all leaves will look the same, as any leaf-peeping pro will know. Some leaves turn red, while others turn brown, orange or yellow. The trees that turn red get more direct sunlight in October, while those that get less direct sunlight turn brown, orange or yellow.

November is Lung Cancer Awareness Month ~ National Lung Cancer Screening Day is November 8th

November is Lung Cancer Awareness Month in the United States. The primary goal is to raise awareness about lung cancer, its risk factors, symptoms, early detection, and treatment options. This annual month-long campaign aims to educate the public about the importance of lung health and encourages people to take proactive steps towards prevention and early diagnosis.

During National Lung Cancer Awareness Month, various organizations, healthcare providers, advocacy groups, and communities organize events such as informational sessions, fundraisers, walks, and screenings. These activities aim to empower individuals with knowledge about lung cancer, reduce stigma associated with the disease, and emphasize the importance of research and support for those affected by lung cancer. Free ME from Lung Cancer is honored to partner with the following organizations to highlight lung cancer and lung cancer screening in Maine ~ The American Cancer Society and the Maine Lung Cancer Coalition. In addition, we wish to highlight the following hospitals that provide lung cancer screening and that agreed to sign on to this letter: Central Maine Healthcare - Lewiston, Central Maine Healthcare - Bridgton, Central Maine Healthcare - Rumford. MaineHealth Maine Medical Center Portland, MaineHealth Lincoln Hospital - Damariscotta, MaineHealth Mid Coast Hospital - Brunswick, MaineHealth Pen Bay Hospital - Rockport, MaineHealth Waldo Hospital – Belfast, Northern Light Mercy Hospital Northern Maine Medical Center ~ Fort Kent, MaineGeneral Medical Center, Northern Light AR Gould, Calais Community Hospital and Mount Desert Island Hospital ~ Bar Harbor, Although Mount Desert Island Hospital is a small community hospital, it's important to mention that they were the first American College of Radiology Imaging Center of Excellence in the nation.

According to the American Cancer Society 2025 Cancer Facts & Figures report, an estimated 226,650 new cases of lung cancer will be diagnosed in the US, and 124,730 people will die from the disease. Lifetime chance of getting lung cancer: A man will develop lung cancer in his lifetime is about 1 in 17, a woman's risk is about 1 in 18. These numbers include both people who smoke and those who don't smoke. Yes, even those who don't smoke can get lung cancer.

The American Cancer Society 2025 Cancer Facts & Figures also reports that 1,460 people in Maine will be diagnosed with lung & bronchus cancers and 830 will die of the disease. Lung cancer remains the number one cause of death from cancer in Maine (and in the US?). We can try to change those statistics by joining together to provide awareness and education and encouraging patients who are at high risk to talk with their doctors to see if they should be screened for lung cancer.

Also in November is National Lung Cancer Screening Day. This year it falls on Saturday, November 8thThe goal of this event is to increase access to lung cancer screening for people who must work on weekdays so that they can access services that might save their lives. Many hospitals and other healthcare facilities in Maine offer lung cancer screening, with some offering screening evenings and/or weekends. We urge all patients who are at high risk for lung cancer (those between the ages of 50-80 who currently use tobacco or did within the past 15 years) to contact their primary care clinician to see if they qualify to be screened. Early detection does save lives. It's quick. It's easy.

The following facilities offer low dose lung screening ct scans.

MaineHealth Maine Medical Center Portland 6 days a week.

MaineHealth Lincoln Hospital 7 days a week.

MaineHealth Mid Coast Hospital 7 days a week.

MaineHealth Pen Bay Hospital 7 days a week.

MaineHealth Waldo Hospital 5 days a week.

Central Maine Healthcare 6 days a week.

Central Maine Healthcare Rumford 6 days a week.

Central Maine Healthcare Bridgton 6 Days a week.

Mount Desert Island Hospital ~ Bar Harbor 5 days a week 7AM to 5PM.

Northern Light Mercy Hospital Monday - Friday 7:45AM - 4:15PM.

Northern Light AR Gould 6 days a week.

Northern Maine Medical Center ~ Fort Kent Monday-Friday 7AM to 5PM.

MaineGeneral Medical Center 7 days a week.

Calais Community Hospital Monday ~ Friday 7:00AM - 3:30AM.

The list above is not inclusive. We do not have information from other Maine hospitals about whether they offer lung cancer screening. Please check with your local hospital if they are not listed. Those wishing to get screened should talk to their primary care doctor, get a referral and an appointment scheduled.

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Scam Alert Bulletin Board

AARP Fraud Watch Network

Taking on AI Banking Scams

Artificial intelligence (AI) is making it even easier for criminals to steal people's money, and American's anxiety is rising. Concern is especially high around financial services, where scammers can use deepfake technology — AI-generated audio and video — to impersonate people and hack into bank accounts.

To help tackle the problem, AARP endorsed the Senate's bipartisan Preventing Deep Fakes Scams Act and a companion bipartisan bill in the House. The bill would establish a dedicated federal task force to examine the positive and negative impacts of AI on the financial services industry.

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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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.

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