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Everybody's Talking

Scent mastery: In Duncanville, Texas (U.S.), a small barbecue spot is run by a barbecue cook who works without sight. After losing his vision, Christopher Jones learned to depend on his other senses, checking heat, seasoning, and timing through touch, sound, and especially smell. Family recipes gave him a starting point, refined through practice instead of exact measuring. Many customers are surprised to learn the brisket and ribs were cooked without the chef seeing the grill or the meat. The kitchen is kept simple, built around routine and familiarity. Cooking became both his livelihood and a way to show how people adapt. Guests often leave thinking about the care put into the food as much as the flavour.

Grain revival: In Skowhegan, Maine (U.S.), an old county jail has found new life as the centre of a growing regional grain economy. Maine Grains operates its stone mill inside the former Somerset County Jail, producing wheat, oats, rye, buckwheat, and other grains sourced from Northeast farmers. The company grew from efforts to revive a New England tradition that had faded as grain farming and milling scaled in a more corporate direction. By creating vibrant new markets for locally grown grains, Maine Grains supports farmers and food businesses throughout the region. Visitors can tour the mill and then taste the results at The Miller's Table, a café in the same former jailhouse featuring Maine Grains products.

Snail revival: On Norfolk Island, Australia, a snail species once written off as gone for good is getting a second chance. After years without sightings, a sharp-eyed local shared a photo that caught the attention of researchers who recognized the snail right away. A small group was later found living in a protected patch of land and moved to a zoo for careful breeding. The work moved slowly, but the population steadily grew. Once numbers were strong enough, the snails were brought back to the island and released into sheltered areas. Rangers now keep an eye on the habitat while managing threats from invasive animals. The snails have become harder to spot, which is often a sign they're spreading out and settling in.

Shared card: In the U.S., two childhood friends have been sending the same birthday card back and forth for decades. It started when one girl gave the card to the other after they became friends at school. Each year, the card is signed again and mailed back, slowly filling with notes and dates. Even as they moved to different places and life changed around them, the card kept making its trip. The picture on the card never changed, but the meaning did. Most birthday wishes today are done through social media, but this card still arrives through the mail. It gives them a reason to reconnect, pause for a moment, and remember how their friendship began in a much simpler time.

Quoteable Quotes

"You can't be brave if you've only had wonderful things happen to you." — *Mary Tyler Moore*

"You cannot find peace by avoiding life." — *Michael Cunningham*

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.

Challenger Maine Spud Drive 2026! Order a 50-pound bag of Aroostook County Caribou Russet potatoes for Thanksgiving. Buy a bag for your family or donate one to the Salvation Army. Every purchase supports hands-on STEM education through Challenger Maine! www.astronaut.org

Hampden Holiday Shopping Festivals Hampden United Methodist Church, Christmas Fair, 8 am to 2 pm, 44 Kennebec Rd. Hampden Historical Society, Christmas Bazaar, 8 to 2 pm, 83 Main Road South. Hampden Rec, Holiday Market with multiple vendors, 9 am to 2 pm, Skehan Rec Ctr, 1 Main Rd North.

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

Trivia

1. Which actress stars as Wednesday Addams in the Netflix series Wednesday?
2. Which tennis tournament is played annually on grass courts in London?
3. Which baseball legend was nicknamed "The Iron Horse"?
4. A group of lions is called a _____.
5. Which board game includes Mediterranean Avenue and the Short Line Railroad?

(Flip bottom of page for answers)

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(Over)

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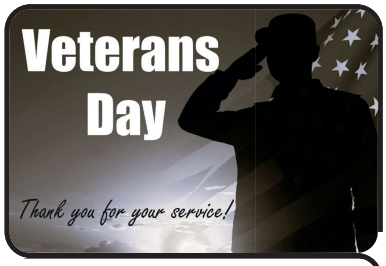
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Your Weekly Horoscope

ARIES
(March 20 – April 19)

You may encounter a stalemate in your relationship for the next couple of weeks. Finding a compromise may require you to more fully understand the needs of your partner. Lucky numbers: 5, 8, 24, 31, 41, 3.

TAURUS
(April 20 – May 20)

A new opportunity may emerge for you this week. However, it may require you to avoid any stubbornness, particularly when you are speaking to others about your goals. Lucky numbers: 10, 17, 18, 28, 34, 2.

