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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.



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Rangeleys Newest Event Center

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Mountain Valley Cross Country Championships in Augusta

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.



Submitted Photos

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

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

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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

Franklin Savings Bank ranks third among Maine's Best Places to Work in 2026

FARMINGTON – Franklin Savings Bank has once again been recognized as one of the Best Places to Work in Maine, earning third place out of 67 organizations in the medium-sized employer category for 2026. The rankings were announced at the annual Best Places to Work in Maine awards celebration.

The annual program, presented by the Maine State Council of the Society for Human Resource Management (SHRM), Best Companies Group, and BridgeTower Media, recognizes employers throughout Maine for their workplace practices, employee engagement, and organizational culture.

This year's employee survey results reflect strong satisfaction and engagement among Franklin Savings Bank employees. The Bank achieved a 95% overall engagement score. Additionally, 100% of employees who responded to the survey agreed that they were highly satisfied with Franklin Savings Bank as their employer.



Submitted Photo

For Franklin Savings Bank, the recognition reflects a workplace culture shaped by its employees, where supporting one another, creating opportunities to grow, and encouraging involvement in the things that matter most are shared priorities.

"What makes Franklin Savings Bank a special place to work goes well beyond the exceptional benefits we offer," said Tim Thompson, President and CEO of Franklin Savings Bank. "It's the culture our employees have helped build and continue to strengthen, and the time we take to understand what matters to one another, both personally and professionally. We encourage our team to find joy in their work, pursue opportunities to grow, and get involved in causes and organizations they're passionate about. Whether it's supporting a coworker, volunteering with a local organization, or finding new ways to strengthen the communities we serve, our employees have opportunities to make a meaningful difference. That's what being one of Maine's Best Places to Work means to us."

From employee-led initiatives to community partnerships, the Bank looks for opportunities to connect its employees with the people, organizations, and causes they care about, while creating a workplace where collaboration and individual contributions are valued.

Employee feedback also plays an important role in shaping the Bank's ongoing efforts. Beyond participating in the annual survey, employees have opportunities to share ideas, discuss challenges, and help identify ways to improve their workplace experience.

"One of the things I appreciate most about our employees is their willingness to share their perspectives and help us continue improving," said Michelle Grimnes, Senior Vice President, Human Resource Director at Franklin Savings Bank. "The feedback we receive gives us valuable insight into what's working well and where we have opportunities to do more. We're proud of these results, but what's equally important is how we use that feedback to support our employees and continue building a workplace they're happy to be part of."

As part of that commitment, the Bank continues to review survey findings and engage employees in discussions about opportunities for improvement. These conversations help inform future initiatives and ensure employees have a voice in shaping the Bank's workplace culture.

The Best Places to Work in Maine program recognizes organizations in three categories based on employee count: small employers (15–49 employees), medium employers (50–249 employees), and large employers (250 or more employees).

Best Companies Group manages the registration and survey process, evaluating participating organizations through an assessment of workplace policies, practices, and demographics, as well as confidential employee surveys. The findings are used to determine the annual rankings.



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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

SKOWHEGAN: St. Anthony's Soup Kitchen Parish Hall, 291 Water St., Skowhegan Every Tuesday & Thursday 3-4 p.m.

CORNVILLE/MADISON: People Who Care Food Cupboard, located at RT-201 in Madison, for Cornville, Athens and Brighton residents, 1st Saturday of each month for Farmers' Market and 3rd Saturday of each month for a full Food Cupboard, hours are 9 - 11 a.m., FMI or donations, please call 776-3257.

SKOWHEGAN: St. Anthony's Soup Kitchen Parish Hall, 291 Water St., Skowhegan Every Tuesday & Thursday 3-4 p.m.

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.

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

CORNVILLE/ATHENS: Cornville/Athens Food Cupboard is open to all residents of Cornville, Athens & Brighton, located at Cornville Town Hall, West Ridge Road, open on the 1st Saturday of each month with new hours 9 a.m. - 12 p.m., FMI please call 776-3257.

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.

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

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

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

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

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

MADISON: Music Jams - Open Mic. 1st and 3rd Sunday of each month, 1-4 p.m. Masonic Hall, Madison.

MADISON: The Madison Historical & Genealogical Society will be open for viewing the many Madison's historical displays and usage of genealogy resources every Saturday from 10 a.m. to 2 p.m. at the Old Point Avenue School, 108 Old Point Avenue, Madison. New members and volunteers are always welcomed. Contact person Judy Mantor, president at 696-5810.

