

Where your family becomes our family.

♥ Maincare Sections 19,63,96
♥ Veterans Administration
♥ Private Pay Services

(207) 307-0922
583 South Main Street
Brewer, ME 04412

referrals@aandmhomecare.org
www.aandmhomecare.org

Welcome Back to School!

Vinyl Siding & Walls
Roofs - Snow Removal
Gutter Cleaning
Driveways
Windows
(Residential & Commercial)
Fleet Trucks & Vehicles

PATRICK'S
PRESSURE WASHING & SAND BLASTING

(207) 291-0411

Star 97.7 ON AIR
Smooth Rock & Roll

Paul and Mike
In The Morning

Transform Your Bathroom and Change Your Life.

FREE TOILET + \$2,000 OFF

For your FREE information kit and our Senior Discounts, Call Today Toll-Free

1-866-703-6116

safestep

*Free toilet with purchase and installation of a walk-in tub or walk-in shower only. Offer available while supplies last. No cash value. Must present offer at time of purchase. Cannot be combined with any other offer. Market restrictions may apply. Offer available in select markets only. CSLB 1082165 NSCB 0082999 008445 130911086000

PENOBSCOT THEATRE COMPANY
Live Theatre • Classes • Concerts • And More

'A Jewel in Bangor!'

See the Latest Shows, Classes, and events at
www.PenobscotTheatre.org
207-942-3333

Be prepared before the next power outage.

It's not just a generator. It's a power move.

Receive a free 5-year warranty with qualifying purchase* - valued at \$535.

Call 207-825-7353 to schedule your free quote!

GENERAC

Financial Solutions

Tom A. Goodman
Financial Advisor
207-469-6352
tom.goodman@prudential.com

Cody Briggs
Financial Advisor
207-469-6352
cody.briggs@prudential.com

74 Main Street, Suite 300
P.O. Box 1878, Bucksport, ME 04416

FREE! **New Issue Every Week!**

Coffee News®
"Bringing People, Families and Communities Together"

Orono, Old Town, Veazie, Milford Area Edition
207-852-8400

www.coffeenewsbangor.com
bangorcoffeenews@gmail.com Vol. 30 No. 20 September 28, 2026

Everybody's Talking

Fishing prescription: In England, some health workers can now point patients toward a fishing session as part of care for anxiety or low mood. The option comes through Tackling Minds, a program started by Dave Lyons after fishing helped steady his own life. Instead of a clinic visit, people join small groups by the water with volunteer coaches who bring gear and show the basics. The focus is simple: get outside, slow down, and have something to do with your hands. The group works with the National Health Service under social prescribing, alongside other supports. It recently received the King's Award for Voluntary Service, a national honour. Organizers say they want more communities to have the same kind of access.

Language revival: In a remote part of northwest Australia, a small Aboriginal community is using a phone game to bring its traditional language back into daily life. Instead of classroom lessons, young players explore a digital landscape based on local landscapes while hearing words spoken by elders. Language is folded into simple tasks, letting learning happen through play. Community leaders chose this format knowing screens already hold kids' attention. Repeated interactions help rebuild familiarity with sounds and meanings that were fading. By tying words to places and everyday actions, the game keeps learning grounded. Organizers see it as an entry point for broader cultural learning using modern tools.

Hidden whales: Near Baja California, Mexico, scientists spotted two living ginkgo-toothed beaked whales, a species that had never been confirmed alive before. Researchers had recorded a strange underwater sound in the area for years but didn't know which animal made it. This sighting finally linked that sound to these whales, giving scientists a new way to track them. The team couldn't get a clear photo, so they used a very small skin sample to confirm the species. Beaked whales are hard to study because they surface briefly and avoid boats. Until now, most information came from whales found washed up on beaches after dying at sea. The discovery shows they regularly live off the coast of Mexico, not just far-off oceans.

Silent scores: In Germany, two short organ works believed to be early pieces by Johann Sebastian Bach have finally been performed after about 320 years in storage. The music surfaced in an archive as handwritten pages without names or dates, leaving their origin uncertain for years. Close study of the writing style later linked them to Bach's early training period. Once experts felt confident, the pieces were prepared for performance at a church closely tied to Bach's working life. Hearing them added fresh detail to a composer thought to be fully documented. The moment showed that archives can still hold surprises. For listeners, it offered new sounds from a familiar name.

