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The Greater Lisbon Ledger

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The Greater Lisbon Ledger

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Town of Lisbon welcomes new Code Enforcement Officer and celebrates completion of organizational restructuring

LISBON – The Town of Lisbon is pleased to announce the appointment of Bradley Boulet as the Town's new Code Enforcement Officer, following confirmation by the Lisbon Town Council on October 20, 2026. Mr. Boulet officially began serving the community on October 21, 2026.

Mr. Boulet brings significant experience in architectural and development-related work, including preparing and reviewing plans for projects requiring municipal approval. His familiarity with site development, construction standards, and permitting processes will support Lisbon's commitment to efficient, responsive service for residents and businesses. As Code Enforcement Officer, he will be responsible for administering local ordinances, state building and land use regulations, permitting, inspections, and code compliance activities throughout the community.

"Bradley brings a unique and valuable perspective to this role," said Town Manager Sarah Bennett. "While his professional experience has not been in municipal government, he has experience working with architectural plans and assisting municipal applicants through the development and permitting process. His understanding of construction, site design, and regulatory requirements will be a tremendous asset to our residents, contractors, and business community."



Submitted Photos

Lee Jay Feldman, Lisbon Assistant Town Manager, is recognized by the Maine Redevelopment Land Bank.



Lisbon welcomes Bradley Boulet as the New Code Enforcement Officer.

The Town is also proud to recognize Assistant Town Manager, Lee Jay Feldman, who recently received an award from the Maine Redevelopment Land Bank. As Maine Redevelopment's inaugural Board of Commissioners Chair, Lee Jay was presented with the Catalyst Award. "Lee Jay's leadership, vision, and tireless commitment were instrumental in getting Maine Redevelopment established, funded, and staffed. So much of the momentum we're celebrating today is built on the foundation he helped create," said the Maine Redevelopment Authority in a public announcement. This recognition reflects Mr. Feldman's commitment to excellence in public service and further strengthens the leadership team serving the Town of Lisbon.

"Lee Jay's recognition is well deserved and speaks to the dedication, professionalism, and leadership he brings to our organization," Bennett said. "We are fortunate to have him serving the residents of Lisbon, and we congratulate him on this significant accomplishment."

These new staff additions mark the completion of Lisbon's recent organizational restructuring and hiring efforts. Over the past six months, the Town has undertaken a strategic reorganization designed to strengthen operations, enhance service delivery, and position the

New on page 3

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Submit this form with your Funniest Thing Kids Say conversation and we will publish in an upcoming issue.

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City: _____ State: _____

Zip: _____

Email Address: _____

Phone: _____

Funny Things Kids Say
Turner Publishing, Inc.
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Or email: FunnyThingsKidsSay@turnerpublishing.net

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





MAINE CALENDAR

2026

DECEMBER

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

MONTHLY MEETINGS

LISBON: Life-Changing Faith Bible Center meets the 3rd Saturday of each month from 10:00-11:30 a.m. for college-level Bible teaching from Pastor Gary Leet, M.Min, Lisbon Faith Bible Church, 29 Village St., Lisbon, FMI email: *Badfoster1@gmail.com.*

DURHAM: The last Wednesday of every month from 2 to 3 p.m., the Town Manager invites you to join him for an hour of conversation. FMI Email Town Clerk: *townclerk@durhammaine.gov* or call: 207-353-2561 ext. 111.

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

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.

CORNVILLE/ATHENS: Cornville/Athens Food Cupboard is open to all residents of Cornville, Athens & Brighton, located at Cornville Town Hall, West Ridge Road, open on the 1st Saturday of each month with new hours 9 a.m. - 12 p.m., FMI please call 776-3257.

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: 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*.

SABATTUS: Weekly Group Runs, every Wednesday, 6 p.m., Mixer's parking lot, FMI, check out the Sabattus Rec Club Running Program Facebook page, or email *running@sabattusrec.com.*

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

If you are hosting a free community event and would like it added to our calendar, please email your details to: *advertising@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. Our Maine Events calendar page is FREE for free community events. If you are a business and/or charging admission/fee, there is a small charge for a display ad on these pages. Email: *advertising@turnerpublishing.net*. Call 207-225-2076 for prepayment options. Events for the Maine Events Calendar should be received three weeks before the event in order to be considered for publication. Please refer to our deadline chart at this link for specific publication deadlines: *www.turnerpublishing.net/pdf/Deadlines.pdf*

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New from page1

organization for long-term success.

