

Coop is hiding somewhere in this publication...

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

Two Cent Times

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Two Cent Times

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NEED A NEW TRACTOR?

Whittemore & Sons
Sales & Service by a Family who Cares

See page 10

SCAN TO READ ALL OUR PAPERS FREE ONLINE.

Maine Novas U12 Boys Division 1 Champions



Photo submitted by Central Maine Photography

Coach Jordan Tozier, Coach Matthew Oliver (Not in photo order) Hudson Bard, Atlas Bard, Sawyer Bearce, Michael Dam, Austin Hood, Vito Isgro, Evander Jones, Christopher Joseph, Carter Laplante, Reid Oliver, Emilio Rosario, Oliver Schaberg, Griffin Smith, Ridge Stetson, Jettson Tozier.

U14 Girls Maine Novas Division 2 Champions

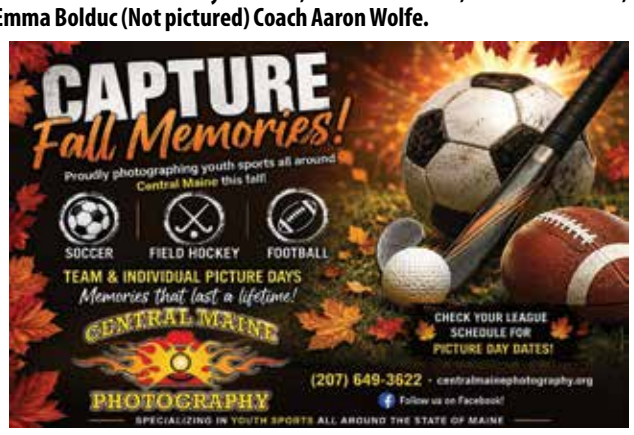


Photo submitted by Central Maine Photography

Back Row: Coach Kassandra Young, Violet Engleright, Lilly Dyer, Julianna Worden, Alyson Tompkins, Keta Schaberg, Violet Beers, Addalynn Bradstreet. Front Row: Kylie Wolfe, Addison Rotondi, Kendall Karlsson, Annalee Theobald, Elaina Knight, Emma Bolduc (Not pictured) Coach Aaron Wolfe.

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

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Email Address: _____

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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

Get ready for Maine's firearms deer hunting season

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

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

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

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

Before heading into the woods:

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

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

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

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

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



Photo by *mefishwildlife.com*

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*.

You're invited to stop by this holiday season for all your gifts for those who cook!
WE ARE OPEN TO THE PUBLIC!
We carry a broad line of kitchen gadgets from Swiss made peelers to KitcheAid mixers and attachments all at affordable prices. We also carry baking/candy making products and packaging.
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MAINE CALENDAR

2026

NOVEMBER

Nov 20 & 21 - Festival of Trees, 10:00 a.m. -7:00 p.m., KVCC, 92 Western Ave., Fairfield, purchase tickets to win your favorite beautifully decorated tree w/prizes, 50/50, and more, fantastic holiday tradition, *https://festivaloftreesmaine.net/*

Nov 22 - Festival of Trees, 10:00 a.m. -5:00 p.m., KVCC, 92 Western Ave., Fairfield, purchase tickets to win your favorite beautifully decorated tree w/prizes, 50/50, and more, fantastic holiday tradition *https://festivaloftreesmaine.net/*

Nov 27 & 28 - Festival of Trees, 10:00 a.m. - 7:00 p.m., KVCC, 92 Western Ave., Fairfield, purchase tickets to win your favorite beautifully decorated tree w/prizes, 50/50, and more; fantastic holiday tradition. *https://festivaloftreesmaine.net/*

Nov 29 - Festival of Trees, 10:00 a.m. - 4:00 p.m., KVCC, 92 Western Ave., Fairfield, purchase tickets to win your favorite beautifully decorated tree w/prizes, 50/50, and more; fantastic holiday tradition. *https://festivaloftreesmaine.net/*

DECEMBER

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

MONTHLY MEETINGS

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.

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.

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.

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.

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, 273 Water Street, 1st and 3rd Tuesdays of each month and every Thursday, 3 p.m. to 4 p.m. For more information or to help: (207) 474-2039.

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.

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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Call 225-2076 or email *advertising@turnerpublishing.net* for pricing on our calendar page.

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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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Did you find Coop?

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!



Name _____

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Paper _____

Page #_____ Phone # _____

Email info to: *kidscorner@turnerpublishing.net*

Or mail to: Coop - Turner Publishing, P.O. Box 214, Turner, ME 04282

kids' corner

Creative Coloring

Color in this picture to create your own masterpiece.



THIS DAY IN HISTORY

NOV

10

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

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

1983: Windows 1.0 is introduced.

People FACT:

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

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

Double Word Puzzle

Unscramble the individual words to reveal letters for the phrase.

DMLAE _ _ _ _ _ (1 2 3)

NUFIOMR _ _ _ _ _ _ _ (4 5 6)

TETLAB _ _ _ _ _ _ (7)

RESECIV _ _ _ _ _ _ _ (8 9)

H _ _ _ _ _ _ _ _ _ _ _ (5 4 5 6 2 3 3)

_ _ _ _ _ _ _ _ (9 1 7 1 6 2 4 8)

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

NEW WORD

COMBAT

military action between opposing forces

How they say that in...

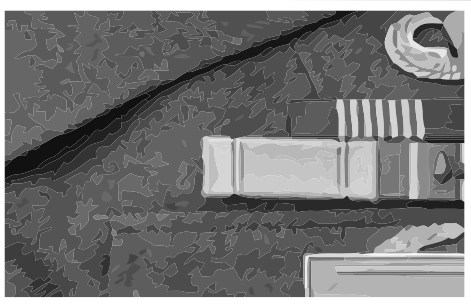
English: Veteran
Spanish: Veterano
Italian: Reduce
French: Ancien combattant
German: Veteran

Did You KNOW?

