

With 8 years of experience, we proudly pamper pups of all breeds with gentle, loving care. Locally owned & dog approved!

EVERGREEN
-GROOMING LLC-

APPROVED

(207) 223-7421
Evergreengroom@gmail.com
2354 Broadway in Bangor at Six Mile Falls

Maine Real Estate Management LLC

RentMaine.com 207-942-8003

Full Service Property Management

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

★ VOTE ★

TERRY DINKINS

FOR
CITY COUNCIL

★ TRUSTED COMMUNITY LEADER ★

CONTACT INFO:
207-249-9154 • TERRYFORBANGOR@GMAIL.COM

PAID FOR AND AUTHORIZED BY DINKINS FOR CITY COUNCIL

Financial Solutions

Tom A. Goodman
Financial Advisor

Cody Briggs
Financial Advisor

207-469-6352
tom.goodman@prudential.com

207-469-6352
cody.briggs@prudential.com

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

Phenix
Title Services

Deb Whitman
Marketing Director
Cell 207-478-4873
dwhitman@phenixtitle.com

Title and Closing Services
More just a title and closing company; we're your reliable partner in securing your real estate investments.

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

A&M HOMECARE

Where your family becomes our family.

- ♥ Mainecare Sections 19,63,96
- ♥ Veterans Administration
- ♥ Private Pay Services

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

referrals@aandhomecare.org
www.aandhomecare.org

FREE! New Issue Every Week!

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

Bangor West,
Hampden,
Hermon Edition

207-852-8400

www.coffeenewsbangor.com
bangorcoffeenews@gmail.com Vol. 32 No. 18 October 26, 2026

Everybody's Talking

Hedgehog hotel: In a small Scottish town, a couple turned spare rooms and outbuildings into a place where injured hedgehogs can recover before returning to the wild. What began as caring for a few animals at home grew as neighbours learned there was somewhere local to bring hedgehogs in trouble. The pair added space, equipment, and volunteers, reshaping their property to handle many animals at once. They now manage daily feeding, cleaning, and basic health checks, sending animals to vets only when specialized care is needed. Along the way, they've also taught residents how gardens and roads affect hedgehog safety. The effort has helped many European hedgehogs that might not have survived otherwise.

Crop robot: In Osaka, Japan, researchers are teaching farm robots to slow down and think before grabbing a tomato. Instead of rushing in, the machine scans how each fruit sits among the stems and leaves. It weighs which direction offers the cleanest path, rather than guessing blindly in tight spaces. When one angle doesn't work, the robot can shift and come in from the side, much like a person adjusting their hand. This approach cuts down on plant damage and wasted effort. The system treats harvesting as a set of small choices instead of a single move. Over time, it could let robots handle fruit while people focus on the trickier parts of the job, saving time and improving efficiency overall.

Ancient shave: In England, a roughly 2,000-year-old iron razor from Roman times is drawing attention by offering a glimpse into everyday grooming long ago. The tool, shaped to fit a finger or hang from a belt, shows how men removed stubble before modern blades existed. For many Romans, a smooth face was tied to status and city manners, especially among wealthier families. Coins and statues from the period often show leaders without beards, reflecting this preference. Shaving also carried risk, since barbers worked close to the throat in tense political times. Beyond daily use, the first full shave marked a formal step into adulthood. Today, the razor stands as a rare reminder of personal care in the ancient world.

Denim portraits: In Orlando, Florida (U.S.), an artist is giving old jeans a second life by turning them into detailed portrait art. Small denim pieces are cut and sorted by colour, then placed together to form faces and animals. Instead of paint, the work relies on natural colour changes in the fabric, which adds texture to each image. Every piece is made by hand, so no two artworks can be exactly the same. The subjects include familiar public figures as well as wildlife, all built from everyday clothing. By reusing worn fabric, the artist shows how simple materials can become lasting artwork. The process also highlights care, reuse, and steady effort behind each finished piece.