"With the completion of our restructuring and key leadership appointments now in place, our team is fully staffed and ready to focus on the important work ahead," Bennett said. "We have assembled an outstanding team and are excited to turn our full attention toward serving our residents, advancing Council priorities, and continuing to move Lisbon forward."

The Town of Lisbon looks forward to the contributions of its strengthened leadership team as it continues to enhance municipal services, support economic development, and improve the quality of life for residents throughout the community.

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We were told 100% of the chips used for the newsprint come from waste streams of other processes, such as the waste from lumber mills. Our newsprint producers also have a process to ensure that all fiber supplies come from forests that are managed for sustainability and comply with forest management principles.

The chips go through a thermo-mechanical pulp-making process, which involves a combination of steam and mechanical force to break the chips into a "slurry" of water and fibers. Giant machines work the chips into a mixture that is mostly water. This mixture is then sent to a process to brighten the paper.

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- You can pick one up at our office in Turner

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THIS DAY IN HISTORY



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.

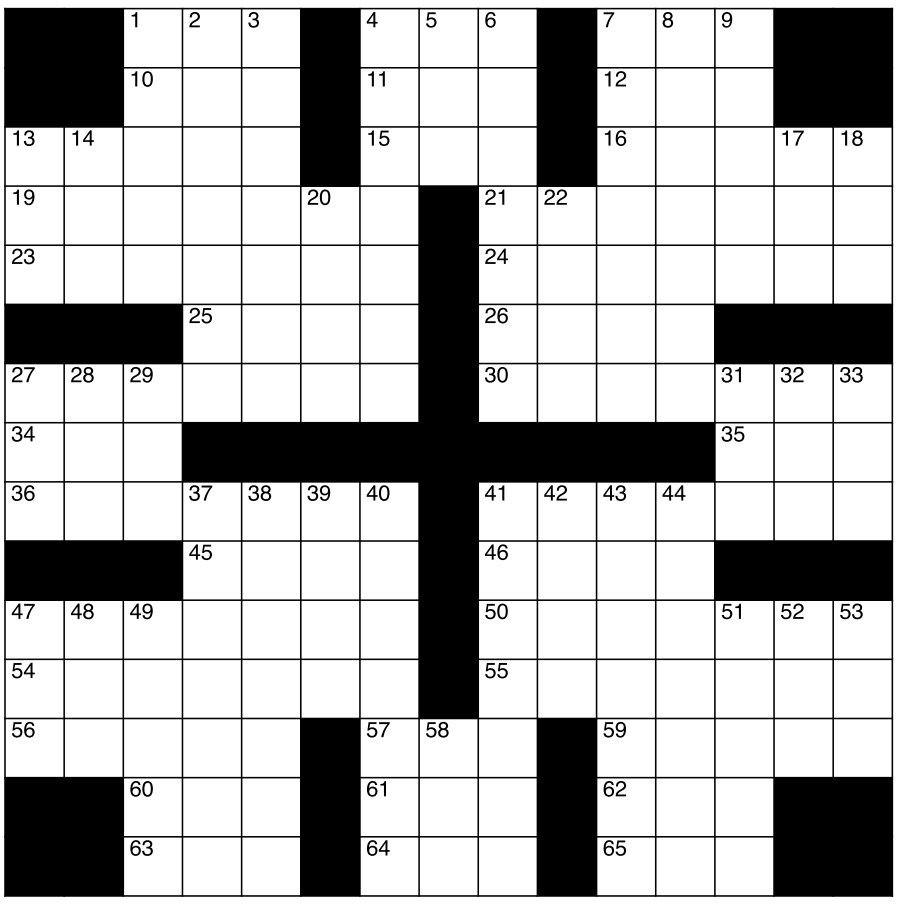
Get the PICTURE?



