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# MOUNTAIN MESSENGER

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Volume 15• Issue 2
October 3, 2025 • Week 1

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# Saddleback Oktoberfest, this Saturday, 10/4!

# MAINE CALENDAR OF EVENTS

## AUGUST

**August 22 —** KindKids Concert & Tie-Dye Party, 6 p.m., Turner Public Library, rsvp required to tie-dye, 207-225-2030.

**August 22 —** Lobster Bake, 4-6 p.m., Harvell-Bishop Arnold Trail Post 7865, 58 Preble Ave, Madison, hosted by Sons of the American Legion, Squadron 39, $20-1 Lobster, $30 Twin Lobsters, $20 for Pre-Ordered only for Steak--Contact Mark 207-858-3855.

**August 22 —** Children's Chalk Art Contest "Color Our World," 10 a.m. - 3:30 p.m., Rangeley Public Library, 7 Lake Street, Rangeley; registration at the library.

**August 23 —** Bridgton Senior Games Table Tennis Tournament, Bridgton Town Hall, Bridgton, register at *https://www.mainesenior-games.org or call 207-370-8076.*

**August 23 —** Dueling Pianos, 7 p.m., Franco Center, 46 Cedar Street, Lewiston, FMI call (207) 689-2000.

**August 26 —** Music for Mavis at the Gazebo, Smith Collaboration, 6:00-7:30 p.m., 96 Mathews Way, off RT 117, Turner Center, bring a chair, bring a blanket, FMI 754-0954.

**August 27 —** Mr. Drew and his Animals Too, 5:30 p.m., Callahan Hall, Lewiston Public Library, 200 Lisbon Street, Lewiston, free; no registration required.

## MONTHLY MEETINGS

**TURNER:** Outdoor Story Hour, August 6, 13 and 20, 10 a.m., Turner Public Library, FMI 207-225-2030.

**OQUOSSOC:** Rangeley Region Skeet and Trap Association (RRS&TA) announces its 2025 shooting schedule, welcoming members and visitors to experience clay shooting sports, Wednesday: Trap and Skeet starting at 4:00 p.m., Thursday: Sporting Clays and Skeet starting at 4:00 p.m., Saturday: Five Stand and Skeet starting at 10:00 a.m., Sunday: Trap and Skeet starting at 1:00 p.m.

**WAYNE:** Cary Library Book Sale, 9:30 a.m. - 12:30 p.m., 3rd Saturday every month, Williams House, 14 Old Winthrop Road, Wayne, FMI call 685-3612 or visit our website *https://www.cary-memorial.lib.me.us.*

**RUMFORD:** Celebrate Recovery meetings, every Thursday and Sunday at 6:30 p.m., Larry Labonte Recovery Center, 412 Waldo St., Rumford, free, FMI contact Justin Teixeira at 207-393-7205 or Erika Teixeira at 207-418-7777.

**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.

**BETHEL:** Every Wednesday, Story time at the Bethel Library, 5 Broad Street, Bethel, 10 – 11a.m.

**LIVERMORE FALL:** Craft Circle, 5:30 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, bring your own project or learn along with us, this is a craft group for all ages, FMI call (207) 897-3631.

**LIVERMORE FALLS:** Ernie Steward from Spruce Mountain Adult Education visit the library to help our patrons with their technology needs, 3 p.m. to 5 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, sign up by calling (207) 897-3631.

**FARMINGTON:** Nami Farmington Family Support Group, for family and friends of people living with a mental illness, 3rd Monday of each month, 6:30-8 p.m., Maine Health Franklin Hospital, 111 Franklin Health Commons, Farmington, Contact Louise (207) 592-9933 or Kathy (207) 318-1075

**WINTHROP:** Winthrop Grange Meeting summer schedule, meeting 1st and 3rd Wednesdays of the month, 601 Old Lewiston Rd., Winthrop, Supper at 5:30 p.m., meeting at 6:30 p.m., FMI call Kathy at 207 500-9864.

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

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

**WILTON:** Coffee and Cribbage, Thursdays, 9–10:30 a.m., SeniorsPlus Wilton, 284 Main St., Suite 100, Wilton. Welcome to all beginner and experienced cribbage players. We will have limited cribbage boards available, so if you are able to bring your own, please do so. For more information or to register, call 207-795-4010 or visit *seniorsplus.org.*

**WILTON:** SeniorsPlus Walk-in Tech Assistance, Tuesdays 1:00-3:00 p.m., SeniorsPlus Wilton, 284 Main St., Suite 100, Wilton. Need assistance with a device like a phone, tablet, or laptop? Michael Burd, Technology Literacy, CTE and Life Skills Instructor of Franklin County Adult Education, will be here to help.

