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 Only Paper With Moxie • Just Good Reading Since 1992 **October 2026 - Volume 29, Issue 10**

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The Greater Lisbon Ledger

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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

Raiders refuse to quit:

Oak Hill battles hard against Class C York





Dave Maher photos

The York High School Wildcats defeated the Oak Hill High School Raiders with a final score of 40–28 on Friday, October 9, 2026. The matchup between the York Wildcats and the Oak Hill Raiders on October 9, 2026, was a non-conference Maine high school football game. The York Wildcats secured a 40–28. With this loss, the Oak Hill Raiders extended a four-game losing streak, dropping their season record to 1–5

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

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Email Address: _____

Phone: _____

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

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

-Hailes, Lambert, Augusta

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

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

We will see each other very soon!

-Susan Murphy, Augusta

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.









MAINE CALENDAR

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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

MONTHLY MEETINGS

LISBON: Life-Changing Faith Bible Center meets the 3rd Saturday of each month from 10:00-11:30 a.m. for college-level Bible teaching from Pastor Gary Leet, M.Min, Lisbon Faith Bible Church, 29 Village St., Lisbon, FMI email: *Badfoster1@gmail.com.*

DURHAM: The last Wednesday of every month from 2 to 3 p.m., the Town Manager invites you to join him for an hour of conversation. FMI Email Town Clerk: *townclerk@durham-maine.gov* or call: 207-353-2561 ext. 111.

SABATTUS: Looking for local senior citizens interested in restarting a Senior Citizens group, if interested, please email Jon at jmsab23@aol.com.

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

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

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

CORNVILLE/ATHENS: Cornville/Athens Food Cupboard is open



to all residents of Cornville, Athens & Brighton, located at Cornville Town Hall, West Ridge Road, open on the 1st Saturday of each month with new hours 9 a.m. - 12 p.m., FMI please call 776-3257.

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*.

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*

2X2 AD THIS SIZE

Call 225-2076 or email *advertising@turnerpublishing.net* for pricing on our calendar page.

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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@sabattus-rec.com.*

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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Turner Publishing Media is a family-owned and operated business established in Turner, Maine, in 1992. We have been supporting schools, children's sports and academics, as well as promoting businesses and the communities we serve for over 32 years. All of Turner Publishing's publications are Maine Made. Our printers use soy inks and solar methods to protect the environment while printing our publications. Our paper suppliers use power from hydroelectric sources and work with local plants to use waste heat; heat that would otherwise be sent into the environment, to help produce the steam needed in the papermaking process.

We were told 100% of the chips used for the newsprint come from waste streams of other processes, such as the waste from lumber mills. Our newsprint producers also have a process to ensure that all fiber supplies come from forests that are managed for sustainability and comply with forest management principles.

The chips go through a thermo-mechanical pulp-making process, which involves a combination of steam and mechanical force to break the chips into a "slurry" of water and fibers. Giant machines work the chips into a mixture that is mostly water. This mixture is then sent to a process to brighten the paper.

Newsprint is grayer than most other commercial papers. This is because the process of whitening newsprint does not use chlorine or other stronger agents and focuses on environmentally safe practices.

For this reason, we ask you to support Turner Publishing and the businesses in this publication and shop locally. Turner Publishing is not only doing its part to be environmentally responsible to save our planet, Turner Publishing promotes all the good things happening in the community and we donate over $300,000 annually in media sponsorships to non-profits, churches, historical museums, and the arts. The businesses in our publications help us do this with their ad revenue (support them as well), so that the good can keep spreading. "It's All Good News" and thank you for reading!

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- You can find us free online at ***www.turnerpublishing.net***
- You can find us at one of your local grocery stores while supplies last
- You can pick one up at our office in Turner

Turner Publishing INCORPORATED

Did you find Coop?

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



Name _____

Address _____

Paper _____

Page # _____ Phone # _____

Email info to: *kidscorner@turnerpublishing.net*

Or mail to: Coop - Turner Publishing, P.O. Box 214, Turner, ME 04282

kids' corner

What's the Difference?

