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Can you find Coop?



Coop is hiding somewhere in this publication...

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

Lake Region Reader

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NEED A GIFT FOR SOMEONE WHO LIKES TO COOK?

C·CAPRARA
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SCAN TO READ ALL OUR PAPERS FREE ONLINE.

Mountain Valley Cross Country Championships in Augusta



Submitted Photos

The Winthrop Rambler men's team, pictured right, stayed ahead as five the boys pictured finished in the top ten positions, led by 2nd place overall, Alfie Cognata (far left).

AUGUSTA - It was a good day for Kennebec County high school runners at the Mountain Valley cross-country championship in Augusta on October 17. A chilly and windy morning kept most athletes in their warmups until the starting gun at 10am. The boys' teams ran first with the girls following at 11am. Around 143 young athletes from 12 MVC schools, along with warmly dressed relatives, watched the races from three good vantage points on the UMA Campus.

The girls' individual winner was Reagan Mattson of Maranacook (20:06) leading her team to first place ahead of Boothbay. Winthrop freshman Kylie Van Tassel followed Mattson for the second-place spot (21:09). The boys' first place finisher was William Morris of Dirigo High School (16:20). Winthrop's Alfie Cognata (16:55) and Sawyer Wess (16:56) were not far behind for second and third individual placements.

The best team scores were made by the Winthrop Boys and the Maranacook girls who both won the first place MVC team honors. The Maranacook boys' team was second overall with Winthrop girls earning third place. So, it was a chilly but good day for the Ramblers and the Bears of two Kennebec County high schools.



Maranacook freshman Reagan Mattson won first place in the Mountain Valley Conference X-Country Championships on October 17. The Maranacook women's team also won the Championship title.



Gage Mattson finishing in 5th place in the men's division of the MVC X-Country Championship at University of Maine-Augusta. The men's team earned second place overall with 93 runners competing.



Winthrop freshman Kylie Van Tassel finished in 2nd place in the 5-K MVC Championships on October 17 in Augusta. Teammate Catie Chen, in 5th place, helped the Rambler ladies earn the 3rd spot among the twelve teams (50 girls in the race).

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

Name: _____

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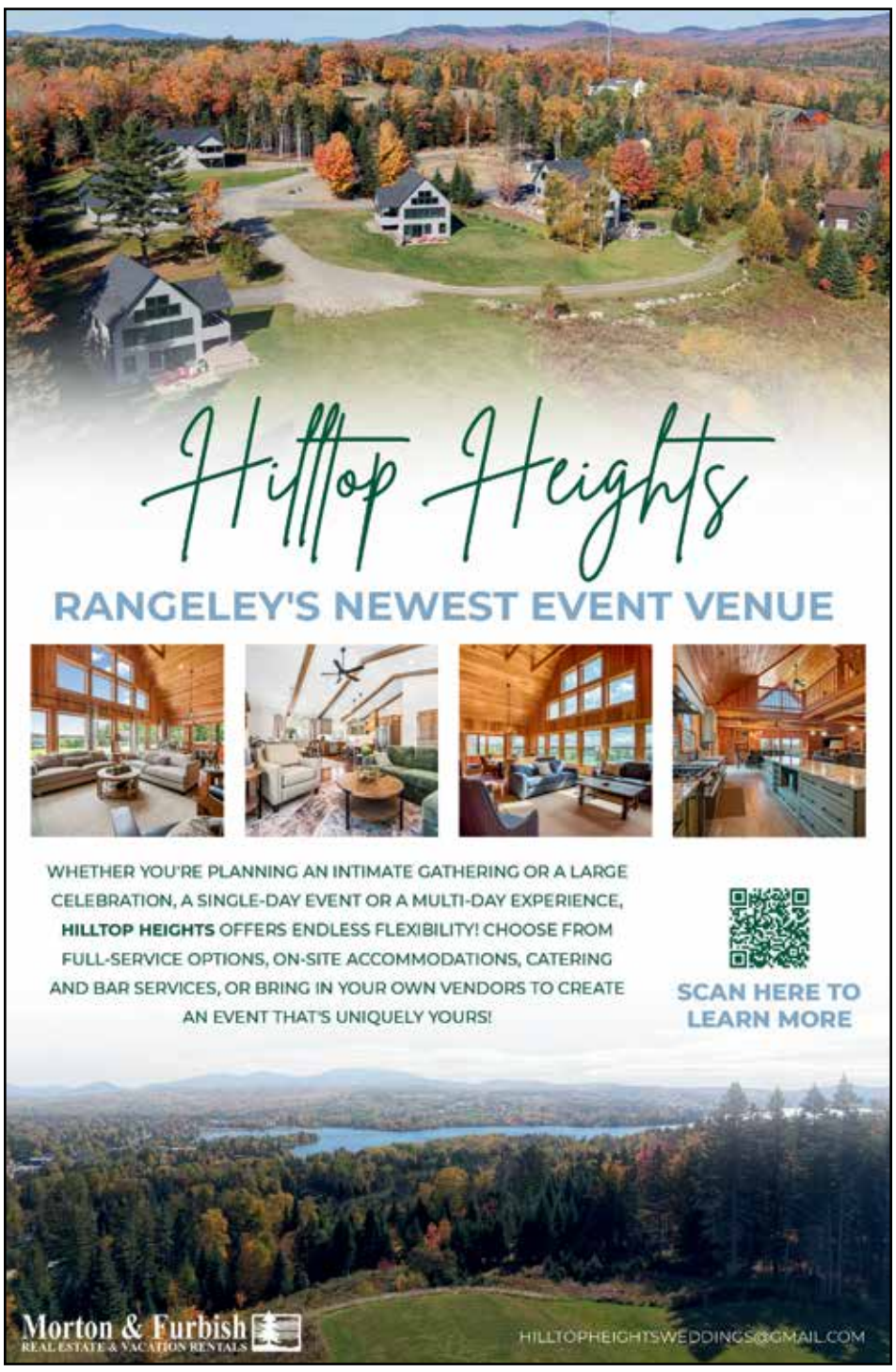
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Three year old grandson was excited to visit grandma's house, was running around barefoot on the deck. It was still March in Maine so that was still snow in the yard. When I had a snowball hit me, I realized he was going barefoot into the snow. "Aren't your feet cold?" "Oh, no. I have imagination!" He said. *Dave Carrington*

I was showing my granddaughter where we used to go fishing in Lake Ontario, when my great grandson Carson, took my reading glasses, looked at the map and said : "Wow, I can see the fish in the water!" *Annie Nightengale, New Sharon*







MAINE CALENDAR

2026

DECEMBER

Dec. 5 & 6 - Wayne Holiday Stroll- sponsored by Sustain Wayne, 9 a.m. - 8 p.m., Mulit Vendor, tree lighting & carols.