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

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

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

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

**RANDOLPH:** Maine-ly Harmony women's barbershop group, 6-8 p.m. Wednesday, Randolph United Methodist Church, 16 Asbury St., Randolph.

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

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

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

**FARMINGTON:** St. Joseph Nutrition Center, corner of Quebec and Middle Street (across from St. Joseph Church) A "Blessing Box" in front of the building. More information or to help out: (207) 778-2778.

**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.

## ONGOING:

**WAYNE:** Wayne Farmers Market runs every Saturday from 9 a.m. until noon throughout the summer, ending on August 30th.

**NEW GLOUCESTER:** One-on-one with Community Connector, 9-11 a.m., New Gloucester Library, 379 Intervale Road, New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

**FARMINGTON:** Farmington Grange will host a welcome and warming center on Wednesday mornings, twice a month beginning November 6, from 10 to 2 p.m., throughout the winter, will have soup and snacks, everyone is welcome, no fee. The Grange Hall is located at 124 Bridge Street, Farmington, FMI call Bonnie Clark at 778-1416.

**FARMINGTON:** Nine-ish- NA Meetings (In Person), 9:15-10:30 a.m., Franklin Memorial Hospital, 111 Franklin Health Commons, Farmington.

**Food Addicts Meeting FREE** - Food addicts in recovery meetings: Tues Zoom and phone, Thurs phone and Sun in person. *foodaddicts.org* FMI call 441-8002 or 623-1924.

**WATERVILLE**: Central Maine Square Dance club offering beginner lessons, every Tuesday 6:30-8:00 p.m., George Mitchell School Dutton St., Waterville, cost is $5.00 per lesson, FMI call Bob at 447-0094.

**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. Church, library and school event news is free on this page. If you are a business and/or charging admission/fee, there is a 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 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: *www.turnerpublishing.net/pdf/Deadlines.pdf*



## Rangeley Community Radio

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|---|
| 11pm-5am | Over Night Mix | | | | | | |
| 5:00 AM | New York Philharmonic | Country | | | | | |
| 6:00 AM | | | | | | | |
| 7:00 AM | WRGY Mix | | | | | | |
| 8:00 AM | | | | | | | |
| 9:00 AM | Ron Hoar Oldies | | | | | | |
| 10:00 AM | Singer/Songwriter | | | | | | |
| 11:00 AM | Jazz Brunch | Country | | | | Mark's Eclectic Hour | Country |
| 12:00 PM | | | | | | | Milk Street Radio |
| 1:00 PM | WRGY Mix | | | Record Highs | | | Hurdy Gurdy Man |
| 2:00 PM | | | | | | | |
| 3:00 PM | WRGY Mix | Folk Alley | Straub Power Hour | Folk Alley | Fur Peace Ranch | Ozark Highlands | WRGY Mix |
| 4:00 PM | International Americana | Global Village | | | | Pine Tree Progressive | The Spanish Hour |
| 5:00 PM | WRGY Mix | | | | | | |
| 6:00 PM | Straub Power Hour (Repeat) | Reveal | Di's Jive Cafe | WRGY Presents | American Routes | Di's Jive Cafe | WRGY Presents |
| 7:00 PM | Philosophy Talk | Big Picture Science | | Living on Earth | Throwback Thursday 70s/80s | | Paul Ingles 10,000 Good Songs |
| 8:00 PM | WRGY Mix | With Good Reason | WRGY Mix | | | Paul Ingles 10,000 Good Songs | WRGY Mix |
| 9:00 PM | Old Time Radio | Singer/Songwriter | | | | Modern Hype | Singer/ SongwriterPM |
| 10:00 PM | Blue Dimensions | Nighttime Jazz | | | | | |

## Scam Alert Bulletin Board

AARP Fraud Watch Network

### Taking on AI Banking Scams

Artificial intelligence (AI) is making it even easier for criminals to steal people's money, and American's anxiety is rising. Concern is especially high around financial services, where scammers can use deepfake technology — AI-generated audio and video — to impersonate people and hack into bank accounts.

To help tackle the problem, AARP endorsed the Senate's bipartisan Preventing Deep Fakes Scams Act and a companion bipartisan bill in the House. The bill would establish a dedicated federal task force to examine the positive and negative impacts of AI on the financial services industry.

