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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



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.

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 partici-

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

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

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

This year's Dempsey Challenge nearly met its \$2 million goal. Since

2008 the Challenge has raised over \$20 million. This money is used for services such as counseling, support groups, nutrition and finance classes, and wellness programs. The overall event also involves the work of many willing volunteers.

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

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

When my daughter went grocery shopping with my 8 ¾ year old grandson, Tucker, out of the blue, he asked his mother, “Mama, was Nani arrested?” (that’s me). Shocked and amused, she asked, “What?!?! Why would you think that?” He replied, “I don’t know, I just haven’t seen her for a long time.”
She assured him that, no, Nani was not arrested and is not in jail. She’s fine! (and the last person that would go to prison!)
We will see each other very soon!
-Susan Murphy, Augusta

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PET Spotlight

Drama
Submitted by Lydia Dagneau Winthrop

Send us your favorite Pet Picture and your pet may be in the next edition.

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Include your name,
your pets name and the town you live in.

MAINE CALENDAR

2026
OCTOBER

Oct. 17 - Maine Franco-American Genealogical Society [MFGS] to host Maine author Suzanne Roy as guest speaker, 11 a.m., Androscoggin Community Room of the Auburn Public Library, 49 Spring St., Auburn.

Oct. 24 - Manchester Community Church Chicken Pie Supper, 4:30 – 6:00 p.m., 21 Readfield Road, Manchester, FMI call 207-441-6011 and leave a message.

MONTHLY MEETINGS

WINTHROP: Winthrop Maine Historical Society business meeting first Thursday of each month, January-November, 6-8 p.m. at the Winthrop History and Heritage Center, 107 Main Street, Winthrop, Maine, winthropmainehistory.org, no December meeting

WINTHROP: Winthrop Grange #209 meets on the 1st and 3rd Wednesday of the month, supper is at 5:30 p.m. and the meeting at 6 p.m., 549 Old Lewiston Road, Winthrop, contact information Kathy Ward 207 500-9864 or gwamme@gmail.com.

MANCHESTER: Coffee Open House at the Manchester Grange, 1st and 3rd Monday of the month, 8-10 a.m, 953 Western Avenue, Manchester, FMI call Paige 617-800-4564 or manchester-maine-grange.wordpress.com.

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

WINTHROP: Winthrop Food Pantry, Thursday pickup 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

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and dessert at each meeting, sharing the cost of the pizza.

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

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

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

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

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

CORNVILLE/ATH-

ENS: 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.

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

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

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

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)

WATERVILLE: Grief through the Holidays support group, Wednesdays from 6:00-7:30 p.m. starting November 13th, Hospice Volunteers of Waterville Area Community Center, 304 Main Street in Waterville, time-limited bereavement group, free. 873-3615 or email jroy@hvwa.org.

WATERVILLE: Downtown Waterville Farmers' Market, every Thursday 2-6 p.m., Head of the Falls.

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.

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

WATERVILLE: A Service for Veterans, Veteran Service Officer from the Bureau of Veterans' Services will be available to meet with you from 8 a.m. – 2 p.m. first Thursday of the month at the Muskie Community Center,

MAINE CALENDAR PAGE

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

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38 Gold Street, Waterville, appointments are 30 minutes. To reserve your private appointment, call (207) 873-4745.

WATERVILLE: Family Caregiver Education and Support Group, Third Wednesday, Monthly

1 – 2:30 p.m., Spectrum Generations' Muskie Community Center, 38 Gold Street, Waterville, to learn more, visit the front desk receptionist at the Muskie Center or call (207) 873-4745.

FREE - Food addicts in recovery meetings: Tues Zoom and phone, Thurs phone and Sun in person. foodaddicts.org FMI call 441-8002 or 623-1924.

WATERVILLE: Central Maine Square Dance club offering beginner lessons, ev-

ery Tuesday 6:30-8:00 p.m., George Mitchell School Dutton St., Waterville, cost is \$5.00 per lesson, FMI call Bob at 447-0094.

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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What's the Difference?

Find the four differences between the two pictures.

A



B



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

THIS DAY IN HISTORY



1682: Philadelphia is founded in the Commonwealth of Pennsylvania.

