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October 2026 • Volume 24 Issue 10

Direct-Mailed Each Month to the Residents of Harrison, Norway, Oxford, Paris, S. Paris, W. Paris, Waterford, N. Waterford, and E. Stoneham

Turner Publishing, Inc., PO Box 214, Turner, ME 04282 • 207-225-2076 • Fax: 207-225-5333 • E-Mail: articles@turnerpublishing.net • advertising@turnerpublishing.net • turnerpublishing.net/news



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**NOW
HIRING**

SABRE

Yachts

Page 2



SCAN TO READ ALL OUR PAPERS FREE ONLINE.

181st Oxford County Fair



Bill Van Tassel photos

Allen Theriault leads some very young oxen, Kevin and Todd, in the Log Twitch at Oxford County's Agricultural Fair on September 18. Theriault, who hails from Rumford, would also lead another pair of older animals in a later competition.



It was still pretty quiet at the Friday morning session of the Oxford County Fair as the security team arrived at the South Gate. The Midway and the Food Court workers were busy setting up for the afternoon crowd.



Sheridan Doyle, from Winthrop, (Left) competes in the Bow Saw competition and his wife, Ashley, compete's in the Ladie's Log Roll.



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

Name: _____

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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

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Happy Halloween

Hope it's a real treat!

Ted Nixon celebrates his 98th Birthday in Waterford



Submitted photo

WATERFORD - Ted Colburn, at top, and Ted Gerber on the right offer Ted Nixon a three-way handshake in celebration of his 98th birthday. Ted Colburn and Ted Gerber are Waterford residents. Ted Nixon, formerly of Waterford and Fryeburg, now resides at the Market Square Health Care Center in South Paris. After a celebratory service at the Waterford Congregational Church, parishioners and townspeople gathered at the Wilkins House Community Center for coffee and cake and a chance to chat with Ted Nixon and wish him well.

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MAINE CALENDAR

2026

OCTOBER

Oct. 28 – Using Maine Register for Social History and Genealogy, 4:30 p.m., Community Meeting Room, Lithgow Public Library, 45 Winthrop St., Augusta, FMI call (207) 626-2415.

Oct. 30 – Trio Con Brio, 1 p.m., free and open to the public, Community Meeting Room, Lithgow Public Library, 45 Winthrop St., Augusta, FMI call (207) 626-2415.

Oct. 28 - Kennebec Historical Society October Presentation: “Three and a Girl,” 6:30 p.m., Augusta City Center, 16 Cony Street, Augusta, FMI call Scott Wood, executive director, at 622-7718.

MONTHLY MEETINGS

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

Harvest to Holiday

CRAFT FAIR

NOVEMBER 28th
9:00am - 3:00pm

South Paris Fire Department
137 Western Ave., So. Paris

* Scavenger Hunt

* Holiday Gifts

* Local Crafters

* Decor

* Door Prizes

* Raffle Table

* Food & Drink

For more info text Debbie 207-595-8844 or Carol 207-890-7769

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.

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>.

GILEAD: Gilead Historical Society open every Saturday 12 – 3 p.m., 14 Depot St., Gilead, FMI call (207) 836-2987.

BRIDGTON: Chair Yoga Mondays and Fridays 10 -11 a.m., taught by Susan Kane, this class is open to all cancer patients and can easily be modified to anyone’s ability level, you do not need to register in advance, Bridgton Community Center, 15 Depot Street, Bridgton.

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.

FARMINGTON: Farmington chess club meets every Thursday morning at the Parks and Rec Center, 127 Middle St., Farmington, from 9:30 a.m.-12:30 p.m.

LEWISTON: Renewal Addiction Ministry. Applying biblical truth to the root of addiction. Every Friday 630pm. 89 Birch Street Lewiston @The Root Cellar. Alex Theriault 207-274-1570

NORWAY: Norway Community Lunch program, Wednesdays from 11:15 a.m., to noon, First Universalist Church of Norway Concert Hall, 479 Main Street, Norway.

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.

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

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

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

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

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

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

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

NORWAY: Oxford Hills Honeybee Club, 1 p.m., second Saturday of the month, First Universalist Church, 479 Main St., all welcome, cpeaston@megalink.net.

