**Can you find Coop?**



**Coop is hiding somewhere in this publication...**

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

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The Kennebec Current

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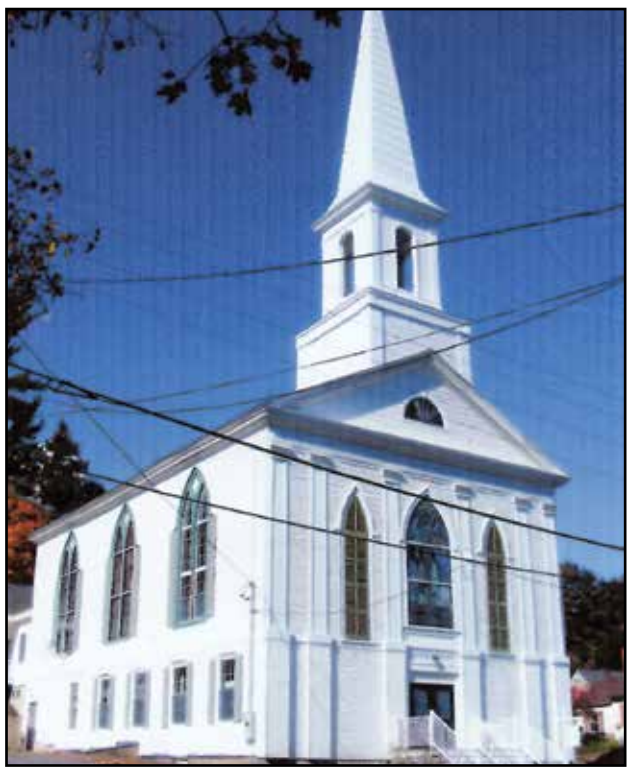
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# The Kennebec Historical Society November 2026 Program:

# "200 Years of Service"

HALLOWELL - Cox Memorial UMC in Hallowell began with the first Methodist movement into the central Kennebec region in the mid-1700s. Hallowell then included several other cities, including Augusta. In 1800, the Cox twins, Melville & Gersham, got the first Methodist infant baptisms in the area. In 1826, they were responsible for constructing the present building. In 1832, Melville became the first official Methodist foreign missionary. Both the school and church he started in Liberia still function. That church shares the same name as the church in Hallowell. The Hallowell church has been certified as both a Methodist historic site & later a shrine. It has been modified over the years, but the basic structure remains.



Submitted photos

Harvey Versteeg is a member of KHS and Cox Church, living with his wife Melicent in her childhood 1890 Augusta farmhouse. He was a curator in or director of five historical museums in three states. Two of those museums had each been closed for five years when Versteeg was hired, and one of those was stored fifteen feet underground in a Nike Missile silo. Both are now doing fine. In 1976 he was president of the Congress of Illinois Historical Societies & Museums. He was involved in producing the 1978 Green Street UMC history book and the 1997 Faith Communities of Augusta book. In his younger years, Versteeg was a Smokejumper and a 101st Airborne Division officer.

The presentation, free to the public (donations are gladly accepted), is scheduled to begin at 6:30 p.m. Wednesday, November 18, at the Cox Memorial Church, 29 Middle Street in Hallowell. For more information, call Scott Wood, KHS executive director, at 622-7718.

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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*


Kenzie Irish

Michele Nagy

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# Honored fallen firefighters at annual Memorial Service in Augusta

AUGUSTA - Two Maine firefighters died in the line of duty this past year and were given special recognition during the ceremony: Morrill Volunteer Firefighter Andrew Cross and Searsmont Assistant Fire Chief Wayne Woodbury, who both lost their lives due to injuries sustained while responding to the tragic explosion and fire at Robbins Lumber in Searsmont this May.

"Whether they were on duty or retired, every name read today belongs to a hero. Every ring of the bell is an echo, not just of who they were, but also of the dedication that all firefighters share and of the gratitude that we feel. Those qualities of character and commitment are found throughout Maine. Whether you are a full-time firefighter or an on-call volunteer, you are a critical first line of defense. Whether you serve in a large city or a small town, whether you are called to a major catastrophe or a local emergency, you respond when the alarm sounds, whenever that may be."



