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FRANKLIN FOCUS

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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

POW/MIA Ceremony in Jay/Livermore



Bill Van Tassel photos

The local veteran groups in the Jay/Livermore area established this POW/MIA memorial exhibit on Riley Road just off the corner of Route 4 in Jay. A service is held there each year in September since 1992.

JAY - The Frank L. Mitchell VFW Post 3335, AM-VETS Lane Dube Post 33, and American Legion Post 10, and their Auxiliaries held the annual public Prisoner of War/Missing in Action (POW/MIA) Recognition Ceremony on Friday, September 19 at the POW/MIA Memorial in Jay, Maine.

According to VFW Post 3335 Commander Mike Quellet, "Since WW II, more than 83,000 military men and women are missing or unaccounted for and never

made it home. This Ceremony is to recognize the sacrifice and dedication of our military members and families, that we shall never forget them." This year's guests of honor included local Mainers who had family members that were Prisoners of War, or Missing in Action."

As usual, a large crowd attended the event on Riley Road including the United Bikers of Maine and the American Legion Riders, who rode in from Turner as the ceremony began. This

year marked the 34th year that the POW/MIA memorial service has been observed.

Retired Army Colonel, Dr. Eric Mitchell was Master of Ceremony for the event. Musicians Jan and Tom Gill, along with vocalist Gaianne Dube, provided patriotic music. The officers of VFW, Am-Vets, and American Legion posts of Jay and Livermore were well represented along with their auxiliaries' memberships.

The service began with the arrival of around two-dozen

motorcycles to the corner of Route 4 and Riley Road. With the assistance of the students in the local Civil Air Patrol and the Color Guard the colors were raised. The Firing Squad sounded with a 21-Gun salute, followed by the traditional playing of Taps in memory of those who never came home. A wreath was laid at the foot of the memorial. Susan Collins' representative Karen Staple read a statement from the Senator.

In a pre-event news release, event chairman Jim Manter noted, "We are honored that our guest speaker will be coming from DPAA (Department of POW/MIA Accounting Agency) in

Washington DC, Dr. Stephanie Makin, Research Historian at the DPAA Dr. Makin has a PhD in History and has served at this agency since 2018. She has had roles as a Historian in support of Defense POW/MIA Accounting Agency, World War II, the Europe-Mediterranean, and Vietnam.

The annual POW/MIA ceremony is performed as a time-honored event to salute the veterans and families of the missing who continue to keep the candle of hope alive. The ceremony is normally celebrated on the National POW/MIA Recognition Day, which is always the 3rd Friday in September.



POW memorial solar panel - The local veterans' organizations of Livermore and Jay together purchased this solar panel to keep the lights on for the POW/MIA Memorial space on Riley Road in Jay.



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Me and my seven year old brother were walking down the road and I saw a lime. I said, “Can I touch it?” 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 the last person that would go to prison!)

We will see each other very soon!

-Susan Murphy, Augusta

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**

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Maine Calendar

2026

OCTOBER

Oct. 29 - Family Movie Night- Frankenweenie, 4 p.m., Jay-Niles Memorial Library, 983 Main St., Jay, free and snacks provided.

Oct. 30 - Halloween Storytime (costumes encouraged), listen to spooky music, hear a spooky story, do a spooky craft, and have fun at the library, 10:30 a.m., Jay-Niles Memorial Library, 983 Main St., Jay.

Oct. 30 - Annual Trunk-or-Treat, 3-5 p.m., Jay-Niles Memorial Library, 983 Main St., Jay.

NOVEMBER

Nov. 7 - Visit with therapy dogs from Love on a Leash, free and all are welcome, 10:30 – 11:30 a.m., Jay-Niles Memorial Library, 983 Main St., Jay.

Nov 13 - Rooster Storytime featuring Ember, a real red, old English bantam rooster, 10:30-11:30 a.m., Jay-Niles Memorial Library, 983 Main St., Jay.

Nov. 14 - Meet-and-Greet with Hank the therapy dog. Take home his brand-new autographed coloring & tracing adventure book, 10:30-11:30 a.m., Jay-Niles Memorial Library, 983 Main St., Jay.

Nov 20 - Musical Storytime with Carla, 10:30-11:30 a.m., Jay-Niles Memorial Library, 983 Main St., Jay.

Nov. 21 - Dungeons & Dragons for teens/tweens, 10:00 a.m.- 2:00 p.m., Jay-Niles Memorial Library, 983 Main St., Jay.