SKOWHEGAN: St. Anthony's Soup Kitchen, Parish Hall, 291 Water St., Every Tuesday & Thursday 3-4pm For more information or to help: (207) 474-2039.

WATERVILLE: A Service for Veterans, Veteran Service Officer from the Bureau of Veterans' Services will be available to meet with you from 8 a.m. – 2 p.m. first Thursday of the month at the Muskie Community Center, 38 Gold Street, Waterville, appointments are 30 minutes. To reserve your private appointment, call (207) 873-4745.

WATERVILLE: Family Caregiver Education and Support Group, Third Wednesday, Monthly 1 – 2:30 p.m., Spectrum Generations' Muskie Community Center, 38 Gold Street, Waterville, to learn more, visit the front desk receptionist at the Muskie Center or call (207) 873-4745.

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

CANCELLATIONS
None listed.

POSTPONEMENTS
None listed.

Events for the Maine News Calendar should be received two weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: *https://www.turnerpublishing.net/pdf/Deadlines.pdf*. Email your event information to *articles@turnerpublishing.net* and include: Date of event; name of event; time of event; venue location; town; contact phone number. Late submissions may not be published. Emailed events are processed faster.

MAINE CALENDAR PAGE

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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.

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Look for Coop somewhere in this paper, (not this page or page 1) mail us the name of the paper and page he is on, you could win a Coop stuffy!



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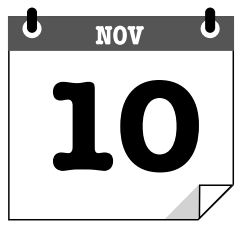


Creative Coloring

Color in this picture to create your own masterpiece.



THIS DAY IN HISTORY



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...

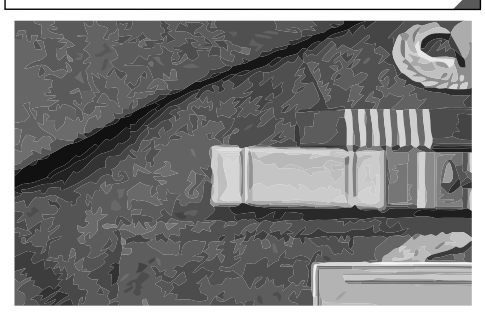
English: Veteran
Spanish: Veterano
Italian: Reduce
French: Ancien combattant
German: Veteran

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.

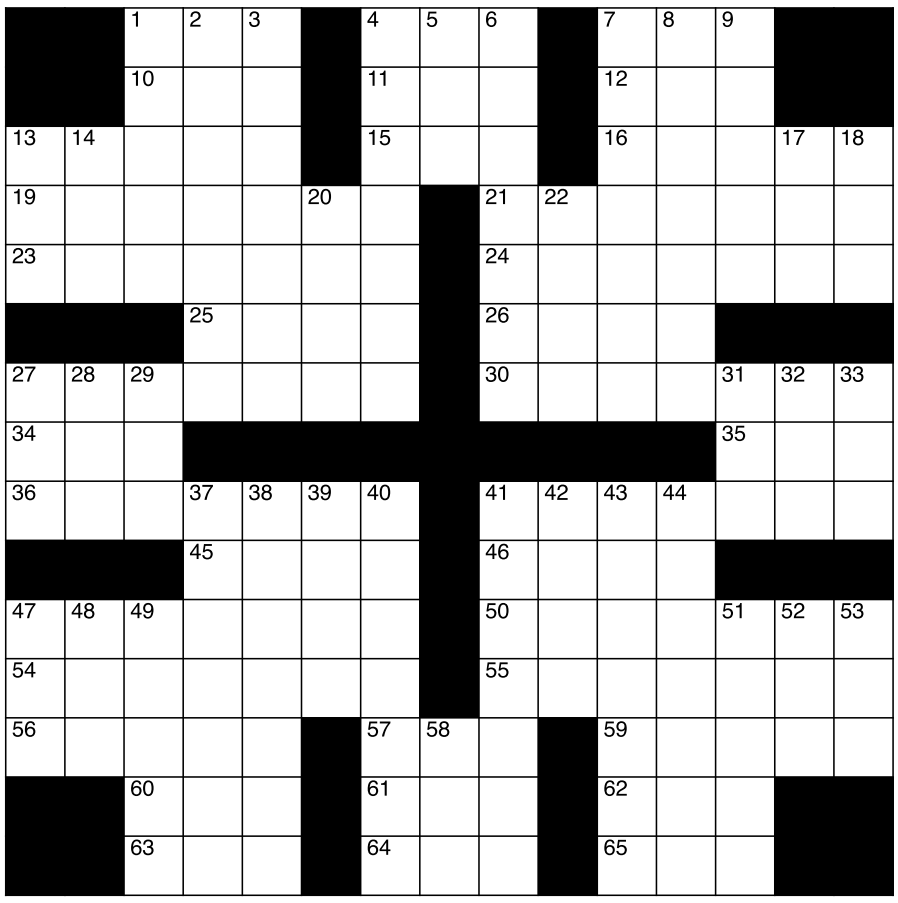
Get the PICTURE?