Quoteable Quotes

"If you tell the truth, you don't have to remember anything."
— Mark Twain
"Almost everything will work again if you unplug it for a few minutes... including you."
— Anne Lamott

What's Happening

Nostalgia Night at Maine Discovery Museum! Friday, September 25th, 7-10pm Ages 18. Rediscover play, revisit favorite exhibits, enjoy drinks snacks, and feel like a kid again! While supporting MDM's mission to inspire Maines next generation. \$15 tickets at mainediscoverymuseum.org

Three Rivers Kiwanis Annual Cruise-In September 27th Bring your classic car and enjoy time with other car enthusiasts! Food, drinks, music, 5050 on the paved parking lot at Kiwanis Hall 15 Harris Pond Rd, Milo. Sun, Sept. 27 10:00-1:00. \$5 car, \$3 spectator. Ben: 603-848-8072.

Living History Days October 3rd and 4th, 10am-3pm At the Maine Forest and Logging Museum, our biggest event of the year, spanning two full days! Enjoy wagon rides, watch the re-enactors, food truck will be on site, see the mills in full operation!!

NON profit organizations may submit events for FREE at
www.coffeenewsbangor.com

Trivia

1. Which singer is known as "The Boss"?
2. What is the smallest state in the United States by area?
3. The human nose can detect more than one trillion different scents—T/F?
4. The Titanic began its maiden voyage from this English port in 1912.
5. This video-sharing website was acquired by Google in 2006.

(Flip bottom of page for answers)

© Published with Permission by Bangor Coffee News

(Over)

Come see us at our new State Street location in Bangor!
We are now open at 364 State Street, across from Northern Light Eastern Maine Medical Center.

You can expect:

- Convenient parking
- Drive thru prescription pick up
- Modernized storefront design
- Private spaces for patient consultation
- Vaccines
- Durable Medical Equipment such as canes, walkers, wheelchairs, braces, and bathroom safety devices

Northern Light Pharmacy

Experience Patient-First Healthcare
Join our **Direct Primary Care (DPC)** model for personalized, root-cause medical care.

- Insurance won't dictate your care
- Transparent pricing
- Direct access to your physician
- Solutions beyond prescriptions
- Go beyond standard lab ranges

Visit thrivingproof.com or call (207) 358-0748 to learn more and enroll today!

Come see us at 33 Penn Plaza C in Bangor!

The Little Bill Contest \$50 ADVENTURE Cash
Actual Size →

Find the Coffee News Guy hidden in one of the ads, then enter to win!

To enter email: bangorcoffeenews@gmail.com...or send your entry by mail to Coffee News, PO Box 222, Bangor, ME 04402. Be sure to tell us your name, phone number, address, email, and age. Also where did you pick up Coffee News? What ad did you find the guy in? What do you like about Coffee News?

Your info will NOT be shared or sold to anyone. 1 winner will be drawn each month from all correct entries. Entry per edition, per week may be submitted

Foxcroft Fruitscaping Landscape & Property Maintenance

- Property Maintenance
- Gravel, Rock, Mulch, Etc.
- Jacking & Leveling
- Retaining Walls
- Fruit Trees & Berry Bushes
- Culverts • Driveways
- Concrete Work/Pads
- Garages
- Forestry Mulching
- Residential & Commercial Exterior Painting
- Hardscape • Lots Cleared
- Excavation • Demo • Sheds
- Exterior House, Barn, Building Painting

25+ Years in Business!
(207) 446-7766, Call or Text

Buy One, Get One
40% OFF
Windows and Doors*

MINIMUM PURCHASE OF 4

PLUS \$200 OFF
Your Entire Purchase*

MINIMUM PURCHASE OF 4

RENEWAL by ANDERSEN
FULL-SERVICE WINDOW & DOOR REPLACEMENT

Call **844-496-1725** by 9/30

ALL SOULS CONGREGATIONAL CHURCH
— Good Things Happen Here —

Sunday Worship Service
10:00 AM
10 Broadway | Bangor, ME
www.allsoulsbangor.com

CODY CARTER, CPA

Expert tax help. From the CPA who actually does the work.

Tax preparation and advisory services for small business owners and individuals in Orono and beyond. Flat-rate, personal, responsive.

cody@codycartercpa.com • codycartercpa.com

The Sunday Morning Post
By Ben Sprague

Weekly articles about the economy, real estate, Maine, and more.

thesundaymorningpost.com

Scan with phone

Can you balance like a flamingo?