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



MAINE OUTDOORS

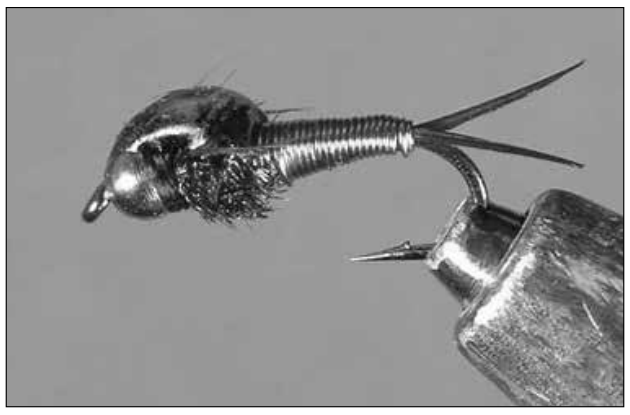
V. Paul Reynolds

Trout Flies: Making Choices

Recently, a reader who lives in Arkansas and who has June reservations to fish for Maine trout during his much-anticipated week at the fabled Kennebago Lake, asked me to suggest some fly choices. Keeping in mind that, although I am a longtime trout fishing addict, a fly wonk or student of insects I am not, here are my fly choices for him to consider: 1) Dry flies…. Adams, Parachute Adams, Hornberg, Black Gnat, Blue Dun, Blue Winged Olive, Light Hendrickson, Dark Hendrickson, Elk Hair Caddis in Black, Green and Cinnamon. 2) Wet flies… Wooly Bugger, Golden Retriever, Hare's Ear Nymph, Pheasant Tail Nymph,Copper John and Royal Wulff.

Selecting flies, especially for a newcomer to fly fishing Maine brookies, is akin to selecting a breakfast cereal at Hannaford's market. The choices can overwhelm. And even among seasoned trout chasers, the best go-to flies differ markedly. My choices are predicated on what has worked for me over the years.

Cathy Beck, in her book Fly Fishing Handbook, lists the following as her favorite freshwater trout flies: Henrysville Caddis, Royal Wulff, Adams, Clouser Minnow, Wooly Bugger, Hare's Ear Nymph and Pheasant Tail Nymph. One of her more interesting observations, to my mind, is this; "During a hatch or spinner fall, when there are thousands of identical insects available, trout can be selective, focusing on the specific available insect." This may, or may not, explain why on some days you cannot "match the hatch" no matter what you throw at them.



Submitted photo

Yet on other days trout will eat anything that moves. Writes fishing humorist Arthur Macdougall, Jr., "A trout will eat anything that creeps, crawls, scuttles, swims, sinks, flutters, flies or jets."

In my book Maine Angler's Logbook, there's a chapter titled Trout Fodder. In it I recount a trout feeding anecdote that left me and my fishing companion, Tom Fuller, wide-eyed in wonder. In our rented cabin at Red River Camps in Northern Maine, there was a small red squirrel that had become a nighttime pest trying to raid our grocery stash. One afternoon, during happy hour, the little red bandit miscalculated in a way that proved fatal. The brazen miscreant made a bold move in broad daylight. It sought to partake of our happy hour cheese and crackers. Wielding a hunk of dry beech, I dispatched it with a deft tap on its noggin.

It so happened that a couple of large brookies hung out below the camp docks and were accustomed to being fed regularly by camp clients. Fuller and I, with the squirrel's remains by the tail, decided to test the theory that, when it comes to fly choices, a hungry trout will eat just about anything that constitutes protein. I write in my book: "So, in the name of science, we tossed the squirrel to the dockside brookies. With no hesitation, the larger fish rose to the surface, snatched the squirrel and then took its meal to the bottom. To our surprise, there was no shark-like feeding frenzy, no ripping, no tearing. The Boss Trout simply engorged the squirrel without fanfare -body, tail, and legs, gone!

Finally, when it comes to fly choices, a reader once asked me," If you could have just one trout fly in assorted sizes, what would it be?" It is no contest. The Parachute Adams gets the nod every time. The funny thing is that, unlike so many other effective trout flies, the Adams does not imitate any particular May Fly. It is just really buggy, and that does the trick.

Deer season is upon us, but hard-core, single-minded trout anglers can still find legal trout waters. Check your lawbook. Tight lines.

The author is editor of the Northwoods Sporting Journal. He is also a Maine Guide and has authored four books. Online purchase information is available at www.sportingjournal.com.

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.





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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.

Letter to the editor



Submitted photo

Sometimes, a little kindness reminds us how special our community really is. My family recently experienced this firsthand and want to thank the wonderful people at Frank's Restaurant and Pub in Lisbon.

