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The Country Courier

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The Country Courier

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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

Hornets sting Cony in 4-3 thriller



Bill Van Tassel photos

Leavitt's Jacob Gibbs (right) and freshman teammate Ethan Kevitch (#15) in action against Cony on October 5 in Turner. The Hornets won the contest 4-3, putting their strong season at 6-1-3.



Carter Berube on his way to scoring a goal in an October 5 home match at Leavitt High School. A game injury shortened his field time shortly after his goal. Also finding the net were Hornet's Tyler Mates, Sam Dunn, and Derek Fortin. Assists by Kalix Marquis and Everett Michaud helped with the 4-3 win.

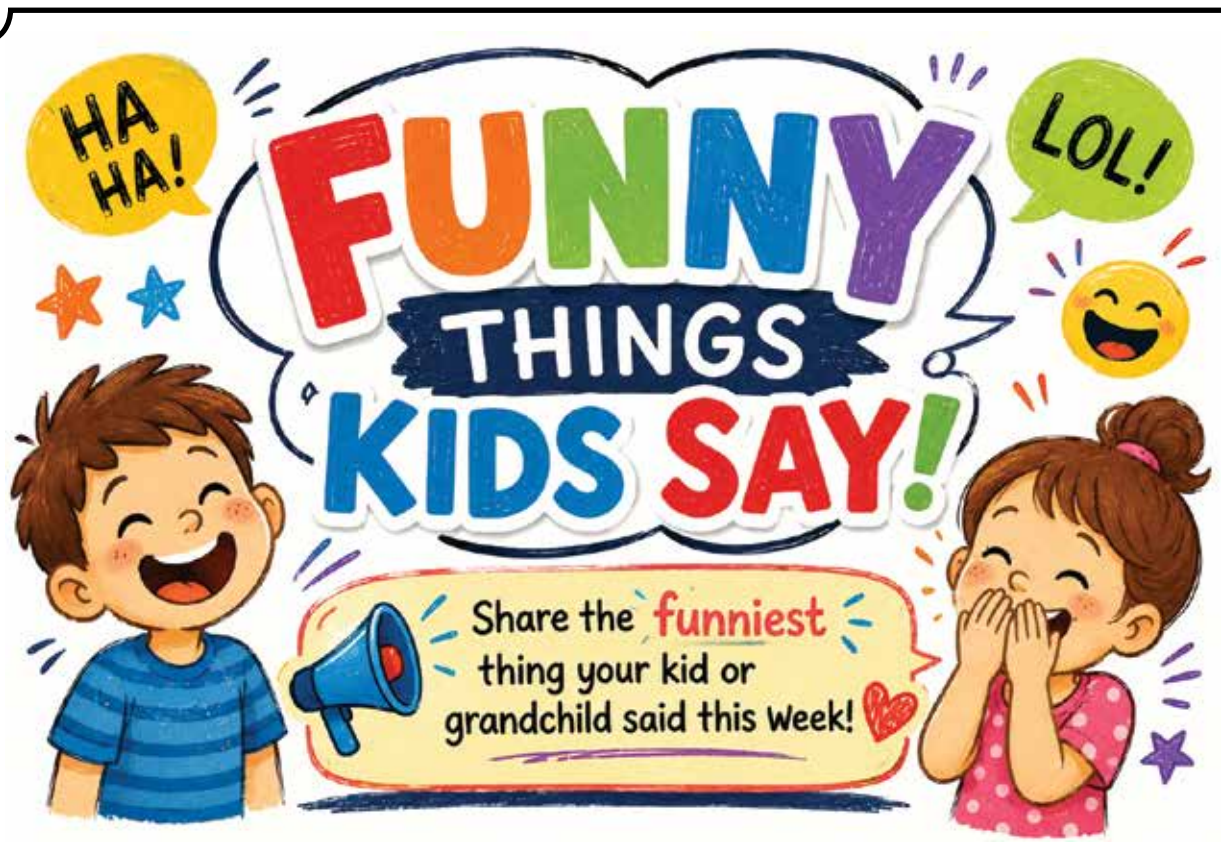
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Submit this form with your Funniest Thing Kids Say conversation and we will publish in an upcoming issue.

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

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

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MAINE CALENDAR

2026

OCTOBER

Oct 17 - Roast Pork Supper, 4:30-6:30 p.m., BQMC on Rt 219 in Turner, sponsored by the North Turner Union Presbyterian Church, Cost by donation.

Oct 31 - Turner Public Library 3rd Annual Trunk-or-Treat. 1:00pm-3:00pm. For more information, visit *www.turnerpubliclibrary.org*

NOVEMBER

Nov. 14 - Turner Public Library Craft Supply Swap. 9:00am-1:00pm. For more information, visit *www.turnerpubliclibrary.org*

MONTHLY MEETINGS

TURNER: At Turner Public Library Knitting Club, every Tuesday at 3 PM, Stay & Play, every Wednesday at 9:30 AM, Story Time, every Wednesday at 10:30 AM, Mah Jongg Club, every Thursday from 1:00-3:00 PM, Silent Book Club, every Thursday from 4:00-6:00 PM

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

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

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

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

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

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

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

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

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

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

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

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

LIVERMORE FALLS: 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.

