Can you find Coop?
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Maine Family
Federal Credit Union
Experience the Feeling of Family

page 8

SCAN TO READ ALL OUR PAPERS FREE ONLINE.

Lewiston Adult Education Assistant Director wins state honor

LEWISTON - "Talent is equally distributed. Opportunity is not." For Razell Ward, Assistant Director of Lewiston Adult Education, these words are more than a motto—they are the mission that has guided more than 20 years of service to adult learners and communities throughout Maine.

Ward received the prestigious Gerald LeVasseur Distinguished Service Award on Oct. 15 in recognition of her outstanding contributions to adult and community education at the annual Maine Adult Education Association Symposium at Sebasco Harbor Resort in Phippsburg. Established in 1982 in memory of Gerald LeVasseur, the late Adult Education Director from Van Buren, Maine, the award honors Maine citizens whose exceptional service, leadership, and dedication have made a lasting difference in the field.

Her career spans roles as an Adult Education Director, Lead Teacher, and Social Worker, giving her a unique understanding of the barriers people face and the opportunities that can change their lives. She is passionate about connecting education with workforce needs, building community partnerships, and creating pathways to employment and economic mobility.

With a commitment to improving educational opportunities, she helps adult learners move forward while strengthening the programs and communities that support them. She also generously shares her knowledge with colleagues, mentoring new adult education directors and helping them build successful programs.

As one nominator shared, Ward has devoted her adult life to improving the lives and opportunities of others, working to overcome the obstacles that prevent people from reaching their potential. Another praised her willingness to support new leaders, emphasizing how deeply she cares about the growth and success of adult education across Maine.

MAEA Executive Director David Watts stated, "Razell is passionate about connecting education with workforce needs, building community partnerships, and creating pathways to employment and economic mobility."

This spirit of service, collaboration, and leadership reflects the award's high standards: extraordinary achievement, long and distinguished service, innovative solutions to challenges, and a meaningful impact on adult education and the public good.

Away from work, Ward, with her husband Bentley, raises sheep, cattle, and a flock of chickens on their farm. Congratulations to Razell on this well-deserved honor and for making a lasting difference in the lives of Maine's adult learners.



Submitted photo
Lewiston Adult Education Assistant Director Razell Ward, left, receives the Gerald LeVasseur Award from Maine Adult Education Association Director David Watts.



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Funny Things Kids Say
Turner Publishing, Inc.
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Three year old grandson was excited to visit grandma's house and 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



Photo by *mefishwildlife.com*

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.

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*.





MAINE CALENDAR

2026

NOVEMBER

November 21st & 22nd - ExTRAINaganza Open House at the Great Falls Model Railroad Club, 10 a.m. to 4 p.m. each day, 144 Mill Street, Auburn, (Handicapped Accessible), FMI at https://*www.greatfallsmodelrrclub.org*.

November 27th, 28th & 29th - ExTRAINaganza Open House at the Great Falls Model Railroad Club, 10 a.m. to 4 p.m. each day, 144 Mill Street, Auburn, (Handicapped Accessible), FMI at https://*www.greatfallsmodelrrclub.org*.

DECEMBER

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

December 12th - Surplus Assets Sale at the Great Falls Model Railroad Club, 9 a.m. to 1 p.m., 144 Mill Street, Auburn, (Handicapped Accessible), FMI at https://*www.greatfallsmodelrrclub.org*.

MONTHLY MEETINGS

LEWISTON: Lewiston Public Library, in partnership with ArtVan, will be offering art programs in Callahan Hall for children ages 5-14 every 2nd and 4th Wednesday from September 9th - May 26th from 3:30-5:00 p.m., children aged 5-8 must be accompanied by an adult, FMI contact Lewiston Public Library at 513-3133 or *LPLKids@lewistonmaine.gov*.