Last Saturday, I had lunch with my parents at Frank's. Later that evening, Mom told me Dad had lost his wedding band, which he had worn for 67 years. Having lost weight due to medical reasons, the ring had slipped off without him realizing it. He was devastated.

I called Frank's. The woman who answered stayed on the phone with me while she checked beneath and around our table. Later that evening, a man from the restaurant called to say that he had checked the men's room wastebasket. When he couldn't find the ring, he offered to leave a note to ask the cleaning crew not to empty the vacuum bag so that he could search for it in the morning.

Then came wonderful news! A woman walking her dog Sunday morning had found the ring and contacted Frank's to see if anyone had reported one missing. The restaurant sent me a picture, and sure enough, it was Dad's wedding band!

Dad was overjoyed. After nearly seven decades of marriage, that little band represents a lifetime of love and memories. Getting it back meant the world to him.

To everyone at Frank's, along with the kind woman who found his ring, thank you from the bottom of our hearts. Your compassion, thoughtfulness, and kindness turned a heartbreaking experience into a happy ending.

We hear so much about negativity in the world but are reminded that kindness is alive and well in our community.

And Dad was right— "Miracles really do happen!"

A very thankful daughter,
Diane Lamere-Wallace
Phippsburg, ME

From the Moxie Festival to the National Stage: Lisbon Falls girl crowned 2027 Miss Maine Preteen

LISBON FALLS — On May 17, 2025, Harper Babcock took her first steps into the world of pageantry at the local Moxie Pageant, held during the Moxie Festival in her hometown of Lisbon Falls. What started as a hometown experience has since blossomed into so much more.

Now, at just 9 years old, Harper has been crowned 2027 USA Ambassador Miss Maine Preteen, marking another exciting milestone in a journey that has taken her from a local festival stage to the national spotlight.

A fourth-grade student at Lisbon Community School, Harper earned her new title at the Maine Academic Scholarship Pageant, held September 25–27 in South Portland. She previously held the title of 2026 USA Ambassador Miss Maine Jr. Preteen.

During the state competition, Harper received four special honors: the Crown CARES Award, Spirit of Teamwork Award, Passion to Progress Award, and a Gold Crossroads Leadership Volunteer Service Award.

While the crown is an exciting achievement, community service has remained at the heart of Harper's pageant journey. Through her Crown CARES platform, which emphasizes kindness, inclusion, respect, and creating positive environments for others, Harper has dedicated more than 400 hours to helping individuals, families, animals, and organizations in need.

Her volunteer efforts have reached communities throughout Maine and include working with Midcoast Humane Society, Lisbon Area Christian Outreach, New England Cancer Specialists, Ronald McDonald House, Wreaths Across America, Loaves and Fishes Food Pantry, and SMCC's Captain's Cupboard, among others.

One of Harper's ongoing efforts has been supporting local food pantries through school and community food drives. She has helped collect and donate more than 1,000 food items to Maine families facing food insecurity. Whether she is collecting food, gathering supplies for families and pets, visiting seniors, or participating in community service projects, Harper embraces the opportunity to help others.

Her dedication to service also earned national recognition during her previous reign. Representing Maine at the 2026 USA Ambassador Nationals in Orlando, Florida, Harper was named National Star Ambassador 2026 and National Resume Winner. She also earned First Runner-Up honors in Fitness and State Costume and received the SLICC Service Award.

As she begins her new year as Miss Maine Preteen, Harper looks forward to continuing her service projects, meeting new people, and representing her home state at the next USA Ambassador Nationals.



Submitted photo

For Harper, the experience is much more than competing. It is an opportunity to build confidence, develop leadership skills, make friendships, and discover how even small acts of kindness can make a big difference.

Harper is the daughter of Heather Taylor and Justin Babcock of Lisbon Falls.

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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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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.

• 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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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

Auburn UU to host Gingerbread Fair Dec. 5

AUBURN - The First Universalist Church of Auburn holds its annual Gingerbread Fair Saturday, Dec. 5, from 9am to 2pm. This year's edition combines long-time favorites with a post-Thanksgiving date. Cash and credit are accepted.

The fair features Auburn UU's famous gift baskets, with themes like "Gourmet Cook," "Pamper Me," "Chocolate Lover," "Movie Night," "Rainy Day Crafts" for kids, and more. Handmade crafts and delectable baked goods are also offered. Silent auction items include unique gifts and fine collectibles. You'll also find books, vinyl albums, elegant plants, gift cards from local restaurants, and a children's activity area.