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



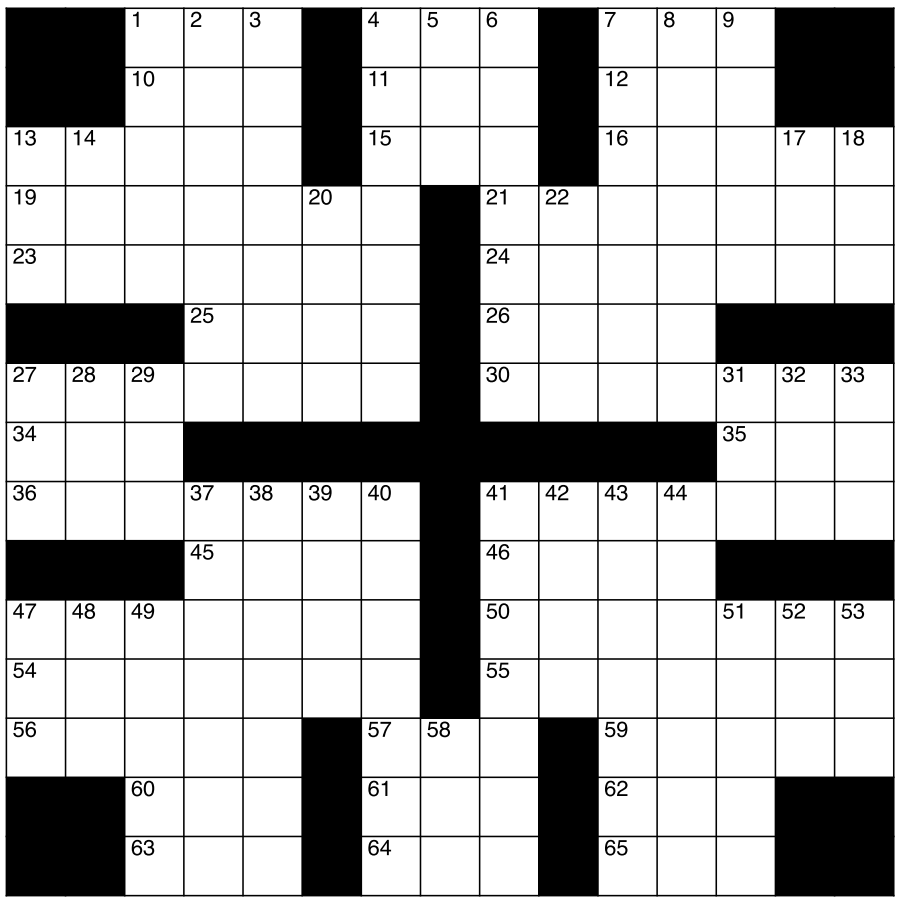
Get the PICTURE?



Can you guess what the bigger picture is?

Answer: Military uniform

Crossword



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

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

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





Robert M. Richard
Specialist Army 1971



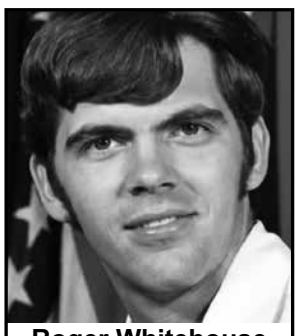
Stephen Theriault
Navy , 25 yrs.



Christopher Lowell
SCSRB



Robert Whitehouse
Navy 1962-89



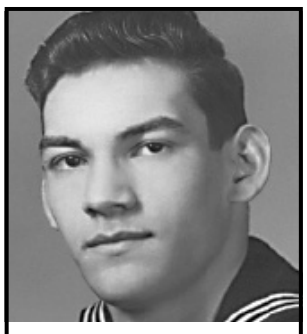
Roger Whitehouse
Navy 1968-71



Elwin G. Procto
PFC Killed October 1, 1944, in Italy



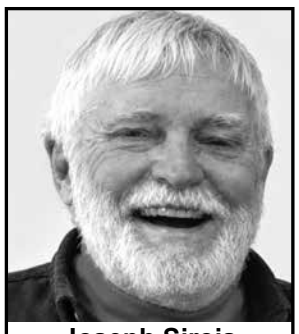
David Richard
Vietnam1967-1971 then served in Army National Guard!



Richard P. Ducharme Sr.
E3 - U.S. Navy
Thank You!
Love, Michelle, Bruce, & Rick



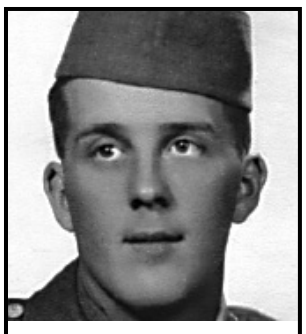
Irenee Vachon
Navy 1942
Miss you so much Pepere! Love, Michelle



Joseph Sirois
Navy Corpsman
August 1959 to June 1987
Wrote the Standard First Aid Training Manual for the Navy



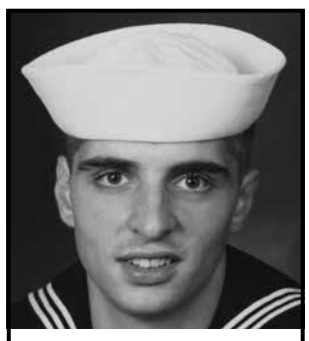
Harold W. Small
U.S. Navy - Vietnam
2nd Class Petty Officer
Purple Heart & Silver Star Recipient
Thank You & We Love You!



Walter Small
PFC-U.S. Army - Rifle Squad & Infantry
WWII - Pacific/Philippines
We miss and will always be proud of you!



Steve Bannister
Airman First Class
Security Specialist
4 Years of Service



Bliss Richard
U.S. Navy 1990-1993
Boiler Technician
Served USS Midway, USS Kittyhawk - Persian Gulf War



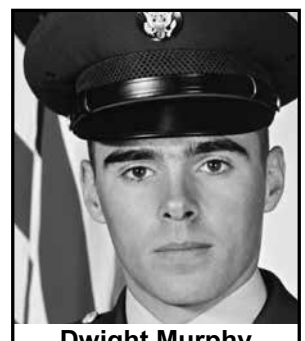
Edward "Diddy" Richard
Machinist Mate 3rd Class – Navy 1944 LCT Group 39 996
A loving, caring and respectful Husband, Father, Grandfather and an honorable contributor to his country.