LEWISTON: Lewiston Public Library, in partnership with ArtVan, will be offering art programs in Callahan Hall for children ages 5-14 every Wednesday from June 17th to August 12th from 3:30 p.m. -5:00 p.m., Lewiston Public Library, 200 Lisbon Street at the corner of Pine Street, Lewiston, free, open to the public, and no registration is required; all art supplies will be provided.

LEWISTON: Renewal Addiction Ministry. Applying biblical truth to the root of addiction. Every Friday 630pm. 89 Birch Street Lewiston @The Root Cellar. Alex Theriault 207-274-1570

LEWISTON: Maker Mondays at Lewiston Public Library, March 2, 16, April 6 and May 18, Couture Room, Lewiston Public Library, 200 Lisbon St., Lewiston, ages 18 and up, beginners welcome, FMI contact 207-513-3134 or *lplcirc@lewistonmaine.gov*.

LEWISTON: Renewal Addiction Ministry, every Friday 6:30 p.m., Calvary Chapel Lewiston, 777 Main Street, FMI Alex Theriault 207-274-1570.

LEWISTON: Sadie's Fiber Arts Club, every 1st and 3rd Wednesday of the month, 3:30 p.m., Lewiston Public Library's Children's Department, 200 Lisbon Street at the corner of Pine Street, Lewiston, FMI at 513-3133 or *LPLKids@lewistonmaine.gov*.

TURNER: At Turner Public Library Stay & Play is on Wednesdays from 9:30-10:30 a.m., Story Hour is at 10:30 a.m., and Silent Book Club is from 4-6 p.m. on Thursdays.

GRAY/ NEW GLOUCESTER: Meet friends and neighbors, chat one-on-one with the GNG Community Connectors, every Thursday, 9:00 a.m. to 11 a.m., New Gloucester Community Building (behind town hall) or 1:00 p.m. to 3:00 p.m., Gray Library, large meeting room in the basement.

SABATTUS: Looking for local senior citizens interested in restarting a Senior Citizens group, if interested, please email Jon at jmsab23@aol.com.

CASCO: Casco Village Church, United Church of Christ, 941 Meadow Rd. in Casco, invites you to our "Clothes Closet", 1st and 3rd Saturdays of the month from 10-2 p.m., clothing for all and always offering a table of free items.

WINTHROP: Winthrop Food Pantry, Thursday pick-up 1:00 p.m.-2:30 p.m. and 2nd & 4th Thursdays 5 p.m.-6:30 p.m., 10 Cross Rd., Winthrop, FMI call Sherie Knowlan, Director (207)377-3332 or *winthropfoodpantry.org*, Curb-side pick-up of shelf-stable food.

WINTHROP: Winthrop Hot Meal Kitchen, Monday - Thursday hot meal pickup 11:00 a.m., St. Francis Xavier Church, 20 Lake St., Winthrop, Contact: Steve Dodge (207)620-0488. Meal delivery to Winthrop & Wayne residents. Cooks, helpers, donations, or Hannaford Gift Cards are appreciated.

WAYNE: 30 Mile River Snowmobile Club meetings are on the first Monday of the month, meet at the Ladd Center in Wayne at 6:00 p.m., RSVP on Facebook page each month so we can have a count for pizza, salad and dessert at each meeting, sharing the cost of the pizza.

LIVERMORE FALLS: Craft Circle, Tuesdays at 5:30 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, bring your own project or learn along with us, craft group for all ages, FMI call 207-897-3631.

AUBURN: Weekly Chess Club, every Wednesday, 4-6 p.m., Auburn Public Library, all levels and ages welcome; FMI call Joe Kaper 207-274-8463.

TURNER: Silent Book Auction, every Thursday from 4-6 p.m., Turner Public Library, 98 Matthews Way, Turner, (207) 225-2030.

TURNER: Story Hour, every Wednesday at 10 a.m., Turner Public Library, 98 Matthews Way, Turner, (207) 225-2030.

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.

