

Can you find Coop?



Coop is hiding somewhere in this publication...

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



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Hilltop Heights
Rangeleys Newest Event Center

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Big success collecting school supplies



Submitted photo

Left to right: Harriet Bryant, Amy Washburn, Betty Price, Nancy Misiaszek and Lisa Nelson.

MADISON - Over the years, the American Legion Auxiliary Unit 39 Madison has supported community programs like Children and Youth, organizing school supply drives for several years. The drive included backpacks, pens, pencils, markers, notebooks, binders, crayons, colored pencils, and this year, helping teachers as well with disinfectant wipes, tissues, post it notes, and so much more. Thanks to the generous donations from members, the unit and the local

communities, they provided over \$1,300 worth of school supplies to 7 schools in the MSAD #59 (Madison) and RSU #74 (Anson) Districts! American Legion Auxiliary members have dedicated themselves for over a century

to meeting the needs of our nation's veterans, military and their families both here and abroad. To learn more about the Auxiliary's mission or to volunteer, donate or join, visit www.AL4forveterans.org or www.mainelegionpost39.org

org or contact Robin Turek, President - American Legion Auxiliary Tardiff-Belanger

Unit 39 - PO Box 325 - Madison, ME 04950; robinturek@gmail.com; or 696-8289

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

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

for a long time.”
She assured him that, no, Nani was not arrested and is not in jail. She’s fine! (and the last person that would go to prison!)
We will see each other very soon!
-Susan Murphy, Augusta

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Maine Calendar

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October

Oct 29, 30 & Nov 1 - Trails of Terror, 6-9 p.m., 152 Camp Tracy Meadows, Oakland, spooky thrills, Halloween fun, scares, and children’s areas too; admission varies; concessions available; <https://www.clubaycc.org/events/>.

November

Nov 13 - 4:30-6:30 pm: Community Dinner, @ AYCC, 126 North St., Waterville - FREE Community turkey dinner with all the fixings | <https://www.clubaycc.org/events/>

Nov 14 - AYCC Pickleball Tournament, 9:00 a.m., AYCC, 126 North St., Waterville, play doubles in a round-robin format with top teams advancing to championships, <https://tourneymachine.com/E186258>

Nov 20 & 21 - Festival of Trees, 10:00 a.m. -7:00 p.m., KVCC, 92 Western Ave., Fairfield, purchase tickets to win your favorite beautifully decorated tree w/prizes, 50/50, and more, fantastic holiday tradition, <https://festivaloftreesmaine.net/>

Nov 22 - Festival of Trees, 10:00 a.m. -5:00 p.m., KVCC, 92 Western Ave., Fairfield, purchase tickets to win your favorite beautifully decorated tree w/prizes, 50/50, and more, fantastic holiday tradition <https://festivaloftreesmaine.net/>

Nov 27 & 28 - Festival of Trees, 10:00 a.m. - 7:00 p.m., KVCC, 92 Western Ave., Fairfield, purchase tickets to win your favorite beautifully decorated tree w/prizes, 50/50, and more; fantastic holiday tradition. <https://festivaloftreesmaine.net/>

Nov 29 - Festival of Trees, 10:00 a.m. - 4:00 p.m., KVCC, 92 Western Ave.,

Fairfield, purchase tickets to win your favorite beautifully decorated tree w/prizes, 50/50, and more; fantastic holiday tradition. <https://festivaloftreesmaine.net/>

MONTHLY MEETINGS

SOUTH PARIS: South Paris Farmers’ Market, Thursdays 2-6. p.m., 9 Market Square in the parking lot right next door to Oxford Hills Mercantile/Ollie & David’s.

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.

NORWAY: Craft & Chat at the Cancer Resource Center, Mondays 1:00 – 3:00 p.m., drop in and explore your creative side and meet new friends at the same time, all supplies are provided, no pre-registration is required.

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

NORWAY: Wellness Share at Center for Healing Arts, 2nd Saturday of each month, 10 a.m. to 2 p.m., 180 Main St., Norway, free event offering Reflexology, Massage, and more, FMI call Charlotte LaBelle – 207-890-2177.