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

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
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: _____

Age: _____ Parent's Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____

Parent's Email: _____

To Enter, mail the completed picture and entry form to:

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with *Christmas Coloring Contest* in the subject line.

Deadline for entries is December 3.

Get ready for Maine's firearms deer hunting season



Photo by *mefishwildlife.com*

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.

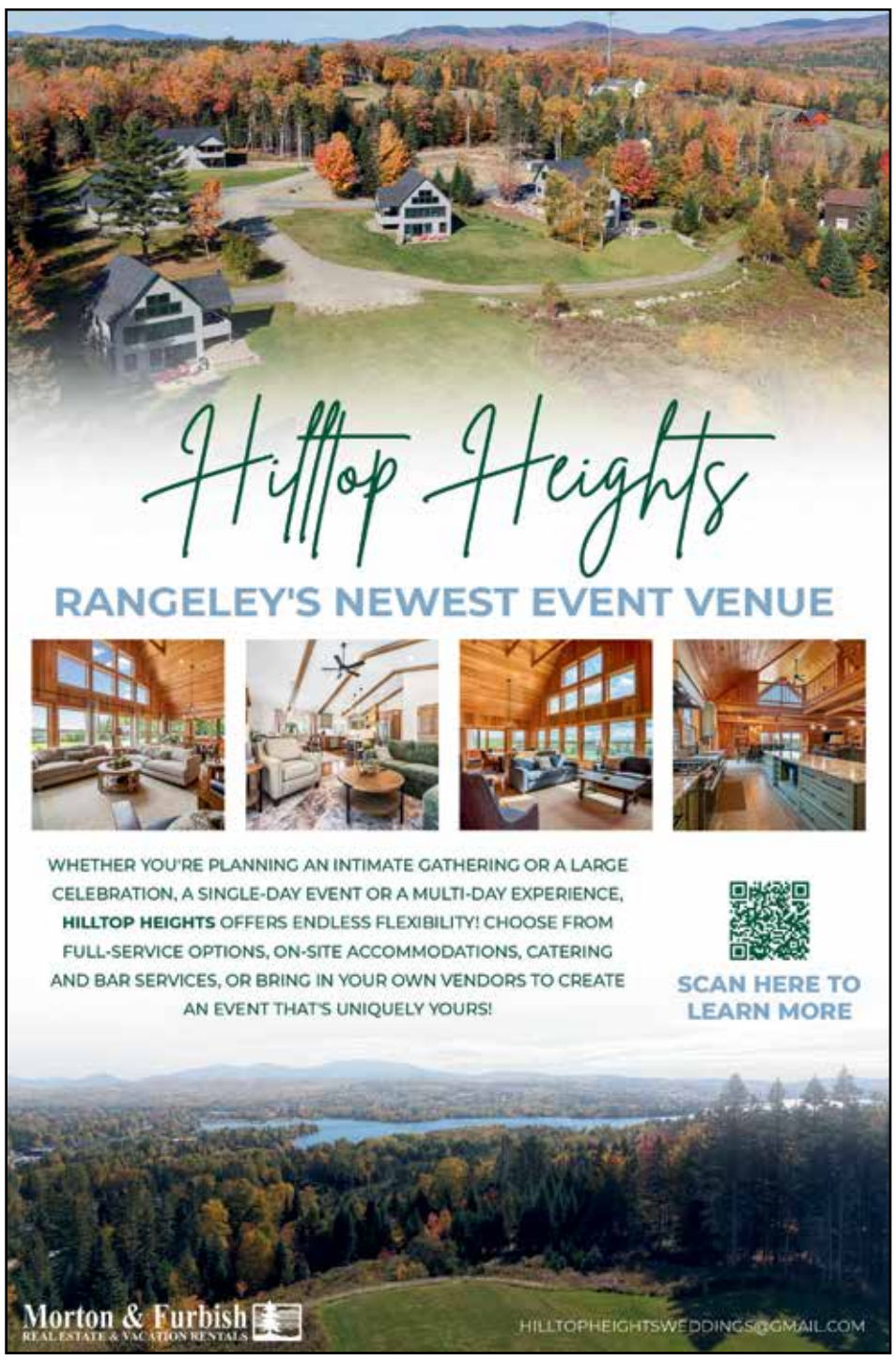
Plan for the unexpected. Tell someone where you're hunting and when you expect to return. Bring a compass, a survival kit, and the supplies you need if you're delayed or conditions change.