**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*.**

# Funny Things Kids Say!

## Share the funniest thing your kid or grandchild said this week!

As I walked my 6 year old great-grandson home from school on a half-day, Wednesday. I asked him if he was going to take care of me when I get old? He replied, " Grampa, you're already old"!

*M. Gammon, Auburn*

My granddaughter, Faith, loves ketchup! We were having hamburgers for supper and she asked me "if tomato is a fruit does that make ketchup a smoothie?" LOL!

*-Laura Russell, Madison*

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

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Email Address: _____

Phone: _____

Funny Things Kids Say
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# RRG&SA Junior Guides wrap up 29th year

RANGELEY — For 29 years, the Junior Maine Guides program has been at the heart of the Rangeley Region Guides and Sportsmen's Association's mission to connect kids with the outdoors. Starting with the Basic Group, campers ages 9 and 10 build the foundation of knowledge and confidence they will carry into more challenging adventures as Advanced Guides.

This summer, RRG&SA welcomed 9 Junior Guides in the Basic Group and 7 in the Advanced Group. Both groups were supported by Junior Counselors Natalie, Dakota, and Tess, all former campers. Leadership came from Ashley Greene and Karon Noyes, with behind-the-scenes support from Elaine Holcombe and new volunteer Tanya Baron, a retired teacher who taught team building and orienteering. The Advanced Group was led by Susan and Bill Lewis.

The Basic program focuses on three core areas: Maine Mammals & Vertebrates, where campers learn about local wildlife through tracking, skulls, pelts, and habitats; Invertebrates & Insects, which highlights their role in Rangeley's fisheries through activities like fly tying and fly fishing; and Watercraft & Safety, where campers practice boating skills and safety on the water through trips and challenges.

The Advanced Guides, ages 11 to 13, enjoyed a wide variety of hands-on experiences. They practiced shotgun and rifle skills with Sheri Oldham and David Kreting, went hiking with the TRAC team led by Jeff Zapolsky and Brian Holmes, explored nature photography with Nick Leadley, and joined Rangeley Fire Rescue for search and rescue practice, along with trauma first aid training from the Saddleback Ski Patrol and Border Patrol.

Other highlights included kayaking the Cupsuptic River with Heather Knight, Karon Noyes, and Susan Lewis, using kayaks generously provided by River's Edge Sports, and archery lessons with Brent England. The group also spent a full day fishing on Kennebago Lake, where Sara Smith helped sharpen their fly-casting skills. They then fished alongside mentors from the Kennebago Lake Association and ended the day with a cookout. Campers also visited the Historic Rangeley Museum, where Ashley Greene and Bill Lewis introduced them to the area's fishing and hunting heritage.

To keep the program close-knit, only 10 Basic campers are accepted each summer, with a waiting list most years. Advanced spots are reserved for campers who finish the Basic program. Over the past 29 years, almost 300 young people have gained outdoor skills and experiences through the Junior Guides.

"None of this would be possible without the many volunteers, community partners, and local businesses whose time, talents, and generosity made this year's Junior Guides program such a success," said Sonny Pierce, president of RRG&SA. "From sharing skills and guiding adventures to providing equipment and support, their help continues to strengthen the program and inspire the next generation of outdoor enthusiasts."

In addition to this generous community support, the Junior Guides Program received a $1,200 grant from the Northern Forest Center, with funding provided by L.L.Bean. This partnership helps ensure that the Junior Guides program continues to give youth meaningful outdoor experiences and the chance to grow as future outdoor leaders.

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# MAINE OUTDOORS

V. Paul Reynolds

## Carey Kish: The Right Stuff

Envy is an element of the human condition. We all experience it at one time or another. My mother taught me that jealousy of another fellow traveler, or envy, is not a healthy thing. Resist it if you can.

A confession. While I do not get envious of rich men with big houses, or faster cars or beautiful women, or even those with Cessna 180s on floats, I have all my life struggled to suppress a reflexive envy I have of certain men: those with The Right Stuff.

That's right. I envy astronauts who land on the moon, Navy pilots who fly high performance jet fighters off aircraft carriers, mountain climbers who scale Mt. Everest, and Carey Kish. These daring individuals have whatever it takes to undertake risky, highly challenging ventures that I have neither the stomach for nor the personal courage to confront.

My mother would be displeased- about my envy - not my sense of self preservation.

Who is Carey Kish?

He is the hardcore hiker from Bar Harbor who just completed a hike of the Continental Divide Trail (CDT) from Mexico to Canada. Now think about this. Kish, who is no spring chicken, spent six months walking alone for 2,700 miles through some of the wildest, loneliest, most rugged terrain in the lower 48!