MONTHLY MEETINGS

WINTHROP: Winthrop Maine Historical Society business meeting first Thursday of each month, January-November, 6-8 p.m. at the Winthrop History and Heritage Center, 107 Main Street, Winthrop, Maine, winthropmainehistory.org, no December meeting

WINTHROP: Winthrop Grange #209 meets on the 1st and 3rd Wednesday of the month, supper is at 5:30 p.m. and the meeting at 6 p.m., 549 Old Lewiston Road, Winthrop, contact information Kathy Ward 207 500-9864 or *gwamme@gmail.com*.

MANCHESTER: Coffee Open House at the Manchester Grange, 1st and 3rd Monday of the month, 8-10 a,m, 953 Western Avenue, Manchester, FMI call Paige 617-800-4564 or *manchestermainegrange.wordpress.com*.

WINTHROP: Winthrop Food Pantry, Thursday pick-up 1:00 p.m.-2:30 p.m. and 2nd & 4th Thursdays 5 p.m.-6:30 p.m., 10 Cross Rd., Winthrop, FMI call Sherie Knowlan, Director (207)377-3332 or *winthropfoodpantry.org*, Curb-side pick-up of shelf-stable food.

WINTHROP: Winthrop Hot Meal Kitchen, Monday - Thursday hot meal pickup 11:00 a.m., St. Francis Xavier Church, 20 Lake St., Winthrop, Contact: Steve Dodge (207)620-0488. Meal delivery to Winthrop & Wayne residents. Cooks, helpers, donations, or Hannaford Gift Cards are appreciated.

WAYNE: 30 Mile River Snowmobile Club meetings are on the first Monday of the month, meet at the Ladd Center in Wayne at 6:00 p.m., RSVP on Facebook page each month so we can have a count for pizza, salad and dessert at each meeting, sharing the cost of the pizza.

WAYNE: Tot Time at the Ladd Center is a relaxed, informal playgroup every Monday morning from 9:00 to 10:00 a.m., parents must stay with their children, and everyone is welcome, FMI call Ladd Center Director, Adam Brooks 685-4616.

LIVERMORE FALLS: Craft Circle, Tuesdays at 5:30 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, bring your own project or learn along with us, craft group for all ages, FMI call 207-897-3631.

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.*

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

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

AUGUSTA: AL-ANON meeting, Sunday evenings, 5 p.m., Unitarian Universalist Church, 69 Winthrop Street, Augusta, both in person and on Zoom (for Zoom info please refer to *maineafg.org)*

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

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

LIVERMORE FALLS: Story Time, Wednesdays at 10:30 a.m., Treat Memorial Library, 56 Main St., Livermore Falls, favorite picture books, sing-a-longs, and other activities, any questions or for more information, please call the library at 897-3631.

MONMOUTH: Friends of Cumston Public Library book sale, 9 a.m.-1 p.m. third Saturday of the month, lower level, Cumston Hall, 796 Main St., Friends of Cumston Library on Facebook.

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*.

SABATTUS: Weekly Group Runs, every Wednesday, 6 p.m., Mixer's parking lot, FMI, check out the Sabattus Rec Club Running Program Facebook page, or email *running@sabattusrec.com.*

GARDINER: Maine-ly Harmony women's barbershop chorus rehearsals, Wednesday evenings, 6:30 to 9:00 p.m. at the Highland Avenue United Methodist Church, 31 Highland Avenue, Gardiner, women of all ages are welcome to enjoy singing with this very welcoming women's chorus.

Food Addicts Meetings

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.

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

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kids' corner

Creative Coloring

Color in this picture to create your own masterpiece.



THIS DAY IN HISTORY

NOV 10

1775: The United States Marine Corps is founded in Philadelphia.

1847: A passenger ship is wrecked in thick fog off the southern coast of Ireland, prompting construction of the Fastnet Rock lighthouse.

1983: Windows 1.0 is introduced.

People FACT:

How many military veterans currently live in the United States and Canada?

Answer: 15.7 million in the U.S. and 461,240 in Canada

Double Word Puzzle

Unscramble the individual words to reveal letters for the phrase.

DMLAE ☐☐☐☐☐ (1, 2, 3)

NUFIOMR ☐☐☐☐☐☐☐ (4, 5, 6)

TETLAB ☐☐☐☐☐☐ (7)

RESECIV ☐☐☐☐☐☐☐ (8, 9)

H ☐☐☐☐ (5 4 5 6) ☐☐☐ (2 3 3)

☐☐☐☐☐☐☐☐ (9 1 7 1 6 2 4 8)

Answers: medal, uniform, battle, service; Honor all veterans

NEW WORD

COMBAT

military action between opposing forces

How they say that in...

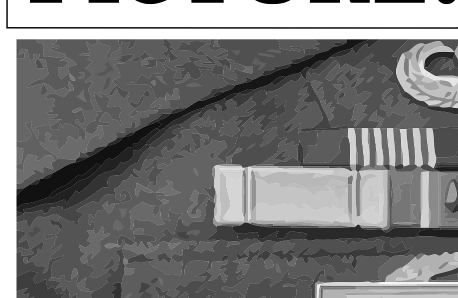
English: Veteran
Spanish: Veterano
Italian: Reduce
French: Ancien combattant
German: Veteran

Did You KNOW?

The largest group of living veterans of the American armed forces served during the Gulf War era, followed by the Vietnam War era.