Antonio Mason
SSGT
Currently stationed at Kadena Air Force Base, Okinawa, Japan.



Joseph A. Paradis
Army - Machine Gun Operator
Founder of Veterans Memorial Park, Lewiston, ME



Dwight Murphy
Army Sgt.
Served in Vietnam
1969 to 1973



Randy Crosby
Army 1968



Eddy Naples
Army National Guard



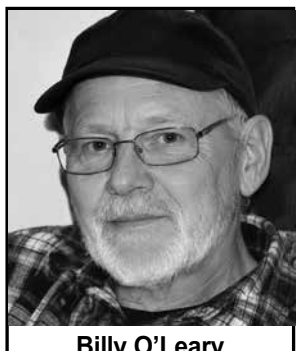
Thomas Beauchesne
Army 1968



Ronnie Breau



Marilyn Malley
Army WACK



Billy O'Leary
Army - Vietnam

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Henry Morrissette (Army Veteran, 7/27/1979)
Diane Nickless Witas
Paula Decker
John Elward
Mike Dubois
Larry Duguay
Sharon Poulin
Sheila Weeks
Rhonda Hutchinson
Theodore Leighton (Veteran)
Greg Kerr (9/6/2011)
Carl Packard (Veteran, killed in action!)
Leroy Varnum (2016)
Nancy Quimby Snowman
Charles Valush (2016)
Harold Sargent (2018, Veteran)
Gary Thibeault (4/8/2009, Veteran wounded in action)
Rachel Ferland
Kenneth Murray (2016)
Jeffrey Wyman (2018)
Eddy Martineau (2016)
Sandra Scott (2013)
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Timothy O'Leary
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Brenda Ames Eastman (2021)
Daniel Perry (2022)
Rebecca Errington! (2019)
Gerald Litalian (2022, Army Veteran)
Lucinda Thibodeau Rickards
Glenna Tozier Violet (2022)
Gregory Doucette (2021, Army Veteran)
Randall Crosby (2023, Army Veteran)
Hollis Bennett (Veteran, 2024 deceased)
Timothy E. Gallant (Veteran, SP5 US Army, deceased May 25, 2024)

Fairfield PAL Football junior champions VFW



Photo by Ramey Stevens/Central Maine Photography

Back row: Coaches Brock Fredrick, Dustin Gerow, Colby Wood, Nathan Williams, Evan VanGordan, Ethan Bellefleur, Thomas Bellefleur, Gavin Holt, Asher Mansfield, Dawson Mansfield, Ben Wood, Ethan Bowers, Brantley Cain, Ace Addison. Front row: Brently Goldsmith, Colton Gerow, Connor Fredrick, Alex Salios, River Pagliaroli, Able Hunter, Kyle Williams, Jaxon Patnaude, Zane White

Fairfield PAL Football senior game championship winners Central Maine Pharmacy

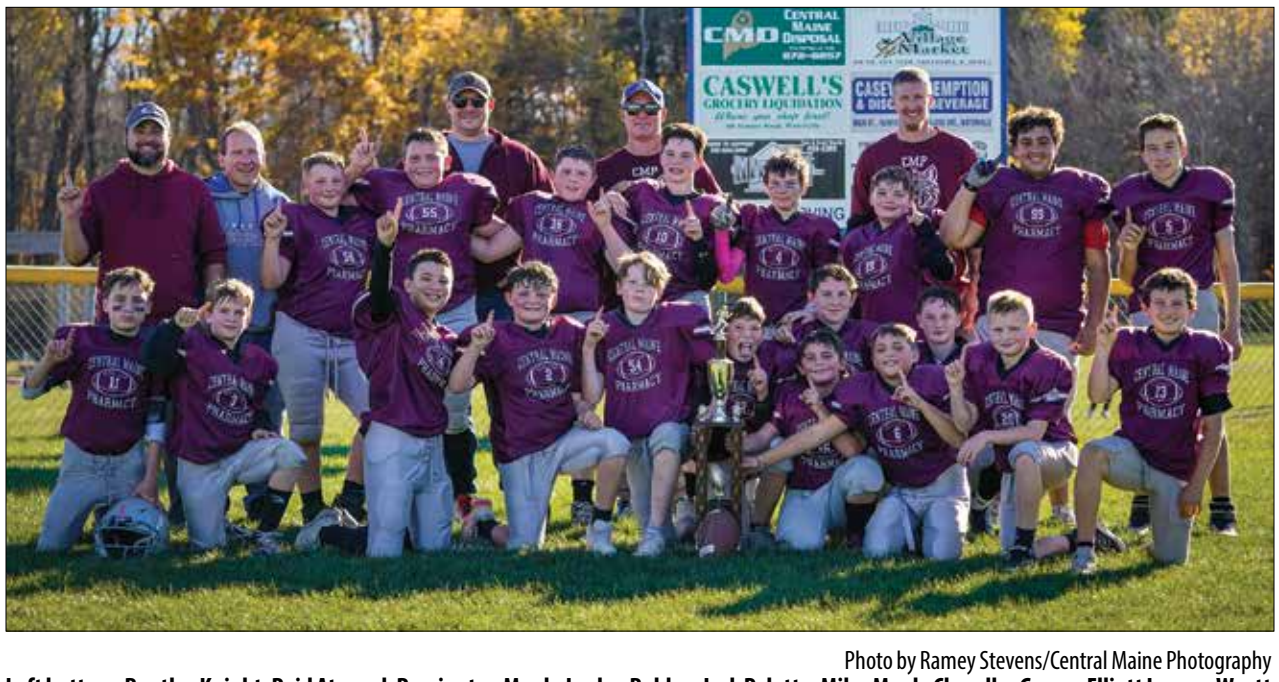


Photo by Ramey Stevens/Central Maine Photography

Left bottom: Bentley Knight, Reid Atwood, Remington Mank, Jordan Bolduc, Jack Pelotte, Miles Mank, Chandler Gerow, Elliott Lurvey, Wyatt Brockway, Chase Proctor, Easton Vigue, Christopher Roy. Left top: Travis Poulliot, Chuck Roy, Dustin Raymond, Sam Tuttle, Colton Vigue, Wesley McPherson, Brayden Dickson, Wyatt Goldsmith, Carlos Vega, Emerson Archer 3rd row: Ben McPherson, Bo Bolduc, Todd Proctor

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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).