Submitted photo

**Senator Collins delivered remarks at the annual Firefighter Memorial Service at the Maine Fallen Firefighters Memorial in Augusta. During the service, a roll call of Maine firefighters who passed away over the previous year was read, with a bell rung once in honor of each fallen firefighter.**

As a co-chair of the Congressional Fire Services Caucus, Senator Collins has long worked to strengthen support for Maine's firefighters. Through her role on the Senate Appropriations Committee, she has secured nearly $87 million over the past five years to rehabilitate, expand, or replace 45 fire stations across Maine. Her bipartisan Fire Grants and Safety Act, signed into law in 2024, reauthorized key federal programs that help fire departments with staffing, equipment, training, and emergency services. She also championed the Firefighter Cancer Registry Act, enacted in 2018, which established the National Firefighter Registry for Cancer.







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# MAINE CALENDAR

## 2026

## NOVEMBER

**Nov. 8 -** Farmingdale SDA Church hands-on, plant-based cooking class, 2-4 p.m., Farmingdale Seventh-day Adventist Church, 584 Maine Ave., Farmingdale, FMI or to reserve your spot, call or text (423)-503-6091 by Nov. 4th

## DECEMBER

**Dec 20 -** Gardiner Lantern Parade and Solstice Celebration, free Lantern Workshop at Johnson Hall 3:30 – 5:15 p.m., 5:30 p.m. Lineup at Johnson Hall Opera House, parade to Gardiner Waterfront and Celebrate! .

## MONTHLY MEETINGS

**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.

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

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

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

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

**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.*

**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.

**PORTER:** Sacopee Valley Cancer Support Group for Men and Women, fourth Friday of each month from 1:30-3:00 p.m., Riverside United Methodist Church, 5 Porter Street, Porter, FMI please call Marianne Wyer at: (207) 749-0392.

**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*.

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

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

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

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

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

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

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

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

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

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

**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.

**MADISON:** Music Jams - Open Mic. 1st and 3rd Sunday of each month, 1-4 p.m. Masonic Hall, Madison.

**MADISON:** The Madison Historical & Genealogical Society will be open for viewing the many Madison's historical displays and usage of genealogy resources every Saturday from 10 a.m. to 2 p.m. at the Old Point Avenue School, 108 Old Point Avenue, Madison. New members and volunteers are always welcomed. Contact person Judy Mantor, president at 696-5810.

**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.

**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.


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Name _____

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Email info to: *kidscorner@turnerpublishing.net*

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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...

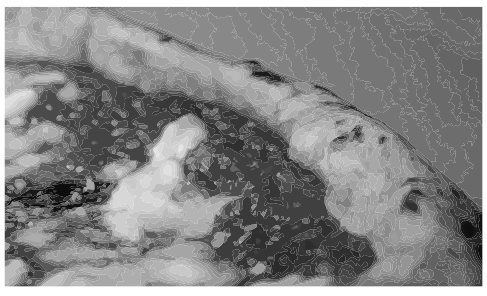
**English:** Sauce
**Spanish:** Salsa
**Italian:** Salsa
**French:** Sauce
**German:** Soße