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

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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@hwa.org.

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

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

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

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

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

SKOWHEGAN: St. Anthony’s Soup Kitchen, 273 Water Street, 1st and 3rd Tuesdays of each month and every Thursday, 3 p.m. to 4 p.m. For more information or to help: (207) 474-2039.

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.

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.

POSTPONEMENTS
None listed.

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

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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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.

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What’s the Difference?

Find the four differences between the two pictures.

A



B



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

THIS DAY IN HISTORY



1682: Philadelphia is founded in the Commonwealth of Pennsylvania.

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

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

NEW WORD

PEEL

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

Food FACT:

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

Answer: Pizza

How they say that in...

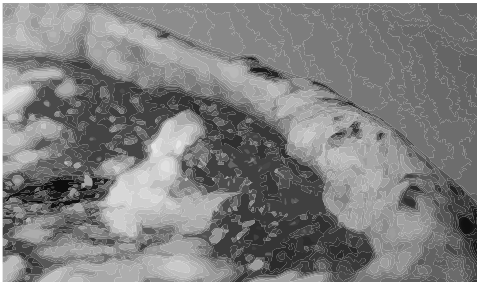
English: Sauce
Spanish: Salsa
Italian: Salsa
French: Sauce
German: Soße

Did You Know?

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



Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Pizza

Crossword

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.)
- 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”



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 T O N L N I N L 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/June 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 - June 22/July 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 - July 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.

SELF-HELP TIPS

by Dr. Anna Staehli Wiser



Anna Staehli Wiser
DPT, FAAOMPT,
Dip. Osteopractic,
Cert. SMT, Cert. DN

By: Anna Staehli Wiser,
DPT, FAAOMPT

Many people think swollen legs are simply an inconvenience. Others assume aching feet, stiff ankles, or sore knees must be caused by arthritis or a muscle injury. While musculoskeletal problems are certainly common, the vascular system is often an overlooked contributor to lower extremity pain. Our veins are responsible for returning blood from the legs back to the heart. Unlike arteries, veins must work against gravity. They rely heavily on two important mechanisms: one-way valves inside the veins and the “muscle pump” created by contracting leg

Healthy veins, healthy legs: Why movement and compression matter

muscles during movement.¹ When either of these systems becomes less effective, blood and fluid can begin to pool in the lower legs.

Why Fluid Builds Up

Gravity constantly pulls fluid toward the feet. Walking, climbing stairs, and even simple ankle movements activate the calf muscles, which squeeze the deep veins and propel blood upward toward the heart. This process is often referred to as the calf muscle pump and is sometimes called the body’s “second heart.”¹ When we spend prolonged periods sitting or standing still, this pump becomes less active. Blood flow slows, venous pressure rises, and fluid can leak from the blood vessels into the surrounding tissues. Over time, this can lead to swelling,

heaviness, fatigue, and discomfort in the legs.²

When Swelling Looks Like a Joint Problem

- Excess fluid doesn’t simply make the legs look swollen—it also changes how the tissues function. Fluid accumulation increases pressure within the soft tissues surrounding joints and tendons. This increased tissue pressure can contribute to:
- Aching feet
 - Stiff ankles
 - Generalized knee discomfort
 - A feeling of heaviness in the legs
 - Reduced mobility and endurance

Patients sometimes assume these symptoms are caused entirely by arthritis, tendonitis, or “getting older.” In reality, venous congestion may contribute significantly to their discomfort. Improving

circulation often reduces pain while also improving mobility.

Movement Is Medicine for Your Veins

One of the most effective treatments for mild venous insufficiency is also one of the simplest: regular movement. Frequent muscle contractions help empty the veins before blood has an opportunity to pool. Walking is particularly effective because each step activates the calf muscle pump.³

Helpful habits include:

- Walking several times throughout the day
- Taking movement breaks every 30–60 minutes when sitting
- Performing ankle pumps while traveling
- Heel raises during prolonged standing
- Regular aerobic exercise

These simple strategies help reduce venous pressure while improving circulation throughout the lower extremities.