NORWAY: Serenity Seekers Al-Anon newcomers meeting 6:15-6:45 p.m. followed by Regular Meeting 6:45-7:45 p.m. at The Hills Recovery Center, 15 Tannery Street, Norway, ME. Every Thursday. FMI serenityseekersnorway@gmail.com

RUMFORD:

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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Old School Food Pantry, 115 Maine Avenue, Wednesdays from 3 p.m. to 6 p.m., For more information or to help: (207) 364-4556 or email Shannon at rvhccglover@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.

GARDINER: Maine-ly Harmony women’s barbershop chorus rehearsals, Wednesday evenings, 6:30 to 9:00 p.m. at the Highland

Avenue United Methodist Church, 31 Highland Avenue, Gardiner, women of all ages are welcome to enjoy singing with this very welcoming women’s chorus.

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.

CANCELLATIONS None listed.

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

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Name _____

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Paper _____

Page # _____ Phone # _____

Email info to: kidscorner@turnerpublishing.net
Or mail to: Coop - Turner Publishing, P.O. Box 214, Turner, ME 04282

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...

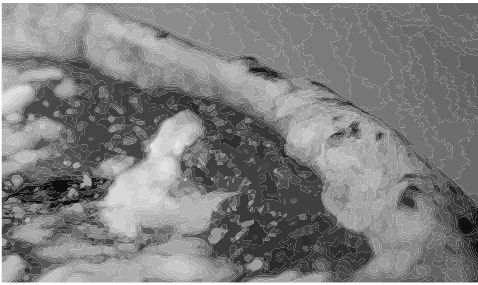
English: Sauce
Spanish: Salsa
Italian: Salsa
French: Sauce
German: Soße

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

1	2	3	4		5	6	7	8	9	10				
11					12						13	14	15	
16					17				18					
19				20	21			22	23				24	
25							26					27		
28						29					30			
				31	32					33				
34	35	36	37						38					
39						40	41	42						
43					44						45	46	47	48
49				50						51	52			
53			54						55					
56		57					58				59			
60					61	62					63			
			64								65			

- CLUES ACROSS
1. Nocturnal rodent
5. Requesting
11. Give temporarily
12. Frivolousness
16. Military arm
17. “Westworld” actor Harris
18. Persian Gulf port city
19. Air hostesses
24. Partner to “Pa”
25. Percussion instrument
26. Raincoats
27. Lower the light
28. Asian mountain range
29. Every one of two or more
30. Lack of difficulty
31. A public announcement of a proposed marriage
33. Reduces in size
34. Make an impact
38. Serviceman
39. A French river
40. Prehistoric people
43. Messenger ribonucleic acid
44. “Layla” singer Clapton
45. Ancient Greek sophist
49. Largest English dictionary (abbr.)
50. “Top Gun: Maverick” actor Powell
51. A way to disentangle
53. Atomic #93
54. Manifesting approval
56. Indigo bush
58. Larry and Curly’s pal
59. Off-Broadway theater award
60. Fencers
63. Masses of fish eggs
64. Passerine birds
65. Arrange systematically
- CLUES DOWN
1. Colorless part of blood
2. Of a main artery
3. Photog’s tool
4. Blues Traveler hit “But ___”
5. Grew older
6. Not the leader
7. ___ Lang: country singer
8. A driver’s license is one
9. Nests of pheasants
10. Antelopes
13. One quintillion bytes
14. Japanese lute
15. A type of cat
20. It cools your home
21. Dorm official
22. Pouches
23. German trigraph
27. Form of Persian
29. ___ route
30. Upper body part
31. Bridge building degree
32. Indicates position
33. Political action committee
34. Edible nuts
35. Front part of a quadruped
36. Locate
37. Geological time
38. Of I
40. Northern Utah city
41. They work in the trenches
42. Hammer is one
44. Tall deciduous tree
45. Performers
46. Slang for mistake
47. More open
48. Most slick
50. Provokes
51. Home of the NCAA’s Flyers
52. Sodium
54. Large fish of the mackerel family
55. Not one
57. ___ and behold
61. Atomic #21
62. “The Great Lakes State”

☉ ** ☐ ☹️ ⚔️ ~ 🌑 🎵 ✧ * ⚙️ ✖️ 🌸 + 🌊 * ▲ 🌙 * ♂ ☆ 🏹 🍁 ☼ ☾ ⚙️

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

☐ 🌙 ☼ * ♂ 🌊 ~ ☆ +

Solve the code to discover words related to small business.
Each number corresponds to a letter.
(Hint: 22 = S)

- A.

