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Lake Region Reader

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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.

Lake Region Reader

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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

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.



Submitted photo

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

Jeffrey resides in Mount Vernon and graduated valedictorian this year from Maranacook Community High School. His parents are Monique and James Lemieux. The community is grateful that Jeff undertook this project, did much work behind the scenes which no one saw, and completed it on time and under budget. It was confirmed on August 20 that this project did indeed complete the work Jeff needed to receive his Eagle Scout Award.

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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: _____

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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?" 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

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/*.





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

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

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

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

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

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/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.

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

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, *winthropmainehistorical@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, 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, every 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.

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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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 _____

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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



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

THIS DAY IN HISTORY

OCT 27

1682: Philadelphia is founded in the Commonwealth of Pennsylvania.

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

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

Food FACT:

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

Answer: Pizza

NEW WORD

PEEL

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

How they say that in...

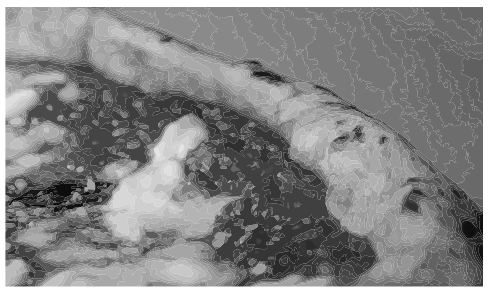
English: Sauce
Spanish: Salsa
Italian: Salsa
French: Sauce
German: Soße

Did You KNOW?

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



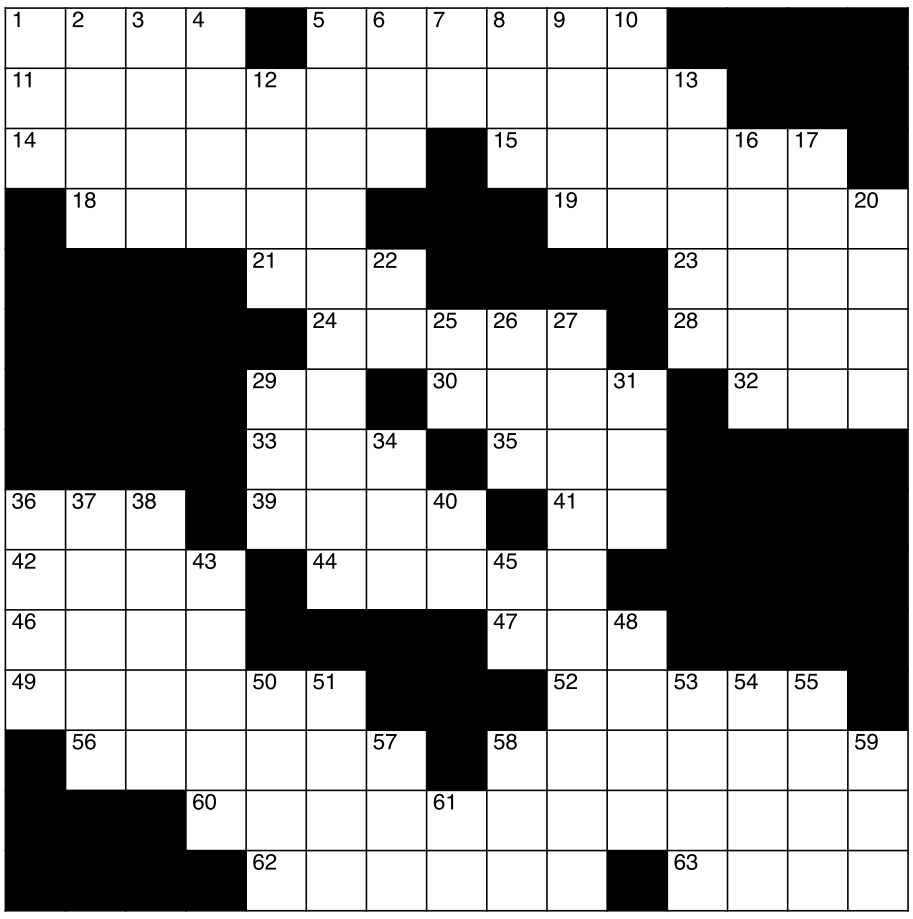
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Pizza

