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Coop is hiding somewhere in this publication...

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Midcoast Beacon

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Brunswick native serves with U.S. Navy in Japan

By Naval Supply Systems Command Fleet Logistics Center Yokosuka Public Affairs

Misawa, JAPAN – Petty Officer 2nd Class Adrian Tate, a native of Brunswick, Maine, serves the U.S. Navy, assigned to Naval Supply Systems Command (NAV-SUP) Fleet Logistics Center Yokosuka, Site Misawa, aboard Misawa Air Base in Northern Japan. Tate graduated from Millington Central High School in Millington, Tennessee, in 2018, and joined the Navy five years ago. Today, Tate serves as a logistics specialist.

Tate grew up moving often and watching both parents serve. Tate credits his family background for his decision to enlist in the military.

“My father was a Navy chief, and my mother also served,” Tate said. “So, military service was familiar to me and offered a path for growth and experience.”

Those frequent moves left a lasting mark on Tate.

“Moving around a lot while growing up taught me adaptability,” Tate said. “My parents, boxing trainers and basketball coaches also taught me discipline and teamwork.”

Discipline and teamwork still shape how Tate

approaches the job and has contributed to his success.

In 2025, Tate was named Sailor of the Year. That recognition and the chance to succeed in a demanding environment are his proudest accomplishments so far.

For Tate, service represents a combination of national contribution and continuous self-improvement.

“Serving in the Navy to me means contributing to my country while continuing to develop my skills, discipline and experience,” Tate said.

During his naval career, Tate has completed multiple higher education programs and earned many credentials.

Tate earned an Associate of Arts degree in business from Collin County Community College in 2020, followed by a Bachelor of Science in business administration from Southern New Hampshire University in 2025. While pursuing his bachelor's degree, Tate was also named to the Southern New Hampshire University President's List in 2025 and became an inductee of the National Society of Leadership and Success in 2026.

Additionally, Tate earned

Navy on page 2



Submitted photo

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

Name: _____

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

Me and my seven year old brother were walking down the road and I saw a lime. I said, “can I touch it?” and he said “Hailes don’t touch it, it might have “lime disease”.

-Hailes, Lambert, Augusta

When my daughter went grocery shopping with my 8 ¾ year old grandson, Tucker, out of the blue, he asked his mother, “Mama, was Nani arrested?” (that’s me). Shocked, and amused, she asked, “what?!?! Why would you think that?” He replied, “I don’t know, I just haven’t seen her for a long time.”

She assured him that, no, Nani was not arrested and is not in jail. She’s fine! (and last person that would go to prison!)

We will see each other very soon!

-Susan Murphy, Augusta

SEASONAL HOURS

STARTING SUNDAY, OCTOBER 4

Sunday	8:00am-4:00pm
Monday-Friday	6:00am-8:00pm
Saturday	7:00am-6:00pm

Brunswick
maine
Parks and Recreation

Navy from page1

the Enlisted Surface Warfare Specialist qualification in 2024 and obtained a Lean Six Sigma Green Belt certification in 2026. Lean Six Sigma is a data-driven methodology used in businesses for process improvement by reducing defects and variation, according to the American Society for Quality.

Tate is grateful to others for making a military career possible.

“I’d like to thank everyone who genuinely supported me and encouraged me to grow,” Tate added.

NAVSUP Fleet Logistics Center Yokosuka is one of eight fleet logistics centers under Commander, Naval Supply Systems Command. The command oversees 13 sites across a 52-million-square-mile area of responsibility stretching from Misawa, Japan, to Stirling, Australia, and from Guam to Diego Garcia. Sailors and civilian employees provide supply and logistics support that enables maritime warfighter readiness throughout the Indo-Pacific.

Headquartered in Mechanicsburg, Pennsylvania, NAVSUP employs military and civilian personnel around the world. NAVSUP and the Navy Supply Corps provide global supply chain management, acquisition, operational logistics, and sailor and family support in partnership with the fleet to sustain naval forces worldwide.

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Look for Coop somewhere in this paper, (not this page or page 1) mail us the name of the paper and page he is on, you could win a Coop stuffy!



Name _____

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Page # _____ Phone # _____

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



What's the Difference?

Find the four differences between the two pictures.

A

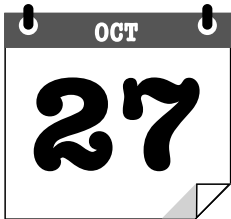


B



Answers: 1. Sauce on all pizzas 2. Cheese in bowl 3. Missing hand soap 4. Woman's hair is longer

THIS DAY IN HISTORY



1682: Philadelphia is founded in the Commonwealth of Pennsylvania.

1924: The Uzbek SSR is founded in the Soviet Union.

1961: NASA tests the first Saturn I rocket in Mission Saturn-Apollo 1.

NEW WORD

PEEL

wooden or metal tool used by cooks to slide pizzas into and out of an oven

Food FACT:

This beloved food, which tends to be served round or square, is enjoyed all over the world by the slice or the entire pie.

Answer: Pizza

How they say that in...

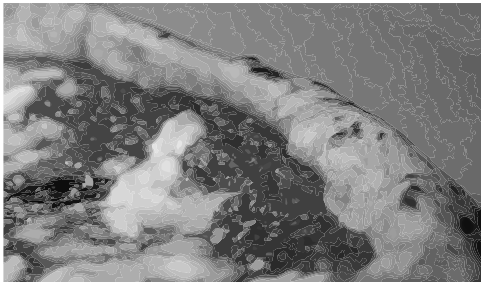
- English: Sauce
- Spanish: Salsa
- Italian: Salsa
- French: Sauce
- German: Soße

Did You Know?

Pepperoni is the most popular pizza topping across the globe. It is closely followed by extra cheese and sausage.