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*.



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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.

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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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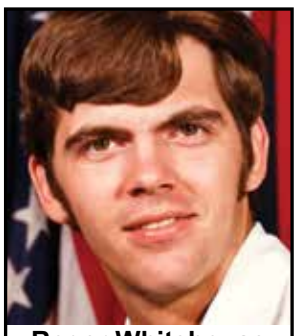
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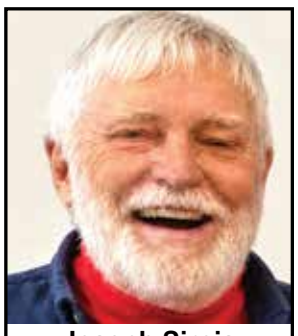
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MOVIE REVIEW by Lucas Allen

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)

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

SELF-HELP TIPS *by Dr. Anna Staehli Wiser*



Anna Staehli Wiser
DPT, FAAOMPT,
Dip. Osteopractic,
Cert. SMT, Cert. DN

Arthritis Doesn't Mean You Should Stop Exercising

Why movement may be one of the best things you can do for your joints

If you've been diagnosed with arthritis, you may have been told that your joints are "wearing out." Perhaps an X-ray revealed cartilage loss, bone spurs, or narrowing of the joint space. Naturally, you might assume that exercising will only make things worse.

After all, if the cartilage is already wearing down, wouldn't using the joint more cause additional damage?

Not necessarily. In fact, the opposite is often true.

Research consistently shows that appropriately prescribed exercise is one of the most effective ways to manage osteoarthritis, the most common form of arthritis. Exercise can help reduce pain, improve mobility, increase strength, and maintain your ability to participate in everyday activities.[1,2]

To understand why, it helps to know a little about how our joints work.

Your Cartilage Needs Movement

Our joints are covered with a smooth, slippery tissue called articular cartilage. This cartilage helps distribute forces and allows bones to glide against one another with very little friction.

Unlike most tissues in the body, cartilage does not have its own blood supply. Instead, the cells within cartilage receive much of their nutrition through a process called diffusion, in which nutrients travel from the surrounding joint fluid into the cartilage.[3]

When we walk, bend, squat, or move our joints, cartilage experiences alternating periods of compression and unloading. These mechanical forces influence fluid movement within cartilage and how the tissue responds to loading.

Although movement does not simply "pump" all nutrients into cartilage, as is sometimes suggested, normal mechanical loading plays an important role in maintaining healthy cartilage function.

This is one reason complete inactivity is not the answer to arthritis.

Our joints are designed to move and tolerate load—not remain still.

Synovial Fluid: Your Joint's Natural Lubricant

Most of the joints affected by osteoarthritis, including the knees, hips, and hands, are called synovial joints.

Inside these joints is a small amount of specialized fluid called synovial fluid. Think of it as part of your body's natural joint lubrication and protection system.

Synovial fluid helps reduce friction, supports the exchange of nutrients, and protects cartilage from mechanical stress. Recent research has highlighted its ability to help cartilage resist damage from repeated excessive compression.[4]

As you move your joints, this fluid is redistributed across the joint surfaces.

You may have noticed that your knees or hips feel especially stiff when you first get out of bed or stand up after sitting for a long time. After walking around for several minutes, they often begin to feel better.