Crossword



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

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

CRYPTO FUN

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

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

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

B. 14 13 2 1 13 7
Clue: Physician

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

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

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

SUDOKU

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

Level: Advanced

PRESCRIPTIONS WORD SEARCH

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

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

WORDS

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

HOROSCOPES

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

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

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

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

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

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

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

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

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

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

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

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

★Directory Page★

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126 North St.
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www.clubayc.org

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Farmingdale
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Augusta
1-855-464-4463

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Manchester
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207-621-1079

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Livermore
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hammondlumber.com
1-800-HAMMOND

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The Highlands Grille
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Turner
207-224-7090

Independent Power
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207-946-4444

Vista of Maine
146 N. Hills Ridge Rd. Greene
207-508-1894

Mainely Brews Restaurant & Brewhouse
1 Post Office Square
Downtown Waterville
207-873-2457

Mike's Stump Grinding
207-897-0958

Christianson Farmstand
368 Main Street,
Readfield
207-215-7117

Oakland Furniture
Main Street
Oakland
207-465-3433

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Waterville
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If you have a favorite recipe you would like to share with our readers we would love to publish it for you. Please email recipe to: *articles@turnerpublishing.net*

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

Dr. Samual Colman, the colonial merchant and physician

WINTHROP - The Winthrop and Readfield Historical Societies will co-host a program on colonial medicine on Thursday, November 12th at 6:00 pm at the Winthrop History and Heritage Center, 107 Main Street, Winthrop. The presenter, Jackie Fournier, whose interest in history blends well with her passion for medicine, is a historical interpreter at Fort Western and a docent at the Pownalborough Court House. She recently spent a week at the Colonial Williamsburg apothecary learning the trade of compounding medicines.

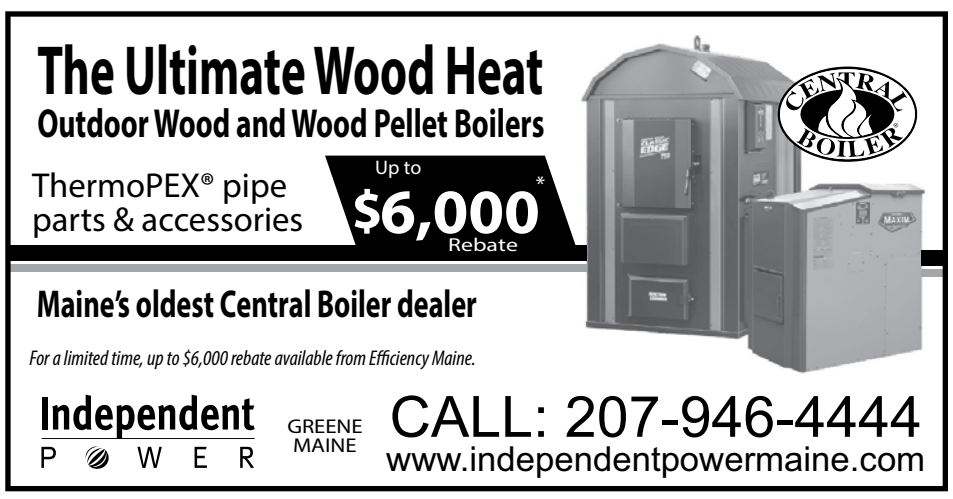
Fournier will enhance her presentation by appearing as Dr. Samuel Colman, the second physician to reside and practice in Hallowell. Born in Newburyport, MA in 1762 and educated at Harvard, Dr. Colman came to Hallowell 2-3 years later where he lived for a short time at Fort Western with Captain James Howard's family. While Colman practiced medicine in the Hallowell area, he also operated a store where he sold scythes, hoes, tobacco and pharmaceuticals. In both occupations he worked closely with the midwife, Martha Ballard, and is mentioned often in her diaries. Ballard bought imported medicinal ingredients from Dr. Colman that she used in her own practice, and the two sometimes worked together while treating the ill and women in labor. Dr. Colman married Susannah Atkins of Newburyport in 1787 and brought her to Hallowell where they raised a large family until 1806, when they returned to Newburyport. He died there four years later at age 47.



