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MOOSE PRINTS

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Bridgton-Lake Region Rotary Club champions student citizenship and literacy at Lake Region Middle School



Kamryn Bailey, 6th Grade



Wesley Hall, 7th Grade



Grace Ridlon, 8th Grade

BRIDGTON - The Bridgton-Lake Region Rotary Club is proud to continue its partnership with Lake Region Middle School through the Citizen of the Month program, launched in 2024 by the Rotary Youth Committee and LRMS faculty. Each month, one student from each grade is recognized for demonstrating thoughtful choices, respect for others, and a commitment to their school community.

Rotarian Aaron Hagan, VP at Northeast Bank and a member of the Youth Committee, noted how meaningful the program has become. A father of one current LRMS student—his oldest having moved on to high school this year—Hagan emphasized Rotary's long-standing commitment to literacy. "Each selected student receives a $25 gift certificate to Bridgton Books from the Club, encouraging both recognition and literacy. Literacy has been a core mission of our Club for years, championed by Past President Dr. Lisa Ryan and carried forward by current President Rick Whelchel, owner of J.Decor in Bridgton. In fact, we've supported literacy across the Lakes Region for many years by donating personal dictionaries to every 3rd grader."

September 2026 Citizens of the Month

• 8th Grade – Grace Ridlon

In the short time teachers have known Grace, she has already distinguished herself through repeated acts of kindness and helpfulness. She recently went out of her way to support a classmate who was having a difficult day—an example of the empathy she shows consistently. The 8th grade team is proud to recognize Grace Ridlon as their Citizen of the Month.

• 7th Grade – Wesley Hall

Wesley is a kind, honest student with a strong work ethic. He stays engaged in class, asks thoughtful questions, and is always willing to lend a hand. His teachers note that he looks out for others and contributes positively to the classroom environment. Congratulations to Wesley Hall.

• 6th Grade – Kamryn Bailey

Kamryn has made an excellent transition to middle school. She arrives prepared, follows directions, and asks for clarification when needed. Her teachers describe her as a role model—present, attentive, and ready to learn each day. The 6th grade team is delighted to honor Kamryn Bailey.

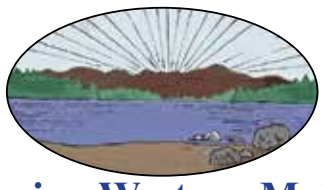
The Bridgton-Lake Region Rotary Club looks forward to celebrating these students each month and sharing their stories with the community. In addition to several literacy initiatives, the Club supports programs addressing food insecurity, veterans' services, and recovery efforts throughout the region.

Rotary meets on the 2nd, 3rd, and 4th Thursdays of each month at 7:30 AM at the Bridgton Alliance Church Fellowship Hall. Guest speakers join members once or twice a month, and all meetings are free and open to the public.

Lake Region Middle School serves the Maine towns of Bridgton, Casco and Naples which together make up Maine School Administrative District 61.

For more information, visit lakeregionrotary.com, follow the Club on Facebook, or contact President Rick Whelchel at *LakeRegionRotary@gmail.com.*

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Funny Things Kids Say
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Or email: FunnyThingsKidsSay@turnerpublishing.net

Three year old grandson was excited to visit grandma's house and 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

What does Veterans Day mean to me

Veterans Day is more than a date on the calendar. It is a time to remember the people who served alongside me and the sacrifices made by fellow veterans and their families.