Find the four differences between the two pictures.

A



B



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

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.

NEW WORD

PEEL

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

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

"How they say that in..."

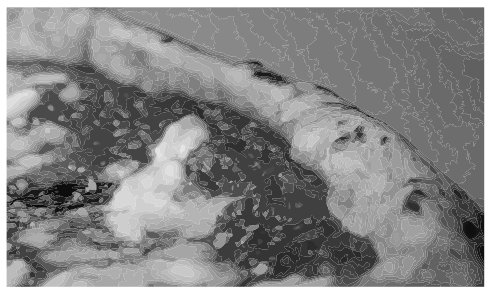
English: Sauce
Spanish: Salsa
Italian: Salsa
French: Sauce
German: Soße

Did You KNOW?

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



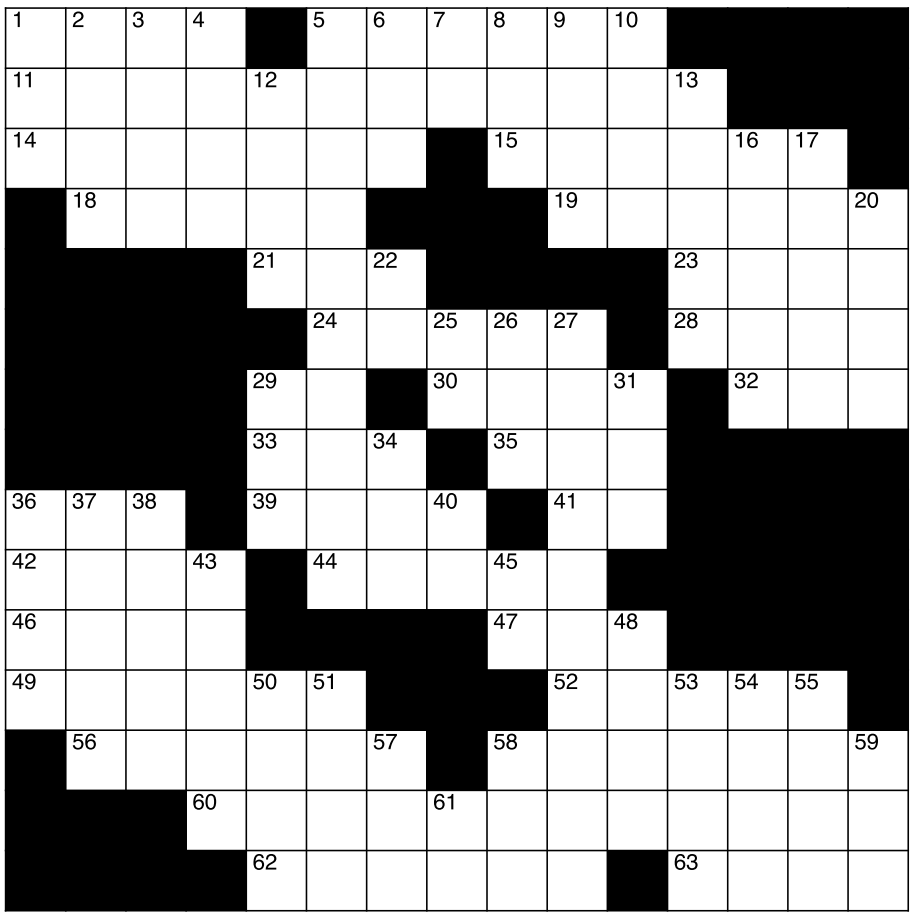
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Pizza

Crossword



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

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

CRYPTO FUN

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

Solve the code to discover words related to prescriptions.
Each number corresponds to a letter.
(Hint: 21 = A)

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

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

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

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

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

SUDOKU

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

Level: Advanced

PRESCRIPTIONS WORD SEARCH

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

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

WORDS

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

HOROSCOPES

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

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

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

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

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

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

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

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

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

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

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

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



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, 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.