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

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

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

LEWISTON: Renewal Addiction Ministry, every Friday 6:30 p.m., Calvary Chapel Lewiston, 777 Main Street, FMI Alex Theriault 207-274-1570.

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

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

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

ONGOING:

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

NEW GLOUCESTER: 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.

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.

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

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kids' corner

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

OCT 27

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.

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

NEW WORD

PEEL

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

"How they say that in..."

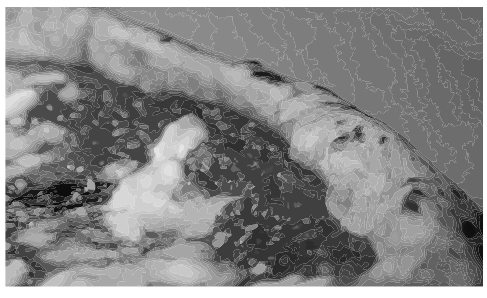
English: Sauce
Spanish: Salsa
Italian: Salsa
French: Sauce
German: Soße

Did You KNOW?

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



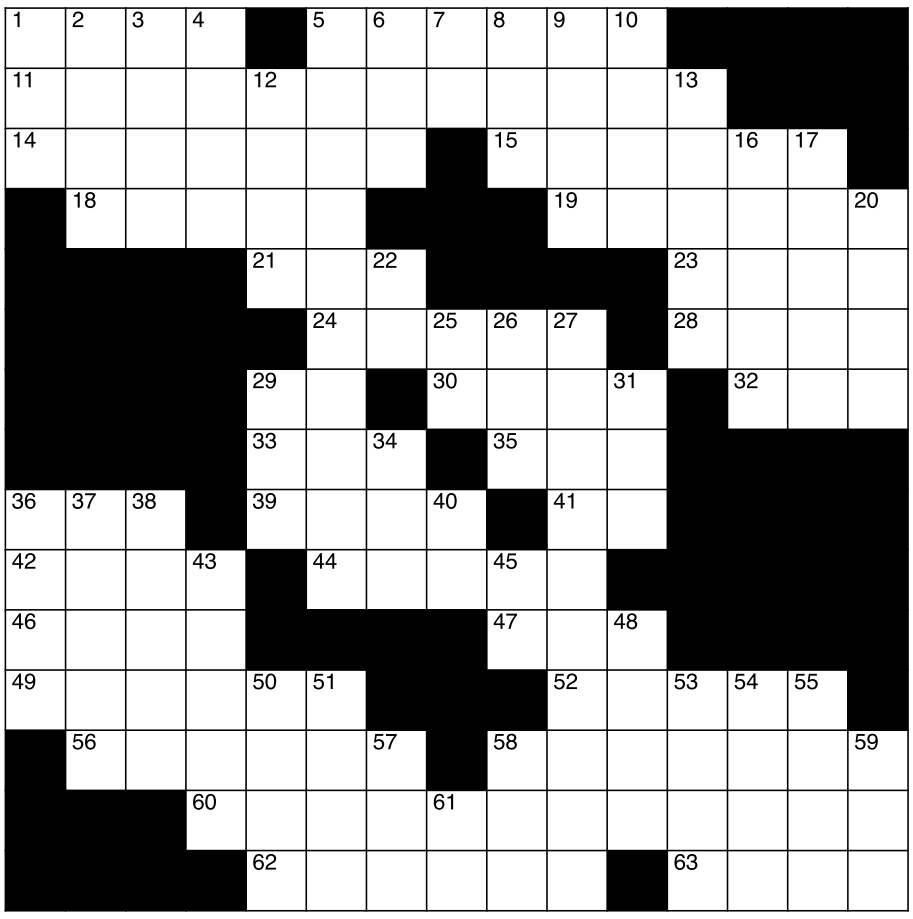
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Pizza

Crossword



CLUES ACROSS
1. El Dorado High School
5. A sculpture representing a human or animal
11. A type of return
14. Tie the knot again
15. Washington city
18. Hairlike structures
19. Mark used over a vowel
21. Explosive
23. Popular 500 car race
24. Pile up
28. Currency
29. Commercial
30. A minute amount (Scottish)
32. Mass of fish eggs
33. Baseball stat
35. Licensed accountant
36. Japanese classical theater
39. Gasteyer and de Armas are two
41. Blood group
42. Assist in wrongdoing
44. Language of Cameroon
46. Grayish-white
47. A woolen cap of Scottish origin
49. Microorganism
52. Strong social customs
56. Calm and dependable
58. Congressman
60. Force
62. As a result of this document
63. A main branch of Islam