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

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

NEW WORD

PEEL

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

Food FACT:

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

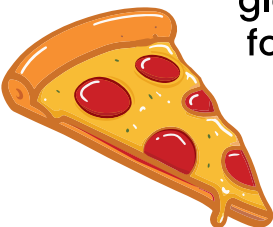
Answer: Pizza

How they say that in...

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

Did You Know?

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



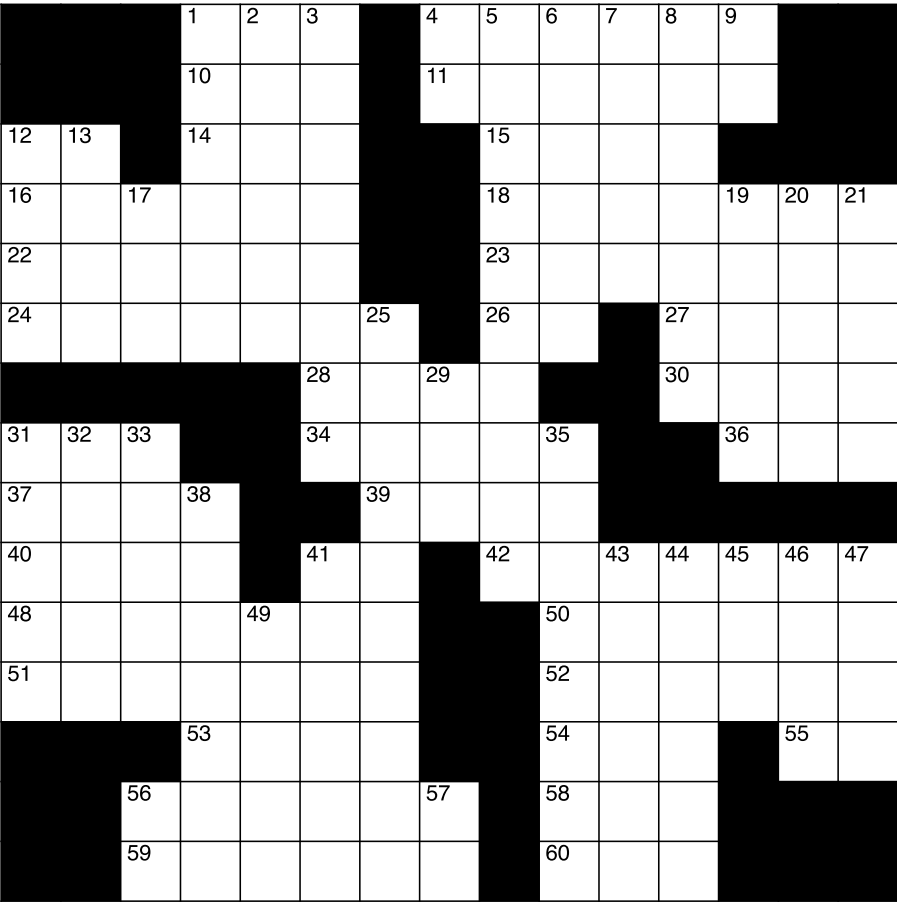
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Pizza

Crossword



CLUES ACROSS

1. Small Eurasian deer
4. Province in Northern Ireland
10. A major division of geological time
11. Broadway actor Lane
12. Canadian province (abbr.)
14. Human gene
15. Two
16. A notable one was “blue”
18. Utter repeatedly
22. Ring-shaped objects
23. Sullies
24. Occurs
26. Commercial
27. Near
28. Tools you may need
30. A pledge
31. They start the alphabet
34. Silk garments
36. Soviet Socialist Republic
37. Longtime mayor of Rio
39. Hot meal
40. A type of gin
41. Atomic #84

42. \$10 bill
48. About ground
50. Medicine man
51. Seedless raisin
52. National capital of Albania
53. Appendage
54. OJ trial judge
55. European government entity (abbr.)
56. Bike parts
58. Friend to “Barbie”
59. Stretched to see or hear
60. Commercials