Quoteable Quotes

"You can't stop the waves, but you can learn to surf." — Jon Kabat-Zinn

"There is no innovation and creativity without failure. Period." — Brene Brown

What's Happening

Hampden Kiwanis Community Bean Supper 1st Saturday of every month, Oct-May: 3 kinds of beans, coleslaw, biscuits, red hots, and desserts. 4:30 pm to 6 pm, 41 Canoe Club Road, Hampden, ME. \$10 per person, \$25 family. Carry out available.

Harvest Supper at First United Methodist Church of Orrington, October 24 4:30-6:00 p.m. \$10 each-, children under 7 \$4.00. 14 Center Drive, Orrington

Trunk or Treat, Friday, October 23, 5:00-7:00 p.m. Candy, Food Trucks, Kids Games and Activities, Family Fun! Bring your little ghosts, goblins, superheroes, and princesses for an evening of treats, laughs, and community fun! Located in the parking lot across from Starbucks.

Why Is My Cholesterol High Community Workshop Thursday Nov 5 2026, 5:30 to 6:30 PM at Thriving Proof, 33 Penn Plaza, Suite C, Bangor. Learn why cholesterol numbers stay high. Registration required. Call 207-358-0748 or visit thrivingproof.com.

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

Trivia

1. The Leaning Tower of Pisa is located in this country.
2. The planet Saturn is best known for its prominent system of these.
3. Abraham Lincoln was born in this state in 1809.
4. Which NFL team plays its home games at Lambeau Field?
5. What country has more lakes than any other country in the world?

(Flip bottom of page for answers)

© Published with Permission by Bangor Coffee News

(Over)

Congratulations to Bernard Miller, winner of the 2026 Myra Kraft Community MVP Award!

Myra Kraft COMMUNITY MVP AWARDS

Presented by Gillette

NOVUS glass
Repair & Replacement

207-945-6688 • 499 Hammond Street, Bangor
www.novusglass.com

Auto Glass Replacement & Repair
ADAS Calibration • Window Tinting
Glass Aquapel Treatment

FULLY INSURED & CERTIFIED TECHNICIANS
PREFERRED BY ALL INSURANCE COMPANIES

\$100 OFF Auto Glass Deductible!

darling's
INSURANCE AGENCY

COMMERCIAL • FARM
HOME • AUTO • LIFE

(207) 992-1720 | darlingsagency.com

Please mention Coffee News when you contact us!

East Coast Detailing & Diagnostics
MENTION Coffee News FOR A \$30 DISCOUNT!

Exterior Detailing
Interior Detailing
Undercoating
Headlight Restoration
Ceramic Coating
Window Tinting
Paint Correction
Vinyl Wraps

(207) 291-1683
zachary.eastcoast@gmail.com
1670 Broadway, Bangor, ME 04401

October is PT Month – Our Clinicians Go Above and Beyond, So Patients Can Love Their Life.

We Specialize In:

- Recovery from injuries/surgery – like joint replacements
- Managing ongoing aches and pains – back, neck, shoulders, hips, or knees
- Balance and dizziness problems – including vertigo
- Concussion or neurological recovery
- Improving mobility and independence
- Headaches, jaw, and neck pain

FYZICAL
Therapy & Balance Center

Two Convenient Locations. One Caring Team.
Bangor: 207-291-5714 | Ellsworth: 207-544-9640

WE NEED... & Direct Support Professionals (DSP)

- ✓ For Penobscot & Waldo Counties
- ✓ Training Provided
- ✓ High School Diploma & Drivers License

CALL: 949-3582
CreativeOptionsLLC.org

LIKE US ON facebook

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

'A Jewel in Bangor!'
Trip Advisor

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

Featured Property For Rent

- 760 Union St.
- 4-room suite for rent
- \$1400 per month
- Utilities & electricity included

Better Homes THE MASIELLO GROUP

1162 Union Street
Bangor, Me

Earl Black, Broker
207-632-7281
EarlBlack@masiello.com

Come See What's
New at Dorsey!



**FREE
STATEWIDE
DELIVERY**

Mon-Sat 9am-5pm Sunday 10am-5pm
1031 Main Rd. Holden, Me
1-800-820-7301

DORSEY
Furniture for Life

**MORE FUN
FOR YOUR KIDS,
MORE CONVENIENCE
FOR YOU!**

Expanded Hours. Competitively Priced.