CLUES DOWN
1. Make a mistake
2. American DJ Rick
3. Fictional Asimov planet
4. Coughed out
5. Singing to one's lover
6. Scotland's longest river
7. One of the six noble gases
8. Body art
9. Two-toed sloth
10. Electronic counter-countermeasures
12. A foolish person
13. Of the wind
16. Mansion
17. Sound
20. English river
22. Business symbol
25. Exclamation of surprise
26. Pouch
27. Individually
29. Satisfaction
31. The bill in a restaurant
34. Japanese delicacy
36. Port in southern Japan
37. Double-reed instruments
38. Center
40. "The Mount Rushmore State"
43. Soldier
45. Indicates position
48. Beauty treatment: __-pedi
50. Nonsense (slang)
51. Republic of Ireland
53. Ballplayers' tools
54. American state
55. Clusters of a fern frond
57. Patriotic women's group
58. A person's brother or sister
59. Breed of sheep
61. Of I

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 prescriptions.
Each number corresponds to a letter.
(Hint: 21 = A)

A. **19 5 14 15 2 21 1 15 13 6**
Clue: Treatment

B. **14 13 2 1 13 7**
Clue: Physician

C. **10 3 21 7 19 21 2 22**
Clue: Fills prescriptions

D. **7 5 24 15 8 8**
Clue: Renew a prescription

Answers: A. medication B. doctor C. pharmacy D. refill

SUDOKU

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

Level: Advanced

PRESCRIPTIONS WORD SEARCH

E	U	M	S	E	L	Y	T	O	P	I	C	A	L	I	I	C	O	C	O
M	C	T	A	A	F	H	H	P	G	O	U	B	F	B	A	N	U	M	T
C	L	A	U	G	N	I	L	B	U	S	Y	N	C	S	L	N	E	N	C
G	I	O	N	C	O	S	S	N	R	P	L	C	D	G	N	O	F	T	R
F	F	R	E	N	O	L	M	H	H	T	S	R	R	Y	R	I	S	S	C
E	S	N	E	P	S	I	D	Y	B	S	D	N	A	R	B	T	O	R	T
Y	Y	D	D	N	T	T	C	E	F	F	E	E	D	I	S	A	G	L	A
M	M	H	S	A	E	T	G	O	P	O	E	G	G	R	T	C	D	P	M
N	O	Z	T	H	O	G	G	P	N	Y	R	Z	Y	A	O	I	P	A	P
E	U	S	Y	H	Y	N	R	P	N	T	L	M	U	L	M	D	C	A	G
L	T	A	I	I	T	O	H	G	F	N	L	E	U	S	T	E	D	Y	S
G	H	P	N	F	R	A	G	C	I	D	I	S	O	L	Y	M	R	A	D
O	H	B	Y	E	R	O	S	P	D	H	F	T	Y	U	A	N	S	P	T
B	Y	D	N	M	Y	I	E	E	C	T	E	H	C	G	O	R	S	O	Y
H	M	A	A	H	G	I	T	L	B	U	R	M	C	S	D	N	Y	C	T
L	T	C	U	N	P	A	C	O	M	P	O	U	N	D	I	N	G	E	C
A	Y	T	A	P	O	T	A	U	T	H	O	R	I	Z	A	T	I	O	N
F	H	T	M	C	G	D	B	D	Z	O	O	M	M	B	R	T	T	R	F
U	S	F	R	A	C	N	O	I	T	P	I	R	C	S	E	R	P	R	Z
A	H	C	O	N	T	R	A	I	N	D	I	C	A	T	I	O	N	G	T

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

WORDS

AUTHORIZATIO
BRANDS
COATED
COMPOUNDIN
CONTRAINDICAT
COPAY
DISPENSE
FORMULARY
GENERIC
MEDICATION
MOUTH
OTC
PHARMACY
PRESCRIPTION
PRO RE NATA
REFILL
SIDE EFFECT
SIGNA
STATIM
SUBLINGUAL
TOPICAL

HOROSCOPES

ARIES - Mar 21/Apr 20 - Aries, be especially patient and affectionate towards your loved ones this week. Someone close to you will need your help, and only you can provide it .

TAURUS - Apr 21/May 21- Taurus, after many months spent figuring out what you want in life, this week you may finally be able to put a plan of action in motion. Enjoy the ride.

GEMINI - May 22/Jun 21 - Gemini, clear your mind of cobwebs and any other errant thoughts. Right now you need to relax and unwind for a bit. You will feel better after a few days of recharging.

CANCER - Jun 22/Jul 22 - Cancer, you have been practical and sensible with your finances. However, this week you may be lured by a flashy purchase. If it is in the budget, then let loose.

LEO - Jul 23/Aug 23 - Leo, sometimes it is important to go with the flow and learn from others with an easygoing approach. Take time to exhale and unwind.