NORWAY: Chair Yoga at the Cancer Resource Center, Thursdays 1:00 – 2:00 p.m., chair yoga can help improve core strength and balance, promote better breathing techniques, increase flexibility and help reduce stress, call the Cancer Resource Center to register at 890-0329.

NORWAY: Women's Support Group and Coffee Hour, meets the third Wednesday of every month from 10:30 to 12:00 noon at the Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Kelsey at the Center at (207) 890-0205.

BRIDGTON: Chair Yoga Mondays and Fridays 10 -11 a.m., taught by Susan Kane, this class is open to all cancer patients and can easily be modified to anyone's ability level, you do not need to register in advance, Bridgton Community Center, 15 Depot Street, Bridgton.

NORWAY: Men's Rally Group meets the third Friday of each month from 1:00 - 3:00 p.m., Cancer Resource Center, 199 Main St., Norway, no registration needed, FMI call Nel Bernard at 207-312-9955 or Vance Jordan at 207-583-2975. *Note: new day of week and time.

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.

NORWAY: Drum Circle at Center for Healing Arts, 4th Saturday of each month, 11 a.m. to 2 p.m., 180 Main St., Norway, free event, drums available for use, FMI call Dan Gravel 207-604-0323 or Nel Bernard 207-312-9955.

BETHEL: Every Wednesday, Story time at the Bethel Library, 5 Broad Street, Bethel, 10 – 11a.m.

LIVERMORE FALLS: Ernie Steward from Spruce Mountain Adult Education visit the library to help our patrons with their technology needs, 3 p.m. to 5 p.m., Treat Memorial Library, 56 Main St., Livermore Falls, sign up by calling (207) 897-3631.

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)*

NORWAY: Norway Community Lunch program, Wednesdays from 11:15 a.m., to noon, First Universalist Church of Norway Concert Hall, 479 Main Street, Norway.

LIVERMORE FALLS: Story Time, Wednesdays at 10:30 a.m., Treat Memorial Library, 56 Main St., Livermore Falls, favorite picture books, sing-a-longs, and other activities, any questions or for more information, please call the library at 897-3631.

MONMOUTH: Friends of Cumston Public Library book sale, 9 a.m.-1 p.m. third Saturday of the month, lower level, Cumston Hall, 796 Main St., Friends of Cumston Library on Facebook.

MECHANIC FALLS: Mechanic Falls Church of the Nazarene. Sundays: Fellowship 11:30, Morning Worship 12:00 p.m. Wednesdays: Bible Study 6:00 p.m., Prayer Meeting 7:00 p.m.

NORWAY: Oxford Hills Honeybee Club, 1 p.m., second Saturday of the month, First Universalist Church, 479 Main St., all welcome, *cpeaston@megalink.net*.

NORWAY: Serenity Seekers Al-Anon newcomers meeting 6:15-6:45 p.m. followed by Regular Meeting 6:45-7:45 p.m. at The Hills Recovery Center, 15 Tannery Street, Norway, ME. Every Thursday. FMI *serenityseekersnorway@gmail.com*

NORWAY: Mindful Yoga at Roberts Farm Preserve Roberts Farm Preserve, 9:30 – 10:30 a.m., 58 Roberts Rd., Norway.

NEW GLOUCESTER: Coffee Hour, Tuesdays, 9-11 a.m., New Gloucester Congregational Church, 19 Gloucester Hill Rd., New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

NEW GLOUCESTER: Community Cafe Lunch, 11:30 a.m., New Gloucester Congregational Church, 19 Gloucester Hill Rd., New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

NEW GLOUCESTER: One-on-one with Community Connector, 9-11 a.m., New Gloucester Library, 379 Intervale Road, New Gloucester, FMI call Cindy Slocum 207-572-2594 or Lori Fowler 207-572-6493.

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.

MAINE CALENDAR PAGE

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Scam Alert Bulletin Board

AARP Fraud Watch Network

Give Robocalls the Busy Signal

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.

