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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

Lawrence Homecoming Parade



Photos by Ramey Stevens/Central Maine Photography Staff
Players from Lawrence Junior High Soccer



Cheerleaders from PAL Sonny's Pizza .



Yankee Trophy Cheerleaders



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

Name: _____

Address: _____

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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

2026

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: Sacopee 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 Wyer 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 please refer to maineafg.org)

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

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

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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Matt Townsend: Putting people over party in District 67

I would like to introduce myself. I am Matt Townsend. I am a long-time resident of Fairfield. I grew up in rural Maine working on my family’s dairy farm. I have worked here for almost three decades as a veterinarian, taking care of farmers and their livestock and my neighbors with their cats and dogs. I am a loving husband and father of four incredibly strong daugh-

ters. I am involved in our community as a volunteer, a town councilor and a small businessman. My life has been hard work and service, and now I want to serve Fairfield and Benton – HD67, in the Maine House of Representatives.

As I have driven around the district for the past four months knocking on over 1500 doors and the discussions are very similar. Peo-

ple feel that Augusta is not working for them. It has become so divided that difficult issues are not being addressed. Taxes, property tax reform, healthcare, education, childcare, housing, infrastructure, small business creation, and the horrible contamination of our water with forever chemical (PFAS) are the issues I hear over and over again. People are scared. People are frustrated. Peo-

ple are working hard and doing their best, but they are falling behind. They do not want a handout, but they want a hand up and a fair shake. It is time we put people over party and work hard in Augusta for the people who sent us there. I will work hard for you, and I will listen to you. We do not want to just survive; we want to thrive! I ask you to send me to Augusta to work for you.

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Shawn shows up

In modern politics, showing up usually means standing behind a podium for twenty minutes, offering a few practiced talking points, and leaving before the real work begins. Shawn Packard does it differently.

When public parks in Waterville and Winslow became littered with discarded syringes, Packard didn't just draft a press release or post a complaint online. He grabbed heavy-duty gloves, protective buckets, and trash grabbers, organizing community needle cleanups to clear hazards off the streets where local kids play.

That hands-on presence is the cornerstone of his campaign for Maine House District 64. (Winslow and Waterville). Whether it's clearing neighborhood streets, managing client deadlines, or advocating for local youth, the defining theme of Packard's life is simple: Shawn shows up.

Shawn Packard, candidate for House District 64. Source: Facebook

Born from Resilience, Driven by Purpose

Packard isn't a life-long politician groomer; he's a guy whose resilience was forged in Maine's foster care system. Experiencing the system firsthand gave him an insider's view of how state institutions can fail vulnerable children and what it takes to bounce back.

Rather than letting early hardships dictate his life, Packard pursued higher education, earned his master's degree and built Red Claw Media from the ground up. Today, it

stands as Central Maine's top video production agency. Managing payroll, client balances, and strict deadlines taught him practical business discipline, a perspective often missing in state government.

Why Shawn Packard Is Running

For Packard, running for office isn't about climbing a political ladder—it's about bringing accountability and action to Augusta. He sees a disconnect between career politicians and the day-to-day realities facing working families in Winslow and Waterville. "I'm here to protect our kids, our communities, and our Maine values."

— Shawn Packard

His campaign rests on four key pillars:

- Practical Foster Care Reform: Overhauling state programs to ensure Maine's most vulnerable children receive real support, safety, and pathways to success.
- Small Business & Economic Growth: Bringing a business owner's mindset to state spending, cutting unnecessary red tape, and supporting workforce training through local technical centers.
- Public Safety & Community Health: Addressing drug addiction and homelessness with firm accountability and compassionate, ground-level solutions rather than passive policy debate.
- Protecting Maine's Heritage: Preserving natural resources while defending property rights and supporting

working-class families across District 64.

What Makes Him Different?

Politics is full of people who talk about issues. Packard is focused on fixing them.