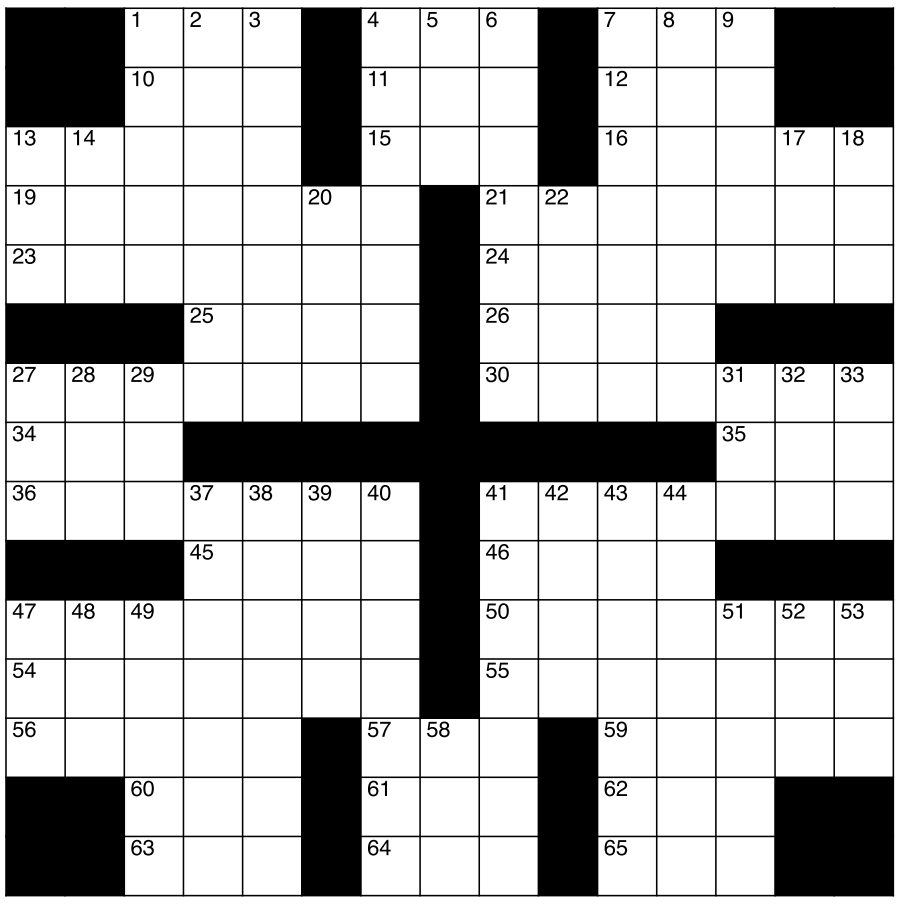
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Military uniform

Crossword



CLUES ACROSS
1. Tire pressure metric
4. Request
7. Clairvoyance
10. 007's creator Fleming
11. Male adult
12. Norse mythological figure
13. Coffin cloths
15. Breeze through
16. Ladyfish genus
19. We all take them
21. Nobleman's jurisdiction
23. Members of U.S. Navy
24. Rummy-like card game
25. Unable to move
26. Type of horse
27. Parted
30. Woman's cloak
34. South American plant
35. Prohibit
36. Something one takes
41. Dish detergent manufacturer
45. Romanian river
46. Personification of pity
47. Makes upset
50. Discuss again
54. Medical instrument
55. Support
56. Informal term for money
57. Catch doing something wrong
59. Prehistoric people
60. Large African antelope
61. Automobile
62. "Losing My Religion" rockers
63. High-resolution scientific instrument
64. A major division of geological time
65. Attempt

CLUES DOWN
1. Indoor plant
2. Fit to be sold
3. Rather
4. Collected
5. A baglike structure in a plant or animal
6. Irish rap group
7. Ageless
8. Lists indicating curriculum
9. Pokes at
13. Public television station
14. They __
17. Cooking tool
18. Separately managed account
20. Iron-containing compound
22. Swiss river
27. Former French coin
28. Electronic countermeasures
29. Taxi
31. Helps little firms
32. Unhappy
33. Midway between northeast and east
37. Glowing
38. Lists of items to be discussed
39. An informal body of friends
40. Indispensable quality
41. Neural structures
42. Brews
43. A place to dock
44. Festive singer
47. Sino-Soviet block (abbr.)
48. Northernmost point of mainland Wales
49. Most worthless parts
51. Type of "bear"
52. Take or consume
53. Defunct European organization
58. Swiss river

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

CRYPTO FUN

Solve the code to discover words related to Thanksgiving.
Each number corresponds to a letter.
(Hint: 12 = A)

A. **10 5 24 4 11 18**
Clue: Poultry

B. **14 12 10 22 11 24**
Clue: Get together

C. **10 22 12 19 4 1 5 25**
Clue: Showing gratitude

D. **1 12 8 16 25 18**
Clue: Relatives

Answers: A. turkey B. gather C. thankful D. family

SUDOKU

8					7	5		
				6	8		4	1
1			2					6
	8		9			1		
	6	2					5	
		4			6	2		
4			6				9	
		7	5				2	
				4				

Level: Advanced

THANKSGIVING TABLE WORD SEARCH

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

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

WORDS

CASSEROLE
CENTERPIECE
CORNBREAD
CORNUCOPIA
CRANBERRY
DESSERT
DINNER
FEAST
GATHERING
GOURD
GRATITUDE
GRAVY
HARVEST
LEFTOVERS
MAYFLOWER
PARADE
PILGRIMS
PUMPKIN PIE
STUFFING
SWEET POTATOES
TABLE
TURKEY
WAMPANOAG
WISHBONE

WHAT'S THE DIFFERENCE?

There are four differences between Picture A and Picture B.





Answers:
1. More plants and basket on right 2. Missing pumpkin 3. Bird in sky
4. Gourd in front



Two lucky kids between the ages of 4 and 12 will win a filled Christmas stocking!

One winner will be picked in the 4-7 age category, and one in the 8-12 age category.



Child's Name: _____

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with *Christmas Coloring Contest* in the subject line.

Deadline for entries is December 3.

New sculpture unveiled on historic Blaine House grounds

AUGUSTA — A new work of public art now has a home on the grounds of the Blaine House.

Governor Janet Mills, The Friends of the Blaine House, the Blaine House Commission and the Maine Arts Commission, today celebrated the installation and unveiling of Maine artist Patrick Plourde's Pinecone Pair with Tassel on the south lawn of the Governor's residence in Augusta.

The large-scale sculpture transforms reclaimed hand tools, including shovels once used by farmers, builders and communities, into two monumental pinecones, representing the Maine state flower. The artwork connects Maine's natural landscape with generations of labor, ingenuity and resourcefulness.

The sculpture was selected through a statewide open call and multi-phase review process led by the Maine Arts Commission. More than 30 artists submitted work for consideration, with Plourde's proposal ultimately selected for its connection to Maine and its thoughtful relationship with the historic site. The sculpture was acquired entirely through funds raised by and through the Friends of the Blaine House. The Maine Arts Commission led the artist selection process but was not involved in fundraising or funding the acquisition. No public funds were used to purchase the artwork.