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 _____

Address _____

Paper _____

Page #_____ Phone # _____

Email info to: *kidscorner@turnerpublishing.net*

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



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.

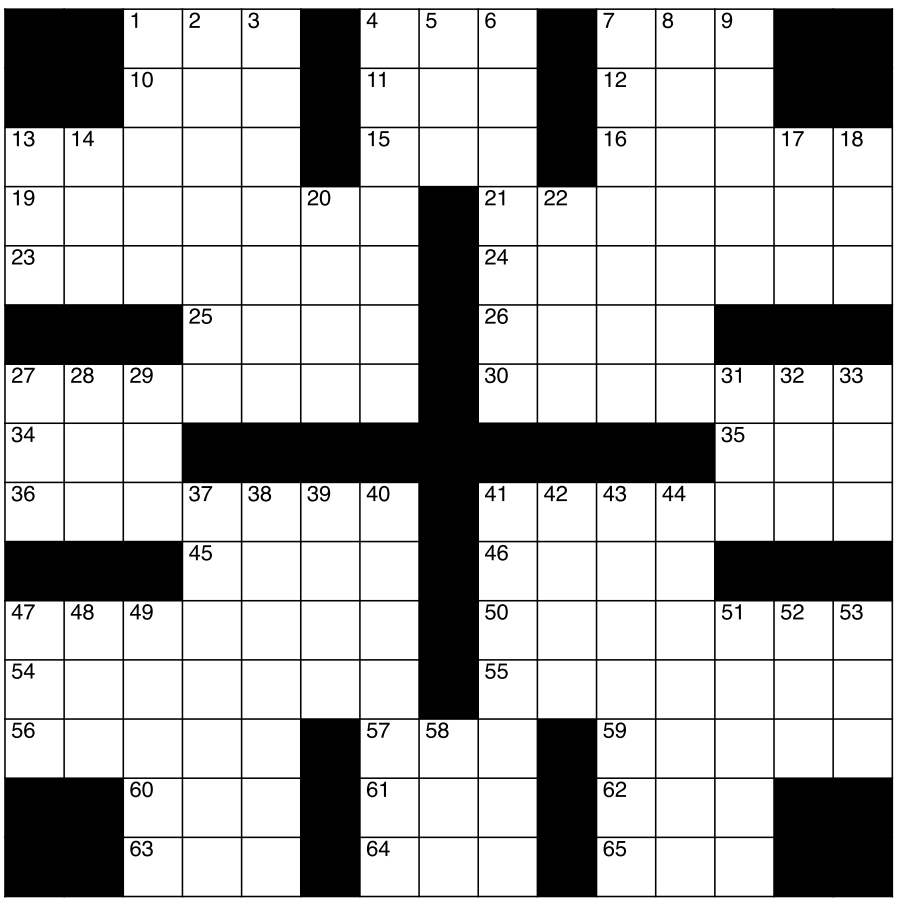
Get the PICTURE?



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

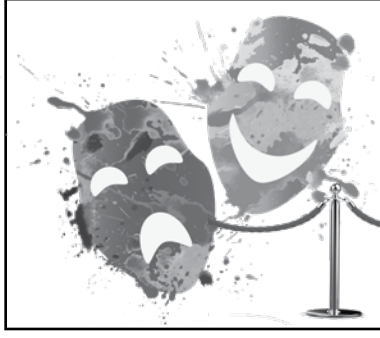
WHAT'S THE DIFFERENCE?

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



ARTS & Entertainment

If you would like to be in this special section contact your sales rep directly, call the office at (207) 225-2076 or email us at: advertising@turnerpublishing.net

A CHRISTMAS CAROL returns to The Public Theatre!

This holiday season, for one weekend only, The Public Theatre presents its acclaimed adaptation of A Christmas Carol, Dec 11-13. This inventive version, performed by six actors and a fiddler, was developed at The Public Theatre by former Executive/Co-Artistic Director Christopher Schario. It has since been published and performed by theatres around the world and is now a Lewiston/Auburn tradition.