There are several reasons for this, including changes in tissue stiffness, muscle activity, and joint mechanics. Movement helps the joint transition from prolonged inactivity into comfortable activity.

It's a good reminder that sometimes the best response to stiffness is gentle movement rather than more rest.

Strong Muscles Help Support Arthritic Joints

Cartilage is only one part of a joint. The surrounding muscles, tendons, ligaments, and nervous system all contribute to how that joint functions.

Consider the knee.

The quadriceps muscles on the front of the thigh help control the knee when walking, climbing stairs, standing up from a chair, or lowering into a squat. The hamstrings, calf muscles, and hip muscles also contribute to stability and movement control.

When these muscles become weak, everyday activities will be more difficult and painful.

Strengthening the surrounding muscles can improve how forces are managed across a joint and increase your ability to tolerate physical activity.



This doesn't mean stronger muscles eliminate arthritis or completely unload the joint. Rather, they improve your body's ability to perform tasks efficiently and comfortably.

Research demonstrates that strengthening exercises can improve physical function and reduce symptoms in people with knee and hip osteoarthritis.

The goal isn't to avoid putting stress on your joints. It's to improve their ability to tolerate the stress of everyday life.

What Are the Best Exercises for Arthritis?

The encouraging news is that there isn't one magical exercise you must perform.

Research supports several different forms of exercise, and current clinical guidelines strongly recommend exercise for people with knee, hip, and lower back osteoarthritis.

The best program is generally one that addresses your individual limitations, is appropriately challenging, and is something you can maintain consistently.

Here are several excellent options.

1. Walking

Walking is one of the simplest ways to maintain joint mobility, strengthen the muscles of the lower body, and improve cardiovascular health.

If walking is difficult, start with shorter distances on level ground. Even five or ten minutes at a time may be a reasonable starting point.

Gradually increase your walking time as your tolerance improves.

2. Cycling

Cycling is particularly useful for people with knee or hip arthritis because it allows repetitive joint movement without the same weight-bearing demands as walking.

A stationary bicycle can be an excellent option for individuals who have difficulty tolerating longer walks.

Start with light resistance and gradually increase your duration or effort.

3. Strength Training

Strength training is one of the most important components of an arthritis exercise program.

Examples include:

- Sit-to-stand exercises from a chair
- Mini squats
- Step-ups
- Heel raises
- Hip strengthening exercises
- Resistance-band exercises
- Light weight training

Strengthening should be progressive, meaning that the exercises become more challenging as your body adapts.

4. Water Exercise

For individuals with significant joint pain, exercising in a pool can be particularly helpful.

The buoyancy of water reduces the amount of body weight supported by the lower extremities, making walking and other movements more comfortable.

Water exercise can provide a way to improve strength, mobility, and cardiovascular fitness when land-based activities are too difficult.

5. Balance and Flexibility Exercises

Arthritis can contribute to reduced mobility, changes in walking patterns, and difficulty with balance.

Gentle stretching, range-of-motion exercises, tai chi, and balance training can complement a strengthening and cardiovascular exercise program.

These activities can be particularly valuable for older adults who want to maintain confidence walking on uneven ground or navigating stairs.

But What If Exercise Hurts?

This is probably one of the most common questions I hear from people with arthritis.

Many assume that any discomfort during exercise means they are causing additional joint damage.

Fortunately, pain doesn't always mean harm.

Arthritic joints can be sensitive to loading, especially when someone has been relatively inactive or suddenly increases their activity level.

Some mild discomfort during or after exercise may be acceptable. What matters is how the joint responds.

A useful guideline is to pay attention to symptoms over the following 24 hours.

If discomfort is mild, settles relatively quickly, and you return to your usual baseline by the next day, the activity may be appropriately dosed.

However, if exercise causes significant swelling, sharp pain, limping, or symptoms that remain substantially worse the following day, you may need to reduce the intensity, duration, or amount of exercise.

These are practical guidelines rather than absolute rules. Exercise tolerance varies between individuals.

The answer is not necessarily to stop exercising. Often, it's to modify the exercise.

A physical therapist can help determine which activities are appropriate and how to progress them safely.

Does Exercise Actually Slow Arthritis?

This is an important distinction.

We have strong evidence that exercise can improve pain and physical function in people with osteoarthritis.

However, evidence that exercise can reverse existing cartilage loss or reliably prevent structural progression of arthritis is much less certain.