1. Action Over Rhetoric Organizing needle cleanups isn't standard campaign strategy—it's dirty, unglamorous work. But for Packard, leadership is demonstrated in actions long before election day.
2. A Business-Minded Mindset Running a successful production company requires fiscal discipline, clear communication, and delivering results on time. Packard treats state taxpayer dollars with the same care and scrutiny required to keep a private business running smoothly.
3. Uniting Beyond Party Lines Packard's supporters include local leaders, business partners, and residents from across the political spectrum. His focus remains on local, practical results rather than hyper-partisan squabbling.

When it comes to the future of Winslow and Waterville, District 64 needs more than promises. It needs someone who understands local struggles, runs a local business, and steps up when work needs to be done.

When the community needs help, Shawn shows up.

Paid for by Shawn Packard.



SHAWN SHOWS UP



Paid for by the candidate.



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 quadraped
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”

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 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/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.

MOVIE REVIEW *by Lucas Allen*

DIGGER

(Warner Bros. Pictures/Legendary Pictures)

Oscar-winning director Alejandro G. Iñárritu has wowed both critics and audiences in the past for his heavy storytelling and complex characterization in his films “Birdman” and “The Revenant.” This time, he is bringing in one of Hollywood’s biggest stars for his most ambitious film yet with “Digger.” Billed as “a comedy of catastrophic proportions,” this movie also offers an unexpected way of telling its story that the previews do not explicitly show.

Oil magnate Digger Rockwell (Tom Cruise) wakes up one morning caring for his dying old cat when he gets the news that his company’s drilling equipment in Greenland exploded, causing a block of ice to crack and drift into the ocean. His environmental adviser Dr. Ganesh (Riz Ahmed) warns him that the giant ice will soon land somewhere off the coast of Norway and cause a potentially devastating tsunami. Soon, US President Compson (John Goodman) advises with his military staff that the man who created the problem will have to solve it before the disaster gets worse. Not to mention, this is starting to affect Rockwell’s future with his family’s wealth and business as he is fighting with his half-sister Emma (Sandra Huller) over everything.

In reality, it’s all part of a play called “Fossil Fools” based on those events currently in a crucial dress rehearsal before opening night being directed by Hannah (Sophie Wilde) and produced by Rockwell’s grown nephew Kenny (Jesse Plemons). However, the actor playing Digger (Cruise basically playing himself, for the most part) is more worried about whether or not his daughter will ever make it to the show when her flight is threatened by a hurricane.

Although the movie wanted you to be invested in the play-within-a-film, this whole subplot combined with what this “play” shows will likely confuse and infuriate audiences who wanted more of a straightforward story. There are moments when there are props suddenly falling, and the sets suffer some leaking, which will leave some viewers wondering if it is all part of a performance and not just some filmed outtakes. It is also very easy to be taken out of the story when the camera keeps moving to let us see some rotating sets, on-stage crews working in the background, and some elaborate effect work being shown. It makes one wonder why bother telling this story as a play when all they wanted was to watch a movie they were promised in the advertisements.

It seems Iñárritu (who co-wrote the script with three other writers) was trying to find a balance of themes between the movie’s two halves. The main play uses the effect of climate change and its political repercussions to try to satirize today’s issues, while the other half is basically trying to make a commentary on satire vs. farce when actually retelling those events. It is admirable, but it is done in such a wobbly manner that it loses its point(s) midway through the film, and it becomes an unbearable farce. That alone makes an already overlong two-hour film more enduring when you are forced to watch the actors overact their dialogue that it becomes an unfunny parody.

One thing you could not take away from this film is how well-made and great-looking this film is, especially when

it aspires to achieve its ambitions story-wise. The sets look fantastic giving the actors the freedom to move around as they are acting like they are in an actual play. For what it’s worth, the cinematography and effects help to enhance an otherwise thin plot even if you’re still going to be sick and tired of these characters before the beginning of the third act.

Cruise commits to his role 110% under all that old man makeup with his sly Texan accent and Jim Carrey-like physical movements. As for his scenes when the play stops, he’s very good at playing it straight with the melodrama and becomes more convincing that way. Though he’s playing it over-the-top as the rest of the cast, Goodman is still fascinating to watch as a real blowhard world leader that’s teetering too close to reality. The biggest problem with the acting, however, is the noise level they raise in several scenes that’s like watching some rowdy sports fans going mental on camera.