With all the different versions of A Christmas Carol, The Public Theatre's adaptation remains many people's favorite. This version begins with a child reading Dickens' novel as five actors and a fiddler suddenly appear to coax him into joining the story. Live music and sound effects create a magical atmosphere, bringing the story to life in a way you've never seen before.

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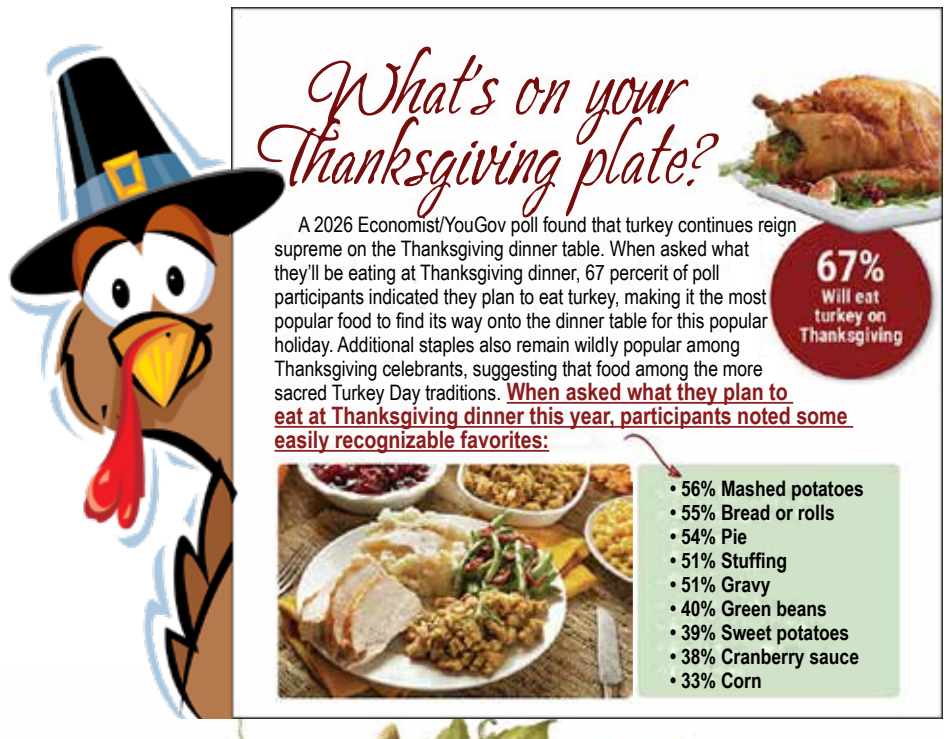
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TURNER - Since 2020, members of the Leavitt High School Class of 1960 have been gathering at The Highland Grille to enjoy good food, friendship, and the opportunity to reminisce about days gone by.

Joyce Sarchi has had the pleasure and honor of serving these wonderful folks and looks forward to their visit every year. It is a special occasion filled with laughter, stories, and the joy of reconnecting with old friends.

Pictured are Joyce Sarchi, holding hands with two of Turner's finest ladies: Jan Twitchell on her left and Edna Richardson on her right.

Some friendships are simply too special to let time get in the way, and this wonderful group is proof that the bonds formed long ago can continue to bring people together year after year.





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PET Spotlight



Submitted by Alice, Lewiston



Submitted by Alexandra, Lewiston

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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.



Metro photo

• 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).

• 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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Jodi R. Cornelio, AS, BA, MBA
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jcornelio@turnerpublishing.net

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!

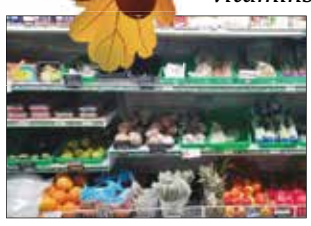
Set a reminder on your phone if you have to. Get away from your computer. Step away from whatever you're doing. Give yourself five minutes every hour to move and stretch gently.