"I thank the Friends of the Blaine House and the Maine Arts Commission for their work to secure this beautiful sculpture of Maine's most iconic flower. Patrick's work — made from hand tools once used by Maine people — is a wonderful tribute to the men and women who built this state and have sustained it for generations," said Governor Janet Mills.

Pinecone imagery can already be found throughout the Blaine House property, including within the residence and in decorative elements of the surrounding fencing. Plourde's sculpture builds on that visual language while introducing a contemporary work of art to the historic grounds.



Submitted photo

The white pinecone is closely tied to Maine's identity. The pinecone and tassel of the eastern white pine were designated as Maine's floral emblem in 1895, while the eastern white pine is the state tree. Plourde's interpretation brings that familiar form together with materials bearing the marks of Maine's working history.

"Governor Mills' commitment to the arts makes projects like this possible. Patrick Plourde's Pinecone Pair with Tassel is a fitting symbol for the Blaine House, connecting Maine's natural and working history with the creativity, ingenuity, and community spirit of the people who call Maine home," said Amy Hausmann, Executive Director of the Maine Arts Commission.

The sculpture's weathered steel surface will continue to evolve, developing a natural patina as it responds to Maine's seasons and settles into the surrounding landscape.

The installation introduces contemporary public art into conversation with one of Maine's most significant civic spaces. The historic 1833 Blaine House and its Olmsted Brothers-designed landscape sit directly across from the Maine State House, creating a setting where Maine's history, government, landscape and culture intersect.











Notable Thanksgiving traditions

Metro

Thanksgiving is a family-centric holiday that revolves around the dinner table and encourages celebrants to acknowledge all that they have to be thankful for. Thanksgiving is celebrated in October in Canada and in November in the United States.

Many Thanksgiving traditions focus on community events and sumptuous feasts, but they don't stop there. Here are some of the more notable traditions people can embrace on this day of giving thanks.



Metro photo

• Roasting turkey: Many foods will grace the Thanksgiving dinner table, but turkey is the star of the show. Roasting remains the most popular way to cook a turkey, but deep-fried and even rotisserie turkey have become more popular in recent years.

• Watching the parade: Millions of people tune into the broadcast of Macy's Thanksgiving Day Parade, and many more line the streets of New York City to watch it in person. The Macy's parade was first held on November 27, 1924, and was only suspended for three years during World War II. The parade features musical events, special guests and pop culture balloons that navigate streets lined with skyscrapers.

• Turkey trotting: Believe it or not, wild turkeys can run at speeds up to 25 miles per hour in short bursts, according to Lake Erie Nature & Science Center. Perhaps inspired by these speedy birds, turkey trots are popular on Thanksgiving Day. People of all ages start the holiday by running or walking in these charity events.

• Watching football: Watching professional football on television is a popular Thanksgiving custom. The Detroit Lions and the Dallas Cowboys always host an afternoon game on Thanksgiving. Each year, the National Football League also schedules a third matchup in primetime featuring other teams. In 2026, the lineup features: Chicago Bears at Detroit Lions (1:00 p.m. ET), Philadelphia Eagles at Dallas Cowboys (4:00 p.m. ET) and Kansas City Chiefs at Buffalo Bills (8:20 p.m. ET).

• Early holiday decorating: Many households will decorate for Christmas immediately following the clearing of the Thanksgiving turkey from the table. Some may even decorate before guests arrive on Thanksgiving.

• Tuning into "A Charlie Brown Thanksgiving": Some families watch this beloved Charlie Brown television special the night before Thanksgiving, enjoying the movie's snack menu of jelly beans, popcorn and toast.

• Celebrate "Friendsgiving": People who may not have relatives close by often gather with close friends to commemorate friendships and express their gratitude for one another.

Thanksgiving marks the first holiday during the whirlwind celebratory season. It's filled with many traditions that people across the United States and Canada enjoy.

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Health & Wellness

We all need it – STRETCH!

Yesterday, right in the middle of my workday, I received a phone call from my sister in Florida.

"What are you doing?" She asked.

"I'm doing my cats and cows," I replied.

"What?" She said, sounding a little confused.

"Yoga stretches!" I explained.

"I thought you were working!"

"I am! But my coworker inspired me to start stretching throughout the day. Her physical therapist recommended doing the Cat and Cow poses every hour to help with her back problems. So, I'm supporting her while being proactive about my own health. You know how much I sit during the day!"

My sister laughed and said, "I didn't think you needed any inspiration to do all that wacky stuff!"

Well, she does have a point! But seriously, why shouldn't we all take a few minutes throughout the day to stretch? Whether you're sitting at a desk, working on your feet, driving, cooking, or running around taking care of everyone else, your body deserves a little attention.

I told her, "It's a great idea to get away from your desk or whatever you're doing and stretch every hour. It only takes a couple of minutes, and it's good for all of us. You should try it! You don't have to do anything fancy. Just find a few gentle stretches that feel good."

Like so many women, my sister spends much of her day taking care of others. She's constantly lifting, tugging, pulling, carrying, and doing things for the people around her. Sound familiar?

We can be so busy looking after everyone else that we forget about the one person who needs our attention the most: OURSELVES!

And then came an interesting part of our conversation.



My sister began telling me about a recent trip to the emergency room. Her hips had locked up so badly that she could barely walk! The doctor gave her a cortisone shot and explained that she was extremely tight and needed to work on her mobility and stretching. He also referred her to a physical therapist.

Well, isn't that ironic?

Here I was, encouraging her to stretch, and her body had already sent her a pretty loud message that it was time to pay attention!

"How wonderful!" I told her. "To all you physical therapists out there, I LOVE YOU! And massage therapists, the same goes for you!"

Seriously, these professionals play such an important role in helping people maintain mobility, recover from physical problems, and learn how to take better care of their bodies.

Exercise, stretching, and massage therapy can all be valuable parts of a proactive approach to muscle health and mobility. We shouldn't wait until something hurts or stops working properly before we start paying attention.

Think about it. We sit too much. We stand too much. We bend, lift, twist, carry, reach, and repeat the same movements day after day. Our muscles get tight, our joints get stiff, and sometimes our bodies simply tell us they've had enough!

Why wait until we're in pain to do something about it?

I was so happy to hear that my sister would be seeing a physical therapist. I know she'll benefit from learning the right movements and stretches for her body. I also encouraged her to ask about gentle movements she could incorporate into her day, such as Cat and Cow and Child's Pose, one of my personal favorites.