If you've fallen, feel unsteady, or struggle with dizziness or vertigo, we can help!

Schedule your evaluation today! Insurance happily accepted.

FYZICAL

31 Bangor Mall Blvd. Bangor | 207-291-5714
75 Washington St. Ellsworth | 207-544-9640

Scan this for a free self-assessment.



Maine Savings
FEDERAL CREDIT UNION

GO BEYOND BANKING

WWW.MAINESAVINGS.COM

TRUE NORTH
PROPERTY MANAGEMENT

ROOFING SIDING GUTTERS

Call (207) 217-7200
for a free estimate today

Ask us about land development options!

Partnering with Mainer's to help Mainer's

Good Shepherd FOOD BANK OF MAINE

Good Shepherd Food Bank works with nearly 600 food assistance programs throughout Maine, from Kittery to Fort Kent, to help get food to Mainers at risk of going hungry.

Our network of programs includes community food pantries, soup kitchens, senior centers, shelters, schools and youth programs, all supplied with nutritious food from our local farm partners, corporate partners, and donations.

FeedingMaine.org



Find us on Facebook!

facebook

Join our Coffee News® fan page!

www.facebook.com and search for CoffeeNewsOfGreaterBangor

BANGOR AUDIOLOGY

Want a fuller life? Trust us with your hearing!

Studies have shown that treating hearing loss -- especially with hearing aids -- may reduce dementia risk or slow cognitive decline. Hearing health is brain health!

Special Offer! 30-Day Hearing Aid Trial

New Location!
(207) 814-0588
875 Hammond Street, Bangor, ME
bangoraudiologyme.com



Come See What's New at Dorsey!

DORSEY Furniture for life.

1031 Main Rd. Holden, Me
1-800-820-7301

FREE STATEWIDE DELIVERY

Mon-Sat 9am-5pm Sunday 10am-5pm

safestep

FEEL SAFE ON EVERY LEVEL

\$750 OFF

+ FREE Installation of your new Safe Step Stairlift

1-833-640-2105



Your Weekly Horoscope

ARIES (March 20 - April 19)



You may be feeling pulled in different directions now. Instead of immediately acting, consider what is churning below the surface for you. An old wound may emerge to be addressed. Lucky numbers: 6, 8, 27, 30, 31, 38.

TAURUS (April 20 - May 20)



At the beginning of the week, your energy level will likely be very high. How do you want to direct it for the few days this potential is in effect? Lucky numbers: 12, 30, 38, 41, 43, 48.

GEMINI (May 21 - June 20)



You may find things are shifting in sudden and unexpected ways this week. Finding solid ground again may require that you adjust your viewpoint to match this new dynamic. Lucky numbers: 10, 11, 16, 26, 38, 41.

CANCER (June 21 - July 22)



At week's end, you may feel like hiding in your shell, imitating the crab image that symbolizes your sign. Quiet retreat and self-care are never a bad choice. Lucky numbers: 1, 6, 24, 28, 36, 44.

LEO (July 23 - Aug. 22)



Leos usually prefer charm to confrontation. At week's end, however, you may be spoiling for a fight. Take a deep breath and consider whether the issue is really worth it. Lucky numbers: 3, 11, 17, 23, 31, 42.

VIRGO (Aug. 23 - Sept. 22)



Virgos are admired for their analytical skill and attention to detail. Perhaps you have been fully satisfied with this before but the next few weeks may leave you craving more. Lucky numbers: 2, 9, 21, 31, 34, 41.

LIBRA (Sept. 23 - Oct. 22)



At week's end, look for a subtle opportunity to deepen your romantic relationship. It may feel a bit uncomfortable at first but may be worth it if you can stay flexible. Lucky numbers: 9, 16, 17, 20, 31, 39.

SCORPIO (Oct. 23 - Nov. 21)



There may be a lot of intensity in your romantic relationship this week. If you sense it could be close to a breaking point, focus on finding a gentler balance point. Lucky numbers: 4, 5, 6, 24, 26, 40.

SAGITTARIUS (Nov. 22 - Dec. 21)



You may experience the classic head versus heart dilemma at mid-week. If you can't find a way to break the stalemate, wait until this dynamic fades in a few days. Lucky numbers: 5, 6, 21, 31, 41, 45.

