

EVENTS

Italian meat producers respond to WHO warning

BY ISLA BINNIE
REUTERS

ROME — The home of Parma ham, trumpeting the benefits of a traditional Mediterranean diet, is urging consumers not to get into a prosciutto panic after a warning that processed meat can cause cancer.

Italian food and farming groups responded indignantly to the World Health Organization report that put cured meats, such as ham, sausage and salami, together with asbestos and tobacco on a list of carcinogens.

“No to meat terrorism, the Italian stuff is the healthiest,” agricultural association Coldiretti said in a statement, crediting the country’s diet for one of the highest life expectancies in the world — 80 years for men and 85 for women.

The WHO said each 50-gram portion of processed meat — usually beef or pork that has been transformed through processes such as salting and smoking — increased the risk of

colorectal cancer by 18 percent.

Italians on average eat a lot less than that, according to the National Meat and Charcuterie Association, which estimates consumption at 25 grams of processed meat per day.

Coldiretti also underlines the nonhealth aspects of issue, noting the meat industry in Italy generates 32 billion euros (\$35 billion) per year in sales and provides work for 180,000 people.

Health Ministry Beatrice Lorenzin said the government was looking into the WHO report but said people shouldn’t be afraid of the findings, which also pointed to “limited evidence” that unprocessed beef, lamb and pork caused cancer.

“We have always known that eating too much red meat is bad for you. The secret is the Mediterranean diet. ... We should eat a little of everything,” she said at the nutrition-themed Expo World’s Fair in Milan.

The much-touted Mediterranean diet calls for a



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A worker walks in a special room where Parma ham are hung to dry in Langhirano, near Parma, in 2009. The home of Parma ham, trumpeting the benefits of a traditional Mediterranean diet, is urging consumers not to get into a prosciutto panic after a warning that processed meat can cause cancer. Italian food and farming groups responded indignantly to the World Health Organization report that put cured meats, such as ham, sausage and salami, together with asbestos and tobacco on a list of carcinogens.

balance of healthy fats such as olive oil, non-starchy vegetables such as broccoli, carbohydrates such as pasta and proteins such as cheese.

Antipasto

The WHO report was splashed across the front pages of Italian newspapers Tuesday — as else-

where in the world — and alarmed producers of Italian prosciutto, a thinly sliced, dry-cured raw ham considered such a delicacy it often is served alone

Things to Do

BANGOR — Bangor Parks and Recreation’s annual Halloween party, 5-6 p.m. for ages 2-5 and 6-7:30 p.m. for ages 6-12, Friday, Oct. 30, Parks and Recreation Center, 647 Main St. Games, activities, prizes and the Haunted Chamber. Free. For information, visit www.BangorParksandRec.com or call 992-4490.

BANGOR — Live 1940s-style radio drama “Tales of Mystery and Imagination” featuring an adaptation of Edgar Allan Poe’s “The Murders in Rue Morgue,” 7:30 p.m. Friday, Oct. 30, Gracie Theatre. Those not in attendance can listen to the live broadcast on WHSN 89.3 FM. Individuals interested in attending the live performance are requested to be in their seats no later than 7:20 p.m. Free.

BANGOR — Penobscot Theatre Company presentation of Dramatic Academy Youth Production “Shuddersome: Tales of Poe” by Lindsey Price, 4 and 5 p.m. Friday, Oct. 30; 11 a.m. Sunday, Nov. 1, Bangor Opera House, Main Street. \$12; \$8 children. For ticket information, call 942-3333.

BAR HARBOR — Author Max Wirestone discussing his book “The Unfortunate Decisions of Dahlia Moss,” 7-8 p.m. Thursday, Oct. 29, Jesup Memorial Library. Books available for purchase with a percentage of sales donated to the library. 288-4245; kchagnon@jesuplibrary.org.

BLUE HILL — Blue Hill Public Library’s Celebri-

ty Spelling Bee fundraiser, 6:30-9 p.m. Friday, Oct. 30, at the Bay School’s Emlen Hall. 374-5515.

BLUE HILL — Author Robert Klose of Orono discussing and reading from his new novel, “Long Live Grover Cleveland,” 7 p.m. Thursday, Oct. 29, Blue Hill Public Library. Books available for sale and signing. Free and open to all. 374-5515.

BREWER — Jams at the Grange, noon-5 p.m. first and third Sundays, through May, Old Town Riverside Grange, 1266 North Main St. Open to all levels of players and listeners. Unplugged stringed instruments only. Wheelchair-accessible. Food concession. First Sunday is Bluegrass Music Association of Maine Eastern Jam, \$3 to association members, \$5 others, Joan Richert, 989-5848. Third Sunday is The Grange Bluegrass Jam, \$3, Sandra Moon, 827-3698.