GEMINI
(May 21 – June 20)

Your thoughts and emotions may be pulling in two different directions at mid-week. See if you can reconcile the two. If not, wait a few days for this dynamic to pass. Lucky numbers: 1, 16, 22, 28, 36, 2.

CANCER
(June 21 – July 22)

Your usual nurturing style may not be sufficient at mid-week to achieve what you desire. Radiating a stronger sense of personal authority may be necessary for you to be successful. Lucky numbers: 12, 18, 20, 29, 35, 2.

LEO
(July 23 – Aug. 22)

Attending a social event held at mid-week can be a pleasant experience for you. If you are looking for a new romantic partner, a new opportunity may present itself now. Lucky numbers: 5, 17, 18, 24, 38, 4

VIRGO
(Aug. 23 – Sept. 22)

Virgos can sometimes be accused of being all work and no play. At mid-week, be flexible and open to the potential of something new that can bring you more joy. Lucky numbers: 3, 16, 19, 31, 40, 1.

LIBRA
(Sept. 23 – Oct. 22)

If your relationship has felt stuck recently, this dynamic will start to slowly move forward at mid-week. Address any hiden issues that contributed to the pattern that is ending now. Lucky numbers: 24, 27, 29, 33, 35, 5.

SCORPIO
(Oct. 23 – Nov. 21)

Early this week, sow the seeds of a new endeavour and begin to initiate the effort that can help achieve it over time. Communicate with others about your goals now. Lucky numbers: 4, 11, 13, 28, 31, 6.

SAGITTARIUS
(Nov. 22 – Dec. 21)

Your natural enthusiasm may be heightened for a few days at mid-week. Use this energy to advance what you desire. Carefully balance the risk and reward when making choices. Lucky numbers: 1, 4, 5, 9, 20, 3.

CAPRICORN
(Dec. 22 – Jan. 19)

Capricorns usually have ambition to achieve goals that provide a strong and lasting foundation for what they value. At mid-week, you may have an energy boost in this regard. Lucky numbers: 3, 19, 37, 38, 39, 12

AQUARIUS
(Jan. 20 – Feb. 18)

The end of the week is a good time to focus on your dream for humanity's evolution. What small step can you take now to contribute to this long-term vision? Lucky numbers: 5, 12, 21, 30, 40, 2.

PISCES
(Feb. 19 – March 20)

Pisces can sometimes dream of castles in the sky that are difficult to build in reality. A change in your perception this week may help you communicate your plans to others. Lucky numbers: 2, 14, 16, 18, 27, 21.

Lucky numbers this week: This week's odds favour Sagittarius winners with the luckiest number being 9.

Did You Know...

Seafloor furnaces: Some deep-ocean vents blast out mineral-rich water heated far beyond what the sunlit surface ever sees. These openings in the seafloor can reach temperatures high enough to liquefy lead, creating pockets of extreme underwater heat.

Online origins: The letters "HTTP" stand for Hypertext Transfer Protocol, the familiar text seen at the start of many web addresses. It's a simple system that helps computers load information, becoming one of the basic tools behind early web pages.

Midnight miles: In Tromsø, Norway, runners take part in the Midnight Sun Marathon, a race held late at night during summer. Because the town is so far north, the sun stays visible even after midnight, so the course is run with the sun overhead.

Tropical ice: Even near the equator, glaciers can exist in warm regions. They survive by forming high on mountaintops, where temperatures stay cold enough for snow to compress into slow-moving ice despite tropical conditions below.

Stone pioneer: Africa's oldest standing stone building is the Pyramid of Djoser. Built as a royal tomb, its stacked design introduced a new approach to monument building and later shaped how Egyptian pyramids were made.

On the Lighter Side

Knock! Knock! *Who's there?* Iota. *Iota who?* Iota leave.

What do sea monsters eat for lunch? Fish and ships.

I have a friend who is a very tall blade of grass. He's easily swayed.

Did you see that movie about punctuation? It was a period piece.

Father: Did you do well on your spelling test?
Son: Sorry, words failed me.

Answers

Trivia answers: 1. Jenna Ortega 2. Wimbledon 3. Lou Gehrig 4. Pride 5. Monopoly





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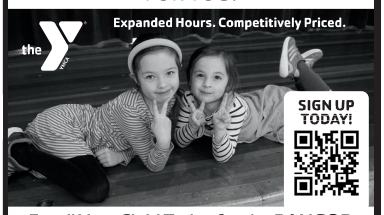
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