CAPRICORN (Dec. 22 - Jan. 19)



You may find your ambition flagging at week's end. While you may resist, taking care of what you need is important. You don't have to always be the strong one. Lucky numbers: 18, 23, 25, 33, 41, 48.

AQUARIUS (Jan. 20 - Feb. 18)



You may feel an urgency now to initiate and communicate about a project on behalf of the larger community. Be sure you are confident about the details or wait to act. Lucky numbers: 8, 14, 17, 18, 41, 47.

PISCES (Feb. 19 - March 20)



Pisces can have a dreamy, other world quality that makes it difficult to manifest goals. What have you let slip away in the past and what you would do differently? Lucky numbers: 11, 13, 19, 23, 36, 47.

Lucky numbers this week: This week's odds favour Taurus winners with the luckiest number being 30.

Did You Know...

Ticket to ride: The first roller coaster in America was built in 1884 at Coney Island. Tickets cost just five cents for a ride that reached a thrilling six miles per hour.

Extra large, please: The world's largest pizza was baked in Rome in 2012. Measuring over 13,500 square feet, it was gluten-free and named "Ottavia" in honour of the first Roman emperor.

Return to sender: The first postage stamp was the Penny Black, issued in Britain in 1840. It featured Queen Victoria and revolutionized how mail was sent worldwide.

Side of fries: The "French" in French fries doesn't refer to France. The term comes from the word "to French," meaning to slice thinly, though Belgium often claims the dish's invention.

Coin operated: The first vending machine is believed to date back to ancient Greece. It dispensed holy water when a coin was dropped inside, designed by engineer Hero of Alexandria in the first century.

On the Lighter Side

What kind of shoes do ninjas wear? Sneakers.

I used to be a banker until I lost interest.

Knock! Knock! Who's there? Leslie. Leslie who? Leslie town and take the train.

A nickel and a penny jumped off a moving train together. But not the quarter. It had more cents.

Harry: What would you get if you crossed a baseball player with a Boy Scout?

Larry: I don't know, but I bet he could pitch a tent!

Answers

Trivia answers: 1. Bruce Springsteen 2. Rhode Island 3. True 4. Southampton 5. YouTube

For available franchise opportunities - visit www.CoffeeNews.com
© Published with Permission by Bangor Coffee News

BILL'S HEAT PUMPS
BOOST YOUR COMFORT. TRIM YOUR BILLS.

You may be eligible for up to \$9,000 in rebates for a residential install!

Located in Brewer
billsheatpumpcleaning@gmail.com
(207) 991-0914

Pet Care BY LINDSAY

- ✓ Overnight pet sitting
- ✓ Dog walking
- ✓ Drop-ins
- ✓ Transportation
- ✓ Weddings
- ✓ Boarding
- ✓ Constant care

(207) 561-7322
lindsay@petcarebylindsay.com
www.petcarebylindsay.com

United Country Real Estate Lifestyle Properties of Maine

Maine's Most-Watched YouTube Channel

Peter McPhail Realtor

Office: 207-794-6165 Cell: 207-794-4338
Email: peter@lifestylepropertiesme.com
YouTube: United Country Lifestyle Properties of Maine

Each Office is Independently Owned & Operated

Darling's INSURANCE AGENCY

COMMERCIAL • FARM
HOME • AUTO • LIFE

(207) 992-1720 | darlingsagency.com

Please mention Coffee News when you contact us!

Congratulations

to our newest Coffee News® Contest Winner!

Trey B. of Bangor, ME!

Thanks for reading, and don't forget to play!



There's always something exciting happening at the Challenger Learning Center of Maine!

From family events and special programs to school vacation camps and immersive space missions. There's something for explorers of every age!

Challenger Learning Center of Maine

30 Venture Way
Bangor, ME
207 990 2900



October is Domestic Violence Awareness Month and Partners for Peace invites you to get involved!

Wear Purple on October 14th for Domestic Violence Awareness.

24/7 Helpline: 1-800-863-9909

Learn More About Our Events

www.PartnersForPeaceME.org



Twin City Tire & Service

(207) 989-TIRE

BEST PRICES GUARANTEED!

609 Wilson St. Brewer

SCAN HERE FOR SPECIAL PROMOTIONS!