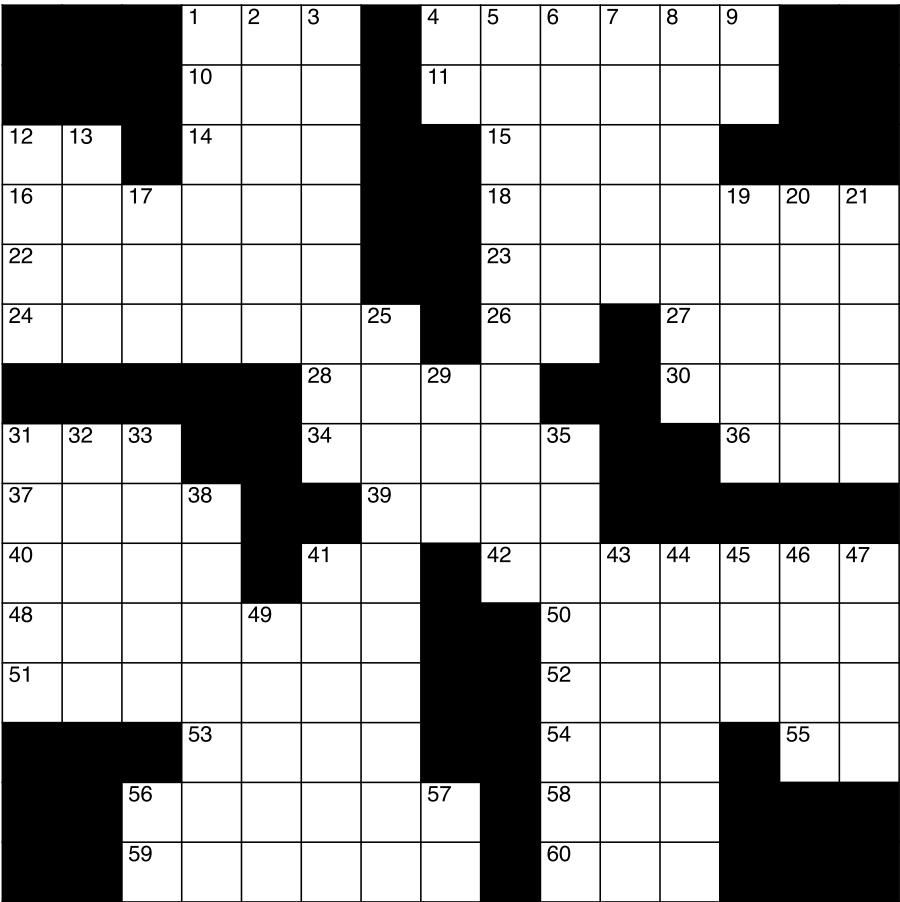
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Pizza

Crossword



- CLUES ACROSS**
1. Small Eurasian deer
4. Province in Northern Ireland
10. A major division of geological time
11. Broadway actor Lane
12. Canadian province (abbr.)
14. Human gene
15. Two
16. A notable one was “blue”
18. Utter repeatedly
22. Ring-shaped objects
23. Sullies
24. Occurs
26. Commercial
27. Near
28. Tools you may need
30. A pledge
31. They start the alphabet
34. Silk garments
36. Soviet Socialist Republic
37. Longtime mayor of Rio
39. Hot meal
40. A type of gin
41. Atomic #84
42. \$10 bill
48. About ground
50. Medicine man
51. Seedless raisin
52. National capital of Albania
53. Appendage
54. OJ trial judge
55. European government entity (abbr.)
56. Bike parts
58. Friend to “Barbie”
59. Stretched to see or hear
60. Commercials
- CLUES DOWN**
1. Make up for
2. Baltimore ballplayer
3. Wages
4. International organization of countries
5. Engravers of gems
6. Declared as fact
7. One who steals
8. Jewelry
9. Hospital worker
12. Nonsense (slang)
13. Town in Galilee
17. Value
19. Alternative identity
20. Sheep in their second year
21. Town in Surrey, England
25. Appropriate to a time of year
29. Creative work
31. Recesses
32. Largely forested municipality in Germany
33. Rider of Rohan
35. Ancient symbol co-opted by Nazis
38. Pioneer
41. Scribe
43. Painted a bright color
44. Member of British nobility
45. “Pulp Fiction” actress Thurman
46. Helps people walk
47. Crest of a hill
49. People of southeastern Alaska
56. One’s own device
57. The Mount Rushmore State

⦿ ** ☐ ☹ ☼ ~ ☾ ☿ ✧ ✱ ✨ ✖ ✨ ✚ ⚡ ✨ ☾ ✱ ☿ ✨ ✨ ☾ ☼ ☿ ☾

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

☐ ☾ ☼ ✨ ☿ ⚡ ~ ✨ ✚

Solve the code to discover words related to chiropractic care.
Each number corresponds to a letter.
(Hint: 24 = N)

A.

7 8 22 6 26 2

Clue: Move into place

B.

26 16 9 24 21

Clue: Holds up the body

C.

16 7 9 24

Clue: Discomfort

D.

24 21 20 19

Clue: Supports the head

Answers: A. adjust B. spine C. pain D. neck

SUDOKU

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

Level: Advanced

AT THE CHIROPRACTOR

WORD SEARCH

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

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

WORDS

ADJUSTMENT
BIOMECHANICS
CAVITATION
DECOMPRESSION
DISC
DOCTOR
ERGONOMICS
HERNIATION
INFLAMMATION
JOINT
MANIPULATION
NERVE
PALPATION
POSTURAL
RELIEF
SACRUM
SCIATICA
SPINE
STENOSIS
SUBACUTE
SUBLUXATION
TRACTION
VERTEBRAE
WELLNESS