Exercise is not a cure for osteoarthritis, and it doesn't necessarily rebuild damaged cartilage.

But that doesn't make its benefits any less important.

If strengthening your legs allows you to climb stairs more comfortably, walk farther, enjoy hiking again, or get out of a chair without significant pain, that represents a meaningful improvement in your quality of life—even if your X-ray looks exactly the same.

Recent systematic reviews continue to support exercise as a core treatment for osteoarthritis.[2,5]

The Takeaway: Motion Is Medicine

An arthritis diagnosis doesn't mean you need to give up the activities you enjoy.

In fact, avoiding movement altogether can contribute to muscle weakness, reduced mobility, poorer cardiovascular health, and a gradual decline in physical function.

The key is finding the right balance between activity and recovery.

Some people need to improve their joint mobility. Others need more strength. Some need to modify the activities that are aggravating their symptoms, while others simply need reassurance that movement is safe.

At Discover Osteopractic Physical Therapy, I work with individuals to identify the specific mobility restrictions, strength deficits, and movement patterns that may be contributing to their discomfort. Treatment focuses on improving joint function and developing an exercise program appropriate for their needs and goals.

Remember: Having arthritis doesn't mean your joints are too damaged to exercise. It means finding the right type and amount of movement is more important than ever.

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Introducing the Maine Veterans Magazine

This November, Turner Publishing is proud to announce our new publication, Maine Veterans Magazine. This publication is the passion project of our new veteran leadership, with the goal of connecting our Maine veteran communities to resources, good news stories and local veteran-owned businesses.

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

If you are a veteran business and would like to get involved or learn more about our mission, please reach out to *advertising@turnerpublishing.net.*

What does Veterans Day mean to me?

- Reader Submissions -

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

I was in the Maine Guards for 11-1/2 years. My dad was a Korean War veteran and impressed on me, the oldest of six, the importance of service and loyalty to our country.

He had worked in Intelligence in the Philippines. Back then they communicated in Morse Code, and I found it fascinating as he talked to me in "dots" and "dashes."

When I was a sophomore at U-Maine in Orono, I saw a poster stating that the Army Guard was recruiting. It was 1977 and the military branches were looking for recruits post-Vietnam. Recalling dad's message and commitment, I went to the office and signed up!

My time in the Guards meant everything to me. I worked alongside many Vietnam War veterans and found their commitment inspiring. Understandably, they would not talk about their tours in Vietnam except perhaps for a great loss of comrades. I understood it better years later when I watched Ken Burns' series on Vietnam, and I cried and cried.

As for my honorable discharge as an E-5 specialist, my section sergeant insisted I leave as the Gulf War was beginning. He was a Vietnam War veteran and did not want to see me killed, as his best friend had been over there. At that time, in 1991, Guardsman could out-process if they had a conflict with their civilian job, which was the case with me.

To this day I regret not staying in for 20 years. My years in the Guards have stood me well. With the American flag as my banner, I recall with admiration every soldier I worked with all those years ago and deeply respect those who have chosen to serve since.

Submitted by
Bonny Bishop

Veteran's Day is always a heartfelt, bittersweet day for me as a veteran. I feel deeply connected to all my fellow veterans, of all ages and backgrounds. Each and every veteran has a story, and each story is unique. I'm honored to be a part of that community of American Patriots.

I enlisted when I was 33 years old; much older than my basic training peers. At that time in my life, I felt an overwhelming sense of duty to honor and serve my country, and it's something I don't regret for a minute. Our country is what it is because of the dedication and sacrifice of our service members.

I truly miss the camaraderie I shared with my fellow sailors while serving overseas. There was something incredibly special about being part of a close-knit community of service members, united by a common purpose and working together to accomplish the mission. That sense of belonging, teamwork, and shared dedication is something I will always cherish.

Submitted by
United States Navy Veteran
Petty Officer Second Class
Gunner's Mate
Stacey Spaulding

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We were told 100% of the chips used for the newsprint come from waste streams of other processes, such as the waste from lumber mills. Our newsprint producers also have a process to ensure that all fiber supplies come from forests that are managed for sustainability and comply with forest management principles.

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For this reason, we ask you to support Turner Publishing and the businesses in this publication and shop locally. Turner Publishing is not only doing its part to be environmentally responsible to save our planet, Turner Publishing promotes all the good things happening in the community and we donate over $300,000 annually in media sponsorships to non-profits, churches, historical museums, and the arts. The businesses in our publications help us do this with their ad revenue (support them as well), so that the good can keep spreading. "It's All Good News" and thank you for reading!