Submitted photo

Fournier will augment her presentation with a slide show, focusing on colonial medicine and exploring common illnesses and injuries from the period and the treatments, procedures and instruments used. There is no fee for the program, but donations are welcome. FMI contact Mary Richards at (207) 377-9663 or *winthropmainehistorical@gmail.com*; or Dale Potter-Clark at (207) 441-9184 or *crossings4u@gmail.com*









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.

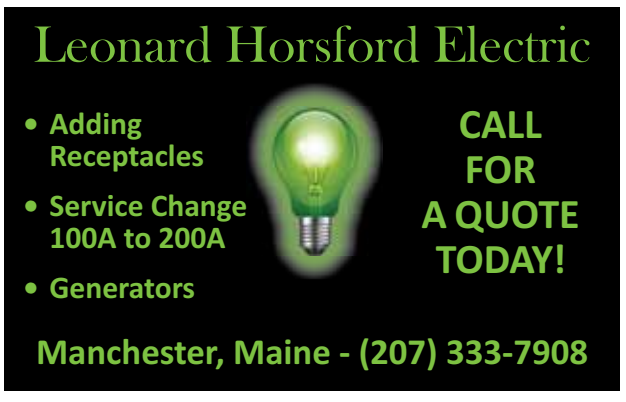
Fall hikes are some of the most beautiful, and entire days can be built around hiking this time of year. Be mindful of wildlife and stick firmly to paths to protect the natural landscape.