26 17 20 23 26 15 23 26 17 26 8 23

Clue: One who establishes a business
- B.

7 8 22 2 17 26 22 22

Clue: Company
- C.

1 10 10 6 8 17 20 22

Clue: Clients
- D.

22 8 10 10 26 22 22

Clue: Achievement of something

Answers: A. entrepreneur B. business C. accounts D. success

SUDOKU

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

Level: Advanced

SMALL BUSINESS WORD SEARCH

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

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

WORDS

ACQUISITION
BOOTSTRAPPING
BRAND
CAPITAL
CASHFLOW
COMPLIANCE
DEMOGRAPHICS
EQUITY
FRANCHISE
FUNNEL
INVENTORY
LIABILITY
LOGISTICS
MARGIN
MODEL
NICHE
OVERHEAD
PAYROLL
PIVOT
PROPRIETORSHIP
RETENTION
REVENUE
SCALABILITY
VENDOR

HOROSCOPES

ARIES - Mar 21/Apr 20 - This is a great week for you, Aries. You are empathetic and tuned into your surroundings. You might feel warm and friendly to everyone.

TAURUS - Apr 21/May 21 - Taurus, this is a feel-good week for you. Enjoy spending some private moments during which you reflect on the things you want to accomplish.

GEMINI - May 22/Jun 21 - Gemini, sympathy toward a cause or a friend may prompt you to become involved in a charitable organization. You also are interested in learning more from others.

CANCER - Jun 22/Jul 22
Use the fact that others are noticing you to your advantage, Cancer. You can set good examples by being compassionate and generous to others.

LEO - Jul 23/Aug 23 - Leo, your desire to expand your world is strong this week. You may renew an interest in travel and begin making progress on some big ideas.

VIRGO - Aug 24/Sept 22 - You are happy to be working behind the scenes, Virgo. However, you might take on a prominent fundraising role or engage in other activities that benefit others.

LIBRA - Sept 23/Oct 23 - This is a popular time for you to converse with others and interact with members of the general public, Libra. You might develop a strong connection to someone new.

SCORPIO - Oct 24/Nov 22 - Scorpio, you might make a fabulous impression on someone this week. This might compel this person and others to get involved with a cause dear to your heart.

SAGITTARIUS - Nov 23/Dec 21
Do something different this week, Sagittarius. You are open for an adventure. Accept invitations to socialize, and use your free time to the fullest.

CAPRICORN - Dec 22/Jan 20 - Capricorn, you are sensitive to the needs of family members right now. You might be on a mission to help someone who needs assistance by researching programs or funding.

AQUARIUS - Jan 21/Feb 18 - Aquarius, you may have to be especially patient with a loved one who is still trying to process the news you gave them. Everyone deals with things in their own time.

PISCES - Feb 19/Mar 20 - Pisces, if you can do something to help others, especially within your professional arena, do not hesitate to do it. Your willingness to assist others will not go unnoticed.

Maine’s Future Begins with Participation

As Chairman of the Oxford County Republican Committee and the youngest county Republican chairman in the state, I’ve had the privilege of meeting people across our county who care deeply about the future of Maine. I also bring the perspective of a generation thinking seriously about whether we can afford to build our lives, raise our families, start businesses, and remain here for decades to come.

This November, Maine voters will make important choices about the direction of our state. For me, this election should be about the everyday issues affecting Maine people and a serious conversation about the policies that will shape our future.

It is about our pocketbooks and what families have left after paying their bills. It is about creating an environment where small businesses can grow, entrepreneurs can take risks, and good-paying jobs can be created here at home. It

is about whether young Mainers can afford to stay in Maine and whether those who have spent their lives here can afford to remain.

Energy must also be part of the conversation—not simply its cost, but whether our policies produce reliable and effective results for Maine families and businesses.

In rural Maine, our outdoor heritage matters. Hunting, fishing, trapping, conservation, firearm ownership, and Second Amendment rights are issues many Oxford County residents take seriously.