VIRGO - Aug 24/Sept 22 - Virgo, you may feel refreshed and energized this week . This may pave the way to some new ideas, including a change of scenery or even a new job.

LIBRA - Sept 23/Oct 23 - Libra, an unexpected opportunity is presented to you in the days ahead. Give it some thought, but do not hesitate to take advantage of this exciting situation.

SCORPIO - Oct 24/Nov 22 - Scorpio, a public gathering in the near future may attract several people, including some you are interested in meeting. Take the first step and introduce yourself.

SAGITTARIUS - Nov 23/Dec 21 - It is alright to have some doubts when you are trying something new, Sagittarius. Just don't let those doubts get the better of you and derail your plans.

CAPRICORN - Dec 22/Jan 20 - An important decision is looming on the horizon, Capricorn. Take some time to look inward as you try to choose the best path to take.

AQUARIUS - Jan 21/Feb 18 - Aquarius, think about a purchase before you barrel through full steam ahead. Check your accounts and make sure your finances are in check before you buy anything new.

PISCES - Feb 19/Mar 20 - Others appreciate your authenticity, Pisces. Stay true to yourself and you will have no regrets. Encourage others to do the same when they seek your input.



ARTS & Entertainment

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The Public Theatre opens its 36th season with the beloved comedy Steel Magnolias playing Oct 23-Nov 8. Filled to the brim with humor, heart and hairdos, this timeless comedy celebrates the lives and friendship of six, sassy, southern women who gather weekly in their local hair salon to navigate the joys and challenges of life together. Artistic Director Janet Mitchko says, "I believe this heartfelt comedy is timeless because of the way it truthfully celebrates the strength, humor, friendship, and resilience of women and the remarkable ways they show up for each other. I guarantee that every woman will recognize a part of herself or someone they love onstage. Grab your best friend and GO!"

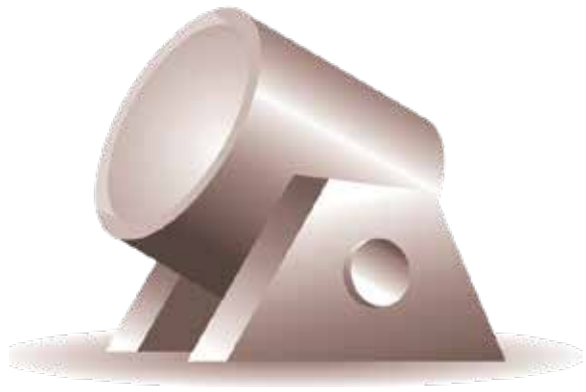
If you like Steel Magnolias, you'll love A Wicked Good Time! (Nov 13-15) "Maine's funniest Woman" Susan Poulin, returns to The Public Theatre as Ida Le Clair, in her hilarious new show celebrating her friendship and adventures with her gal pals, (the Women Who Run with the Moose) and the Man-iacs who love them. Laughter burns calories, so come and indulge! In December, a holiday tradition continues with A Christmas Carol (Dec 11-13). A Wicked Good Time and A Christmas Carol are sold separately from Subscriptions.

Subscriptions are now on sale for the 2026-27 Season. Subscriptions include Steel Magnolias, Darker the Night Brighter the Stars (Jan 22-31) an amusing, heartfelt and timely look at the lives of young adults in Northern Maine, Primary Trust (Mar 12-21) a quirky, moving and uplifting play about the importance of making friends, and The Fiancé (Apr 30 – May 9) a delightfully funny and touching new comedy about love, loss and hope in 3 generations of single women. A Subscription costs $160 and includes a FREE Bonus Ticket ($42 value).

Read more and buy Subscriptions and tickets to any show at ThePublicTheatre.org or call 782-3200.

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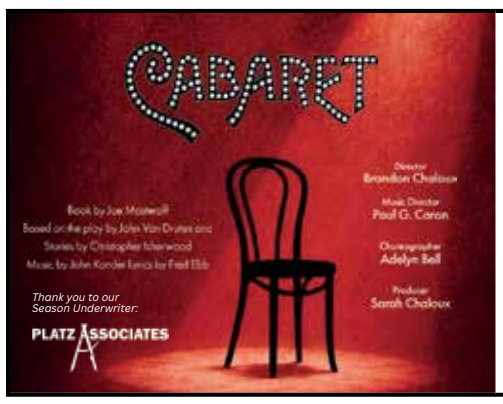
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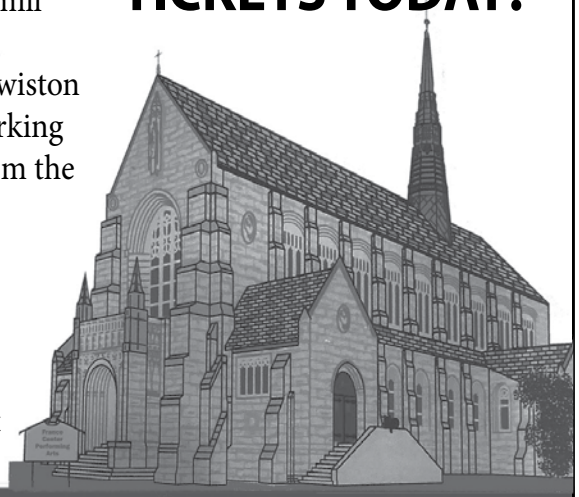
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Leavitt High School Class of 1960 continues a special tradition

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

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

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

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



Submitted photo









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

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 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. I hope this has inspired you to make lifestyle changes for a happy October and the months to come.