Compression Isn’t Just for Older Adults

Compression stockings are commonly associated with older adults or individuals who spend long hours standing at work. However, compression garments are increasingly used by athletes as well. Graduated compression garments apply the greatest pressure around the ankle, with gradually decreasing pressure higher on the leg. This external support gently narrows the veins, helping the one-way valves close more effectively and improving the return of blood toward the heart.²

Why Athletes Benefit

During vigorous exercise, working muscles require increased blood flow. As exercise intensity increases, muscles temporarily swell due to increased blood volume and fluid shifts into the surrounding tissues.

Although this “muscle pump” greatly improves venous return during activity, the enlarged muscles also create greater pressure within the compartments of the lower leg. In some individuals—particularly those who perform frequent high-impact training, heavy resistance exercise, or endurance sports—this repeated increase in tissue pressure may contribute to venous wall stress and progressive vein dilation over time, especially in people who are genetically predisposed to varicose veins.⁴

Graduated compression garments help by:

- Supporting the superficial veins
- Limiting excessive fluid accumulation within the tissues
- Reducing venous pooling after exercise
- Potentially decreasing post-exercise soreness and feelings of leg fatigue⁵

Research suggests compression garments have only modest effects on athletic performance itself, but they appear to provide greater benefits for recovery, comfort, and management of exercise-induced swelling.⁵

Who May Benefit from Compression?

- Compression garments may be appropriate for:
- Individuals with chronic leg swelling
 - People with varicose veins
 - Occupations requiring prolonged standing
 - Frequent travelers
 - Endurance athletes
 - Individuals recovering after prolonged inactivity

Because compression garments are available in different pressure levels, anyone with significant vascular disease, diabetes, peripheral arterial disease, or unexplained leg swelling should first consult their healthcare provider before beginning

compression therapy.

The Bottom Line

Healthy movement keeps your veins healthy. Whether you’re sitting at a desk, standing all day, or training for your next race, your veins depend on regular muscle activity to keep blood moving efficiently. Walking, calf strengthening, and periodic movement throughout the day are some of the most effective—and least expensive—ways to support vascular health. Compression garments can provide an additional layer of support for many individuals by improving venous return, reducing swelling, and decreasing feelings of leg fatigue. While they are not a cure for venous disease, they are a valuable tool when combined with regular exercise and healthy movement habits. Sometimes healthier legs begin not with treating the joints—but by improving the circulation that supports them.

References

1. Recek C. The venous pump of the calf. *Angiology*. 2010;61(6):543-552.
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Bob Sullebarger Announces Candidacy for Maine Senate District 5



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

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

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

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

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

How We Start to Turn This Around

• Get the money out of politics at every level, to restore the power and influence of regular people over the

very wealthy and corporations.

• Take bold action to dramatically increase the supply of housing, so families can afford to build their lives — and retire with dignity — right here.

• Deliver property tax relief and reform, so rising valuations don’t force longtime residents out of their homes — including a tax structure that shifts more of the burden onto out-of-state buyers of expensive waterfront and seasonal homes, who are driving up valuations, not onto ordinary Mainers.

• Boost access to healthcare: prevent hospital and clinic closures, solve staffing shortages, train more healthcare workers, and reform MaineCare to improve access without discouraging work.

• Invest in career-ready education that creates immediate opportunity — training plumbers, electricians, healthcare workers, teachers, and logging equipment operators.

• Create jobs by building a business environment where investors and entrepreneurs see solid opportunity, backed by a well-skilled workforce.

• Protect Maine’s working land economy — farms and forests alike — with land-access and succession programs for young farmers and loggers, incentives for value-added and agritourism ventures that keep more revenue on the land, and conservation tools that keep it in active, working use, not development.

“I got into this race because I want to help bring real positive change to our communities who desperately need it,” Sullebarger said.

“To make that happen, we need a government that answers to real people, not to

whoever writes the biggest check.”

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

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

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

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

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

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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



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Metro photo

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.
- 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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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 hor-

OCTOBER IS
Breast Cancer
AWARENESS MONTH



- STAY ACTIVE
- EAT HEALTHY
- AVOID TOBACCO
- LIMIT ALCOHOL
- GET SCREENED
- KNOW THE RISKS

mone 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.