MONTHLY MEETINGS

JAY: Drop-in technology assistance with Ernie, every Monday, 3:30- 5:00 p.m., Jay-Niles Memorial

Library, 983 Main St., Jay.

TURNER: At Turner Public Library Stay & Play is on Wednesdays from 9:30-10:30 a.m., Story Hour is at 10:30 a.m., and Silent Book Club is from 4-6 p.m. on Thursdays.

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.

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

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

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.

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

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>.

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

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

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

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

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)

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

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

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

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

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

RANGELEY: The Lakeside Contemporary Art Gallery’s spring/summer show, paintings by Ashton F. LeCraw, will run from May 29 - July 6th. All is welcome & artwork is available for purchase. LCAG is located at 2493 Maine Street, Rangeley & open Tues - Sat. 10 a.m. - 2 p.m. & during theatre showing. <https://rangeley-arts.org/event/lcag-artist-reception-ashton-lecraw/> or call 207-864-5000.

FARMINGTON: The Farmington Chess Club meets every Tuesday from 6-8 pm at the Parks and

MAINE CALENDAR PAGE

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

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Rec Center, 127 Middle St., Farmington. All skill levels are welcome.

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.

Events for the Maine

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

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We were told 100% of the chips used for the newsprint come from

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

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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 Sebecook 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.

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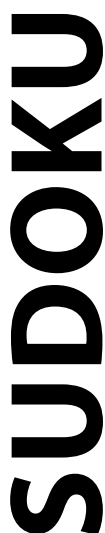
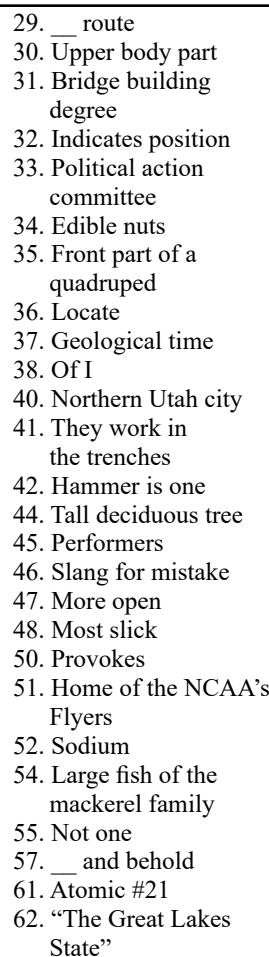
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MOVIE REVIEW

by Lucas Allen

MAYDAY (2026)

(Apple Original Studios-Skydance)

The writing and directing duo John Francis Daley and Jonathan Goldstein certainly like to express their love for 80’s nostalgia, having made the 2015 reboot “Vacation” and 2023’s highly acclaimed “Dungeons & Dragons: Honor Among Thieves.” This time, they made a movie combining “Top Gun” and “Spies Like Us,” with the buddy comedy subgenre taking place within the Cold War. Mayday imagines what would happen when an American soldier and a Russian citizen actually work together during those peak days of worldwide tension.

It’s 1987, and Navy airman Troy “Assassin” Kelly (Ryan Reynolds) has been spending his time doing piloting duties while caring for his ailing father, Harold (David Morse). After saving a fellow pilot, he is assigned a reconnaissance mission to spy over the Soviet Union. But during the mission, his plane gets shot out of the sky before landing safely but injured somewhere in the Russian woods. He wakes up to find himself being nursed by a kindly old Russian named Nikolai (Kenneth Branagh), who happens to be obsessed with American culture, including owning a bootleg copy of Top Gun and Bruce Springsteen’s “Born in the U.S.A.” album on cassette tape.

Naturally, Troy wants to get out of Russia, but it is becoming impossible when state police chief Alexander Volkov (Marcin Dorocinski) puts out a manhunt for the unlucky American. Fortunately for him, Nikolai is an ex-KGB agent,

and together, they traverse the country’s roads to try to get to Moscow and to the U.S. Embassy. But with the Russian army in pursuit, they will have to hide out anywhere, including the home of Nikolai’s estranged daughter Anna (Maria Bakalova), while Troy tries to keep his promise to help emigrate them to the United States.

Of course, “Top Gun” gets referenced a lot in this film, though its quality shares more in common with “Top Gun: Maverick.” The cinematography and editing are well done, especially the fluid camerawork during the action scenes. Such high-concept energy for a movie relegated to streaming can be impressive in its own right, and it would not hurt to see this in theaters either.