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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.

• 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.



Metro photo

• 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.







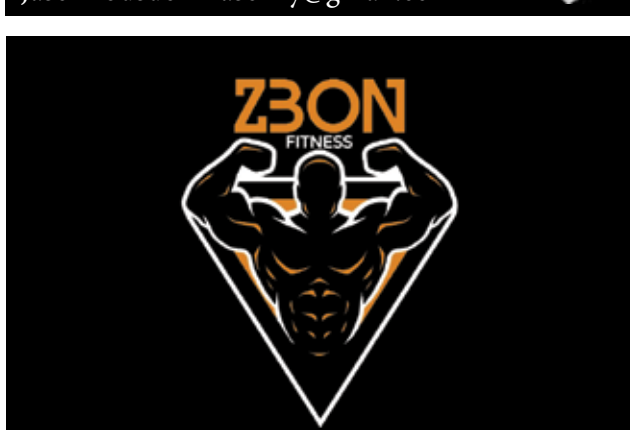
















THE HEALTHY GEEZER Fred Cicetti

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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MOVIE REVIEW by Lucas Allen

Primetime

(A24)

Cable TV went through a different kind of zeitgeist with the reality TV boom of the 2000's. One of those popular shows is depicted in the new drama "Primetime," about that great chase for fame and fortune for some involved. The film's director is Lance Oppenheim, and the writer is Ajon Singh, who adapted it from an article titled "Tonight on Dateline, This Man Will Die" written by Luke Dittrich.

Working for Dateline NBC, journalist Chris Hansen (Robert Pattinson) and his producing partner Andie (Merritt Wever) create a series for the network called "To Catch a Predator," where they catch pedophiles in the act by setting them up with their supposed "victims" they met online, but played by young adult actors. As the show becomes an instant hit, a young actor named Dan (Skyler Gisondo) auditions to play the decoy, and he soon joins Andie with consulting activist Xavier (Matthew Maher) and another decoy actor named Del (Phoebe Bridgers). Though his first experience with a target (former child star Jonathan Lipnicki in a revealing cameo) was unexpected, Hansen encourages him to shine in his role.

Meanwhile, Hansen faces a moral crisis when his extramarital affair is spotted by the paparazzi just when his marriage to his wife Mary (Anna Faris) is already falling apart. Not to mention, doing the show has him vying for some bigger fish to catch for the sake of ratings since the show is playing opposite ABC's juggernaut "Lost." He soon finds what he is looking for when his team finds an online chat linked to a Texas district attorney (Alex Winter) and gets help from the local sheriff (Bokeem Woodbine) in a sting operation, but at what cost?

This is not the kind of movie that tries to tell its true story faithfully with only a few embellishments, but it instead tells its story differently without trying to bore the viewer. In fact, that is what makes it a fascinating film to watch when it is more about Hansen's detachment from reality chasing that goal he wanted. Not only that, but it also shows how that kind of self-imposed need to succeed can have a negative consequence on those around him.

The movie also focuses on Dan's unpredictable journey of his own. His struggle to understand the world he has dropped himself in is actually very relatable and well-written. Anyone who has ever landed a dream job or dealt with an increasingly difficult boss can identify with the young character.

Surprisingly, the whole story plays out like an arthouse psychological thriller with its dream-like atmosphere and suspense. A good majority of the film comes from Hansen's perspective as we watch his growing paranoia, and selfish behavior consumes him to the point his moral compass shifts away from him. Throughout this nearly two-hour film, we are witnessing the mental descent of an ambitious personality, but we are also seeing an interesting contrast between him and Dan as they each find their breaking point during the last act. Whether or not you would agree with the way it unfolds, it's still a brilliant exercise in ambition and insanity that only a dark Hollywood tale can be told.

Along with his supporting role in last summer's The Odyssey, Pattinson is certainly heading for Oscar glory, especially with his excellent portrayal of Hansen. His sense of urgency and maddening expressions in his facial language enhances his very layered performance. Extra attention also goes to Gisondo for giving us different sides of his character throughout his whole arc plus Wever for finding something deeper with her character's own morality. The smaller actors also deserve some notice for adding more to the story's depth between Woodbine's Texan humor and Winter's underlying moodiness.