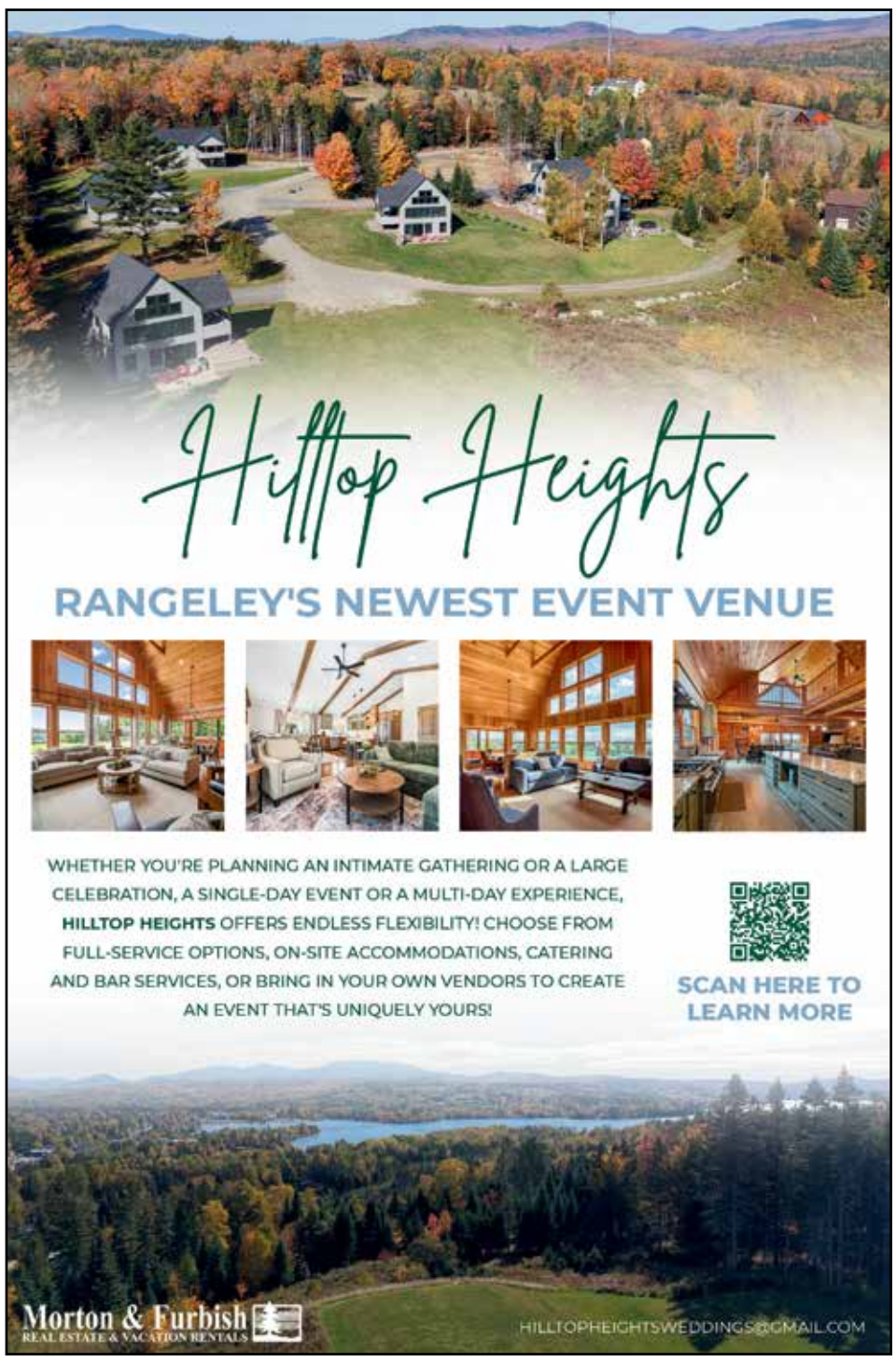
Hello, my name is Jeff Kirkpatrick. During the Vietnam War, I served as an Army Combat Assault Helicopter pilot. I served there in 1970-71. The work demanded skill, courage, and trust in fellow crew members. Those experiences left a lasting mark—not only in memories of service, but in the bonds formed with others who understood the challenges.