## Did You KNOW?

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



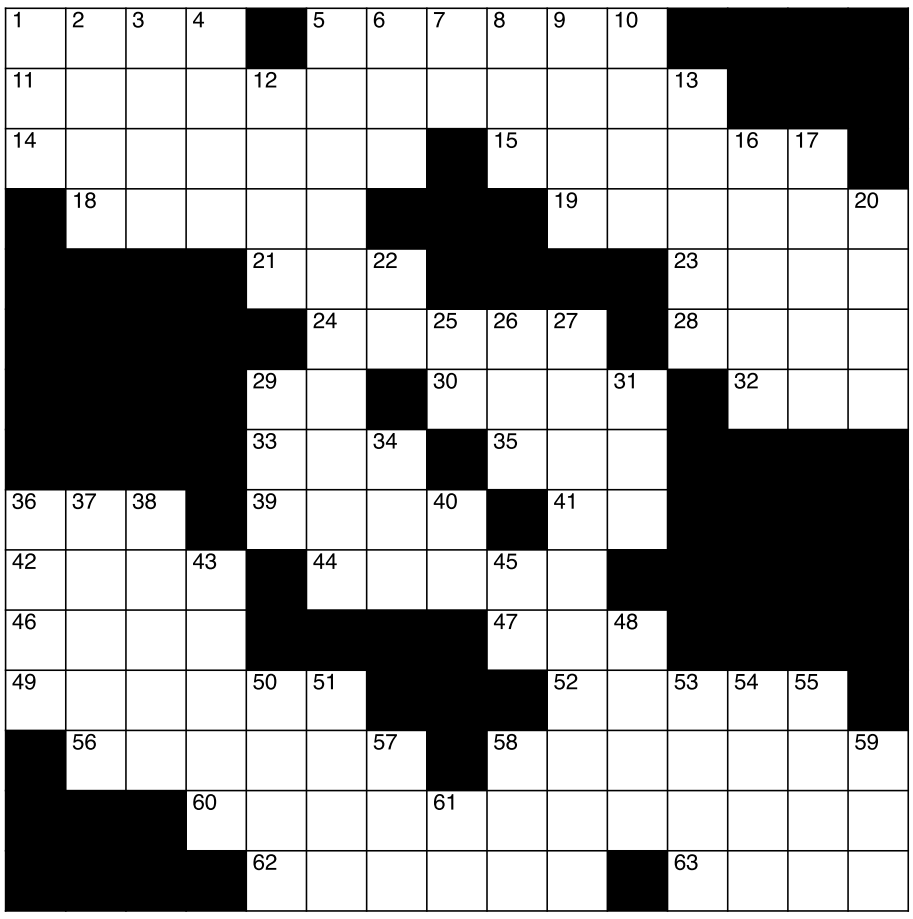
## Get the PICTURE?



**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 |
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| 7 | | | | | 8 | | 2 | |
| 5 | | 8 | | | | | | 4 |
| | 1 | | | 3 | | | | 9 |
| 4 | | | | | 9 | 5 | | |

Level: Advanced

## PRESCRIPTIONS WORD SEARCH

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| 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 |
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| M | M | H | S | A | E | T | G | O | P | O | E | G | G | R | T | C | D | P | M |
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| L | T | C | U | N | P | A | C | O | M | P | O | U | N | D | I | N | G | E | C |
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| 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.

# 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.

MAINE VETERANS MAGAZINE

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

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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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# Hundreds of Maine CTE educators gather in Lewiston for statewide fall conference

LEWISTON — Hundreds of career and technical education (CTE) instructors and education leaders from across Maine gathered at Lewiston Regional Technical Center on Friday, October 9, for the 2026 Maine CTE Fall Conference, a day dedicated to professional development, collaboration and celebrating the educators preparing Maine students for careers in the skilled trades and beyond.

Hosted by the Maine Administrators of Career and Technical Education (MACTE) in partnership with ACTE Maine, the annual conference brought together educators representing a wide range of technical programs, including construction, automotive technology, healthcare, culinary arts, welding, forestry and many others.

The day began with opening remarks from MACTE President Bill Tracy, followed by an introduction from MACTE Executive Director Consultant Amy Marston and remarks from Maine businessman Shawn Moody. The opening program also included recognition of outstanding CTE educators and leaders whose work is making a difference for students and communities across the state.

"I was impressed by today's conference and what it brought together," said Amy Marston, Executive Director Consultant for MACTE. "To have so many CTE educators from all over Maine under one roof, sharing ideas, talking about their programs and learning from each other is pretty incredible. There was so much energy in the building, and you could just see how much these instructors care about what they do and the students they teach. It's a great reminder of just how much is happening in career and technical education in our state."

**Celebrating Excellence in Career and Technical Education**

The conference recognized six individuals for their outstanding contributions to career and technical education:

New Teacher of the Year: Rich Jamison, Automotive Technology Instructor, Hancock County Technical Center, recognized for creating student opportunities through industry partnerships, apprenticeships and automotive program development.

**Teacher Educator of the Year:** Julie Keblinsky, Director of Teaching and Learning for AOS 91 Mount Desert Island Regional School System and Adjunct Professor in Eastern Maine Community College's CTE Teacher Certification Program, recognized for her leadership in preparing and mentoring new CTE instructors and strengthening instructional practices across the state.