BREWER — Blue Grass Jam, 6-8 p.m. Tuesdays, Between Friends Art Center-Next Generation Theatre, 39 Center St. Pick or listen. \$3. For information, call 989-7100, email nextgentheatreadvertising@gmail.com or visit nextgenerationtheatre.com.

BREWER — Bangor Singles Club dancing and music, Country Mist for the Halloween dance, Oct. 30. Doors open 7 p.m.; music begins 8 p.m., upstairs Brewer Eagles Club. Cash bar. Cover charge \$8 Bangor Singles Club members; \$9 guests.

BRUNSWICK — Free panel discussion by four scholars on “Changing Climate and

Dynamic Cultures: Survival in the Arctic,” 7 p.m. Thursday, Oct. 29, Lancaster Lounge, Moulton Union, Bowdoin College. Panelists include Genevieve LeMoine, curator, Peary-MacMillan Arctic Museum, Bowdoin College; Susan Crate, associate professor, Department of Environmental Science and Policy, George Mason University; Jane Knox, professor emerita, Russian Department, Bowdoin College; Susan Kaplan, professor of anthropology and director of Peary-MacMillan Arctic Museum, Bowdoin College; and moderator Laura Henry, associate professor of government, Bowdoin College. Reception at Peary-MacMillan Arctic Museum, Hubbard Hall. For information, email Laura A. Henry at lhenry@bowdoin.edu or call 725-3558.

CALAIS — Friends of Calais Free Library will sponsor Soup and Poetry, 6 p.m. Friday, Oct. 30, at the library. Meal of soup, bread, sweets and beverages. Attendees will share favorite poems, or ones they have written. 454-2758; kstaples@calais.lib.me.us.

CFARMINGTON — Discussion of representation of children in Jane Austen’s novels, facilitated by Daniel Gunn, University of Maine at Farmington professor of English, 11:30 a.m.-12:30 p.m. Wednesday, Oct. 28, Performance Space, Emery Community Arts Center, at the university Academy Street. 778-7424; michael.johnson@maine.edu.

ORONO — Second annual March Against Domestic Violence,

noon-1 p.m. Wednesday, Oct. 28, on the Mall, University of Maine.

PALERMO — Palermo Community Library Halloween Book Bash, 6-7:30 p.m. Wednesday, Oct. 28, at the library. Participants encouraged to wear costumes. Learn about the library, make spooky eyes and other crafts. Snacks, spider punch and gift bags containing treats. 993-6088.

PORTLAND — Longfellow’s Haunted House tour, 6-7:30 p.m. Monday through Saturday, through Oct. 31, Longfellow House, 489 Congress St. Snacks and beer available after the tour. \$20; \$15 Maine Historical Society members, plus a processing

fee. Advance reservations required. Each tour limited to 12, appropriate for ages 21 and up. 774-1822; info@mainehistory.org.

PROSPECT — Fright at the Fort, 5:30-9 p.m. Oct. 30 and 31, at Fort Knox, 740 Fort Knox Road. \$10 per person; \$5 age 12 and under; Express Tix \$12, \$7 age 12 and under. Proceeds support Friends of Fort Knox’s programs and maintenance of fort. <http://fortknox.maine-guide.com/Fright/index.html>.

TRESCOTT — Pizza and Music Night, 5:30-7:30 p.m. Friday, Oct. 30, Cobscook Community Learning Center. \$10; \$25 family. Benefits Cobscook Community High School Program for a guitar building

project. For information, visit cclc.me or call 733-2233.

UNION — Halloween Trunk or Treat, 5-7 p.m. Saturday, Oct. 31, Vose Library, 392 Common Road. Children will trick or treat at vehicles and enjoy cider and a small snack at the library.

WATERVILLE — Revitalizing the Energy in Maine’s Craft Fair 2015, 10 a.m.-5 p.m. Saturday, Oct. 31, and 10 a.m.-3 p.m. Sunday, Nov. 1, at Champion’s Fitness Club, 30 Elm Plaza. Features talented crafters from all over Maine. For information, visit www.rem1.org or call 873-4444.

For a complete listing of calendar items or to submit your event, visit www.bangordailynews.com.