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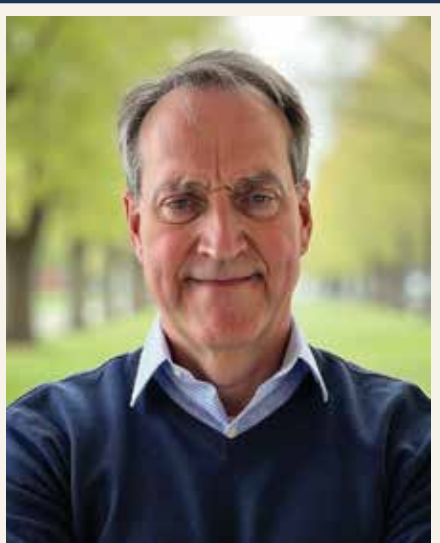
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Housing

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Healthcare

Stop the closures of our hospitals and clinics. Recruit and retain the staff we have. Move Maine to Universal Health Insurance.

Education

Fully fund our school systems and vocational training — and improve outcomes.

Farms & Forests

Keep Maine’s farms and forests working — with land access for young farmers and loggers, support for value-added and agritourism businesses, and conservation that keeps land in use, not developed.

Tax Relief for Rural Mainers

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

Jobs

Attract investment and businesses here by investing in roads & bridges, water, sewer, broadband, affordable power and workforce training.

No to Data Centers

Pass the moratorium on new AI data center projects. Set guardrails for AI in a way that benefits all of us, not just the tech companies and their investors.



Getting big money out of politics

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MOVIE REVIEW

by Lucas Allen

PRIMETIME

(A24)

Cable TV went through a different kind of zeitgeist with the reality TV boom of the 2000’s. One of those popular shows is depicted in the new drama “Primetime,” about that great chase for fame and fortune for some involved. The film’s director is Lance Oppenheim, and the writer is Ajon Singh, who adapted it from an article titled “Tonight on Dateline, This Man Will Die” written by Luke Dittrich.

Working for Dateline NBC, journalist Chris Hansen (Robert Pattinson) and his producing partner Andie (Merritt Wever) create a series for the network called “To Catch a Predator,” where they catch pedophiles in the act by setting them up with their supposed “victims” they met online, but played by young adult actors. As the show becomes an instant hit, a young actor named Dan (Skyler Gisondo) auditions to play the decoy, and he soon joins Andie with consulting activist Xavier (Matthew Maher) and another decoy actor named Del (Phoebe Bridgers). Though his first experience with a target (former child star Jonathan Lipnicki in a revealing cameo) was unexpected, Hansen encourages him to shine in his role.

Meanwhile, Hansen faces a moral crisis when his extramarital affair is spotted by the paparazzi just when his marriage to his wife Mary (Anna Faris) is already falling apart. Not to mention, doing the show has him vying for some bigger fish to catch for the sake of ratings since the show is play-

ing opposite ABC’s juggernaut “Lost.” He soon finds what he is looking for when his team finds an online chat linked to a Texas district attorney (Alex Winter) and gets help from the local sheriff (Bokeem Woodbine) in a sting operation, but at what cost?

This is not the kind of movie that tries to tell its true story faithfully with only a few embellishments, but it instead tells its story differently without trying to bore the viewer. In fact, that is what makes it a fascinating film to watch when it is more about Hansen’s detachment from reality chasing that goal he wanted. Not only that, but it also shows how that kind of self-imposed need to succeed can have a negative consequence on those around him.

The movie also focuses on Dan’s unpredictable journey of his own. His struggle to understand the world he has dropped himself in is actually very relatable and well-written. Anyone who has ever landed a dream job or dealt with an increasingly difficult boss can identify with the young character.

Surprisingly, the whole story plays out like an arthouse psychological thriller with its dream-like atmosphere and suspense. A good majority of the film comes from Hansen’s perspective as we watch his growing paranoia, and selfish behavior consumes him to the point his moral compass shifts away from him. Throughout this nearly two-hour film, we are witnessing the mental descent of an ambitious personality, but

we are also seeing an interesting contrast between him and Dan as they each find their breaking point during the last act. Whether or not you would agree with the way it unfolds, it’s still a brilliant exercise in ambition and insanity that only a dark Hollywood tale can be told.