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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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

The search is on for the perfect spruce for the holiday

LEWISTON – Somewhere in Lewiston, the perfect spruce waits for its chance to become the centerpiece of one of the City's most anticipated holiday traditions.

Lewiston Public Works (LPW) invites residents to see if they have the perfect Spruce for this year's Holiday Tree. The Tree will be decorated and lights turned on during Holiday at the Plaza festival on Sat., Dec. 5 at 4:27 PM.

But first, the city needs to find the perfect tree. That's where you come in!

Lewiston's City Arborist, Steve Murch says the ideal tree is a Spruce, approximately 30 to 35 feet tall that is free from overhead power lines making it accessible from the road so LPW crews can safely remove and transport it to Dufresne Plaza. LPW hopes to identify a suitable tree in the coming weeks and complete its removal by Thanksgiving. There is no cost for tree removal.

In previous years, one resident collected cereal box tops to get his Spruce. He waited since the 1970s to finally have LPW display it at Holiday At The Plaza. Another gentleman was hunting in the County when he spotted what he thought was the perfect Spruce. He took it home to Lewiston and waited decades before contacting Murch, who presented it for Holiday At The Plaza too.

Think you may have it? Maybe you saw it on your way to work? Ask Steve by contacting him at 207-513-3000, ext. 3443, or *SMurch@LewistonMaine.gov*.

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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
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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)

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.

LEWISTON ANNOUNCES FALL AND WINTER CITY SERVICES

Leaf collection, Sand for Seniors available to residents

LEWISTON - Lewiston Public Works (LPW) is offering annual seasonal services to help homeowners manage fall yard cleanup and prepare for winter. Curbside leaf collection and Sand for Seniors are free to eligible residents.

Leaf collection

Leaves must be in closed paper bags and placed at curbside by Mon., Nov. 16 at 7 AM. Once crews pick up your area, they cannot return. Residents must place leaves in paper leaf bags, which can be purchased on-line or at home improvement or hardware stores.

Residents may also dispose of leaves in trash carts with their regular weekly collection. Leaves in trash carts must be placed in closed plastic bags, and the trash cart lid must be completely closed.

Residents may also drop off bagged leaves at the Solid Waste Facility, 420 River Road, from 7:15 AM to 2:45 PM weekdays and 8 AM to 11:50 AM on Saturdays. Disposal counts toward the resident's EZCard allowance.

Those eligible for an EZCard are single family and double family homes; they receive 1,000 lbs. per calendar year and one per parcel. Apartment buildings owners, 3 or more units, are eligible only if they are on the City Apartment Building Trash Removal Program. They can receive one per every three units they pay for, and those are $25.00 each for 1000 lbs. Tenants, any renters, house or apartment can receive 1000 lbs. for $25.00. Residents may pick up an EzCard from Accounting and Auditing in City Hall, 27 Pine Street or at the Solid Waste Facility. For more information about the EZCard program call 207-513-3123 or email *llabelle@lewistonmaine.gov* or *chart@lewistonmaine.gov*.