I am proud of our Republican candidates who have stepped forward and are presenting their positions on government accountability, fiscal responsibility, economic opportunity, individual liberty, and other issues important to the future of Maine.

I encourage you to reach out directly to our candidates.

Ask questions. Attend events. Read their positions. Challenge them respectfully. Find out who they are and what they intend to do if entrusted with public office. The last decade of Democratic control in Augusta is why we are here right now, with the current state we are in, and why it’s so important to vote Republicans in.

Make a Plan and Vote

Vote absentee. Vote early. Or vote in person on Election Day. However you choose to cast your ballot, make your voice heard. Every voter counts, and participation is how Maine people determine their future.

Benjamin Dolloff
Chairman, Oxford County Republican Committee
Website: oxfordcountygop.me
Email: oxfordcountygop@gmail.com

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

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

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

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

Broadcast Schedule

Wednesday, January 13, 2027
From concerts performed July 21, 2026 and August 13, 2024

Reinhold Glière — Five Duos for Flute and Cello, Op. 39 (1909)
Ludwig van Beethoven — Serenade for String Trio in D Major, Op. 8 (1795–97)
Antonín Dvořák — Piano Quartet No. 2 in E-Flat Major, Op. 87

From the July 28, 2026 concert

Carl Maria von Weber — Trio for Flute, Cello, and Piano in G Minor, Op. 63 (1818–19)
Bohuslav Martinů — Duo No. 1 for Violin and Viola, H. 313 “Three Madrigals” (1947)
Robert Schumann — Piano Quintet in E-Flat Major, Op. 44 (1842)

Wednesday, April 7, 2027
From the August 4, 2026 concert

Wolfgang Amadeus Mozart — Trio in E-Flat Major, K. 498 “Kegelstatt” (1786)
Alfred Schnittke — Piano Quintet (1976)
Antonín Dvořák — String Quintet in E-Flat Major, Op. 97 “American” (1893)

Wednesday, May 19, 2027
From the August 11, 2026 concert

Camille Saint-Saëns — Fantaisie for Violin and Harp in A Major, Op. 124 (1907)
Claude Debussy — Sonata for Flute, Viola, and Harp (1915)
Johannes Brahms — Piano Quartet No. 1 in G Minor, Op. 25 (1861)



Photo by Mark Silber

SLLMF Artists from July 28, 2026 (Gabriela Diaz, violin; Keiko Tokunaga, violin; Mihae Lee, piano; Bonnie Thron, cello; Kathryn Lockwood, viola)

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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.

13th Annual Drive Out Cancer Donation

NORWAY - The Norway Country Club Ladies Golf Association recently hosted its 13th annual Drive Out Cancer Golf Tournament, raising an impressive \$22,161 to benefit the Cancer Resource Center of Western Maine (CRCofWM).

The annual tournament brought golfers together for an 18-hole scramble in support of individuals and families impacted by cancer throughout Western Maine. Through the generosity of tournament participants, sponsors, donors, volunteers, and members of the Ladies Golf Association, this year's event once again demonstrated the community's strong commitment to supporting local cancer patients and their families.

"We are so grateful to the Ladies Golf Association at Norway Country Club for their incredible generosity and continued commitment to the Cancer Resource Center of Western Maine," said Dani Searle, Executive Director of CRCofWM. "For 13 years, this tournament

has brought people together in such a meaningful way to support local individuals and families facing cancer. Their dedication, along with the generosity of everyone who participated, sponsored, donated, and helped make this event possible, truly makes a difference. The \$22,161 raised this year will help us continue providing free resources, services, and financial assistance to people in our community when they need it most."

The Cancer Resource Center of Western Maine's mission is simple; we embrace anyone affected by cancer by creating a hopeful and caring community providing support, resources, education, and wellness services. The Center provides cancer resource navigation and referrals, wellness programs and activities, Men's and Women's support groups, access to professional mental health counseling, transportation and nutrition assistance, and comfort items to support folks during cancer treatment.



Submitted photo
Co-chairs of the Drive Out Cancer steering committee present a \$22,161 donation to the Cancer Resource Center of Western Maine following the 13th annual Drive Out Cancer Golf Tournament. From left to right: Jan Beckwermert, Sue Craib, Dani Searle (Executive Director of the Cancer Resource Center), June Harkins, Patty Miller, Debra Taylor, Carol Roth

The continued success of the Drive Out Cancer Golf Tournament is a testament to the generosity of the Oxford County community and the many individuals and businesses who come together each year to support the event.