Metro photo

• 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.

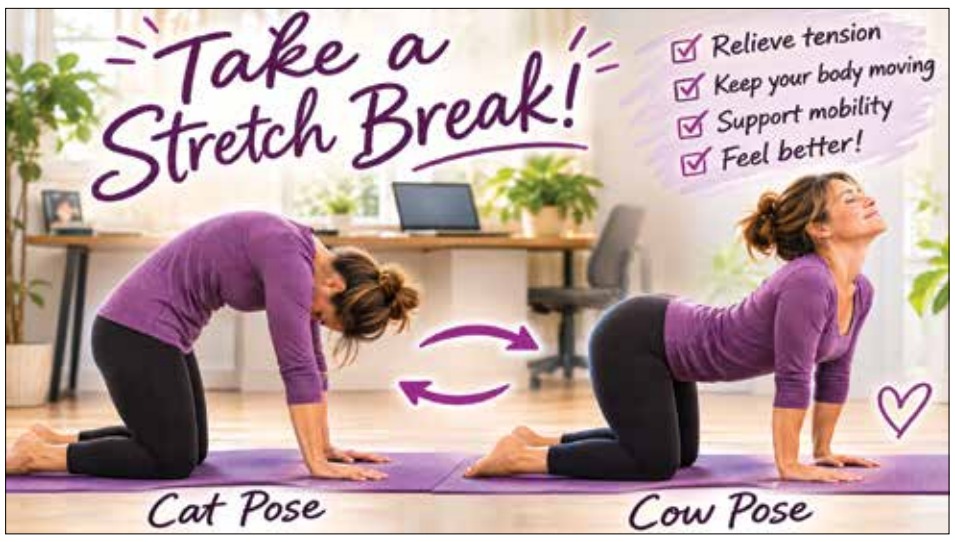
"I thought you were working!"

"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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AARP Maine Community Outreach volunteer



Joyce Bucciantini

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

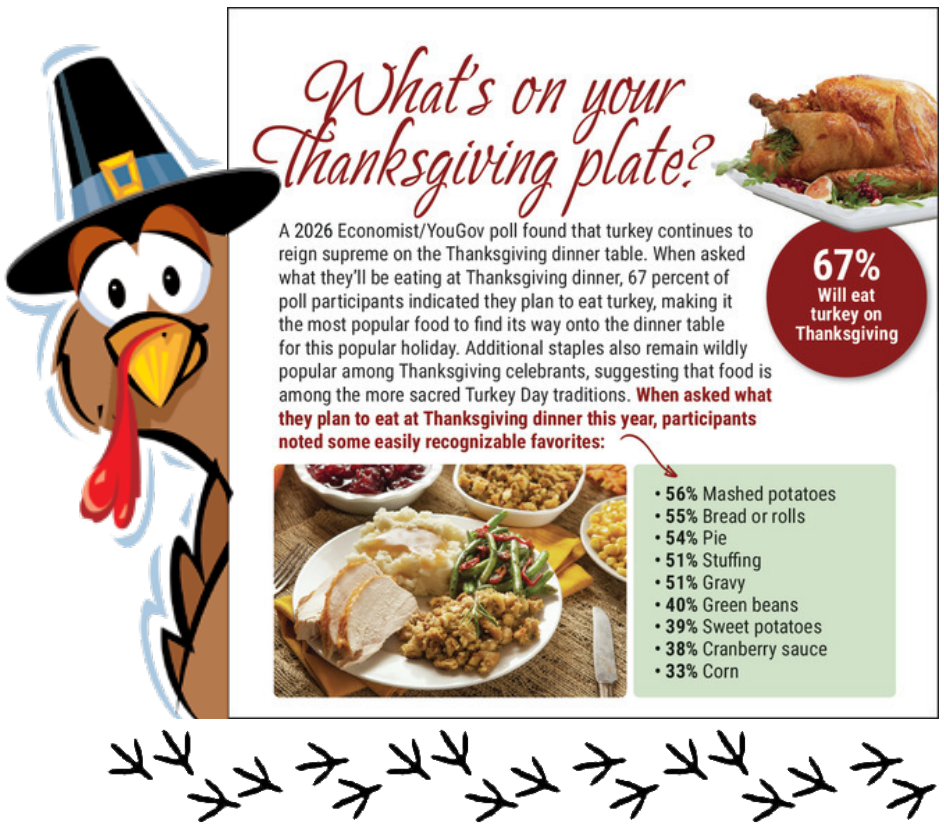
Home heating oil use in Maine has declined over the last 15 years. Currently, about 50% of Maine households depend upon fuel oil as the primary source of heat, and the increasing cost of home heating oil is a major concern for many families. The Maine Department of Energy Resources' (maine.gov/energy/home)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