Submitted Photo

The gift basket crew assembles their famous themed gift baskets for the Gingerbread Fair (Left to Right - Joanne Giard, Paula Spruill and Linda Labrie).

As always, a hearty lunch with gingerbread dessert ($6) is served from 11am –12:30pm, featuring Christmas carols for a holiday atmosphere.

First Universalist Church of Auburn is located at 169 Pleasant St. (entrance on Spring St. across from Dairy Joy). Accessible; parking available. FMI, call 783-0461 or contact *uuchurchauburn@gmail.com* or on Facebook at *https://tinyurl.com/ginger2025fb*

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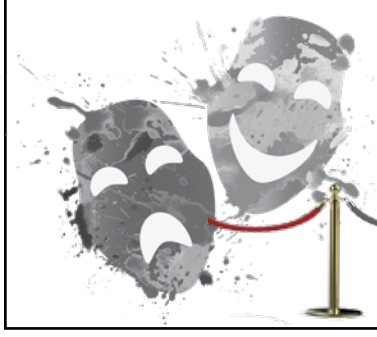
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A CHRISTMAS CAROL returns to The Public Theatre!

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.

Only $15 for children 18 and under. Introduce a child to the magic of professional theatre and give them a gift that will last a lifetime. Don't forget that Gift Certificates and instant E-Gifts make great gifts this Holiday Season!

A Christmas Carol: December 11 @ 7pm, Dec 12 @ 2pm and 7pm and Dec 13 @ 2 pm. Tickets at ThePublicTheatre.org or call 782-3200. The Public Theatre is located at 31 Maple St., Lewiston.

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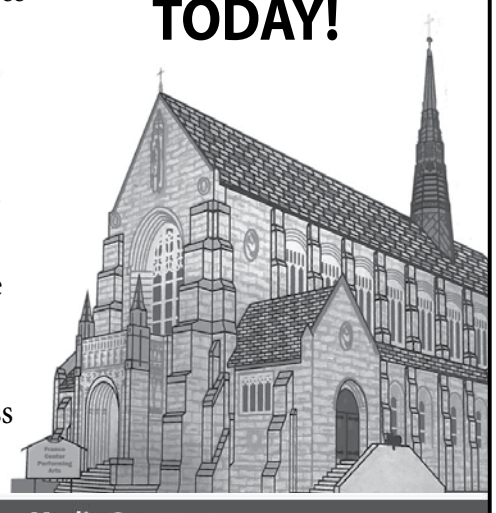
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Small Business, Big Ambitions:
The Story Behind Seacoast Junk & Demo

Behind every small business is a story, and for Seacoast Junk & Demo, that story begins with a young entrepreneur, a strong work ethic, and passion for giving back to the community he calls home. Community he calls home.

Meet Zachary Poland, better known to his customers as simply "Zach." Born and raised in Lincoln County, Zach graduated from Lincoln Academy in 2023 before attending Central Maine Community College to study carpentry. After gaining hands-on experience working alongside professional carpenters, he decided it was time to branch out and build something of his own.

Zach initially explored several business ventures, offering a variety of services before noticing one consistent demand: junk removal and demolition. Recognizing an opportunity, he decided to specialize in those services, and Seacoast Junk & Demo was born.

Nearly two years later, the business has been going full speed ahead. But for Zach, running a successful company means more than simply getting the job done. It's also a successful company means more than simply getting the job done. It's also about supporting the community that has supported him. While working on job sites, Zach makes an effort to identify items that can be donated rather than discarded. Whether it's household goods for local families or supplies for animal shelters, he works to give usable items a second life. He also connects with organizations like Habitat for Humanity and helps customers find ways to donate unwanted belongings.

His dedication to the community doesn't stop there. Outside of running his business, Zach volunteers as a firefighter, giving his time to help protect his neighbors. At the end of the day, Zach is a small-town Mainer with big ambitions, proving that small businesses can make a big difference.