That's not all. Kish, who writes a monthly hiking column for the Northwoods Sporting Journal, will write this in the October issue: "I've never allowed myself to think much about the "Triple Crown," the recognition bestowed upon hikers who have completed America's "Big Three" trails. But with the Appalachian Trail (2015), the Pacific Crest Trail (2019) and now the CDT in the can—a grand total of 7,500 miles over 19 months—I guess it's okay to finally say that, well, yeah, I did that."

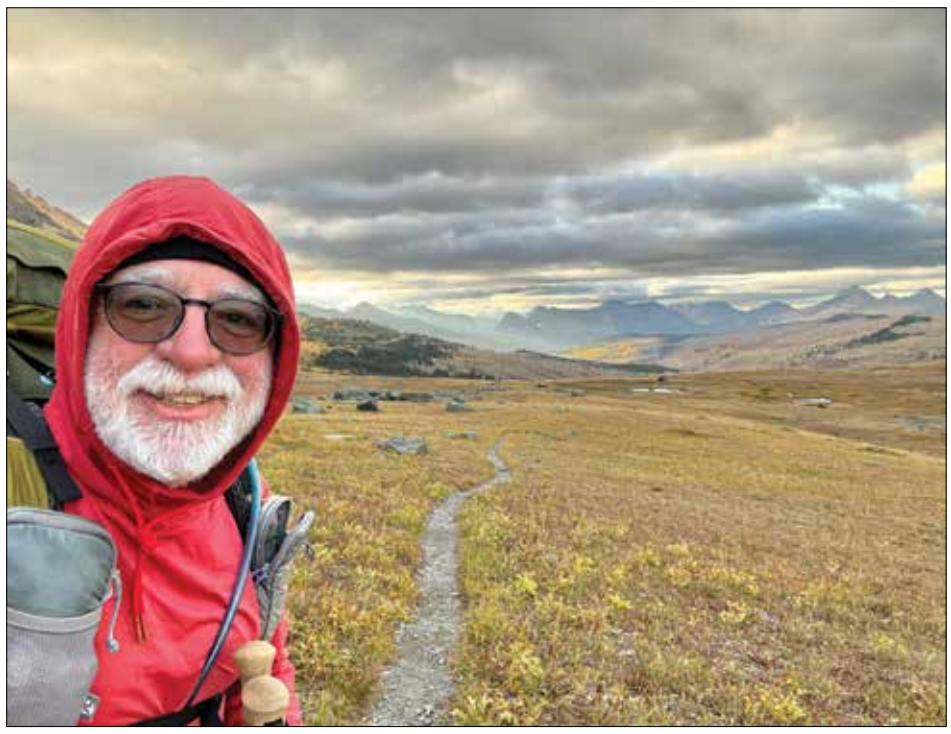
Can there be any question that Kish has earned a place in the annals of those with The Right Stuff? He certainly has in my book. For his feat tells me that, aside from his sore feet and leg cramps, he has really met the test of remarkable emotional survival. How does he do it? How does he put one foot in front of the other day after day after day, while enduring the elements and the loneliness, not to mention probable calorie deprivation?

Laurence Gonzales, in his wonderful book, "Deep Survival," reports that psychologists and others who have studied the question of why some people survive in the same predicament while others don't, really can only speculate. There are references to a "sacred inner core of selfhood" and an "inner resource that is a state of mind."

So, let's all share in the wonderment and inspiration of the personal victories of the Carey Kishes of this world, who remind us of what is possible when human beings persevere and allow their dreams and passions to guide their actions.

Think about it. At his core, Carey Kish is simply a guy who loves to hike. He is worthy of the Triple Crown.

The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide and host of a weekly radio program "Maine Outdoors" heard Sundays at 7 p.m. on The Voice of Maine News-Talk Network. He has authored three books. Online purchase information is available at *www.sportingjournal.com*, Outdoor Books.




Submitted photos

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Is your life unhappy due to the effects of someone's drinking? **You are not alone!** Al Anon: Help for families and friends of alcoholics. Toll free: 800 498 1844. Maine: 207 284 1844. AIS (area information service) - *ais@maineafg.org*.

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# Join your local credit union in the fight to end hunger in Maine

Neighbors wake up each day not knowing where their next meal will come from. It's an issue that affects families in every county and community, from our biggest cities to our most rural towns.

That's why Maine's credit unions have made ending hunger our signature philanthropic initiative. Through Maine Credit Unions' Campaign for Ending Hunger, we raise awareness about food insecurity and funds to support hunger-relief organizations across the state. These organizations—many of them volunteer-run and operating on shoestring budgets— are lifelines. They provide healthy meals, dignity and hope to Mainers who are struggling.