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

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

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

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



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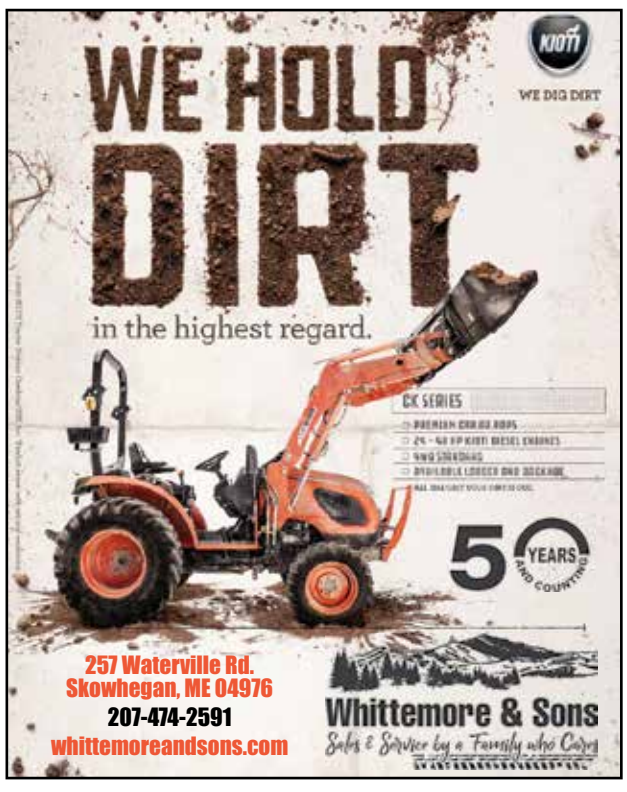


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MAINE OUTDOORS

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.



Ralph Norris photo

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

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.

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!

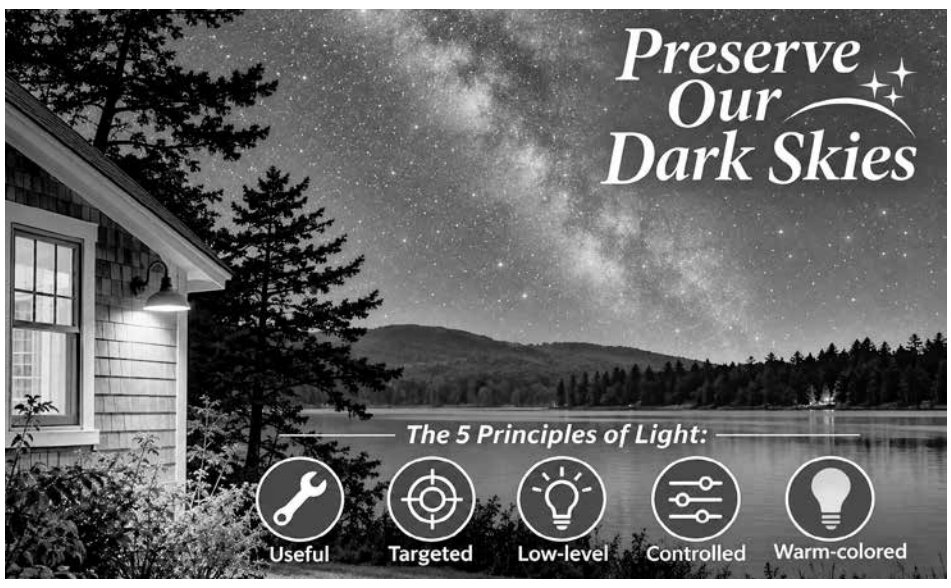
So what does this mean? It really depends upon which theory you elect to go with, lunar cycle or length of day. If you opt for the lunar theory and really want to maximize your odds for catching a rutting buck in deep distraction, you might want to reconsider the date you have set for your hunt week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

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.

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AARP Fraud Watch Network

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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.

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.

MOVIE REVIEW by Lucas Allen

You Can See Everything

(A24)

A lot has been written and talked about the notorious health pioneer Elizabeth Holmes, who managed to defraud investors in bringing her dream company Theranos to life, only to be convicted and sentenced to prison. The widely acclaimed Hulu limited series "The Dropout," starring Emmy and Golden Globe winner Amanda Seyfried as Holmes, may have been enough, but perhaps there's more to her than what the media portrays. The new documentary "You Can See Everything" from acclaimed filmmakers Nathan Fielder ("Nathan for You") and Lance Oppenheim (this year's terrific "Primetime") takes the viewer on a mind-bending journey through the lens of both filmmaker and subject.

With 34 days until her prison sentence, Holmes invited Fielder to document her private life with her partner, hotel heir Billy Evans, and their two young children. The documentary's birds-eye view helps reveal the couple dealing with the fallout of her 2018 trial and indictment not just with the Hulu miniseries, but with the way the media tends to portray her as a pathological liar and manipulative. At the same time, they reveal early plans to resurrect Theranos and perfect her original vision once more. Doubtful, Fielder tries to understand her ambitions through both Billy and her supportive parents.

After the beginning of her prison sentence, Billy is left in charge of running Theranos and immediately comes off as controlling, including taking over the making of the documentary. It is especially alarming when Fielder finds out that Evans is using her image to promote the newly rebranded company and create an AI double of her, along with using her social media accounts. However, the filmmaker has a few tricks up his sleeve to save his project.

With a nearly three-hour documentary, the pacing can be slow at times, though it is more of a stylistic choice by the filmmakers. Its pace is there to make the viewer feel right at home in the lives of these subjects and, at the same time, let them process each moment to understand the events that follow. In fact, getting used to slow pacing helps to surprise the viewer when the film's second half drops the shoe.

Fielder certainly has a close eye on his subject, especially when he involves himself heavily in their lives. Throughout the feature, he can peel back the layers on their personalities to the point where there is something hidden beneath them that is eye-opening and terrifying. There is a scene where he shows Holmes and Evans a clip of the classic Abbott & Costello routine "Who's on First" as a way to show how such hilariously confusing miscommunication pretty much mirrors how they are trying to bring their new ambition to the table. It also turns this documentary into a subversive and incendiary indictment on how the blurred line between fact and fiction can be misconstrued to get to the truth.

The first half of the film centers squarely on Holmes herself basically a loving mother and a smart businesswoman, but there is still an air of mistrust about her that is just as fascinating. After she goes to prison, the second half deals with Billy's growing control and paranoia as a business owner, leading to some uneasy moments for Fielder to confront. When you put these two halves into perspective, it leaves you with questions about each of their sanity and how they really function as a couple.

At first, Seyfried appears mainly to help reenact Fielder's conversations with Holmes alongside actor Christopher Abbott as Billy, coming off as unnecessary padding. But her involvement becomes clearer as the second half rolls along, as a way for anyone who has seen "The Dropout" to rethink when fact and fiction overlap. Not to mention, watching the actress be herself and take on her Holmes role a little differently could be something award-worthy in its own way.