HOROSCOPES

- ARIES - Mar 21/Apr 20** - Focus your energy on family and home this week, Aries. Although you might feel more comfortable working alone, you may find yourself doing group work soon enough.
- TAURUS - Apr 21/May 21** - You have lots of mental energy this week, Taurus. You might be pushed into a leadership role that will help you feel independent.
- GEMINI - May 22/Jun 21** - Sports and competitive physical activities might appeal to you this week, Gemini. Teams, friends and group activities will be priorities, as will sharing ideas.
- CANCER - Jun 22/Jul 22** - Cancer, you will be noticed this week and you will be encouraged to speak up and share your point of view. Be humble, but keep the courage of your convictions.
- LEO - Jul 23/Aug 23** - Leo, this week you can explore new ideas, meet new people and learn new things. Politics and controversial subjects might appeal to you, but probably should be avoided right now.
- VIRGO - Aug 24/Sept 22** - This is not the week to agree to anything significant, Virgo. Instead, do your homework and gather all of your information before you commit to a major project or expense.
- LIBRA - Sept 23/Oct 23** - Libra, you might attract someone to you this week who is interesting but a bit feisty. See what they have to say because it might be enlightening in some way.
- SCORPIO - Oct 24/Nov 22** - You are ready to roll up your sleeves and work, Scorpio. Keep in mind that you might have to delegate some things to others because you tend to take on too much.
- SAGITTARIUS - Nov 23/Dec 21** - Be patient with spouses, partners and close friends, Sagittarius. Your patience will pay off and others will appreciate your calm demeanor.
- CAPRICORN - Dec 22/Jan 20** - You might be tempted to make some improvements around home this week, Capricorn. Start with the spaces you use the most and then build from there.
- AQUARIUS - Jan 21/Feb 18** - You feel energized and ready to take charge, Aquarius. This week you will defend your ideas and explain what you want. Some people will agree with your line of thinking.
- PISCES - Feb 19/Mar 20** - Restrict your spending to the essentials this week, Pisces; otherwise, you might be tempted to spend money quickly and rashly.

MAINE CALENDAR

2026

MONTHLY MEETINGS

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

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

NORWAY: Women’s Support Group and Coffee Hour, meets the third Wednesday of every month

from 10:30 to 12:00 noon at the Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Kelsey at the Center at (207) 890-0205.

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

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

LEWISTON: Renewal Addiction Ministry, every Friday 6:30 p.m., Calvary Chapel Lewiston, 777 Main

Street, FMI Alex Theriault 207-274-1570.

LEWISTON: Sadie’s Fiber Arts Club, every 1st and 3rd Wednesday of the month, 3:30 p.m., Lewiston Public Library’s Children’s Department, 200 Lisbon Street at the corner of Pine Street, Lewiston, FMI at 513-3133 or LPLKids@lewistonmaine.gov.

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

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

NEW GLOUCESTER:

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

NEW GLOUCESTER:

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

NEW GLOUCESTER:

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

MAINE CALENDAR PAGE

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Deadline for 2027 Maine Women’s Hall of Fame nominations is Nov. 1

AUGUSTA - Nov. 1 is the deadline for nominations for the 37th Maine Women’s Hall of Fame in 2027.

The Maine Women’s Hall of Fame inducts women — both contemporary and historical — who have made, or are making, significant statewide contributions, in fields such as the arts, education, public policy, the sciences and the humanities. Nominations

are open to the public and focus on Maine women who are pioneers and leaders. Particular consideration will be given to those who have significantly impacted the lives of women. Nomination requirements and submission information are online at <https://bpwmefoundation.org/maine-womens-hall-of-fame/nominations/>

An induction ceremony in

Augusta in the spring, typically held during Women’s History Month in March, will honor the woman or women of achievement selected by an independent panel of judges.

Past inductees to the Maine Women’s Hall of Fame include authors, athletes, artists, activists, administrators, political and religious leaders, educators,

doctors, lawyers, scientists and college presidents. Among the most recent honorees: the late U.S. Secretary of Labor Frances Perkins and Dr. Alane O’Connor, director of perinatal addiction medicine at MaineHealth Maine Medical Center. A full list of inductees, starting with Sen. Margaret Chase Smith and women’s health advocate Mabel Wadsworth in 1990, is

online at <https://bpwmefoundation.org/maine-womens-hall-of-fame/nominations/>.

Maine Business and Professional Women/Maine Futurama Foundation established the Maine Women’s Hall of Fame. The Bennett D. Katz Library at the University of Maine at Augusta has a collection of photographs, video recordings and other materials from

the Maine Women’s Hall of Fame induction ceremonies, as well as a permanent public gallery of inductee portraits.

Maine BPW/Futurama Foundation, working with Maine Community Foundation, awards annual scholarships to outstanding and deserving Maine women to help them achieve economic self-sufficiency.



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Scam Alert Bulletin Board



Fraud Watch Network

Lock Down Your Data: Cybersecurity Awareness Month

October is Cybersecurity Awareness Month, a good reminder that we can make it harder for criminals to steal our personal information or take over our accounts.

Scam messages often include a link or an attachment that perpetrators use to introduce malware onto your device or send you

to a site that will seek to collect login or payment information.

Protect all online accounts with strong, unique passwords (strongly consider using a password manager) and turn on multifactor authentication when available. Also, keep your device software updated – the updates often include important security fixes.

Learn how to spot and avoid scams with AARP Fraud Watch Network™. Suspect a scam? Call our free helpline at 877-908-3360 and talk to one of our fraud specialists about what to do next.

Need a scam prevention speaker for your group? Click the link to fill out our online form or send an email to me@aarp.org.

2026 Dempsey Challenge

by Bill Van Tassel

LEWISTON - Lewiston, Auburn, and surrounding areas experienced the eighteenth holding of the Dempsey Challenge on September 19. Since its inception in 2008 the popular event has been held in Lewiston's Payne/Simard Park, formerly Railroad Park that borders the Androscoggin River. The annual Fall event was the brainchild of local television and movie star Patrick Dempsey. Dempsey spent his early years in Lewiston, Turner, and Buckfield, attending schools in Turner, Buckfield and Saint Dominic

in Auburn.

He started the Challenge as a fundraiser for the Dempsey Center for Cancer Care and Support after his mother's cancer was diagnosed. With additional offices in Portland and Westbrook, the main site is at Central Maine Medical Center in Lewiston. The Center offers a variety of support and strategies for cancer patients and their families.