CLUES DOWN

1. Make up for
2. Baltimore ballplayer
3. Wages
4. International organization of countries
5. Engravers of gems
6. Declared as fact
7. One who steals
8. Jewelry
9. Hospital worker
12. Nonsense (slang)
13. Town in Galilee
17. Value
19. Alternative identity

20. Sheep in their second year
21. Town in Surrey, England
25. Appropriate to a time of year
29. Creative work
31. Recesses
32. Largely forested municipality in Germany
33. Rider of Rohan
35. Ancient symbol co-opted by Nazis
38. Pioneer
41. Scribe
43. Painted a bright color
44. Member of British nobility
45. “Pulp Fiction” actress Thurman
46. Helps people walk
47. Crest of a hill
49. People of southeastern Alaska
56. One’s own device
57. The Mount Rushmore State

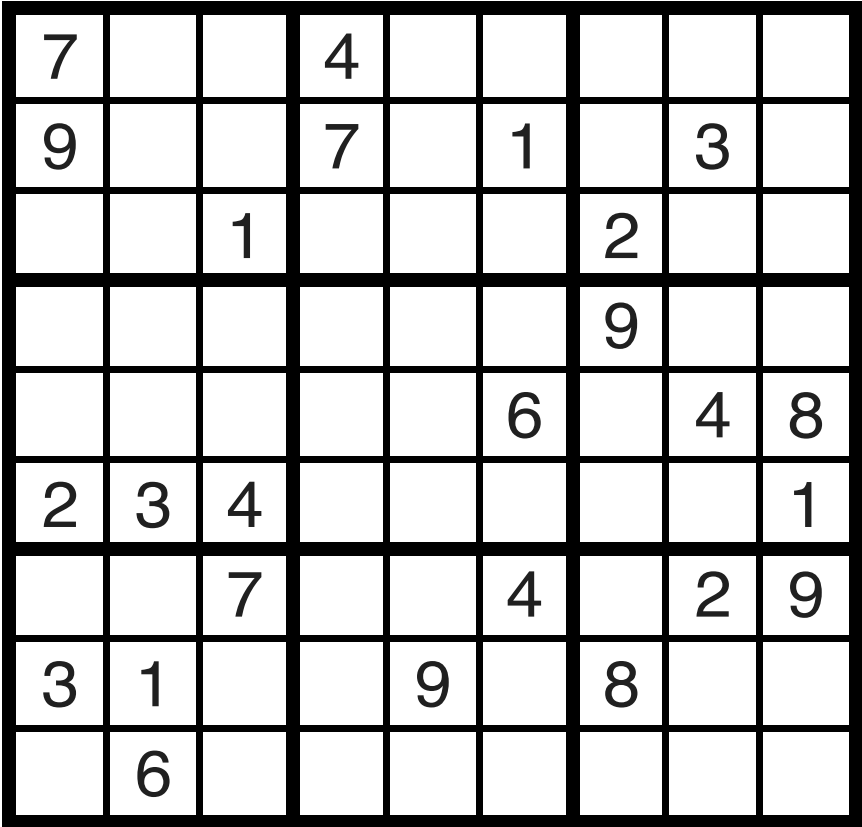


Solve the code to discover words related to chiropractic care.
Each number corresponds to a letter.
(Hint: 24 = N)

- A. 7 8 22 6 26 2
Clue: Move into place
- B. 26 16 9 24 21
Clue: Holds up the body
- C. 16 7 9 24
Clue: Discomfort
- D. 24 21 20 19
Clue: Supports the head

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

SUDOKU



Level: Advanced

AT THE CHIROPRACTOR

WORD SEARCH



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

WORDS

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

HOROSCOPES

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

November is Lung Cancer Awareness Month ~

National Lung Cancer Screening Day is November 14th

November is Lung Cancer Awareness Month in the United States. The primary goal is to raise awareness about lung cancer, its risk factors, symptoms, early detection, and treatment options. This annual month-long campaign aims to educate the public about the importance of lung health and encourages people to take proactive steps towards prevention and early diagnosis.

During National Lung Cancer Awareness Month, various organizations, healthcare providers, advocacy groups, and communities organize events such as informational sessions, fundraisers, walks, and screenings. These activities aim to empower individuals with knowledge about lung cancer, reduce stigma associated with the disease, and emphasize the importance of research and support for those affected by lung cancer.