It’s also a pretty funny film, making good use of Reynolds’ snappy humor and American culture jokes. It does a good job of making light of the Cold War relations between America and Russia by analyzing such cultural differences. It doesn’t try to push the envelope on the humor, and it’s pretty inoffensive for the most part, but it still manages to be pretty entertaining. However, there are some jokes that do not land, including an uninspired reason for the main character’s “Assassin” call name.

In fact, when looking at it as a whole, the script feels half-baked in terms of plotting and characterization. All you get is a basic set-up with action beats and comedy bits flying around without much substance to follow. Even certain characters feel undercooked like the estranged daughter does

not have enough development time for the audience to care, and the villain is too stock and cliché to be taken seriously. The third act gets out of hand when it stretches believability to a contrived conclusion. You can still be entertained by this film if you try not to think about it too hard about the real-life history it is based on, and you forgive some of the negatives mentioned.

Reynolds brings his atypical snarky personality to the role while remaining pretty likable throughout. Branagh is the movie’s MVP, combining his serious tone with his comic timing plus his physical finesse, making him surprisingly ideal for a late-career move to action movies in the possible future. Together, these two actors make a good comic pairing that helps elevate this film. The rest of the actors are fine, though they could’ve given Oscar-nominee Bakalova more to do beyond her few scenes.

Though the script could have used some improvement, “Mayday” is still a well-made and hilarious buddy action/comedy that fits right at home on streaming. In case you need a good pick-me-up during a boring weekend, this one should give you those good vibes courtesy of both Reynolds and Branagh.

THE MOVIE’S RATING: PG-13 (for violence and action, some strong language, suggestive references, and smoking)

THE CRITIC’S RATING: 3 Stars (Out of Four)

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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



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- 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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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 lit-



tle 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.

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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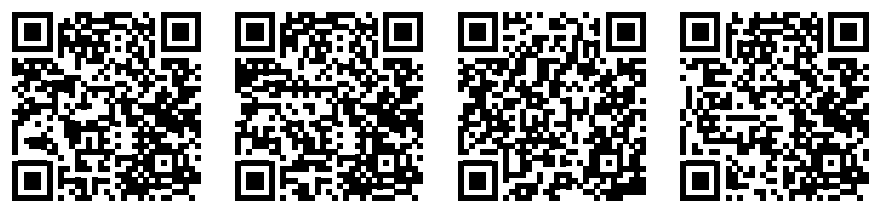
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Class holds 65-year reunion

JAY – The Jay High School Class of 1961 held its 65-year class reunion at LaFleur’s Restaurant in Jay on Wednesday, August 19, 2026. Of the 53 original classmates who started high school together as freshmen, fifteen attended the reunion. Time for socializing started at 11:00 AM followed by a luncheon at Noon. Rev. Robert Plaisted, a classmate, gave the blessing and offered a moment of silence for departed class members: Daniel Brougham, Janice Foster, Robert Hebert, Donna Bryant Wuori, Larry Gallant, Georgette Nolette Jewett, Leila Forbes Viles, Jean LeBlond Corcoran, Joseph Turmel, Terry Storer, Grace Robinson Judd, Priscilla Labbe, Geraldine Pomerleau Bibeau, Keith and Shirley James Cornelio, Raymond Ouellette, Lois Morse Beechum, and Ronnie Couture. Those attending the reunion from out of state were Paula Metcalf Olesen, Sun City Ctr., Florida and Albert and Janet Perry, Littleton, NH. Those attending from Maine were Rev. Robert Plaisted and Susan Stinchfield, Auburn; Vince and Maureen Drott, Hampden; Ron and Marge Coulombe Lindholm, Belgrade; Cynthia Riggs Richards, Lewiston; and David and Patricia Moore, Livermore. The following were from Jay: Gene Allaire; Sharon Farrington; Bob and Pauline LeClair Roy; Julie Legere Smith; Elaine Pomerleau Haley; Cleo Robinson Roy; David and Patricia Dunn; and Sandy Mosher Snowden. We all enjoyed seeing and visiting with classmates we had not seen in years.