The early Dempsey Challenge happenings featured several biking events from 25 to 100 miles for touring bike enthusiasts. Participants could enter the challenge



Bill Van Tassel photos

Patrick Dempsey (far right) leads the Survivors/Honor Walk around Payne/Simard Park in Lewiston on September 15 Dempsey Challenge fund raiser.



Turner Publishing reporter Bill Van Tassel (Left) and his former sixth-grade student (1976) Patrick Dempsey meet again at the September 15 Dempsey Challenge in Lewiston.

by getting financial sponsorship, either individually or with a team. The starting and finishing point was in Simard/Payne Park, where other activities were available for the curious spectators. Running, walking and children's events were also held for non-biking fundraisers.

Patrick himself participated in the biking events doing the 50-miler in the first Challenge, finishing the distance along with a few of his professional biker acquaintances. He always made himself available to the people gathered in Payne/Simard Park

for conversation and photographs. Dempsey annually led an Honor/Survivor Walk around the perimeter of the park as well as giving his opening and closing comments to everyone in attendance.

There have been some minor changes to the overall event. It has been condensed into a one-day occurrence, with a special awards ceremony and dinner the evening before to thank the major fundraisers. The biking distances are now 64, 50 and 25 miles, along with 5-K and 10-K running events. The Challenge remains a large

crowd draw for both the fundraising participants as well as the curious visitors.

This year's Dempsey Challenge nearly met its \$2 million goal. Since 2008 the Challenge has raised over \$20 million. This money is used for services such as counseling, support groups, nutrition and finance classes, and wellness programs. The overall event also involves the work of many willing

volunteers.

Reporter's Note: I took part in the first Dempsey Challenge 50-mile bike ride, in addition to covering the event as a reporter. I did so for two reasons. One: I had lost my young wife to cancer in 2006 and trained for the ride in her honor. Two: I got to know Patrick well, as he was a sixth-grade student of mine at Turner Elementary School in 1975-76.

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Health & Wellness

Breast Cancer Awareness: Prevention starts with you

October is Breast Cancer Awareness Month, and we all should understand what breast cancer is so we can be proactive in preventing it and detecting it. Breast cancer is the most common cancer in women in the United States. Women are not alone, however, as it impacts men as well. This type of cancer causes the cells in breast tissue to divide and grow in an unusual way.

Typically, these cancerous tumors grow so slowly they may go undetected for many years before diagnosing or before a lump will be obvious. In 2020, there were more than 268,000 new cases of breast cancer in women and more than 2,600 new cases in men. There are many things we can do to prevent breast cancer and lower the risk of breast cancer, even in the high-risk population.

- **Healthy weight** — Stay clear of the big swings in weight. On again/off-again diets and health kicks

wreak havoc on your system. Losing 25 pounds in two months only to gain 35 back in a short period of time is not a good practice. Find a balanced health program you can live with. Lose weight and keep it off with the proper diet and exercise. I am a big fan of the Mediterranean diet consisting of lots of plant-based foods, nuts and extra virgin olive oils. Some research has shown women who eat a Mediterranean may have a reduced risk of breast cancer; still, this is an open issue with little science-based evidence with more research in need.

- **Cigarette smoking** — Studies have shown a link between cigarette smoking, pollutants and breast cancer.
- **Alcohol in your diet** — For women, limit yourself to less than one 4 oz. drink of alcohol per day. For men, limit yourself to no more than two, 4 oz drinks per day.
- **Exercise and activity** — Sitting all day is never good. Make sure you



OCTOBER IS Breast Cancer AWARENESS MONTH





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ACTIVE



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HEALTHY



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TOBACCO



LIMIT
ALCOHOL



GET
SCREENED



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get plenty of walking into your day. If you can work on time at the gym or join a sporting activity, do it and have fun. The recommended amount of aerobic activity is 150 minutes a week, and resistance and weight training 60 minutes a week.

- **Breastfeeding** — Some studies have shown women, who breast feed for an

extended period of time, decrease their risk for breast cancer.

- **X-ray and radiation** — Some studies show a link between some types of cancer, including breast cancer, and radiation exposure. Take caution with any type of x-rays or medical imaging and pursue only if necessary.
- **Hormone therapy** — If experiencing intolerable symptoms of menopause, talk to your doctor about holistic methods versus hormone therapy. Studies have indicated that long-term use of medications associated with hormone therapies increases the risk of breast cancer.

Last but certainly not least and most importantly, always conduct regular self breast exam. Early detection is key. I hope this has inspired you to make lifestyle changes for a happy October and the months to come.

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Fall Seasonal Guide

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Plan the perfect fall hiking excursion

Metro

Fall is an ideal time to enjoy the great outdoors. With crisp air, vibrant foliage and trails that might be a little less crowded, fall is a great time to lace up the hiking boots and see the sights.

According to the Outdoor Industry Association, hiking participation has surged to a record 63.4 million Americans. “Core hikers” hit the trails more than 13 times a year, and fall is a prime time to hike. Travel research from sources like HomeToGo note that interest in travel rises each year in fall, when vacationers prioritize destinations near forests, foliage and trails.

Taking to the outdoors come fall involves some planning to ensure these excursions are successful.

- Select the right timing. Foliage is characterized by peak and non-peak times of the year. Peak foliage will start at high elevations and northern latitudes before traveling southward. When planning hikes, scour tourism boards or national reports to sync trips with the prime windows to see amazing colors.
- Choose the right trails. Hikers can prioritize trails with diverse tree canopy species. Hardwoods like sugar maples, oaks and birches yield deep reds, golds and oranges. Trails that loop around lakes will offer vivid reflections, while ridgelines can provide panoramic vistas.



Metro photo

- Keep daylight in mind. There are fewer hours of sunlight come the fall, so hikers should plan accordingly. Everyone will want to make it back to the trailhead before the sun sets and the temperature drops.
- Dress for variable weather. Fall weather can be temperamental, shifting from frosty mornings to

warm, sunny afternoons. Layering clothing is the best way to maintain comfort. The hiking experts at Bearfoot Theory suggest a base layer of wool fabric to wick sweat away from the skin. A middle layer of fleece or a lightweight down jacket will insulate without adding unnecessary bulk. Finally, a windproof, waterproof shell will guard against rain or high winds. Hikers should pack a warm hat, extra socks and gloves, even if the forecast predicts mild weather.