Free ME from Lung Cancer is honored to partner with the following organizations to highlight lung cancer and lung cancer screening in Maine: The American Cancer Society, Maine Lung Cancer Coalition and all the hospitals listed below and bring special acknowledgement to Mount Desert Island Hospital. Although Mount Desert Island Hospital is a small community hospital, it's important to mention that

they were the first American College of Radiology Imaging Center of Excellence in the nation.

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

The American Cancer Society 2026 Cancer Facts & Figures also reports that 1,460 people in Maine will be diagnosed with lung & bronchus cancers and 800 will die of the disease. Lung cancer remains the number one cause of death from cancer in Maine (and in the US). We can try to change those statistics by joining together to provide awareness and education and encouraging patients who are at high risk to talk with their doctors to see if they should be screened for lung cancer.

Saturday November 14th is National Lung Cancer Screening Day. This annual event aims to increase access to lung cancer screening, particularly for people who work during the week and may have difficulty accessing screening services during regular business hours. Many hospitals and other health care facilities in Maine offer lung cancer screening, with some offering screening evenings and/or weekends. We urge all patients who are at high risk for lung cancer (those between the ages of 50-80 who currently use tobacco or did within the past 15 years) to contact their primary care clinician to see if they qualify to be screened. Catching lung cancer early creates treatment opportunities to save lives and improve outcomes. Screening for lung cancer is a quick, easy and non-invasive procedure offered by many health care providers and is fully covered by most insurance companies including Medicare and MaineCare if you are eligible. Eligibility is based on how much a person used tobacco in their life time and how long it has been since they stopped using tobacco. Talk with your primary care provider about the risks and benefits of lung cancer screening. Early detection does save lives.

The following facilities offer low dose lung screening CT scans:

- Central Maine Healthcare 6 days a week
- Central Maine Healthcare Bridgton 6 days a week
- Central Maine Healthcare Rumford 6 Days a week
- MaineGeneral Health 7 days a week
- MaineHealth Maine Medical Center Portland 7 days a week
- MaineHealth Franklin Hospital
- MaineHealth Lincoln Hospital 7 days a week
- MaineHealth Mid Coast Hospital 7 days a week
- MaineHealth Pen Bay Hospital 7 days a week
- MaineHealth Waldo Hospital 5 days a week
- Mount Desert Island Hospital Bar Harbor 5 days a week 7am to 5 pm
- Northern Light AR Gould Hospital Monday - Friday 7:30am - 4:30 pm, Saturday 9:30am - 11:00am
- Northern Light Blue Hill Hospital Monday -Friday 8:30am - 4:00pm, Saturday 9:30am - 2:30pm
- Northern Light CA Dean Hospital Monday - Friday 7:00am - 4:00pm Outside of these days and times, screenings are available by advance appointment.
- Northern Light Eastern Maine Medical Center Monday - Friday 7:30am - 6:00pm

- Northern Light Maine Coastal Hospital Mon - Fri 7:30am - 5:30pm, Sat and Sun 9:30am - 2:30pm
- Northern Light Mayo Hospital Monday Friday 7:00am - 6:00pm Outside of these days and times, screenings are available by advance appointment.
- Northern Light Mercy Hospital Portland Monday - Friday 7:30 am - 4:30 pm
- Northern Light Sebecook Valley Hospital Monday - Friday 7:30am - 4:00pm Outside of these days and times, screenings are available by advance appointment
- RAYUS Radiology Auburn Monday - Friday 9:00am-5:00pm
- RAYUS Radiology Brunswick Monday - Friday 9:00am - 5:00pm
- RAYUS Radiology Rock Row Westbrook Monday-Friday 8:00am-5:00pm
- RAYUS Scarborough Monday and Tuesday 7:00am-6:00pm, Wednesday and Thursday 7am-5pm, Friday 7:00am -6 :00pm and Some Saturdays available (hours vary)
- Redington-Fairview General Hospital 5 days a week 7:00am to 4:30pm

We do not have information from other Maine hospitals about whether they offer lung cancer screening. Please check with your local hospital if they are not listed.