You don't have to be a yoga expert, join a gym, or spend an hour exercising to start taking better care of yourself. Sometimes all it takes is getting up, moving around, taking a few deep breaths, and giving your muscles a little attention.

Here's my challenge to you: STRETCH!

Set a reminder on your phone if you have to. Get away from your computer. Step away from whatever you're doing. Give yourself five minutes every hour to move and stretch gently.

And remember, if you have pain, injury, or limited mobility, get professional guidance about which movements are right for you.

We are often so busy taking care of everyone and everything else that we forget to take care of ourselves. But our bodies carry us through every single day. Don't they deserve a little love in return?

So, let's stop putting ourselves at the bottom of the priority list. Be proactive. Keep moving. Keep stretching. Your body will thank you!

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MOVIE REVIEW by Lucas Allen

Street Fighter (2026)

(Paramount Pictures/Legendary/Capcom)

Much like "Mortal Kombat" that came afterwards, the "Street Fighter" games held a special place in the hearts of 90s kids. However, its past two trips to the big screen were met with fan distaste over the years between the 1994 Jean-Claude Van-Damme cheese-fest and the 2009 toned-down "Street Fighter: The Legend of Chun-Li." This time, co-writer/director Kitao Sakurai looks to make the ultimate, fan-definitive adaptation of the games with 2026's Street Fighter and maybe the third time is the charm.

Once partners and friends, young Ken Masters (Noah Centineo) and Ryu (Andrew Koji) separate acrimoniously after the death of their mentor Gouken (Don Lee) with the latter disappearing into civilian life, while the former chooses the life of a pop culture celebrity. Years later, the mysterious Chun-Li (Callina Liang) invites them to take part in the 1993 World Warrior Championship being held in the city of Metrolao by its tyrannical leader M. Bison (David Dastmalchian), who's secretly looking for the strongest to harness his "psycho power." Li herself is also there as an undercover Interpol agent on a personal mission to exact vengeance on Bison for the death of her father. Reluctantly, Ken and Ryu must put aside their issues with each other to fight for the tournament.

Meanwhile, some of the world's strongest also take part, including Guile (Cody Rhodes), Balrog (rapper 50 Cent), Zangief (Olivier Richters), Dhalsim (Vidyut Jammwal), and Vega (Orville Peck). But before the tournament could start, Bison imprisons Ryu in an attempt to find that hidden power he witnessed during the first tournament in '87. Unfortunately, that power belongs to the demonic Akuma (WWE's Roman Reigns), who is waiting to be unleashed for a real fight.

As with last summer's Mortal Kombat II, the movie is basically mostly fighting with less plot. In this case, it has a chance to do some world-building for those unfamiliar with the games, but it is more character-based than any real storytelling structure. So, what you get is a movie that is pretty much 75% action, 14% characterization, and 11% story.

The script itself is also nothing to write home about when it fills to the brim with awkward dialogue and predictable beats. The only bits of exposition dumping happen in two parts, a Metrolao news show hosted by announcer Don Sauvage (comedian Eric Andre) and some animated flashbacks hand drawn as classic Japanese anime. There are important plot points, but they are severely undermined by endless sight gags and cartoonish violence. At least the recent Mortal Kombat movies wisely stay in tone when handling the balance of story and action.

Fans will likely get more out of it with its comical references and impressive choreography that becomes spiritually faithful to those games. In fact, the fight scenes help elevate the entertainment level, possibly higher than expected. The Shoryuken, the Hadoken, the Flash Kick, and the Spinning Piledriver are enough to really excite the masses.

While it does have a good soundtrack of recognizable tunes, the music supervisor seems to have a lapse in knowledge over the use of them in a period setting. The 4 Non-Blondes song "What's Up" (previously used for comedic effect in Masters of the Universe) is heard in scenes taking place in the late-80's despite being released in 1992, and then there are some songs made in the later 90's and early 2000's that somehow ended up in a club scene when it takes place in 1993. It can be pretty distracting, especially for a movie that is not meant to be taken seriously.

Much like the writing, the acting is not all that special, with some going very over-the-top with no sense of subtlety to be found. There are some highlights worth mentioning like Liang being very believable enough to balance out the moody Koji and Centineo's gruffness. Dastmalchian's Bison is an odd departure from the theatricality of the character previously played by the late Raul Julia in the 1994 film, while Reigns is effectively sinister in the secondary villainous role. Though merely a small cameo, Jason Momoa (also one of the film's producers) still becomes one of the movie's best moments as CG Hulk-like Blanka.

The new "Street Fighter" is neither great nor terrible, but this is certainly an odd duck of an action film. It is stylish but lacks substance, it's funny at times, violent when it needs to be, and also crazy insane. It is best recommended for the fans, while non-fans will have to decide how to put up with it.

THE MOVIE'S RATING: PG-13 (for violence/action, bloody images, strong language, sexual references, partial nudity, and brief smoking)

THE CRITIC'S RATING: 2.5 Stars (Out of Four)









AARP Maine Community Outreach volunteer



Joyce Bucciantini

By November, the last bit of Autumn warmth is mostly behind us. Sure, there are still a few brisk fall days for outdoor fun or the last bit of yard work, but the stacks of wood pellets in front of hardware stores and fuel trucks delivering home heating oil are a solid reminder that winter will soon be here; along with the heating bills.

Home heating oil use in Maine has declined over the last 15 years. Currently, about 50% of Maine households depend upon fuel oil as the primary source of heat, and the increasing cost of home heating oil is a major concern for many families. The Maine Department of Energy Resources' (maine.gov/energy/home) most recent survey of home heating fuel prices reported that the statewide average price for heating oil was $6.02 per gallon, representing an 81 percent increase from last fall. Homeowners can expect to pay about $740 more to fill up a standard 275-gallon oil tank than they did a year ago. These price increases will certainly impact household budgets for Mainers of all ages.

Maine Housing helped over 45,000 households stay warm last winter through the Home Energy Assistance Program (HEAP) or LIHEAP and the Energy Crisis Intervention Program (ECIP). HEAP helps qualified homeowners and renters pay for heating costs, and ECIP helps eligible Mainers who are at risk of losing their heating source. Both programs are administered through Maine Housing and nine local Community Action Agencies. Maine Housing's website has information about the energy conservation and heating assistance programs to help Mainers stay warm this winter. Applications are online as well at mainehousing.org.