- Be prepared with supplies. Certain gear can make hiking safer. A headlamp and extra batteries; trekking poles and slip-resistant boots; a portable power bank to charge a phone; and an insulated flask are some particularly useful items to bring along.
- Bring a map of the trail. Fallen leaves can obscure trail markers and other landmarks. A downloaded offline map or a paper map will help hikers navigate even if they lose signal or get turned around on the trails.

Fall hikes are some of the most beautiful, and entire days can be built around hiking this time of year. Be mindful of wildlife and stick firmly to paths to protect the natural landscape.



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Early Morning Lupines



Early morning along the Narragaugus River in Millbridge

photograph by Joe Johnston



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Dip into this at your halloween party

Halloween is a wildly popular holiday, and that popularity extends to adults as well as kids. Halloween parties dot many a social schedule come late October, and parties mean food. While it's customary to indulge in a few candied treats on Halloween, adults may want something with a little nutritional value as well. This "Halloween Dip With Carrots and Canapes" from Lines+Angles can make the perfect homemade party offering this Halloween.

Halloween Dip With Carrots and Canapes

Makes 4 servings

FOR THE DIP:

- 3 large avocados, halved, pitted, peeled and diced
- 1 garlic clove, minced
- 1 lime, juiced
- 1 dash Tabasco® sauce
- 1/2 cup sour cream
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 small handful cilantro, finely chopped

TO SERVE:

- 6 large carrots
- 1/2 cup sour cream
- 1 handful stuffed olives, sliced
- 1 handful seedless red grapes, sliced
- 5 slivered almonds

1. For the dip: Mash together avocado, garlic, lime juice, Tabasco®, sour cream, salt, and pepper in a serving bowl until smooth.
2. Stir in chopped cilantro. Cover and chill until ready to serve.
3. To serve: Peel and cut two carrots into thick coins. Top with sour cream and then olive and grape slices.
4. Cut the remaining carrots into finger shapes. Use a paring knife to shave down their ends into nail beds. Make a thin incision at the end of the nail beds and slide a slivered almond into them to mimic fingernails.
5. Serve finger carrots in the prepared avocado dip with the carrot coins on the side

Metro



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MOVIE REVIEW

by Lucas Allen

THE END OF OAK STREET

(Warner Bros. Pictures/Bad Robot)

Back in 2011, producer/director J.J. Abrams delivered a classic Spielbergian film for the 21st century with his excellent “Super 8.” This time, he helps writer/director David Robert Mitchell (“It Follows”) bring to life a different kind of 80’s nostalgia adventure with a sci-fi twist with “The End of Oak Street.” Think of this as like the show “Stranger Things” combined with the Sid & Marty Kroft-created “Land of the Lost,” and blend them together with the thrills of “Jurassic Park.”

Although their lives are idyllic in their Oak Street neighborhood in the summer of 1982, the Platt family are secretly harboring an internal crisis. Mom Denise (Anne Hathaway) is feeling unsatisfied in her marriage trying to complete her first novel, while Dad Greg (Ewan McGregor) struggles to keep things afloat working part-time as a pizza deliveryman. Worse, their fighting is having an effect on their two children, teenager Audrey (Maisy Stella) and younger Brian (Christian Convery) with the latter starting to lash out. One night, a mysterious white light from the sky causes a massive power outage all over the neighborhood. It wasn’t until the next morning that the family discovered something more like unusual plants growing in the yard, hot water bursting from the ground, and creatures roaming everywhere.

It’s then they realized that the white light is actually a portal that transferred their entire block back around two hundred million years to a time where dinosaurs populated the world. Witnessing their neighbors getting eaten and

with no chance of escape, their fear quickly escalates their strained relationship as a family. Things take a turn when Brian snuck out of the house in the middle of the night searching for their dog Starbuck leading to a bigger fight for survival.

Anyone who loves Spielberg’s movies or 80’s nostalgia in general will certainly have a blast with this one. Sure, they could’ve catered to a wider audience by adding a pet dinosaur like last year’s “Jurassic World: Rebirth” or having a caveman companion like in “Land of the Lost,” but Mitchell and Abrams are no fools. They understood that this is a kind of movie where an adventure in someone’s neighborhood can be a fun and dangerous one to experience. With the addition of prehistoric creatures, it becomes a terrifying and thrilling ride that’ll have everyone in the theater screaming their heads off. It can be joyous one scene and then dark the next, but the tonal shift is nicely balanced throughout.

By having the story focused squarely on the family front and center, it’s also a realistic portrait of a family falling apart in the midst of their sudden new surroundings. The buildup and tension between those two worlds become much rawer and more palpable that it amplifies the drama without veering towards melodrama. Granted, the writing isn’t 100% sharp when it sometimes shows some unnecessary dinosaur gags and a minor subplot with Brian, and a neighboring bully doesn’t feel resolved. However, these are just small potatoes in an otherwise fun experience.

In the end, most people will watch this film for the dino-

saur alone and this one does not disappoint. Not that they look scary at times, but they seem to be more scientifically accurate than the Jurassic Park films, including having some of them resemble their early bird-like appearance. It may be odd for some, but they do retain their vicious demeanor, which is all that matters.

Each of the main actors did the heavy lifting well, making this a surprisingly well-acted blockbuster. Hathaway continues her year in 2026 with another stunning portrayal like her role in “The Odyssey” with more action beats. McGregor also handles action and drama wonderfully with a nice dose of humor that fits his character. The real star of this film, surprisingly enough, is Michael Giacchino’s score evoking that John Williams feel, with its whimsy and dark aesthetic, perfectly in tune with its nostalgic roots.