Manchester receives new trail kiosk – Lemieux Eagle Project

MANCHESTER - On a sunny Sunday afternoon, August 9, Jeffrey Lemieux explained to twenty-one attendees how he came to construct an informational kiosk for his Eagle Scout Project on The Allen-Whitney Preserve, located on the west side of Scribner Hill Road, near Shedd Pond.

Garry Hinckley introduced Jeff's Boy Scout Troop #622 Scoutmaster Eric Dyer, who explained that the scouts had just returned from hiking Mount Katahdin. Not knowing where you are in the wild is a hindrance, he said. This monument that Jeff has made will have a long-lasting impact on our community.

Good work, Jeff!

Jeff then spoke, telling all how much he loves to spend time outdoors in every way. He thanked Jeff Janell and Gary, members of the Manchester Conservation Commission, for their support.

Local historian Dave Worthing regaled the audience with tales of the large community that thrived in that very area. Dave has been a member of the local Lions' Club for years. He spoke of Ted Blanche and his family, and how Ken Ballard Sr. owned many ducks on Shedd Pond, which disappeared. Edward Allen Whitney had a huge house with a creamery and eight fireplaces. Now all that remains, if you look carefully, is the foundation.

Jeffrey resides in Mount Vernon and graduated valedictorian this year from Maranacook Community High School. His parents



Submitted photo
Eagle Scout Jeffrey Lemieux and his parents at the new Manchester kiosk.



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MAINE OUTDOORS

V. Paul Reynolds

SAM BANQUET DRAWS BIG SPORTSMEN TURNOUT

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

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

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

The following awards were presented:

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



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



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

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

Scott is a former Deputy Commissioner of the Maine Department of Inland Fisheries and Wildlife.

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



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Fall Seasonal Guide

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Plan the perfect fall hiking excursion

Metro

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

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

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

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



Metro photo

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

warm, sunny afternoons. Layering clothing is the best way to maintain comfort. The hiking experts at Bear-foot 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 off-line 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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Health & Wellness



Breast Cancer Awareness: Prevention starts with you

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

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

- **Healthy weight** — Stay clear of the big swings in weight. On again/off-again diets and health kicks wreak havoc on your system. Losing 25 pounds in two months only to gain 35 back in a short period of time is not a good practice. Find a balanced health program you can live with. Lose weight and keep it off with the proper diet, and exercise. I am a big fan of the Mediterranean diet consisting of lots of plant-based foods, nuts and extra virgin olive oils. Some research has shown women who eat a Mediterranean may have a reduced risk of breast cancer; still, this is an open issue with little science-based evidence with more research in need.
- **Cigarette smoking** — Studies have shown a link between cigarette smoking, pollutants and breast cancer.
- **Alcohol in your diet** — For women, limit yourself to less than one 4 oz. drink of alcohol per day. For men, limit yourself to no more than two, 4 oz drinks per day.
- **Exercise and activity** — Sitting all day is never good. Make sure you 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 symp-

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AWARENESS MONTH





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GET
SCREENED



KNOW
THE RISKS

toms of menopause, talk to your doctor about holistic methods versus hormone therapy. Studies have indicated that long-term use of medications associated with hormone therapies increases the risk of breast cancer.

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

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CODA Chorus invites singers to join for a December concert with the Augusta Symphony

WINTHROP - CODA chorus, a collective of singers and musicians dedicated to bringing the transformative power of choral music to the capital district, invites singers of all skills and experience to join us for a wonderful holiday concert on Sunday, December 13th at the Cony High School auditorium in collaboration with the Augusta Symphony Orchestra (ASO).

The concert, which includes the ASO performing Grieg's Wedding Day at Troldhaugen, a pops concert selection of Christmas at the Movies, and music from Tchaikovsky's Nutcracker Suite, will feature a selection of John Rutter's Christmas carols.

The popular online music newsletter Interlude says, "John Rutter's Christmas carols are a radiant gift to the world, illuminating the holiday season with melodies that capture the heart and spirit of Christmas. In his compositions, lively and energetic or serene and glowing with warmth, he weaves a spell that feels both timeless and deeply personal." They add, "Rutter's music invites singers and listeners into a shared celebration. It transcends mere notes, embodying the wonder of starlit nights, the joy of communal song, and...quiet hope."