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Turner Publishing INCORPORATED

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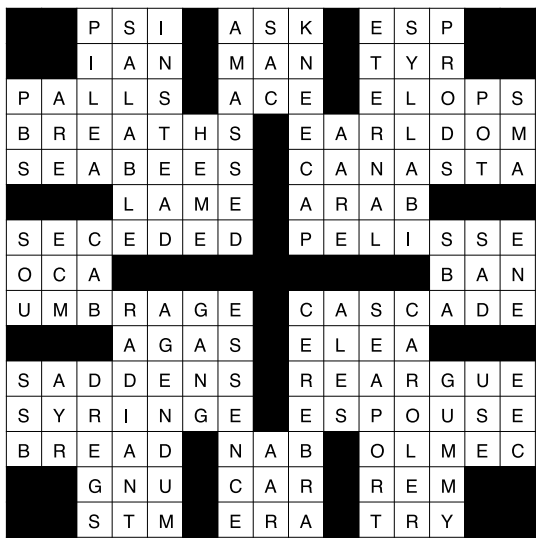
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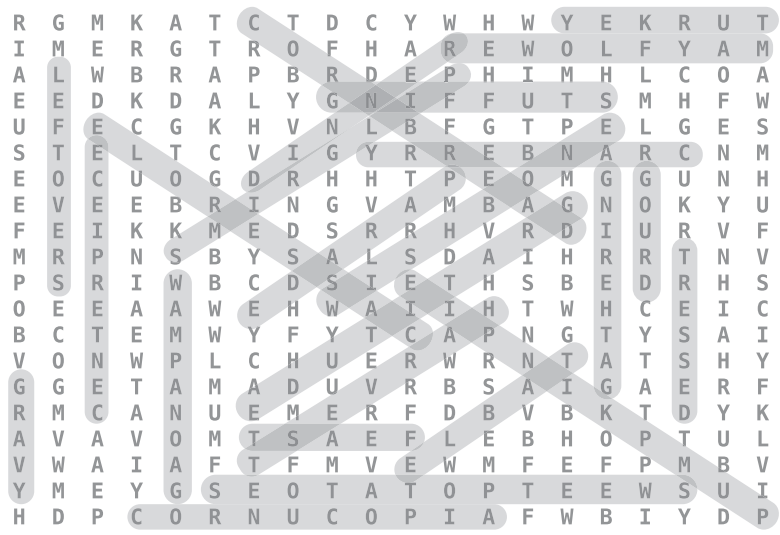
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Maine Constitution display visits Turner

By Bill Van Tassel

TURNER - Beginning in early October, three pages of the Maine Constitution have been touring some Maine cultural institutions and historical museums, with the first public display at the Bates College Ladd Library on September 21. The next stop for the glass display case was the Turner Historical Museum that I visited.

Representing just 15 percent of the entire document, these three pages were special as they contained some passages that had not been seen in printed copies of the Maine Constitution in 150 years. Another unique reason was that these particular pages detailed information in Article 10, section 7, that was relevant to Maine's land rights treaty with the Wabanaki Nations.

The section identified the state's responsibilities to uphold the terms of the treaty upon Maine's separation from Massachusetts in 1820. In 2023, the people of Maine voted to repeal Article X and add Section 7 to the Maine Constitution. The terms of this treaty were in the original document in 1875 but disappeared from the last printed version. They had apparently been covered over with invisible ink, though still hidden beneath. (Much of this was explained by Professor Joseph Hall in his talk at the Ladd Library in September of this year.)

Shortly before the travelling display began its tour of Maine, Secretary of State Shenna Bellows, with help from Chief Justice Valerie Stanfill, had the newly arranged three pages specially printed on Vellum using a 19th century letter press owned by Wolfe Editions in Porland.



Nicole Van Tassel Photos

Turner Historical Museum President Linda Poland talks with Annabelle Eaton about the Maine Constitution Display that visited Turner in October.

Linda Poland, President of Turner Historical Museum, monitored the time that the display was in the museum and shared with visitors the pertinent information. After the newly reprint had its debut at Bates College's Ladd Library in September, Poland learned that Turner's museum was one of the few sites that met the qualifications: temperature control, and a good space that was secure. The space was located on the ground floor of the Leavitt Institute Building, two floors below the Historical Museum.