**SIGN UP
TODAY!**

Enroll Your Child Today for the **BANGOR
REGION YMCA BEFORE & AFTER SCHOOL
PROGRAM** for Pre-K to 6th Graders!

**FINANCIAL ASSISTANCE & SPECIAL DISCOUNTS
ARE AVAILABLE**

Lifting People. Strengthening Community.
17 Second St., Bangor, ME 04401 • 207-941-2808 • bangory.org

D
**DOWNEAST
CONSULTANTS LLC**
Strategic Solutions for Sustainable Success.

**FROM WHERE DO WE
FIND THE FUNDING?
TO WE'VE GOT THIS COVERED.**

CONNECT TODAY
Gary Fearon, MPA
CEO, Downeast Consulting LLC

(207) 478-7202
www.downeastconsultants.biz
Gfearon@downeastconsultants.biz

GRANT WRITING
Compelling proposals
that get funded.

BUDGETING &
FINANCIAL PLANNING
Realistic budgets that
keep projects on track.

PROJECT & PROGRAM
MANAGEMENT
Timelines, stakeholders
and deliverables.

GRANT COMPLIANCE
& REPORTING
Stay compliant and
audit-ready.

From Our Dock To Your Door!



McLAUGHLIN SEAFOOD
www.mclaughlinseafood.com FROM OUR DOCK TO YOUR DOOR.

BANGOR MAINE
728 Main St., Bangor • 942-7811

10% OFF ALL SEAFOOD PURCHASES
Excludes: Live lobsters, lobster meat, and wine.
We pack seafood for travel or ship nationwide!
www.mclaughlinseafood.com

Twin City Tire
& Service
(207) 989-TIRE
BEST PRICES GUARANTEED!
609 Wilson St., Brewer

SCAN HERE
FOR SPECIAL
PROMOTIONS!

WE ARE HIRING!

Tim's Plumbing

Full-time plumber needed.
License preferred
but not required.
Monday-Friday
8:00 am - 4:30 pm

Call Today!

207-735-4969

Benefits include:
Health & Dental Insurance
Vacation Time / Sick Time
/ 401K

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 pickup
- 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

Your Weekly Horoscope

ARIES (March 20 - April 19)



This week you may be feeling the echoes of an old emotional wound. Previously hidden information may surface. If so, it may be best processed with self-love. Lucky numbers: 3, 6, 7, 13, 25, 5.

TAURUS (April 20 - May 20)



The beginning of the week may be a good time to wrap up a project or conversation that has been lingering for a while. Don't miss the opportunity to do so. Lucky numbers: 2, 15, 25, 32, 36, 1.

GEMINI (May 21 - June 20)



Your normal means of processing information may not work as well at mid-week. Instead, a gut level intuition may provide an unusual opportunity for you, if you adjust your perspective. Lucky numbers: 1, 8, 9, 14, 17, 2.

CANCER (June 21 - July 22)



If you find things a bit overwhelming at mid-week, look for an opportunity to step back briefly. Practicing self-care can help recharge your energy to return to the fray. Lucky numbers: 11, 12, 17, 18, 41, 5.

LEO (July 23 - Aug. 22)



You may be especially enthusiastic at week's end to get what you want. Be careful of being too aggressive in the way you communicate your goals to others now. Lucky numbers: 11, 19, 35, 36, 37, 2.

VIRGO (Aug. 23 - Sept. 22)



Do you have a project that needs an extra boost to complete? The energy at the beginning of the week may provide this for you, so be aware of the possibility. Lucky numbers: 11, 12, 23, 28, 37, 6.

Lucky numbers this week: This week's odds favour Pisces winners with the luckiest number being 3.

LIBRA (Sept. 23 - Oct. 22)



For the past couple of weeks, your natural charm, tact and diplomacy have been heightened. This dynamic will pass soon, so utilize these qualities now to facilitate positive change. Lucky numbers: 3, 9, 16, 28, 37, 5.