Wednesday prime time

MOVIES

	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM
BROADCAST	2 NBC 207 Inside Ed.	The Mysteries of Laura	Chicago PD	Ruzek's future is in question.	(N) (HD)	News			
	4 CBC Dragons' Den (N)	The Romeo Section (N)	The National (N)	CBC	Coronation	Rick Mercer			
	5 CBS Big Bang	Broke Girl	Survivor (N) (HD)	Criminal Minds (N)	Code Black (N) (HD)	News			
	52 CW Family Guy	Family Guy	Arrow (N) (HD)	Supernatural (N) (HD)	News	Seinfeld	Cougar		
	6 NBC 207 Inside Ed.	The Mysteries of Laura	Chicago PD	Ruzek's future is in question.	(N) (HD)	News			
	7 ABC Wheel	Jeopardy!	The Middle	Goldbergs	Mod Fam	blackish	Nashville (N) (HD)	News	
	WAGM FOX The Insider	Pregame	2015 World Series New York Mets at Kansas City Royals.	(N) (D)	(HD)	Big Bang			
	8 ABC Wheel	Jeopardy!	The Middle	Goldbergs	Mod Fam	blackish	Nashville (N) (HD)	News	
	MPBN PBS PBS NewsHour (N) (HD)	Nature (N)	NOVA (N) (HD)	Brain-David Eagleman	C. Rose				
	9 IND Code Black (N) (HD)	Arrow (N) (HD)	Criminal Minds (N)	News-Lisa	CTV News	Daily Show			
	13 CBS Ent	The Insider	Survivor (N) (HD)	Criminal Minds (N)	Code Black (N) (HD)	News			
	22 FOX Mod Fam	Pregame	2015 World Series New York Mets at Kansas City Royals.	(N) (HD)	FOX 22				
	33 IND M*A*S*H	M*A*S*H	Paid Prog.	Robison	Happy Days	Laverne	Hogan Hero	Hogan Hero	C. Burnett
KIDS	38 IND Big Bang	Big Bang	The Closer (HD)	The Closer (HD)	WBZ News (N) (HD)	Seinfeld			
	NICK WITS	Thunder	Bella	Game	Full House	Full House	Full House	Friends	
	DISN ** Girl vs. Monster (2012)	Olivia Holt.	I Didn't	Best Fr.	Austin	Liv-Mad.	Jessie	Girl Meets	
LEARN	FAM (6:00) ** Hocus Pocus	(c15) ** Dark Shadows (2012, Comedy)	Johnny Depp.	(PG-13)					700 Club
	HIST American Pickers	American Pickers	American Pickers (N)	(c3) American Pickers	North				
	DISC Dual Survival	Dual Survival	Dual Survival: Untamed	Pacific Warriors: Lore	Alaskan				
SPORTS	TLC Fabulous	Fabulous	Fabulous: Extra	Fabulous	Fabulous	Little People, Big World	Fabulous		
	A&E Duck D.	Duck D.	Duck Dynasty	Duck D.	Duck D.	Duck D.	Duck D.		
	ANPL Railroad Alaska	The Last Alaskans	Alaskan Bush People	Ice Lake Rebels: Freeze	Last Alask				
NEWS	CSNE Celtics Pre.	NBA Basketball	Philadelphia 76ers at Boston Celtics.	(L)	Celtics	SportsNet	Tailgate		
	ESPN NBA Countdown (N) (L)	NBA Basketball	San Antonio Spurs at Oklahoma City Thunder.	(N)	NBA Basketball				
	ESPN2 Baseball Tonight (N) (L)	NBA Coast to Coast (N) (L)				SportCtr			
	NBCSP NHL Live (N) (L)	NHL Hockey	Pittsburgh Penguins at Washington Capitals.	(L)	NHL Hockey				
VARIETY	NESN The Globies	College Football	Boston College at Louisville.	Sports	Sports	Sports			
	CNBC Your Money, Your Vote	The Republican Presidential Debate: Your Money, Your Vote (N)	The Profit (N)						
	CNN Erin Burnett OutFront (N)	Anderson Cooper 360	This Is Life	Anderson Cooper 360	Cooper 360				
PREMIUM	FNC Greta Van Susteren	The O'Reilly Factor (N)	The Kelly File (N)	Hannity (N)	O'Reilly				
	MSNBC Hardball Chris Matthews	All in With Chris Hayes	Rachel Maddow Show	Hardball With Chris Matthews (N)					
STARZ	AMC **** Halloween (1978)	Donald Pleasence. (R)	** Halloween II (1981, Horror)	Jamie Lee Curtis. (R)	Halloween 3				
	BRV Million Dollar LA	Million Dollar LA	Million Dollar LA	Million Dollar LA	Happens				