After this movie comes and goes from theaters as quickly as its opening weekend, “Digger” will likely be remembered as a fascinating mess of star-studded entertainment. Some will find it a misunderstood masterpiece like “Joker: Folie A Deux,” while others will find it as excruciating to watch as the “Cats” movie. It’s best to wait for streaming (probably in a month or two) to decide for yourself, if you can handle the noise.

THE MOVIE’S RATING: R (for pervasive language)
THE CRITIC’S RATING: 2.25 Stars (Out of Four)

THE HEALTHY GEEZER *Fred Cicetti*

CAN YOU GET BRAIN CANCER FROM USING A CELL PHONE?

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

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

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

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

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

only established biological effect of RF radiation on the human body is minor surface heating.

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

Another indication that no cancer link exists is that cell phone usage grew exponentially over the past few decades, but rates of brain cancers remained stable over the same time frame.

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

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

The RF exposure from cell phones is measured in the Specific Absorption Rate (SAR). The SAR measures the amount of energy absorbed by the body. The SAR permitted in the United States is 1.6 watts per kilogram (1.6 W/kg). According to the FCC, this amount is much lower than the level shown to cause any changes in laboratory animals.

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

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

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

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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 ex-

cursions are successful.

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

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

- Dress for variable weather. Fall weather can be temperamental, shifting from frosty mornings to warm, sunny afternoons. Layering clothing is the best way to maintain comfort. The hiking experts at Bearfoot Theory suggest a base layer of wool fabric to wick sweat away from the skin. A middle layer of fleece or a lightweight down jacket will insulate without adding unnecessary bulk. Finally, a windproof, waterproof shell will guard against rain or high winds. Hikers should pack a warm hat, extra socks and gloves, even if the forecast predicts mild weather.
- Be prepared with supplies. Certain gear can make hiking safer. A headlamp and extra batteries; trek-



Metro photo

king 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 women, who breast feed for an extended period of time, decrease their risk for breast cancer.
- **X-ray and radiation** — Some studies show a link between some types of cancer, including breast cancer, and radiation exposure. Take caution with any type of x-rays or medical imaging and pursue only if necessary.
- **Hormone therapy** — If experiencing intolerable symptoms of menopause, talk to your doctor about holistic methods versus hormone therapy. Studies have indicated that long-term use of medications associated with hormone therapies increases the risk of breast cancer.

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

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More Lawrence Homecoming Parade fun!



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Players from Yankee Trophy Football Team.

Happy Halloween

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MAINE OUTDOORS *v. Paul Reynolds*

SAM BANQUET DRAWS BIG SPORTSMEN TURNOUT

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

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

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

The following awards were presented:

1. The Jason Jewett Youth Lifetime License Award. This year more than 36 lifetime fishing licenses were awarded to deserving youngsters. So far, SAM has given out more than 600 of these lifetime fishing licenses to deserving youngsters.
2. The SAM Lifetime Achievement Award was presented to U.S. Senator Susan Collins for her many efforts on behalf of Maine sportsmen and women.
3. The SAM Outdoor Education Center Volunteer Award went to Brent St. Clair.



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

4. The SAM Sporting Club of the Year Award was presented to the Monmouth Fish and Game Association.
5. Bob and Andrea Howe Veteran Volunteer Award went to John and Amy Oliveira.
6. The Legislative Service Award was presented to State legislators Billy Bob Faulkingham and Trey Stewart.
7. The Special NRA Second Amendment Award went to Andrea Beckwith.
8. Tim Peabody, Maine’s Acting Commissioner of the Maine Department of Inland Fisheries and Wildlife, presented The Annual Flyrod Crosby Award to conservation



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

activist Matt Scott for his significant efforts in promoting clean water in Maine’s lake and river system. Scott is a former Deputy Commissioner of the Maine Department of Inland Fisheries and Wildlife.