“The End of Oak Street” makes for a nice cap to this summer movie season that sees superheroes, ancient warriors, talking toys, and now, dinosaurs taking over the box office. In this highly cynical age, movies like this remind us that the magic of cinema is still here and it is not going anywhere.

THE MOVIE’S RATING: PG-13 (for some strong violent content, bloody images, some strong language, and suggestive material)

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



THE HEALTHY GEEZER

Fred Cicetti

CAN YOU GET BRAIN CANCER FROM USING A CELL PHONE?

Q. Can you get brain cancer from using a cell phone?

Comprehensive research, including large-scale international studies commissioned by health organizations such as the World Health Organization (WHO), indicates that cell phones do not cause brain tumors.

There have been about 30 studies into cell phone use and tumors. These studies have produced similar results. In most studies, patients with brain tumors do not report more cell phone use. Most studies do not show higher risks of brain tumors with increasing cell phone use.

In 2024, WHO analyzed 63 studies spanning decades of data. The researchers concluded there is no link between mobile phone use and brain cancer. The Danish Cohort Study tracked more than 350,000 phone subscribers. The COSMOS study tracked more than 260,000 participants. Neither found an elevated risk of brain tumors among mobile phone users.

The type of radiation cell phones emit--radio frequency or RF--is unlike the radiation that can cause cancer. The only established biological effect of RF radiation on the human

body is minor surface heating.

The RF waves given off by cell phones don’t have enough energy to damage DNA, the nucleic acid that carries genetic information in cells. Because of this, many scientists believe that cell phones aren’t able to cause cancer. Most studies done in the lab have supported this theory.

Another indication that no cancer link exists is that cell phone usage grew exponentially over the past few decades, but rates of brain cancers remained stable over the same time frame.

While current scientific evidence shows no danger to health, individuals who prefer to minimize RF exposure can use speakerphones or hands-free headsets, texting instead of calling, and not pressing their phones against their heads for extended periods.

The U.S. Food and Drug Administration (FDA) and the Federal Communications Commission (FCC) have developed guidelines that limit the amount of radio frequency energy that cell phones are allowed to give off.

The RF exposure from cell phones is measured in the

Specific Absorption Rate (SAR). The SAR measures the amount of energy absorbed by the body. The SAR permitted in the United States is 1.6 watts per kilogram (1.6 W/kg). According to the FCC, this amount is much lower than the level shown to cause any changes in laboratory animals.

Every cell phone manufacturer is required to report the RF exposure of each of its phone models to the FCC.

There have been other health concerns about cell phone use. For example, there is a concern that RF waves from cell phones might interfere with medical devices such as heart pacemakers.

According to the FDA, cell phones should not pose a major risk for the vast majority of pacemaker wearers. However, people with pacemakers may want to take some simple precautions to help ensure that their cell phones don’t cause a problem, such as not putting the phone in a shirt pocket close to the pacemaker.

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MAINE OUTDOORS

V. Paul Reynolds

SAM BANQUET DRAWS BIG SPORTSMEN TURNOUT

The Sportsmen’s Alliance of Maine (SAM) held its 51st annual banquet on Saturday, Sept 5th, at the Elks Lodge in Waterville. More than 300 sportsmen and women turned out for the festive fund-raising event, which was attended by sportsmen and women, guides, outfitters, and a number of political luminaries including U.S. Senator Susan Collins, Maine Governor Janet Mills and a host of candidates for political office.

The banquet featured special awards, a full-course meal, a silent auction, a live auction and a bucket raffle. Prizes ranged from rifle and fishing equipment and dozens of outdoor related items.

During the evening, which was emceed by Northwoods Sporting Journal Editor V. Paul Reynolds and hosted by David Trahan, executive director of SAM and Mike Parker, SAM president, a number of awards were presented to individuals for their various contributions toward supporting SAM’s mission, outdoor conservation and the furthering of Maine’s outdoor heritage.

The following awards were presented:

1. The Jason Jewett Youth Lifetime License Award. This year more than 36 lifetime fishing licenses were awarded to deserving youngsters. So far, SAM has given out more than 600 of these lifetime fishing licenses to deserving youngsters.
2. The SAM Lifetime Achievement Award was presented to U.S. Senator Susan Collins for her many efforts on behalf of Maine sportsmen and women.
3. The SAM Outdoor Education Center Volunteer Award went to Brent St. Clair.
4. The SAM Sporting Club of the Year Award was presented to the Monmouth Fish and Game Association.
5. Bob and Andrea Howe Veteran Volunteer Award went to John and Amy Oliveira.



During the SAM banquet a number of youngsters were on hand to be presented with their lifetime fishing licenses purchased by SAM

6. The Legislative Service Award was presented to State legislators Billy Bob Faulkingham and Trey Stewart.
7. The Special NRA Second Amendment Award went to Andrea Beckwith.
8. Tim Peabody, Maine’s Acting Commissioner of the Maine Department of Inland Fisheries and Wildlife, presented The Annual Flyrod Crosby Award to conservation activist Matt Scott for his significant efforts in promoting clean water in Maine’s lake and river system. Scott is a former Deputy Commissioner of the Maine Department of



SAM director David Trahan presented the SAM Lifetime Achievement Award to U.S. Senator Susan Collins. Pictured here with Collins, left to right, Mike Parker, Tenley Skolfield, Nick Archer, Sen. Collins, and David Trahan

Also, unscripted, during the live auction, conducted by former Maine lawmaker and SAM member Paul Davis, an attendee at the banquet, Karen St. Peter, was the high bidder on three American flags donated by Senator Collins. St. Peter immediately gifted the flags to two veterans from the audience, both of whom had served the longest in the U.S. military.



TRAVEL

by Victor Block

ROANOKE

I recently visited a small city – a population of about 100,000 – which offers visitors a full menu of things to see and do. It’s a center of arts and crafts, elegance and culture, with a choice of indoor and outdoor attractions. The community sits in the Blue Ridge Mountains, which extend from Pennsylvania to Georgia.

This is a flat, low-rise place where man-made attractions are grouped close to each other. Yet minutes away by car awaits some of Mother Nature’s magnificent handiwork.