Home heating bills are not the only utility expense that increases over the winter. Electric bills and other utility bills may cost more as well. The Maine Public Utility Commission (PUC) lists several resources to help families who are struggling to pay their bills (maine.gov/mpuc/consumer-assistance/programs). The website has practical first steps to help families contact their utility companies to discuss possible payment options or other assistance that might be available.

There is no doubt that Mainers are resourceful. We already turn the thermostat down and put on an extra sweater to save on energy bills. Before we need to reach for a third sweater, it is a good idea to make a plan for the upcoming heating bills. The Maine Housing and the PUC websites have useful resources to help us be prepared when winter arrives.

As always, please check out our upcoming events and programs and be sure to bring a friend. I hope to see you soon!

Sweden Food Pantry Board of Directors quarterly meeting produces key end-of-year decisions

SWEDEN - The Board of Directors of the Sweden Food Pantry met for its quarterly meeting and approved several important end-of-year plans to support shoppers through the holiday season.

The Pantry is now accepting sign-ups for Toys for Tots, sponsored by the Marine Toys for Tots program out of Brunswick. Gifts are available for children ages 0–18, and families are encouraged to register early.

For Thanksgiving, the Pantry will once again ensure that shoppers can secure most of the side dishes needed for their holiday tables. "We want families to feel confident that they can prepare a delicious meal without added financial strain," said Board President Linda Bradley.

The Pantry will continue to offer To-Go Boxes for current shoppers to pick up for family members, friends, or relatives who may be in need but hesitant to come in themselves. Boxes must be called in before Monday of pantry week, and all boxes are prepared on Tuesday. "This helps us reach people who may hesitate to ask for help," Bradley said. "We want to make sure no one is overlooked."



Submitted photo

Board of Directors, Sweden Food Pantry. Back Row: Miriam Gibley, Claudia Blondell, Jeanne Ouellette, Lynn Hurd, Alberta Ridlon. Front Row: Linda Bradley, Jane Gibbons, Carol Madsen.

With food distributions from Good Shepherd Food Bank and federal assistance through TEFAP (The Emergency Federal Food Program) significantly reduced, the Board discussed strategies to maintain quality and variety. Board member Claudia Blondell, who oversees purchasing and is skilled at stretching the Pantry's buying power, emphasized the commitment to thoughtful selection. "We've learned over time what our shoppers like and what they don't," she said. "We purchase a good amount of food, cleaning supplies, and hygiene products so families have choices and very little goes to waste." She noted that the coming months will be strengthened by the generous donation of a full side of beef from this year's Half a Beef Raffle winner.

Bradley expressed concern that rising costs for gasoline, heating oil, and food continue to strain household budgets across the region. "Thank goodness for our donors," she said. "Their ongoing support makes all of what we do possible." She added that Hannaford in Bridgton will donate $1.00 to the Pantry for every $2.99 reusable shopping bag sold during November.

The Sweden Food Pantry serves residents of Bridgton, Fryeburg, Lovell, Stoneham, Stow, Sweden, and Waterford. Open on the first and third Wednesday of each month; the Pantry welcomes all eligible families—no one is turned away. "With rising costs of household necessities, we encourage anyone feeling the pinch to stop by, even occasionally," Bradley added. "No judgment."

For more information, visit swedenfoodpantry.org or the Pantry's Facebook page. The Pantry can also be reached at (207) 925-9222.





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THE HEALTHY GEEZER Fred Cicetti

Mercury

Q. Can you get cancer from eating fish that contains mercury?

There is no strong evidence that mercury causes cancer in humans. The U.S. Environmental Protection Agency (EPA), the Agency for Toxic Substances and Disease Registry (ATSDR), and the World Health Organization's International Agency for Research on Cancer (IARC) do not classify environmental mercury as a known or probable human carcinogen.

Primary health concerns surrounding mercury center on its neurological and kidney toxicity, rather than cancer risk.

Mercury, a liquid metal also known as quicksilver, combines with carbon to make organic mercury compounds; methylmercury is the most common one. Methylmercury is made primarily by microscopic organisms in water and soil.

Methylmercury builds up in the tissues of fish. Larger and older fish tend to have the highest levels of mercury. Research shows that most people's fish consumption does not cause health concerns.

Almost all fish—and shellfish—contain traces of mercury. However, some fish have higher levels of mercury that can harm the developing nervous system of a fetus or young child. The risks from mercury in seafood depend on the amount and type that is consumed.

The EPA and the U.S. Food and Drug Administration (FDA) give the following advice to those at highest risk such as pregnant women:

• Do not eat shark, swordfish, king mackerel or tilefish. These have high levels of mercury.

• Eat shrimp, canned light tuna, salmon, pollock, and catfish. These are low in mercury.

Albacore, or white meat tuna, has more mercury than canned light tuna.

• Contact your local health department to check local advisories about the safety of fish caught in nearby waters.

(An important added note: fish sticks and fast-food fish sandwiches are usually made from seafood low in mercury.)

Mercury is a naturally occurring element that is found in air, water and soil. In addition, mercury enters the air from mining ore, burning coal and waste, and from manufacturing plants. It enters the water or soil from natural deposits, disposal of waste, and volcanic activity.

Exposure to mercury occurs from breathing contaminated air, ingesting contaminated water and food, and having dental and medical treatments.

Pure mercury has been used to make thermometers, switches, pressure gauges, fluorescent bulbs, button batteries, thermostats, dental fillings and medicines.

In recent years, there has been a growing focus on the need to decrease the use of mercury in products and to prevent mercury in existing products from entering the waste stream. Several states have passed legislation to reduce mercury in waste.

So how about those fillings in your mouth?

Dental amalgam is a silver-colored material used to restore teeth that have cavities. Dental amalgam is made of liquid mercury and a powder containing silver, tin, copper, zinc and other metals. Mercury concentration in dental amalgam is generally about 50 percent by weight.

Is dental amalgam safe?

For the vast majority of people, dental amalgam is not considered a health threat by major regulatory bodies, including the FDA and the American Dental Association (ADA).

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Reader Recipe



Offer something new at Thanksgiving Dinner this year:

Thanksgiving dinner offers a lot to look forward to. The unofficial kickoff to the holiday season, Thanksgiving is a chance for families and friends to get together, watch some football and, of course, share a delicious meal.

Food is a focal point on Thanksgiving. Turkey is the traditional centerpiece, but side dishes garner their share of the glory, too. Stuffing, mashed potatoes, vegetable casseroles, and more have a way of finding their ways onto the Thanksgiving menu. But hosts looking to offer something a little less traditional and more unique can look to this delicious recipe for "Stuffed Zucchini" from Lines+Angles.