SCORPIO (Oct. 23 - Nov. 21)



If you find yourself in a stalemate at the beginning of the week, take a deep breath and consider the situation. Digging in your heels now may not be productive. Lucky numbers: 2, 28, 29, 34, 40, 12.

SAGITTARIUS (Nov. 22 - Dec. 21)



Early in the week, your head and heart may be out of sync about a decision. If compromise isn't possible, wait a few days for this dynamic to pass. Lucky numbers: 10, 17, 25, 31, 32, 5.

CAPRICORN (Dec. 22 - Jan. 19)



Your normal ambition to push towards success may be diminished at mid-week. This may provide an opportunity to focus on people or situations requiring you to have a softer touch. Lucky numbers: 8, 13, 29, 37, 38, 6.

AQUARIUS (Jan. 20 - Feb. 18)



You may be in a power struggle within yourself or with others at the beginning of the week. Look for the hidden origins of the situation and begin to address them. Lucky numbers: 1, 28, 30, 38, 39, 11.

PISCES (Feb. 19 - March 20)



Pisces sometimes have difficulty implementing their grand dreams into solid and lasting reality. You may find a good opportunity at the beginning of the week to effectively do so now. Lucky numbers: 3, 14, 18, 20, 22, 1.

**KING'S RED
PAINTING, LLC**

Sometimes looks
do matter.

Free Interior, Exterior, and
Cabinet Painting Estimates

207-735-3342
www.kingsredpaint.com

★★★ Steve ★★★
CAREY
Independent Candidate

State Senate Candidate
District 9 - Bangor & Hermon

steve@careyformaine.com
(207) 745-2275
www.careyformaine.com
Paid for and authorized by Steve Carey for State Senate

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

**3POINT
CLEANING**

www.3pointcleaning.com
207-990-5657

Consistent Commercial Cleaning

**ALL SOULS
ANNUAL
BAZAAR**

NOVEMBER 14, 2026

Boutique | Crafts | Silent Auction | Treats
Meals-to-Go | Luncheon | Organ Music | & More!

9:00 a.m. - 2:00 p.m. / Free entry

10 Broadway • Bangor

**First
National Bank**

Are you ready to turn your dreams into reality?
With 18 convenient branches, First National Bank is Maine's
first choice for community banking.

800.564.3195 • TheFirst.com • Member FDIC

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

Partners for Peace
Partners for Peace is the domestic violence
resource center serving Penobscot &
Piscataquis counties since 1973.

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

Wear Purple on October 14th
for Domestic Violence
Awareness.

Learn More
About Our Events

Snap a pic &
tag us on Facebook
& Instagram!

www.PartnersForPeaceME.org

Schimpane
LP-GAS INSTALLERS

Where workmanship
meets quality!

207-478-2768
www.schimpane.com

**Full Service
Heating Management**
Oil, Propane, Boilers,
Natural Gas Equipment, Fireplaces,
Furnaces, Generators and Hook-Ups

Did You Know...

Backup hero: During production of *Toy Story 2*, an animated sequel film, a large part of the project was accidentally deleted. The movie survived because an employee on maternity leave had a working copy at home, which allowed the team to restore it.

London calling: The Great Fire of London in 1666 destroyed much of the city but fortunately killed very few people. It did, however, reshape the city's architecture for centuries.

Sweet roots: The first recorded recipe for chocolate comes from the Aztecs. They mixed ground cacao beans with spices and water to create a bitter, energizing drink.

Head turner: Sloths can turn their heads almost completely around. With extra neck vertebrae, they rotate 270 degrees to spot predators without moving their slow bodies.

Day at the beach: The world's largest sandcastle was over 100 feet (30 m.) tall. Built in Germany in 2019, it included turrets, bridges, and even a small sand moat.

On the Lighter Side

Knock! Knock! Who's there? Jewel. Jewel who? Jewel be sorry!

Why do eggs come in cartons? So they don't egg-scape.

How is a crossword puzzle like an argument? One word leads to another.

What is one thing you can never catch? A breeze.

Doorman: Your car is at the door, sir.
Car owner: Yes, I hear it knocking.

Answers

4. Green Bay Packers 5. Canada
Trivia answers: 1. Italy 2. Rings 3. Kentucky

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