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

Waterville resident Emiko Peck completes intensive research project

Worcester, MA – Emiko Peck, a member of the class of 2028 majoring in Mathematical Sciences at Worcester Polytechnic Institute (WPI), was a member of a student team that recently completed a professional-level, research-driven project titled Bass Harbor Lighthouse Overlook E26.

Known as the Interactive Qualifying Project (IQP), this project is a core part of the innovative undergraduate experience at WPI. Centered around project-based learning, this hands-on approach offers students opportunities to work in interdisciplinary teams to help develop thoughtful solutions to open-ended problems. These real-world problems affect the quality of life for people in the communities where students work, giving students a chance to make a difference in the world before they graduate. All

WPI undergraduates are required to complete an IQP, usually in their junior year, through which they apply science and technology to address an important societal need or issue. An intensive hands-on experience, an IQP is instrumental in students’ development of personal, professional, and technical skills that last throughout their careers. About two-thirds of WPI students complete their IQP at one of the university’s 50+ off-campus project centers located in more than 30 countries around the world.

“WPI’s project-based curriculum engages students as agents of positive change in the world. Working to connect their STEM expertise with humanistic inquiry, community engagement, and robust social science methods, the IQP invites students into a global community to apply their knowledge and to solve problems,” said Sarah Stanlick, associate dean of The Global School. “Students are immersed in all aspects of place at our Global Projects Centers - ethics, culture, food, and nature

- building their own core of global intercultural competence and cultural humility. They also learn

the meaning and magic of teamwork; make a real and meaningful difference in their host commu-

nity; and gain a competitive edge for any resume, or graduate or professional school application.”



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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.

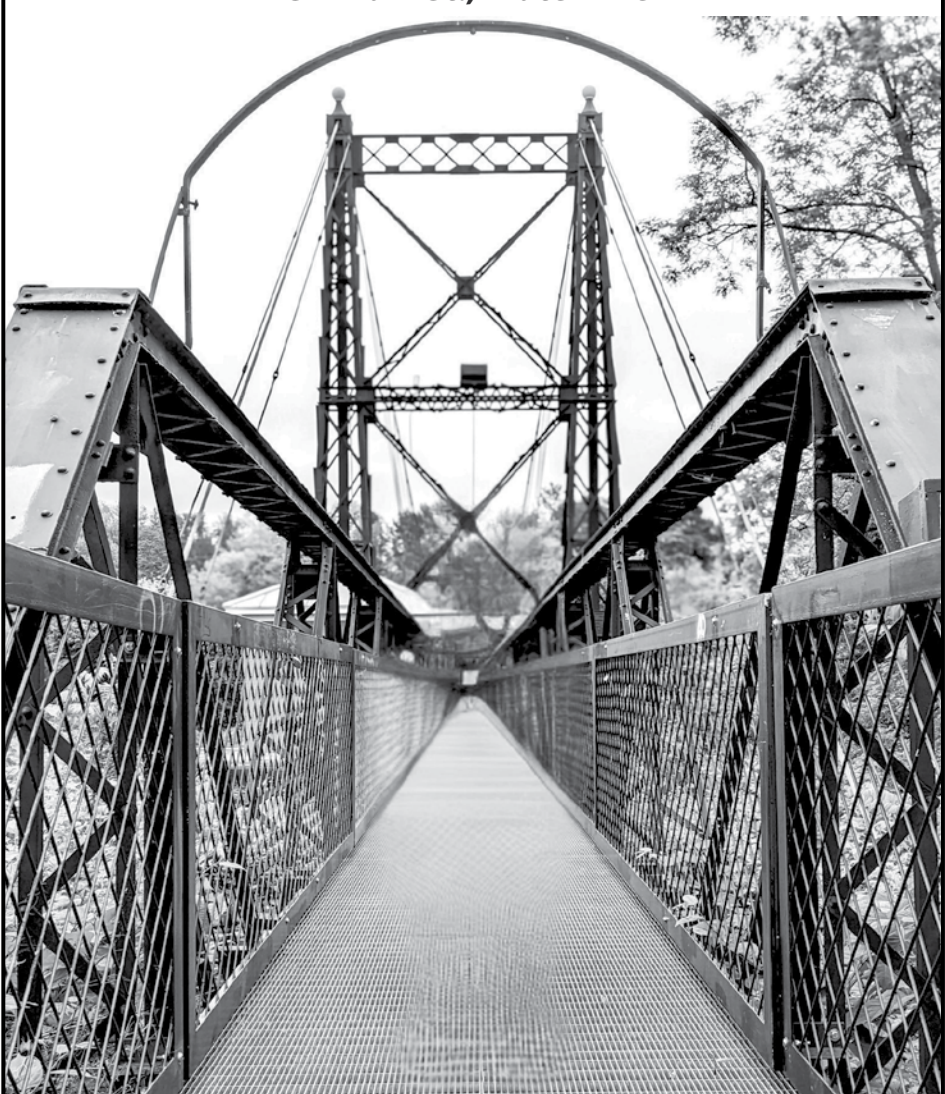
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November is Lung Cancer Awareness Month ~ National Lung Cancer Screening Day is November 14th