Photo by Fred Hurley

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

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.

MAINE VETERANS MAGAZINE



Introducing the Maine Veterans Magazine

This November, Turner Publishing is proud to announce our new publication, Maine Veterans Magazine. This publication is the passion project of our new veteran leadership, with the goal of connecting our Maine veteran communities to resources, good news stories and local veteran-owned businesses.

For the first edition this November, we would like to ask our readers to submit a response (250 words or less) to the prompt, "What does Veterans Day mean to you?" If you are a veteran, "What does Veterans Day mean to you? Why did you serve and what do you miss?" Please submit your response to *submissions@turnerpublishing.net*.

If you are a veteran business and would like to get involved or learn more about our mission, please reach out to *advertising@turnerpublishing.net.*

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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.*

Town of Lisbon announces Lee Jay Feldman as Assistant Town Manager

LISBON – Town Manager Sarah Bennett is pleased to announce the appointment of Lee Jay Feldman as the Town of Lisbon's new Assistant Town Manager, effective October 19, 2026. Feldman was appointed by the Town Manager and formally introduced at the Town Council's October 6, 2026, meeting.

The appointment reflects the Town's ongoing organizational transformation and commitment to building a leadership team with the experience necessary to meet the evolving needs of the community. Together, Bennett and Feldman bring expertise spanning public health, emergency management, planning, economic development, and municipal operations, positioning Lisbon to continue its progress toward becoming a high-performing, customer-focused municipal organization.

Feldman joins the Town's leadership team at an exciting time as Lisbon continues to modernize municipal operations, strengthen customer service, and advance strategic initiatives that support residents, businesses, and community growth. Together, Feldman and Bennett will form the Town's executive leadership team, bringing complementary expertise and a shared commitment to transparent, responsive, and efficient local government.

Bennett brings a strong background in public health, emergency management, and municipal administration, while Feldman's experience in planning, community development and economic development will strengthen the Town's ability to deliver high-quality services and execute long-term community goals.

"Lee Jay's experience and leadership style make him an excellent addition to our organization," said Bennett. "His background in planning and community development aligns perfectly with the direction Lisbon is moving. Together, we are committed to building a high-performing organization that prioritizes customer service, fosters transparency, and delivers results for our residents."

Feldman's appointment comes as the Town continues implementing its recently restructured Code Enforcement, Economic and Community Development, and Planning functions. The reorganization was designed to improve coordination between departments, streamline development review processes, enhance communication with residents and businesses, and create a more customer-focused experience for those interacting with Town government.



Submitted photo

Under the new structure, the Town has placed a renewed emphasis on:

- Delivering exceptional customer service to residents, businesses, and developers.
- Creating a more efficient, predictable, and transparent permitting and development review process.
- Improving responsiveness, accountability, and communication across municipal departments.
- Supporting responsible economic growth and community investment.
- Aligning planning, economic development, and code enforcement efforts to better serve residents and achieve community goals.
- Providing a "one-stop" customer service approach that helps residents and businesses navigate municipal processes more effectively.

"Every interaction a resident, business owner, or visitor has with Town Hall should reflect professionalism, responsiveness, and a commitment to service," Bennett said. "Lee Jay and I look forward to leading Lisbon into its next chapter and continuing to build an organization that residents can be proud of."

As an initial priority, Bennett and Feldman will focus on completing the implementation of the newly restructured department. Following the resignation of the Town's former Code Enforcement Officer and the promotion of the department's Administrative Assistant to the position of Tax Collector, the Town is actively recruiting a Code Enforcement Officer. "We have the tentative acceptance of a conditional offer made just yesterday," said Bennett. The Municipal Services Coordinator position has been filled by internal candidate Joel Brown, who began serving in the role on October 6, 2026. The position was recently renamed by Bennett to better reflect the expanded customer service, coordination, and community-facing responsibilities envisioned for the role. Together, Bennett, Feldman, and Brown will work to modernize municipal services, enhance customer experience at Town Hall, and support a more responsive and efficient government.