Halloween window painting in downtown Farmington

FARMINGTON - The Farmington Downtown Association and the Farmington Rotary Club are proud to sponsor Halloween Window Painting on Saturday, October 24, from 10:00 a.m. to 12:00 p.m. Registration will take place in front of the Pierce House on Main Street starting at 10:00a.m. Window locations are assigned by GRADE. Painting will take place between the hours of 10:00a.m. and 12:00 p.m. Judging will start promptly at 12:00 p.m. This is a holiday tradition the kids love! There will be five classifications for judging: Preschool Grades 1 & 2 Grades 5 & 6 Kindergarten Grades 3 & 4

- Each contestant is responsible for the following, one for each member of the family:
1. Providing containers for paints (muffin tins, egg cartons, etc.)
 2. Providing paint brushes for child
 3. Providing small amount of water (1-2 cups) to mix with paint powder
 4. Providing newspaper to place on sidewalk under the windows
 5. Cleaning up any litter when finished painting window
 6. Locating the window assigned by number to each child

Window painting will be judged on originality, neatness of painting and area, Halloween or autumn theme. 1st Prize \$20, 2nd Prize \$10, 3rd Prize \$5 will be awarded in each classification by the Farmington Rotary Club. Parents are urged to accompany children to their windows. Since each age group is assigned a separate location to facilitate judging similar age classifications, multiple children may not be able to have windows next to each other. However, assistance from parents/supervisors in the actual sketching or painting will not be permitted. * Judging will take place on Saturday promptly at 12:00. Prizes will be awarded by the Farmington Rotary Club and can be picked up the following week at the winner’s school or mailed to them.

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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.



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

5. Bob and Andrea Howe Veteran Volunteer Award went to John and Amy Oliveira.
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



Photo by V. Paul Reynolds
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

clean water in Maine’s lake and river system. Scott is a former Deputy Commissioner of the Maine Department of Inland Fisheries and Wildlife.

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.

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.

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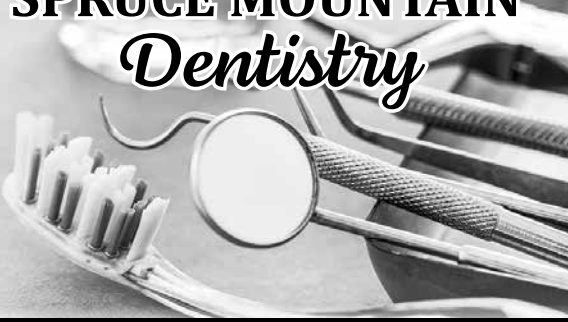
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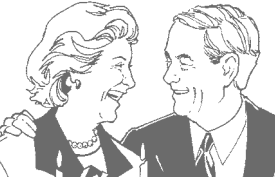
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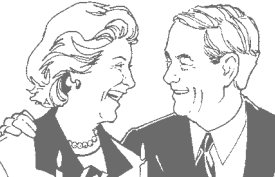
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Bob Sullebarger Announces Candidacy for Maine Senate District 5

ROME, Maine — Bob Sullebarger, a Rome resident, engineer and business leader, has announced his candidacy for Maine State Senate District 5, which includes parts of Franklin, Somerset, and Kennebec counties.

“Over these past months, I’ve knocked on hundreds of doors across this district, and I’ve listened,” Sullebarger said. “What I hear, again and again, is that people feel like they’re going backwards — struggling to hang on while other parts of the state and country move ahead without them.”

He said rural Mainers describe communities that feel forgotten and undervalued: roads crumbling, schools under siege, mills closing, and access to healthcare shrinking year after year. “People know the system isn’t working for them,” Sullebarger said. “It isn’t creating opportunity for ordinary Mainers.”

Sullebarger said rural Maine is facing not one problem but several, all converging at once — in housing, healthcare, jobs, and the cost of living — and that half-measures won’t fix it. “We don’t need to nibble around the edges with small, incremental change,” he said. “We need bold action that actually helps working families.”

Mainers are welcoming by nature, Sullebarger said, but that shouldn’t mean rising costs for the people who already live here. “When out-of-state buyers build expensive waterfront homes, it distorts property valuations for everyone nearby,” he said. “Seasonal homeowners should shoulder more of that burden — not ordinary Mainers.”

How We Start to Turn This Around

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the power and influence of regular people over the very wealthy and corporations.