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

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

STUDENT NEWS

SNHU announces Summer 2026 Dean’s List

Manchester, NH -- Sydney Steward, of Anson, has been named to Southern New Hampshire University’s (SNHU) Summer 2026 Dean’s List. The summer terms run from May to August.
Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named to the Dean’s List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.

Isabella McGlashing named to Spring 2026 Dean’s List

Boston, MA -- Isabella McGlashing, of Mercer, has been named to the Spring 2026 Emmanuel College Dean’s List.
To earn a spot on the Dean’s List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester.

Shenandoah University’s Quinn earns ODAC All-Academic Honors

Winchester, VA -- Shenandoah University Athletics set a new department record with 366 student athletes selected to the 2025-26 Old Dominion Athletic Conference’s All-Academic list announced by the league on July 17. Elizabeth Quinn, of Skowhegan, was among the Hornets to earn the honor.
Shenandoah, which bested its previous record of 355 honorees set last year, ranked second in the conference in total honorees, trailing only Washington & Lee (549). To qualify for ODAC All-Academic honors, student-athletes must earn a cumulative 3.25 GPA or higher during the academic year.

SNHU announces Summer 2026 President’s List

Manchester, NH -- It is with great pleasure that Southern New Hampshire University (SNHU) congratulates the following students on being named to the Summer 2026 President’s List. The summer terms run from May to August.
Full-time undergraduate students who have earned a minimum grade-point average of 3.700 and above for the reporting term are named to the President’s List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring, and summer.
Kimberly White of Skowhegan, Victoria Fortier of Madison, Philip Watson of Skowhegan, Geoffrey Burdo of Skowhegan and Amber Quiron of Cornville.

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 last-

ing 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.

Enter If You Dare: Trails of Terror returns for another fright-filled weekend of haunted fun

WATERVILLE – The scares are back and more terrifying than ever as the Alford Youth & Community Center (AYCC) invites brave souls to experience the annual Trails of Terror, a spine-chilling Halloween attraction that transforms the organization’s outdoor camp trails into a horrifying journey through darkness, suspense, and unexpected encounters.

Taking place later this month, Trails of Terror has become a favorite seasonal tradition for thrill-seekers from across Central Maine. Participants will venture into the woods where eerie scenes, frightening characters, and surprises around every turn create an unforgettable Halloween experience.

While Trails of Terror delivers heart-pounding thrills for those who love a good scare, the AYCC also recognizes that Halloween fun looks different for everyone. Families with younger children can enjoy Halloween Village, a festive, notso-spooky celebration featuring candy, themed activities, and family-friendly fun led by our childcare staff. Together, the two events create Halloween experiences for community members of all ages and comfort levels.

“This event is all about bringing our community together for a fun, immersive Halloween experience,” said Patrick Kearns, Camp and Trails of Terror Director. “Whether you’re a fan of the super scary or the cuter side of Halloween, we’re excited to deliver a night full of thrills, screams, smiles, giggles, and memories.”