The Center extends its sincere thanks to the Ladies Golf Association, Norway Country Club, golfers, sponsors, donors, volunteers, and everyone who helped make this year's tournament such a success.

Funds raised through the tournament will help ensure that CRCofWM can continue providing critical support to local individuals and families throughout their cancer journey — because no one should face cancer alone.

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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.
- 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



Metro photo

unnecessary bulk. Finally, a windproof, waterproof shell will guard against rain or high winds. Hikers should pack a warm hat, extra socks and gloves, even if the forecast predicts mild weather.

- Be prepared with supplies. Certain gear can make hiking safer. A headlamp and extra batteries; trekking poles and slip-resistant boots; a portable power bank to charge a phone; and an insulated flask are some particularly useful items to bring along.

- Bring a map of the trail. Fallen leaves can obscure trail markers and other landmarks. A downloaded offline map or a paper map will help hikers navigate even if they lose signal or get turned around on the trails.

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

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Breast Cancer Awareness: Prevention starts with you

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

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

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

en, who breast feed for an extended period of time, decrease their risk for breast cancer.

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

• **Hormone therapy** — If experiencing intolerable symptoms of menopause, talk to your doctor about holistic methods versus hormone therapy. Studies have indicated that long-term use of medications associated with hormone therapies increases the risk of breast cancer.

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

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Norway downtown free Halloween Festival

NORWAY - Norway’s free, popular Halloween Festival, where thousands of children have descended on Norway’s Main Street every October for 20 years, will be held this Fall on Friday, October 30, 2026, from 2:00-5:00 pm.

Organized by the non-profit organization, Norway Downtown, the 21st Halloween Festival is being generously sponsored by Oxford Federal Credit Union, which has a branch in Norway. “This free community event has brought joy to thousands of children

and their families for two decades, so OFCU’s kindness toward helping us with this beloved community event is greatly appreciated,” said KC Christensen, Norway Downtown’s Executive Director.

Close to 70 local businesses hand out candy, toys, trinkets, fruit and goodies to the many costumed children trick-or-treating along Main Street. Norway’s Fire, Police and Recreation Depts, costumed characters, volunteers, students, schools and local nonprofits join together on this



Submitted photo

festive October afternoon to give countless children a fun-filled Halloween experience. Norway’s shiny Fire Truck and a boat from White’s Marina will be on hand and Face Painting, Monster Music and other surprises are in store.

Norway Downtown’s 21st Halloween Festival is free and open to the public regardless of residence. Families are invited to dress up, bring their cameras and watch the children enjoy trick-or-treating in front of the shops, cafes and pubs along Norway’s

historic Main Street. It’s a healthy one mile walk in Norway’s charming downtown and spreads goodwill, laughter and community spirit for all ages during the beautiful Fall Season.

For more info about this free Halloween Festival in Norway on Friday, October 30 or sponsoring any Norway Downtown community event, program or services, contact KC at info@norwaydowntown.org or visit the Norway Downtown Facebook page.

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Dip into this at your halloween party

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

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MOVIE REVIEW

by Lucas Allen

MAYDAY [2026]

(Apple Original Studios-Skydance)

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

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

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

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

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

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

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

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

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

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

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

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

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SAM BANQUET DRAWS BIG SPORTSMEN TURNOUT

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.

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



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

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.



CAN YOU GET BRAIN CANCER FROM USING A CELL PHONE?

The type of radiation cell phones emit--radio frequency or RF--is unlike the radiation that can cause cancer. The only es-

tablished 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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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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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!

MAINE VETERANS

M A G A Z I N E

Introducing the Maine Veterans Magazine

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

For the first edition this November, we would like to ask our readers to submit a response (250 words or less) to the prompt, “What does Veterans Day mean to you?” If you are a veteran, “What does Veterans Day mean to you? Why

did you serve and what do you miss?” Please submit your response to submissions@turnerpublishing.net.

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

Strengthening Maine Families, Communities, and Our Future

By U.S. Senator Susan Collins

Mainers work hard, and every dollar matters to seniors on limited incomes, parents trying to afford childcare, and young people wondering whether they can buy a home in the town where they grew up.