Roanoke’s story began in the 1740s, when two settlers from Pennsylvania acquired land near salt licks which were crossed by trails laid down by Native Americans and animals.

Those salt marshes loaned their name to Big Lick, the first village in the Roanoke Valley. Several years later, Big Lick came to be known as Roanoke which was derived from the Indian word “Rawrenock,” the shell beads that were by indigenous people.

The city played a role in the Civil War, serving as a supply center for Confederate troops. Its most iconic attraction is the Roanoke Star, a 100-foot-high illuminated structure. Center in the Square is occupied by museums related to African American culture, local history and science.

When I wasn’t taking in information about these miscellaneous topics, I was exploring other chapters of Roanoke’s past. The local music scene began to flourish in the early 20th century, focused on folk and bluegrass influences. Over time, they were augmented by country, rock and jazz. Visitors today may swing and sway at concert venues, music halls and impromptu Jam sessions at restaurants, breweries, wineries and farmers’ markets.

One of the more interesting places I happened upon was Black Dog Salvage, an off offbeat institution. Its sprawling show rooms are packed with “architectural salvage,” antique items, artwork, vintage goods and souvenirs.

Even if you don’t intend to purchase anything, it’s worth a visit for anyone who loves quirky vintage items. Viewing the seemingly endless array of artifacts, I concluded that anyone who doesn’t find what they were looking for doesn’t really need it.



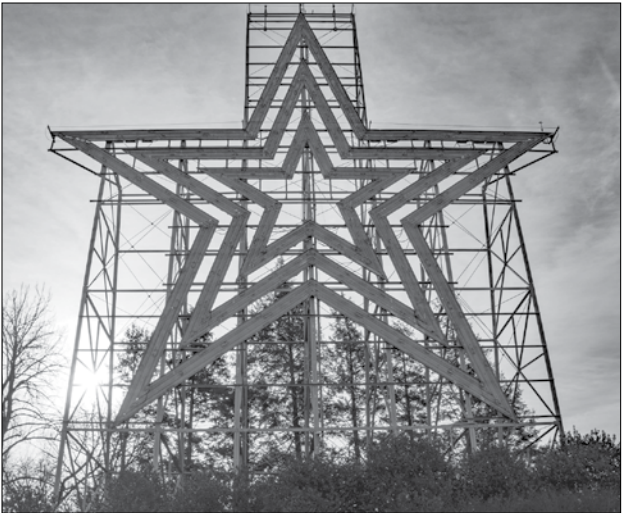
Paddling canoe on Roanoke River

For those so inclined, the Roanoke region offers more than 1,000 miles of trails for hiking, biking and paddling. These include over 400 miles of mountain biking paths which account for its being designated as the mountain biking capital of the east coast. While I had left my wheels at home, I experienced some of the reasons for that accolade during walking outings along stretches of several trails.

Another experience with an interesting story to tell was driving along a stretch of the Blue Ridge Parkway, which winds through Virginia and North Carolina. Much of that road was constructed in the 1930’s as part of the New Deal programs that President Franklin D. Roosevelt implemented to put Americans back to work following the Great Depression. After its completion during the 1950s and 1960s, the highway was described as “America’s Favorite Drive.”

Enjoying scenic views from that freeway and equally inviting scenes in and close to Roanoke, Virginia are two of many reasons to include that town on your travel itinerary list. Throw in its artsy vibe, eclectic collection of museums and other attractions, and the question is why you haven’t included the community on your must-see travel list?

Adding to the sense of history in Roanoke was my



The Roanoke Star Submitted photos



Roanoke is a low-rise city stay at the Promissory. That building opened its doors as a bank in 1882 and helped to finance and shape the city in its early days. Now it’s a boutique hotel, event venue, Spanish-inspired restaurant and wine bar.

For more information about Roanoke, log on to visitroanokeva.com.

STUDENT NEWS

Ava Charboneau named to Spring 2026 Dean’s List

Boston, MA – Ava Charboneau, of Brunswick, has been named to the Spring 2026 Emmanuel College Dean’s List.
To earn a spot on the Dean’s List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester.

SNHU announces Summer 2026 President’s List

Manchester, NH – It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2026 President’s List. The summer terms run from May to August.
Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President’s List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.
Mark McDaniel of Topsham, Molly Pollock of Bath, Joseph Massa of Bath, Lindsay Garza of Topsham, Daniel Maguire of Brunswick, Elyse Baron of Brunswick, Alexander Arnold of Brunswick, Elizabeth Williams of Brunswick, Ryan Mclean of Topsham and John Cassidy of Bath.

University of Rhode Island celebrates more than 4,000 new graduates during 2026 Commencement

Kingston, RI – The University of Rhode Island celebrated more than 4,000 of its newest alumni during the University’s 2026 Commencement. Approximately 3,800 undergraduate degrees and 900 graduate degrees were conveyed to students during the ceremonies which took place May 15-17, 2026.
Among the graduates were:
Piper Mann, of Brunswick, graduated with a Bachelor of Science in Wildlife and Conservation Biology.
Braden Dorogi, of Brunswick, graduated with a Bachelor of Science, Kinesiology

Students graduate from Bates College

LEWISTON – On May 31, 2026, Bates College celebrated the graduation of 488 members of the Class of 2026
Lane Foushee, of Brunswick, graduates from Bates College
James Usher, of Brunswick, graduates from Bates College

Local resident named to Dean’s List at Dickinson College

Carlisle, PA – Rick Lynn Faltemier, a rising junior educational studies and French & Francophone studies major at Dickinson College, has been named to the dean’s list for the spring 2026 semester. A graduate of Mt. Ararat High School, Faltemier is the son of Robert and Jennifer Faltemier of Topsham. All students earning a position on the dean’s list, a recognition of academic excellence, must have a grade-point average of 3.7 or above on a 4.0 GPA scale for the semester.