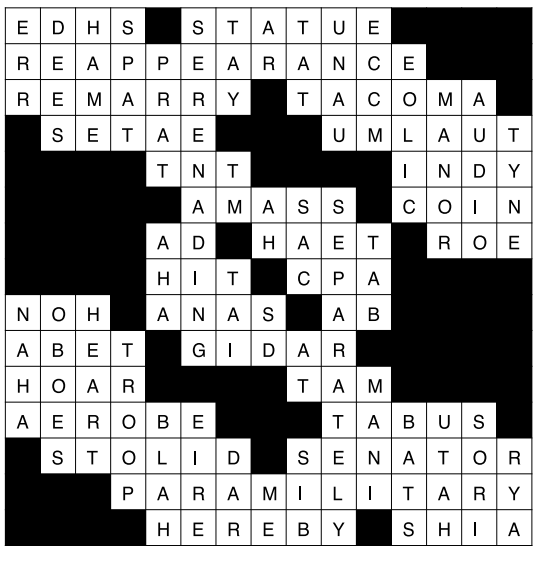






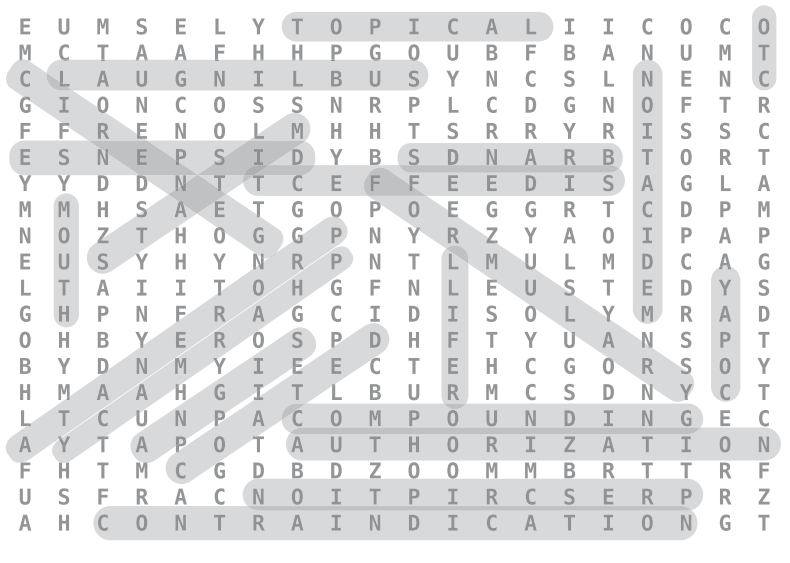






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Jodi Cornelio
Live Long, Live Well
Jodi R. Cornelio, AS, BA, MBA
Nutritionist, Personal Trainer and Motivational Speaker
jcornelio@turnerpublishing.net

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

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



• Healthy weight — Stay clear of the big swings in weight. On again/off-again diets and health kicks wreak havoc on your system. Losing 25 pounds in two months only to gain 35 back in a short period of time is not a good practice. Find a balanced health program you can live with. Lose weight and keep it off with the proper diet and exercise. I am a big fan of the Mediterranean diet consisting of lots of plant-based foods, nuts and extra virgin olive oils. Some research has shown women who eat a Mediterranean may have a reduced risk of breast cancer; still, this is an open issue with little science-based evidence with more research in need.

• Cigarette smoking — Studies have shown a link between cigarette smoking, pollutants and breast cancer.

• Alcohol in your diet — For women, limit yourself to less than one 4 oz. drink of alcohol per day. For men, limit yourself to no more than two, 4 oz drinks per day.

• Exercise and activity — Sitting all day is never good. Make sure you get plenty of walking into your day. If you can work on time at the gym or join a sporting activity, do it and have fun. The recommended amount of aerobic activity is 150 minutes a week, and resistance and weight training 60 minutes a week.

• Breastfeeding — Some studies have shown women, who breast feed for an extended period of time, decrease their risk for breast cancer.

• X-ray and radiation — Some studies show a link between some types of cancer, including breast cancer, and radiation exposure. Take caution with any type of x-rays or medical imaging and pursue only if necessary.

• Hormone therapy — If experiencing intolerable symptoms of menopause, talk to your doctor about holistic methods versus hormone therapy. Studies have indicated that long-term use of medications associated with hormone therapies increases the risk of breast cancer. I hope this has inspired you to make lifestyle changes for a happy October and the months to come.

Live Long, Live Well

New sculpture unveiled on historic Blaine House grounds

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

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

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

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



Submitted photo

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

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

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

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

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

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

Volunteer Ombudsman Representatives are the Heart of the Ombudsman Program

Volunteer advocates needed in your local area!

The Maine Long-Term Care Ombudsman Program is looking for individuals who are interested in joining a group of dedicated volunteers who visit residents in long-term care facilities across the state. Volunteer Ombudsman are advocates who provide a voice for consumers while working collaboratively with long-term care facilities.

The Maine Long-Term Care OMBUDSMAN Program

Learn more about becoming a Volunteer Ombudsman Representative.
Please contact to Christina Ryan at *cryan@maineombudsman.org*
(800) 499-0229 or (207) 621-1079.

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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.





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.

PAID POLITICAL ADVERTISEMENT

Susan Collins.
Independent Leadership,
Delivering for Maine



- **Social Security Fairness Act.** Susan authored the law that provides full Social Security benefits to more than 25,000 retired Maine teachers, law enforcement, and firefighters.
- **Protecting Medicaid and Investing in Rural Health Care.** Susan secured more than $190 million this year alone to maintain & improve access to quality healthcare and she was named a "Medicaid Champion."
- **Paycheck Protection Program.** During the pandemic, Susan wrote the law that saved more than 250,000 Maine jobs and small businesses.

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

On November 3, vote for Susan Collins.

SUSAN COLLINS our senator SUSANCOLLINS.COM PAID FOR BY COLLINS FOR SENATOR. PO BOX 1096, BANGOR, ME 04402.