	CMT Last Man	Last Man	Last Man	*** Friday Night Lights (2004)	Billy Bob Thornton. (PG-13)				
	COM South Park	South Park	South Park	South Park	South Park	Moonbeam	Daily Show		
	E! El News (N)	** He's Just Not That Into You (2009)	Ben Affleck. (PG-13)	Chris. Milers	El News				
	FOOD Worst Cooks in America	Worst Cooks in America	Worst Cooks in America	My. Diners	My. Diners	My. Diners			
	FX (6:00) Paranormal Activity	** The Purge (2013, Suspense)	Ethan Hawke. (R)	American Horror Story:	American				
	GAC Going RV	Going RV	Going RV	Going RV	Going RV	Going RV	Going RV		
	HALL The Waltons	The Waltons	The Middle	The Middle	The Middle	The Middle	Golden Girls		
	HGTV Property Brothers	Property Brothers	Property Brothers (N)	Hunters	Hunters Int'l	Property			
	LIFE Little Women: LA	Little Women: LA	Little Women: LA (N)	(c02) Little Women: LA	Little				
	MTV Catfish: The TV Show	Catfish: The TV Show	Catfish: The TV Show	Are You the One? (N)	Follow the				
	OXY Snapped	Snapped	Snapped	She Made Me	Snapped				
SHOW	SPIKE Bad Boys (R) * Law Abiding Citizen (2009, Suspense)	Jamie Foxx. (NR)	** Four Brothers (2005) (R)						
	SYFY Ghost Hunters	Ghost Hunters	Ghost Hunters (N)	Paranormal Witness (N)	Ghost Hunt				
	TBN Graham Classic Crusades	Trinity	Prince	By Faith	Praise the Lord (N) (L)				
	TBS Seinfeld	Seinfeld	Big Bang	Big Bang	Big Bang	Conan (N)			
	TCM It's a Mad Mad World	3 Little Pigs	Adventures of Ichabod & Mr Toad	The Plausible Impossible	Escape				
	TMC Kings	*** Fruitvale Station (2013) (ESP) (R)	*** Babel (2006, Drama)	(ESP) Brad Pitt, Cate Blanchett. (R)					
	TNT Castle	** Jurassic Park III (2001)	Sam Neill. (PG-13)	** Jurassic Park III (2001)	Sam Neill.				
	TRAVEL Expedition Unknown	Expedition Unknown	Expedition Unknown (N)	Expedition Unknown	Bizarre				
	TRU Carbonaro	Carbonaro	Carbonaro	Carbonaro	Carbonaro	Road Spill			
	TVL Facts-Life	Facts-Life	(c12) The Facts of Life	Raymond	Raymond	King			
	USA NCIS	NCIS	NCIS	NCIS	Mod Fam				
	VH1 (5:30) * Honey 2 (2011)	Couples Therapy	Couples Therapy	Couples Therapy (N)	White Men				
	WGN-A Person of Interest	Person of Interest	Person of Interest	Person of Interest	Manhattan				
ENC	(5:40) *** X-Men 2 (2003)	Patrick Stewart.	** The Equalizer (2014) (ESP)	Denzel Washington. A former commando champions the helpless. (R)	(c15) ** Flight of the Phoenix (2004, Adventure) (ESP)	Dennis Quaid. (PG-13)			
	HBO ** Dumb and Dumber To (2014)	Jim Carrey, Lloyd and Harry set out to find the child Harry never knew.	The Leftovers	Tom infiltrates the cult. (ESP)	The Leftovers	An old enemy returns. (ESP)	Real Time, Bill		
	MAX (c15) *** Beauty Shop (2005) (ESP)	Queen Latifah. A determined hairstylist competes with her former boss.	The Knick	Cornelia enlists Cleary to do a job. (ESP)	**** 12 Years a Slave (2013, Historical Drama) (ESP)	Chiwetel Ejiofor. (R)			
STARZ	(6:45) *** St. Vincent (2014, Comedy-Drama) (ESP)	Bill Murray. (PG-13)	Play It Forward (ESP)	The Affair	Noah and Alison inside the face a setback.	NFL (ESP)			
	** Meet the Fockers (2004, Comedy)	(ESP) Robert De Niro. Future in-laws clash in Florida. (PG-13)	Survivor's Remorse	(c35) *** Guardians of the Galaxy (2014, Science Fiction) (ESP)	Chris Pratt, Zoe Saldana. (PG-13)				