Stuffed Zucchini

Makes 6 servings

- 6 medium zucchini, washed and ends trimmed
- 3 cups butter cracker crumbs, crumbled
- 1/2 cup grated Parmesan cheese, plus extra to sprinkle
- 1 small onion, peeled and minced
- 3 tablespoons minced fresh parsley, plus extra for garnish
- Freshly ground black pepper, to taste
- 1 teaspoon salt
- 2 eggs, beaten
- 2 tablespoons butter
- 15 ounces canned diced tomatoes, drained well

1. Preheat oven to 350 F.
2. Cut zucchini in half lengthwise; scoop pulp out with a spoon. Place zucchini shells in a large baking pan.
3. In a large bowl, combine zucchini pulp, cracker crumbs, cheese, onion, parsley, salt, pepper, and the beaten eggs. Fill zucchini shells with mixture; dot with butter and spoon tomatoes over the filling. Sprinkle with additional Parmesan cheese and bake for 30 to 35 minutes. Garnish with chopped parsley and serve.

Metro

Get ready for Maine's firearms deer hunting season

AUGUSTA - The woods are calling, and Maine's firearms deer hunting season is almost here!

Maine residents can take to the woods beginning this Saturday, October 31, and nonresidents can join the hunt beginning on Monday, November 2.

The Maine Warden Service wants to remind hunters that preparation and safety are key to a successful season. Before opening day, take time to check your gear, fine-tune your plans, and review a few important safety reminders.

Whether you're returning to a familiar stand or exploring a new area, a little preparation and good judgment go a long way toward a safe, memorable hunt.

Before heading into the woods:

Know your firearm. Check that it's in good working order and always treat it as if it's loaded. Keep the muzzle pointed in a safe direction, carry it safely, and be sure of your target and what lies beyond it.

Review treestand safety. Always wear a full-body safety harness and use a safety line. Once safely secured, use a haul line to raise your unloaded firearm. Check for hazardous trees and branches before setting up.

Plan for the unexpected. Tell someone where you're hunting and when you expect to return. Bring a compass, a survival kit, and the supplies you need if you're delayed or conditions change.

Get your spot ready. Do some last-minute scouting, confirm landowner's permission, check your equipment, and make sure you're familiar with the area.

Hunt responsibly. Know the regulations for your Wildlife Management District (WMD), respect other outdoor users, and make safety your top priority.

We wish you a safe and memorable season in the Maine woods. Look out for one another, respect the resource, and make the most of your time outdoors.

More information is available at *mefishwildlife.com*.



Photo by *mefishwildlife.com*

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Scammers can manipulate caller ID to make a call appear to come from a local number or a legitimate business. They may also use stolen personal information and artificial intelligence to make their calls more convincing. Even if a number looks familiar, that doesn't mean the caller can be trusted.

To protect yourself, avoid answering calls from unknown numbers. If you answer a suspicious robocall, hang up without pressing any buttons. Check with your phone provider about call-blocking options and consider adding your number to DoNotCall.gov. While this can reduce unwanted telemarketing calls, it won't stop scammers who ignore the rules.

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.

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PET Spotlight



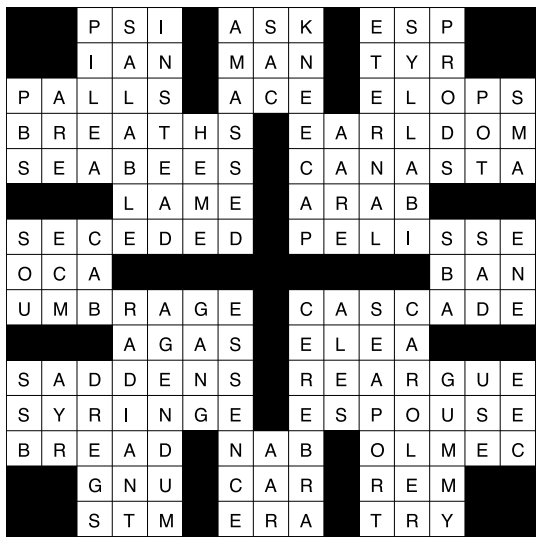
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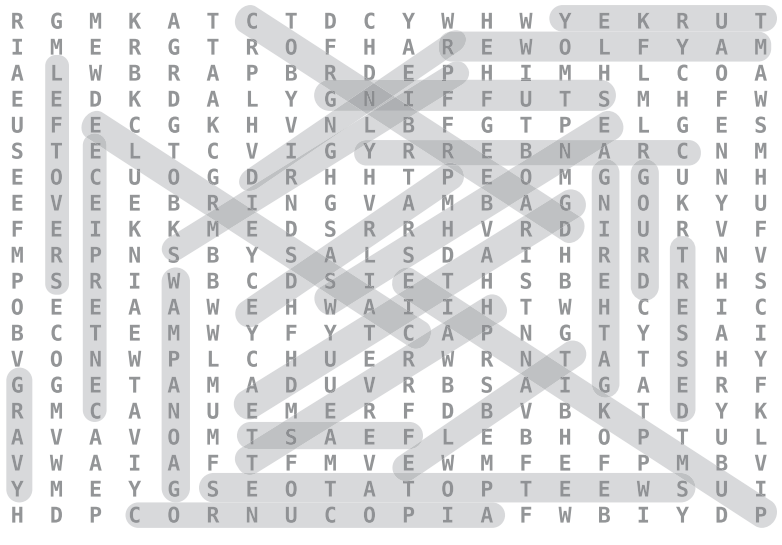
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Kennebec Current: Susan Scott
Lewiston Leader: Nancy Spencer
Lisbon Ledger: Adam Rinko
Lake Region Reader S: Kendra Hall
Lake Region Reader N: Catherine Burgess
Moose Prints: Tom Pinkham
Oxford Hills Observer: Sandra Lambert
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Western Foothills Land Trust conserves 85 acres on Moose Pond in Otisfield







Submitted photos

OTISFIELD — Western Foothills Land Trust (WFLT) announced it has acquired an 85-acre property on the eastern shore of Moose Pond in Otisfield, permanently protecting more than 3,500 feet—more than half a mile—of undeveloped shoreline, and expanding opportunities for public recreation and conservation.

The property includes mixed forest, extensive wetlands, and expansive shoreline on a beaver pond that provides habitat for fish, waterfowl, amphibians, and other wildlife. Located immediately adjacent to the Town of Otisfield's Two Ponds Nature Area, the property creates a connected 180-acre conservation and recreation area.