Along with his supporting role in last summer’s The Odyssey, Pattinson is certainly heading for Oscar glory, especially with his excellent portrayal of Hansen. His sense of urgency and maddening expressions in his facial language enhances his very layered performance. Extra attention also goes to Gisondo for giving us different sides of his character throughout his whole arc plus Wever for finding something deeper with her character’s own morality. The smaller actors also deserve some notice for adding more to the story’s depth between Woodbine’s Texan humor and Winter’s underlying moodiness.

While it’s sure to divide audiences, Primetime explodes with such intensity about the consequences of fame and exploitation. Give it a chance, and maybe you’ll find something out of it the next time you watch your favorite reality TV program.

THE MOVIE’S RATING: R (for disturbing sexual material, graphic nudity, some violent content, and language)

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

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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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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 Seabcoook Valley Hospital Monday - Friday 7:30am - 4:00pm Outside of these days and times, screenings are available by advance appointment
RAYUS Radiology Auburn Monday - Friday 9:00am-5:00pm
RAYUS Radiology Brunswick Monday - Friday 9:00am - 5:00pm
RAYUS Radiology Rock Row Westbrook Monday-Friday 8:00am-5:00pm
RAYUS Scarborough Monday and Tuesday 7:00am-6:00pm, Wednesday and Thursday 7am-5pm, Friday 7:00am -6 :00pm and Some Saturdays available (hours vary)
Redington-Fairview General Hospital 5 days a week 7:00am to 4:30pm

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

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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.

MAINE OUTDOORS

v. Paul Reynolds

THE SALMON PARADOX

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

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

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

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

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

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



Photo by Fred Hurley

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

rebuilding program extending at least through 2030.

On the New Brunswick Rivers, the salmon situation is a mixed bag. On the Miramichi River, which is arguably the most well-known, juvenile Atlantic salmon of all age classes in the four principal Mi-

ramichi watershed rivers have declined significantly over the past 12 years. That river is in trouble, and today the fishing is in stark contrast to what it was in the days when my Dad salmon fished with the famous Red Sox hitter Ted Williams and came home with salmon for the freezer and lots of snapshots for the family album.

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

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

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

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

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

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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

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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!

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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.

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Maine Needs Checks and Balances

For eight years, one party has held every key in Augusta: the Blaine House, the House, and the Senate. Whatever your politics, that is not how Maine’s tradition of independent-minded governance was meant to work. Mainers prize a good argument, a second opinion, and a hard look at a bill before it is signed.

The result of one-party control shows up in the budget. The two-year General Fund budget has grown by over 60% since 2018-19. The 2026-2027 budget was enacted at \$11.65 billion with another \$500 million added in a supplemental supported solely by one party. The limit meant to keep spending growth in line with Maine incomes has been suspended for three straight fiscal years by

simple majority vote. Further, in the 131st Legislature, the Democrats voted to repeal the local property tax increase cap that has been in place since January of 2005 with the passage of LD 2102. Maine families do not get to suspend their limits when heating oil, groceries, and property taxes climb. They should at least get to veto any excessive property tax increases proposed by their towns.

November 3 is our chance to change that, and it comes down to turnout. Republicans and unenrolled voters make up a majority share of Maine’s electorate. They have the numbers to rebalance the State House, but only if they show up. Every legislative seat is on the ballot, and many races are decided

by a few hundred votes. A neighbor who stays home can matter more than any campaign ad. Make a plan. Check your registration. Request an absentee ballot or vote early. Offer a ride to an older neighbor, remind a coworker, text a cousin who “hasn’t gotten around to it.” Unenrolled voters, your independence is your leverage. Use it to demand restraint in spending and relief for taxpayers.

Divided government isn’t gridlock. It is how budgets get scrutinized and taxes get a second look. Eight years is long enough. Vote by absentee ballot, early in person or on November 3, and bring someone with you. The future of Maine depends on it. *Paid for and authorized by Jack Ducharme.*



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