Without hyperbole, "You Can See Everything" certainly lives up to the hype for being a pop culture explosion while also carving out its own space in the documentary genre. It will provoke different reactions from audiences everywhere about the nature of subjectivity versus exposing the real truths. In the end, it is an unforgettable experience from beginning to end that absolutely surprises at every turn.

THE MOVIE'S RATING: R (for language and some graphic nudity)

THE CRITIC'S RATING: 3.75 Stars (Out of Four)

Bear hair DNA helps guide monitoring on Penobscot Nation lands

New study identifies strengths and limits of population estimates from small study areas



Ben Simpson photo

A sample of black bear hair caught on a barbed-wire hair trap during the monitoring study in Maine. Researchers collected 717 hair samples across seven study areas from 2018 through 2023.

MAINE - A partnership between the Penobscot Nation and the Center for Wildlife Studies (CWS) used DNA from bear hair to estimate black bear abundance on sovereign Tribal lands, offering guidance for future bear monitoring and management.

Published in The Journal of Wildlife Management, the study explores both the potential of using noninvasive genetic sampling for broader, long-term bear monitoring in the state and the difficulties of estimating bear numbers in small areas.

The Nation's Department of Natural Resources manages a regulated spring bear hunt on its Trust lands. The research aims to strengthen the biological information available to support decisions about hunting permits, although the authors urge caution in using the current estimates to set hunting quotas.

"Monitoring bear populations on our lands gives the Penobscot Nation the data needed to manage wildlife on our own terms. The wildlife research we conduct is an exercise of our sovereignty. Our partnership with the Center for Wildlife Studies shows that Tribal nations and researchers can produce rigorous science together while we retain control of our data and priorities," said Ben Simpson, Wildlife-Resource Manager at the Penobscot Nation Department of Natural Resources and the study's corresponding author.

Using scent lures and barbed-wire hair traps, researchers sampled six tracts of Penobscot Nation Trust lands from 2020 through 2023 and one Maine Department of Inland Fisheries and Wildlife bear study area during the pilot year in 2018.

The team collected 717 hair samples over the summers, and genetic analysis identified 151 individual black bears across the sampled sites. Matching DNA from repeat detections allows researchers to estimate bear densities and abundance without capturing or handling the animals.

The researchers compared two statistical approaches to estimate the number of bears. They estimated the "super-population," or number of bears that used each area, and second, the density of bears based on the number of home range centers that fall within each study area. Bears can range well beyond small study boundaries, making that distinction important when interpreting the results.

Although the spatial approach produced estimates for all seven areas, the precision varied. Some estimates for small sites were too uncertain to support firm conclusions, reinforcing the need to sample larger areas over longer periods of time.

"Our study, like many others, shows that we can learn a great deal about bear populations by collecting DNA from hair samples without ever having to capture or handle the animals. When combined with modern statistical methods, these samples provide valuable information to help the Tribe make informed decisions. Just as importantly, our findings highlight the need for long-term monitoring across larger areas that reflect how bears move and use the landscape," said lead author Dr. Jeff B. Stetz, CWS Director of Science.

The authors propose a longer-term collaboration to improve estimates across Maine.

"Our partnership with the Penobscot Nation reflects CWS's commitment to conducting applied research that directly informs wildlife conservation and management in Maine. This study represents an important step toward developing a broader, collaborative black bear monitoring program that could bring together Tribal wildlife managers, CWS scientists, the State of Maine, and students with the common goal of using the best available science to inform wildlife management," said Dr. Jack Hopkins, Center for Wildlife Studies President & CEO.

Study: Jeff Stetz, John B. Hopkins III and Ben Simpson (2026). American black bear population abundance on sovereign lands in Penobscot Nation, Maine. The Journal of Wildlife Management, e70291. https://doi.org/10.1002/jwmg.70291

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THE HEALTHY GEEZER Fred Cicetti

Mercury

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

So how about those fillings in your mouth?

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

Is dental amalgam safe?

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

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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.