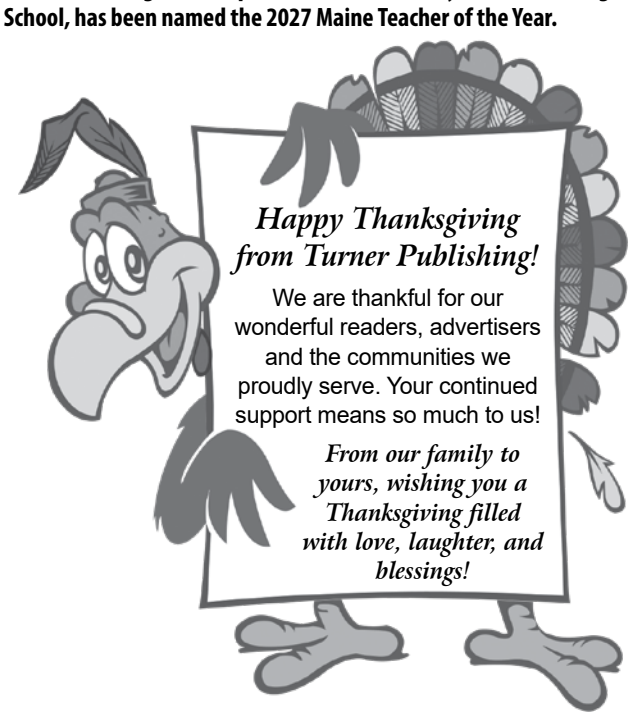
Sand for Seniors

Lewiston residents age 65 or older who live in an owner-occupied building with three or fewer units may receive one free 5-gallon bucket of sand per season, delivered to their home to help make walkways and driveways safer in icy weather. The sand, bucket and delivery are free.

Leave empty buckets from previous years at the designated drop-off location for crews to collect and reuse. Save this year's bucket for next winter.

To request a delivery, call LPW at 207-513-3003 weekdays from 7:30 AM to 2:30 PM. Crews will deliver sand in marked Lewiston Public Works trucks. Deliveries begin Mon., Oct. 19, while requests remain open through Mon., Nov. 9.

All Lewiston residents may pick up winter sand at the resident sand shed, 195 River Road, beginning Oct. 19 and will remain available throughout the season. Bring a shovel and bucket. Pickup hours are 7 AM to 2:30 PM weekdays.



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.

Go to *DarkSky.org* to learn more.



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



Ralph Norris photo

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

year after year, period. This theory holds that the breeding season is guided or dependent upon the length of daylight.

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.

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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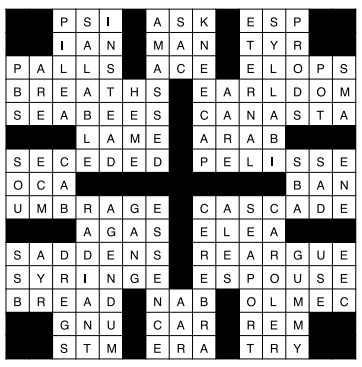
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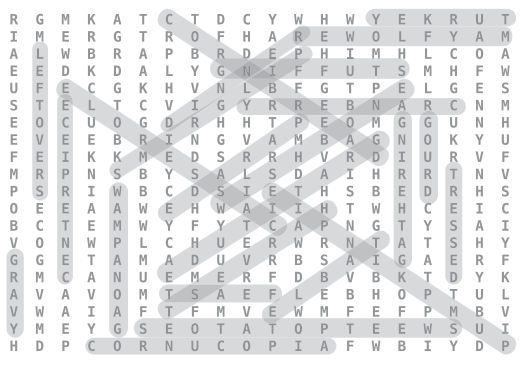
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Specialist Army 1971



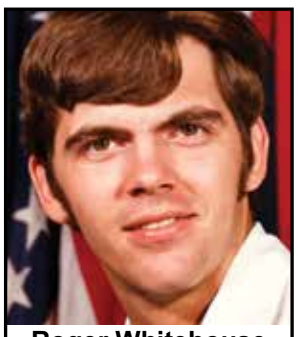
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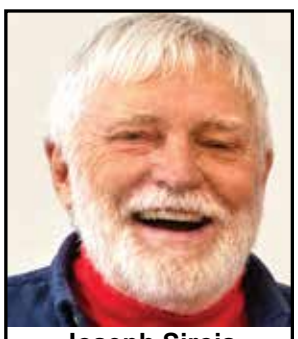
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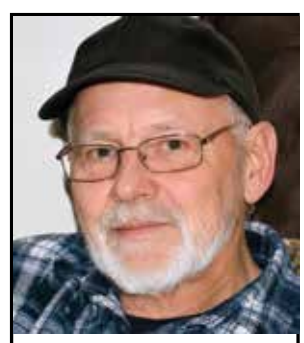
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Hundreds of Maine CTE educators gather in Lewiston for statewide fall conference