- Guests can expect:**
- A haunted trail experience in the woods at McGrath Pond
 - Live scare actors and themed scenes on the trails
 - Surprises around every corner
 - Family-friendly Halloween fun for all ages

In addition to welcoming visitors, the AYCC is also seeking volunteers to serve as scare actors and support staff. Community members who enjoy Halloween, theater, or simply making people scream with laughter are encouraged to get involved.

“Trails of Terror wouldn’t be possible without our incredible volunteers. We welcome anyone who wants to help create a memorable experience for hundreds of guests while having a great time themselves.”

Event proceeds support scholarships that help youth attend summer camp opportunities at Camp Tracy Day Camp, Specialty Camps, and New England Sports Camps.

Details:
Event: Trails of Terror
Dates & Times: October 30 & 31 and November 1 from 6:00-9:00 pm
Location: Camp Tracy’s Lodge at McGrath Pond, 152 Camp Tracy Meadows, Oakland
Admission: Sold at the event & includes both the Trail & Halloween Village
Groups of four \$40 | Adult (13+) \$15
Youth (under 12) \$10 | Children under age 3 \$0
Concessions: available for purchase
Volunteers Needed: <https://bit.ly/3TGTR0d>
Event Details: <https://bit.ly/4B0tmUQ>
Media Contact: Patrick Kearns, Camp Director | 207-873-0684 | camps@clubaycc.org

About the AYCC: The Alford Youth & Community Center (AYCC) is a leading nonprofit community center in Waterville, Maine, dedicated to strengthening youth, families, and the greater community through impactful programs in youth development, health and wellness, education, and recreation. As the only fully merged Boys & Girls Clubs and YMCA in the world, the AYCC uniquely combines the missions and resources of both movements to deliver innovative programs that empower young people, support families, and foster lifelong well-being. Serving thousands of individuals each year, the AYCC provides a welcoming, inclusive hub where children, teens, and adults can learn, grow, stay active, and build meaningful community connections.



Submitted photo

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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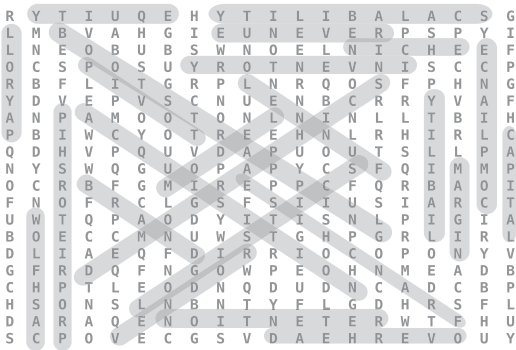
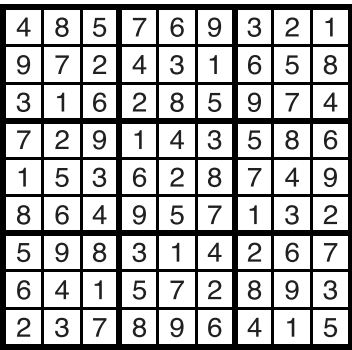
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Dip into this at your halloween party

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

Halloween Dip With Carrots and Canapes

Makes 4 servings

FOR THE DIP:

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

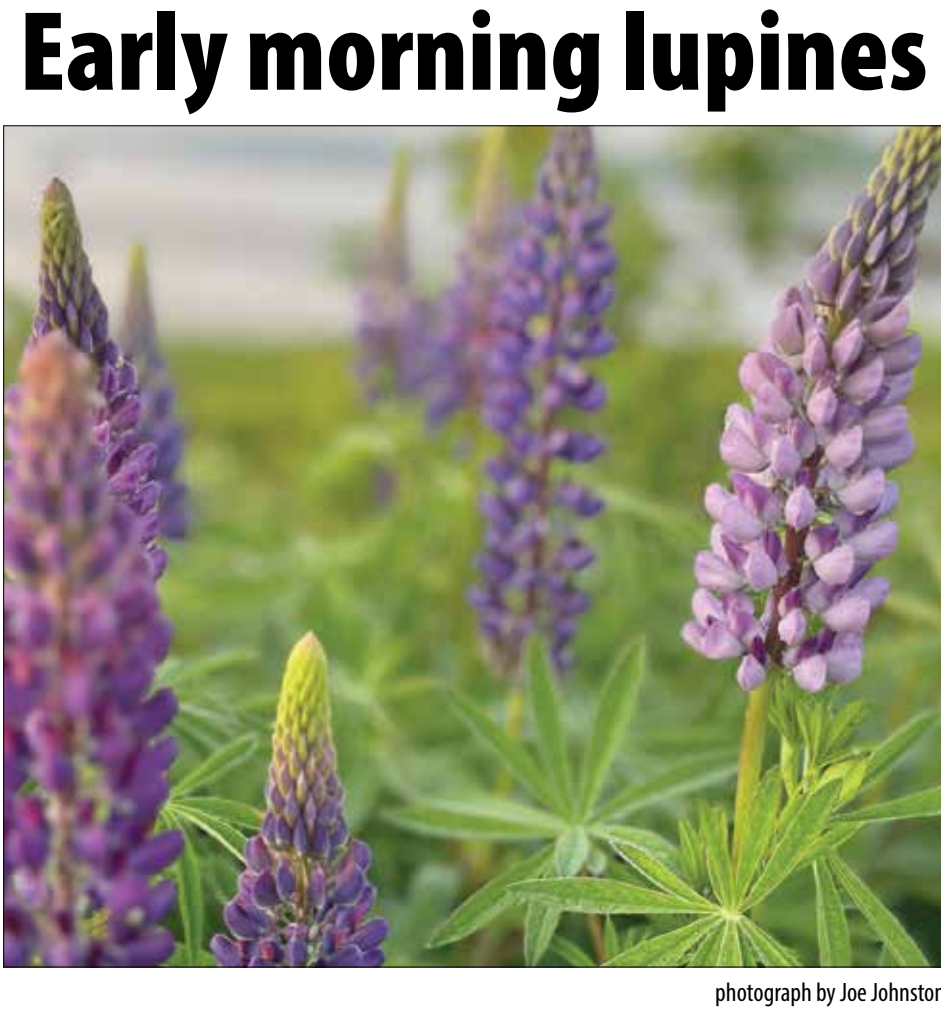
TO SERVE:

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



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

Metro



Early morning along the Narragausgus River in Millbridge

photograph by Joe Johnston



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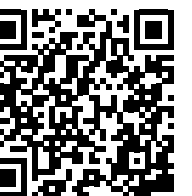
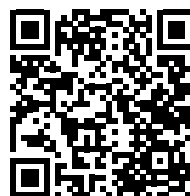
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Colton Walkers courageous journey: From leukemia diagnosis to a bright future

By Mark Huard

OAKLAND - What began with a mother's concern in the spring of 2019 became a life-changing journey for Colton Walker and his family. Colton had just turned four when his mother, Ashley Horne, noticed dizzy spells, a loss of appetite and energy, and unusual paleness. Blood work revealed a dangerously low count, prompting an urgent trip to Portland for a blood transfusion.

The Maine Children's Cancer Program arranged a consultation and bone-marrow biopsy. Although doctors initially believed cancer was unlikely, the biopsy on July 2 led to news the following day that changed everything: Colton had B-cell acute lymphoblastic leukemia, known as B-ALL.

The diagnosis marked the beginning of more than two years of treatment. Colton completed treatment on Sept. 7, 2021, and rang the bell a week later on

Sept. 14, celebrating a milestone his family had eagerly awaited.

Now a fifth grader, Colton is looking toward another important moment. This October, he is expected to return for his final blood work visit. His family hopes for an excellent blood count and the words they have long waited to hear: Colton is cured.

He will choose his last "poke box" toy and say goodbye, closing a remarkable chapter in his young life.

Along the way, the family has found support from many caring people. They extend special thanks to the Oakland, Winslow and Waterville fire departments for participating in Colton's Make-A-Wish Day and helping create lasting memories.

Horne also hopes to organize a local childhood cancer walk to raise awareness and support other families facing similar journeys.



Photo by Central Maine Photography

For Colton and his family, this October represents more than a final appointment. It is a chance to celebrate how far he has come—and the bright future ahead.



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