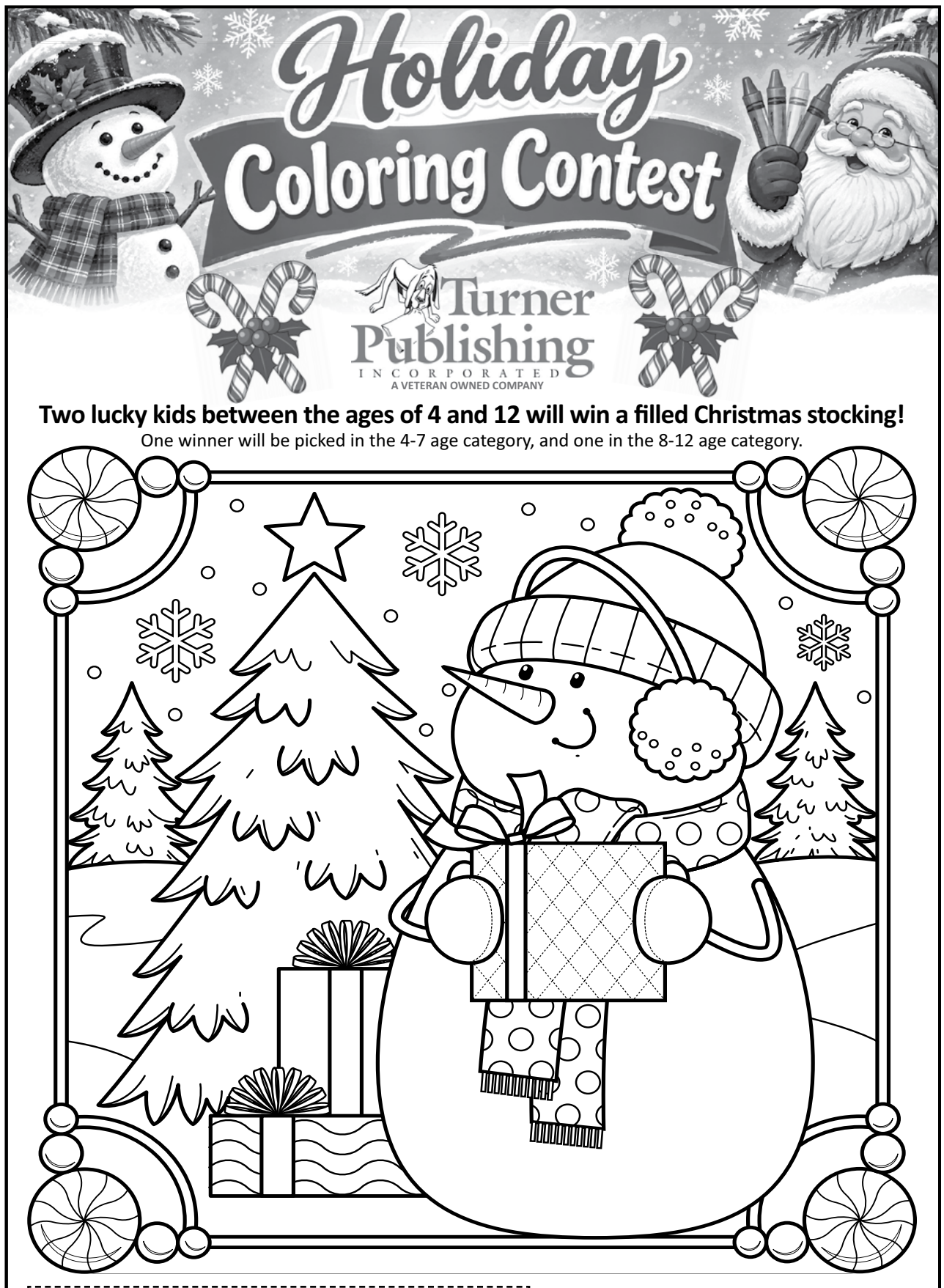
Today, Veterans Day offers a chance to reflect on that chapter and honor all who have worn the uniform. Its meaning is found in remembering those who served, recognizing the cost of service, and appreciating the support veterans receive at home.

"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





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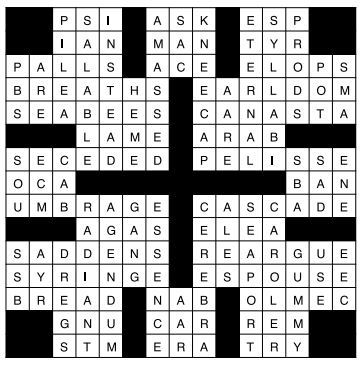
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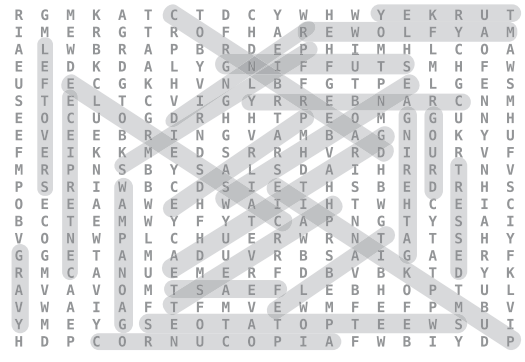
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Turner Publishing