LEWISTON — Hundreds of career and technical education (CTE) instructors and education leaders from across Maine gathered at Lewiston Regional Technical Center on Friday, October 9, for the 2026 Maine CTE Fall Conference, a day dedicated to professional development, collaboration and celebrating the educators preparing Maine students for careers in the skilled trades and beyond.

Hosted by the Maine Administrators of Career and Technical Education (MACTE) in partnership with ACTE Maine, the annual conference brought together educators representing a wide range of technical programs, including construction, automotive technology, healthcare, culinary arts, welding, forestry and many others.

The day began with opening remarks from MACTE President Bill Tracy, followed by an introduction from MACTE Executive Director Consultant Amy Marston and remarks from Maine businessman Shawn Moody. The opening program also included recognition of outstanding CTE educators and leaders whose work is making a difference for students and communities across the state.

"I was impressed by today's conference and what it brought together," said Amy Marston, Executive Director Consultant for MACTE. "To have so many CTE educators from all over Maine under one roof, sharing ideas, talking about their programs and learning from each other is pretty incredible. There was so much energy in the building, and you could just see how much these instructors care about what they do and the students they teach. It's a great reminder of just how much is happening in career and technical education in our state."



Submitted photo

Celebrating Excellence in Career and Technical Education

The conference recognized six individuals for their outstanding contributions to career and technical education:

New Teacher of the Year: Rich Jamison, Automotive Technology Instructor, Hancock County Technical Center, recognized for creating student opportunities through industry partnerships, apprenticeships and automotive program development.

Teacher Educator of the Year: Julie Keblinsky, Director of Teaching and Learning for AOS 91 Mount Desert Island Regional School System and Adjunct Professor in Eastern Maine Community College's CTE Teacher Certification Program, recognized for her leadership in preparing and mentoring new CTE instructors and strengthening instructional practices across the state.

Counseling and Career Development Professional Award: Hope High, Student Services Coordinator, Hancock County Technical Center, recognized for helping students navigate CTE, college and career pathways.

Carl Perkins Community Service Award: Michelle Cote, Health Occupations Instructor, Hancock County Technical Center, recognized for integrating community service and real-world healthcare experiences into student learning.

Teacher of the Year: Lauren Remington, former Early Childhood Education Instructor at St. Croix Regional Technical Center and current Content Manager for ACTE, recognized for her innovative program development, leadership, and commitment to expanding educational opportunities.

Administrator of the Year: Bill Tracy, Director of Hancock County Technical Center and MACTE President, recognized for his leadership in expanding CTE programming, strengthening partnerships and increasing opportunities for students.

Following the opening program, instructors gathered in program-specific technical update sessions, giving educators from similar disciplines an opportunity to discuss curriculum, share best practices, address common challenges and learn from programs across Maine.

Lunch featured food prepared and served by students and culinary programs, including food trucks from Capital Area Technical Center and The Green Ladle at Lewiston Regional Technical Center, providing another opportunity to showcase the hands-on learning taking place in Maine's CTE schools.

The afternoon featured a variety of professional development sessions focused on helping instructors strengthen their programs and bring new ideas into their classrooms. Topics included transitioning from working in the trades to teaching, engaging students in social media content creation, developing career pathways through apprenticeships, exploring careers in forestry and more.

The annual Fall Conference is one of several opportunities throughout the year for Maine's CTE educators and administrators to come together, learn from one another and strengthen programs across the state. With Maine employers continuing to face workforce challenges, the work happening in CTE classrooms remains an important part of preparing the next generation of skilled workers.