Scam Alert Bulletin Board

AARP Fraud Watch Network

Lock Down Your Data: Cybersecurity Awareness Month

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

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

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

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

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

Monmouth Community Players Present:

ANDREW LLOYD WEBBER'S
SCHOOL of ROCK
THE MUSICAL

PERFORMANCE DATES

November 5th, 6th, 12th & 13th
at 7:30pm
November 7th, 8th, 14th & 15th
at 2:00pm

ASL performance:

November 14th

Visit

www.monmouthcommunityplayers.org
for more information and to order tickets

SCHOOL OF ROCK is presented by arrangement with Concord Theatricals on behalf of LW Entertainment.
(www.concordtheatricals.com)

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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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.*

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.



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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General Manager
Patrick Riley

Production Manager
Michelle Ducharme Pushard

Production
Brett Bannister

Sales Manager
Randy Bell

Advertising/Marketing
Jodi Cornelio
Kathlene Clarke
Glenn Bechard
Sawyer Cesar

Reporter/Writer
Bill Van Tassel

Proofreaders
Glenn Bechard
Robin Robertson

Inside Sales
Jessica Mason

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Turner Publishing

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!

CLASSIFIEDS

Turner Publishing INCORPORATED

HELP WANTED

SALE/MARKETING CONSULTANT

Here we GROW again

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SKILLS NEEDED:

Winning attitude and sociable in nature. Passion for community, school sports, community events, and social organizations. Organized and detailed. Must have a home computer or laptop, printer, cell phone and a dependable car and a valid driver's license.

Turner Publishing Inc. is the largest direct mail, "Good Community News" publishers in Maine.

EOE

FMI call 207-225-2076, or send resume to *jobs@turnerpublishing.net*

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Kennebec Current: Gertrude Turcotte
Lewiston Leader: Kathleen Davis
Lisbon Ledger: Sandra Wing
Lake Region Reader S: Lisa Britland
Lake Region Reader N: Taylor Wright
Moose Prints: Ryan Sohn
Oxford Hills Observer: Michael Eppinger
Somerset Express: Emma Frost
Two Cent Times: Jamie Feyler
Western Maine Foothills: Althea Conant
Mountain Messenger: Bradshaw Cummings
Coop Stuffy Winner - Selah Knapp, Gardiner

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Turner Publishing INCORPORATED



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.

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.



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









2026 Dempsey Challenge

by Bill Van Tassel

LEWISTON - Lewiston, Auburn, and surrounding areas experienced the eighteenth holding of the Dempsey Challenge on September 19. Since its inception in 2008 the popular event has been held in Lewiston's Payne/Simard Park, formerly Railroad Park that borders the Androscoggin River. The annual Fall event was the brainchild of local television and movie star Patrick Dempsey. Dempsey spent his early years in Lewiston, Turner, and Buckfield, attending schools in Turner, Buckfield and Saint Dominic in Auburn.

He started the Challenge as a fundraiser for the Dempsey Center for Cancer Care and Support after his mother's cancer was diagnosed. With additional offices in Portland and Westbrook, the main site is at Central Maine Medical Center in Lewiston. The Center offers a variety of support and strategies for cancer patients and their families.

The early Dempsey Challenge happenings featured several biking events from 25 to 100 miles for touring bike enthusiasts. Participants could enter the challenge by getting financial sponsorship, either individually or with a team. The starting and finishing point was in Simard/Payne Park, where other activities were available for the curious spectators. Running, walking and children's events were also held for non-biking fundraisers.

Patrick himself participated in the biking events doing the 50-miler in the first Challenge, finishing the distance along with a few of his professional biker acquaintances. He always made himself available to the people gathered in Payne/Simard Park for conversation and photographs. Dempsey annually led an Honor/Survivor Walk around the perimeter of the park as well as giving his opening and closing comments to everyone in attendance.

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

This year's Dempsey Challenge nearly met its $2 million goal. Since 2008 the Challenge has raised over $20 million. This money is used for services such as counseling, support groups, nutrition and finance classes, and wellness programs. The overall event also involves the work of many willing volunteers.

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



Bill Van Tassel photos

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



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

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