Today, Veterans Day offers a chance to reflect on that chapter and honor all who have worn the uniform. Its meaning is found in remembering those who served, recognizing the cost of service, and appreciating the support veterans receive at home.

"Veterans Day reminds me that service is shared, and that is why I joined the VFW. I can keep on giving to my fellow vets here in the Harrison-Waterford, ME area."

We remember our fellow veterans, and we're grateful when our communities remember us.

Submitted by
CW2 Jeff Kirkatrick
VFW Quartermaster
Harrison-Waterford Post 9328





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

TURNER: At Turner Public Library Stay & Play is on Wednesdays from 9:30-10:30 a.m., Story Hour is at 10:30 a.m., and Silent Book Club is from 4-6 p.m. on Thursdays.

GRAY/ NEW GLOUCESTER: Meet friends and neighbors, chat one-on-one with the GNG Community Connectors, every Thursday, 9:00 a.m. to 11 a.m., New Gloucester Community Building (behind town hall) or 1:00 p.m. to 3:00 p.m., Gray Library, large meeting room in the basement.

SABATTUS: Looking for local senior citizens interested in restarting a Senior Citizens group, if interested, please email Jon at jmsab23@aol.com.

CASCO: Casco Village Church, United Church of Christ, 941 Meadow Rd. in Casco, invites you to our "Clothes Closet", 1st and 3rd Saturdays of the month from 10-2 p.m., clothing for all and always offering a table of free items.

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.

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.

GILEAD: Gilead Historical Society open every Saturday 12 – 3 p.m., 14 Depot St., Gilead, FMI call (207) 836-2987.

HARRISON: Men's Breakfast, second Thurday morning 8-9 a.m., United Parish Congregational Church of Harrison and North Bridgton, 77 Main St., Harrison, FMI call 207-583-4840 or email *info@unitedparishucc.org.*

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.

NORWAY: Chair Yoga at the Cancer Resource Center, Thursdays 1:00 – 2:00 p.m., chair yoga can help improve core strength and balance, promote better breathing techniques, increase flexibility and help reduce stress, call the Cancer Resource Center to register at 890-0329.

NORWAY: Women's Support Group and Coffee Hour, meets the third Wednesday of every month from 10:30 to 12:00 noon at the Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Kelsey at the Center at (207) 890-0205.

BRIDGTON: Chair Yoga Mondays and Fridays 10 -11 a.m., taught by Susan Kane, this class is open to all cancer patients and can easily be modified to anyone's ability level, you do not need to register in advance, Bridgton Community Center, 15 Depot Street, Bridgton.

NORWAY: Men's Rally Group meets the third Friday of each month from 1:00 - 3:00 p.m., Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Nel Bernard at 207-312-9955 or Vance Jordan at 207-583-2975. *Note: new day of week and time.

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.

NORWAY: Drum Circle at Center for Healing Arts, 4th Saturday of each month, 11 a.m. to 2 p.m., 180 Main St., Norway, free event, drums available for use, FMI call Dan Gravel 207-604-0323 or Nel Bernard 207-312-9955.

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

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.

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

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*.

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.

BRIDGTON: 1-4 Sunday, Community Ping Pong Program, $1 to participate, open to all Town Hall, 26 North High St.

BRIDGTON: Al-Anon, 4-5p.m. Thursday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

BRIDGTON: Narcotics Anonymous, 7-8 p.m. Friday, Lakes Region Recovery Center, 2 Elm Street, Bridgton, 207-803-8707.

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

GRAY: One-on-one with Community Connector, 1-3 p.m., Gray Library, 5 Hancock St., Gray, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

NEW GLOUCESTER: Coffee Hour, Tuesdays, 9-11 a.m., New Gloucester Congregational Church, 19 Gloucester Hill Rd., New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

NEW GLOUCESTER: Community Cafe Lunch, 11:30 a.m., New Gloucester Congregational Church, 19 Gloucester Hill Rd., New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

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.

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.

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kids' corner

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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?