Submitted photo

**Counseling and Career Development Professional Award:** Hope High, Student Services Coordinator, Hancock County Technical Center, recognized for helping students navigate CTE, college and career pathways.

**Carl Perkins Community Service Award:** Michelle Cote, Health Occupations Instructor, Hancock County Technical Center, recognized for integrating community service and real-world healthcare experiences into student learning.

**Teacher of the Year:** Lauren Remington, former Early Childhood Education Instructor at St. Croix Regional Technical Center and current Content Manager for ACTE, recognized for her innovative program development, leadership, and commitment to expanding educational opportunities.

**Administrator of the Year:** Bill Tracy, Director of Hancock County Technical Center and MACTE President, recognized for his leadership in expanding CTE programming, strengthening partnerships and increasing opportunities for students.

Following the opening program, instructors gathered in program-specific technical update sessions, giving educators from similar disciplines an opportunity to discuss curriculum, share best practices, address common challenges and learn from programs across Maine.

Lunch featured food prepared and served by students and culinary programs, including food trucks from Capital Area Technical Center and The Green Ladle at Lewiston Regional Technical Center, providing another opportunity to showcase the hands-on learning taking place in Maine's CTE schools.

The afternoon featured a variety of professional development sessions focused on helping instructors strengthen their programs and bring new ideas into their classrooms. Topics included transitioning from working in the trades to teaching, engaging students in social media content creation, developing career pathways through apprenticeships, exploring careers in forestry and more.

The annual Fall Conference is one of several opportunities throughout the year for Maine's CTE educators and administrators to come together, learn from one another and strengthen programs across the state. With Maine employers continuing to face workforce challenges, the work happening in CTE classrooms remains an important part of preparing the next generation of skilled workers.

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# Plan the perfect fall hiking excursion



Metro photo

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.

• 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 Barefoot 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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**Jodi Cornelio**
Live Long, Live Well
Jodi R. Cornelio, AS, BA, MBA
Nutritionist, Personal Trainer and Motivational Speaker
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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.

Live Long, Live Well



# 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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# 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.



*Bill Van Tassel photos*

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



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




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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)

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

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

The Maine Women's Hall of Fame inducts women — both contemporary and historical — who have made, or are making, significant statewide contributions, in fields such as the arts, education, public policy, the sciences and the humanities. Nominations are open to the public and focus on Maine women who are pioneers and leaders. Particular consideration will be given to those who have significantly impacted the lives of women. Nomination requirements and submission information are online at *https://bpwmefoundation.org/maine-womens-hall-of-fame/nominations/*

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

Past inductees to the Maine Women's Hall of Fame include authors, athletes, artists, activists, administrators, political and religious leaders, educators, doctors, lawyers, scientists and college presidents. Among the most recent honorees: the late U.S. Secretary of Labor Frances Perkins and Dr. Alane O'Connor, director of perinatal addiction medicine at MaineHealth Maine Medical Center. A full list of inductees, starting with Sen. Margaret Chase Smith and women's health advocate Mabel Wadsworth in 1990, is online at *https://bpwmefoundation.org/maine-womens-hall-of-fame/nominations/*.

Maine Business and Professional Women/Maine Futurama Foundation established the Maine Women's Hall of Fame. The Bennett D. Katz Library at the University of Maine at Augusta has a collection of photographs, video recordings and other materials from the Maine Women's Hall of Fame induction ceremonies, as well as a permanent public gallery of inductee portraits.

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

# Scam Alert Bulletin Board

AARP Fraud Watch Network

### Lock Down Your Data: Cybersecurity Awareness Month

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

Scam messages often include a link or an attachment that perpetrators use to introduce malware onto your device or send you to a site that will seek to collect login or payment information.

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

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

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



# MAINE OUTDOORS V. Paul Reynolds

# The Salmon Paradox

On the Kenai, with the help of a wonderful fishing guide, I caught and boated a 63 lb. King Salmon. Diane, my late wife, caught a 33-pounder, too.

In all my years of fishing, two fly fishing adventures stand out in my memory like no others: catching salmon that ran into rivers from the sea. These rivers were far removed from each other; one was the fabled Kenai River in Alaska and the other the equally fabled Upsalquitch River in New Brunswick.