Poland enjoyed explaining some of the details about the three old-looking pages to a group of young homeschoolers. "The kids really surprised that the printer of the sheets had to place each letter of several hundred words on the old-fashioned press." This was done by Wolfe Edition printers to maintain the feel of the original document.

The Maine Constitutional Display is now gone from its week-long visit to Turner, but the other exhibits in the Historical Museum on the building's third floor. It is still open (Thursdays from 12-4 and Saturdays from 9-1) to visitors who may be curious about Turners' past. [Turner was settled just before the start of the American Revolution and incorporated into Massachusetts/Maine Commonwealth (until 1820) as 'Turner' in 1786.]



Some local homeschoolers from the Turner area are looking at special reprints of the Maine Constitution that deal with Article X about the Land Rights Treaty Maine/Massachusetts made with the Wabanaki nation in 1875.













MAINE OUTDOORS

V. Paul Reynolds

The Great Rut Debate

Many sportsmen count the November deer hunt as the highlight of all of their outdoor passions. It is a special time. Frosty mornings and quiet moments in a tree stand with hand warmers, a thermos of hot coffee mixed with the anticipation of a big buck in the cross hairs is a deer hunter's daydream. Or, for the hardiest and most driven among the hunt fraternity, the dream is to follow a big, dew-clawed track on fresh snow.

And, of course, the Maine deer camp is also the centerpiece of the hunt, part of the heritage and the history. These camps come in all sizes and description and locales; many of them passed along from generation to generation, along with unique histories and huntin' yarns that get carried on year after year.

A mouse in the corner – a graying one that has been hiding in the food bin for more than a year or two – knows that many of the same old topics get worked over at the card tables year after year. Among them: the best deer gun, the time of day that bucks move, tracking methods, and the Daddy of them all, when is the peak period of the all-important rut?

In general, if you can figure out what time of the month the rut is at its peak, you stand the best chance of catching a buck when he is distracted with his guard down and his focus is not on danger. Since there is only educated guesswork about rut times, mixed with some well-grounded anecdotal evidence, the deer rut can be the subject of spirited debate at deer camp.

There are two clear schools of thought on this subject. The conventional wisdom of highly respected wildlife biologists like Gerry Lavigne is straightforward and has nothing to do with the moon phases. Lavigne will tell you, unequivocally, that the rut always peaks on November 15th year after year, period. This theory holds that the breeding season is guided or dependent upon the length of daylight.

The more romantic theory, if you will, is that the rut, although occurring over a period of 40 days, has a "sweet spot" that lasts about 10 days. This is the lunar theory as articulated by well-known deer researcher Charles Alsheimer from Bath, New York. In a chapter in his book titled "Anatomy of the Rut," Alsheimer postulates that the whitetail rut is regulated by the lunar cycle.



Ralph Norris photo

During the Hunter's Moon and the rut is when that trophy buck is distracted and not as vigilant as normal.

He theorizes that the Rutting Moon, or the Beaver Moon, determines the sweet spot, which begins three days after the Rutting Moon and lasts, as said earlier, about 10 days. Unlike the Lavigne rutting theory, this lunar theory dictates a different rut peak year after year and takes a little calculation on the hunter's part. For example, the Rutting Moon is always the second full moon after the autumnal equinox. This fall, however, the Rutting Moon, or Beaver Moon, falls on November 24th. So this would commence the rutting "sweet spot" on November 27th, much later than last year. This would also dictate that the best hunt dates would be about November 23th thru November 30th. Be advised that the firearms season ends on Saturday November 28th followed by the commencing of the blackpowder season on November 30th. So smokepolers take note!

So what does this mean? It really depends upon which theory you elect to go with, lunar cycle or length of day. If you opt for the lunar theory and really want to maximize your odds for catching a rutting buck in deep distraction, you might want to reconsider the date you have set for your hunt week vacation. If Alsheimer is right, the buck of your dreams is more likely to make a mistake in your favor during the last week of the hunt.

One other thing. If you really want to "play the numbers," and cover all bases, lunar theory AND length-of-day theory, and you have a tree stand in good deer country, be in that stand every day during the aforementioned dates.

Good luck, and hunt safely!

The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide and has authored three books. Online purchase information is available at www.sportingjournal.com.



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