461,240 in Canada

Answer: 15.7 million in the U.S. and

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...

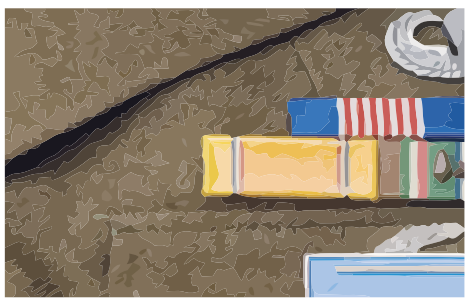
English: Veteran
Spanish: Veterano
Italian: Reduce
French: Ancien combattant
German: Veteran

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.

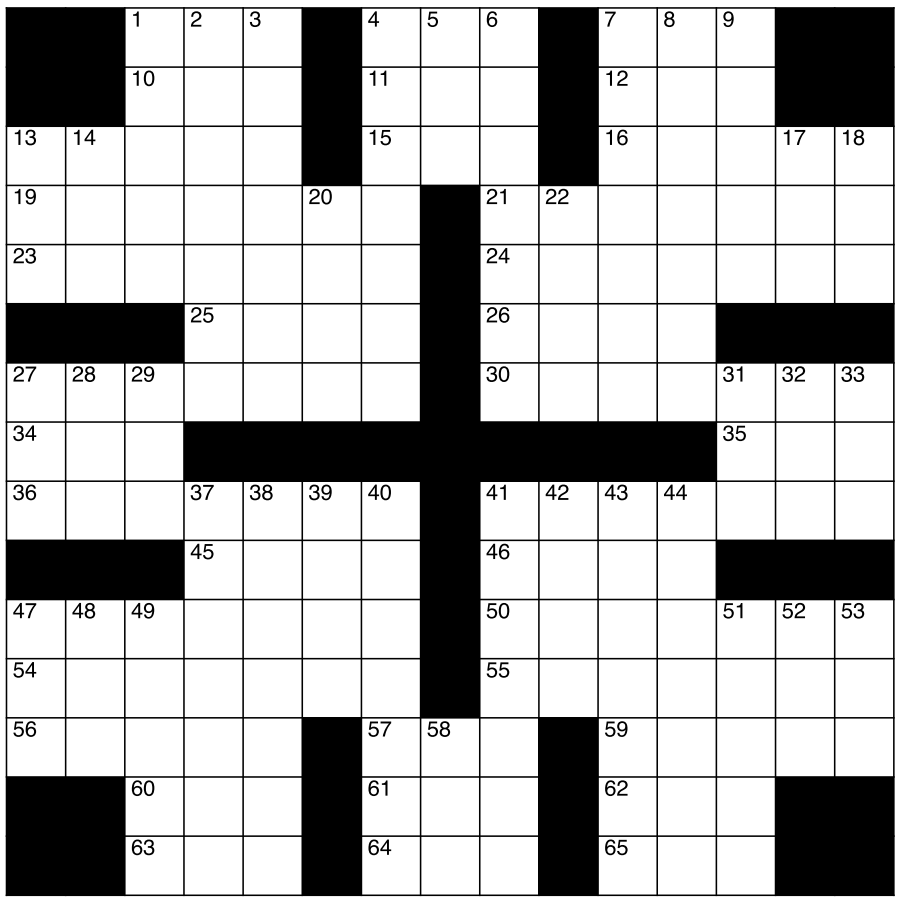
Get the PICTURE?



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

CRYPTO FUN

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

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
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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

Pleasant Mountain Snowmobile Club hosted a safety course for snowmobiles and ATV's

BRIDGTON - Saturday, October 17, Pleasant Mountain Snowmobile Club organized and hosted a Safety Course for Snowmobiles and ATVs at the Bridgton Community Center. The 5-hour course, which included a lunch provided by the Club, was presented by Stephen Barr, Recreational Safety Coordinator of the Maine Department of Inland Fisheries and Wildlife (IF&W).