While it's sure to divide audiences, Primetime explodes with such intensity about the consequences of fame and exploitation. Give it a chance, and maybe you'll find something out of it the next time you watch your favorite reality TV program.

THE MOVIE'S RATING: R (for disturbing sexual material, graphic nudity, some violent content, and language)

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











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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 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.

Strengthening Maine Families, Communities, and Our Future

By U.S. Senator Susan Collins

Mainers work hard, and every dollar matters to seniors on limited incomes, parents trying to afford childcare, and young people wondering whether they can buy a home in the town where they grew up.

Making Maine more affordable guides my work in Washington. Since Congress restored community project funding five years ago, I have secured nearly $1.5 billion for 672 projects in communities in every county, As Chair of the Senate Appropriations Committee, my seniority allows me to keep delivering for Maine.

Strengthening families starts with affordability and quality health care close to home. I continue to champion the Low-Income Home Energy Assistance Program, so that no low-income senior or family has to choose between heat and groceries. I secured the $50 billion Rural Health Transformation Program, which has already delivered $190 million to Maine. Separately, I secured funding to modernize Stephens Memorial Hospital in Norway and to renovate emergency departments in Rumford and Bridgton. A mobile mammography van that I helped to fund has already screened 1,400 women.

Strengthening communities means taking care of our infrastructure. I secured funding to rehabilitate Route 4 between Madrid and Rangeley and to improve its safety from Auburn to Livermore, along with investments in emergency services and drinking water systems.

Strengthening our future means giving the next generation a reason to stay. Funding I obtained for healthcare training at the University of Maine at Farmington and nursing education at Central Maine Community College, along with expanded broadband, is helping young Mainers find good jobs and build lives here.

My time in the Senate has taught me that lasting results require trust. I work with Republicans and Democrats, listen to people with different views, and look for common ground. We do not have to agree on everything to get important work done.

There is a difference between fighting for people and simply fighting with people.

Partisan political groups may disagree with my record, but Mainers deserve facts, not false and misleading attacks. Visit www.CheckTheTruth.com and examine the record and judge the facts yourself.

Mainers know our communities, our challenges, and what matters most to our neighbors. And they know me. I will keep listening to you and working on what makes a difference in your lives: stronger families, stronger communities, and a future where more Mainers can afford to stay and thrive. I ask for your vote on November 3rd so that I can continue my work for you.

Susan Collins.
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✓ **Social Security Fairness Act.** Susan authored the law that provides full Social Security benefits to more than 25,000 retired Maine teachers, law enforcement, and firefighters.

✓ **Protecting Medicaid and Investing in Rural Health Care.** Susan secured more than $190 million this year alone to maintain & improve access to quality healthcare and she was named a "Medicaid Champion."

✓ **Paycheck Protection Program.** During the pandemic, Susan wrote the law that saved more than 250,000 Maine jobs and small businesses.

Susan Collins' experience and leadership are making a difference for Maine.

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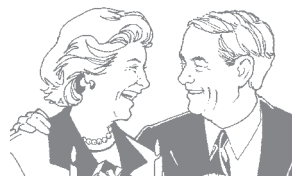
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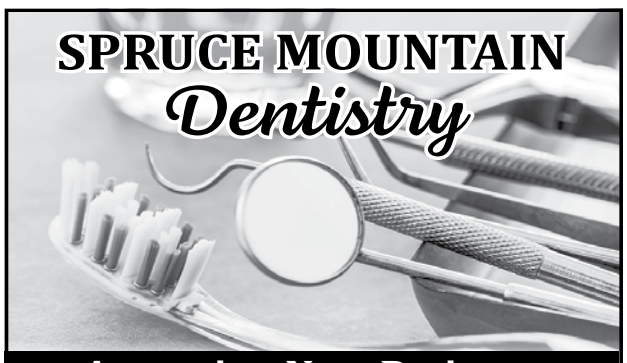
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MAINE VETERANS MAGAZINE

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.*

Building a future here at home

By Trevor Doiron, candidate for Maine House district 76

I grew up in Jay in a family that has called this community home for generations. My great-grandparents came from Quebec to work in the paper mills. My father and both grandfathers worked in our local mills, too. Those good jobs allowed generations of families like mine to build a life here.

Today, too many people wonder whether that same opportunity still exists.

Property taxes keep climbing. Good-paying local jobs are harder to find. Seniors worry about whether they can afford to stay in their homes. Young people too often feel they have to leave our towns to build their futures.

I know that feeling. After college and the beginning of my career, I made the decision to come home because I believe communities like ours are worth fighting for.

That's why I'm running for State Representative.

I want to lower property taxes by doubling Maine's Homestead Exemption and fight to bring good-paying jobs back to our communities. I want to strengthen rural police, fire, and EMS services so help is there when we need it, and improve access to quality healthcare so seeing a doctor doesn't require an hour-long drive.