- Take bold action to dramatically increase the supply of housing, so families can afford to build their lives — and retire with dignity — right here.
- Deliver property tax relief and reform, so rising valuations don’t force longtime residents out of their homes — including a tax structure that shifts more of the burden onto out-of-state buyers of expensive waterfront and seasonal homes, who are driving up valuations, not onto ordinary Mainers.
- Boost access to healthcare: prevent hospital and clinic closures, solve staffing shortages, train more healthcare workers, and reform MaineCare to improve access without discouraging work.
- Invest in career-ready education that creates immediate opportunity — training plumbers, electricians, healthcare workers, teachers, and logging equipment operators.
- Create jobs by building a business environment where investors and entrepreneurs see solid opportunity, backed by a well-skilled workforce.
- Protect Maine’s working land economy — farms and forests alike — with land-access and succession programs for young farmers and loggers, incentives for value-added and agritourism ventures that keep more revenue on the land, and conservation tools that keep it in active, working use, not development.

“I got into this race because I want to help bring real positive change to our communities who desperately need it,”

Sullebarger said. “To make that happen, we need a government that answers to real people, not to whoever writes the biggest check.”

Consistent with that commitment, Sullebarger has been certified as a Maine Clean Election candidate. Rather than accept corporate or private contributions, he is building support through individual \$5 qualifying contributions from residents of our corner of Maine. “That means I am accountable to the people who live and work here — and no one else,” he said.

A member of Union Church of Belgrade Lakes, Sullebarger has been married to his wife, Elizabeth, for 36 years, and the couple raised two children.

The district includes, in Franklin County: Farmington, Wilton, New Sharon, Kingfield, Strong, Chesterville, Carrabassett Valley, Industry, and New Vineyard. In Somerset County: Anson, St. Albans, Hartland, Cornville, Embden, Solon, Smithfield, Bingham, Jackman, Athens, New Portland, Harmony, Mercer, Starks, Ripley, Moscow, Cambridge, and Moose River. In Kennebec County: Rome and Vienna. The general election will take place November 3.

Voters who want to learn more about Sullebarger, his priorities, or ways to get involved can visit www.bobsullebarger.com or follow Bob Sullebarger for Maine on Facebook.

“This campaign is about restoring opportunity and hope,” Sullebarger said, “so people can build a life, provide for and raise a family, and retire with dignity right here in Maine.”

Paid for and authorized by Bob Sullebarger

STUDENT NEWS

Vermont State congratulates Carson Zundel for Spring 2026 President’s List honors

Randolph Center, VT -- Vermont State University is pleased to recognize Carson Zundel, of Farmington, for earning a place on the President’s List for Spring 2026. Zundel earned a Bachelor of Science in Outdoor Education Leadership.

As the university’s highest academic distinction, the President’s List recognizes full-time students who earned a 4.0 semester grade point average.

Congratulations to Carson Zundel on this outstanding academic achievement

Zhanbo Lin named to Dean’s List at Georgia Tech for the Spring 2026 Semester

Atlanta, GA - Zhanbo Lin, of Wilton, made the Dean’s List for the Spring 2026 semester at the Georgia Institute of Technology. This designation is awarded to undergraduate students who have earned a 3.0 or higher academic average for the semester.



Kaila Godbey, of Jay, named to University of Rhode Island Dean’s List

Kingston, RI - The University of Rhode Island is pleased to announce that Kaila Godbey, of Jay, has been named to its Spring 2026 Dean’s List.

To be included on the Dean’s List, full-time students must have completed 12 or more credits for letter grades which are GPA applicable during a semester and achieved at least a 3.30 through 3.79 grade point average. Part-time students qualify with the accumulation of 12 or more credits for letter grades which are GPA applicable earning at least a 3.30 through 3.79 grade point average.

Adam Hamblet named to President’s List at Plymouth State University

Plymouth, NH - Adam Hamblet, of Carrabasset Valley, has been named to the Plymouth State University President’s List for the Spring 2026 semester. To be named to the President’s List, a student must achieve a grade point average of 3.70 or better for the Spring 2026 semester and must have completed at least 12 credit hours during the semester, at least nine of which must confer grade points, at the time the lists are finalized. Hamblet is majoring in Business Administration at Plymouth State.

Lyle Hering named to Dean’s List at Plymouth State University

Plymouth, NH - Lyle Hering, of Kingfield, has been named to the Plymouth State University Dean’s List for the Spring 2026 semester. To be named to the Dean’s List, a student must achieve a grade point average between 3.5 and 3.69 for the Spring 2026 term and be a matriculated student with at least 12 credits, at least nine of which must confer grade points at the time the list is finalized. Hering is majoring in Adventure Education at Plymouth State.

Kasey Burns, of Jay, named to Spring 2026 Dean’s List at Saint Michael’s College

Colchester, VT - Kasey Burns of Jay was named to the Dean’s List at Saint Michael’s College for the Spring 2026 semester. Students who complete at least 12 credits of classes and achieve a grade point average of at least 3.5 in a semester are named to the Dean’s List for that semester.