For the December 13th concert CODA Chorus will sing ten of the most popular carols that Rutter has composed for the holiday season, including Angels' Carol and the Shepherd's Pipe Carol. The program will conclude with a rousing sing along of Handel's beloved Hallelujah Chorus.

CODA is a community chorus, and all are welcome to come sing with us. The chorus is led by Dr. Christine Letcher, assistant professor of music at the University of Maine at Augusta (UMA). She holds degrees from Westminster Choir College of Rider University, Northwestern, and the University of Maine. Prior to joining the faculty at UMA, she was on the faculty at Westminster Conservatory of Music in Princeton, NJ. Christine also served as a Peace Corps volunteer in Morocco from 2000 – 2002. Her style of leading the choir is fun and inclusive.

Rehearsals are held each Tuesday night from 6:30 to 8:30 p.m. at the Winthrop United Methodist Church, 58 Main Street in Winthrop, beginning September 15th. There will also be three yet-to-be scheduled joint rehearsals with the symphony prior to the performance.

For more information and registration please email coda.chorus.winthrop@gmail.com or visit <https://www.codachorus.com/>.

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

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

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

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

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

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

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



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MOVIE REVIEW

by Lucas Allen

THE END OF OAK STREET

(Warner Bros. Pictures/Bad Robot)

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

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

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

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

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

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

just small potatoes in an otherwise fun experience.

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

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

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

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

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



THE HEALTHY GEEZER Fred Cicetti

CAN YOU GET BRAIN CANCER FROM USING A CELL PHONE?

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

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

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

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

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

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

Another indication that no cancer link exists is that cell phone usage grew exponentially over the past few decades, but rates of

brain cancers remained stable over the same time frame.

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

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

The RF exposure from cell phones is measured in the Specific Absorption Rate (SAR). The SAR measures the amount of energy absorbed by the body. The SAR permitted in the United

States is 1.6 watts per kilogram (1.6 W/kg). According to the FCC, this amount is much lower than the level shown to cause any changes in laboratory animals.

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

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

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

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Bob Sullebarger Announces Candidacy for Maine Senate District 5

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

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

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

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

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

How We Start to Turn This Around

- Get the money out of politics at every level, to restore

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

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

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

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

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

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

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

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

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

Paid for and authorized by Bob Sullebarger

The Kennebec Historical Society October Presentation: “Three and a Girl”

AUGUSTA - A new film discovery adds to the story of Edgar Jones’ work in Augusta and the Colonial Theater. Back in February, Ed Lorusso found a previously unknown Edgar Jones film in the Michael Kesselhon Collection at the Library of Congress.

Kesselhon was a collector from Wisconsin. The film, *Three and a Girl*, was shot in the Gannett Woods area of Augusta and premiered at the Colonial Theater on August 26, 1920.

The plot has three partners (Jones, Carlton

Brickert, and Ben Hendricks, Jr.) in a lumber operation hiring a girl (Edna May Sperl) from “the city” to come to work as their secretary. The men are infatuated with her, but she cannot make up her mind as to which guy she’s most interested

in, so they play a trick on her to make her choose.

Three and a Girl were filmed during the winter of 1919 and 1920, which is quite evident from the frozen breaths of the actors. *Three and a Girl* is now the sixth complete movie of the twenty-four films Jones filmed in Maine 1919-1921. This find follows Lorusso’s discovery of another silent film, *In the River* (1920), which the society screened last year.

KHS presenter Ed Lorusso brings extensive expertise in silent film restoration. Since retiring, Lorusso has restored numerous films, with six projects licensed by Turner Classic Movies, including *The Enchanted Cottage* (1924). His work has been screened at theaters and silent film festivals across the country. Lorusso is collaborating with Boston-based documentary filmmaker Peter Flynn on a new project

featuring Edgar Jones, Holman Day, Augusta filmmaking, and the Colonial Theater.

The Kennebec Historical Society presentation is free to the public (donations are gladly accepted) and will take place at 6:30 p.m. Wednesday, October 28, at Augusta City Center, located at 16 Cony Street in Augusta. If you have questions about the program, call Scott Wood, executive director, at 622-7718.