Making Maine more affordable guides my work in Washington. Since Congress restored community project funding five years ago, I have secured nearly \$1.5 billion for 672 projects in communities in every county. As Chair of the Senate Appropriations Committee, my seniority allows me to keep delivering for Maine.

Strengthening families starts with affordability and quality health care close to home. I continue to champion the Low-Income Home Energy Assistance Program, so that no low-income senior or family has to choose between heat and groceries. I secured the \$50 billion Rural Health Transformation Program, which has already delivered \$190 million to Maine. Separately, I secured funding to modernize Stephens Memorial Hospital in Norway and to renovate emergency departments in Rumford and Bridgton. A mobile mammography van that I helped to fund has already screened 1,400 women.

Strengthening communities means taking care of our infrastructure. I secured funding to rehabilitate Route 4 between Madrid and Rangeley and to improve its safety from Auburn to Livermore, along with investments in emergency services and drinking water systems.

Strengthening our future means giving the next generation a reason to stay. Funding I obtained for healthcare training at the University of Maine at Farmington and nursing education at Central Maine Community College, along with expanded broadband, is helping young Mainers find good jobs and build lives here.

My time in the Senate has taught me that lasting results require trust. I work with Republicans and Democrats, listen to people with different views, and look for common ground. We do not have to agree on everything to get important work done.

There is a difference between fighting for people and simply fighting with people.

Partisan political groups may disagree with my record, but Mainers deserve facts, not false and misleading attacks. Visit www.CheckTheTruth.com and examine the record and judge the facts yourself.

Mainers know our communities, our challenges, and what matters most to our neighbors. And they know me. I will keep listening to you and working on what makes a difference in your lives: stronger families, stronger communities, and a future where more Mainers can afford to stay and thrive. I ask for your vote on November 3rd so that I can continue my work for you.

Susan Collins.
Independent Leadership,
Delivering for Maine

✓ **Social Security Fairness Act.** Susan authored the law that provides full Social Security benefits to more than 25,000 retired Maine teachers, law enforcement, and firefighters.

✓ **Protecting Medicaid and Investing in Rural Health Care.** Susan secured more than \$190 million this year alone to maintain & improve access to quality healthcare and she was named a “Medicaid Champion.”

✓ **Paycheck Protection Program.** During the pandemic, Susan wrote the law that saved more than 250,000 Maine jobs and small businesses.