But representing our community starts with showing up. Whether delivering Meals on Wheels, volunteering at the food cupboard, attending local meetings, or talking with neighbors at their doors, I'm listening and learning every day.

Jay, Livermore, and Livermore Falls gave me my start. I'm running to help make sure the next generation can build a good life here, too.

Paid for by the candidate.

Trevor Doiron Announces Candidacy for Maine House District 76

Jay, Maine — Trevor Doiron, a Jay native and community volunteer, announced his candidacy on January 1st for the Maine House of Representatives in District 76, including Jay, Livermore, and Livermore Falls.

A first-time candidate who represents a new generation of local leadership, Doiron, 27, said he is running because he believes the district needs a representative focused on practical solutions to rising costs, economic uncertainty, and the challenges facing working families, seniors, and young people.

> *"This campaign is about building a future where people can afford to work, raise families, and retire right here at home."*

"I was born and raised in Jay, and while I left briefly for college and to begin my career, this community has always been home," Doiron said. "I want to see our towns thrive for the next generation. Too many people feel like decisions are being made without them in mind. I'm running to bring fresh energy, accountability, and a strong local voice to Augusta."

Doiron graduated from Spruce Mountain High School in 2017 and later earned a master's degree in public policy, with a focus on economic development and real estate. He said his academic background has reinforced what he has seen firsthand growing up in western Maine: when good-paying jobs disappear, the effects are felt across entire communities.

"The loss of major employers doesn't just mean fewer jobs," Doiron said. "It means higher property taxes, struggling small businesses, fewer housing options, and young people feeling like they have to leave to find opportunity. We need leadership that understands these ripple effects and is committed to addressing them."

Doiron has remained connected to the community through volunteer work, including delivering meals to seniors through Meals on Wheels, working at the Jay-Livermore-Livermore Falls Food Cupboard, and as a member of local veterans group auxiliaries. He said those conversations have shaped his priorities and reinforced the importance of policies that support people at all stages of life.

If elected, Doiron said his priorities will include lowering costs for families, supporting responsible economic development, expanding affordable housing, protecting access to quality education, honoring veterans, and strengthening services for seniors and people with disabilities. He emphasized the need for solutions that reflect the realities of rural and small-town Maine, rather than one-size-fits-all approaches.

Doiron also stressed the importance of restoring trust in government through transparency and accountability. As part of that commitment, he announced that he intends to run his campaign under the Maine Clean Election Act, which provides public financing to qualified candidates who demonstrate grassroots support.

"I believe public service should be about representing people, not special interests," Doiron said. "Clean Elections allow candidates to focus on listening to voters and building community support, instead of spending their time chasing large donations."

The general election for Maine House District 76 will be held on November 3rd. Voters interested in learning more about Doiron's campaign, upcoming events, or ways to get involved can visit www.trevordoiron.com or follow the campaign on social media.



"This campaign is about building a future where people can afford to work, raise families, and retire right here at home," Doiron said. "I'm ready to bring a new generation of leadership — grounded in lived experience and focused on results — to the State House."

Paid for by the candidate.

November is Lung Cancer Awareness Month ~ National Lung Cancer Screening Day is November 14th

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, Maine Lung Cancer Coalition and all the hospitals listed below and bring special acknowledgement to Mount Desert Island Hospital. 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 2026 Cancer Facts & Figures report, an estimated 229,410 new cases of lung cancer (110,920 in men and 118,500 in women) will be diagnosed in the US and 124,990 people will die from the disease (63,040 in men and 61,950 women) Lung cancer accounts for more than 1 in 5 cancer deaths each year. According to the American Cancer Society, the lifetime risk of developing lung cancer in the United States is about 1 in 19 (approximately 5.3%) for the general population, including both smokers and non-smokers. Yes, even those who don't smoke can get lung cancer.

The American Cancer Society 2026 Cancer Facts & Figures also reports that 1,460 people in Maine will be diagnosed with lung & bronchus cancers and 800 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.

Saturday November 14th is National Lung Cancer Screening Day. This annual event aims to increase access to lung cancer screening, particularly for people who work during the week and may have difficulty accessing screening services during regular business hours. Many hospitals and other health care 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. Catching lung cancer early creates treatment opportunities to save lives and improve outcomes. Screening for lung cancer is a quick, easy and non-invasive procedure offered by many health care providers and is fully covered by most insurance companies including Medicare and MaineCare if you are eligible. Eligibility is based on how much a person used tobacco in their life time and how long it has been since they stopped using tobacco. Talk with your primary care provider about the risks and benefits of lung cancer screening. Early detection does save lives.