SNHU announces Summer 2026 Dean’s List

Manchester, NH – Bri Duffy, of Brunswick, has been named to Southern New Hampshire University’s (SNHU) Summer 2026 Dean’s List. The summer terms run from May to August.
Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean’s List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Rachel Eaton named to Dean’s List at SUNY Purchase for Spring 2026 semester

Purchase, NY – Rachel Eaton, of Topsham, has been named to SUNY Purchase’s Dean’s List for the Spring 2026 semester. Eaton is studying Music: Performance (Vocal).
To be eligible for the Dean’s List, students must carry a semester GPA of 3.5 for Bachelor of Arts and Bachelor of Science programs and 3.75 for Bachelor of Fine Arts and Bachelor of Music Performance programs. They must take a minimum of 12 credits.

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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.

CLT announces cast of 'Cabaret' Show opens October 16

AUBURN - Director Brandon Chaloux has announced the cast of "Cabaret," Community Little Theatre's first production of their 87th consecutive season, which will open on October 16.

In a Berlin nightclub, as the 1920s draw to a close, a garish "Emcee" welcomes the audience and assures them they will forget all their troubles at the Cabaret. With the Emcee's bawdy songs as wry commentary, Cabaret explores the dark, heady, and tumultuous life of Berlin as Germany slowly yields to the emerging Third Reich. Cliff, a young American writer newly arrived in

Berlin, is immediately taken with English singer Sally Bowles. Meanwhile, Fräulein Schneider, proprietor of Cliff and Sally's boarding house, tentatively begins a romance with Herr Schultz, a mild-mannered fruit seller who happens to be Jewish. Musical numbers include "Willkommen," "Cabaret," "Don't Tell Mama" and "Two Ladies."

Owen Lewis will appear as the Emcee, Hillary Perry as Sally Bowles, Justin Morin as Clifford Bradshaw, Justine Weisinger as Fraulein Kost, Ryan Delorme as Ernst Ludwig, Elise Christie as Fraulein Schneider, Roger Philippon as Herr Schultz,

and Nexxus Marcoux as the Boy Soprano. The Kit Kat Girls will be played by Karianna Merrill, Koley True, Carly Dillingham, Hannah Shepherd Perry, Meg Walz, Lacey Moysse, Hannah Hanson, and Phoebe Edwards. Appearing as the Kit Kat Boys will be Toby Gouette, Archer Slater, Nex Staples, and Justine Weisinger.

Performances of "Cabaret" will be held on October 16, 17, 22, 23, and 24 at 7:30 p.m., and October 18 and 25 at 2:00 p.m. All shows will be held at CLT on 30 Academy Street in Auburn. Tickets to "Cabaret" are now available online at www.laclt.com. Season subscriptions are



Submitted photo

Pictured here are the cast members for CLT's upcoming production of "Cabaret." Seated from left: Hannah Shepherd Perry, Nex Staples, Archer Slater, Hillary Perry, Koley True, Nexxus Marcoux, and Kariana Merrill. Standing from left: Roger Philippon, Toby Gouette, Hannah Hanson, Phoebe Edwards, Ryan Delorme, Owen Lewis, Lacey Moyses, Carly Dillingham, Elise Christie, Justine Weisinger, Meg Walz, and Justin Morin.

also available online. Subscribers to CLT's new season can enjoy savings of 20

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Sebago-Long Lake Music Festival’s 2026 Concert Season to air on Maine Public Classical’s Maine Stage



Photo by Mark Silber
SLLMF Artists from July 28, 2026 (Gabriela Diaz, violin; Keiko Tokunaga, violin; Mihae Lee, piano; Bonnie Thron, cello; Kathryn Lockwood, viola)

SEBAGO - Sebago-Long Lake Music Festival is pleased to announce that its 2026 concert season will be broadcast over the coming months on Maine Public Classical’s Maine Stage. Beginning September 30, listeners across Maine and beyond can enjoy five exceptional chamber music performances recorded live at the historic Deertrees Theatre in Harrison. Each broadcast airs Wednesdays at 8:00 p.m.,

offering audiences a chance to revisit the magic of the summer season—or discover it for the first time—from the comfort of home. “This partnership with Maine Public Classical allows us to share the artistry and energy of our summer concerts with a wider audience,” said Carol Madsen, Vice President of the Board of Trustees. “It’s a gift of music we’re proud to offer.”

Broadcast Schedule

Wednesday, January 13, 2027
From concerts performed July 21, 2026 and August 13, 2024

Reinhold Glière — Five Duos for Flute and Cello, Op. 39 (1909)

Ludwig van Beethoven — Serenade for String Trio in D Major, Op. 8 (1795–97)

Antonín Dvořák — Piano Quartet No. 2 in E-Flat Major, Op. 87

Wednesday, February 24, 2027
From the July 28, 2026 concert

Carl Maria von Weber — Trio for Flute, Cello, and Piano in G Minor, Op. 63 (1818–19)

Bohuslav Martinů — Duo No. 1 for Violin and Viola, H. 313 “Three Madrigals” (1947)

Robert Schumann — Piano Quintet in E-Flat Major, Op. 44 (1842)

Wednesday, April 7, 2027
From the August 4, 2026 concert

Wolfgang Amadeus Mozart — Trio in E-Flat Major, K. 498 “Kegelstatt” (1786)

Alfred Schnittke — Piano Quintet (1976)

Antonín Dvořák — String Quintet in E-Flat Major, Op. 97 “American” (1893)

Wednesday, May 19, 2027
From the August 11, 2026 concert

Camille Saint-Saëns — Fantaisie for Violin and Harp in A Major, Op. 124 (1907)

Claude Debussy — Sonata for Flute, Viola, and Harp (1915)

Johannes Brahms — Piano Quartet No. 1 in G Minor, Op. 25 (1861)

Program notes, artist information, and bios are available at sebagomusicfestival.org. Listeners may tune in via their local Maine Public Classical station or stream online.

“We had an exciting season, and these broadcasts will take us all back to Deertrees and the wonderful music of Sebago-Long Lake Music Festival,” added Dana Flanders, President of the Board of Trustees.

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