A snowmobile and a side-by-side ATV were on display outside the Community Center, courtesy of the Snowmobile Club. This gave participants a chance to see the machines up close and become familiar with the various controls and how they function.

Several Videos were used to demonstrate proper riding technique and the use of snowmobiles and ATVs.

The Safety Course is designed for newcomers to the sport as well as more experienced riders, and covers the basic how-to of operating snowmobiles and ATVs, starting and warming up your snowmobile, and proper position to ride, Other topics covered by the course are: how to perform a safety inspection of the machine before riding it, how to dress appropriately and safely for the weather, the importance of riding with a buddy, and how to plan a group ride.



Submitted photo

Blaine Chapman (President of Pleasant Mountain Snowmobile club) and Steven Barr (Recreational Safety Coordinator of the Maine Department of Inland Fisheries and Wildlife

The instruction also included: basic hand signals, the Code of Safety, trail etiquette, preparing for the unexpected and for emergencies, and understanding the danger of alcohol and drugs. Other topics were coping with extreme weather, riding in remote areas, preparing for emergencies and what to carry to make your ride safer.

The use of Maps, Compass, and GPS was also discussed and demonstrated.

The course was well attended and included a number of young people who are interested in riding safely. At the end, participants took a written test and were given a certificate showing they had successfully completed the Safety Course.

The Pleasant Mountain Snowmobile Club, originally known as the Bridgton Snow Drifters, and more recently the Bridgton Easy Riders, has been creating and grooming trails in Bridgton for more than 60 years.

Volunteer work parties go out most Sunday mornings, with the Club providing the equipment and supervision for this work. Volunteers are welcome to show up once to check it out, or more often, if interested. Younger, stronger volunteers are encouraged to come out and learn how trails are created and cared for.

There are also opportunities for volunteers to help with events such as The Annual Snowmobile Rally, the snowmobile raffle, and other indoor projects during the winter. Some Club members work on landowner relations, planning and leading club trips, or on trail map preparation. Club volunteers with mechanical skills may be responsible for maintaining and operating the big trail of groomers.

These snowmobile trails don't grow on trees—they are created and maintained by the dedicated members of this Club.

If you are a snowmobiler, we need you to step up and join our Club and help us to carry on this long-standing tradition.

Pleasant Mountain Snowmobile Club meets on the second Friday of each month from Sept. - April. The next meeting will be Friday, November 13th at Bridgton Community Center, 15 Depot st. Bridgton, starting with the Fabulous Potluck Supper at 6 p.m. (newcomers are welcome to come check it out - no need to bring anything), followed by the business meeting at 6:45 p.m.

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."

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.



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.

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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Scam Alert Bulletin Board

AARP Fraud Watch Network

Give Robocalls the Busy Signal

Robocalls can be more than just annoying. While some automated calls are legitimate, others are used by criminals to steal money or personal information. These calls may promise prizes, demand payment for debts you don't owe or claim to come from a trusted organization.

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.

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.



THE HEALTHY GEEZER Fred Cicet-ti

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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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.



Photo by *mefishwildlife.com*

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*.











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.

• 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.

















Jodi Cornelio
Live Long, Live Well
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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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MAINE OUTDOORS

V. Paul Reynolds

Moose Talk

Of all my assorted big game hunts, the celebrated Maine moose hunt gets top billing for just plain fun, challenges and, at times, downright frustration. Over the years I have either hunted with a permit or have been part of a moose hunting party. Most of my hunts have been cow hunts, except for two bull hunts. My last hunt, this fall, was a bull hunt and I and my chain saw power winch were invited along as guests.

Moose signs were as plentiful as I have ever seen, but sightings were scarce. At the least three times we had bulls answering our cow in heat calls only to "hang up" just out of range or in thick cover. Frustrating! Common sense said that our calling strategy or techniques were just not up to snuff. What were we doing wrong?