"Great removal company! Zach is professional, thorough and so nice. Nothing was too much effort for him to do. I highly recommend Seacoast Junk & Demo. I will definitely call them again." - Deborah

"Was able to fit me in less than 48hrs after I called. Incredibly kind and professional. Thanks again for helping me get a fresh start!!!" - Clair

"Wonderful service, professional, incredibly kind and helpful. Can't recommend Zachary enough. He will help without hesitation, is timely, and has an excellent business ethic. The customer is always his priority, and it shows. Plus, as a member of the local fire department, he's got random emergencies and clutzy customers covered just in case! This is your guy if you've got stuff to move out." - Sarah

What does Veterans Day mean to me
- Reader Submissions -

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
Harrison-Waterford Post 9328

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!



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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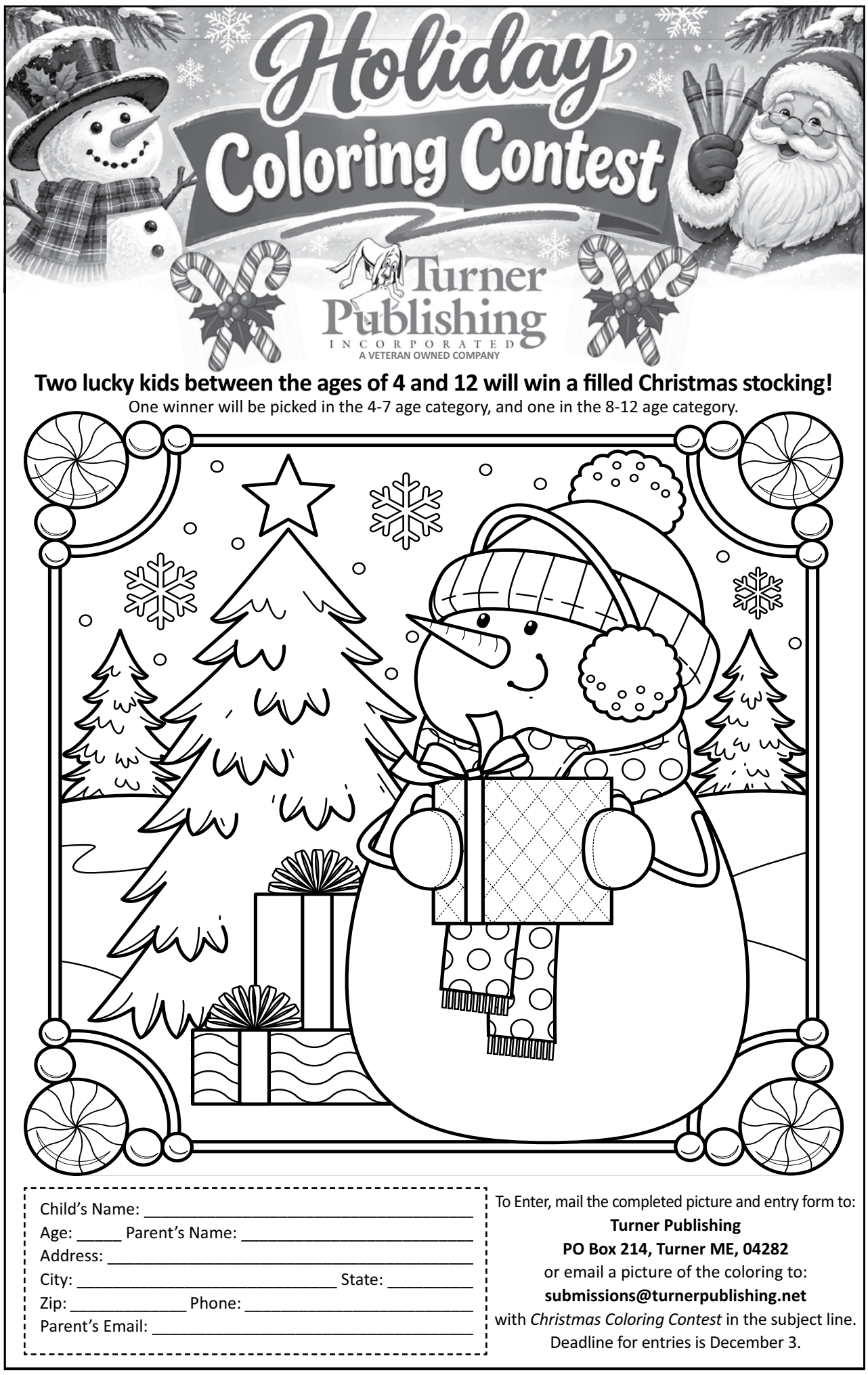
2027 Maine Teacher of the Year



Submitted photo

Gretchen Livingston, a Spanish teacher at Cony Middle and High School, has been named the 2027 Maine Teacher of the Year.