But they can't do it alone, and neither can we. Our industry's fundraising efforts succeed only when our communities rally behind us. Fortunately, Mainers show up when the stakes are high. When it comes to food insecurity, the pressure is on, and the need has never been greater.

This fall, we are taking on one of our biggest challenges yet. On October 1, we launched our sixth annual Ending Hunger Challenge with the goal of raising $100,000 in just one month. It's ambitious, but we know that when Mainers come together, we can accomplish big things.

Every dollar donated during our Challenge will benefit organizations feeding our neighbors and 25% of any donation received online will be directed to Good Shepherd Food Bank. Every contribution, large or small, will help put food on the table for someone in need.

We invite you to accept our challenge. Donate today and encourage your friends and family to get involved. Please keep our Campaign in mind throughout the year, as well. While the push is on this October, our commitment to combating hunger is year-round.

Submitted photo

**Credit unions across Maine are dedicated to making a difference in their communities and collectively participate in the Maine Credit Unions' Campaign for Ending Hunger. The Campaign has contributed over $14.9 million since 1990 to end hunger in the state – $1,303,706.40 in 2024 alone. 100% of all funds raised through the Campaign support organizations in Maine fighting food insecurity.**

## THE HEALTHY GEEZER Fred Cicetti

# White Coat Syndrome

By Fred Cicetti

*Q. What is white coat syndrome?*

If you suffer from white coat syndrome, your blood pressure jumps as soon as a doctor or nurse approaches you. If your doctor knows this, he or she may recommend a home blood-pressure monitor or ambulatory monitor that is worn around the clock and takes your pressure every half hour.

Blood pressure tends to spike when you are excited by an emotion such as anger or fear. But high blood pressure—known as hypertension—is very sneaky. It's called the silent killer because it usually has no symptoms.

Doctors say you have high blood pressure if you have a reading of 140/90 or higher. A blood pressure reading of 120/80 or lower is considered normal. Prehypertension is blood pressure between 120 and 139 for the top number, or between 80 and 89 for the bottom number.

The first number represents your systolic pressure when the heart beats. The second number represents the diastolic pressure when the heart rests. If only one number is elevated, you still have high blood pressure with all of its dangers.

When you go to your doctor to have your blood pressure taken, there are a few things you can do to get an accurate reading. First, don't drink coffee or smoke cigarettes for a half hour before your pressure is taken. (What are you doing smoking anyway?). Empty your bladder because a full tank can affect the reading. Sit quietly for five minutes before the test.

*Q. How can I eat healthier?*

To maintain a plan for healthy eating, follow these tips from the National Institutes of Health:

Eat breakfast every day.

Select high-fiber foods like whole grain breads and cereals, beans, vegetables, and fruits. They can help keep you regular and lower your risk for chronic diseases like heart disease and type 2 diabetes.

Choose lean beef, turkey breast, fish, or chicken with the skin removed to lower the amount of fat and calories in your meals.

Have three servings of low-fat milk, yogurt, or cheese a day. Dairy products are high in calcium and vitamin D and help keep your bones strong as you age. If you have trouble digesting or do not like dairy products, try reduced-lactose milk products, or calcium-fortified orange juice, soy-based beverages, or tofu. You can also talk to your health care provider about taking a calcium and vitamin D supplement.

Keep nutrient-rich snacks like dried apricots, whole wheat crackers and peanut butter on hand. Limit snacks like cake, candy, chips, and soda.

Drink plenty of water.

*Q. What is the difference between type 1 diabetes and type 2 diabetes?*

If you have diabetes, your body can't produce insulin or use it properly. Insulin is a hormone that helps control the sugar in your blood. Insulin is made by the pancreas, a large organ behind the stomach.

A small percentage of diabetics have type 1 diabetes, which usually occurs in people under age 30. Diabetics with this form of the disease cannot produce insulin.

About 90 percent of Americans with diabetes have type 2 diabetes. It is most common in adults over age 40, and the risk of getting it increases with age. With this form of diabetes, the body does not always produce enough insulin or does not use insulin efficiently. Being overweight and inactive increases the chances of developing type 2 diabetes.

Type 2 diabetes can be prevented in people who are at an increased risk or have pre-diabetes, a condition in which glucose levels are higher than normal but not yet high enough for a diagnosis of diabetes. People with pre-diabetes are more likely to develop diabetes within 10 years and are also more likely to have a heart attack or stroke.