I went to the experts to try and get an answer to that question.

In his book "Moose Hunting" moose guide Dave Kelso devotes a chapter to moose calling. Kelso's information has a credible component inasmuch as he has worked with Maryo Peppin and studied moose in captivity at the Buck Expert Research Center. Here are some highlights: 1) Effective calling involves many variables and you need to adjust your vocalizations to the situation. 2) Although cows are in heat for just 24 hours, it is wrong to assume that bull moose can't be called long after the rut. Just not so says Kelso. 3) The key to a good cow-in-heat call is a call that quivers in tone and softly fades out. 4) Never call before legal shooting time 5) There are two key bull grunts, the fight grunt and the love grunt. Learn the difference. When answering a bull with a raking of the brush or the volume of the call, try to sound bigger than he is. 6) Mouth or voice calls are the best. 7) Raking brush is an art form when communicating with an incoming bull. Always pause between the rakes. (A bull will not rake or call at the same time.)

Moose guide Tenley Skofield has many hunts under her belt. Here are some of her thoughts:

Once you have scouted or discovered a productive area to hunt, be aware of wind direction and keep it in your face.



Photo by V. Paul Huston

In moose calling, patience is a virtue. Bulls sometimes take their merry old time "coming in."

Start with a lightly tickling brush with a scapula, antler, or antler imitation. In the stillness of breaking dawn, that little bit of brush rustling will sometimes be enough to get a conversation started. Too often a calling sequence begins too loud and too frequent and will push moose away rather than pull them in.

The same goes with first calls. If you are making your first call in an area and are unsure if moose are in the vicinity, call lightly at first in each of the four directions. Listen, call again and again every 15 minutes or so as you move slowly and quietly. Gradually increase volume. There may or may not be a moose to hear your calls. Continue calling for an hour, minimum. Two hours is not too much time to invest in opening a conversation with a moose, especially one coming in silence. You'll only know those moose are approaching by the sound of a snapped branch or antlers moving through the brush.

The most underrated element to calling is being quiet. Have a plan in place as you begin, communicate with your party using hand signals and whisper only if absolutely necessary. Unnatural sounds, like talking, clanging shooting sticks, zippers, and crackling packs and wrappers will spook a moose and ruin any chance of calling one in to shooting range.

Highly experienced moose guide Nathan Theriault from OMM Outfitters offers these tips;

• **Cow Calls:** Avoid calling too loudly or frequently. Focus on a slow, drawn-out, nasal tone and proper cadence to attract bulls during the peak of the rut.

• **Pacing and Patience:** Bulls move slowly and may take hours to approach while checking the wind. Sit tight and avoid moving prematurely to refrain from spooking game.

• **Wind and Setup:** Always set up with the wind in your face. Mature bulls typically circle downwind before appearing, so position your caller and shooter accordingly.

• **Mouth Calling vs. Electronic Callers:** Mouth calling and horns allow real-time adaptability. Unlike electronic callers, live calling enables you to adjust pitch, volume, and cadence based on the bull's reactions and behavior.

My final thought. A Maine moose hunting permit is a gift that could be a once in a lifetime hunt. It pays to be ready. Calling is critical, especially during the rut. Consider doing more homework and practicing the art of moose calling. Only then will you truly be ready. I plan to heed my own advice on this one.

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







Turner Publishing

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.