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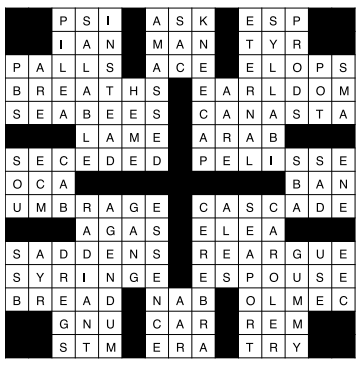
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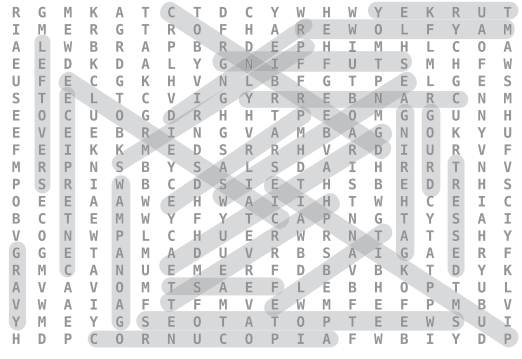
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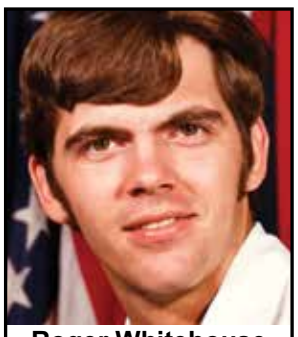
Stephen Theriault
Navy , 25 yrs.



Christopher Lowell
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Navy 1962-89



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Elwin G. Procto
PFC Killed October 1, 1944, in Italy



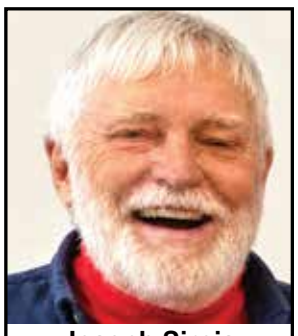
David Richard
Army Sgt.
Served in Vietnam
1969-1973



Richard P. Ducharme Sr.
E3 - U.S. Navy
Thank You!
Love, Michelle, Bruce, & Rick



Irenee Vachon
Navy 1942
Miss you so much
Pepere! Love, Michelle



Joseph Sirois
Navy Corpsman
August 1959 to June 1987
Wrote the Standard First Aid Training Manual for the Navy



Harold W. Small
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2nd Class Petty Officer
Purple Heart & Silver Star Recipient
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Love from your family.



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U.S. Navy 1990-1993
Boiler Technician
Served USS Midway, USS Kittyhawk - Persian Gulf War



Edward "Diddy" Richard
Machinist Mate 3rd Class – Navy 1944 LCT Group 39 996
A loving, caring and respectful Husband, Father, Grandfather and an honorable contributor to his country.



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Currently stationed at Kadena Air Force Base, Okinawa, Japan.



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1970-73 Army
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Randy Crosby
Army 1968



Eddy Naples
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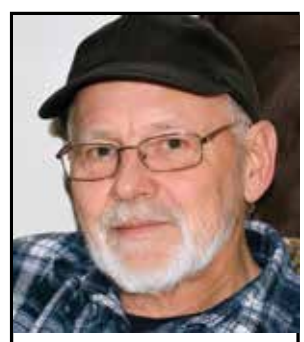
Thomas Beauchesne
Army 1968



Ronnie Breau



Marilyn Malley
Army WACK



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Timothy E. Gallant (Veteran, SP5 US Army, deceased May 25, 2024)

Cowboy Mounted Shooting Association Halloween Event





Angela Archer photos

Cowboys, cowgirls, and their trusty horses brought a little Wild West excitement to Halloween during the It's The Great Pumpkin Shoot event, hosted by the Pine State Pistoleros on October 24 at the Topsham Fairgrounds. Riders showed off their speed, skill, and precision in a thrilling mounted shooting competition featuring black and orange balloons, festive costumes, and plenty of Halloween spirit!

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