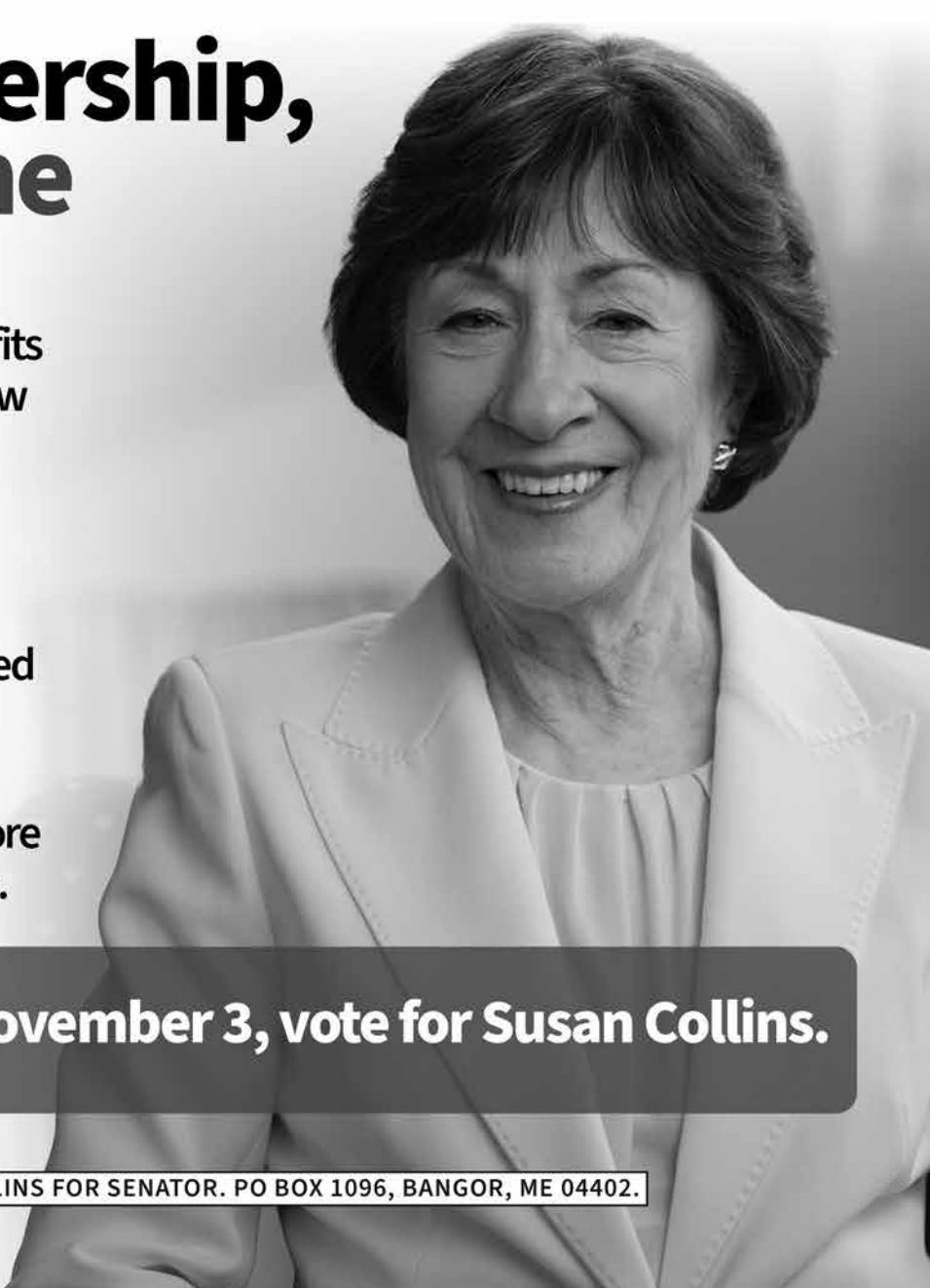
Susan Collins’ experience and leadership are making a difference for Maine.

✓ On November 3, vote for Susan Collins.

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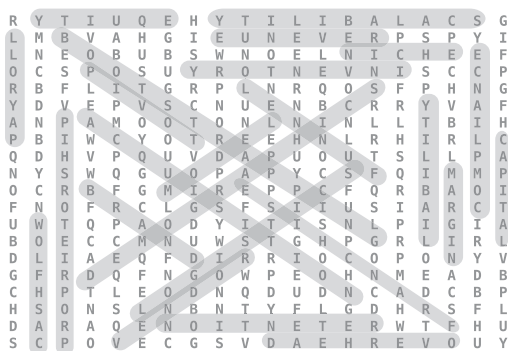
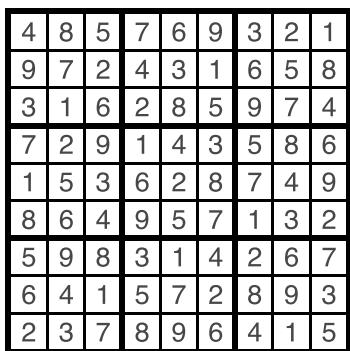
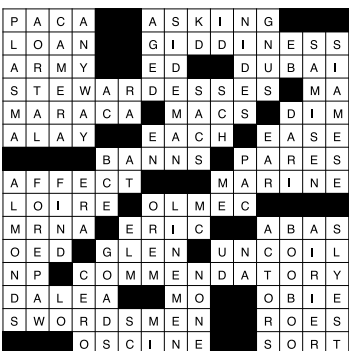
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2026 Dempsey Challenge

by Bill Van Tassel

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

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

The early Dempsey Challenge happenings featured several biking events from 25 to 100 miles for touring

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

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

There have been some minor changes to the overall event. It has been condensed into a one-day occurrence, with a special awards ceremony and dinner the evening before to thank the major fundraisers. The biking



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

distances are now 64, 50 and 25 miles, along with 5-K and 10-K running events. The Challenge remains a large crowd draw for both the fundraising participants as well as the curious visitors.

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

the work of many willing volunteers.

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



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

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