"This is a once-in-a-generation conservation opportunity for Otisfield," said Korey Morgan, Executive Director of Western Foothills Land Trust. "Few places combine this much undeveloped shoreline, wildlife habitat, and recreational potential in a single property. Conserving this land ensures that future generations will be able to experience Moose Pond much as it exists today."

"The conservation on Moose Pond is an incredible win for the people of our town," said Peter Tilkimeier, Chair of the Otisfield Conservation Committee. "This project represents an investment in our community's future and protects forests and shorelines while creating new opportunities for recreation, outdoor education, and conservation. The property is connected to the Two Ponds Nature Area and creates a 180-acre community asset. We look forward to continuing our partnership with Western Foothills Land Trust."

Conserving the property protects important ecological features, including more than 20 acres of wetlands that support sensitive wildlife habitat, while protecting the water quality of Moose Pond. Moose pond is a beaver pond that provides habitat for a range of wildlife while helping filter water, reduce downstream flooding, recharge groundwater, and support diverse natural communities.

WFLT is working with the Town of Otisfield and community partners to determine how the property can best serve the community while protecting its natural resources. Potential uses include low-impact hiking trails, shore-based fishing access, wildlife observation areas, interpretive signage, and outdoor education.

The acquisition builds on years of work by WFLT, the Town of Otisfield, local volunteers, conservation partners, and residents to protect the property.

"Our goal is to ensure that people can hike, fish, paddle, hunt, watch wildlife, and enjoy the outdoors while protecting the ecological resources of the property," Morgan said. "We look forward to continuing our partnership with the Town of Otisfield."

The acquisition was made possible through support from Land for Maine's Future, the Davis Conservation Foundation, the William P. Wharton Trust, the Maine Outdoor Heritage Fund, the Maine Community Foundation, the Ram Island Conservation Fund, and anonymous private supporters.

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Retired SFC Richard Spreadbury Army 1971


Clayton Tetrault
Navy - Retired

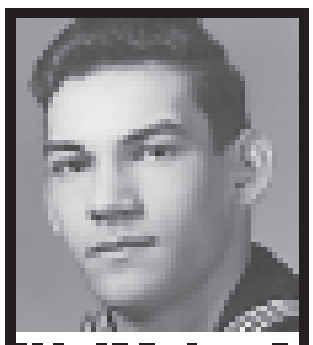

Christopher Lowell
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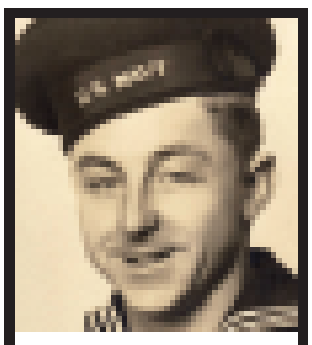

Robert Whitehouse
Navy [illegible]


Roger Whitehouse
Navy [illegible]


Elwin G. Prosio
rec Killed October 1, 1944, in Italy

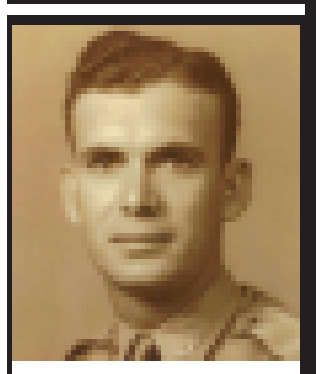

David Richard
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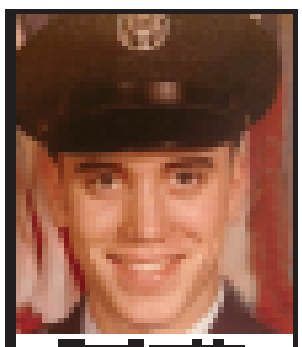

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James Hanlon
Navy 1948
Miss you so much
Signed Love,Mom


Joseph S Irvin
Navy Corpsman
August 1966 to June 1967
Wrote the Standard First Aid Training Manual for the Navy

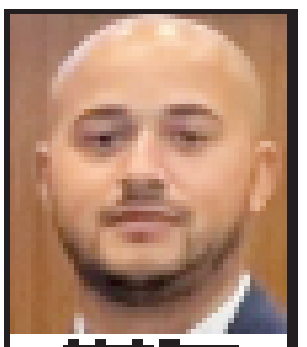

Ronald W. Small
U.S. Navy - Korean
Bell's Mill Pulp Mill


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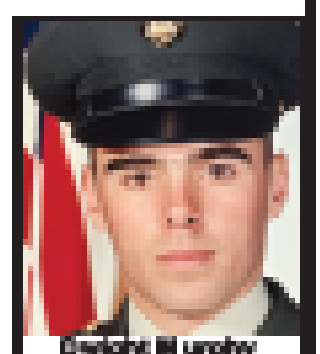

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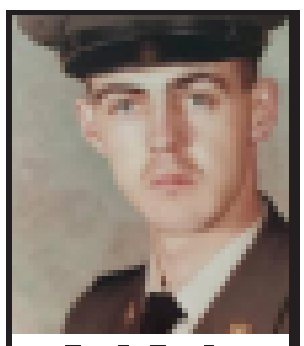

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Edward "Eddy" Richard
Mineola Male '3rd Class' –
Navy 1944 LCT Group 31 [illegible]

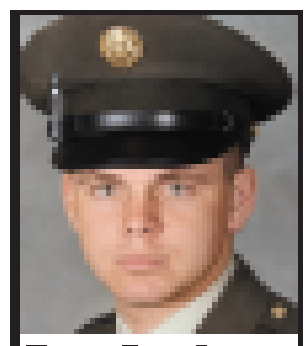

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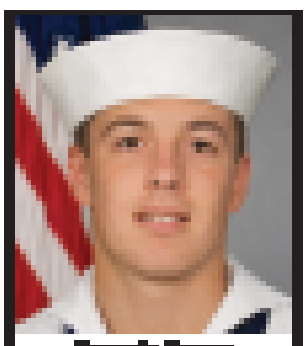

Joseph A. Paradis
Army - Medic in a Operation
Founder of Veterans Memorial Park, Lewiston, ME


Dwight M Murphy
Army Sgt.
Served in Vietnam 1969 to 1970


Randy Crosby
[illegible]


Billy Hayden
[illegible]


[illegible]


[illegible]


Marilyn Bailey
[illegible]


Billy McLaury
[illegible]

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