

Pancreatic cancer awareness walk set for Oct. 18



Senior Beat
Carol Higgins Taylor

When I was three years old my father died of pancreatic cancer. He was 57 years old. The year was 1960.

I share this because I invite you to grab your favorite sneakers and join me, and celebrity walker, Caitlin Burchill from WABI TV5, for the Pound the Pavement, a 5k color fun run/walk, set for Sunday, October 18, which is a project of the Purple Iris Foundation. This event is geared towards raising awareness of pancreatic cancer.

While great strides have been made since my father's diagnosis, it is

still a serious, usually fatal, disease.

Christina Parrish, 47, founder of the Purple Iris Foundation, is a seven year survivor, who received treatment at a location of the Cancer Treatment Centers of America. She formed the foundation to raise awareness, educate, support, and to give hope to individuals and families affected by pancreatic cancer.

"Purple Iris is my dream," said Parrish. "In 2008, I was diagnosed with stage four pancreatic cancer, and I know how hard [the diagnosis] is on everyone."

The Pound the Pavement event is the organization's largest fundraiser. It also supports projects like Plant Hope, in which purple irises are planted throughout the community to raise awareness of this hideous disease.

A few facts about pancreatic cancer from purpleirisfoundation.com.

The risk of developing pancreatic cancer increases as people age. Almost all patients are older than 45. Nearly 90 percent are older than 55 and more than 70 percent are older than 65. The average age at the time of a patient's cancer diagnosis is 72.

Men are slightly more likely to develop pancreatic cancer than women. This may be due, at least in part, to increased tobacco use in men. The difference in pancreatic cancer risk was more pronounced in the past, when tobacco use was much more common among men than women, but the gap has closed in recent years.

The risk of getting pancreatic cancer is two to three times higher among cigarette and cigar smokers. Scientists

think this may be due to cancer-causing chemicals in cigarette smoke that enter the blood and damage the pancreas. About 20 percent to 30 percent of exocrine pancreatic cancer cases are thought to be caused by cigarette smoking. People who use smokeless tobacco are also more likely to get exocrine pancreatic cancer. Exocrine tumors are by far the most common type of pancreatic cancer.

Very overweight or obese people are more likely to develop exocrine pancreatic cancer, as are people who don't get much or enough physical activity. Exercise is known to lower the risk of this cancer.

Exocrine pancreatic cancer is more common in people with diabetes. The reason for this link is not known. Most of the risk is found in people

with type 2 diabetes.

Chronic pancreatitis is a long-term inflammation of the pancreas. This condition is linked with an increased risk of pancreatic cancer, but most patients with pancreatitis never eventually develop pancreatic cancer. The link between chronic pancreatitis and pancreatic cancer is known to be strongest in smokers.

To help raise awareness about this horrible disease and to show your support, walk or run in Pound the Pavement. You can register at www.active.com or by call 989-1100 for a registration form. You may also write a check, made payable to The Purple Iris Foundation, and mail to Purple Iris Foundation, P.O. Box 3396, Brewer, Maine, 04412. Include your name, address phone number, age and email address, if you have one.

You can sign the registration form the day of the walk/run. The cost is \$20 each for members of a team, \$25 for an individual, and \$30 to register on the day of the race.

I have formed a team called Porky's Peeps, in honor of my father, who was a large man, whose nickname was Porky. If you'd like to join us on Porky's Peeps, just put that name on the registration form or your note with your payment. And thank you.

Registration starts at and the walk/run steps from the Brewer Auditorium, Wilson Street, Brewer, at 9:30. The route map, courtesy of Bodies by Badger, is 3.1 miles around the area.

Carol Higgins Taylor is an advocate for seniors and owns Bryant Street Public Relations in Bangor. Email her at seniorbeat@gmail.com.

FLY ME TO THE MOON



PHOTO COURTESY ROB GLOVER

The full lunar eclipse on the evening of Sunday, Sept. 27 brought moonwatchers and astronomy enthusiasts out to witness the shadow of the Earth moving in front of the moon. It was also a "super moon," meaning the moon was also much larger and brighter than it normally is. Adding to the mystique, it was also a "blood moon," meaning it appeared to have a reddish-orange tint. Brewer resident Rob Glover shot this photo from his backyard that evening.

clubs and groups

BANGOR:

- Dirigo Bridge Club with Steve Dyer, 6:30 p.m. Tuesday, and 12:30 p.m. Mondays and Thursdays, Bangor Motor Inn, Hogan Road. Steve Dyer, 884-7413, or Jean Martin, 989-3873.
- Paul Bunyan Chapter of Business Network International, 7-8:30 a.m. Tuesdays, Season's Restaurant.
- Bangor Toastmasters, offering public speaking and leadership skills, 7 p.m. first and third Wednesdays of the month, Beal College, 99 Farm Road. 944-0838 or email bangorttoastmasters@gmail.com.
- Rendez-Vous, French conversation group, 5:30-6:30 p.m. first and third Wednesdays, cafe, Books-A-Million, 116 Bangor Mall Blvd.
- Bangor Grange, first and third Tuesdays, 1192 Ohio St. Pot-luck supper, 6 p.m., meeting, 7 p.m.