"The Municipal Services Coordinator title more accurately reflects the role we envision for the position," Bennett said. "We are excited to have Joel Brown step into this important role and help advance our customer service goals. As we continue building a high-performing organization, we are placing a strong emphasis on accessibility, responsiveness, and communication. Lee Jay and I are committed to ensuring residents, businesses, and developers receive timely assistance and clear guidance when interacting with Town Hall. Permanently filling the Code Enforcement Officer position will be among our first priorities as we continue implementing the department's new vision."











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

Health & Wellness



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



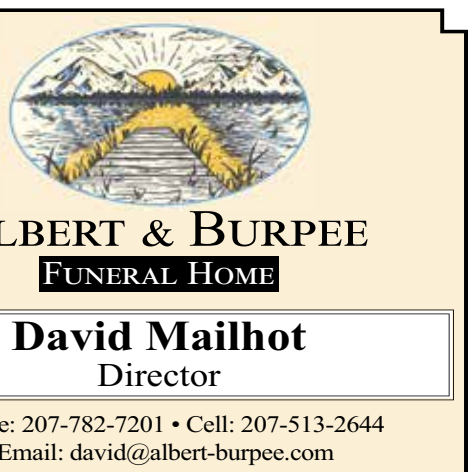
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Plan the perfect fall hiking excursion

Metro

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

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

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

• Select the right timing. Foliage is characterized by peak and non-peak times of the year. Peak foliage will start at high elevations and northern latitudes before traveling southward. When planning hikes, scour tourism boards or national reports to sync trips with the prime windows to see amazing colors.

• Choose the right trails. Hikers can prioritize trails with diverse tree canopy species. Hardwoods like sugar maples, oaks and birches yield deep reds, golds and oranges. Trails that loop around lakes will offer vivid reflections, while ridgelines can provide panoramic vistas.

• Keep daylight in mind. There are fewer hours of sunlight come the fall, so hikers should plan accordingly. Everyone will want to make it back to the trailhead before the sun sets and the temperature drops.

• 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.



Metro photo

• 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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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.



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.

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.

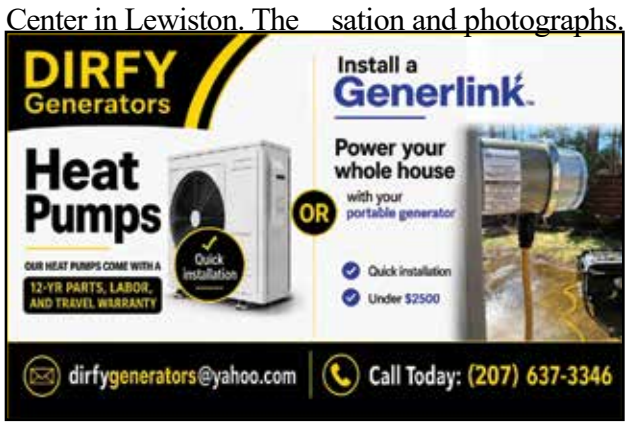
There have been some minor changes to the overall event. It has been condensed into a one-day occurrence, with a special awards ceremony and dinner the evening before to thank the major fundraisers. The biking distances are now 64, 50 and 25 miles, along with 5-K and 10-K running events. The Challenge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



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.

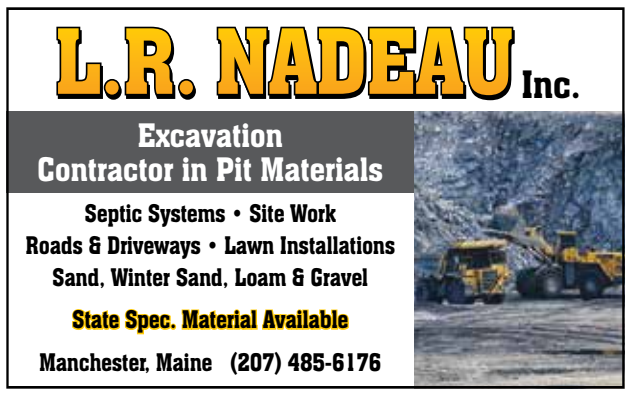














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ARTS & Entertainment

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Steel Magnolias opens The Public Theatre's 36th Season!