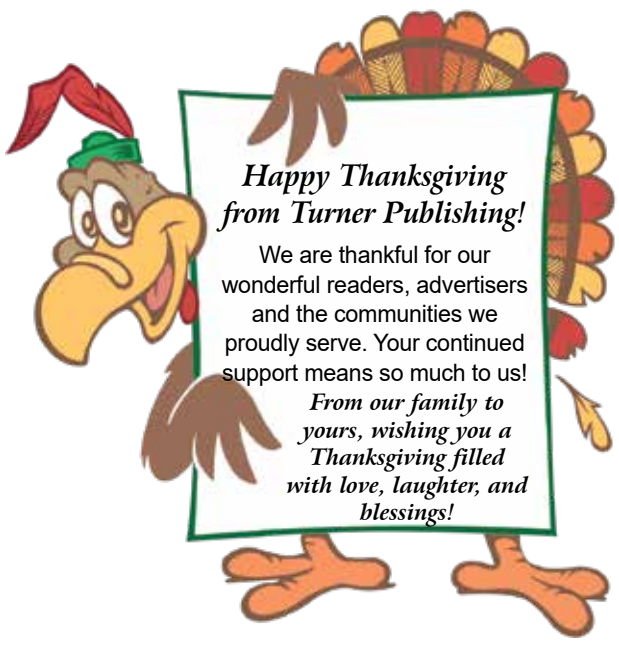
Metro

2027 Maine Teacher of the Year



Submitted photo

Gretchen Livingston, a Spanish teacher at Cony Middle and High School, has been named the 2027 Maine Teacher of the Year.



Becoming a dark sky community

A Dark Sky Community designation lets the world know we care about keeping our stars visible and that we are working hard to achieve this. There is nothing like looking up at the sky and seeing millions of stars swirling around our Milky Way Galaxy. Sky gazing has increased in popularity and is giving a boost to tourism. More than 80% of the country lives under light polluted skies and cannot see the stars at night. Here in western Maine, we are lucky to still be able to see them. Being a Dark Sky community does not mean turning off every light. Proper lighting used when and where necessary is the key. Here's how.

Avoid those spotlights on the corner of the house or garage that light up your yard. Ever notice when you pull into the driveway and those big lights come on you need to squint to see. Like someone pointing a flashlight in your face. You are temporarily blinded by the light. Use a shield that directs the light downward where it is needed on the ground.

Use a motion sensor on your lights so they go off when no longer required. Animals have very good night vision and appreciate the darkness.

Fixtures mounted under eaves should be fully recessed, so the bulb does not drop below it. Glare is the result of seeing a bulb hanging below the light fixture. Glare inhibits visibility rather than enhances it. Well-placed lights are the key.

Use amber bulbs to curb the glare that white bulbs produce. Eliminate the high contrast of white light, and you actually see more.

While stringing festival lights all over your deck or yard looks pretty for a party, having them on every night adds a lot of light to the night sky. Use them when you're outside enjoying a gathering, but please remember to turn them off when you go inside.

Seasonal holiday lights are fun and please continue to create joy by decorating your house and yard.

Remember 5 principles of light: Useful, Targeted, Low-level, Controlled, Warm-colored.

Go to *DarkSky.org* to learn more.



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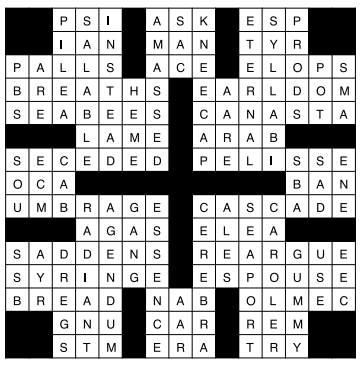
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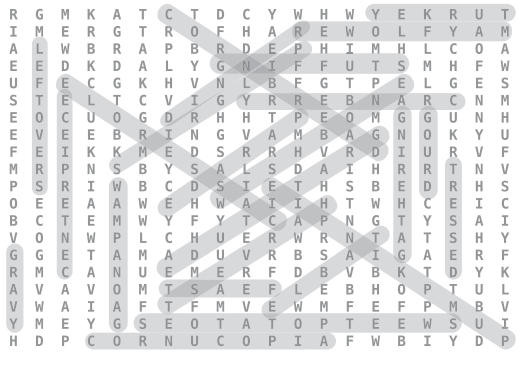
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