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

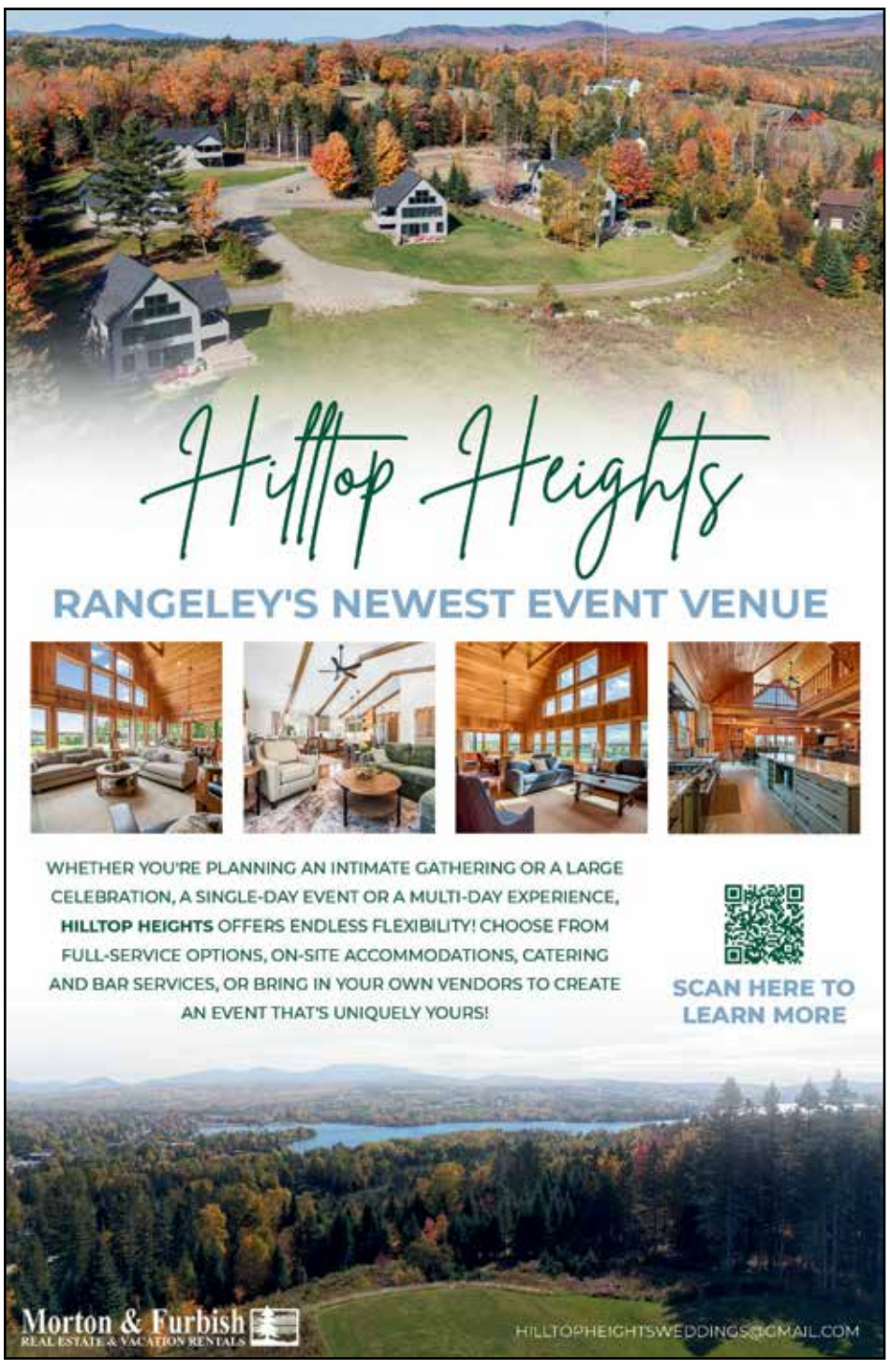
Makes 6 servings

- 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.

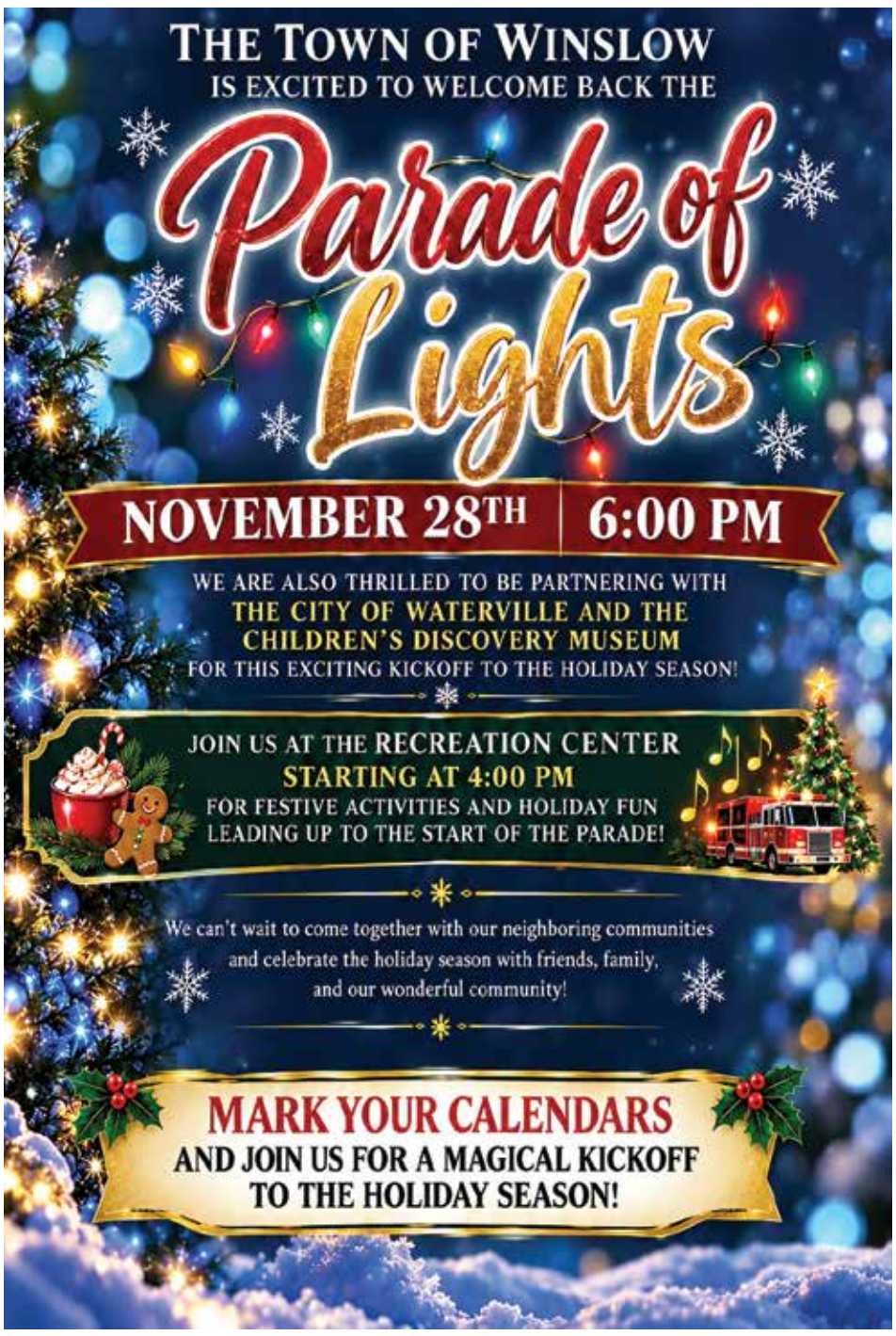
Metro











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.

November is Lung Cancer Awareness Month

Get Screened

Lung cancer remains the leading cause of cancer death among men and women in the U.S.

But there's a quick, painless tool to detect lung cancer early, when it's most treatable: Low-Dose CT scan (LDCT).

Talk to your doctor if you:

- Are 50 – 80 years old;
- Have a 20 pack-year smoking history; and
- Currently smoke or have quit smoking within the past 15 years.

State of the Art Diagnostics for Lung Cancer Detection

MaineGeneral was the first health system in the state to offer robotic bronchoscopy: the latest technology to detect lung cancer in patients at earlier, more treatable stages. More robotic bronchoscopies are done at MaineGeneral than any other hospital in Maine.

Combined with Low-Dose CT scan, robotic bronchoscopy is a powerful tool to detect lung cancer early.





MaineGeneral Pulmonary physicians

To learn more about LDCT, visit www.mainegeneral.org/lung-cancer.

MaineGeneral Medical Center