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

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

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

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

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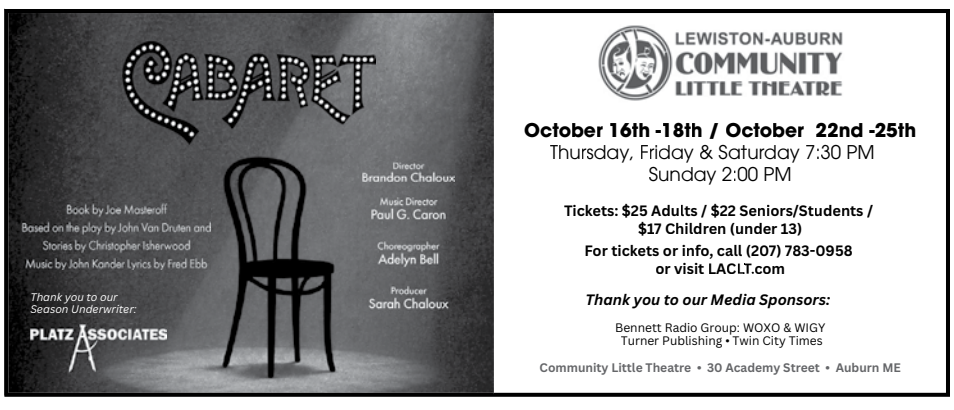
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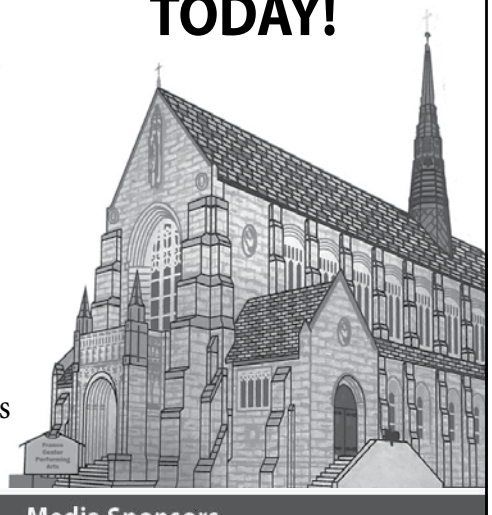
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- Fiddle-icious: Nov. 1 with guest Denny Breau!
- Dueling Pianos x 2: Nov. 14, July 24
- La Rencontre x 3: Dec. 17, Mar. 11, June 24
- Plush Christmas Concert: Dec. 18
- Christmas Murder Mystery Theater: Dec. 19
- Rod Stewart Tribute: Feb. 13
- POP Divas Tribute: March 27
- Juston McKinney: April
- Magic Shows for Kids: April
- Theater: April 25
- Frank Sinatra Tribute: May 22
- Kitchen Party ContraDance: June 24

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

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

Each broadcast airs Wednesdays at 8:00 p.m., offering audiences a chance to revisit the magic of the summer season—or discover it for the first time—from the comfort of home.

"This partnership with Maine Public Classical allows us to share the artistry and energy of our summer concerts with a wider audience," said Carol Madsen, Vice President of the Board of Trustees. "It's a gift of music we're proud to offer."

Broadcast Schedule

Wednesday, January 13, 2027

From concerts performed July 21, 2026 and August 13, 2024

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

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

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

Wednesday, February 24, 2027

From the July 28, 2026 concert

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

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

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

Wednesday, April 7, 2027

From the August 4, 2026 concert

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

Alfred Schnittke — Piano Quintet (1976)

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

Wednesday, May 19, 2027

From the August 11, 2026 concert

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

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

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

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

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

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.



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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.