The following facilities offer low dose lung screening CT scans:

Central Maine Healthcare 6 days a week
Central Maine Healthcare Bridgton 6 days a week
Central Maine Healthcare Rumford 6 Days a week
MaineGeneral Health 7 days a week
MaineHealth Maine Medical Center Portland 7 days a week
MaineHealth Franklin Hospital
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
Mount Desert Island Hospital Bar Harbor 5 days a week 7am to 5 pm
Northern Light AR Gould Hospital Monday - Friday 7:30am - 4:30 pm, Saturday 9:30am - 11:00am
Northern Light Blue Hill Hospital Monday -Friday 8:30am - 4:00pm, Saturday 9:30am - 2:30pm
Northern Light CA Dean Hospital Monday - Friday 7:00am - 4:00pm Outside of these days and times, screenings are available by advance appointment.
Northern Light Eastern Maine Medical Center Monday - Friday 7:30am - 6:00pm
Northern Light Maine Coastal Hospital Mon - Fri 7:30am - 5:30pm, Sat and Sun 9:30am - 2:30pm
Northern Light Mayo Hospital Monday Friday 7:00am - 6:00pm Outside of these days and times, screenings are available by advance appointment.
Northern Light Mercy Hospital Portland Monday - Friday 7:30 am - 4:30 pm
Northern Light Sebasticook Valley Hospital Monday - Friday 7:30am - 4:00pm Outside of these days and times, screenings are available by advance appointment
RAYUS Radiology Auburn Monday - Friday 9:00am-5:00pm
RAYUS Radiology Brunswick Monday - Friday 9:00am - 5:00pm
RAYUS Radiology Rock Row Westbrook Monday-Friday 8:00am-5:00pm
RAYUS Scarborough Monday and Tuesday 7:00am-6:00pm, Wednesday and Thursday 7am-5pm, Friday 7:00am -6 :00pm and Some Saturdays available (hours vary)
Redington-Fairview General Hospital 5 days a week 7:00am to 4:30pm

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.

My "Sis," Sheila Lyman

A Message to the Voters of Jay, Livermore & Livermore Falls



By Sen. Jeff Timberlake
I'm proud of my sister, Sheila Lyman.

Sheila isn't a newcomer to public service. She currently represents House District 76 — Jay, Livermore and Livermore Falls — and has already proven that she is willing to work hard, stand by her beliefs and speak up for the people she represents.

Before serving in the Legislature, Sheila spent nearly four decades as a teacher. Education wasn't simply her career; it has been part of her life for as long as I can remember. When we were kids, she would make my brothers and me sit still — or at least as still as we ever would — and play school so she could practice being the teacher.

That same dedication followed her into the classroom and eventually into the State House, where she continues to work on education issues. Sheila truly cares about the students she taught and the young people of Maine. She understands the importance of giving our children a good education while also remembering that the families paying the bills have to be able to afford it.

Sheila and I were raised on our family farm. As eighth-generation Mainers, we learned early that when there was work to be done, everybody pitched in. Sheila grew up working alongside her three brothers. Dealing with the three of us wasn't easy — and getting work done while dealing with us was probably even harder — but somehow she managed.



Those years taught all of us about hard work, responsibility and the value of a dollar. Those are lessons Sheila hasn't forgotten.

Sheila and her husband, Ken, also understand firsthand the challenges facing Maine's small businesses. Ken formerly owned Ken's Appliance and continues to operate his own repair business. In fact, many of you probably know Kenny because chances are he's been in your home at one time or another fixing your stove, refrigerator or dishwasher. You know the reputation Ken and Sheila have built over the years — doing quality work, treating people right and caring about the community they call home.

They understand what it takes to run a small business, pay the bills and earn a living in Maine. Sheila brings that same understanding of hard work, service and responsibility with her to the State House.

Maine also faces some difficult financial decisions ahead. During the 132nd Legislature, hundreds of bills were carried forward, including many with significant costs to the state. Sheila understands that Augusta cannot continue making commitments today without considering how they will be paid for tomorrow. We need people in the Legislature who will watch the taxpayers' money, protect our schools and essential services, and make sure future spending doesn't simply become another burden on Maine families, seniors and small businesses.

Sheila also understands Maine's outdoor heritage because she lives it. She grew up on the farm, she hunts and fishes, and she understands the importance of protecting Maine's outdoor traditions and our Second Amendment rights.

Caring for Maine seniors is personal to Sheila as well. She helped care for our mother during the final chapter of her life, until Mom passed away in May with all of us by her side. That experience gave Sheila an even deeper understanding of what families go through as their parents grow older and how important it is that our seniors receive the care and respect they deserve.

I could tell you a lot more about my sister, but maybe the simplest thing I can say is this: I know Sheila's heart.

She's a teacher, a farmer's daughter, part of a small-business family, an outdoorswoman, a caregiver and an experienced State Representative. She knows the people she represents because she has lived the same kind of life they have.

Most importantly to me, she's my sister — and I'm very proud of her. I'm proud to stand with Sheila, and I hope the people of Jay, Livermore and Livermore Falls will consider supporting her as well when they cast their votes.

Elect SHEILA LYMAN
STATE REPRESENTATIVE • DISTRICT 76

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