Applications for membership always being accepted. For information, call 973-3976.

- German Stammtisch language group, 5:30 p.m. second and fourth Wednesdays, Books-A-Million, 116 Bangor Mall Blvd. 866-4992.
- Spanish Conversation Table, 7 p.m. Fridays, Books-A-Million, 116 Bangor Mall Blvd.

BREWER:

- Eastern Maine Diecast Association, for those who play Warhammer and other tabletop games, second Mondays, IGA coffee shop, North Brewer Shopping Center. Call 745-1345 or 942-3801.

GLENBURN:

- Glenburn Lakeside Riders Club, 7-8 p.m. first and third Wednesdays, Glenburn Community Center, corner Phillips Road and Ohio Street. 942-2649.

HAMPDEN:

- Knitting group, 6:30-8 p.m. Wednesdays, Edythe

Dyer Library, 269 Main Road North. Bring a project.

HERMON:

- Arnold R. Kelly American Legion Post 200, 7 p.m. last Thursdays of the month at the Hermon Volunteer Rescue Squad building, Billings Road. 848-5597.

ORONO:

- French conversation table, 4-6 p.m. every other Thursday, Black Bear Brewery, Mill Street.

Sales Pitch

Place an ad in the Classifieds, and make money on those unwanted items

The Weekly

Telephone: 990-8020
Fax: 990-8041
Stop by: One Merchants Plaza, Bangor

farmers markets

BANGOR:

- Bangor Farmers' Market, 11 a.m.-2 p.m. Sundays, early May through early November, Abbott Square parking lot, corner of Franklin and Harlow Streets. Vegetables, meat, cheeses, breads and pre-made food items. Accepts SNAP.
- Ohio Street Farmers' Market, 2-6 p.m. Wednesdays through November, Bangor Grange parking lot, 1192 Ohio St. Vegetables, cheese, baked goods, more. Accepts SNAP.
- European Farmers' Market, 8:30 a.m.-12:30 p.m. Saturdays, 117 Buck St. by Sunnyside Greenhouse, year-round. Lots of produce, meat and pre-made food items.

BREWER:

- Brewer Farmers' Market, 8:30 a.m.-1 p.m. Tuesdays, Thursdays and Saturdays, Brewer

Auditorium parking lot, Wilson Street. May through November. Full array of vegetables, meat, cheese, eggs and bread.

HAMPDEN:

- Hampden Farmers' Market, 3-6 p.m. Fridays, Public Safety Building parking lot, May through October.

HERMON:

- Hermon Farmers' Market, Thursdays 2-6 p.m. in the Hermon Hardware parking lot, through October.

ORONO:

- Orono Farmers' Market, 8 a.m.-noon Saturdays, in the Steam Plant parking lot, May through November, University of Maine campus; also every Tuesday from 2-5:30, from the fourth Tuesday in June until Halloween, Steam Plant parking lot. One of the largest markets in Eastern Maine, offering full array of produce, meat, seafood, bread and baked goods, hot foods and preserved and

canned items. Accepts SNAP.

SEARSPORT:

- Searsport Farmers' Market, 3-6 p.m. Tuesdays through the fall, at the Penobscot Marine Museum. Vegetables, meats, baked goods and crafts.

WINTERPORT:

- Winterport Farmers' Market, 8 a.m.-1 p.m. first and third Saturdays of the month, downtown parking lot, Main St. Through the fall.



A reverse mortgage could help you live more comfortably.

- Supplement your retirement
- Pay off your mortgage
- Buy a home
- Lifetime monthly payment

Heidi Eastman

Reverse Mortgage Advisor
NMLS #1200643
207-299-7283
heastman@rfslend.com
www.rfslend.com



NMLS 1025894



RETIREMENT
FUNDING
SOLUTIONS

FUNDING AMERICA'S RETIREMENT

WE'RE HIRING!

Work at McDonalds and Earn Your College Degree



Get the support you need! To make your educational journey easier, we offer programs to help you explore educational opportunities and find tuition assistance to make your goals a reality.

Tuition Assistance provides you with financial assistance for all college courses at higher education institutions accredited by the U.S. Department of Education.

Our local business is family-owned by Marty and Gary Eckmann.

1105 Union Street, Bangor
mylocalmc.com/25697
207.262.9777

441 Main Street, Bangor
mylocalmc.com/34252
207.942.5507

525 Wilson Street, Brewer
mylocalmc.com/2787
207.989.6466