For sport angling, it was a heady time. The 1990s, before the sea-run salmon were in a seeming struggle for survival.

On the Kenai, with the help of a wonderful fishing guide, I caught and boated a 63 lb. King Salmon. Diane, my late wife, caught a 33-pounder, too. During that same decade, I was fortunate enough to fish the Canadian Upsalquitch River where, again with the help of a guide, I beached an 18 lb. fresh run Atlantic Salmon.

Both angling experiences were, as the cliché goes, "about as good as it gets." Don't get me wrong. Fly fishing for Maine brookies on a remote trout pond during a Green Drake hatch is angling nirvana, yes, but a singing reel with a dancing Atlantic trying to shake of a Rusty Rat is an adrenaline rush of the first order!

Today, both the Atlantic salmon run in the Canadian Maritimes and the King salmon runs in Alaska are just not what they were back then. Biologically, they are in trouble. Alaska hasn't banned King salmon sport fishing statewide, but some of its most important King salmon rivers are now closed,



Photo by Fred Hurley

**The author and his late wife, Diane, with their day's catch on the fabled Kenai River.**

and the Yukon River system is under an extraordinary rebuilding program extending at least through 2030.

On the New Brunswick Rivers, the salmon situation is a mixed bag. On the Miramichi River, which is arguably the most well-known, juvenile Atlantic salmon of all age classes in the four principal Miramichi watershed rivers have declined significantly over the past 12 years. That river is in trouble, and today the fishing is in stark contrast to what it was in the days when my Dad salmon fished with the famous Red Sox hitter Ted Williams and came home with salmon for the freezer and lots of snapshots for the family album.

Fishing wise, there is somewhat of a paradox on the New Brunswick Rivers. The fishing statistics can look pretty good while the salmon population is biologically in trouble. That's because catch-per-unit-effort in a handful of premium pools doesn't tell us how many salmon the entire river system can produce.

In chatting recently with a friend, who fishes the Restigouche River, the salmon angling this past June was, according to his report, "pretty darn good." One of his fish was a 25-pound fresh run Atlantic, which, of course, he promptly released. (Fishing there is strictly catch and release).

One stretch of the Restigouche produced an estimated 160 salmon from 94 rod-days, or 1.7 salmon per rod-day. Anglers recorded 127 grilse and 33 large salmon there.

Most experts agree that, however perplexing, the sea run salmon picture is a survival mystery that is grounded more on what is going on at sea rather than in the rivers themselves. Components of the sea- survival equation include warming waters, commercial harvest, predation and a host of other factors.

The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide and writes a weekly outdoors column for a number of Maine newspapers.

# The search is on for the perfect spruce for the holiday

LEWISTON – Somewhere in Lewiston, the perfect spruce waits for its chance to become the centerpiece of one of the City's most anticipated holiday traditions.

Lewiston Public Works (LPW) invites residents to see if they have the perfect Spruce for this year's Holiday Tree. The Tree will be decorated and lights turned on during Holiday at the Plaza festival on Sat., Dec. 5 at 4:27 PM.

But first, the city needs to find the perfect tree. That's where you come in!

Lewiston's City Arborist, Steve Murch says the ideal tree is a Spruce, approximately 30 to 35 feet tall that is free from overhead power lines making it accessible from the road so LPW crews can safely remove and transport it to Dufresne Plaza. LPW hopes to identify a suitable tree in the coming weeks and complete its removal by Thanksgiving. There is no cost for tree removal.

In previous years, one resident collected cereal box tops to get his Spruce. He waited since the 1970s to finally have LPW display it at Holiday At The Plaza. Another gentleman was hunting in the County when he spotted what he thought was the perfect Spruce. He took it home to Lewiston and waited decades before contacting Murch, who presented it for Holiday At The Plaza too.

Think you may have it? Maybe you saw it on your way to work? Ask Steve by contacting him at 207-513-3000, ext. 3443, or *SMurch@LewistonMaine.gov*.