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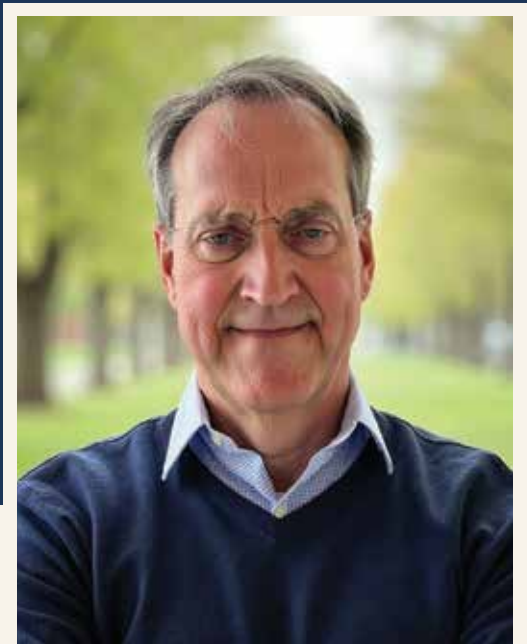
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No to Data Centers

Pass the moratorium on new AI data center projects in Maine, and establish a new State AI Agency to help us direct AI in a way that benefits all of us.

Tax Relief for Rural Mainers

Reform the property tax to make it fair, and ask out-of-state property owners to pay more. Cut the gas tax in rural Maine.

Healthcare

Stop the closures of our hospitals and clinics.

Jobs

Attract investment and businesses to rural Maine, and invest in roads, bridges, water & sewer, and broadband.



Getting big money out of politics

People are sick and tired of big-money donors and corporations buying influence and cutting pay-to-play deals with politicians at the expense of the rest of us. I’m running as a **Maine Clean Elections** candidate, taking \$5 at a time from real people who live here — no big donors, corporations or PACs. I’m beholden only to regular people. I’ll push hard for permanent change to get corrupting big money out of politics at every level.

We must transform Maine into a place where our kids decide to stay, our seniors can stay in their homes, and every family has a shot at a decent life.

Call or text if you’d like me to visit you!

bobsullebarger.com sullebargerformaine@gmail.com 207-248-2025

Paid for and authorized by Sullebarger for Maine Senate.

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

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

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Dip into this at your halloween party

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

Halloween Dip With Carrots and Canapes

Makes 4 servings

FOR THE DIP:

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

TO SERVE:

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



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

Metro

STUDENT NEWS

Local students named to Holy Cross' Spring 2026 Dean's List

Worcester, MA -- College of the Holy Cross congratulates the students named to the Spring 2026 Dean's List for outstanding academic achievement during the spring semester of the 2025-26 academic year. The following local students made the list:

Mary Hatt, of Mount Vernon, Class of 2027

Marjorie Knight, of Readfield, Class of 2026

To qualify for the Dean's List, students must pass four or more letter-graded courses with no failing grades during the semester and earn a GPA of 3.5 or higher.

Dean's List honors announced at Tufts University

Medford, MA -- Tufts University recently announced the dean's list for the spring 2026 semester. Dean's List honors at Tufts University require a semester grade point average of 3.4 or greater. The following students were named to the dean's list:

Kaylee Feeney, Class of 2028, of Winthrop

Samuel Goldey, Class of 2028, of Augusta

Bella Wallingford, Class of 2026, of Oakland

Bella Wallingford graduates from Tufts University

Medford, MA -- Tufts University awarded more than 3,600 degrees across all schools during its ceremony commemorating the accomplishments of the Class of 2026.

Bella Wallingford, of Oakland, graduated with a degree from Tufts University.

Jackson Monz graduates from Bates College

LEWISTON -- Jackson Monz, of Oakland, graduated from Bates College in Lewiston with a major in Biology.

Monz was also granted the Bates Senior Scholar Award, an honor bestowed upon graduating seniors who have participated in varsity sports for four years and have maintained a cumulative grade point average of 3.5 or above.



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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.

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- ✓ **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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