Scam Alert Bulletin Board

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.

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MAINE VETERANS

M A G A Z I N E

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.

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. Independent Leadership, Delivering for Maine

- ✓ **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.

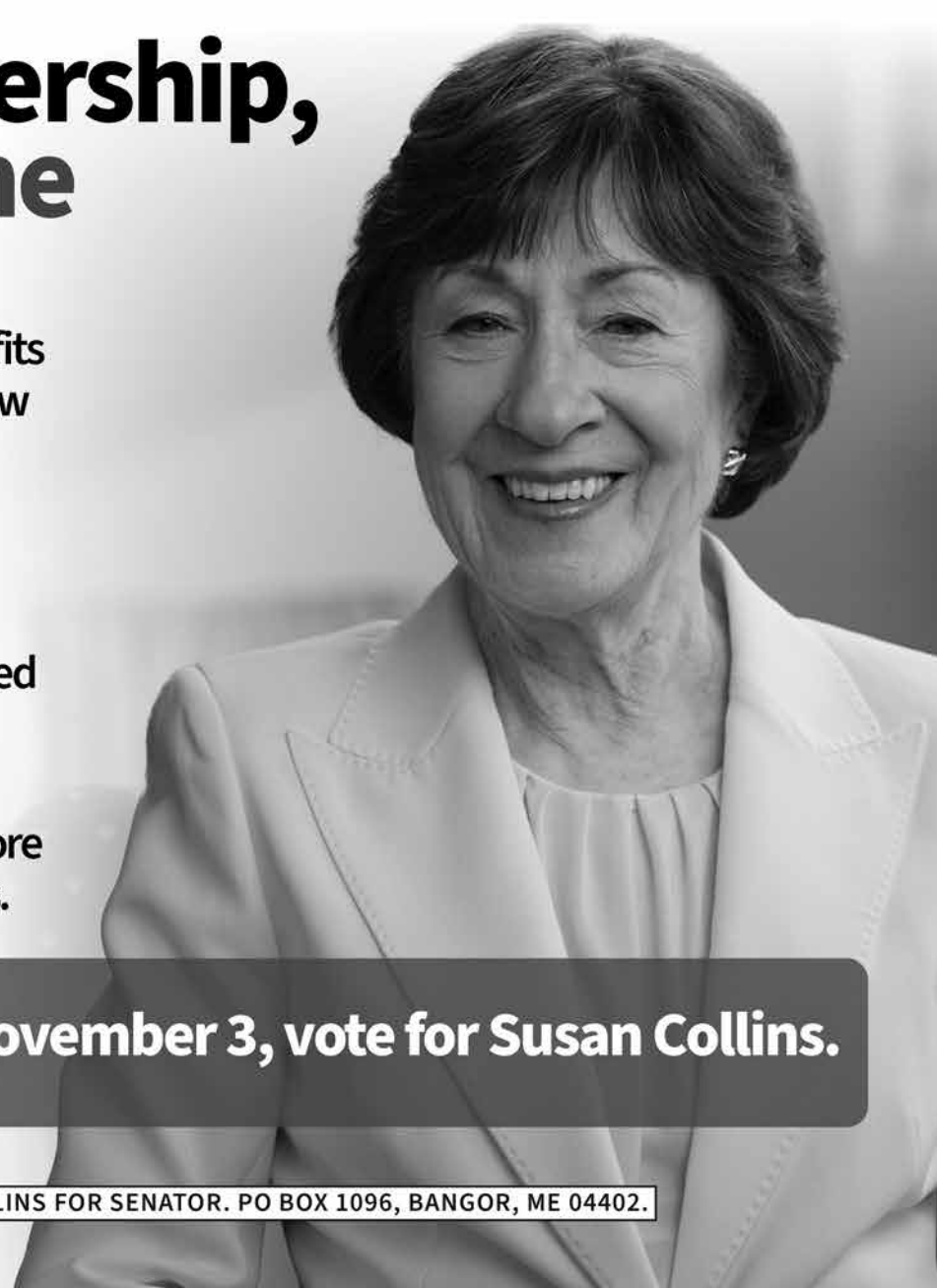
Susan Collins’ experience and leadership are making a difference for Maine.

✓ On November 3, vote for Susan Collins.

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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



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

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.



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.

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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.

“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.”

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

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.