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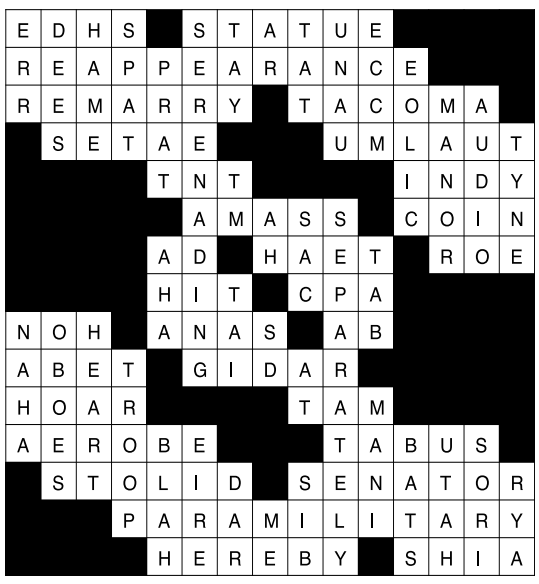
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# Phony Ad Contest Winners

## September Phony Ad & Coop Winners

Auburn Highlights: Janet Coy-Peters
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Country Connection: Virginia Roberts
Franklin Focus: Sheryl Plog
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Kennebec Current: Gertrude Turcotte
Lewiston Leader: Kathleen Davis
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Mountain Messenger: Bradshaw Cummings
Coop Stuffy Winner - Selah Knapp, Gardiner

*All of the winners listed have won gift certificates to one of our advertisers.*
*If you haven't won - keep playing! We get hundreds of entries each month!*
*It's easy to enter - read through the ads in this issue and find the phony ad, fill out the entry form found in this paper and mail it in. If you have the correct answer, your name will be entered into a monthly drawing!*
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# New sculpture unveiled on historic Blaine House grounds

AUGUSTA — A new work of public art now has a home on the grounds of the Blaine House.

Governor Janet Mills, The Friends of the Blaine House, the Blaine House Commission and the Maine Arts Commission, today celebrated the installation and unveiling of Maine artist Patrick Plourde's Pinecone Pair with Tassel on the south lawn of the Governor's residence in Augusta.

The large-scale sculpture transforms reclaimed hand tools, including shovels once used by farmers, builders and communities, into two monumental pinecones, representing the Maine state flower. The artwork connects Maine's natural landscape with generations of labor, ingenuity and resourcefulness.

The sculpture was selected through a statewide open call and multi-phase review process led by the Maine Arts Commission. More than 30 artists submitted work for consideration, with Plourde's proposal ultimately selected for its connection to Maine and its thoughtful relationship with the historic site. The sculpture was acquired entirely through funds raised by and through the Friends of the Blaine House. The Maine Arts Commission led the artist selection process but was not involved in fundraising or funding the acquisition. No public funds were used to purchase the artwork.

"I thank the Friends of the Blaine House and the Maine Arts Commission for their work to secure this beautiful sculpture of Maine's most iconic flower. Patrick's work — made from hand tools once used by Maine people — is a wonderful tribute to the men and women who built this state and have sustained it for generations," said Governor Janet Mills.

Pinecone imagery can already be found throughout the Blaine House property, including within the residence and in decorative elements of the surrounding fencing. Plourde's sculpture builds on that visual language while introducing a contemporary work of art to the historic grounds.



Submitted photo

The white pinecone is closely tied to Maine's identity. The pinecone and tassel of the eastern white pine were designated as Maine's floral emblem in 1895, while the eastern white pine is the state tree. Plourde's interpretation brings that familiar form together with materials bearing the marks of Maine's working history.

"Governor Mills' commitment to the arts makes projects like this possible. Patrick Plourde's Pinecone Pair with Tassel is a fitting symbol for the Blaine House, connecting Maine's natural and working history with the creativity, ingenuity, and community spirit of the people who call Maine home," said Amy Hausmann, Executive Director of the Maine Arts Commission.

The sculpture's weathered steel surface will continue to evolve, developing a natural patina as it responds to Maine's seasons and settles into the surrounding landscape.

The installation introduces contemporary public art into conversation with one of Maine's most significant civic spaces. The historic 1833 Blaine House and its Olmsted Brothers-designed landscape sit directly across from the Maine State House, creating a setting where Maine's history, government, landscape and culture intersect.


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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 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.*

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